



BROADLANDS



Community News

February 2010

SAVE THE DATE...

THIS ISSUE IS FULL OF EXCITING EVENTS!

- Swim Team Registration, for new and returning residents, Page 5
- Van Metre 5 Mile Run, support the Children's National Medical Center, Page 27
- Tennis Season, programs and dates, Page 28
- Mardi Gras is here! Page 5
- Urgent! Your help is needed for Broadlands Live! and Community Events Committee, Pages 4 & 5
- Summer Nature Center Camps, check out this year's themes! Page 22


National Wildlife Federation Certified Community Wildlife Habitat

Photo Courtesy of Natalie Ihanainen

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BROADLANDS LIVE NEEDS YOU!

Our wildly popular summer concert series **BROADLANDS LIVE!** is in need of a few good men & women!

This awesome committee has a great time planning the excitement that will happen 4 times this summer, and YOU are just the perfect person to join in on the fun!

Contact Angela Rabena at arabena@comcast.net ASAP to find out how you can help.

Teens and young adults are also encouraged to apply. If you have a friend or neighbor who might be interested, please pass this invitation along to them.

We'd also love to hear your suggestions for artists and themes. Planning for the 2010 season starts soon, so hurry and join.



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Going Green? What Does That Mean?

"GO GREEN!" We've seen this catch phrase everywhere...at work, schools, places of worship, and at the store. But what exactly does "Go Green" mean? Once we figure out what it means, how do you start "Going Green?" As a stay-at-home mom and nature enthusiast from Loudoun County, I wanted to help others navigate their way in this new eco-friendly, eco-aware world in which we live.

To educate our fellow citizens, a dear friend and fellow eco-enthusiast decided to join my cause. While Oya Simpson and I have been investing our time serving on the Broadlands Wildlife Habitat committee, we quickly learned that people are starving for education and direction about the world's evolving focus of energy conservation. We felt a venue that could capture the essence of our new world order should be held right in our own backyard – Loudoun County. It is one of the nation's fastest growing counties and is also becoming one of the nation's largest consumers of energy resources as a result of our population boom.

After countless meetings and hours of investigation, EarthDay@Loudoun was born. Our inaugural event in 2009 proved that we weren't the only ones who wanted to learn more. The event will be returning for its second year this April at Clyde's at Willow Creek Farm in the beautiful Broadlands. The event's primary focus is to reach moms and their families to provide them with simple tools to live a more sustainable life. "We want moms to be the agents of change in their families and "Going Green" is a new way of looking at things. From how we use everyday consumables, like clothing, to the food and water we consume..."Going Green" basically means using less of everything in an effort to make lasting change for the betterment of our world and our local community," said Oya Simpson.

EarthDay@Loudoun is a family-oriented event designed to give people information and provide them with specific ideas on how to make immediate changes that will have a meaningful impact. This year's event will feature more than 75 exhibitors from every eco-friendly category imaginable. Attendees will learn how to "Go Green" first-hand and how to create a sustainable landscape, become more energy efficient in their homes through the use of solar power, conserve water, share alternative modes of transportation and much more.

Do you want to learn more about "Going Green"? Make it easy on yourself. Attend EarthDay@Loudoun 2010 and be a part of something amazing. The event will be held on Sunday, April 25th from 11:00a.m. - 4:00p.m. at Clyde's at Willow Creek Farm, 42920 Broadlands Blvd, Broadlands, VA.

By Lori Seidmeyer, Co-Chair of EarthDay@Loudoun. 🦋

PIRANHAS Swim Team Registration Begins



Come out and join the Broadlands Piranhas for another fun-filled summer of swimming! The swim team is open to Broadlands residents ages 5 to 18. 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 (Old Dominion Swim League) and CSL (Colonial Swim League). The Piranhas swim teams fill up quickly, so please sign up early.

Registration begins February 8th for returning families residing in Broadlands. Any family residing in Broadlands wishing to join the team for the first time can do so starting on February 22nd. Starting on April 16th, non-resident families who have purchased a pool membership will be able to register, provided there is space available. For complete details on registration or questions, please visit our website at www.broadlandsswimteam.org. GO PIRANHAS!

Can't Afford to Fly to New Orleans for Mardi Gras?

Broadlands Will Bring It to YOU!

Broadlands Annual Mardi Gras Party

Saturday, February 13th

Broadlands Community Center

8:00p.m. - 11:00p.m.



Traditional hurricane punch, beer, wine, & Kings cake!

Appetizers provided by *Cajun Experience*

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Door prizes & giveaways!



Broadlands Community Volunteer Meeting

Want to become more involved in the community?
Have an idea for a fun neighborhood event?

Join us **Tuesday, March 2nd, 2010**

7:00p.m. - 9:00p.m.

at the **Broadlands Community Center**

Drinks and appetizers provided
Learn about Volunteer opportunities within our community!

Ashburn Robotics :: NX Treme Team #3975 2nd Place Overall Tournament Champion Division 2 VA/DC State Tournament

On the weekend of December 5th & 6th, 2009 Ashburn Robotics :: NX Treme competed at James Madison University in the State F. I.R.S.T. Lego League Tournament. The event featured the top 100 robotics teams through out Virginia and Washington D.C. This year Ashburn Robotics was awarded second place Overall Tournament Champion in Division II and had the second highest table score of 370 out of a possible 400 points.

Ashburn Robotics is a neighborhood robotics team based in the Broadlands, but drawing team members from many of the surrounding communities.

NX Treme qualified for the state championship during the November 14 Regional Tournament held at Forest Edge Elementary School in Reston. The team scored a perfect 400 point run and was awarded both Overall VA/DC NOVA Regional Champion as well as first place for robot performance. This year's regional tournaments featured more than 500 teams from across the state competing for a chance to attend the State Championship. Only the top 20% advanced on to compete at JMU for state titles.

As part of this years research project, the team investigated how to decrease bird strikes at Leesburg Executive Airport. After a field trip to the airport and meeting with Nan McCarry, the Broadlands Naturalist, they discovered how wildlife can



Team members, clockwise from back left are: Kyle, Elise, Marc, Jeannette, Kaustubh, Alex, Lindsey, Kristopher, Michael, & David.

interfere with planes and pilots. They presented the results of their research at the RUST library, to airport officials and created a video for YouTube.

F.I.R.S.T. - For Inspiration and Recognition of Science and Technology - Lego League introduces children 9-14 to the fun and excitement of solving real-world problems through the application of math, science, and technology. It combines a hands-on, interactive robotics program with a sports-like atmosphere. Teams consist of up to 10 members with a focus on such things as team building, problem solving, creativity, and analytical thinking.

Ashburn Robotics, founded in 2005, has been the recipient of over twelve state and local titles. To find out more about the team and to see this year's robots, please visit the Ashburn Library's display case during the month of February or check out their YouTube videos on the web by searching under "Ashburn Robotics".

Hillside Elementary Hosts Community Spring Fling on Saturday, March 6th

Hillside Elementary is inviting the community to a fun-filled day of carnival games, prizes, raffles, and unique live entertainment at its Spring Fling event this March. This event is for kids of all ages! The featured entertainment is exciting and new to Loudoun County, so please save the date.

Hillside will host the Dome Theatre featuring shows like the Titanic, Dinosaurs, and Space Exploration. This mobile planetarium offers the latest audio and visual learning technologies and is like a mini IMAX Theatre (www.dometheater.net). Tickets are \$5 and seating is limited. Tickets may be purchased in advance by contacting Adrienne DiMillio (dadimillio@verizon.net) and at the Spring Fling.

In addition to the DOME THEATER, Becky Shore of Wildlife Ambassadors will be joining us at our Spring Fling Festival. She will be bring an array of animals with her including foxes, a chinchilla, birds and a baby porcupine. Becky is a fantastic hands-on animal expert and the children will learn about the animals while interacting with them. For more about Wildlife Ambassadors, see www.wildlifeambassadors.org

This event requires many volunteers! We need moms, dads, grandparents, aunts and uncles. This is an excellent way for scout troops, middle and high school students to earn service hours. No experience necessary, and it's fun! Please email hillsidecarnival@gmail.com to sign up to help.



Christian Child Development Center

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Half-Day Preschool Open House

Tuesday, February 2, 7pm

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Half-Day Preschool Registration

Wednesday, February 3, 8am

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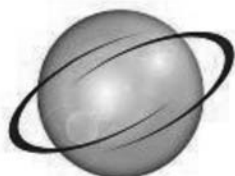
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Nothin' But 'Net

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

Net Cetera: Chatting With Kids About Being Online

The internet offers a world of opportunities. People of all ages are posting videos, building online profiles, texting each other, connecting with friends, sending photos, and broadcasting what they're doing. These ways of socializing and communicating can be fulfilling, and yet, they come with certain risks:

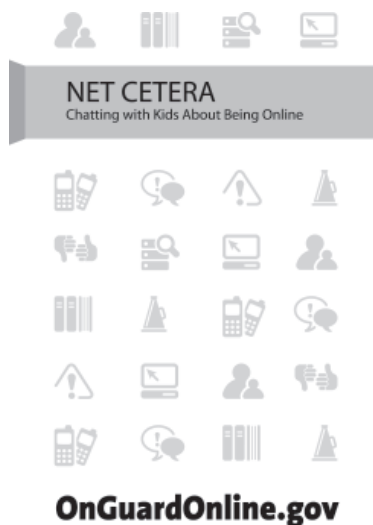
- **Inappropriate conduct:** The online world can feel anonymous. Kids sometimes forget that they are still accountable for their actions.
- **Inappropriate contact:** Some people online have bad intentions, including bullies, predators, hackers and scammers.
- **Inappropriate content:** You may be concerned that your kids could find pornography, violence or hate speech online.

The best way to protect your kids online? Talk to them:

- **Start early.** Even toddlers see their parents use all sort of communication tools.
- **Initiate conversations:** Use everyday opportunities to talk about being online.
- **Communication your values...** and how they apply in an online context.
- **Be patient.** Most kids need information repeated, in small doses, for it to sink in.

You can reduce these risks by talking to your kids about how they communicate – online and off – and encouraging them to engage in conduct they can be proud of.

To help parents talk to their kids about online behavior, the Federal Trade Commission has introduced *Net Cetera: Chatting with Kids About Being Online*. This 56-page booklet is chock-full of practical tips to help parents help their kids navigate the online world – from dealing with social networking and cyberbullying to talking about sexting and file-sharing. The guide is available online at www.onguardonline.gov/topics/net-cetera.aspx. You can order a free copy by calling toll-free, 877-FTC-HELP (877-382-4357). You can also get free copies in larger quantities to share with family and friends – or with a school, scout troop, or soccer team – from <http://bulkorder.ftc.gov>.



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When Should I Call the Sheriff's Department?

Recently, I have received several phone calls from residents inquiring if they should report a suspicious incident that they have seen in the neighborhood to the police. My answer is always the same - if you are not sure, call it in. Trust your instincts. What you witnessed made you uneasy and it stood out as being different. While different does not always mean there's a problem, the fact that it caught your attention means the police should be aware. Some residents worry that they are bothering the police or are unsure of what they witnessed. The sheriff's department encourages residents call; they rely on us to let them know when something is amiss. The police would much rather respond to 100 calls that turn out to be nothing than the one serious crime that was committed because no one called the police. Over the last 6 weeks, vehicles have been seen canvassing the neighborhood at low rates of speed, at odd hours and behaving unusually. Shortly after these vehicles were witnessed and reported, I received information about break-ins in the same general area. Even though the police have not confirmed that these cases are related, there has been an increase in police presence in the neighborhood due to these reports decreasing the chances of others becoming victims.

Remember, to lock all of your doors, including your car and garage, remove any items of value from your vehicle, keep all exterior lights operational, and please report anything suspicious to the sheriff's department. It is their duty to collect this information and to keep us safe.

Do not be concerned your phone call is bothersome; in fact you may be helping the police serve us better.

By Staci Kapinos, Neighborhood Watch



General Manager Comments

I hope everyone had a wonderful holiday season!

In order to plow your streets as quickly and efficiently, as possible, please do not park in the street during a storm. Unobstructed streets makes plowing easier. As a result, the contractor does not have to replot areas, saving everyone money.

The Association plows streets and clears the exterior trails when a snowfall is two inches or more or when significant ice or icy conditions prevail. Please note that the streets are substantially completed before trail clearing begins. For your convenience, phone numbers of the various entities responsible for plowing of streets is published in the newsletter during the winter months along with a listing of who is responsible for the each street. The newsletter is also located on the website www.broadlandshoa.org.

Board Actions December 8, 2009 Meeting

- Approved – Minutes of November 10, 2009 meeting as amended.
- Approved – Battlefield Towing for random patrolling within the community.
- Approved – March 1 approved date for towing to begin for parking in a fire lane and complete blockage of a sidewalk. Signage to be in place 30 days before towing to begin and advertising of towing to begin in January newsletter and run for two months minimum.
- Approved – allow homeowners on Autumnwood Square to follow whatever course is necessary to deal with vultures at their own expense with USDA.

STAY SAFE -

Don't Skate on the Community Ponds!

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

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

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

Let's keep our neighborhood safe.

Covenant Corner

What a wonderful holiday season it was! Sparkling lights, prancing reindeer, smiling snowmen and lovely green wreaths; we all enjoyed the show! But now it is time to pack up the decorations and enjoy your holiday memories.

The Broadlands Design Guidelines require that holiday lighting and decorations be removed in a timely manner. Please plan to pack yours away by February 1st.

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.



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Broadlands Association Board of Directors Meetings

Meetings are held in the conference room of the Nature Center usually on the **2nd** Tuesday of the month at 6:00pm. 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.

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To register, send an email requesting your registration code to mburns@broadlandshoa.com. Please include your name and address. Your code will be sent to you via return email. Then visit www.armstrongconnect.net/register and enter your registration code. Follow the on-screen prompts to complete your registration. Remember to choose a numeric 4-digit Personal Identification Number (PIN) for your new log-in code. You can then access your account at www.armstrongconnect.net/broadlandsassociationinc. Have more questions about dues and assessments? Contact Armstrong Management by phone 703-679-1541; fax 703-591-5785 or email broadlands@armstrong.net.

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Home Owners Association Board of Directors Business Meeting

**Tuesday, February 9, 2010 at
6:00 p.m.**

**In the Nature Center Conference
Room**

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

February 17, 2010

March 3, 2010

March 17, 2010

April 7, 2010

SUBMISSION DATE

February 12, 2010

February 26, 2010

March 12, 2010

April 2, 2010

**Updated Design Guidelines are on the
Broadlands HOA website at
www.broadlandshoa.org/node/49.**

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.

**PLEASE RETURN BY
THE 15th TO START
NEXT BILLING CYCLE**

ARMSTRONG MANAGEMENT SERVICES, INC.
3949 Pender Drive, Suite 205
Fairfax, Virginia 22030
703.385.1133/fax 703.591.5785

For Office Use Only
Acct# _____
Assmt Freq _____
Balance _____
Coll. Status _____

AUTOMATED PAYMENT SERVICE AUTHORIZATION FORM

Armstrong Management Services, Inc. is pleased to offer you the option of using the electronic transfer of funds method to make your assessment payments. This allows automatic payment of your assessments from virtually any banking institution that you choose to be credited directly to the Association's account. This way you will not have to remember when to make a payment, you will not have to take the time to write and mail a check, you can save money on postage, and all your payments will be made in a timely fashion, thus avoiding any late charges to your account.

To initiate participation, please complete this *Authorization Form*, attach a voided check from your designated bank account, and mail them to the letterhead address. The assessment amount will be taken out of your account during the ***FIRST WEEK*** of each billing cycle.

You are responsible for all assessments on your account up until such time as you are notified in writing that your first assessment payment will be taken out of your account.

If you have any questions, please call the Accounting Department at 703-385-1133. Thank you.

I (we) hereby authorize Armstrong Management Services, Inc., hereinafter called "Company," to initiate debit entries to my (our) account indicated below and the financial institution named below, hereinafter called "Financial Institution," to debit the same to such account for association dues. I (we) acknowledge that the origination of ACH transactions to my (our) account must comply with the provisions of U.S. Law.

APPLICATION TYPE (Please Circle One) NEW APPLICATION BANK CHANGE ONLY

NAME (S) _____

ASSOCIATION NAME _____

ADDRESS OF UNIT _____

PHONE NUMBER _____ / _____ (HOME) _____ / _____ (OFFICE)

EMAIL ADDRESS _____

This authority is to remain in full force and effect until "Company" has received written notification from me (or either of us) of its termination in such time and manner as to afford "Company" and "Financial Institution" a reasonable opportunity to act on it.

SIGNATURE _____

DATE _____

SIGNATURE _____

DATE _____

*****THIS BOX MUST BE COMPLETED IN ITS ENTIRETY & A VOIDED CHECK MUST BE ATTACHED!*****

FINANCIAL INSTITUTION _____

TRANSIT ROUTING NUMBER (on bottom left of check) _____

BANK ACCOUNT NUMBER _____

ACCOUNT TYPE (Please Circle One) SAVINGS CHECKING

Please note there is a service charge per payment returned for insufficient funds or closed accounts. If two payments are returned within one year, the service will be stopped and you will be responsible for making all future payments. All written debit authorizations must provide that the Receiver may revoke the authorization only by notifying the Originator in the manner specified in the authorization. Single entry reversals do not require authorization by the Receiver. The underlined language in the authorization above represents the disclosure requirement associated with the clarification of OFAC economic sanction policies upon ACH Network Participants. Armstrong Management Services, Inc. reserves the right to reject and/or revoke participation in the Direct Debit Program at any time.

****NOTE: FEDERAL CREDIT UNION MEMBERS SHOULD VERIFY THE ACH
ROUTING NUMBER WITH THEIR BANKING INSTITUTION****

Broadlands Parking Rules Enforcement to Begin March 1, 2010

The Broadlands HOA has contracted with Battlefield Towing to enforce the HOA parking rules and regulations starting March 1st 2010. Please become familiar with the Broadlands parking rules and regulations below to avoid being towed.

Broadlands Parking Rules and Regulations

- No vehicle may be parked in a Fire Lane or in violation of any posted sign.
- Vehicles cannot be parked in a manner that obstructs vehicular or pedestrian traffic or on a sidewalk or any grassy or landscaped area. Cars parked in driveways but completely blocking the sidewalk are subject to towing.
- Commercial vehicles, school buses, church buses, recreational vehicles of any type – boats, campers, motor homes and/or any vehicle which could not normally be used for daily transportation - may not be parked or stored in open view of any residential property, residential streets or open space or other Common area.
- Junk or derelict vehicles may not be parked or stored in open view of any residential property, residential streets or open space or other Common area.
- Vehicles must conform to all State and County codes, ordinances and statutes with regard to stickers, registrations and certifications.
- Vehicles may not be parked with any type of "For Sale" sign displayed on the vehicle on any roadways or common area.
- Vehicles may not park within ten feet on either side of a mailbox.

Vehicles parked in violation of any of these regulations may be towed at the owner's sole risk and expense. If you have any questions regarding parking in the Broadlands please call the HOA office at 703-729-9704 Monday through Friday from 9 am to 5 pm. Should your vehicle be towed, you must contact Battlefield Towing directly at (703) 378-0059

Any vehicle parked in violation of state, local or HOA regulations is subject to towing. Offending vehicles parked on VDOT roads can be towed by order of the Loudoun County Sheriff's Department. Offending vehicles parked on HOA maintained roads and parking lots can be towed by order of the Broadlands Homeowners' Association. Private HOA maintained roads are listed below.

Arbor Greene Way	Crossbeam Square	Hunters Green Square	Royal Fern Terrace
Ardmore Street	Crosswinds Terrace	Huntsman Square	Schenley Terrace
Atherton Street	Darby Terrace	Inman Park Place	Shady Wood Terrace
Autumnwood Square	Dilworth Terrace	Iredell Terrace	Stonestile Place
Avonworth Square	Edgemere Terrace	Ivy Wood Terrace	Sundance Square
Bankbarn Terrace	Falling Rock Terrace	Kennerly Terrace	Sunderleigh Square
Bayard Terrace	Field Station Terrace	Kisko Way	Sundial Court
Becontree Terrace	Fieldthorn Terrace	Larchmont Way	Sunstone Court
Bexley Way	Foche Terrace	Marburg Terrace	Sweet Bay Terrace
Bramblebush Terrace	Forest Edge Square	Markham Place	Tumbletree Terrace
Broxton Terrace	Frame Square	Merion Street	Welby Terrace
Buckley Terrace	Fullerton Street	Milford Drive	Westdale Court
Center Point Circle	Halburton Terrace	Newbridge Square	Windover Drive
Center Post Terrace	Harvest Green Terrace	Overland Park Drive	Windy Oaks Square
Claybrooke Circle	Hawksbury Terrace	Pallan Terrace	Wingfoot Court
Columbus Street	Highgrove Terrace	Park Brooke Court	
Coulwood Terrace	Humbolt Square	Riders Square	

2009-2010 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). Any new construction areas in Broadlands would 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

2009-2010 Snow Removal Guidelines – cont.

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

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Brambleton 703-327-8471

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

www.LoudounVet.com

"We're Your Other Family Doctor"

The Critter Corner

**By Dr. Steve Velling
"Pets Have Teeth, Too!"**

Does your dog's breath stink? Does your cat eat its food whole, without even chewing it? Do you see blood on your pet's chew toys sometimes? Do you see your pet drink lots of water, or paw at its mouth often? Any of these signs may indicate that your four-legged friend has periodontal disease, or infected teeth and gums.

How would your mouth feel to you if you never brushed your teeth? Well, that's just the start of what dogs and cats may go through. Periodontal disease is one of the most common diseases we see in animals, and it can seriously affect them. Gingivitis is painful, as are cavities, and can obviously make it hard to chew food. And when the gums become swollen and infected, the bacteria in the mouth are able to get into the bloodstream, potentially affecting other areas of the body, like the heart, liver, and kidneys. Studies show that periodontal disease can shorten a pet's life by up to 3 years!

Many people are under the impression that if their cat eats only dry food, or if their dog chews bones once in a while, then they don't need to brush Fluffy or Fido's teeth. Well, chewing may help some, and there are special diets made to help with tartar and plaque build-up, but up to 90% of our patients still need at least annual cleaning, and sometimes even extractions.

"But Dr. Steve, isn't Buddy put to sleep when you clean his teeth?" Yes, but we take every precaution when we sedate animals, including IV fluids, pre-anesthetic blood testing, pulse oximetry (which monitors the pulse and oxygen saturation), and the use of the safest anesthetic gas available (Sevoflurane, which was the same anesthetic used on my daughter when she had her tonsils taken out 6 summers ago!). And given the cost in pain, infection, and shortened life span, the benefits of sedation and dental cleaning far outweigh the risks.

A client, Alan, wrote us a letter a while ago, after we cleaned his cat's teeth. "Symphony is a new cat! He hasn't been this active in years, and he keeps purring and rubbing up against us ever since we've brought him home!!" With Valentine's Day coming up, there'll be lots of sweets around, and hopefully a big focus on dental care. I hope you remember that our canine and feline friends also need dental care. Call or stop in for a free dental exam, and we'll be happy to tell you if Rascal or Rover need some dental work!

Till next time,
Dr. Steve

**Attention Youth Groups and Other Wildlife
Friends:
We Need You
Broadlands Wildlife Habitat Committee
Invites You to Help Us
Build and Maintain a Blue Bird Trail**

Training and Materials Provided

Fast Facts:

Type: Bird

Diet: Omnivore

Average lifespan in the wild:

6 to 10 yrs

Size: Size:

6.5 to 8.5 in (16.5 to 19 cm)

Weight: 0.84 to 1.09 oz (24 to 31 g)

Group name: Flock



There are three species of these colorful North American birds. Eastern and western bluebirds have a reddish brown breast, which contrasts with their predominately blue plumage. Their relative, the (male) mountain bluebird is entirely blue. Eastern bluebirds are primarily found east of the Rockies, and range from Canada to Mexico and Honduras. They are much admired for their lovely coloring and for a distinctive song that many hear as "chur-lee, chur-lee". The eastern bluebird is the state bird of both New York and Missouri. Western bluebirds are found west of the Rocky Mountains from Canada to Mexico. The mountain bluebird also inhabits much of western North America - often at elevations above 7,000 feet (2,133 meters). Bluebirds eat small fruits and hunt insects, spiders, and other creatures from above. The birds perch, watch, and then swoop to the ground to pounce on their prey.

Pairs mate in spring and summer, when they construct small, bowl-shaped nests. Females lay four or five eggs and incubate them for about two weeks. Young remain in the nest, cared for by both parents, for an additional 15 to 20 days. Bluebirds often have two broods in a season. Sometimes, a young bluebird from the first brood will remain in the nest and assist its parents in caring for the second. Bluebirds living in higher latitudes may head south if food becomes scarce or temperatures too cold. Mountain bluebirds typically migrate to lower elevations during the same lean seasons.



Bluebirds are considered fairly common, but their numbers have declined substantially during the last century. Populations have been given a boost by the birdhouse boxes that have become popular in many parks and backyards.

**Please Contact: Oya Simpson
oya.simpson@gmail.com
703-725-8040**

**Why Did the Amphibian Cross the Road?
By Nan McCarry, Broadlands Naturalist**

We think of robins as the harbingers of spring. But what I look forward to is hearing frogs calling on rainy evenings as early as February. Sometimes they also try to cross the roads, and many of them don't make it. Amphibians have to lay their eggs in water. They try to make the trek back to the water body where they were hatched in order to mate and lay their eggs, even if a highway has been built down the middle of their path.

One of the earliest species to emerge in this area is the wood frog, which breeds in late February. The call of a male wood frog sounds like the quack of a duck. Wood frogs can live north of the Arctic Circle because they have the ability to freeze and then thaw out.

Other frog species that emerge early include spring peepers and pickerel frogs. Later in the season, grey tree frogs, American toads, green frogs and bullfrogs come out to call, mate and lay eggs. You can learn to identify the frogs and toads by their calls on several websites (see the "VHS" (Virginia Herpetological Society) URL below.

Along with frogs and toads, salamanders come out to lay their eggs in water too. The Winter edition of Habitat Herald, which is put out by the Loudoun Wildlife Conservancy (LWC), has a nice article on the rare Jefferson salamander, which also breeds in late winter. You can find a copy of Habitat Herald at the Nature Center.

Amphibians are very sensitive to environmental change. Worldwide, from one-third to one-half of amphibian species are threatened with extinction. LWC's Amphibian Monitoring Program (LAMP) is a way to do something to help amphibian populations. Monitoring amphibians involves listening for their calls or checking a designated pond and recording what species you've heard or seen. The program kickoff for this season will be held on Saturday, February 27 from 10:00a.m. to 3:00p.m.

Come to the Nature Center to learn more about amphibians from our bulletin board display. There will also be special programs on frogs on Friday, February 12, Saturday, February 13, and Wednesday, February 17.

http://fwie.fw.vt.edu/VHS/amphibians/frogsandtoads/frogs_and_toads_of_virginia.htm
http://www.loudounwildlife.org/Amphibian_Monitoring.htm
<http://www.enature.com/fieldguides/detail.asp?recnum=AR0033> http://news.nationalgeographic.com/news/2007/02/070220-frog-antifreeze_2.html

Prolong The Life of Valentine Roses

Roses and other flowers are sold for Valentine's gifts in two ways, in pre-assembled arrangements or loose in a box or bouquet. Floral arrangements purchased in containers are preconditioned to give the longest vase life. Generally, arrangements are good purchases for Valentine givers with little time or those inexperienced with cut flowers.

If roses are purchased in a box or as a loose bouquet, gift receivers need to do what the florist does to achieve the longest and best floral display. First, re-cut each stem (removing about 2 inches of dry stem at the base) so the flower can draw water. Use a sharp knife, and make the cuts at a 45° angle so the stem base does not stand flat against the bottom of the vase. Some floral designers cut the stems while holding them under water on the assumption that any air entering the stem hinders the uptake of liquids. It has not been proven whether this practice helps, but it doesn't hurt.

A conscientious flower giver may provide a packet of floral preservative tucked into the gift. Floral preservative promotes long-lasting cut flowers. It contains sugar, acid, and a bacteria control agent. The dry powder is mixed per package directions, usually in warm water. The resulting solution is used to fill the vase or saturate the foam used for an arrangement. Hold onto any remaining preservative solution to add to arranged flowers when they need watering.

Whether set in a vase or arranged in a container, flowers retain their freshest look when displayed in a cool, draft-free environment, out of direct sunlight. If possible, move flowers to a place, such as a cool basement or breezeway, overnight. Do not place them in a refrigerator that contains fruit because the ethylene gas produced from ripening fruit accelerates the decomposition of the flowers.

Remember to keep arrangements watered, using the preservative solution, if possible. After three to four days, pull flowers from the container, and re-cut stems. Arrange again with fresh preservative. If any roses develop bent necks, submerge the stems, flower and all, in warm water in a flat pan. This may revive a droopy blossom.

Contact the Loudoun County Master Gardener Volunteer Help Desk if you have questions or need information on cut flowers or other horticulture topics at 703-771-5150 or ex107mg@vt.edu. Have a happy Valentine's Day!

Debbie D. Dillion, Urban Horticulturist
Loudoun County Extension

Puppy, Kitty, and Even Hamster Love

By Shannon M. Pecora, M.A.

Stream Valley Veterinary Hospital



What is a pet? Ask that question of ten people, one hundred people, or one million people, and you may get just as many different answers. The responses will probably range from, "just an animal," to, "my furry child." And the truth is it may be hard to find an answer that is necessarily right or wrong.

One thing pet owners should know is how many of us in the veterinary field feel about your pets. In general, they are more than just our patients. We regard them—dogs, cats, parrots, hamsters—as family members, deserving of the same preventative measures, medical attention, and level of care and compassion as anyone else in a household. In fact, you may hear veterinary staff refer to your pets as our friends, buddies, or pals as we develop our professional relationships with them and you. This is because we often get to know them so well throughout their lives, from their first juvenile visits and subsequent wellness exams, to emergency visits for illness or injury and even the final day that we say goodbye.

We know that many of our clients share their couches and easy chairs with their dogs and cats. Their kids may reserve at least an hour every day to play with the family's gerbil or parakeet. Maybe every time someone in the home makes a trip to the pet supply store, the ferret gets to go, too, attached to his harness and leash. However, we also understand that some of our clients have a barn cat solely to keep their horse stalls free from mice. There are those who maintain a corn snake terrarium as a home décor conversation piece. These pet owners care about their animal's health, of course, but wouldn't buy their pets Valentine's Day gifts this month.

I, for example, affectionately call my eleven-year-old dogs my "Stinky Bears" and my "Little Loves," but will not chastise you if your "Rover" is simply known as "Rover." The bottom line is to be sure that Rover's care matches his lifestyle and medical needs. Appreciating the difference in our clients' views about pets, veterinary professionals strive to strike the balance between the maximum level of services available and the ideal and necessary treatment for each pet. That means we need your input. Would you like us to recommend an acupuncture specialist to complement a physical therapy regimen, or would you rather start with at-home rest and massage during an injury recovery? Should we send out that fatty mass for biopsy, or are you just relieved for the time being that we were able to remove it? We just need to know that we are acting humanely, that your pet remains safe and healthy while under our care.

Whether you find the nicknames your veterinary staff has given your pet endearing, cutesy, or just plain silly, know that, in the end, those nicknames really mean that we care. So share your concerns and qualms with us as we create treatment plans together. As a team, we can make decisions that take individual needs...to heart.

February Nature Programs

The Audubon Naturalist Society and the Broadlands HOA have partnered to provide the following programs. Programs are held at the Nature Center and are \$5 per child, unless otherwise indicated. Please register by calling 703-729-9704 at least one day before the program. A minimum number of 3 participants is required or the program will be cancelled. Please dress for the outdoors.

We Love Amphibians

Date: Friday, February 12th

Time: 1:00p.m. - 2:00p.m.

Ages: 4 and 5 year olds

Believe it or not, amphibians start coming out while it's still winter. Learn about frogs and salamanders and what we can do to protect them. We'll have a hands-on craft or two.

Saturday Program: We Love Amphibians!

Date: Saturday, February 13th

Time: 11:00a.m. - 12:15p.m.

Ages: 5 years and above, an adult must accompany children under 10.

More interesting info about amphibians, and their decline, for a slightly older crowd. A craft for children. For adults, there will be information about the Loudoun Amphibian Monitoring Program.

We Love Amphibians "Two"

Date: Wednesday, February 17th

Time: 10:30a.m. - 11:15a.m.

Ages: 2 and 3 year olds with a parent

Learn about frogs and toads through stories and a hands-on craft.

Naturalist Weekday Hours:

Monday 12:00p.m. - 3:00p.m.

Wednesday: 10:00a.m. - 5:00p.m.

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

Nature Center Saturday Hours:

February 6th, 13th, 20th

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

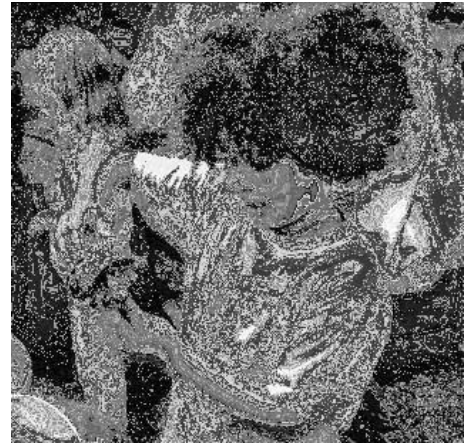


Audubon Naturalist at Broadlands

Summer Nature Camp

Kids Grow Better Outside!

Give your child the gift of the outdoors this summer. Our nature camps take place at the Broadlands Nature Center and are the best way to get kids outside and learning. Our camps feature eco-crafts, games and nature exploration. The Nature Center and all of its animals and activities will be our home as we explore the natural world around us.



Walk in Registration: Tuesday, February 16th 8:30 - 11:30a.m. at the Nature Center.
Camp staff will be available to answer questions and assist with online registration.
At-home online registration begins Tuesday February 16th at Noon.

To register online:

- Go to www.audubonnaturalist.org.
- Click on Register Online and follow the prompts

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

We encourage people to use the online registration system; however, if you prefer, we will mail or email you a registration form, or you may pick one up at the Nature Center.

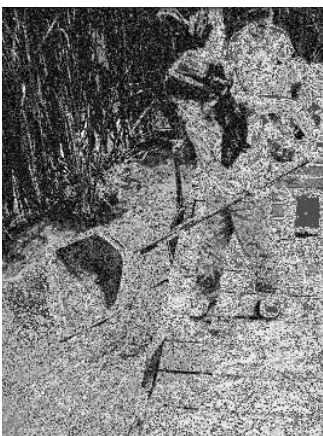
CAMPS FOR 4-5 YEAR OLDS

Cold-Blooded Critters: June 21st-25th 9:00a.m. - Noon

Scaly, slimy and surprising; cold-blooded critters are fascinating creatures with some wild adaptations. Non-poisonous snakes eat poisonous snakes, some frogs can freeze solid in the winter and a turtle's favorite food may surprise you! Join us as we meet the cold-blooded critters that live in Broadlands then look outside for some of their wild relatives.

Super Duper Science: June 28th-July 2nd 1:00p.m. - 4:00p.m.

Slime and bubbles to wheels and balls - we cover it all in this fun, hands-on science exploration. Hands-on science experiments will help us learn all about mixtures and movement in this camp perfect for budding scientists. We will then go outside to find similar science in the outdoors.



CAMPS FOR 6-7 YEAR OLDS

Wet N Wild: June 21st-25th 1:00p.m. - 4:00p.m.

Water is essential to life on this planet! Learn more about life in ponds, rivers, and watersheds in this cool camp. And of course, we will be playing some extreme water games.

Creature Feature: June 28th-July 2nd 9:00a.m. - Noon

Meet a live animal every day in this exciting camp! We will investigate the differences between wild animals and pets, including their different adaptations. Before we meet our live guest, we will practice safe handling and how to respect our new acquaintances. We'll finish every day seeing and touching the animal we have learned so much about!

Cost: Broadlands Residents: **\$120** Non-Residents: **\$150**

For questions about our camps please contact Julie at julieg@audubonnaturalist.org or call 703-669-0000 x 1

Loudoun Wildlife Conservancy Announces February 2010 Event Schedule

The Coldest Month of the Year Offers Many Opportunities to Observe Loudoun County's Wildlife and Even Participate in a Winter Weekend Adventure.

The Loudoun Wildlife Conservancy offers a wide range of events throughout the year. These programs enable participants to learn more about the extensive variety of wildlife and their habitats within Loudoun County. In addition, they can help improve and restore those habitats and critical wetlands as part of community service and outreach projects.

WOODS & FIELDS IN FEBRUARY — Sunday, February 7, 11:00 a.m. – 3:00 p.m.

Join Phil Daley and Paul Miller as they explore the Blue Ridge Center for Environmental Stewardship during winter. While many people stay indoors during the cold months, others enjoy the beauty of a season when the sky is so clear you can see forever and the sun casts the longest shadows. During this free winter hike, watch for the many birds, insects, and mammals that over-winter here and examine some of the plants to see how they adapt to temperatures that dip below freezing. The Blue Ridge Center comprises 900 acres south of Harpers Ferry in northwestern Loudoun County. Meet at the visitor center on Rt. 671 at 11:00 a.m. Detailed directions can be found on the website, www.brces.org <<http://www.brces.org>>. Questions: contact Phil Daley at 540-338-6528 or pdaley@loudounwildlife.org <<mailto:pdaley@loudounwildlife.org>>.

BIRDING BANSHEE — Saturday, February 13, 8:00 a.m.

Join LWC and the Friends of Banshee Reeks at the Banshee Reeks Nature Preserve for a monthly bird walk. Because of its rich and varied habitat, this part of the county is a birding hot-spot. Please bring binoculars. **Free. No reservations required.** Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org

HIGHLAND COUNTY, VA. WINTER WEEKEND — Friday – Sunday, February 19 – 21.

This year we will be doing our out-of-county trip to the mountains of western Virginia. We will be looking for Golden Eagles among other birds that over-winter there. Trip is limited to 12 people. **Registration Required.** Questions or to register: Sign up on-line (<http://www.loudounwildlife.org/SignUp.htm> <<http://www.loudounwildlife.org/SignUp.htm>>) or contact Laura Weidner at lweidner@loudounwildlife.org <<mailto:lweidner@loudounwildlife.org>>.

SUNDAY IN THE PRESERVE — Sunday, February 21, 1:00 p.m.

Join a naturalist from the Friends of Banshee Reeks and LWC for a free, informal family walk around the preserve. Search for the many natural wonders that make the preserve such a special place. For information, call the Banshee Reeks Nature Preserve at 703-669-0316.

continued on page 24

Why Should I Detox? What Is It? How Do I Do It?

By Dr. Mahsin Habib

People strive for a natural way of life—organic foods, home-grown vegetables, and fishing for yourself—the detox diet may be just what you're looking for. This diet plan is designed to rid the body of any toxic materials. Because of the numerous chemicals that exist in our world, a number of individuals say a detox diet is necessary for good health in the long-term. With the detox diet, the body rids itself of toxins through the skin and lungs. The diet may be accompanied by other holistic health techniques, such as the administration of nutritional supplements, hydrotherapy, and physical activity.

How, exactly, does the body become contaminated by toxins? The contamination can occur as a result of food additives, mercury, drugs, alcohol, and tobacco. Through the process of digestion, the body takes in the toxins. In addition to promoting weight loss, a detox diet can help heal migraines, stomach trouble, colds, and joint pain. It may also be effective against heart disease and arthritis.

You should not start a detox diet without talking to your health care provider. It may be that you are suffering from symptoms such as pain or fatigue because you have a serious illness that must be treated. In such a case, the detox diet alone may not be enough to cure what is ailing you.

A detox diet may not always be appropriate, but if you find that you are fatigued, the detox diet may be beneficial for your overall health and well-being. Detox diet enthusiasts say it should be followed at least twice a year in order to improve one's health. If you suffer from a specific disease, however, you may need to maintain the program for a protracted period of time.

You may notice immediate results from your detox diet. These results can include enhanced energy, better skin, easier digestion, and clearer thinking. Once your detox diet is complete, you should attempt to replenish your body with nutrients in order to; in effect, "build your body" back up.

You'll be happy to know that there are a number of foods you can indulge in while on a detox diet. These include fruits, vegetables, rice, chickpeas, fish, oil, and herbal tea. While following the diet, you'll also need to drink eight glasses of water in order to eliminate waste from the blood. However, there are also a number of foods that you will have to give up. These include sugar, milk, eggs, wheat products, gluten, and caffeine-filled beverages. You must also avoid foods with preservatives, yeast, chocolate, and anything that is high in fat.

Is it possible to lose weight with the detox diet? Most definitely. But you could have a difficult time keeping the weight off since you will eventually have to go off of the diet. However, it is possible that some of the dietary guidelines that you observe while detoxing will continue long after the diet is over.

continued from page 23

BIRDING THE BLUE RIDGE CENTER — Saturday, February 27, 8:00 a.m.

On the fourth Saturday of each month (except December), LWC leads a bird walk at the Blue Ridge Center for Environmental Stewardship (BRCES). This beautiful 900-acre preserve is located at 11661 Harpers Ferry Road in northwestern Loudoun County. Only a few miles south of Harper's Ferry and the confluence of the Potomac and Shenandoah rivers, BRCES includes meadows in the valley and heavily forested slopes on the Blue Ridge. Meet at the Visitor's Center. Detailed directions can be found on the website, www.brces.org <<http://www.brces.org>>. **Free. No reservations required.** Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.

LOUDOUN AMPHIBIAN MONITORING REFRESHER CLASS, FIELD TRIP, AND PROGRAM KICK-OFF —

Saturday, February 27, 10:00 a.m. – 3:00 p.m. Interested in frogs, toads, and salamanders? Amphibians are not only an important indicator of environmental health, they're also great fun to watch, listen to, and learn about. This program is designed for new volunteers who would like to enter the Loudoun Amphibian Monitoring Program (LAMP), and for current Amphibian Monitors as a way to brush up those frog, toad, and salamander identification skills and get ready for the season! Following the identification discussion, we'll head out into the field, walk through the protocol, and answer questions. Bring a bag lunch. **(Location TBD) Registration Required.** Questions or to register: Sign up on-line (<http://www.loudounwildlife.org/SignUp.htm>) or contact Nicole Hamilton at nhamilton@loudounwildlife.org.

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Romantic Valentine's Day Recipes

Brie and Apple Stuffed Chicken Breasts

Southernfood.about.com

Ingredients:

2 T olive oil
 ½ cup chopped onion
 1 tart apple, cored, coarsely chopped
 1 tsp. dried leaf thyme, divided
 1 tsp. salt, divided
 ½ tsp. freshly ground black pepper, divided
 ¾ cup apple cider, divided
 4 ounces Brie cheese, without rind, cut in small chunks
 4 medium chicken breast halves, bone-in, with skin (2 lbs)

Preparation:

Heat oil in nonstick skillet over medium heat. Add onion; cook until tender, 7 minutes. Add chopped apple, ½ tsp. thyme, ¼ tsp. salt, ¼ tsp. pepper and ¼ cup cider; cook until apples are tender, about 4 to 6 minutes. Remove from heat and let cool slightly, stir in Brie. Divide stuffing into 4 equal portions. Heat oven 400°. Run fingers under breast skin to separate from meat. Put ¼ of the stuffing under the skin of each chicken breast; press gently to distribute filling evenly under skin. Season chicken with ½ tsp. salt and ¼ tsp. pepper. Place in 13 x 9 x 2-inch baking dish. Bake at 400° until chicken is tender and juices run clear when pierced with a fork, about 35 to 45 minutes. The chicken should read about 180° on thermometer. Remove chicken to serving dish and keep warm. Prepare sauce: Skim fat from baking dish and spoon drippings into small saucepan. Heat over medium heat. Add remaining ½ cup apple cider; simmer briskly to reduce by half. Stir in remaining ½ tsp. thyme and ¼ tsp. salt. Spoon over chicken. *Serves 4.*



Chocolate Éclair Dessert Cake

Bellaonline.com

2 boxes (3 oz. size) instant vanilla or French Vanilla pudding mix
 3 cups milk
 1 tub (8 oz.) frozen whipped topping, thawed
 1 box (16 oz.) graham crackers
Frosting (Or use ready-to-spread dark chocolate frosting)
 2 squares unsweetened chocolate
 1-1/2 cups confectioners' sugar
 2 T. light corn syrup
 6 T. butter, softened
 2 tsp. vanilla
 3 T. milk

Preparation:

Use 9" x 13" covered cake pan. Line bottom of pan with graham crackers. In large mixing bowl, combine pudding mix and 3 cups milk. Beat at medium speed for 2 minutes. Fold in whipped topping. Spread half of pudding mixture over graham crackers. Add a second layer of graham crackers. Add rest of the pudding mixture, then cover with a third layer of graham crackers. Chill for 2 hours.

Frosting: In medium bowl, mix all frosting ingredients together. Beat on high speed for 2 minutes. Spread over top layer of graham crackers. Cover and refrigerate for about 10 hrs. before serving.

Gourmet Mushroom Risotto

Allrecipes.com

Ingredients:

6 cups chicken broth, divided
 3 T olive oil, divided
 ½ pound Portobello mushrooms, thinly sliced
 ½ pound white mushrooms, thinly sliced
 2 shallots, diced
 1 ½ cups Arborio rice
 ½ cup dry white wine
 Sea salt to and freshly ground pepper to taste
 3 T finely chopped chives
 3 T butter
 1/3 cup freshly grated Parmesan cheese

Directions:

In a saucepan, warm broth over low heat. Warm 2 tsp. olive oil in a large saucepan over medium-high heat. Stir in mushrooms, and cook until soft, about 3 minutes. Remove mushrooms and their liquid, and set aside. Add 1 T olive oil to skillet, and stir in shallots. Cook 1 minute. Add rice, stirring to coat with oil, about 2 minutes. When rice has taken on a pale, golden color, pour in wine, stirring constantly until wine is fully absorbed. Add ½ cup broth to rice, and stir until broth is absorbed. Continue adding broth ½ cup at a time, stirring, until liquid is absorbed and the rice is al dente, about 15 to 20 minutes. Remove from heat, and stir in mushrooms with their liquid, butter, chives, and parmesan. Season with salt and pepper to taste. *Serves 6.*



Congratulations to January's contest winner:

Erica Hall

Win a \$45 Gift Certificate to Bonefish Grill!

Find both Valentine's pictures below, anywhere (any size) within the Newsletter 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 12, 2010. **Be sure to include your name and telephone number.** Good Luck!



PAGE NUMBER:

Cupid: _____

Heart box: _____

CONTACT INFO:

Name: _____

Phone: _____

Local Students Participate in International Karate Championship

The following students from St. Michael's Dojo under the leadership of their Sensei Florence Cammack recently competed in the **International Shotokan Karate Federation's National Tournament** held in Cherry Hill, New Jersey on November 14, 2009:

Joshua Miller
Dana Alcantara
Paolo Esguerra
Sarah Kim

Gabriella Miller
Jed Alcantara
Helena Howard

Kathleen McClafferty
Coco Vigilar
Tanya Howard

Leah Alcantara
Veronica Vigilar
Rachel Kim



The following students received medals:

7 - 9 age group - Lea Alcantara 1st place kumite (intermediate) - National Champion
Helena Howard 2nd place kumite (intermediate)

10 - 11 age group - Olivia DeThomasis 3rd place kumite (intermediate)
Tanya Howard 3rd place kumite (intermediate)
Joshua Miller 3rd place kumite (advanced)

12 - 13 age group - Coco Vigilar 2nd place kumite (advanced)
Dana Alcantara 3rd place kumite (advanced)

14 - 15 age group - Jed Alcantara 3rd place kumite (advanced)

16 - 17 age group - Veronica Vigilar 2nd place kumite (advanced)

Youth Team Kata 2nd Place: Veronica Vigilar-Captain, Coco Vigilar and Dana Alcantara; Kathleen McClafferty - alternate



**Stop by the Nature Center to pick up a map
of the Van Metre 5 Mile Run/Walk race route
and more Information or click on
www.runwashington.com**



18th Annual
Van Metre 5 Mile Run

Saturday, March 6, 2010

BROADLANDS

Loudoun County's Fastest Growing Community

Ashburn, VA — 8:30 am

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

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

REGISTER ONLINE AT

www.runwashington.com "RACE REGISTRATION"



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.



Baby Steps to Big Success by, Katie Herbert CPT fitness.innovations@gmail.com



There are many different types of people in the world. In fact, that is one of the beautiful things about life, it is interesting because we are all different. We have different goals, we are good at different tasks, we find success through different avenues. It is also these differences that can make a trainer crazy. What motivates one client may turn another client off. A weight loss strategy that works wonders for one client may leave another at a plateau. While some clients are motivated to climb that mountain ahead, others search for the molehill, feeling overwhelmed by such a large task.

I've had many a client set goals and fail miserably at accomplishing the goals. Why does this happen? There are many factors at play here but one of the biggest issues that I find is fear, or maybe it's more a feeling of being overwhelmed by the goal. The 'New Years Resolution' is a perfect example; many of us set lofty goals every January 1st only to abandon said goals within days. The problem is that most of us try to overhaul our lives instead of make gradual changes that we can stick with.

As in all areas of life, change in diet and activity level is much more sustainable when done gradually. The goal is after all to be able to sustain and maintain weight loss and health. Anyone that has ever tried a crazy crash diet (cabbage soup anyone?) will understand this. So often the new fad diet or fad exercise will promise amazing results, it may even deliver on initial promises, then the minute you end the program you regain all the weight and more. Are we getting it now? Baby steps=success. By no means am I trying to discourage anyone from going all out on their fitness goals this year and hitting full throttle. I'm just trying to let everyone know that it's alright to be overwhelmed, but let's get a hold of it and not let those feelings hold you back from something great.

Diet and nutrition is a place where many people falter. As I tell my clients, you can ruin a killer 1 hour workout in 10 minutes if you are reckless. What I mean is be mindful of what you are putting into your body and consider the work that it will take to get rid of it. Are those M&M's worth another 30 minute run?

Here's a little basic math to help out: 1lb of fat=3500kcal This may seem like a large number. Break it down over a week, if you can reduce 500kcal per day you are down 1lb per week. Easy right? Not sure where to cut calories from? Keep a food journal for 3 days. After the three days, look at what you've eaten and determine what empty calories you can get rid of.

The American Academy of Sports Medicine recommends 30 minutes of cardiovascular exercise 5 days per week. I can hear some of your groaning already but this is just what I mean. 5 days a week may seem like too much to handle to start. Start with something you can do, once you can comfortably fit 2 days in, add a third day, then a fourth, then a fifth. Other people may think that there is no way to fit 30 minutes in. No one said it has to be in a row. In fact, studies have shown that people that break up workouts burn more calories than people that do one bout of exercise per day due to the extra oxygen consumption that exercise requires.

Other quick tips:

Take the stairs vs. elevator.

Park further away from store entrances.

Find opportunities to be active...squats and brushing teeth go well together.

Do mini workouts on commercial breaks.

Play with kids when at the playground (instead of just talking/sitting).

Even if you aren't ready to commit to a hardcore exercise program you can benefit from some of these simple changes and chances are, if you can make some little changes, that mountain may not look so big anymore. Good luck!

Coming in March: Couch Potato Workout

Let's Get Excited For Our Upcoming 2010 Broadlands Tennis Season

Tennis is a great sport for all ages at all levels. In order to better serve the Broadlands tennis community needs, please participate in this brief survey below:

- Would you like to participate in a USTA Tennis league? If yes, what is your rating?
- Would you participate in a free ladder tournament throughout the whole tennis season?
- Are you looking for hitting partners?
- Do you prefer singles or doubles?
- What days and times are you available to play?

Please feel free to send suggestions or any tennis programs you would like to have in Broadlands.

You can send your survey responses, along with name and suggestions to Luis at broadlandstennis@yahoo.com by March 1, 2010.

CURRENT PROGRAMS OFFERED

JUNIOR CLINIC (ages 3-14)

Mon – Fri, 5 to 6pm

Sat & Sun 11 to 12pm

TEEN CLINIC (ages 14-18)

Mon – Fri, 6 to 7pm

Sat & Sun 12 to 1pm

ADULT CLINIC – Beginner

Mon – Fri, 7 to 8pm

Sat & Sun 9 to 10am

ADULT CLINIC – Intermediate/advanced

Mon – Fri, 8 to 9pm

Sat & Sun 9 to 10am

JUNIOR and ADULT - Tournament

One Tournament will be held at the end of the session on Sat and Sunday.

Broadlands Members

\$120 per session (8 weeks) 1 class a week

\$200 per session (8 weeks) 2 classes a week

\$240 per session (8 weeks) 3 classes a week

\$260 per session (8 weeks) 4 classes a week

Non Members

\$136 per session (8 weeks) 1 class a week

\$216 per session (8 weeks) 2 classes a week

\$256 per session (8 weeks) 3 classes a week

\$276 per session (8 weeks) 4 classes a week

BROADLANDS HELPER LIST

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

Not Available on Website Edition

Key:

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

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

Loudoun Museum Closed for Repairs

The Town of Leesburg has begun work to repair old water damage to the north wall of the Loudoun Museum. The mold and dust encountered during repairs have made it necessary to close the Museum to the public until the work is completed. These measures have been taken out of concern for visitors' safety.

Deliveries will be directed to the Museum's garden entrance. Scout Programs and meetings will continue in the Donaldson Log Cabin and 2010 First Friday Lectures will be offered off-site through the generosity of Museum friends.

The Loudoun Museum is located at 16 Loudoun Street SW in Leesburg. For more information call 703-777-7427 or email info@loudounmuseum.org.

44081 Pipeline Plaza, Suite 125
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Friday 9:00am-3:00pm

Saturday (by appointment only) 10:00am-12:00pm

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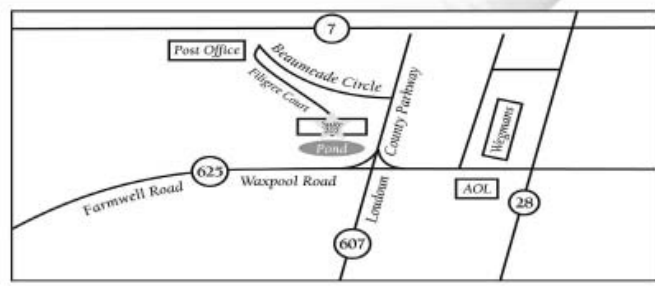
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USEFUL NUMBERS

Can also be found at <http://broadlandshoa.org/node/117>

NON-EMERGENCY

Ashburn Fire	(703) 729-0006
Fire Marshall	(703) 777-0333
Loudoun County Sheriff	(703) 777-1021
Washington Gas	(703) 750-1000
Poison	(703) 625-3333
Loudoun Water - Customer Service	(571) 291-7880
Loudoun Water - After Hrs./Wk.ends	(571) 291-7878
State Police	(703) 771-2533
Dominion Virginia Power	(888) 667-3000

PUBLIC INFORMATION

Abused Women's Shelter	(703) 777-6552
Animal Control/Shelter	(703) 777-0406
Building Permits & Dev.	(703) 777-0397
Comcast	(703) 430-8200
Child Protective Services	(703) 777-0353
County Landfill	(703) 771-5500
CPR Class Info	(703) 444-1155
DMV (VA)	(800) 435-5137
Drug Abuse	(703) 771-5100
Dulles Airport Hotline	(703) 572-2700
Health Department	(703) 777-0236
Library (Ashburn)	(703) 737-8100
Loudoun Ride On	(703) 777-2708
Loudoun Hospital	(703) 858-6000
Main Street Mailboxes	1(703) 753-5521
Miss Utility	(703) 552-7001
Metro	(202) 637-7000
OpenBand 24x7 Customer Service	(866) 673-6226
OpenBand Trouble Tickets	(703) 961-1110
Parks and Recreation	(703) 777-0343
Patriot Disposal	1(703) 257-7100
Ridesharing	(703) 771-5665
Road Conditions	(800) 367-7623

Social Services	(703) 777-0353
School Board	(571) 252-1000
Street Signs/Storm Drains	(703) 771-5666
VDOT	(703) 383-8368
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
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U.S. SENATE

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John Warner	(202) 224-2023

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Tim Kaine	(804) 786-2211
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Tips for Success with Mail Order Plants

At this time of year, many people browse through seed and nursery catalogs for new plants to add to their garden. If you plan to order plants by mail, first be sure they will grow successfully in our climate and your garden conditions. Check the hardiness rating of each plant (usually noted as a Zone #) against a Zone Hardiness Map published in the catalog or a gardening book. Hardiness Zones in Loudoun County are Zone 6 (the higher elevations in the western part of the County) and Zone 7 (the lower elevations and the eastern part of the County).

Keep a copy of your order, including the company's name and address, order date, items ordered, and the total cost of the order. Look for the replacement guarantee from the company before ordering. As soon as your plants arrive, check them for shipping damage, insects, and diseases. Inform the nursery immediately if any plants are injured, infected, dried out, or dead.


New plants should be set out as soon as possible. If you cannot plant immediately, remove or open up the plastic packaging to allow the plants some air. Place them in indirect light. Check the roots to see if they are moist. If they are dry, water immediately.

Early Arriving Mail Orders - Trees and shrubs that arrive through mail orders while the ground is still frozen or excessively wet can present a problem. However, these plants can be kept for as long as a month before planting if certain steps are taken. Care must be taken to ensure the root system does not dry out or freeze. If the air temperature is above freezing, bare root plants may be held one or two days in a shaded, cool spot. To prevent dehydration, the root system should be covered with damp moss, peat, wood chips, leaves, or other organic material. Usually plants are shipped with organic packing material surrounding the roots. Make sure it stays moist.

If planting must be delayed for more than a few days, the plants must be heeled in or stored in a cooler. When heeling in plants, the ground must not be frozen or watersoaked. Dig a small trench in a shaded area. Put the roots into the trench and cover them with soil. Mulch the area with an organic material such as pine needles. This arrangement should keep the plants in good condition up to a month if they are periodically checked and watered as necessary to keep the roots from drying out. Do not allow plants to go into active growth before they are moved to their permanent locations.

If packaged, bareroot plants arrive in freezing weather, they should not be put outdoors. The plants should be removed from their packages and inspected as soon as they arrive. Any damaged or dead parts should be cut off. Place them in a shelter or garage where the temperature will not fall below 40°F. Again, the roots should be insulated with organic material, and kept moist.

If you have questions about plant hardiness zones or if plants may grow in our region, contact the Loudoun County Master Gardener Volunteer Help Desk at 703-771-5150 or ex107mg@vt.edu.



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CLUBS AND GROUPS

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

ASHBURN AREA WOMAN'S CLUB

The General Federation of Women's Clubs is one of the world's oldest and largest women's service organizations dedicated to community improvement through volunteer service. The Ashburn Area Woman's Club meets the first Thurs of each month at 7:00p.m. in the Broadlands' Community Center.

AMERICAN HERITAGE GIRLS

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

ASHBURN CLASSICS

The presentation for our Feb 13 (Heart Month) at Mills Rec Center will be given by a cardiologist. Refreshments will be served. For more info, please call 703 723 3056. Ashburn residents 50 or over are welcome to attend and learn more about these issues.

ASHBURN TOASTMASTERS

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

BROADLANDS BICHON FRISE CLUB

Anyone interested that are Bichon owners currently please contact JoAnn Conroy at jfc27@smartneighborhood.net.

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

Ensures community completes annual goals to maintain it's certification. The Committee works with The NWF, The Broadlands HOA and our residents to achieve these goals. For info contact BroadlandsWildlife@gmail.com.

BROADLANDS NEIGHBORHOOD BIBLE STUDY

We currently are studying perplexing proverbs. We meet Tues mornings in neighborhood homes. Contact Karen at 703-723-4341 for more info.

COMMUNITY BIBLE STUDY

Please join us to learn how to experience God, not religion! We are studying Experiencing God by Henry Blackaby. We meet every Sunday at 6:30p.m. at the Community Center. If you would like more information please contact us at ant.hendricks@lcbc.org or call 615- 260-8020.

CUB SCOUTS & BOY SCOUTS

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

GIRL SCOUTS

A girl can 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. For more info, contact Anne Moriak at anne@moriak.net or 703-729-6594.

INVESTMENT CLUB

Meets in the Community Center on the 3rd Thursday of each month at 8:00p.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.

LA LECHE LEAGUE OF ASHBURN PM

Have questions about breastfeeding? Want to meet other nursing mothers? We meet the 2nd Wed of the month from 7:00p.m. - 8:45p.m. at the Broadlands Community Center. To contact a Leader please call 703-729-1205.

LOUDOUN COUNTY AUTISM NETWORK

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

LOUDOUN WOMEN'S NETWORKING GROUP

For women who own home based small businesses. We focus on growing our businesses while giving back to the Loudoun community. We meet the first and third Thursday of the month. For more info please visit our website at www.LoudounWNG.com.

MOM'S CLUB OF BROADLANDS

A national club made up of Moms and kids from the Broadlands. We meet in the Community Center every third Friday at 10:00am. For information, please contact Julie Peckman at 703-858-5679 or julesgkp468@gmail.com.

MOMS IN TOUCH

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

MOMS IN TOUCH FOR EAGLE RIDGE

Eagle Ridge Middle School moms have a new Moms in Touch group meeting in the Broadlands community. Please join us as we pray for ERMS and our ERMS children on Fridays at 10:00a.m. Please contact Carla for more info at 703-729-6443 or ackhend@aol.com.

PET LOSS SUPPORT GROUP

For those who have lost or anticipate losing a pet. We are a free support group that meets every third Tues at 7:00p.m. at Ashburn Psychological Services. Contact Robin Norris 571-278-9162 or robin@sashaheart.com for more info.

TECHNOLOGY COMMITTEE

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

YOUNG MUSICIANS NETWORK

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

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ADVERTISING DIRECTORY

DENTAL / ORTHODONTIA

Ashburn Pediatric Dental Center	32
Broadlands Orthodontics	30
Daczkowski, T. Wesley, DDS	34
Dr. Ann N. Hebda.....	32
NOVA Pediatric Dentistry & Orthodontics.....	32
Ronald Ray DDS & Associates	34
Wiger Orthodontics	32

EDUCATION / INSTRUCTION

The Goddard School	2
Ha'Penny Montessori School	2
Open Arms.....	6
Testing Advantage.....	8

FINANCE SERVICES

Apple Federal Credit Union.....	24
---------------------------------	----

FOOD

Asia Café	24
Clyde's.....	39
Forno Italian Oven & Grill	4

HEALTH

Ashburn Eye Care Associates.....	34
The Eye Center.....	30
Loudoun Eye Care.....	30
Penguin Pediatrics	30

HOME SERVICES

Belmont Deck and Patio	10
Climatic Heating and Cooling, Inc	10
Comfort Professionals, Heating & Cooling.....	12
House Doctor.....	8
John Nugent and Sons	10
Kris's Painting Service, Inc.	12
Zampiello Paint Contractors, Inc.	10

PETS

Ashburn Farm Animal Hospital.....	18
Ashburn Village Animal Hospital	18
Stream Valley Veterinary Hospital.....	2

PROFESSIONAL SERVICES

Lori Christ, CPA.....	12
Seth Enterprises, CPA	8
Tammy Bane, Allstate Insurance.....	39

REALTORS

Bonnie Selker, Keller Williams	39
--------------------------------------	----

RECREATION

Ashburn Ice House	39
-------------------------	----

RETAIL

Broadlands Marketplace	4
The UPS Store	13

ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

FEBRUARY CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

LITTLE BEAR PRESCHOOL "A MOM'S MORNING OUT CLUB": Open house for 2010/2011 school year: Wed, Feb 10th, 10am-12pm & Tues, Feb 16th, 7:00pm-8:30pm. Programs offered: Mon AND Wed Preschool 9am-12pm, \$179.00 per month, ages 2.5 thru 3.5. Tues & OR Thurs 9am-12pm, \$89.00 one day or \$179.00 two days, ages 18 months-2.5 years old. Fri ONLY 9am-12pm, \$89.00 per month, ages 2-4 years of age. Contact nancyshep@hotmail.com or 703-858-0117. State Licensed.

LITTLE BEAR PRESCHOOL PRE-K CLASS: for 2010/2011 school year. Designed to prepare children for Kindergarten. Main focus: reading, writing, math, science, hands-on materials, Spanish & more. Open house: Wed, Feb 3rd, 10am-12pm & 7pm-8:30pm. Program for 4 year olds & up. (Must be 4 by Jun 1st 2010). Mon, Wed, Fri 12:15-4:00pm, \$279 per month. Tues & Thurs, 12:15pm-4:00pm, \$199 per month. Lead teacher has 25+ yrs teaching experience. Contact nancyshep@hotmail.com or 703-858-0117.

GROWING MINDS PRESCHOOL: Home based preschool dedicated to providing a nurturing learning environment for all children. Teachers are certified & director/teacher holds master's degree in early childhood education. Open house will be on Thurs, Feb 11th at 7:00 p.m. We offer 2½, 3 and 4 year old programs. Registration will be on Sat, Feb 20th. For more information or directions, please contact Judi Ratcliffe at (703) 858-7966 or gminds@verizon.net.

ASHBURN READING RASCALS: Certified Pre K-6, teacher offering early reading program in Broadlands. Small classes for Pre K and Kindergarten students to build a strong foundation and an essential life-long learning skill. Please email for more information at amyschow@comcast.net.

PRE-KINDERGARTEN (5 YEAR OLD PRESCHOOL): Will your child miss the September 30th cutoff for kindergarten? Little Sprouts Preschool will be offering a special class just for those children next year. A Fun, hands on approach to learning. Mon-Thurs, 9am-12noon with optional aftercare, \$349 per month. 8 students/2 teachers. Open House/Registration on Feb 9th at 7pm. Contact Karlene 408-750-7349, <http://LittleSproutsPreschool.clubspaces.com>.

FOR SALE

WASHINGTON NATIONAL TICKETS: Selling 6 and/or 12 game shares at cost in a 4-seat, 2010 season ticket. Visitor Infield Box in Section 117U, Row EE; includes Red parking. Great family fun! Call Jim at 703-726-0786, or email JDALEE6@aol.com for more information.

HAVING A BABY??!! Super seat by Summer \$25; Baby swing by Laura Ashley \$30; Infant to baby tub by Aquarium \$20; Safari activity mat \$30; Grocery cart cover \$10; Born Free baby bottles \$5 each; Baby walker \$15; Musical standing toy center \$25; Skip Hop trendy diaper bag \$100...plus maternity and baby girl clothes. Call Jenny 571-333-3395.

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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.

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GGGGRRRRR!!!! 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.

COMPUTER REPAIRS: Need computer repairs, backups, wireless networking, virus or spyware removal? Call Brian at Circle Blue for fast and friendly service. We have the lowest prices in the neighborhood! Check out the one rate pricing at <http://www.circleblue.com>! (703)648-0810.

HOME DESIGN CONSULTANT: Need help choosing your granite, swatches or room color? Don't have time to drive around finding the best deals. If you need assistance in home design, please give me a call. Contact Heather at H Design, 703-728-5665.

PROFESSIONAL BOOKKEEPING: Ehlert & Associates offers affordable Bookkeeping and Expense Management for small and mid-sized businesses. We save you time and money, enabling you to focus on running and growing your business. Call for FREE consultation 703-785-4461 or visit www.EhlertandAssociates.com.

SALON SERVICES

ROYAL BARBER SHOP: Now open. The best haircut in Town. 42882 Truro Parish Dr, Broadlands, VA 20148. Men's haircut: \$14; Boy's haircut: \$12. Weekdays \$1 off. 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

Broadlands Committees and Events



February Activities

Date Activity

- 3rd 3:30p.m. Roots & Shoots Nature Club(NC)
- 6th Nature Center Open: 10:00a.m. - 2:00p.m.
- 8th Swimteam Registration begins for returning families
- 9th 6:00p.m. Board of Directors Meeting(NC)
- 10th 7:30p.m. Tech Committee Meeting(NC)
- 12th 1:00p.m. We Love Amphibians(NC)
- 13th Nature Center Open: 10:00a.m. - 2:00p.m.
11:00a.m. We Love Amphibians(NC)
8:00p.m. Mardi Gras Party(CC)
- 16th 8:30a.m. - 11:30a.m. Walk-in Registration for Summer Nature Camps
- 17th 10:30a.m. We Love Amphibians "Two"(NC)
3:30p.m. Roots & Shoots Nature Club(NC)
7:00p.m. Modifications Subcommittee Meeting(NC)
- 18th 8:00p.m. Investment Club(CC)
- 19th 10:00a.m. Broadlands Mom's Club(CC)
- 20th Nature Center Open: 10:00a.m. - 2:00p.m.
- 22nd Swimteam Registration begins for first time families
- 24th 7:30p.m. Book Club(NC)

Committees

Broadlands Live! Summer Concert Committee

Contact: Angela Rabena, arabena@comcast.net

Community Events Committee

Committee Chair: Tammy Wells, tammy@jwells.us

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

Neighborhood Watch Committee

Chair: Staci Kapinos, ssdkapinos@yahoo.com

Open Spaces Committee - Volunteers Needed

Recreation Committee

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

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



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Children (Under 13): \$6.00
Seniors: \$5.00
Skate Rental: \$3.00
Group Skate: \$6.00
Cheapskates: \$5.00



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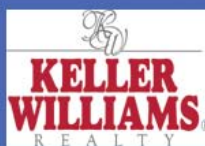


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Bonnie Selker
Right Time. Right Agent.
Direct: 703.728.2292
Email: bselker@KW.com

Don't Get Towed!



Illegal Parking Enforcement on HOA Maintained Streets Will Begin March 1, 2010

The Broadlands HOA has contracted with Battlefield Towing to enforce the HOA parking rules and regulations starting March 1st 2010. In addition to the removal of commercial and derelict vehicles, Battlefield Towing will tow vehicles parked in the fire lanes and vehicles which are blocking passage on the sidewalks.

See page 15 for a detailed list of the Broadlands Parking Rules and Regulations and which streets are affected.