

March 2010

THAW OUT IN MARCH WITH THESE COMMUNITY ACTIVITIES...

- Broadlands Community Volunteer Meeting, any time you can offer would be appreciated, page 5
- Broadlands Live! Have a blast while helping out at these fun events, page 5
- Swim team registration is underway, don't miss out! page5
- Loudoun County Libraries facing major cutbacks, page 9
- Nature Programs this month, page 19
- Summer Nature Camp, please register on-line to hold your space! page 20
- Earth Day Loudoun, save the date, April 25, page 21
- Tennis Programs in Broadlands, spring break camps and spring sessions, page 25
- Van Metre 5 Mile Run, March 6, time is running out, hurry and register! page 27

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HOA Office and Website

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



Armstrong Management Services

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

Mail Payments to: Armstrong Management Services P.O. Box 7778 Philadelphia, PA 19101-7778



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

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Resident Member - Vacant

Resident Member - Vacant

HOA Management

Wes Schroeder - General Manager (703) 729-9711, wschroeder@broadlandshoa.com Maureen Burns - Assistant General Manager & Secretary to the Modifications

Subcommittee, (703) 729-9714, mburns@broadlandshoa.com

Nan McCarry - Audubon Naturalist, (703) 729-9726, naturalist@broadlandshoa.com. Hours: Monday 12:00p.m. - 3:00p.m., Wednesday 10:00a.m. - 5:00p.m., Friday 10:00a.m. - 2:00p.m.

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Broadlands Community Blog Debuts on LoudounTimes.com

The Loudoun Times Mirror has launched a brand new, online edition at <u>www.LoudounTimes.com</u>. As part of the new format, there is a section highlighting news from communities around Loudoun County. Maureen Burns, Broadlands Association Assistant General Manager, has been invited to be the "Citizen Journalist" for the Broadlands!

This will be the ideal place to get news, announcements, events, photos, fundraisers and much more publicized in a high traffic media forum.

Please send all your news and photos to <u>mamatothree@aol.com</u> and as space permits they will be published on the new Loudoun Times.com Broadlands blog.

Keep the Broadlands Good News coming!



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The Egg Hunt is On!

Keep your eyes peeled for news about the Annual Broadlands Egg Hunt! Families will have an "Egg"-cellent time searching for goodies on the Bunny Trail. Check the April newsletter or the HOA website forums – www.broadlandshoa.org for more information. Please email sunny@smartneighborhood.net if you would like to help with this fun, springtime event.

Take a Step Back in Time to a Musical Revolution

The Briar Woods High School PTSO Will host a performance of the incredible Beatles tribute band "**Hard Days Night – The Band**" on Saturday, March 20, 2010. A silent auction is also planned. Doors open at 4:30 for the silent auction. The concert begins at 6:00. Refreshments will be available for purchase. Advance sale tickets for the concert are \$10; \$15 at the door. Tickets can be purchased at BWHS or by contacting Jan Mathov at <u>j_mathov@yahoo.com</u>. Tickets not required for the silent auction. Go to <u>www.falconfever.org</u> (click on BWHS Concert and Silent Auction) for more information.



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!

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

Swim Team 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 is open to Broadlands residents. Starting 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!

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 exciting concerts that 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.



Notes from Your Neighbors...... Ashburn Volunteer Fire Rescue Department

Poison Prevention Week is March 14th through March 20th. Many everyday items used both inside and outside your home contain poisons that that make people sick or even kill them! Poisons can be ingested, breathed in, touched or splashed into your eyes. Identify the poisons that are around your home and keep them locked away from children and pets. Always carefully follow directions when using hazardous substances. Don't forget a deadly odorless, tasteless and invisible poison – carbon monoxide! Be sure to have a CO detector installed on every level of your home.

We won the Liberty Mutual Safety Pledge! On

February 1, 2010 Liberty Mutual Insurance presented AVFRD with a check for \$10,000. Thanks to all our supporters who helped us win this prize.

Another way AVFRD raises funds is through our Pancake Breakfast held at the Ashburn firehouse – 20688 Ashburn Road – on the first Sunday of the month from 8:00a.m. until Noon. Please note there **will not** be a Pancake Breakfast in April. During the breakfast be sure to visit the Kids' Corner for a new surprise, a special guest, a craft project and much more! Tours of the fire engines and ambulances are also available. New to the Pancake Breakfast is the **Diesel Fuel Fundraiser**. It takes 312 gallons of fuel to fill up three fire trucks and three ambulances. "Buy" a gallon or more of diesel and if you fill up one of the tanks, you get to ring the fire bell!

Mark your Calendar

- Station 22 Lansdowne Safety Center Grand Opening – April 10th 10am to 2pm
- Ashburn Village Sports Pavilion 10K AVFRD Benefit – April 25th
- Ashburn Fire House Spring Open House 20688 Ashburn Rd. – May 16th 12:00p.m. -4:00p.m.
- 2nd Annual poker Run June 19th
- Belmont Country Club Golf Tournament September 20th

We are currently accepting sponsorship for all our events. For more information please contact <u>sponsor@ashburnfirerescue.org</u>.

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Broadlands Marketplace

(between Harris Teeter & Walgreens) 43300-116 Southern Walk Plaza......703.729.2215

or our Website at www.theupsstorelocal.com/5742



Come One, Come All to Carnival Fun at Hillside's Spring Fling on Saturday, March 6th.

Saturday, March 6th is right around the corner! Come on over and enjoy a great day of games, prizes, concessions, and live entertainment from 10:00a.m. to 3:00p.m. at Hillside Elementary.

Hillside will host the Dome Theater 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 theater. (www.dometheater.net) Tickets are \$5.00

Becky Shore of Wildlife Ambassadors will also be at the Spring Fling Festival. She will bring an array of animals with her including foxes, a chinchilla, some birds and a baby porcupine. Becky is a fantastic handson animal expert and both children and adults will learn about each of the animals while interacting with them. See www.wildlifeambassadors.org for more information.

This year's games include some new and original twists on favorite carnival games. This Spring Fling is so big that Hillside only puts it on biennially. Don't miss this fantastic family event. If you have any questions about the event, please contact Julie Holstein at <u>Yahoos34me@aol.com</u>.



March 2010



Broadlands Residents, Direct Debit is Now Available to You For Your Monthly HOA Dues

Owners are encouraged to use the Direct Debit Program and have their monthly assessment deducted from their bank account automatically during the first week of the month. This program **eliminates** the possibility of late charges being assessed as payments will not be missed or lost in the mail. A copy of the application follows the budget in this newsletter. You may also pick up a copy at the HOA office at the Nature Center at 21907 Claiborne Parkway, or online at <u>http://www.broadlandshoa.org/</u> fileshare/files/108/auto_pay_application.pdf.

You can find the Automated Payment Service Authorization form on page 12.

The Library Corner

A message from the Loudoun County Library Board of Trustees

There is no question about it. Loudoun County Public Libraries are in trouble. The Board of Supervisors is considering a budget for FY 2011 which will force elimination of 25 positions, closure on Sundays plus one other day, elimination of programs such as the Teen Center in Rust and Outreach to the elderly and shut-ins, and severe cut backs in the programs and services the library provides to you.

Libraries account for less than one percent of the total County budget. The services the libraries provide are superb and win national recognition. The personnel are highly trained and highly motivated. The impact of the cuts to the library will be devastating, and the savings miniscule. Please let your Supervisors know that you support fully funding our libraries and object to the cuts which are on the table. Final decisions will be made by the end of March. NOW is the time to act. Write to the Supervisors at BOS@Loudoun.gov and voice your support for fully funding your libraries. Bring your gently used prom dresses and accessories to your local library throughout March. Your donations will go to Prom Wishes, an annual event organized by the Junior Woman's Club of Loudoun, who are committed to outfitting teens for the prom, free of charge! Loudoun County Public Library is proud to partner with JWCL in support of this program.

General Manager Comments

I hope everyone survived the recent snow storms. Our snow plowing contrator expressed how cooperative the majority of residents were during these extraordinary storms. It was a very trying time for everyone. We commend you for moving your vehicles to allow the company to clear the streets as quickly as possible.

The plowing company and all its employees were very appreciative of the pizzas, cookies, brownies and other treats that were delivered to them. Many of them spent up to a week on site during the two storms. They asked me to express their appreciation to all of the homeowners who went out of their way for them.

Board Actions Update to January, 2010 Meeting

- Approved Minutes of December 8, 2009 meeting.
- Approved Piedmont Environmental Council's agreement with the Association.
- Approved Easement with B. F. Saul, as amended for installation of traffic light at Demott Drive and Broadlands Boulevard with email from B. F. Saul agreeing to protect landscaping in the easement area.
- Denied Request by Loudoun County to take over maintenance of the Nature Center Pond.
- Denied Removal of assessed late charges.
- Approved Policy for Use of the Common Areas by For-Profit Organizations, subject to attorney approval.
- Approved Tennis contract, as amended.

Pools Open May 29th, Be Ready!

Be sure that you know where to find your family's Photo ID Pool Passes. You will need them to enter the pools for the 2010 season. They will be electronically updated; you don't need to do a thing!

Replacement passes can be obtained free of charge at the Nature Center up until opening day! After that, replacement passes will cost \$5.00 each.

Look for complete pool information in the April issue of the Broadlands Community News or after April 1st, on the community website, www.broadlandshoa.org. See you at the pool!

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.

Please Keep Your Sidewalks Clean

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.

Get Connected @ ArmstrongConnect

ArmstrongConnect[™] is a customized communication tool specifically designed for Broadlands. By registering, you will be able to access your assessment history, email management, and update your account information 24 hours a day. You will also be able to receive community wide emergency emails and phone notices.

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. access vour You can then 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, March 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 March 3, 2010

March 17, 2010 April 7, 2010 April 21, 2010 SUBMISSION DATE

February 26, 2010 March 12, 2010 April 2, 2010 April 16, 2010

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

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.

<u>PLEASE RETURN BY</u> <u>THE 15th TO START</u> NEXT BILLING CYCLE

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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 <u>FIRST WEEK</u> of each billing cycle. <u>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.</u>

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

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SIGNATURE

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BANK ACCOUNT NUMBER			
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<u>NOTE: FEDERAL CREDIT UNION MEMBERS SHOULD VERIFY THE ACH</u> <u>ROUTING NUMBER WITH THEIR BANKING INSTITUTION</u>

Form AMS009

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.

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

Numbers to Call with Snow Removal Questions or Problems

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	
	74	VDOT		24		
Glyndebourne Court			Spring Morning Court		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			VDOT	
	17	VDOT	Vestry Court	4 8	HOA	
Kitchen Prim Court			Welby Terrace			
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	
	36			Dt 770	1	
Old Wood Way		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	

2009-2010 Snow Removal Guidelines - cont

Manicure, Pet-icure By: Shannon M. Pecora, M.A., Stream Valley Veterinary Hospital

Dogs, cats, parrots, guinea pigs—so many different types of pets with at least one thing in common: they have nails that need regular trimming. A simple routine task, however, not for those of us with pets who are frightened, uncooperative, or just plain stubborn.



Pets may dislike nail trims for a number of reasons. They may remember

the pain of a previous too-close trim. Arthritis might make it uncomfortable to have the legs or feet held up for too long. Perhaps they just haven't had enough training to get used to the practice.

If your pet is still young, often the simplest and most practical solution is to just keep at it. Even if you can only trim the nails on one foot at a time before the struggling begins, give it a go. With enough patience from both of you, your pet should begin to realize that it isn't really a traumatic experience, and you'll be able to get more and more done each time.

If you have an older pet who has never been fond of nail trims, or even if the aversion is a new occurrence, the above technique could still work. However, you may find that support and assistance are necessary. You can choose to bring your pet to the groomer or veterinary office on a regular basis and leave it to the professionals. But if that sounds tedious and expensive, the at-home option is probably a bit more appealing. Your groomer or veterinary technician/assistant may be able to guide you through the procedure, helping you practice as many times as you need to until you are comfortable trimming your pet's nails on your own. In some scenarios, sedation or special restraint is appropriate; a consult appointment with the veterinarian can help you make that judgment call.

It's too bad that our pets in general don't appreciate the pampering aspect of the mani-pedi. I certainly wish that someone would offer to do my nails for me every few weeks! But nail trims are necessary, so it's important to explore the options and find the best way to get you and your pet used to the practice.





'around back', behind Subway)

www.LoudounVet.com "We're Your Other Family Doctor"

Parkway Intersection)

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

<u>Fast Facts:</u> 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, churlee". 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

Loudoun County Master Gardener Volunteers Announce First Annual Gardening Symposium

The Loudoun County Master Gardener Volunteers are pleased to announce their First Annual Gardening Symposium to be held March 20th and 21st at Ida Lee Park in Leesburg, VA. The theme for the two day event will be "Garden to Table" with topics ranging from planning to preserving.

Following on the success of their latest initiative. Garden to Table, LCMGV have lined up a two day event for the public to help anyone that wants to start a vegetable garden in 2010. Topics will range from designing your garden to preserving your harvest, with bugs, bees and tools discussion included. Among the guest speakers will be Joe Lamp'l, aka "Joe Gardener", host of two National television shows: Garden SMART on PBS and DIY Network's Fresh from the Garden. Joe is also a syndicated columnist and author, and will be speaking on his latest book, "The Green Gardener's Guide; simple significant actions to protect and preserve the planet" with a book signing afterwards. Joe's passion and work related to gardening and environmental stewardship through multiple media platforms has positioned him as one of the most recognized personalities in the green sector today. Learn more about Joe at http://www.joegardener.com/.

Also featured is Ellen Ogden, co-founder of The Cook's Garden - America's premiere source of information for the kitchen gardener. With a new book due out on kitchen gardening, Ellen will have a book signing after her talk. Ellen will also be available for consultation by appointment on Sunday, March 21st. Learn more about Ellen at <u>http://www.ellenogden.com/</u>.

Other speakers include Dr. Michael Raupp, noted Professor of Entomology at UMD, also known as "Dr Bug". His website is <u>www.raupplab.umd.edu/bugweek</u> and Jaanine Glascock from Quail Hollow Farm in Berkeley Springs, WVA. Local speakers include Donna Williamson, former owner/editor of the regional gardening magazine, GRANDIFLORA, Beverly Samuels, Extension Agent, Family and Consumer Sciences, and Master Gardeners; Susan Lopez, Denise Palmer, Judith Stevens.

The first day will conclude with a Wine and Cheese tasting from local businesses. Tickets are \$55 for the two day event and include lunch for both days. Lunch will be provided by South Street Under and Wegman's, both of Leesburg. Space is limited.

Loudoun County Master Gardener Volunteers provide county residents with information on safe, effective, and sustainable landscape management practices. The program is sponsored through the local office of the Virginia Cooperative Extension in Leesburg, Virginia, with the support of Virginia Tech and Virginia State University. Master Gardener Volunteers are an organization trained in research-based horticultural information. For additional information about the Loudoun County Master Gardener Volunteer program, the Symposium, or to purchase tickets; please visit the LCMGV's website at www.loudouncountymastergardeners.org

Contact: Loudoun Master Gardener Volunteer Help Desk, 703-771-5150 or <u>ex107mg@vt.edu</u>.

The Critter Corner By Dr. Steve Velling, Ashburn Village Animal Hospital

"These Bugs Really Bite!"

Mrs. Washington's little girl Emily came home from preschool one day complaining that her head itched terribly. When her mom looked at her a little more closely, she noticed little white specks attached to Emily's hair, near her scalp, and then she saw one of the "specks" move. That's when she called us. I told her that it could be lice, but I'd have to see one to confirm it. Her immediate reaction was to blame her dog Bowzer, at which point I informed her that head lice is not passed from animals. "Really?" she said. "I always thought they came from pets!"

There are many different parasites that people can contract, but many of them don't usually come from pets. Parasites that seem to be on the rise, according to Dr. Bernard Cohen of Johns Hopkins Children's Center, include lice, bedbugs, scabies, pinworms, and fungi such as ringworm. Of these, only scabies and ringworm can be from pets. The others are contagious from person-to-person contact, or more often childto-child contact, especially during the winter months when kids and adults spend more time indoors and have prolonged contact with one another.

Scabies, which is a mite that burrows under the skin, is more often seen in dogs with weakened immune systems, but they can transfer to people with skin-to-hair contact (such as petting!). These bugs not only burrow, but they feed on you, lay eggs on you, and leave their waste on you (are you itchy yet?!). This causes an intense allergic reaction, but fortunately there are some very effective creams to use. As for ringworm, this disease is actually a misnomer. It is really a fungus, and grows on the surface of the skin like a microscopic plant. It forms scaly, red circles, or rings, on the skin. They can be present on wrestling or gym mats, on goggles or bathing caps, and is spread by skin-to-skin contact. But it is also often spread from pets, especially puppies or kittens. Their long hair can hide the lesions on their body, and as with scabies, people can pick up this disease just by touching their pet.

Well, Mrs. Washington thanked me for my time, as well as my advice to use "RID" shampoo and to go through Emily's hair literally with a "fine-toothed comb". I hope you

have a parasite-free house, but if you or your pet do come into contact with one of these pests, don't be too surprised. They've been around forever, and they aren't going away anytime soon.

Till next time,

Dr. Steve, www. Ashburnanimals.com

p.s. There are many intestinal parasites that are zoonotic, or contagious, from pets to people, including roundworms, hookworms and giardia. Wash your hands after picking up after your pet or playing in the dirt!



LOUDOUN WILDLIFE CONSERVANCY ANNOUNCES 2010 SUMMER INTERNSHIP PROGRAM

Loudoun Wildlife Conservancy (LWC) is accepting applications for its 2010 Summer Internship Program. The LWC internship program provides educational and hands-on opportunities for students concerning environmental issues impacting Loudoun County. College juniors, seniors, and graduate students pursuing a career in the environment are encouraged to apply. LWC is also extending applications to junior science teachers in Loudoun County who have up to five years teaching experience. The deadline for applications is March 15, 2010.

In previous years, interns have supported LWC's citizen science programs, including stream monitoring, amphibian monitoring and habitat restoration. They have helped to develop the organization's publications and assisted with nature camps for children. In 2010, the internship will include working on the bluebird and butterfly monitoring programs as well as the stream monitoring program. Interns also will be expected to support the environmental children's camp for two weeks during the summer.

The LWC Summer Internship Program provides students learning and training opportunities to:

- advance their knowledge and understanding of environmental issues
- gain exposure to the operations of a nonprofit organization
- develop research capabilities and technical, field and leadership skills
- apply knowledge learned in the classroom to real world environmental challenges
- be guided and mentored by environmental professionals
- benefit from the opportunity to network with LWC volunteers and the greater Loudoun community
- explore career possibilities in the nonprofit and environmental field

Requirements for consideration:

- The intern should be available for work at least 20 hours per week from approximately May 15 – August 25.
- The intern should be pursuing a degree in an environmental career to include, but not limited to, biology, policy issues, environmental management, horticulture, etc.
- The intern will need to be available to participate in a face-to-face interview with two LWC staff members for consideration.
- Applicants will need to submit a resume and cover letter detailing education, training, and skills they will bring to the LWC internship program, as well as how the program will enhance their education and relate to their chosen career.
- The intern will need to provide two references, preferably employment-related.
- A writing sample in the candidate's current research field or other environmental area of interest will need to be submitted.

Interns will receive compensation for the work performed. Applications may be submitted online at www.loudounwildlife.org or contact the LWC Summer Internship Coordinator, Karen Strick, at kstrick@loudounwildlife.org, for more information.

Loudoun Wildlife Conservancy is an all-volunteer non-profit organization whose mission is to promote the preservation and proliferation of healthy wildlife habitats throughout Loudoun County. Visit www.loudounwildlife.org or call 540-554-2542.



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.



To register online:

Go to <u>www.audubonnaturalist.org</u>.

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 <u>julieg@audubonnaturalist.org</u> or call 703-669-0000 x 1

Organized by Broadlands Wildlife Habitat Committee and other volunteers throughout the county



Sunday, April 25th

11am-4pm * Clyde's at Willow Creek Farm 42920 Broadlands Blvd., Broadlands



Fun Hands-On Activities Provided By:

LOUDOUN

Family Festival

eart

Heritage Loudoun Farm Museum, Watershed Watch National Wildlife Federation, New Leaf Vegan Society, Piedmont Environmental Council. Virginia Coop. Extension of Va. Tech VA. Department of Forestry, Loudoun Soil and Water Conservation District Master Gardeners, LCPS Energy Education Team, Shop Green, Buy Local, Loudoun The Loudoun Watershed Water, Stakeholder Steering Committee. Loudoun Wildlife Conservancy, Girl Scouts

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WildlifeAmbassadors

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Animal Shows ~Live Music ~ Food and MUCH MORE!

 Sponsors:
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Ham & Coleslaw Hero

A delicious variation on the traditional sub. **Ingredients:** ¹/₂ cup plain low fat yogurt

2 Tbsp light mayonnaise

- 1 Tbsp wine vinegar
- 2 tsp honey-Dijon mustard
- 1/4 tsp freshly ground pepper
- 8 oz colesław mix (about 4 cups)
- 1 loaf Italian bread (about 1 lb)
- 6 oz thinly sliced reduced-sodium ham
- 1 jar (12 oz) roasted red peppers, well-drained and cut in strips ³/₄ cup thinly sliced red onion

Preparation:

Coleslaw: Whisk yogurt, mayonnaise, vinegar, mustard and pepper in a medium bowl. Add coleslaw mix and toss to coat well. Split Italian bread horizontally. Arrange ham on bottom half, then peppers and onion. Cover with coleslaw and bread top. Cut loaf in four portions to serve. **womansday.com**



Calzone Pinwheels

These can be made ahead and popped in the oven right before company arrives.

- 16 Servings
- Ingredients:
- ¹/₂ cup ricotta cheese
- 1 tsp Italian seasoning
- 1/4 tsp salt
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup diced pepperoni
- ¹/₂ cup grated Parmesan cheese
- 1/2 cup chopped fresh mushrooms
- ¹/₂ cup finely chopped green pepper
- 2 Tbsp finely chopped onion
- 1 package (8 oz) refrigerated crescent rolls
- 1 jar (14 oz) pizza sauce, warmed

Preparation:

In a small bowl, combine the ricotta, Italian seasoning and salt. Stir in the mozzarella, pepperoni, Parmesan, mushrooms, green pepper and onion. Separate crescent dough into four rectangles; seal perforations. Spread cheese mixture over each rectangle to within 1/4 in. of edges. Roll up jelly-roll style, starting with a short side; pinch seams to seal. Cut each into four slices. Place cut side down on greased baking sheets. Bake at 375° for 10-15 minutes or until golden brown. Serve warm with pizza sauce. Refrigerate leftovers. Yield: 16 appetizers. **tasteofhome.com**

Score Big With Your Friends With These Game Time Snacks.

Jalapeno Popper Spread

An easy appetizer that tastes just like jalapeno poppers. Serve with sliced sourdough baguettes, tortilla chips or crackers.

Ingredients:

- 2 (8 oz) packages cream cheese, softened
- 1 cup mayonnaise
- 1 (4 oz) can chopped green chilies, drained
- 2 oz canned diced jalapeno peppers, drained
- 1 cup grated Parmesan cheese

Preparation:

Stir together cream cheese and mayonnaise in a large bowl until smooth. Stir in green chilies and jalapeno peppers. Pour mixture into a microwave safe serving dish, and sprinkle with Parmesan cheese. Microwave on High until hot, about 3 minutes. **allrecipes.com**

Congratulations to February's contest winner: Dobrolina Hristova

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

Answer the following *March Madness* Trivia questions correctly and you could win. Winner will be chosen at random from all correct entries. Entries must be received at the Nature Center HOA office no later than, noon, March 12, 2010. **Be sure to include your name and telephone number.** Good Luck!

1. What team won the NCAA title in their first Final Four appearance in 1999? □ Villanova □ Marquette □ Connecticut □ Georgetown

2. What was the name of Arkansas' pressure defense style of the 90's?
Porty Minutes of Hell
Swarm and Attack

Swarm and Attack
 Forty-six and Two Ahead of Me

- 3. Who called a time-out that their team didn't have in a second round game against Arkansas in 1995, costing the win.
 Billy Sims
 Chris Webber
 Lawrence Moten
 John Wallace
- 4. Georgetown defeated Vanderbilt, 66-65, by hitting a shot with 2.5 seconds left in the game to give them the lead.

 True
 False
- **5.** Which year did "Magic" Johnson win MOP:

□ Full Court for Forty

□ 1978 □ 1980

CONTACT INFO:

Name:

Phone:

March 2010

THE NO-EQUIPMENT COUCH POTATO WORKOUT By: Katie Herbert CPT fitness.innovations@gmail.com

As a trainer I hear some of the silliest excuses from my clients about why they aren't getting more exercise in. To combat that, I have come up with the best answer I possibly could, it's a no-equipment, minimal effort, minimal time workout. I know, I know, it will take some fun out of making up excuses for not working out, but it could be so crazy that it works. I'm not going to say that this workout will get you in the best shape of your life but it will get you going. Often times all you need is a little push. If you start to be a little more active and you see how great it feels you will probably become more interested in adding other forms of exercise to your day.

Some of you may be reading this and thinking that your problem continues, you have TiVo or DVR. This may be hard, I know, just don't fast forward past the commercials. It may take some getting use to, but in the end your body will thank you.



This workout is designed so you can enjoy your evening television while doing something good for your body too. Step 1: Put down the chips/ice cream/glass of wine before beginning.

- Commercial Break #1: 1 minute of push-ups (kneeling or on toes). Flip over for 1 min of bicycle crunches. Hold a plank for any remaining time.
- Commercial Break #2: 1 minute of lunges. 1 minute of jumping jacks. Bicycle crunches for any remaining time.
- Commercial Break #3: 1 minute of push-ups. 1 minute of crunches.

Commercial Break #4: 2 minutes of stairs-go, up and down as many stairs as you can. 20 calf raises on the bottom step.

- Commercial Break #5: 1 minute of shoulder taps-hold in a straight arm plank position and lift one arm at a time to tap the opposite shoulder. 1 minute of squat jumps
- Commercial Break #6 Finish off with some stretching to thank your body for working for you.

If you do have equipment that you have at home, add in extra circuits if you are watching longer tv shows. Add in biceps curls, triceps kickbacks, shoulder press, front raises, the sky is the limit.

Next Month: Did I Eat That?



Summer Fun Skate Camps Tiny Tots 1/2 Day Camps Freestyle Development Camps Power Ice Camps Power Play Hockey Camps

To Register go online to www.ashburnice.com or Stop by our Front Desk

Stay Cool All Year Round at The Ashburn Ice House

21595 Smiths Switch Rd. Ashburn, VA 20147 www.ashburnice.com 703-858-0300

BROADLANDS 2010 TENNIS PROGRAMS

BROADLANDS SPRING JUNIOR TENNIS CAMP MARCH 29 – APRIL 2 (AGES 5 -16)

\$150 - Half-Day Camp (5 days) 10:00 am - 1:00 pm OR 2 pm - 5 pm

\$350 - All-Day Camp (5 days) 10:00 am - 5:00 pm

	SCHEDULE			
Half Day	(10am-1pm	or 2-5pm) or All Day Camp		
10:00 AM	2:00 PM	Welcome & check-in		
10:05 AM	2:05 PM	Separate into groups		
10:05 AM	2:05 PM	Warm-up & stretch		
10:10 AM	2:10 PM	Motor Skills activities		
10:25 AM	2:25 PM	Introduce first Skill of the Day (SOD) (Serve)		
10:35 AM	2:35 PM	Develop skills		
11:00 AM	3:00 PM	Playing skills - Games & exercises		
11:35 AM	3:35 PM	Water/snack break		
11:45 AM	3:45 PM	Motor Skills activities		
12:00 AM	4:00 PM	Introduce second SOD		
12:10 AM	4:10 PM	Develop skills		
12:20 AM	4:20 PM	Playing skills - Games & exercises		
12:55 AM	4:55 PM	Final talk & review		
1:00 PM	5:00 PM	Dismiss & check-out		
1:00 PM		Optional Lunch Break for All- Day Campers		

Included: T-shirt and merit award.

NOVA MEN'S WEEKEND TENNIS LEAGUE (WMTL) APRIL 16 – JUNE 27

Level: 2.5, 3.0, 3.5, 4.0 & 4.5, 5.0, and 5.5

Time: Between 8 am – 10 pm

Qualifying teams will progress to a District Championship in mid-July and a Sectional Championship in August. Nationals Championships times and location will vary per level.

Contact Luis if you would like to form a team or be part of a team.

8-WEEK SPRING SESSION CLINICS MARCH 22 - MAY 16

JUNIOR CLINIC (ages 3-14) Mon – Fri, 5 to 6pm Sat & Sun 10 to 11 and 11 to 12pm

TEEN CLINIC (ages 14-18) Mon – Fri, 6 to 7pm Sat & Sun 12 to 1pm

ADULT CLINIC – All levels Mon – Fri, 7 to 8 pm and 8 to 9 pm Sat & Sun 9 to 10 am and 12 to 1 pm Morning Clinics by request

Broadlands Resident / Non-Resident 1 class a week: \$120 / \$136 per session (8 weeks) 2 classes a week: \$200 / \$216 per session (8 weeks) 3 classes a week: \$240 / \$256 per session (8 weeks) 4 classes a week: \$260 / \$276 per session (8 weeks)

> Clinic Drop In Fee: \$20 resident; \$22 non-resident



PRIVATE LESSONS			
PER HOUR	Luis <u>R / NR</u>	Luis' Assistant Pro <u>R / NR</u>	
1 player:	\$60 / 65	\$50 / 55	
2 players:	\$35 / 38 each	\$30 / 33 each	
3 or 4 players:	\$25 / 27 each	\$20 / 22 each	
5 or + players:	\$20 / 22 each	\$15 / 17 each	

PLEASE CONTACT LUIS TO REGISTER FOR ANY PROGRAM:

PHONE (301)-221-7917 and EMAIL: BROADLANDSTENNIS@YAHOO.COM

Grow Your Own Vegetable Transplants By: Debbie D. Dillion, Urban Horticulturist Loudoun County Extension

With all the snow we have had this winter, most folks have had ample time to look through the multitude of gardening catalogs and select vegetables they would like to grow in their garden this year. Home gardeners who plan on starting their own vegetable transplants should consider these four things: 1) the time the plants are needed (last frost date), 2) potting soil or soil mix considerations, 3) light, and 4) temperature.

Most vegetable transplants, with the exception of the cucurbit family (cucumbers, cantaloupes, squash, and watermelons, need about six weeks from seeding until transplant to the garden. Cucurbits only need three weeks and may even be seeded directly in the garden. Many home gardeners commonly start their seeds too early, perhaps as much as 12 to 14 weeks before the ideal garden planting date for that species. This results in plants that outgrow the cell pack root area and the top space available to the transplant resulting in plants that are potbound with the roots throughout, plus completely encircling the outer edge of the potting soil in the cell pack, and tops that are spindly and weak due to crowded competition for light. It's not difficult to calculate the proper time to start seeds. In Loudoun County we generally recommend it is safe to plant your tomato plants after Mother's Day (May 9 this year). Counting back six weeks, you should sow your tomato seeds sometime during the last week of March. This will provide a young, actively growing transplant, not overcrowded in the container and with a rootball still expanding and growing downward (not completely encircling the outer surface of the potting soil).

Never use soil from the garden to germinate your vegetable transplants. Many diseases are soil born and garden soil will not drain well when used in containers. The commercially prepared potting soils consist of peat moss, vermiculite, perlite, and pine bark are lightweight, free from plant pests and soilborne diseases, and drain very well. The result is far superior in performance compared to garden soil when placed in cell packs or other small transplant-growing containers.

During late winter in Virginia we generally don't have a lot of sunny days in a row, so efforts at producing homegrown or windowsill transplants result in far less than the gardener's expectations because of poor light. Shady or one-sided, cloudy light coming through a window just will not grow stocky vegetable transplants. To do the job well, fluorescent lights placed about 6 inches above the seedling tray are required. The lights should be on a timer to provide 16 hours of bright light each 24-hour period. Dual fluorescent tubes provide stronger and more uniform light than a single tube. One coolwhite and one warm-white fluorescent tube provide an excellent balance of useable light for photosynthesis. As plants sprout and grow under lights, the tubes should be raised so as not to produce too much heat too near the tops of the plants.

Once the seeds germinate, keep the plants growing on the cool side to promote stocky versus succulent growth. The best results may be accomplished by turning off or down all other heat in the room where your plants are started to 55° F.

Continued on page 31

ASHBURN EDUCATION CENTER CALENDAR

SAFE SITTER ASHBURN

When:	Saturday, March 6th, 8:30a.m 3:00p.m.
Where:	Ashburn Education Center
	20925 Ashburn Professional Plaza
	Suite#110

Course Description: Safe Sitter® prepares young adolescents for the responsibilities of nurturing and protecting children through hands on training with medically trained experts. We believe the successful completion of an educational program addressing these competencies should be a community standard for those who care for children. BETTER SITTERS TODAY. BETTER PARENTS TOMORROW.® Student must be at least 11 to take this class. \$75 per person **To Register:** go to http://www.restonhospital.com/ CommCal.asp.

BABY BASICS

When:

Monday, March 15, 2010, 6:00p.m. - 8:30p.m. Ashburn Education Center

Where Ashburn Education Center Course Description: We encourage all new parents to enroll in this class which covers topics such as: bathing, diapering, feeding/burping, newborn development, buying the layette, newborn safety and purchasing safe toys. To register, please call 1-877-689-DOCS (3627). \$24 per couple or single.



Dr. Umesh V. Kodu M.D., F.A.A.P Monday-Thursday 9:00am-5:00pm Friday 9:00am-3:00pm Saturday (by appointment only) 10:00am-12:00pm Free Prenatal Consultations Website: www.PenguinPediatrics.com Email: penguinpediatrics2008@verizon.net Tel: 571-223-2229 Email: penguinpediatrics2008@verizon.net



Saturday, March 6, 2010 BROADLANDS

Loudoun County's Fastest Growing Community

Ashburn, VA — 8:30 am Look for us on the web: www.runwashington.com

Help Us Help the Children by Meeting Our Goal of \$100,000





KIDS RUN FOR FUN • ONE-MILE FUN RUN/WALK • 5-MILE RUN Registration: \$20 • after March 1: \$25 • Children 12 & under: \$5 Corporate Team: \$50 (plus \$15 per member)

REGISTER ONLINE AT www.runwashington.com "RACE REGISTRATION"



<u>DIRECTIONS TO BROADLANDS</u> 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.



Snowed-In, Snowed-Under, Snowed-Away! By: Debbie D. Dillion, Urban Horticulturist, Loudoun Cooperative Extension

Can you tell I have had enough? Of the snow that is. I love the beauty and quietness that snow brings to the landscape, but I prefer lesser amounts, say 4 to 6 inches!

As I look out my front door after the Blizzard of 2010, I see my beautiful magnolia with several limbs that have been broken as a result of the heavy snow and high winds. Regrettably, I had too much shoveling to do so I never made it around to remove snow on any of my landscape plants. The snow was just too deep. The evergreens in my landscape have suffered the most damage, particularly my magnolia, loblolly and white pines, and Leyland cypress. Surprisingly, the Norway spruce and Giant Arborvitae have not suffered damage. The hollies I have are less than 5' tall and have really tight growth, so no damage to these either. If you watched the news during and after the storm, you saw that deciduous trees and shrubs can also be damaged from snow and wind, often times with large limbs breaking, trees splitting, or an entire tree coming down.

So what can you do to repair plants that may have suffered damage from the snow and wind? For large trees that may have a large amount of damage, you must decide if the damage can be cleaned up and still have value in the landscape or if you may need to remove it. You can consult a certified arborist to help you make this decision. To find an International Society of Arboriculture Certified Arborist, visit <u>www.treesaregood.org</u>. For limbs that may have been broken off or that may still be broken but hanging, you should use your pruning tools to make a clean cut back to the nearest side branch or at the point where the branch was originally attached. Make sure you stay just outside of the branch bark ridge and collar region when making your cut. For guidelines on proper techniques and tools, go to <u>http://pubs.ext.vt.edu/430/430-455/430-455.pdf</u>.

Three other types of winter damage that may occur are winter burn to evergreens, salt, and rodent damage.

Winter burn shows up as browning on the tips and edges of needles/leaves. Winter-burn is usually a result of desiccation or loss of water through the leaves through transpiration. The winter sun and winds draw water from the needles and leaves. If the ground is frozen, the roots are not able to replace that water loss causing the browning on leaf tips and edges. To reduce this damage in the future, make sure evergreens are well watered as they go into the winter months or apply and anti-desiccant before severe winter weather (these products typically only last about 6 weeks, so time your application appropriately).

Salt damage is a result of products used for deicing sidewalks and roads. Symptoms appear in spring/early summer when active growth begins and include browning of evergreens, leaf scorch, and branch dieback. Upper parts of plants can be damaged from road spray and roots can be damaged from salt that may remain in the soil. In well drained soils, salt will be leached away so damage will be minimal, but in poorly drained soils, damage to plants can be extensive. Avoid the use of salts, if possible, using sand, kitty litter, or sawdust to provide traction. If you must use salts, be mindful of the possible damage that may occur. Also, consider using landscape plants in these situations that are more tolerant to salts.

Rodent damage can be a problem when we have prolonged periods of heavy snow cover and food is scarce. Mice and voles can girdle shrubs and trees by feeding on the bark at ground level. This is often a problem when plants are surrounded by heavy groundcover or mulch. Snow provides the same cover as groundcover or mulch. Rabbits feed on the bark above the snow line. I have seen damage to my apple trees in years past when we have had snow on the ground for an extended period from rabbits and expect to see it again after this winter. If you can foresee the type of winter as we have had this year, you can take steps to protect plants by wrapping the trunk and low branches with screen wire or hardware cloth from below ground level to above the height that rabbits could reach branches or the trunk.

Virginia Cooperative Extension has a publication, Winterizing Trees & Shrubs that provides helpful information on how to prevent/reduce winter damage at http:// pubs.ext.vt.edu/426/426-500/426-500.pdf. The Morton Arboretum has a helpful factsheet http://www.mortonarb.org/treeplant-advice/article/691/winter-injury-totrees-and-shrubs.html/. Adrian Higgins, Garden Writer for the Washington Post, had an excellent article recently related to winter damage which you can access at http://www.washingtonpost.com/wp-dyn/ content/article/2010/02/09/ AR2010020903061.html.

Contact the Loudoun County Master Gardener Volunteer Help Desk if you have questions about winter damage, pruning, or any topic related to horticulture or the environment.



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 <u>scollins@broadlandshoa.com</u>.

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.

LOCAL GROUP OF CULTURAL CARE AU PAIRS VOLUNTEER TO HELP AT A SUSAN G. KOMEN'S RACE FOR THE CURE EVENT

A group of 40 au pairs from Ashburn and Leesburg are grateful for the opportunity to be guests for a year here in America and wanted an opportunity to give back to the community that has welcomed them.

They found that opportunity through the Susan G Komen organization's Race for the Cure and will volunteer their time for the ShamrockFest in Washington D.C. on Saturday, March 13th. This event is an Octoberfest-style festival, and will take place at RFK Stadium from 1:00p.m. - 9:00p.m. The au pairs will work as volunteers throughout the day and evening at this huge outdoor festival, and are happy to be able to contribute to a great organization while enjoying the music and activities.

If you would like more information about the Cultural Care Au Pair program or if you are interested in volunteering at the ShamrockFest, contact Kathleen Shultz at (703) 724-0024.





USEFUL NUMBERS

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

Can al	so be round at http://	/broadlandshoa.org/node/117	
NON-EMERGENCY		Social Services	(703) 777-0353
Ashburn Fire	(703) 729-0006	School Board	(571) 252-1000
Fire Marshall	(703) 777-0333	Street Signs/Storm Drains	(703) 771-5666
Loudoun County Sheriff	(703) 777-1021	VDOT	(703) 383-8368
Washington Gas	(703) 750-1000	Van Metre Homes	(703) 723-2800
Poison	(703) 625-3333	Verizon	(703) 954-6222
Loudoun Water - Customer Service	(571) 291-7880	Verizon Fios	(888) 553-1555
Loudoun Water - After Hrs./Wk.ends	(571) 291-7878	Voter Registration	(703) 777-0380
State Police	(703) 771-2533	Weather	(703) 936-1212
Dominion Virginia Power	(888) 667-3000	LOUDOUN COUNTY PUBLIC SCHOOL	
PUBLIC INFORMATION		Briarwoods HS	(703) 957-4400
Abused Women's Shelter	(703) 777-6552	Eagle Ridge MS	(571) 252-2140
Animal Control/Shelter	(703) 777-0406	Hillside ES	(571) 252-2170
Building Permits & Dev.	(703) 777-0397	Mill Run ES	(571) 252-2160
Comcast	(703) 430-8200	PUBLIC OFFICIALS COUNTY SUPER.	
Child Protective Services	(703) 777-0353	Stevens Miller	(703) 777-0204
County Landfill	(703) 771-5500	SCHOOL BOARD REPRESENTATIVE	
CPR Class Info	(703) 444-1155	Robert Dupree	(703) 729-3430
DMV (VA)	(800) 435-5137	VIRGINIA HOUSE OF DELEGATES	
Drug Abuse	(703) 771-5100	Robert G. Marshall (13th)	(703) 361-5416
Dulles Airport Hotline	(703) 572-2700	Richmond Office	(804) 698-1013
Health Department	(703) 777-0236	David Poisson (district 32)	(703) 421-6899
Library (Ashburn)	(703) 737-8100	Richmond Office	(804) 698-1032
Loudoun Ride On	(703) 777-2708	VIRGINIA SENATE	
Loudoun Hospital	(703) 858-6000	Mark Herring (district 33)	(804) 698-7533
Main Street Mailboxes	1(703) 753-5521	District Office	(703) 729-3300
Miss Utility	(703) 552-7001	Constituent Hotline	(800) 889-0229
Metro	(202) 637-7000	U.S. HOUSE OF REP. 10 th DISTRICT	
OpenBand 24x7 Customer Service	(866) 673-6226	Frank Wolf	(703) 709-5800
OpenBand Trouble Tickets	(703) 961-1110	U.S. SENATE	
Parks and Recreation	(703) 777-0343	Jim Webb	(202) 224-4024
Patriot Disposal	1(703) 257-7100	John Warner	(202) 224-2023
Ridesharing	(703) 771-5665	VIRGINIA STATE GOVERNOR	
Road Conditions	(800) 367-7623	Tim Kaine	(804) 786-2211

Continued from page 26

A cool basement is an excellent area for starting plants under lights. If a warm room is used with its own heat source keeping normal air temperatures in the 70's, the addition of fluorescent growing lights over seedling trays will provide too warm an environment. The only exception to this rule is the germination process. Temperature requirements for germination are quite different from "growing" temperature. After good germination at 80° F, 60° F is preferable for growing out most vegetable transplants to keep them stocky and healthy.

Remember to keep containers covered with plastic, clear glass, or even plastic wrap or waxed paper, until seedlings begin to sprout to keep in warmth and moisture. Another fluorescent tube or a small lamp with a 75 watt incandescent light bulb, placed directly under the shelf supporting the flats provides perfect bottom heat to seeds without the bother and expense of a heat mat. This gentle heat source is turned off as soon as seeds begin to pop up. If not, the seedlings will stretch from too much bottom heat.

When plants are about four inches tall, they are an excellent size for the least transplanting shock and for faster re-growth in the garden, as opposed to plants that are 10 to 12 inches tall. When your plants have reached four inches in height and are well-branched and stocky, they should be "hardened-off" by reducing watering frequency and moving plants to an outdoor porch or coldframe for the final week or two before going into the garden. This will toughen them to the effects of wind and outside temperatures, and to the natural light/dark cycle. If an unexpected frost is forecast, move the plants back indoors under 16 hours of light, but keep the temperature at 55° to 60° F if possible.

To download a copy of the Virginia Cooperative Extension publication 426-331, Vegetable Planting Guide and Recommended Planting Dates, go to: If you have questions regarding growing vegetables or other plants contact the Loudoun County Master Gardener Volunteer Help Desk at 703-771-5150 or vcemg107@vt.edu.



who comes first you.

Knowledge is power, especially when it comes to your health. For just that reason Reston Hospital Center is bringing our most popular health education classes to our Ashburn Education Center, conveniently located at 20925 Ashburn Professional Plaza, in Suite 110.

Please join us for the following classes in March and April:

- March 6-7, all day, SafeSitter
- March 15, 6:00-8:30 p.m., Baby Care Basics
- March 23, 10:00 a.m., New Mom Support Group (This class occurs the fourth Thursday of every month).
- April 24-25, all day, SafeSitter
- April 27, 10:00 a.m., New Mom Support Group

To register for these, or any of Reston Hospital Center's classes, call 1-877-689-DOCS. Learn more at restonhospital.com



CLUBS AND GROUPS

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

ASHBURN 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

This club is for Ashburn residents 50 or over. For more info, please call 703 723 3056.

ASHBURN TOASTMASTERS

Ashburn Toastmasters welcomes those interested in developing communication, leadership and presentation skills. For info, please contact us at <u>info@ashburn.freetoasthost.ws</u> 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, <u>www.pack1483.com</u>, 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 8:00 p.m. Review personal investments, consider and purchase new investments, learn about investing and socialize! Contact Sylvia Thomason 703-327-2474 or Laura Bechtold 703-729-6074 for information.

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 7:30 p.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 hasd at least 1 year of private lessons to attend. For more info call 703-723-1154.





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

Visit us at www.RonaldRayDDS.com

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

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





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Broadlands Orthodontics	
Daczkowski, T. Wesley, DDS	
My Ashburn Dentist	
NOVA Pediatric Dentistry & Orthodontics	
Ronald Ray DDS & Associates	
Wiger Orthodontics	

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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. <u>Advertising deadlines</u> <u>are the first day of the month prior to the issue</u>. 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 \$160.00/issue (6 months prepaid \$135.00/issue)

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

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

MAIL ADS and PAYMENT TO: Broadlands Association ATTN: Newsletter Ads 21907 Claiborne Parkway Ashburn, VA 20148

For more information or questions regarding advertising, contact Staci Kapinos at 703-729-9704 ext.101 or ads4broadlands@yahoo.com. *Please Note:* Advertisers in the Broadlands Newsletter <u>arenot</u> endorsed by the Homeowner's Association, the Board of Directors or HOA Management.

EDITORIAL INFORMATION The deadline for editorial submissions is noon on the 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.

MARCH CLASSIFIED ADS

EARLY EDUCATION/DAY CARE LITTLE BEAR PRESCHOOL"A MOM'S **HAVING A BABY??!!** Super seat by Summer \$25; Baby swing by Laura Ashley \$30; Infant

MORNING OUT CLUB": will offer these classes for the 2010/2011 School year. Mom's Morning Out: Tues. AND/OR Thurs, 9am-12pm, \$89 one day/\$179 two days, ages 18 months – 3.0 years old. **Preschool:** Mon AND Wed, 9am -12pm, \$179 per month, ages 2.5 thru 3.5. Mom's Morning Out: Fri ONLY, 9am -12pm, Ages 2 – 4 yrs of age, \$89.00 per month. Contact: nancyshep@hotmail.com or 703-858-0117.

PRE-K PROGRAM & KINDERGARTEN ENRICHMENT FOR 4 & 5 YEAR OLDS:

Prepares children for Kindergarten & offers enrichment program for fall Kindergarten. Main focus: reading, writing, math, science, hands on materials, Spanish crafts & lots of fun! Mon, Wed, Fri, 12:30–4:00pm, \$279 per month. Tues & Thurs, 12:30–4:00pm, \$199 per month. 5 days per week available. Lead teacher has 25+ years teaching experience. Contact <u>nancyshep@hotmail.com</u> or 703-858-0117.

2010-2011MOMS MORNING OUT

PROGRAM: Now registering ages 2 & 3 year olds for two-day a week program beginning Fall of 2010, Mon/Wed, from 9:15am-12:15pm. We offer fun, stimulating & safe learning environment while mom can have a few hours to herself! VA state licensed teacher with Masters in Education. Holds VA state licensed to operate program. CPR/First Aid certified and 5+ years experience running MMO program. Contact Jenny at 571-333-3395 for info.

SUMMER 2010 MOMS MORNING OUT PROGRAM: Need something for your little one this summer? Now registering ages 2-5 year olds for two-day a week summer program, Tues/Thurs, from 9am-12pm. We offer fun, stimulating & safe learning environment while mom can have a few hours to herself. Two VA state licensed teachers with Masters in Education. Holds VA state licensed to operate program. CPR/First Aid certified. Contact Jenny at 571-333-3395 for info.

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. BABY ITEMS: PEG PEREGO PRIMA PAPA BEIGE LEATHERETTE HIGH CHAIR: Great condition, only used a couple of months. \$75. SUMERSAULT BABY CRIB QUILT: White/ Blue/ Green w/matching custom window treatments. \$50. Call 571-333-9923 or klokar1@aol.com. **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.

INSTRUCTION

PIANO LESSONS: For kids (age 5+) and all levels. Lessons given by professional pianist with 10-year teaching experience and doctoral degree in piano performance. Students to have opportunities to recitals and competitions. Studio convenient in Broadlands. For serious inquiry, call 703-463-8215 or email pianoplo@gmail.com.

KINDERMUSIK®: Join us for a free trial class at the Broadlands Community Center and see why 99% of Kindermusik parents would recommend this early childhood music and movement program to their friends! "Village" for babies, newborn - 18 months or "Our Time" for ages 18 mo - 3 years. Visit

<u>www.WrightFootForward.com</u> for class descriptions, schedule and registration info or contact Brenda Wright at <u>WrightFF@gmail.com</u> (703) 344-4135.

SAT TEST PREP: Help your child achieve their top SAT scores. Small group tutoring program here in Broadlands using official <u>SAT Study</u> <u>Guide</u>. Classes on Sat/Sun afternoons. \$595 per student. Money Back Guarantee. Call Peggy 703-554-2030. testingadvantage@gmail.com.

GUITAR LESSONS: Instructor has Music Degree, Master's Degree and 20 years' experience teaching kids (age 8+) and adults. Instruction in your home or at our Leesburg studio; references from Broadlands residents. Please call 703-777-4352 or email: BlueRidgeStudio@verizon.net.

MINTONS ACADEMY OF MUSIC IN

ASHBURN: We are Broadlands residents that have been teaching music in the area since 2002! Our teachers are Emmy Award winners, Bachelors and Masters of Music, and some of the most award winning band directors in Loudoun County. With over 16 teachers at our school we teach all instruments to all ages. **Wanna' Play?** Visit us at

www.mintonsmusic.com. Call us at **703-723-1154** or stop by 21690 Red Rum Dr Suite 137 Ashburn, VA 20147.

ALOHA MIND MATH: Discover the genius in your child! Abacus method, a fun way to learn math. Improves memory, visualization and focusing skills. Now enrolling for Junior/Senior program in Ashburn & SouthRiding. Visit www.aloha-usa.com or call 703-463-9680.

HEALTH & WELLNESS

CERTIFIED PERSONAL FITNESS TRAINING

IN YOUR HOME: Workouts designed to sculpt, tone, increase strength, promote flexibility. Individualized programs, nutritional guidance, weight loss, pre-natal/post-partum, yoga, pilates and more. All ages/fitness levels. Rely on my experience of more than 17 years to guide you, safely and successfully! Affordable! Stephanie Gotfried, 703-542-2595. PERSONAL TRAINER: Looking to get fit? I am a certified personal trainer with both a bachelors and masters degree in the health field. I can come to your home or train you at any Fitness First gym. I specialize in functional training and hold certifications in nutrition and pre and post natal training. Whether you are 8 or 80, fit or unfit, I can help! Please call 703-307-9403 or email ckdovel00@verizon.net.

THERAPEUTIC MASSAGE: Nationally certified and trained. Experienced in deep tissue, sports, medical and pain management. Therapeutic spa and Hot Stone treatments available. Certified in Pregnancy Massage with L & D and Doula experience. Claudette Plater, RN,CMT 703-724-4210 Ashburn location.

www.tranquilmoment.com.

ART OF LIVING: Yoga and Meditation course with "Sudarshana Kriya" A tool to minimize stress practiced by 4 million worldwide. 3/26/ 10 to 3/29/10. Call: 703-723-8181 or email: ashburn@us.artofliving.org. Free

introductory session: 3/11/10. Broadlands

Community Ctr, 7-8:30 p.m. RSVP: 703-568-5858.

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

HOME SERVICES

GRASS MOWING "CHEAP": Broadlands residents only. For town home and single family, now accepting new residential clients for 2010; mow, edge, blow and seasonal applications. FENCE POWER WASH and re-stain, Retired Professionals: email: jackthedecker@aol.com 703-858-0103.

BELMONT DECK & PATIO, CONSTRUCTION: Building all types of decks and patios. Pressure treated and composite maintenance free products. Maintaining old decks/patios by power washing and painting. **Also, all types of Handyman Projects, Landscaping, Painting, Interior Repairs, Exterior Repairs.** Call 571-209-0332. BANE ELECTRICAL SERVICE LLC: Residential

& Commercial service work specializing in trouble shooting and any other service related to upgrades or repairs. Licensed and Insured Electrical Contractor VA/MD. Ask about our monthly specials!!! Contact Chris 703-723-6501 (Broadlands Resident).

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

www.mariasstarcleaning.com.

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

FULL CIRCLE HOME IMPROVEMENT: Kitchen and Bath Remodeling. Finished Basements-Flooring-Tile-Hardwood-Laminate-Lighting-Finished Trim-Moldings-Painting-Decks and more. Licensed and insured. Call Rich at 703-723-4268 email <u>full circlehome@yahoo.com</u>

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

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

SHANTZ HOME SERVICES: For all your home improvement needs, Honey Do's; specializing in Bath Room, Kitchen and Basement remodeling. Contact Shantz Darling at 571-221-4940 or email <u>shantz@glassmile.net</u>. Licensed and Insured. Free estimates. Broadlands resident. THE CARE OF TREES: Need trees and shrubs beautifully pruned? Well maintained trees add value to your property. Call certified arborist Bonnie Deahl for an appointment. 703-661-1700 www.thecareoftrees.com.

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

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

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

MARKETPLACE

ARBONNE: FEEL & LOOK GREAT YEAR LONG. Arbonne is pure, safe and beneficial skin care for everyone. Products are botanically based and vegan certified. Please visit my website, or host a party and enjoy the benefits of these AMAZING products. Call me, Joan Maunez, Independent Consultant, 703-729-4619, or visit www.joanmaunez.myarbonne.com.

MARY KAY: SHOW YOUR CLASSIC STYLE, want a great look that's easy and perfect for every day? Call me for a Color 101 Classic Look you'll love. It's everything you need – color coordinated and illustrated – to create a simply beautiful look. Try it free today! Contact: Deborah Leben Independent Beauty Consultant 703-217-4583. Shop anytime www.marykay.com/dleben.

TASTEFULLY SIMPLE: Introduces our brand new spring/summer line! Host a taste-testing party by inviting some friends over to eat, and I'll reward you with FREE PRODUCTS. Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, www.tastefullysimple.com/web/ Lsvendsen, FoodFromLisa@comcast.net.

<u>PETS</u>

KIT & KABOODLE PET CARE SERVICE, LLC:

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

PROFESSIONAL SERVICES

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

IT EFFICIENCY CONSULTANT: Do you have a need to optimize & efficiently use a home-small business computer or network? Free Consultation. Blackberry: 703-728-1162. Email: <u>consultant@jamessaville.net</u>.

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 <u>http://www.circleblue.com</u>! (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



March Activities

<u>Date</u> <u>Activity</u>

2nd	7:00p.m. Events Committee
	Meeting(CC)
3rd	3:30p.m. Roots & Shoots Nature
	Club(NC)
	7:00p.m. Modifications
	Subcommittee Meeting(NC)
6th	Nature Center Open: 10:00a.m
	2:00p.m.
9th	6:00p.m. Board of Directors
	Meeting(NC)
10th	10:30a.m. Storytime for 2's and 3's(NC)
	7:30p.m. Tech Committee
	Meeting(NC)
12th	1:30p.m. Birds(NC)
13th	Nature Center Open: 10:00a.m
	2:00p.m.
17th	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)
	1:30p.m. Spring Equinox(NC)
24th	7:30p.m. Book Club(NC)
25th	7:00p.m. Health Seminar to be Given by
	Dr. Habib(CC)
27th	Nature Center Open: 10:00a.m
	2:00p.m.
31st	3:30p.m. Roots & Shoots Nature
	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. **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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