

Good Riddance Winter, Hello Spring! Swim team registration opens for returning families March 3, page 5

- Call for BOD candidates, pages 7-9
- Staying Safe Around Animals March 8, page 15
- **Summer Camp Information Session** on March 8th and 15th, page 10
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- Are you mentally ready this Spring? page 16
- Pool season is just around the corner, it's time to update your pool passes, page 23



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, 2013, ending

,20

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March Appointments

New Customers Only. Expires 3/31/14

BR

Broadlands Homeowners Association Board of Directors Meeting

Tuesday, March 11th - 6:00p.m. Nature Center Conference Room

Board of Directors Meetings

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

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

Modifications Subcommittee

The Subcommittee meets at 7:00p.m. in the Nature Center conference room on the first and third Wednesdays, March through October, and only the third Wednesday, November through February.

Applications must be submitted by noon on the Thursday before the meeting to the Secretary to the Modifications Subcommittee, Robin Crews. Submissions may be emailed to rcrews@broadlandshoa.com or delivered to the Association office in the Nature Center, 21907 Claiborne Parkway. For your convenience, there is a drop box available for after-hours submissions.

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

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

Modifications Subcommittee Meeting and Submission Dates

Meeting Date Submission Date March 05, 2014 February 27, 2014 March 19, 2014 March 13, 2014 April 2, 2014 March 27, 2014 April 16, 2014 April 10, 2014

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

Looking Forward

We've all heard the familiar adage "Be careful what you wish for, you just might get it." Last spring as we dealt with some staffing transitions, I elected to revamp the Second Saturday Nature Programs. Previously, the Naturalist would develop and host a program in house and we would squeak by with perhaps 10 attendees in any given month, scarcely covering the cost of



opening the building for the day. With the support of a new Naturalist, I launched a fresh format for our programs, hoping to increase participation and generate enthusiasm. Starting last June, we brought in outside presenters including BigWormz, The Bug Man, Under the Sea, Raptor Conservancy, Wildlife Ambassadors, and Reptiles Alive. While these presenters have a higher up-front cost than the programs we generate in house, we are now seeing increased attendance from Broadlands and greater Ashburn which creates higher utilization of our lovely facility, increases participation in our other programs, and generates a bit of revenue to offset the expense.

These programs have generally drawn crowds of 65-90 people, depending on the topic and weather, which has been a joy to see. But the February 2014 "Baby Zoo To You" program put on by the Leesburg Animal Park attracted a whopping 180 people. Thankfully the format of this particular program was not our traditional sit down presentation and we were able to accommodate all those warm bodies as people streamed in and out for the duration of the allotted time. The addition of a balloon twister from one of the local martial arts academies as well as an information booth hosted by the Audubon Naturalist Society on summer camps made for a very full house, but enjoyment was had by all. I hope that our programs continue to capture the interest of Broadlands residents and encourage you to attend the March 8th program, Safety Around Animals, presented by the Loudoun County Animal Shelter. See page 15 for full details. 2014 programs will include Life in a Parrots World, Mother Nature's Miracles, Monarch

Butterflies, Wild Winter, Bat World, and another popular bug program. Check the website, forums, and newsletter for additional information on these upcoming events. Pre-registration is encouraged but not required, and can be done online at www. broadlandsnaturally.org.



See you soon!

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

Who's Who

BROADLANDS ASSOCIATION, INC.

21907 Claiborne Parkway Broadlands, Virginia 20148

Main: (703) 729-9704 Fax: (703) 729-9733

www.broadlandshoa.org

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

BROADLANDS ASSOCIATION MANAGEMENT & STAFF

General Manager	
Sarah Gerstein	sarah@broadlandshoa.com
Covenants	covenants@broadlandshoa.com
Newsletter Editor & Events Committ	ee Liaison
Natalie Ihanainen	nihanainen@broadlandshoa.com
Newsletter Advertising Manager	
Stassa Collins	scollins@broadlandshoa.com
Secretary to the Modifications Subc	ommittee
Robin Crews	rcrews@broadlandshoa.com
Administration	
Susan Kuklick	skuklick@broadlandshoa.com
Receptionist	
Joanne Hang	joannehang@broadlandshoa.com
Naturalist	,
Alexandra Vlk	naturalist@broadlandshoa.com
Naturalist Hours: Monday, Wednesday	, Thursday & Friday 9:15am - 1:45pm,
Tuesday 9:30am - 4:30pm	•

BOARD OF DIRECTORS
President Brian Beahm - brian.beahm@gmail.com (703) 726-6360
Vice PresidentEric Bazerghi - eric@thehouse.net (703) 723-1046
Secretary/TreasurerDawne Holz - dawne@holzfamily.net (703) 349-1095
Directors
Gerry Alcantara(703) 858-1320
Open
Michael D. Simpson(571) 333-3365
Joseph T. Wagner(571) 333-0831
Members at Large, Van Metre Representatives
Roy Barnettrbarnett@vanmetrecompanies.com (703) 425-2600
Denise Harrover dharrover@vanmetrecompanies.com (703) 425-2600

COMMITTEES	
	$ Renee\ Ventrice,\ tttrenee @yahoo.com$
Community Wildlife Habitat*	Oya Simpson,
osimpson@br	oadlandsnaturally.org or (703) 725-8040
Events	Chair: Open
	Chair: Open
	Chair: Open
Swim Team	www.broadlandsswimteam.org
Technology* Dawne Holz - da	wne@holzfamily.net, broadlandshoa.org
Tennis	. Brad Marcus - bradmarcus@gmail.com
Webmaster	webmaster@broadlandshoa.org
*Please look under Clubs and Groups for	more information

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Email: customerservice.dcmetro@fsresidential.com

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Loudoun County Sheriff	(703)	777-1021
Loudoun Water - Customer Service	(571)	291-7880
Loudoun Water - After Hrs/Wkends	(571)	291-7878
Poison Control		
State Police		
Washington Gas	(703)	750-1000

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OpenBand Trouble Tickets (703) 961-1110
Trash Pickup – Patriot Disposal1(703) 257-7100
MailBox - Main Street Mailboxes1(703) 753-5521

PUBLIC INFORMATION

Animal Control/Shelter (703) 777-0406
Building Permits & Dev (703) 777-0397
County Landfill (703) 771-5500
DMV (VA)(800) 435-5137
Health Department (703) 777-0236
Library (Ashburn) (703) 737-8100
Loudoun Ride On (703) 777-2708
Loudoun Hospital(703) 858-6000
Miss Utility(800) 552-7001
Metro(202) 637-7000
Parks and Recreation (703) 777-0343
Ridesharing(703) 771-5665
Road Conditions (800) 367-7623
School Board(571) 252-1000
Street Signs/Storm Drains(703) 771-5666
VDOT(703) 383-8368
Van Metre Homes(703) 348-5800
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SCHOOLS - BROADLANDS

Briar Woods High School (703) 9	57-4400
Eagle Ridge Middle School (571) 2	252-2140
Hillside Elementary School (571) 2	252-2170
Mill Run Elementary School (571) 2	252-2160



Go Green and Opt Out

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

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



Registration For the Broadlands Swim Teams is Coming Up Soon!

Come join the Broadlands swim teams for another fun-filled summer of swimming! The swim teams are open to Broadlands residents ages 5-18. Our goal is to develop a love of swimming while teaching proper technique and good sportsmanship, as well as team SWIMMING and neighborhood spirit. We offer excellent

coaching, daily practices, and fun family activities during the season. The Broadlands swim team program has enjoyed a very high level of participation over the years. Because of this success, the Piranhas compete in two summer

swim leagues, the Old Dominion Swim League (ODSL) and the Colonial Swim League (CSL).

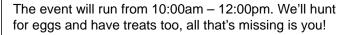
Registration for returning families begins on Monday, March 3. Registration for new families will open on Monday, March 17. Non-Residents will be able to register on April 15, space permitting.



The Piranhas swim teams fill up quickly, so please sign up early. For registration information and details on each team, please visit our website at www. Broadlandsswimteam.org.

Are You Ready For Spring???

Mark your calendars, bring the kids, and hop on over to the Nature Center on Saturday, April 5th for our annual SpringFest and Easter Egg Roll on the Nature Center lawn.



More details to follow on the website, forums, and in the April newsletter.



Buy and Sell Items in the Neighborhood at the Spring Yard Sale

One person's junk is another's treasure. Come shop and sell at the Broadlands Spring Community Yard Sale on Saturday, April 26th, 8:00am -2:00pm, rain or shine at private residences throughout the neighborhood.

If you would like to be included in the online listing of addresses, please complete the Yard Sale Submission Form on the website at http://www. broadlandshoa.org/yardsale-form/. It is the resident's responsibility to check the website to ensure inclusion and accuracy. Residents do not have to be on the list of participants to be part of the community yard sale.

Please think about going "green" by bringing along a reusable shopping bag for your purchases. Check out the list of participants to see what's for sale and view the community map to find each unit at www.broadlandshoa.org/ vardsale.

The HOA will be publicizing the yard sale in The Ashburn Today, The Leesburg Today, The Loudoun Times Mirror and the Washington Post.

Come Help Broadlands Continue to Host Great Events For Our Residents!

The next Events Committee meeting will be held on Tuesday. March 25th, 7:30p.m. at the Community Center, 43004 Waxpool Road.

The committee would love for you to join us and we look forward to hearing your ideas and recommendations. In order to provide great events, we need help from neighbors like you.

Snacks and drinks provided.

For more information contact Natalie Ihanainen, nihanainen@ broadlandshoa.com.

Briar Woods High School's Black Forest **Productions Presents...**

Zombies, Vampires, and Wizards, Oh My!

Thursday, March 6 - 7:00pm Friday, March 7 - 7:00pm Saturday, March 8 - 2:00pm \$7.00 for adults and \$5.00 for students and children



Legally Blonde

Thursday, March 27 - 7:00pm Friday, March 28 - 7:00pm Saturday, March 29 - 2:00pm \$10.00 for adults and \$5.00 for students and children

Those Guys

Improv Troup Friday, March 14 7:00pm \$5.00 for everyone



*All shows are held in the Briar Woods High School Auditorium



March



				>		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Nature Center Open 10:00am - 2:00pm
2	3 CSL & ODSL swimteam registration begins for returning families	4	5 Modifications Subcommittee Meeting 7:00pm - NC	6	7	8 Nature Center Open 10:00am - 2:00pm Camp Info Session 10:00am - NC Staying Safe Around Animals 10:00am - NC
9	10 Newsletter Submissions due by Noon	11 Board of Directors Meeting 6:00pm - NC	12	13	14	15 Nature Center Open 10:00am - 2:00pm Camp Info Session 10:00am - NC St. Paddy's Day Party 8:00pm - CC
16	17 CSL & ODSL swimteam registration begins for new families	18	19 Modifications Subcommittee Meeting 7:00pm - NC Tech Comm. Meeting 7:30pm - NC	20	21	22
23	24	25 Events Committee Meeting 7:30 - CC	26	27	28	29

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



March 1, 2014

Dear Broadlands Homeowner:

The 2014 Annual Meeting of the members of Broadlands Association will be held on May 6, 2014. Please mark your calendars and plan to attend. The purpose of the meeting is to elect members to the Board of Directors, including two (2) members to serve three year terms expiring May 2017 and one (1) member to serve a one year term expiring May 2015. The Board oversees the business of Broadlands in the collection and expenditure of association funds, selection of contractors, management of facilities, and adoption of policies for the day-to-day operations. These volunteers Board Members are a vital asset to the association.

To become a director, you must be a Unit Owner in good standing. The Board currently meets monthly on the second Tuesday of the month at 6:00 pm in the Nature Center Conference Room.

If you are interested in serving, please complete a Nominating Form and Petition for Candidacy and return both documents to the Broadlands Association, Inc. office by 5:00pm on Monday, April 7, 2014. The Broadlands Association, Inc. Bylaws require that at least three other owners sign a Candidate Petition, which must be received by the association no less than twenty five (25) days before the Annual Meeting to be eligible to be included on the Ballot. The Elections Committee will provide all members with a proxy containing the names of all eligible candidates with the official notice of the Annual Meeting and will publish candidate statements in the May newsletter.

Please return completed forms to Broadlands Association, Inc., 21907 Claiborne Parkway, Broadlands, You may also fax the documents to 703 729-9733 or email them to VA Sarah@broadlandshoa.com (please request read receipt to ensure delivery).

For those of you that submit your petition for candidacy for election, we thank you for your willingness to assist in the success of your community. Remember to mark your calendars for May 6, 2014, the Annual Meeting of Broadlands Association, Inc.!

Sincerely,

Sarah Gerstein

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

BROADLANDS ASSOCIATION, INC.

NOMINATING FORM 2014 BOARD OF DIRECTORS ELECTION

I wish to become a candidate for election to the Broadlands Association, Inc. Board of Directors. Please include my name on the BALLOT for this election.

PRINTED NAME	·	
ADDRESS:		
PHONE(S):		
EMAIL:		
SIGNATURE:		
DATE:		
QUALIFICATION	NS: (Pertinent Biographical Inform	nation)
AREAS OF INTE		contribute your time to the community as a
Return to:	Broadlands Association, Inc. 21907 Claiborne Parkway Broadlands, VA 20148	Fax 703-729-9733 Email Sarah@Broadlandshoa.com

Applications must be returned by 5:00pm on April 7, 2014 for inclusion in May's Newsletter and official Annual Meeting notice.

BROADLANDS ASSOCIATION, INC.

PETITION FOR CANDIDACY 2014 BOARD OF DIRECTORS ELECTION

Association, Inc. Board	l of Directors and herewith subm	it the signatures of the following Brows of Broadlands Association, Inc.	
Application must be s per lot allowed.	igned by three Broadlands Ass	ociation, Inc. Unit Owners. Only	one signature
OWNER SIGNATUR	RES:		
Printed Name	Signature		Address
Printed Name	Signature		Address
Printed Name	Signature		Address
CANDIDATE INFOR	RMATION:		
PRINTED NAME:			
ADDRESS:			
PHONE(S):			
EMAIL:			
SIGNATURE:			
DATE:			
Return to:	Broadlands Association, Inc. 21907 Claiborne Parkway Broadlands, VA 20148	Fax 703-729-9733 Email Sarah@Broadlandshoa.co	om

Applications must be returned by 5:00pm on April 7, 2014 for inclusion in May's Newsletter and in the official Annual Meeting notice.

February Board Meeting Highlights

The following actions were taken by the Board of Directors at their meeting held on February 11, 2014.

- Approved minutes of January 14, 2014 meeting.
- Appointed Gerry Alcantara, Sarah Gerstein, and Robert Tate to the Election Committee.
- Approved proposal from High Sierra Pools for pool management for the 2014-2016 pool seasons.
- Approved waiving three late fees for an account.







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

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

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

Sign Up For ぐぐぐThe Broadlands Blast ややや

Interested in getting up to date community news in between monthly newsletters? Sign up for our new e-bulletin, the **Broadlands Blast**, online at www.broadlandshoa.org or email Blast@broadlandshoa.com.

Summer Camp Information Session

Interested in summer nature camps, but not sure what it's all about? Come to the Nature Center on Saturdays March 8th and 15th at 10:00am for informational sessions and onsite registration. Representatives from the Audubon Naturalist Society will be available to answer your questions about all of the activities!

Nature day camp sessions are designed to give campers fun, exciting, and educational programs experiences with nature while making new friends. Sessions include Creature Feature (6/16-6/20, 9am-noon) and Where the Wild Things Are (6/23-6/27, 9am-noon) for incoming Pre-K/K and Science Wizards (7/21-7/25, 9am-3pm) and Nature Tales (7/28-8/1, 9am-3pm) for incoming 1st/2nd graders.

Burger 21 Opens in Ashburn

Bv: Josheph Yu

"Beyond the Better Burger" Concept Brings Crafted Burgers and Shakes to Ashburn, Loudoun County

Burger 21®, http://www.burger21. com, a fast-casual "beyond the better burger" franchise concept founded by the owners of The Melting Pot Restaurants, Inc., announces that it opened a franchise location in January at 43800 Central Station Drive in Ashburn, Virginia.

"The Burger 21 concept is experiencing tremendous growth and demand for our premium ingredients, innovative recipes and gourmet experience without the gourmet price," said Mark Johnston, Burger 21 president and chief concept officer and president of Front Burner Brands restaurant management company for Burger 21. "We look forward to bringing our crafted burgers and shakes to Ashburn and its surrounding communities in Loudoun County as we continue to expand throughout the U.S."

Highlights of Burger 21 include:

- More than 50 new team members were hired
- Approximately 3200 square feet
- 112 seats
- · Hours of operation are Monday -Sunday 11:00am - 10:00pm

Locally owned and operated by Mr. Ray Patel and partners. Burger 21 Ashburn at Loudoun Station features 21 unique, chef-inspired burger creations, handcrafted signature shakes, gourmet hot dogs, hand-breaded chicken tenders and made-to-order salads served in a contemporary-style diner atmosphere with fast, high-touch service.

"My team and I are excited to bring Burger 21's "beyond the better burger" experience to Ashburn and surrounding communities," said Ray Patel. "With consumer demand for fast-casual experiences on the rise, we are confident that Burger 21 and its extensive menu will fit perfectly in the community."

For more information about Burger 21, please visit http://www.burger21.com.

About Burger 21

With nine locations in Tampa Bay, Fla., Orlando, Fla., Voorhees, N.J., Atlanta, Ga., and Charlotte, N.C. and 18 in development in six states, Burger 21 is a "beyond the better burger" fastcasual franchise concept founded in 2010. Burger 21 is a chef-inspired brand with offerings including 21 unique burger creations ranging from hand-crafted, freshly ground Certified Angus Beef® to chicken, turkey, shrimp and tuna burgers, made-toorder salads, 100 percent Angus beef franks and an extensive shake bar including hand-crafted shakes, floats and sundaes. Burger 21 is an affiliate of Front Burner Brands, a restaurant management company headquartered in Tampa, Fla. For more information, visit http://www.burger21.com.



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Caring Hands Animal Hospital







www.caringhandsvet.com

March at Oatlands

Get details on the full schedule of fun and interesting programs at oatlands.org.



March 2 Integrated Yoga in the Greenhouse

March 14 and 15 Murder Mystery Dinner Theater, Moonshine Murders March 16 Afternoon Tea in the Greenhouse

March 22 Tunes & Tours Season Opening Celebration

Summer Camp Registration, happening now! Oatlands reopens for regular daily tours on March 23.

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SATURDAY,
MARCH 8TH
STAYING SAFE
AROUND ANIMALS

Want your kids to be as safe as possible around the family pets and other animals? The Loudoun County Animal Shelter will be coming to the Broadlands Nature Center presenting a very informative educational program on how to behave around animals, specifically dogs and cats.

There will be live animals to pet!

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

Cost: \$2.00/child

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

Don't Miss Out!

Broadlands
Nature Center

21907 Claiborne Parkway Broadslands, VA 20148 703-729-9726

www.broadlandshoa.org

Are You Mentally Ready This Spring Season?

By: Kimberly Rice, Mental Coach for Phenom Strength and Conditioning in Ashburn, VA

There still may be snow on the ground and the kids have yet another snow day but believe it or not spring is right around the corner! You know what that means ... pre-season spring training! You may know how to prepare your body for a new sport, but what about your mind? Are you mentally ready for this new season? Sport Psychology is a new up and coming phenomenon in the area which only a handful of parents and coaches know about. Hopefully I can help you understand how to kick start your mental skills training!

It all starts with confidence, which can be the most important element but most often forgotten. Based on the quality of your preparation, your performance rises and falls with your confidence. It is important to remain positive, you have to center your focus and trust and believe in yourself.

But do you know what to be confident about? Have you set any goals for this season? Everyone has a dream but not everyone has a plan. First when planning your goals, you have to be SMART. Your goals have to be specific. It is easier if they are measurable. Once you make the goal, you need to hold yourself accountable, have your goals be *realistic*, and it is always best if your goals are timebased. Try making both short-term and long-term goals. For example, if you are a track athlete, a short-term goal can be to get a "PR" in the 400 meter dash, and a long-term goal can be to obtain a scholarship at the college of your choice. By simply writing down your goals you are already one step ahead of your competitor. Think how many days you have before your season starts or your first event and plan accordingly.

Now that you have a goal plan, let's make sure you know how to keep that focus on your goals. You cannot perform consistently or at your maximum potential without focusing. Your focus will help release the energy and power in your core to become a better athlete. Focus will help lead to better skills such as commitment,

The Snowy White Owl:

By:Alexandra VIk, Broadlands & ANS Naturalist

Have you seen a snowy white owl recently?

These large ghostlike owls breed in the Arctic tundra. They have thick plumage, taloned feet, and white coloration that allows itself to be



well adapted to a life in the Arctic Circle. These owls are diurnal, meaning they are active in both the day and night time. The males get whiter as they get older, the females have darkish spotting, never becoming totally white.

Snowy owls sometimes remain in their northern breeding grounds year round, but recently in 2013, there was a large migration of them in the eastern United States, Europe, and Asia. Some even reported seeing them as far south as Texas and Georgia. Typically, this happens when the owls' food is unavailable. This could be due to lack of lemmings, it's main meal, or there are more snowy owls that have been born in the year compared to others, leading to competition of food resources. They are attracted to large, open plains like those found in the Arctic. They will hatch far away from any tree, scraping a small hollow in the ground to lay their eggs, making coastal plains or airports a popular hatching place. They will lay a clutch of 3-11 eggs from May to June, depending on the availability of food. The eggs are laid singly, taking approximately five weeks to hatch all the eggs. Both male and female take care of their offspring and are able to defend against any kind of threat, even wolves.

The species was added to a list of birds that were allowed to be shot and killed after a collision of one getting stuck in a jet engine at JFK International Airport. Two snowy owls were reported to be shot and killed, causing a rush of media attention, reversing the decision to shoot the birds and instead trapping and relocating them.

If you spot one of these beautiful birds, report it on eBird.org, a tool developed by the Cornel I Lab of Ornithology. This site also allows bird watchers to see if there have been any sightings near them.

mental readiness, positive images, distraction control, and ongoing learning, all of which will help you in your upcoming season. The easiest strategy to practice your focus is to think about the best performance you've had in your sport: What were you thinking about (or focused on) going into the performance? Remember this connection, remember how you feel. Try to refocus and replay your performance before every practice and event. Keeping your focus is just that easy.

Developing a good sense of focus is a great way to start a routine for the season. Many professionals have an effective routine that helps them prepare mentally to accomplish focus, goals, and confidence in themselves. The best positive routine comes from the quest of consistency. There are simple things you can do in your daily life to establish a routine with a positive attitude. First, get more rest. Having a negative focus is usually the result of tiredness. Second, do not overload your daily schedule, try and reduce stress, your body needs a recovery period. Think about when you leave your cell phone on for weeks at a time, it starts to run slow; every now and then it is good to shut it down so it can recharge and return to normal. And finally, keep track of the good things that happen in your day to day life in and out of your sport environment. Protect yourself from the negative impacts and have a great spring season. Stay mentally tough!

For more information, contact the author at kirice17@gmail.com



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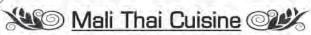
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- International & Domestic -Pros & Cons
- Foster Care
- Adoptive and Foster Care Parents Share
- Meet Non-Profit Agency Representatives
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Summer Camps

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kids to stay fit, participate in new experiences and provide opportunities for new friendships. Fitwize not only inspires a healthy lifestyle, but fosters self-esteem, promotes mutual respect for one another, and provides a safe and fun-filled environment for all campers. Weekly camps include activities, field trips and crafts.

Sample of field trips: Water Parks, National Zoo, Baltimore Aquarium, Luray Caverns, Ticonderoga, Udvar-Hazy & Marine Corp Museums and more!

We bring all the ingredients together to provide enrichment to each campers experience. Enroll soon, camps are filling up quickly.

After School & Kindergarten **Enrichment**

After School Program: includes daily fitness, healthy snack, academic

support & technology center, nutrition & character education programs, community outreach, indoor activities and open gym up until 6:30pm.

Kindergarten Enrichment: includes the above with a low 8:1 student/teacher ratio & provides enrichment of skills & concepts learned in LCPS, plus an art program and field trips. Program is run by a licensed Kindergarten teacher. Choose half-day program until 2:30pm or full-day until 6:30pm.

School pick-up: will be determined by the number of enrolled students per school. Fitwize is on the Discovery elementary school's LCPS's bus route.

Cheer & Tumbling Camps, Classes & Teams

NEW High-Tech Tumbling & Cheer Gym NOW Open!

We offer state-of-the art equipment, 9-panel spring floor & the following programs:

SUMMER CHEER CAMPS: focus on tumbling, stunting, cheering & fitness for ages 6-13. For veteran high school cheerleaders, we offer Boot Camp to include tumbling, stunting, jumps and conditioning.



SUMMER 1/2 DAY CHEER CAMPS: will focus on cheering, stunting and tumbling.

SUMMER 1/2 DAY TUMBLE CAMPS: will focus on tumbling for all levels.

SUMMER 3-DAY ELITE TUMBLE CLINIC: is for the elite athlete with prerequisite skills.

TUMBLING CLASSES: year-round tumbling classes are based on skill level. Cheer Team tryouts will be held in May.

OPEN GYM: every Saturday & Sunday, 1-3pm.

Other Programs

Now

We offer additional programs designed for kids' 4-18 years old & adults:

- Gym Memberships
- · Personal Training
- Off-Season Explosion-HS Students
 Hoops & Ropes Club
 Birthday Parties
- Total Body Fitness Classes-Adults Homeschool Fitness Community Outreach
- · Girls on the Run
- · Running Club

Zumba

ASK ABOUT OUR NEW PRESCHOOL & Nutrition Seminars SPECIAL NEEDS PROGRAMS



Spring Fertilization Special!

Take advantage of our pre-season pricing. We are booking work now that will be performed this spring. Spring is a great time to perform fertilization on your trees and shrubs, providing them with a boost of nutrients that are ready for uptake as the growing season begins.

Please fill out the form below and return immediately to our office via email, US Postal, Fax, or for faster service please call Paige at our office. We will schedule a visit to have one of our certified arborists review your property and finalize your application details.

The Care of Trees
22830 Quicksilver Drive
Dulles, VA 20166
703.661.1700 office
703.661.1701 fax
pbast@thecareoftrees.com

Name as it should appear on accoun	t		-
Address	7		200
Phone #'s			
Email address			

2014 Pre-season pricing specials:

\$75 -1 tree or large shrub \$125 -2 trees or shrubs \$165 -3 trees or shrubs \$195 -4 trees or shrubs \$215 -5 trees or shrubs \$235 -6 trees or shrubs

We are happy to provide pricing if you have more than 6 trees or large shrubs to fertilize. A \$25 surcharge applies to trees and shrubs located in backyards. Clusters of small shrubs can be counted as one large shrub. We can also provide you with special pricing on tree and shrub pruning.

Fully organic options are available, please ask if interested. Our fertilizer is low in phosphates, and we apply the right amount in order to help protect our environment.

This special pricing is valid for new contracts only and cannot be applied to existing contracts. All services will automatically renew on an annual basis unless otherwise requested. Maximum diameter of 15" per tree.









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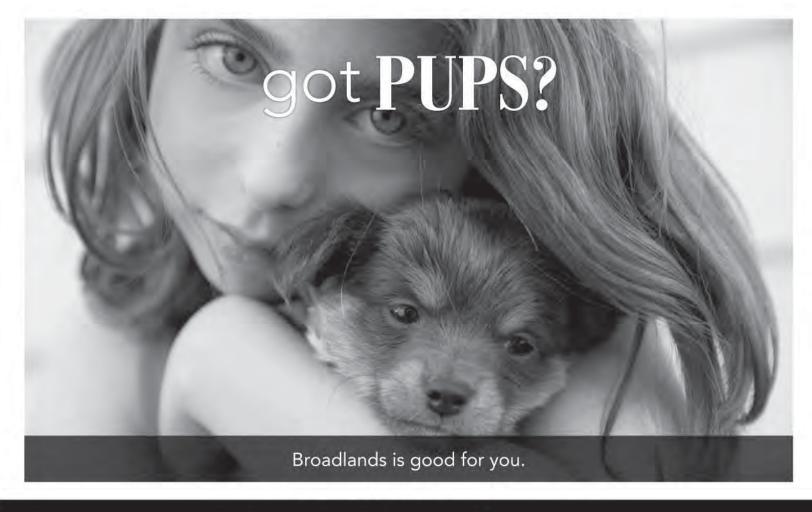






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Pool Season Begins May 24th... Do You Know Where Your Pool Passes Are?

It's time to start digging around in the bottom of your pool bag or in the drawer with the swimsuits for your Broadlands photo ID pool passes. Everyone aged 5 and older will need one to gain admission to the pools. All residents 18 and older must provide proof of residency in order to obtain a pool pass.

IF YOU ARE AN OWNER AND HAVE THE POOL PASSES YOU USED LAST YEAR, YOU <u>DO NOT</u> NEED TO SUBMIT AN APPLICATION. Passes will be electronically reactivated. If you cannot locate your passes, reprints can be issued free of charge prior to the opening of the pool on May 24, 2014. After May 24, replacement cards cost \$5.00 each. If you want a new picture for your replacement pass, the cost is \$7.00, regardless of when the pass is issued.

New Residents: You must fill out an application and return it to the HOA office at the Nature Center and each pass holder must have their photo taken. Applications are available at the Nature Center, in this newsletter on page 24, or online at www.broadlandshoa.org. Go to the "For Homeowners" tab at the top of the page and click on the "Pool Information" link to access. Pool passes are issued to each individual aged 5 and older living in the household. A household consists of all persons living in the dwelling, including live-in caretakers and any unmarried children who are students and/or from a previous marriage and who will be residing with the owner for the summer.

Tenants: If the owner wishes to transfer their pool rights over to the tenant, the owner AND tenant must complete a Tenant Membership Application for the 2014 season. In this instance, passes will only be issued to the Tenants, not the owners. Tenants may use previously issued passes, but these will not be activated until a completed application is received at the HOA office. Applications are available at the HOA office in the Nature Center, in this newsletter on page 25, and online at www.broadlandshoa.org. Go to the "For Homeowners" tab at the top of the page and click on the "Pool Information" link to access.

Becoming of age: Children who have turned 5 since last summer or will be 5 by June 1, 2014 must have a picture taken and pass issued. Please use the resident application form on page 24 and return it to the HOA office at the Nature Center to add them to your family data base. Any individual who has turned 18 since last pool season will need a new adult card.

Non-resident caregivers: Passes are offered for \$100 per caregiver for the season. They should be noted as non-resident caregivers on the residents' application. The fee must be paid at the time their photo is taken and the pass issued. The resident must accompany the caregiver to the photo session and show proof of identity and address.

Guest passes: 10 resident guest passes are allocated to each residence. Additional guest passes, good for 10 visits may be purchased for \$20. Guest passes are added to the electronic account. No physical pass will be issued. Guests must be accompanied by a pool pass holder to gain admittance to the pool facility.

Long term visitor: Passes are offered for \$100 per person for long term visitors for the season. The fee must be paid at the time their photo is taken and the pass issued. The resident must accompany the visitor to the photo session and show proof of identity and address.

BEGINNING APRIL 1, 2014, PICTURES WILL BE TAKEN AT THE NATURE CENTER FROM 9:00 A.M. TO 5:00 P.M. MONDAY THROUGH FRIDAY ON A FIRST COME FIRST SERVED BASIS.

Prior to having the photo taken, all adults 18 and older must show a photo ID with proof of Broadlands Association residency. Passes will not be issued if acceptable proof of identity and address are not available.

Acceptable photo IDs include:

- Driver's License
- School, Military ID
- Current Passport

If your ID does not show a Broadlands Association address, the following additional documents will be accepted as proof of residency:

- Utility bill issued within the last 60 days
- Settlement Papers or Deed
- Current Virginia Voter Registration Card

PLEASE CONTACT THE HOA OFFICE AT THE NATURE CENTER WITH QUESTIONS, 703-729-9704.

BROADLANDS 2014 POOL MEMBERSHIP APPLICATION

This application form must be signed by the owner who is being granted a pool membership. This application should be used for all members of the household. A household consists of all persons living in a dwelling, including college students, other non-resident children spending the swim season in Broadlands and live-in care providers. In order to obtain membership passes, this form must be completed and returned to Broadlands Association, 21907 Claiborne Parkway, Broadlands, VA 20148 or dropped in the box outside of the office. Applications may also be faxed to 703-729-9733.

OWNER	NAME:		
ADDRES	SS:		
TELEPH	ONE:		
EMERG	ENCY CONTACT NUMBER:	EMAIL:	
5-17 (as show a	EGIBLY PRINT the names of ALL members who will receive a post of June 1, 2014). Children under 5 do not require passes. Prior photo ID with proof of Broadlands Association residency. Parare not available.	r to having the photo taken, all a	dults 18 and older must
Office Use:	Name	Relationship to Owner	D.O.B. if under 18
·		Owner	
	(Use back if necess	ary)	
accident using th	deration of the provided swimming pool facility privileges, th t or personal injury which he/she or any member of his/her for the said facilities and agrees that the Broadlands Association, In the injury unless due to gross negligence on the part of the Asso	family or any guest of the undersi nc. and/or Management Agent wil	gned may sustain while
	Signature of Owner	Date	
•••••	Office Use On		
Date Re	eceived: If purchasing additional gues	t passes: cash / check #	\$
Entered	d in system Completed Notes:		
24	March 2014 - Broadlands News		

BROADLANDS 2014 POOL MEMBERSHIP APPLICATION FOR TENANTS

This application form MUST BE SIGNED BY THE OWNER(S) AS WELL AS THEIR TENANT when pool privileges are transferred from the owner to a tenant. This application should be used for all members of the household. A household consists of all persons living in a dwelling, including college students, other non-resident children spending the swim season in Broadlands and live-in care providers. In order to obtain membership passes this form must be completed and returned to Broadlands Association, 21907 Claiborne Parkway, Broadlands, VA 20148 or dropped in the box outside of the office. Applications may also be faxed to 703-729-9733.

OWNER'S	S NAME:			
OWNER'S	S ADDRESS:			
	TENANT INFORMATIO	N (If privileges are transferred to tenant)		
TENANT	NAME:			
BROADLA	ANDS ADDRESS:			
TELEPHO	NE:			
EMERGENCY CONTACT NUMBER:		EMAIL:	EMAIL:	
(as of Jun photo ID not availa Office Use:	GIBLY PRINT the names of ALL members who we are 1, 2014). Children under 5 do not require particle with proof of Broadlands Association residence able. Name	sses. Prior to having the photo taken, all adul	ts 18 and older must show a	
pics 🗸	Nume		D.O.D. II dilder 10	
		Tenant		
injury whic Broadland	ration of the provided swimming pool facility privileg ch he/she or any member of his/her family or any gu Is Association, Inc. and/or Management Agent will in n and/or Agent.	est of the undersigned may sustain while using the	said facilities and agrees that the	
	Signature of Tenant		Date	
	As the owner of the referenced unit, I here	by transfer my right to use the pool facilities t	o my tenant(s).	
	Signature of Owner		Date	
•••••		Office Use Only:		
Date Rec	eived: If purchasing add	itional guest passes: cash / check #	\$	
New 🗖	Renewal Completed Notes:			

Broadlands Tennis Programs - Luis Rosado Tennis Academy Luis and his staff bring over 20 years of experience to the Broadlands community

SPRING TENNIS – ENROLLMENT IS OPEN!

AFTER SCHOOL SESSIONS All session are 6 week sessions unless otherwise noted.

Session I: Feb 24 - Apr 4
Session II: Apr 7 - May 23
*note: class during spring break
Session III: May 26 - June 13,
3 week session

Session IV: Sept 1 - Oct10
Session V: Oct 13 - Nov 21
*Extended hours of Tennis available

*Extended hours of Tennis available with pick up at 5 or 6pm.

8 WEEK SESSIONS Group Classes

Session I: March 3 – Apr 27 Session II: Apr 28 – June 22 Session III: June 23 – Aug 17 Session IV: Aug 18 – Oct 12

1 Hour Junior Clinic Ages 4-10: All levels

Mon through Fri, 4:00pm & 5:00pm Sat & Sun, 10:00am & 11:00am

Ages 11-16: Beginners

Mon through Fri, 6pm Sat & Sun, 10:00am & 11:00am

1.5 HR Junior Clinic Ages 10-16: Advanced/ Intermediate

Ages 10-16: Advanced/ Intermediate players

Mon through Fri, 6:00pm

1.5 HR ADULT CLINIC - All levels

Mon through Fri, 9am & 10:30am Mon through Fri, 7pm Sat & Sun, 8:30am

Resident / Non Resident Pricing 1 hour class

\$128 / \$144 per session (8 weeks) 1 class a week \$240 / \$272 per session (8 weeks) 2 classes a week \$336 / \$384 per session (8 weeks) 3 classes a week

Clinic Drop In Fee:

\$20 members; \$22 non-members

1.5 HR CLASS

\$180 / \$204 per session

(8 weeks) 1 class a week \$336 / \$384 per session (8 weeks) 2 classes a week \$468 / \$540 per session (8 weeks) 3 classes a week

Clinic Drop In Fee: \$28 members; \$30 non-members

Junior Round Robin Tournaments are held on weekends.

Private / Group Lessons 1 player \$60.00 2 players \$35.00 each 3 players \$25.00 each

Email: LuisTennisAcademy@gmail. com, broadlandstennis@yahoo. com with questions or visit www. LuisTennis.net for details and registration for all programs.





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Saturday, March 29, 2014

BROADLANDS

Ashburn, VA - 8:30 am

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

Phone: 703.348.5826

Register online at www.vanmetre5milerun.org



DIRECTIONS TO BROADLANDS

From the Beltway, follow Dulles Toll Road West,

Take the Dulles Greenway to Exit 6 (RT 772) Ashburn/Broadlands Exit. Left at exit
ramp, then left onto Wynridge Drive to the Broadlands Marketplace,





Free Gardening Lecture – Transforming Small Spaces into Organic Gardens

Learn how to transform your yard – whatever its size – into an edible, organic landscape this spring. Please join Loudoun County Master Gardeners on Thursday, March 6 at 7:00pm at the Rust Library - 380 Old Waterford Road, Leesburg for the free presentation "Transforming Small Spaces into Organic Gardens," by Washington DC urban farmer/gardener/ small business owner Meredith Sheperd.

Meredith established her business "Love and Carrots" in May 2011 and has already won several awards for her sustainable landscaping. Her mission, among many, is to help homeowners bring healthy food to their table by transforming what she calls "biological deserts" (also known as lawns) into edible landscapes that provide beneficial ecosystems for insects and birds as well. She calls her job the "perfect marriage of environmentalism, activism and local food." Meredith is a graduate of Notre Dame University in environmental science and entomology and worked as a wetlands scientist for three years before deciding that her true calling was spreading the gospel of organic gardening and healthy eating.

For more information about the lecture or the Loudoun County Master Gardener program, please visit www. loudouncountymastergardeners.org or call the Loudoun Extension Office at 703-777-0373.

Loudoun Ballet Company Presents Swan Lake

Loudoun Ballet Company (LBC) presents its full-length production of Swan Lake for the first time in three years the second weekend of March at Stone Bridge High School in Ashburn. This dramatic classical ballet in four acts features music by Peter IlyichTchiakovsky. In the LBC production of this romantic ballet, good conquers evil and love triumphs in the end.

Performances will be held on Saturday, March 8, 2014 at 2:30pm and Sunday, March 9, 2014 at 2:30pm. Stone Bridge High School is located at 43100 Hay Road, Ashburn, Virginia 20147.

All general admission tickets will be sold for \$20 at the door prior to each show. Advance adult tickets are \$20 and \$15. Discounts are available for children, students and seniors. There are no refunds or exchanges on advance ticket sales. To order on-line tickets, visit www.loudounballet.org.



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Dr. Wiger and his family.

Broadlands Helpers List

The Broadlands Helpers List is comprised of helpers up to 18 yearrs of age, born in 1996 and later. We are continually updating the list. If you would like to be added, please call the HOA office at 703-729-9704 Monday through Friday from 9:00a.m. to 5:00p.m. or send an email to nihanainen@broadlandshoa.com.

Not Available on Website Edition





Key:

- (B) Babysitter's Course
- (R) Rescue Breathing
- (F) First Aid
- *All area codes are 703 unless noted.

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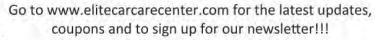
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CLUBS AND GROUPS

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



ASHBURN AREA WOMEN'S CLUB

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

ASHBURN CLASSICS

Are you over 50 and want to meet other senior citizens? Please join us Saturday, March 8 at 10:30am at the Mills Recreation Center in Ashburn. This month there will be a demonstration on Qi Gong along with a potluck lunch and St. Patrick's Day celebration. We meet the second Saturday of each month and also have several satellite clubs such as Bridge, Bunco, Mexican Train, card games and lunch groups. For more information please call Carmen at 703-723-3724 or Bonnie at 703-726-8191.

AMERICAN HERITAGE GIRLS

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

ASHBURN TOASTMASTERS

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

BRIDGE GROUP

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

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

BROADLANDS/ASHBURN NEIGHBORHOOD BIBLE STUDY

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

CUB SCOUTS & BOY SCOUTS

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

GERMAN LANGUAGE PLAYGROUP

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

GRIEFSHARE SEMINAR/SUPPORT GROUP

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

GIRL SCOUTS

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

GO GIRLS CLUB

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

INVESTMENT CLUB

Meets in the Community Center on the 3rd Thursday of each month at 8:00 p.m. Review personal investments, consider and purchase new investments, learn about investing and socialize! Contact Sylvia Thomason 703-327-2474 or Laura Bechtold 703-729-6074 for information.

LOUDOUN WOMEN'S NETWORKING GROUP

For women who own home-based small businesses. We focus on growing our businesses while giving back to the Loudoun community. We meet the 1st and 3rd Thurs of the month. For more info please visit our website at www.LoudounWNG.com.

MOM'S CLUB OF ASHBURN

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

MOMS IN PRAYER

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

PET LOSS SUPPORT GROUP

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

ROTARY CLUB OF ASHBURN

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

TECHNOLOGY COMMITTEE

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



MARCH CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

DELIGHT HOME DAYCARE: The house is smoke/pet free, very clean and safe area. Many learning activities. Former Lead Teacher at Kinder Care. First AID/CPR/AED certified, over 7 years of experience & College Grad. References available. Contact 703-473-7354, website: www.delighthomedaycare.com.

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

MOM'S MORNING OUT PROGRAM: Certified Teacher with Master Degree in Education. Spots available for Mon/Wed program from 9:15 – 12:15. Arts/crafts, ABC's, numbers, free play, snack time, story time and a wonderful break for mommy. Please contact Jenny, 703-618-2007 or via email at jenny_vanhorn@yahoo.com.

ENTERTAINMENT

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

FOR SALE/RENT/CONSIGNMENT:

LITTLE FLOWER CONSIGNMENTS: Need consignors, volunteers & shoppers to help make this our biggest sale yet! Sale held Sat, March 22nd, 8:00am – 5:00pm at St. Theresa's Catholic School, 21371 St. Theresa Ln, Ashburn. Consigning & shopping is easy & proceeds benefit those in need in our community via Divine Mercy Outreach. For more info, visit our website: www.Littleflowerconsignments.org or follow us on FaceBook at Facebook.com/LittleFlowerConsignments!

VACATION HOME – OUTER BANKS, CORROLLA, NC: 5% off for Broadlands Association residents only. Family oriented, six bedrooms, den, 5.5 baths. Sleeps up to 19. Private pool and hot tub. Beautiful Ocean Views. Less than 500 feet to beach. For more information, contact: www. twiddy.com, house #P141, Beachtopia.

FREE KIMBALL SPINET PIANO AND BENCH: to anyone who can haul it away. Fair condition. Perfect for beginning piano student! Call Janet @ 703-726-6904.

STANDARD 14FT DIAMETER CIRCULAR MEDALIST TRAMPOLINE BY REGAL: Includes 14ft bed (mat) with 100 rings and 10" Jade Frame Pad. Excellent condition. \$250 OBO. Call Janet @ 703-726-6904.

INSTRUCTION - ARTS/MUSIC/RECREATION

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

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

INSTRUCTION - TUTORING

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

POPULAR SAT PREP SEMINAR COMING TO BRIAR WOODS HS! LOOKING TO IMPROVE YOUR SAT SCORE?

We are offering several SAT prep seminars at Briar Woods HS this spring, that cover strategies for the test, insight into its construction, and workbooks for each test section. We also have SCHOLARSHIP

opportunities! Get more info at: www.turbo-tutoring.com.

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

AFTER SCHOOL TUTORING, K-5: All subjects. Certified Teacher with Master's Degree in Education. Please contact Jenny, 703-618-2007 or via email jenny_vanhorn@yahoo.com.

S.O.S. TUTORING: Is your middle or high school student not reaching their full potential because of poor work habits? We can help! S.O.S. assists students in the areas of ORGANIZATION, TIME MANAGEMENT, and ASSIGNMENT COMPLETION. Call 703-728-3199 today. www.sostutoringservices.com.

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

HEALTH/FITNESS/WELLNESS

AFFORDABLE CERTIFIED PERSONAL FITNESS TRAINING IN

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

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

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

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

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

ELECTRICAL-PROFESSIONAL CONTRACTORS

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

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

HOME SERVICES

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

OAKLEY LAWN MANAGEMENT: SPRING IS HERE! Let us care for your yard. Spring Cleanup – Mulching – Lawn Mowing. Free estimate, plus 4th mow free! Call us at 703-975-8653 or visit www.OakleyLawn.com.

LARRY MILLER INC, Specializing In Window Cleaning, Power Washing & Gutter Services: Residential Specialist. Free screen cleaning. Christmas lighting services. Licensed & insured. Broadlands resident. On Board of Directors for IWCA & Residential Comm. Visit www.windowcleaningservice.net for a FREE online estimate. Realtor, Senior & Military Discounts. Contact us: 703-723-7770 or info@ windowcleaningservice.net. 10% off if you like us on Facebook: www. facebook.com/larrymillerinc.

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

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

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

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.

HOUSE CLEANING

CLEANING BY CHRISTA: Sole operated home cleaning by returning college student. Valuable service with low prices that will make your home and soul shine. Free estimates; references available. Contact me via email at christa.holland@gmail.com or phone at 662-226-1108. MAID IN VIRGINIA- RESIDENTIAL CLEANING: We have earned a reputation for having the highest integrity. We enter your home excited to clean. We can provide numerous references. Locally owned and operated in Ashburn Licensed, Bonded, Insured with Workers Comp Insurance. www.maidinvirginia.com; 703-723-5199.

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

MARKETPLACE

AVON: Shop Avon at home or in your office and discover: Advanced Skin Care Products, Makeup, Gifts, Fragrances and Personal Service. Contact Christine Himmel, Avon Independent Sales Representative: (Mobile 571-239-5913, Email himmeljc@ verizon.net, Website www.youravon.com/CHIMMEL).

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

PET SERVICES

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

THANK YOU, THANK YOU: To the Broadlands resident that had a smokey grey, male, feral cat neutered this past summer/fall that was living around the area of Broadlands Blvd & Demott. If you see this, please call 703-858-1545.

PROFESSIONAL SERVICES

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

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

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

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

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

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

How to Place Classified Ads

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

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

Monthly Rates:

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

Payment and Ads:

Please email ads to: scollins@broadlandshoa.com.
Checks only please, made payable to
"Broadlands Association".
No cancellations after the deadline.

Mail to or drop off payments at:
Broadlands Association
21907 Claiborne Parkway
Broadlands, VA 20148

For more information contact:

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

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ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to over 4,000 homes and businesses in the Broadlands community. The Newsletter Editor reserves the right to reject any advertisement that is not in the best interest of the Broadlands Community or the Broadlands Association. Advertising orders cannot be cancelled after the initial deadline.

ADVERTISING INFORMATION

Advertiser provides copy design and format. Electronic format is required in PDF or TIFF. Ads not sent in this format will be returned. Although every effort is made to provide a professional look to your ad, the association is not responsible for ad quality. Insertion Order Forms are available at broadlandshoa.org on the newsletter page. **DEADLINE:** Ad and payment submissions are due the 1st day of the month prior to the issue. (Ex: January 1st for February's issue.)

MONTHLY PRICING

BLACK AND WHITE:

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

AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$225 /\$210* 1/2 pg (7.5" W X 4.875" H) \$425 /\$405* Full pg (8.5" W X 11" H) \$1050 /\$900* Add 10% to base price above for preferred placement

COLOR (OUTSIDE BACK COVER) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$250/ \$240* 1/4 pg horizontal banner (8" W X 3" H) \$250 /\$240* 1/2 pg (8" W X 4.875" H) \$475/ \$455* Full pg (8" W X 8"H) \$1050/ \$950* *Discounted price if 6 or more months are prepaid

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

MAIL ADS and PAYMENT TO:

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

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

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

EDITORIAL INFORMATION

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

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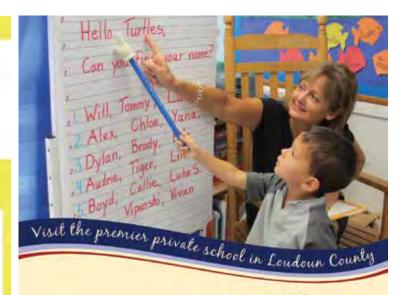
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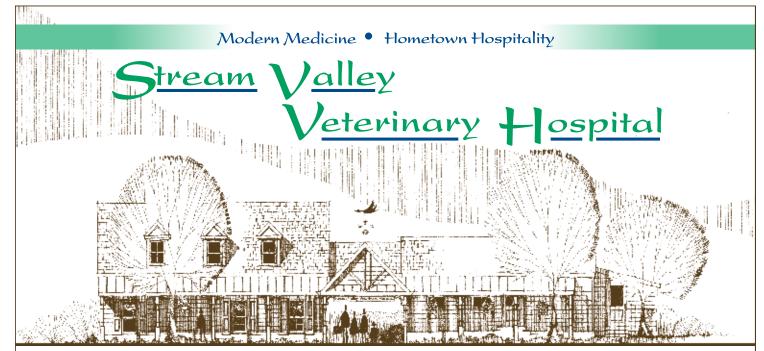
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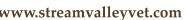


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