



BROADLANDS



Community News

June 2010

SUMMER EVENTS ARE STARTING, DON'T MISS OUT ON THE FUN...

- ⦿ Neighborhood activities, mark your calendars! pages 5-7
- ⦿ Loudoun County Board of Directors – What's on their agenda? page 13
- ⦿ Stevens Miller discusses the County Wide Transportation Plan, your input is important, page 14
- ⦿ All aboard the Tysons Express... new bus service, page 15
- ⦿ Special Pool Hours, changes are listed on page 25

National Wildlife Federation Certified Community Wildlife Habitat

Photo Courtesy of Rosemary Butt

DANCE CLASSES FOR ALL AGES

Register Now for Summer Camps
and Summer Classes!

Bring this ad in
for \$10 off of
summer tuition!

New students
only

Fairy and
Princess Camps!

Pre-Professional
Summer
Intensives!

Quality Instruction Inspiring the Love
of Dance for a Lifetime

- 6,000 sq. ft. facility located in the Ashburn Technology Park
- 3 large spacious studios all equipped with floating Marley Dance Floors
- Large waiting area with video monitors for viewing classes

703-723-8089

www.ashburnballet.com

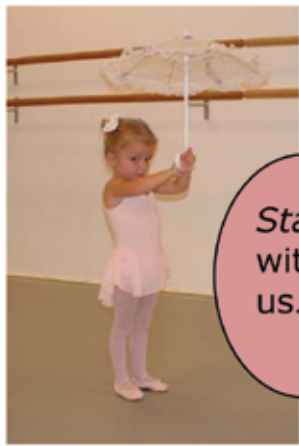
Ashburn Academy of Ballet

- Ballet
- Jazz
- Hip-Hop
- Lyrical
- Tap
- Pilates



...Grow with us!

Start
with
us...



I know home insurance. I can help you protect your home and everything in it. Call me today to discuss your coverage options.



Tammy Bane

(703) 729-0216

44110 Ashburn Shopping Pl., Ste. 216

Ashburn

TammyBane@allstate.com



Subject to availability and qualifications. The "Cupped Hands" logo is a registered service mark of Allstate Insurance Company. Allstate Property and Casualty Insurance Company, Northbrook, IL. © 2007 Allstate Insurance Company.

Join us for barbeque on the terrace
on Tuesday evenings 4 pm - 8 pm
all summer long!

Starts June 1!



Beef Brisket Platter...\$12.95
Beef Brisket Sandwich...\$9.25
Pulled Pork Sandwich...\$9.25
House-Smoked Sausage...\$12.95
Smoked Turkey Breast...\$10.95

Potato Salad
Coleslaw
Watermelon
Cornbread
Macaroni Salad



Clyde's Willow Creek Farm
42920 Broadlands Boulevard
(571) 209-1200
clydes.com



BROADLANDS



Contact Information

Board of Directors

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

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

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

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

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

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

David Baroody - Member at Large -
(703) 729-6785, david.baroody@mobile-
audit.net, dm.cmb@verizon.net

Jason Chautin - Member at Large -
(571) 333-4472, jason@chautin.com

Dawne Holz - Member at Large -
(703) 349-1095, dawne@holzfamily.net

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)**

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

Erika Cotti - Vice President
(703) 554-9269, erika_cotti_sw@yahoo.com

Douglas Granzow - Treasurer
(240) 499-4323, gunzour@gmail.com

Shawn Williams - Secretary
(703) 968-5295, smarcuswilliams@aol.com

Charles Salas - Resident Member
(703) 967-8150, charlessalas@yahoo.com

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

To Be Announced - Audubon Naturalist,
(703) 729-9726,
naturalist@broadlandshoa.com.

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

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

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

Briar Woods High School to Host ACS Relay For Life

Briar Woods High School in Brambleton is excited to announce that they will be hosting an American Cancer Society Relay for Life event on Saturday, June 5th - Sunday, June 6th.

Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease by raising money to support ACS efforts. At Relay, teams of people camp out and take turns walking or running around the track. Because cancer never sleeps, Relays are overnight events up to 24 hours in length. Throughout the event there are a number of touching activities, including a survivors luncheon and luminaria ceremony to honor people who have been touched by cancer and remember loved ones lost to the disease. You can make a difference today by signing up online to start your own team or by simply making a donation.

Please visit www.easternloudounrelay.org for more information or contact Eric Bateman at Eric.Bateman@loudoun.k12.va.us.



VACATION BIBLE SCHOOL
HERITAGE BAPTIST CHURCH (703)729-5436
21700 SHELLHORN RD. ASHBURN, VA 20147

JUNE 21-25 8:45 - NOON AGES 4-12
JUNE 20-24 6:00 - 8:30 PM AGES 13-19

REGISTER @ WWW.HERITAGEBAPTISTCHURCH.US
 CALL: (571)333-3003



Lori Christ CPA LLC
 703-304-5173
www.LoriChristCPA.com

Bookkeeping for Small Businesses
 Monthly Financial Statements • Bank Reconciliations
 Payroll Reports • Sales Tax Returns • Business Tax Returns
 Individual Tax Planning and Preparation

Help your Child Achieve Their Top SAT* Score

In-Home, Small Group Instruction for \$595
8-week, 32-hour course
Saturday and Sunday afternoons
Located in Broadlands

6-hour "Power Review" Before Each Test, \$65



LEADING EDGE TESTING
"The Power of Knowledge"

Peggy Bertaina, Instructor
703-554-2030

www.Ledingedgetesting.com

*SAT is a trademark of the College Board

2010 Broadlands Community Events Brought to you by the Events Committee

06/26/10	Beer Fest - Catch the bus at the Nature Center parking lot
08/28/10	Carnival/BBQ
09/04/10	Teen Foam Party
09/25/10	Casino Night
10/29/10	Kid Halloween Party
10/30/10	Adult Halloween Party
10/31/10	Halloween Parade
12/10/10	Visit with Santa
12/11/10	Visit with Santa

Please note: Event dates and times are subject to change.



Flicks in the Sticks

To celebrate our 5th season of summer fun, we'll be showing 5 movies this summer. Mark your calendar with the dates and times below!

New this year! We're presenting a classic from 25 years ago (Goonies) and a feature film for all ages (Star Trek). Parents, we've added links to the Parental Guidance from IMDB on the HOA website for your review.

Bring a picnic dinner - or pick up something from one of the great local restaurants - and stake out your spot on the lawn. Coolers, lawn chairs, and picnic blankets are welcome. Free popcorn and drinks available. This is a popular event, so come early for a good seat!

Movies will begin shortly after sundown - as soon as it's dark - so time listed is approximate. Reservations not required. In the event of inclement weather, check the website to see if the event is cancelled or rescheduled.

June 19 - 8:30 pm - Cloudy with a Chance of Meatballs

July 10 - 8:30 pm - The Goonies

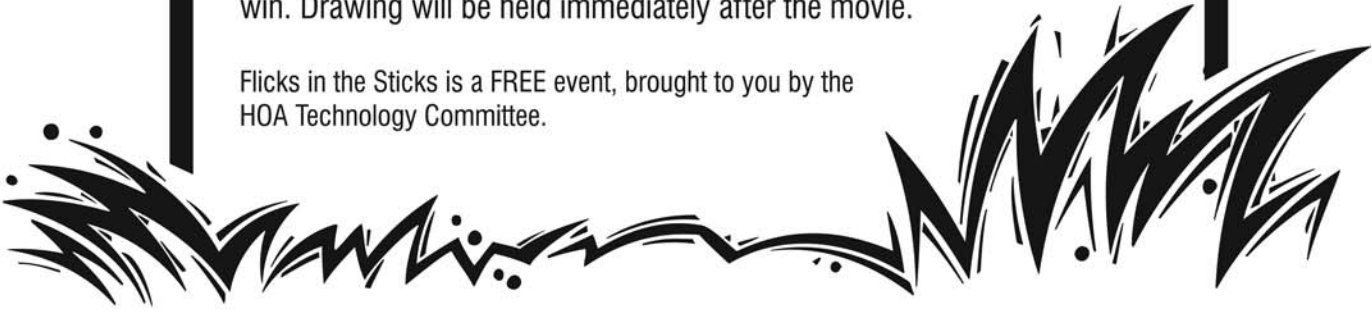
July 31 - 8:20 pm - Star Trek

August 21 - 8:20 pm - The Princess and the Frog

September 11 - 8:30 pm - G-Force

One lucky person will take home the DVD of that night's movie in a random drawing from all attendees. Must be present at time of drawing to win. Drawing will be held immediately after the movie.

Flicks in the Sticks is a FREE event, brought to you by the HOA Technology Committee.



BROADLANDS LIVE! Kicks Off Season Seven!



Broadlands Live! Will kick off their 7th season on Friday, June 11th with a children's opener, Rocknoceros, cranking up a family good time at 5:30pm, followed by a crowd favorite, Junk Food, at 7:00pm. Come ready to rock out and eat great food from local neighborhood sponsors.

The Broadlands Live! music series will continue on Friday evenings: July 9th, August 13th and September 10th from 5:30pm to 9:30pm. The concerts are scheduled so residents and their families can come right after work, grab a bite to eat and enjoy music with neighbors and friends outdoors. The local bands selected to perform will appeal to all ages. Come ready to have a good time! Support local vendors Subway, Domino's Pizza and Hawaii's Best Shaved Ice Company and pick-up your dinner at the show.

All Broadlands Live! concerts are BYOB. If you choose to consume alcohol, **you must present your ID - NO EXCEPTIONS** and stay in the designated alcohol area due to ABC regulations.

The 2010 Broadlands Live! concert series is proudly presented by Inova Loudoun Hospital, Silver Sponsor, OpenBand and by Bronze Sponsors Stream Valley Veterinary Hospital, Broadlands Family Practice, Rain Salon, Wegmans, Ashburn Rental and Wiger Orthodontics.

Watch for information in our future newsletters, visit the Broadlands Live! website at **Broadlandslive.com** or call the Broadlands Live! hotline at 571-333-4FUN for more information or to volunteer. Broadlands rocks and so do you!



Second Fridays
5:30 PM to 9:30 PM
at Hillside Park on Waxpool Road
See website for map.

For more information call
571-333-4FUN or visit
BroadlandsLive.com

2010 FREE Summer Concerts

June 11 >>>>>	Junk Food • Rocknoceros (special kids show)
July 9 >>>>>	Gonzo's Nose • Mercury in Summer (teen show)
August 13 >>>>	Jah Works • Pan Masters Steel Orchestra
Sept. 10 >>>>>	Kelly Bell Band • Derek James

PRESENTING SPONSOR



INOVA LOUDOUN HOSPITAL

SILVER SPONSOR



BRONZE SPONSORS



BROADLANDS FAMILY PRACTICE



Stream Valley Veterinary Hospital



Wegmans



Wiger Orthodontics



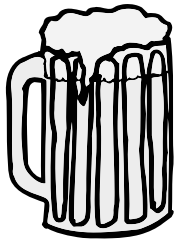
rain



AR Ashburn Rental

BYOB – bring ID • No glass bottles • Food & non-alcoholic beverages sold at event
Food Vendors: Subway, Domino's Pizza, & Hawaii's Best Shave Ice Co.

Special thanks to the Broadlands Homeowner's Association.



Northern Virginia Summer BrewFest

Saturday, June 26, 2010
Morven Park in Leesburg



Enjoy a ***"A Celebration of American Beer"*** and leave the driving to us. Your Events Committee is sponsoring a Commercial 57 Passenger Luxury Bus (bathroom included) to shuttle between the Nature Center and the Festival.

The Bus will depart the Nature Center for the Festival at:
10:00a.m., 12:00p.m., 2:00p.m., 4:00p.m., and 6:00p.m. (even hours).

The Bus will depart the Festival for the Nature Center at:
1:00p.m., 3:00p.m., 5:00p.m., 7:00p.m., and 9:00p.m. (odd hours).

The cost for the bus ride is a recession proof \$0.

Check out the Festival online at:
<http://novabrewfest.com/summer/>
and purchase your tickets early or at the gate.

First come, first served for seating on the bus.

SHOP HERE SHOP SMART SHOP HERE SHOP S



BROADLANDS Marketplace



Developed and Managed by:
— VAN METRE COMMERCIAL —

One Block South
Off EXIT 6 on the
Dulles Greenway

Broadlands-Marketplace.com

VISIT ALL OF OUR STORES!

Glory Days Grill | Harris Teeter | Walgreens
Domino's Pizza | Joy Salon & Spa
Bank of America | Hunan Cafe
McDonalds | Taco Bell
American Flatbread | UPS Store
Wiger Orthodontics | Great Clips
Top Kick | Anothai Restaurant
Caring Hands Animal Hospital | ImageSun

See Where Loudoun Shops!
Find Coupons Here
Broadlands-Marketplace.com

Van Metre
BUILDING TRUST FOR GENERATIONS



Neighborhood Watch Corner

Thefts from Vehicles...

Thefts from vehicles continue to be an ongoing problem in Loudoun County. Since January there have been **256** incidents and all of them could have been prevented by removing all items, no matter the value, from the vehicles and making sure vehicles are locked at all times.

Burglary Prevention....

Most burglaries across the US occur during the months of June, July and August. Burglary is a crime of opportunity. The best way to combat this crime is by controlling the opportunities.

- Always ensure your windows and doors are locked if you are leaving your residence. Even a short trip to the store can be enough time for a burglar.
- Do not hide or store valuable jewelry in predictable locations, for example jewelry boxes and dresser drawers. Burglars know where to look and will head directly to those places.
- Burglars do not want to spend a lot of time in a home. Store valuables in non-traditional locations and in nontraditional containers so they take too much time to find.
- When you leave home look for any suspicious vehicles or persons in your neighborhood. They may be waiting for you to leave. Residents are also encouraged to be watchful in their neighborhoods and report ANY suspicious persons regardless of time of day.
- When in doubt let us figure it out. Make the call, do not approach, and be the best witness you can be. **Non-Emergency: 703-777-1021 or 911.**

Warming up...

As the weather gets warmer, the crime rate picks up. Also, as the economy gets worse, the crime rates will increase. Loudoun County Sheriff's Office Crime Prevention Unit wants all citizens to be extra vigilant in the coming months. Please report any suspicious activity to the Sheriff's Office at 703-777-1021. Let's all plan on having a fun and safe summer.

Getting Involved...

Citizens regularly ask how they can get involved without having their identities compromised. Citizens can call these telephone numbers, report information and remain totally anonymous.

- If you suspect narcotics (drug) use or sales you can call the Narcotics Tip Line at 703-779-0552.
- If you suspect gang activity or gang participation you can call 1-866-NO-GANGS. 1-866-664-2647.
- If you have information about a crime that is about to occur or has already occurred you can call 703-777-1919.

Working together, we can all help keep our community and families safe.

Broadlands HOA Neighborhood Watch Has a New Address

Broadlands HOA Neighborhood Watch has a new email address. To contact Neighborhood Watch go to broadlandsHOAwatch@gmail.com. With this new email, the HOA has the ability to send out alerts, updates and important information to the community. To be added to the email update please send your name, street address and email address to the new gmail account. Your name and address are only to verify that that you are a Broadlands resident. The list will not be shared or used for any purpose other than Neighborhood Watch communication.



Patriot Disposal Collection Schedule

Mondays:

Trash and Yard Waste

Thursday:

Trash and Recycling



Loudoun County Custom Painting Expert
Serving Ashburn Area Since 1999

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

Expert Workmanship at Affordable Rates

571-220-0749

VA licensing # 2705073306

www.krispaintingservice.com



Belmont DECK & PATIO

What Can We

FIX?



We LOVE
Small Jobs

571-209-0332

- Additions
- Basements
- Brick Work
- Concrete
- Driveways
- Drywall
- Electric
- Fences
- Gutters
- Hardwoods
- Painting
- Plumbing
- Roofs
- Windows
- Yard Drainage

Board Actions

April 13, 2010 Meeting

- Approved – Minutes of March 9, 2009 meeting, as amended.
- Approved – Motion to rescind Board's approval of Modifications Subcommittee's decision regarding picket fence top horizontal brace location and width of picket gaps. Motion to table appeal.
- Approved – Turf cleanup and repair of VDOT damage.
- Approved – Two violations to be assessed charges if not corrected.
- Approved – Dog swim after pool season.
- Denied – Waiver request presented in package.
- Approved – Write off suggested by attorney.

General Manager Comments

The Annual Meeting was held on May 11, 2010. Congratulations to re-elected Board members, Eric Bazerghi and Brian Beahm. Thank you to our other candidates, Woods R. Brown, Aaron P. Lawlor and Gary Rose. I look forward to your continued involvement in the community. There were a total of 266 owners represented in person and by proxy. Additional developer holdings allowed a quorum to be achieved.

Congratulations to the winners of the \$25 Bonefish Grill gift certificates. Cory Brunet won the drawing for owners who were in attendance, and Allen Myers was the winner drawn from the proxy submissions.

I hope all our residents have a safe and happy summer.



ANDY FOLDENAUER
SENIOR TECHNICIAN

MATT BOWMAN
GENERAL MANAGER

Lic# 2705 129634

Highest Quality Workmanship + Names You Trust

Dynamic[®]

PLUMBING • HEATING • AIR CONDITIONING

Residential • Commercial

703-421-5322

Fax 703-444-1821

\$15 OFF

any Service Repair
of \$150 or more.

Must present coupon at time of service.
Not valid with any other offer.

MAY10

www.DynamicNow.com



Save the Date For...

Casino Night

at the Community Center
on Saturday, September 25, 2010
7:00pm -11:00pm

There will be craps, poker, blackjack,
& roulette to play, a great DJ,
catered appetizers, beer & wine

Tickets are \$25.00 per person and
will go on sale in July!!



Larry Miller Inc.
Window Cleaning Services

20 Years Experience – Residential
in Northern Virginia
Licensed Insured

Office: 703-723-7770

Cell: 703-795-4530

Fax: 703-726-8742

www.windowcleaningservice.net

Member Int'l Window
Cleaners Assn.



Your Local Handyman Specialist

P&M
General Contracting

Class A Liscensed and Insured

Located Right here in Broadlands

Honey-Do-Lists * Projects * and much, much more

Free Estimates

Contact Mike

703-862-0415

MichaelARosario@aol.com

JOHN NUGENT & SONS

HEATING - AIR CONDITIONING - PLUMBING - ELECTRIC

703-356-7499

LICENSED - BONDED - INSURED

1731 BARBEE ST.
MCLEAN, VA 22101

45921 MARIES RD.
STERLING, VA 20166

Family Owned and Operated Since 1975

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

\$15.00 Off any
Heating, Air Conditioning or Plumbing Service

\$1,500 Federal Tax Credit
for qualifying equipment only
Call today to schedule your FREE estimate

Offers are valid for limited time only

Zampiello Paint Contractors, Inc.



**Proudly serving Northern VA with
Quality Home Services since 1992**



- ☒ Interior & Exterior Painting
- ☒ Deck & Siding Cleaning
- ☒ Trim Molding Install
- ☒ Rotten Wood Repair
- ☒ Wallpaper Removal

Request **FREE**
estimates online!



The Zampiello Family

www.zampiellopaint.com



703-263-1000

BONDED * LICENSED * INSURED



ACCREDITED
BUSINESS

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. You can then access your account at www.armstrongconnect.net/broadlandsassociationinc. Have more questions about dues and assessments? Contact Armstrong Management by phone 703-679-1541; fax 703-591-5785 or email broadlands@armstrong.net.

Homeowners Association Board of Directors Meeting

**Thursday, June 8, 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	SUBMISSION DATE
June 2, 2010	May 28, 2010
June 16, 2010	June 11, 2010
July 7, 2010	July 2, 2010
July 21, 2010	July 16, 2010

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

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

Travel light.



Ship your luggage ahead of time using our:

- Affordable and timely shipping options
- Convenient package tracking
- More than 4,400 locations

Make getting to your destination easier—stop by today!

Mail Boxes Etc., Inc. is a UPS® company. The UPS Store® locations are independently owned and operated by franchisees of Mail Boxes Etc., Inc. in the USA and by its master licensee and its franchisees in Canada. Services and hours of operation may vary by location. Copyright © 2010 Mail Boxes Etc., Inc.

The UPS Store®



Visit your neighborhood location at:

Broadlands Marketplace
(between Harris Teeter & Walgreens)

43300-116 Southern Walk Plaza.....703.729.2215
or our Website at www.theupsstorelocal.com/5742

Broadlands Community Blog on LoudounTimes.com

The Loudoun Times Mirror has launched an online edition at www.LoudounTimes.com. 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 mamatothree@aol.com and as space permits they will be published on the new Loudoun Times.com Broadlands blog.

Keep the Broadlands Good News coming!

Bath & Kitchen Remodeling



HouseDoctors®

Handyman Professionals | Home Improvements

Home Repairs & Handyman Services

Licensed • Bonded • Insured

703-286-5388

www.housedoctors.com/santucci

hd485@housedoctors.com

Each office is independently owned and operated.

Ask for the HOA Special Discount!



Your Neighborhood Heating and Cooling Specialist

*Serving all your heating and cooling needs
since 1956.*

(703) 368-6204

www.comfortprofessionals.com

Ask us about federal rebate, or one of our
attractive service contracts!

NO DIAGNOSTIC FEE!

with REPAIR

\$85 Savings

Must present coupon at time
of service

Expires 6/30/10

SERVICE CONTRACT

SPECIAL

\$50 Off 1st System

Contract

New Customers Only

Expires 6/30/10

Service Division of W&E Heating and Air Conditioning

NOT HAPPY WITH YOUR CURRENT HVAC COMPANY?

Modern Mechanical will honor your existing service / maintenance contract with any competitor up to 12 months. With **Modern Mechanical's HomeGuard® Priority Maintenance Plan**, you enjoy peace of mind in that your home's HVAC equipment is properly maintained and serviced by certified professionals. Other benefits include: Priority Service, Genuine Value, Minimize Expensive Repairs, Reduce Energy Consumption and Prevent Catastrophic Breakdowns while protecting and preserving the Environment.*



**Modern
Mechanical**

OWNED & OPERATED BY A BROADLANDS RESIDENT

AIR CONDITIONING

HEATING

PLUMBING

EMERGENCY GENERATORS

RADIANT BARRIER

SOLAR

GEO THERMAL

703.726.6066 www.modernmec.com

*some restrictions apply. For more information visit www.modernmec.com/brochure.htm

On the Agenda: Loudoun County Board of Supervisors

- **The Chesapeake Bay Preservation Act for all of Loudoun County.** Although Loudoun County is not subject to tidal influence, it lies within the Potomac River watershed, which drains to the Chesapeake Bay. Many areas of Broadlands are affected by these proposed amendments.

The Virginia General Assembly adopted the Chesapeake Bay Preservation Act (Bay Act) in 1988, authorizing the development of the Chesapeake Bay Preservation Area Designation and Management Regulations the following year. The Bay Act allows non-Tidewater localities in Virginia to employ the water quality protection criteria to improve the health of the Chesapeake Bay and its tributaries. Chesapeake Bay Preservation Areas include a Resource Protection Area (RPA) and a Resource Management Area (RMA):

The RPA consists of lands adjacent to perennial water bodies that are sensitive to impacts which may cause significant degradation to the quality of state waters. The RPA includes wetlands connected by surface flow and contiguous to perennial water bodies and a 100-foot buffer located adjacent to and landward of perennial water bodies and connected wetlands. Development within the RPA is limited in order to preserve a natural vegetated buffer that filters nonpoint source pollution and protects water quality.

The RMA consists of lands outside the RPA that, if improperly used or developed, have the potential to cause significant water quality degradation or to diminish the functional value of the RPA. A countywide RMA is currently proposed. Development within the RMA is not limited; however, performance criteria applicable to both the RPA and the RMA would apply.

For more information from Loudoun County on the Act and RPA visit <http://www.loudoun.gov/Default.aspx?tabid=2872>.

To determine if your property is included in an affected area, visit the mapping program at <http://gisinter1.loudoun.gov/weblogis/agree.htm>. On the search tab, enter your address; and then under Map layers/Environmental select Draft RPA Screening Tool.

- **Adopting the 2010 Countywide Transportation Plan (CTP).**

Loudoun County is looking to shape the vision of transit for years to come. Working together with stakeholders and residents, the Loudoun County Transit Plan is being developed to provide strategic analysis and recommendations for public transit service enhancements over the next 20 years. Many roads that run through and adjoining Broadlands will be affected.

While the exact timeframes of the phases are not known at this time, the plan will establish goals and objectives for how transit will adapt to new Metrorail service and the changing needs in the county. The plan will also take into account the local conditions in various communities and propose service alternatives (new routes, hours, facilities, etc.) that enhance transit. While connections to the new Metrorail line in the Dulles corridor is central to the plan, it will also address all transit services throughout the county, including commuter, fixed route, *continued next column*

and demand-responsive transit services. The plan will also address ridesharing and travel demand, and the coordination of land use plans with transit service. The plan will look at how to implement and fund the service proposals, as well as recommended actions and policy to help achieve the long-term vision of transit.

For more information on the plan visit:

<http://www.loudounctp.com/index.htm>

For a complete version of the Draft CTP visit:

http://www.loudounctp.com/documents/March2010_CTP_Clean%20Version.pdf.

Youth Fest 2010 Coming to Brambleton

Loudoun Youth Inc., Loudoun County Parks, Recreation and Community Services, along with the Youth Advisory Council, are pleased to announce that **Youth Fest 2010 will be held on Saturday, June 26th from 2:00-8:00 pm at the Brambleton Town Center.** Brambleton Group and Miller & Smith each donated \$10,000 to help promote Youth Fest 2010.

This 5th annual event, which has become the Summer Season Kick-Off Event for middle and high school-age youth of Loudoun County, features an afternoon and evening of free events including live music by local youth bands, inflatables, educational information and exhibits from local nonprofit organizations including health organizations, after-school programs and drug and alcohol prevention programs.

According to Loudoun Youth Inc. President, Carol Kost, "We're very excited and thankful that our Grand Sponsors Brambleton/Soave Real Estate and Miller & Smith have recognized the importance of Youth Fest to the teens of Loudoun County. It is so important to provide safe, fun events that the teens of our area can enjoy. Brambleton is the perfect venue and we are extremely grateful to both of our sponsors for their continued support of our organization."

Loudoun Youth Inc. is Loudoun County's premier non-profit organization dedicated to supporting and developing programs that provide teens positive out-of-school activities in safe environments...helping teens become connected, engaged and contributing members of our community. Since its inception in 2005, Loudoun Youth has raised and invested over \$490,000 for youth programs throughout Loudoun County. Visit our website at www.loudounyouth.org.

Aldie Bicentennial 1810-2010

The Aldie Bicentennial Planning Group is a citizen driven planning and work team managing the announcement and celebration of the 200th Anniversary of the founding of Aldie.

During the course of 2010, Aldie will host a number of events calling attention to the founding of the Village in January 1810, by Charles Fenton Mercer. Mercer completed Aldie Mill between 1807 and 1809.

All events are to be held in the village of Aldie.

For more Information go to: <http://www.villageofaldie.com/bicentennial/>

Speak Up! Transportation Planning Affects Us All

Dulles District Supervisor, Stevens Miller will meet with his constituents to discuss the Countywide Transportation Plan (CTP) and to answer any questions you may have.

Date: Thursday, June 17, 2010

Time: 7:00pm

Place: Broadlands Nature Center at 21709 Claiborne Parkway

What is the CTP?

The Countywide Transportation Plan is a long term transportation plan which is reviewed every five years by the Loudoun Board of Supervisors (BOS). It assesses the current road map and the level of service on these roads, to provide improvements that align with projected county growth for the next twenty years. It prioritizes the roads by need, in terms of current and projected travel, interconnectivity to neighboring states and counties as well as the local area. It categorizes the roads into types to meet projected growth for the near, interim, and long term need. The purpose is to allow the county to preserve the "right of way" for future need, as well as allocate and request funding for priority and secondary roads at the state and federal level. The CTP is currently under review by the Transportation/Land Use Committee. (TLUC) The TLUC review, with their recommendations to the BOS, is to be complete and ready for a vote on Tuesday, July 6, 2010.

There are opportunities to voice your opinion regarding the proposal, through meetings with your Supervisors or Public Input Sessions with the BOS. Your input is valuable because the CTP has designations for roads in our community that are different than their current type. Listed below are the links for you to follow up with any research.

CTP Draft Proposal

You can obtain a copy of the proposal by visiting the Loudoun County Government site (www.loudoun.gov), click on the yellow Transportation tab on the top right corner, and then click on the CTP document under Highway & Transportation Planning, or alternatively by typing in the following link. The maps can be found on pages 16-18:
http://www.loudouncountyp.com/documents/March2010_CTP_Clean%20Version.pdf

Public Input Sessions with BOS

There are three public input sessions, June 7th, June 21st, and July 5th. Meetings begin at 7pm and are held in the ground floor Boardroom at the Loudoun Government Building, 1 Harrison Street, S.E. Leesburg, VA, 20175. Speakers will have two minutes to speak and can call in advance or sign up at the meeting. To sign up in advance call the Clerk to the Board of Supervisors at 703-771-5072 or 703-777-0200. Advanced sign-ups will be taken until 12:00 noon the day of the meeting.



*Custom Decks
Gazebos
Screened Porches
Finished Basements
Additions*

Quality Experience Value

Class A License Fully Insured

Oakmark Construction
(703) 759-6487 www.oakmarkconstruction.com

WROUGHT IRON STAIR RAILINGS



Increase the WOW Factor in your home by replacing wooden hand rails with wrought iron ones.

Starting at \$14 per installed spindle
Free Design Consultation
703-919-3479

TYSONS CORNER BUS SERVICE BEGINS JUNE 21, 2010

Here's an exciting solution for Broadlands residents who commute to Tysons Corner. Starting Monday, June 21, 2010, Tysons Express will provide weekday commuter bus service from Broadlands in Loudoun County.

Tysons Express offers seven morning departures and seven afternoon returns between park & ride lots located in Leesburg and Broadlands South and Tysons Corner. Coaches will travel non-stop on the Dulles Greenway and the Dulles Airport Access Highway to minimize travel time. The complete schedule, route map and additional information related to the service are available at www.loudoun.gov/bus.

Broadlands South commuters can park and ride from two locations. The primary commuter parking lot is located on the east side of Old Ryan Road, near the intersection of Mooreview Parkway. Overflow spaces are designated by signs in Broadlands Southern Walk Village near Harris Teeter. All parking is free, but passengers are asked to park only in designated commuter spaces.

Tysons Express buses are new 55-passenger commuter coaches equipped with reclining seats, overhead lighting, free wi-fi and a restroom.

Fares are \$3.00 per ride when paid with a SmarTrip® card or \$3.50 per ride cash. A SmarTrip® card is a plastic, rechargeable farecard capable of holding up to \$300 in value. Cards may be purchased at several locations including www.wmata.com, the Tysons-Westpark Transit Station and the Loudoun County Office of Transportation Services.

The service is proposed to operate through the end of 2013, concurrent with the completion of Phase I of Dulles Metrorail to Wiehle Avenue. The Loudoun County Office of Transportation Services (OTS) planned the routes and developed the schedules based on demographic studies and input from citizens.

Tysons Express is funded by the Dulles Corridor Metrorail Project. The project includes a Transportation Management Plan (TMP) designed to mitigate the traffic congestion that results from construction of this magnitude. One of the primary strategies of the TMP is to offer a transit solution for those traveling from Loudoun County to Tysons Corner during the Metrorail construction project.

Tysons Express bus service offers Loudoun County residents a comfortable and reliable alternative to avoid the congestion experienced by most motorists traveling to the Tysons Corner area.

For more information, including Tysons Express service updates, contact tysonsexpress@loudoun.gov or 703-777-0119.



AIR CONDITIONING, HEATING, ELECTRICAL AND PLUMBING

1-866-924-1650

*Serving Residential
and Commercial customers
in DC, Maryland and Virginia*

\$50.00 OFF

ANY QUOTED REPAIR

**NOT VALID WITH ANY OTHER OFFER.
WITH COUPON ONLY**



National Pollinator Week is June 21-27

By: Nan McCarry, Broadlands Naturalist

Did you know there is a week set aside just to celebrate pollinators? As you probably know, pollinators are animals that move pollen from flower to flower as they gather nectar or pollen for themselves. Most pollinators are insects such as beetles, bees, ants, wasps, butterflies and moths. A few plants are pollinated by hummingbirds, bats, and other animals.

Why are pollinators so important? Well, if we didn't have bees and other pollinators, here are just a few of the foods we'd have to live without: apples, almonds, bananas, blueberries, chocolate, coffee, melons, peaches, potatoes, pumpkins, vanilla, and tequila. We'd still have most cereals, such as corn and wheat, because most plants in the grass family are wind-pollinated. But that could make for a rather dull diet, and most flowering plants depend on animal pollinators.

You may already be aware of the decline of the honeybees, who do a lot of the work of pollinating our crops, especially on the large farms where most of our food comes from. However, other kinds of bees can also do some of this pollination. Honeybees are not native to the Americas, and we can help our native bees flourish by planting the plants they love in our gardens. Here's some good news: many of these native bees are solitary, so they are not likely to sting you, because usually when a bee stings it's defending its colony.

How can we help pollinators? Well, you probably guessed that pesticides in the garden harm pollinators (as well as many other critters that are good for soil and plants). We can plant things that pollinators love, such as milkweed, sages and other salvias, bee balm, purple coneflower, asters, black-eyed Susans, and Joe-pye weed. You can let herbs like dill go to flower and the swallowtail butterflies will be very happy with you. This is a nice site for learning more about gardening for bees: <http://nature.Berkeley.edu/urbanbeegardens>. Look for more information at the Nature Center, both in the gardening library behind Fireball the newt, and at the bulletin board celebrating Pollinator Week. The Broadlands Habitat Committee would be another good resource. The website for Pollinator Week has many good resources too: http://pollinator.org/pollinator_week_2010.htm.

You may ask why we need to "feed" the pollinators if they are "supposed" to be depending on the pollen from our crop plants! The answer is that they need things to eat the rest of the season, too, not just for the short amount of time that the crop they love is in bloom.

In June, look for activities around the county for children and adults to learn about our pollinators. Loudoun Wildlife Conservancy is putting on a program on monarch butterflies at Broadlands Community Center on June 13. Banshee Reeks Nature Preserve, which is pretty close to Broadlands, is planning programs for that week. See the following website for updated information: <http://www.bansheereeks.org/EventsFrameset.htm>

On another note, this month's picture in the children's room stumped everyone! We had some really good guesses: a termite mound, an ant home, a leaf cutter bee nest, and a fish's home. Some of those are pretty close. The structure in the picture was actually built by a crayfish.

This is my last article in the newsletter. I will be leaving this job and continuing to work at Rust Sanctuary and elsewhere on environmental education programs. As it happens, the other thing I will be devoting huge amounts of time to is the conversion of my rather large lawn to a pollinator paradise (I hope!) as well as to vegetable gardens for the pollinators to go to work on.

Soon our new naturalist will be coming on board at the Nature Center. I have enjoyed meeting many wonderful people last year during their visits here.

Middle and High School Students:

Do you like animals? Want to give a little time volunteering in your community this summer?

We are looking for volunteers to care for the animals at the Nature Center one hour per week or so. You can care for the animals anytime between 9:00a.m. and 5:00p.m. on the day of the week you choose.

We can work around your schedule if you are away for camps, vacation, etc. Training is provided. If you're interested, please call the HOA at 703-729-9704.

STARTS
JULY 6TH!



Summer Math Seminars

*Algebra I *Geometry *Algebra II *Pre-Calculus/Trig *Calculus

Core Math Tutoring

"Where getting ahead, means never falling behind."

***Focused two-week seminar**

***Small Group Instruction**

"You made math seem like it wasn't work".

-Senior at Dominion High School

703.201.9995

Chris@CoreMathTutoring.com

www.CoreMathTutoring.com

Two Full-Service Veterinary Facilities!



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

Ashburn Farm 703-726-8784

43330 Junction Plaza Blvd.
Suite 172
Ashburn, VA 20147
(Next to Giant Food at the
Claiborne & Ashburn Farm
Parkway Intersection)

Brambleton 703-327-8471

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

www.LoudounVet.com

"We're Your Other Family Doctor"

10% off exams

for new patients with this ad!

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

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



**ASHBURN VILLAGE
ANIMAL HOSPITAL**

www.ashburnanimals.com



Doctors on Staff

Steven Velling, DVM
Katherine Skelly, DVM
Angela Clarke, DVM
Estella Jones, DVM

703-729-0700

Proudly treating Ashburn pets for over 11 years!

The Critter Corner

By Dr. Steve Velling

"Treat Your Cat Right"

People love to give their feline friends a snack, but when you pamper your pet too much, it can lead to a fat cat. Nearly 60% of all cats are either overweight or obese, according to the American Veterinary Association. But that doesn't mean that you can never give Shadow treats, only that you need to choose carefully, both what you give and when. Here are 7 tips for keeping your fluffy feline happy, healthy, and still feeling special.

1. Chubby isn't charming. If your cat can't bend over enough to clean itself and if her belly drags on the ground, then she may be overweight. It may be time to see your vet so he or she can develop a weight loss program for your kitty. Overweight cats are prone to liver disease, diabetes, and arthritis, among other illnesses, so this is serious stuff.
2. Go Green. Cat grass is a great treat for cats – easy to grow at home or to find at pet stores.
3. Train for treats. Contrary to popular belief, cats actually can be trained to do tricks! Get Tiger to stand on his hind legs, or shake with his paw. You can also train them to hold still for things he wouldn't usually like such as nail trimming or being medicated. Rewards go a long way.
4. Don't treat to love. Cats don't love you any more for treats. It's the playing, petting and holding that helps a cat bond with you.
5. Keep treats a treat. Offer treats 2-3 times a week, or maybe even every day. Just don't let the treats make up more than 10% of a cat's diet. And just because Milo won't eat his regular food but begs for his treats instead doesn't mean that you have to give in!
6. Keep people food to a minimum. Cat foods contain the vitamins, minerals, and amino acids needed to keep Princess healthy. Occasionally you can give her some tuna, cheese, chicken or fish, but try to limit what makes it into her Waterford crystal bowl.
7. Know what's safe and what isn't. Raisins, grapes, onions, alcohol, and Macadamia nuts (just to name a few) – these may be tasty to us, but they can be toxic to a kitty. If you're not sure, give us a call or go to www.aspc.org for a very comprehensive list of toxic foods as well as plants.

Now go have fun with your frisky feline. Show him or her how much you care, and go ahead and give a treat, just not too many!

Till next time,
Dr. Steve,
ashburnanimals.com, 703-729-0700



LOUDOUN WILDLIFE CONSERVANCY JUNE 2010 EVENTS

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

“Hop To It! Frogs, Toads, and Their Relatives” Wednesday, June 2, 7:00 – 9:00 p.m.. Learn all you ever wanted to about frogs, toads, and other Amphibians. Meet some of these creatures up close to discover some of their secrets and play froggy games. Join us as local naturalist and storyteller Alonso Abugattas presents a fun and exciting children's program. Location is TBD and will be available closer to event date. *Questions/Information: contact Laura Weidner at lweidner@loudounwildlife.org.*

Bird Walk at Banshee Reeks and Dulles Wetlands Wednesday, June 9, 7:00 – 11:00 a.m. *Registration Required.* Join Joe Coleman and Mary Ann Good on one of LWC's mid-week birding trips. Meet at the Dulles Wetlands at 7:00 a.m., or meet at the visitor's center at Banshee Reeks at 9:00 a.m. Hiking footgear (waterproof if you are coming to the Wetlands), long pants, and insect repellent are advised. This walk is co-sponsored by the Audubon Naturalist Society. *To register or for questions contact Joe Coleman at jcoleman@loudounwildlife.org or 540-554-2542.*

Birding Banshee Saturday, June 12, 8:00 a.m. Join LWC and the Friends of Banshee Reeks at the Banshee Reeks Nature Preserve for the monthly bird walk. Because of its rich and varied habitat, this part of the county is a birding hot spot. Please bring binoculars. *Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org*

Butterflies at Banshee Reeks Saturday, June 19, 10:30 a.m. - 12:00 noon. Join Jon Little for one of our free family butterfly walks. Investigate some of the many diverse, natural areas at Banshee Reeks and identify all of the butterflies we can find. If you own binoculars, please bring them. *Questions: contact Nicole Hamilton at nhamilton@loudounwildlife.org or 540-882-9638.*

Birding the Blue Ridge Center Saturday, June 26, 8:00 a.m. On the fourth Saturday of each month (except December), LWC leads a free bird walk at the Blue Ridge Center for Environmental Stewardship (BRCES), a beautiful 900-acre preserve in northwestern Loudoun County. The property includes meadows in the valley and heavily forested slopes on the Blue Ridge. The Blue Ridge Center is located just north of Neersville, at 11611 Harpers Ferry Road (Rt. 671). Meet at the visitor center. Detailed directions can be found on the website, www.brces.org. This walk is co-sponsored by the Audubon Naturalist Society. *Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.*

Dragonfly Walk at Bles Park Sunday, June 27, 10:30 a.m. Join Andy Rabin on a free, fun, and informative dragonfly walk as he visits some of the best dragonfly habitat in the county. Learn how to catch, handle, identify, and release these insects. Bring an insect net if you have one (a limited number of extra nets will be available). Adults and children welcome. Meet at Bles Park in Ashburn (for directions visit the webpage at <http://www.loudoun.gov/Default.aspx?tabid=924>) *Questions: contact Andy Rabin at stylurus@gmail.com.*



Biggest Hit of the EarthDay@Loudoun Event Comes Back to Broadlands

**Hands-On Fun & Experience
Live Amphibians and Reptiles**

Date: Saturday, June 5th

Time: 2:00p.m. – 4:00p.m.



Location: Broadlands Nature Center Patio



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

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

We encourage people to use the online registration system; however, if you prefer, we will mail or email you a registration form.

CAMPS FOR 4-5 YEAR OLDS

Cold-Blooded Critters: June 21st-25th 9am-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 1pm-4pm

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 1pm-4pm

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 9am-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-Resident: **\$150**

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

Magic of Monarchs

Free Family Program



Date: Sunday, June 13th

Time: 7:00p.m. to 9:00p.m.

Location: Broadlands Community Center

Join us for a wonderful discussion of Monarch butterflies, their lifecycle and their amazing migration! In February 2009, Nicole Hamilton traveled to the mountains of Mexico to visit the Monarch butterfly overwintering sites. What she saw in these mountain respites was phenomenal. Through video, sound and photos, she will share this experience with you, talk about the great Monarch migration, their lifecycles and their habitats, both here and in Mexico, and provide information on how you can create a Monarch Waystation in your backyard and be part of this amazing phenomenon. Handouts will be available and there will be door prizes. For more information contact Oya Simpson at (703) 725-8040

Space is limited and registration is required at:

<http://www.loudounwildlife.org/SignUp.htm>

Water You Thinking?[®]

Thinking of installing a permanent underground sprinkler system this year? Make sure you use a contractor that's Loudoun Water Preferred. That way, you can be sure your system is well designed, it protects your water supply from backflow, it saves water, and saves you money.

View our growing list of Loudoun Water Preferred Irrigation Contractors
www.loudounwater.org/Residential-Customers/Loudoun-Water-Preferred/



Already have a system, and you'd like to save water? Follow our recommended watering schedule. Visit www.loudounwater.org for details.

LOUDOUN  WATER

Earth Day Trash Pick up



For Earth Day on Thursday, April 22, troops 1482 and 5157 combined to clean up trash along the paths that run behind the Community Center and Hillside Park. Great job ladies!

The Virginia Army National Guard presented Broadlands Brownie Troop #4081 with a community service award for selling more than 400 boxes of Girl Scout cookies for the troops in Iraq and Afghanistan every year for the past three years. Each of the troop's 14 Brownies received an award certificate. The top two sellers – Amelia-Grace Ferranti of the Broadlands and Sydney Reinhard of Reston – also received a National Guard medal. Great job!

PHOTO #1 — From left to right:

Top Row: SPC Leitao, SPC Jost, SFC Daniel Hawkins

Middle row: Taryn Roane, Madeline Brechtel, Madison Ruschaupt, Marissa Anderson, Emma Lamothe, and Tate Gardner

Bottom row: Jackie Hughes, Gabrielle Canigiani, Micaela Jones, and top sellers Sydney Reinhard and Amelia-Grace Ferranti

Not pictured here: Emily Hemeon, Yara Omar, and Katie Petersen



Brownies Support Our Troops



Juniors Keep Our Trails Tidy

Junior Troop 6480 helped to keep our community beautiful by cleaning up along the trail across from Harris Teeter. Well done ladies!

Make Memories on Your Deck!

Pressure Washing Services

- Deck Cleaning
- Home Exterior Washing
- Sealing/Staining
- Cement Cleaning
- Fence Washing

703.583.9274
www.WashMyDeck.com

*Serving Our Community
for 15 Years*

Pressure Washing Spring Savings

\$79 for first 100 sqft
(average deck \$140)

1/2 OFF Deck Cleaning
with deck staining purchase
(average savings of \$70)

\$25 OFF any service

Proudly using
Benjamin Moore Stains

Silver Knights Chess Camp at the Douglass Community Center

Spend a week playing and learning about chess from the Silver Knights Chess Coaches. Campers are placed in groups according to skill level from beginners through highly rated tournament players. Each camper receives a t-shirt and tournament-style chess set. Learn openings, tactics, and end games. Study master games. Play games against fellow students and analyze others' games. Periodic breaks for snacks and fresh air. Full-day campers have lunch and recess from 12:00pm-1:00pm. Dates and times are below. Camp are held at the Douglass Community Center in Leesburg.

Ages 4-14

Mon-Fri	8/16-8/20	9:00am - 4:00pm	\$300.00
Mon-Fri	8/16-8/20	9:00am - 12:00pm	\$175.00
Mon-Fri	8/16-8/20	1:00pm - 4:00pm	\$175.00

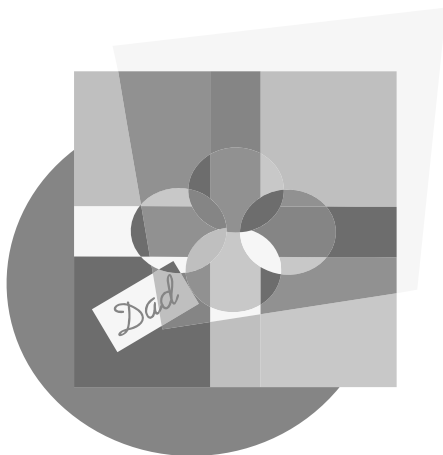
For more information, or to register, please contact the Douglass Community Center at 703-771-5913 or e-mail us at dcc@loudoun.gov.

SUMMER CAMP EXTRAVAGANZA 2010!

6 Extraordinary Performing Arts Camps For Ages 5-17

<p><u>Teen Intensive Theater Camp</u> <i>June 28-July 2</i> Ages 13-17 1 Week Camp (5 days)</p> <p><u>Drama Camp</u> Session 1: <i>July 5-23</i> Session 2: <i>July 26-Aug. 13</i> Ages 6-12 3 Week Camp</p> <p><u>Music Camp (Performance Option)</u> Session 1: <i>July 5-16</i> Session 2: <i>July 26-Aug. 6</i> Ages 5-9 2 Week Camp</p>	<p><u>Music Camp (Exploratory Option)</u> Session 1: <i>June 28-July 2</i> Session 2: <i>July 19-23</i> Session 3: <i>Aug. 9-13</i> Session 4: <i>Aug. 16-20</i> Ages 5-9 1 Week Camp (5 days)</p> <p><u>Camp Cabaret Intensive</u> <i>August 16-21</i> Ages 12-17 1 Week Camp (6 days)</p> <p><u>8 Week Private Program</u> <i>July 6-Aug. 26</i> Private 1:1 Sessions in Piano * Voice * Acting</p>
--	--

Performing Arts Preparatory School
11425 Isaac Newton Sq. Reston, Va. 20190
www.lopezstudios.org 703-787-0071



HAPPY FATHER'S DAY Recipes That Dad Will Love!

Coffee Marinated Steak

- 2 tablespoons sesame seeds
- 6 tablespoons butter or margarine
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 cup strong brewed coffee
- 1 cup soy sauce
- 2 tablespoons white vinegar
- 2 tablespoons Worcestershire sauce
- 2 pounds boneless beef top sirloin steak, cut 1 inch thick

In a skillet, toast sesame seeds in butter. Add onion and garlic; saute until tender. In a bowl, combine the coffee, soy sauce, vinegar, Worcestershire sauce and sesame seed mixture. Pour half into a large resealable plastic bag; add steak. Seal bag and turn to coat; refrigerate for 8 hours or overnight, turning occasionally. Cover and refrigerate remaining marinade. Drain and discard marinade from steak. Grill steak, covered, over medium-hot heat for 6-10 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Warm reserved marinade and serve with steak. Yield: 6 servings. *Taste of Home*



Cilantro Pork Tenderloin Recipe

- 1-1/2 cups chopped fresh cilantro
- 1/2 cup packed brown sugar
- 1/2 cup soy sauce
- 3 tablespoons honey
- 6 garlic cloves, minced
- 2 teaspoons ground cumin
- 2 teaspoons ground mustard
- 1 pork tenderloin (1 to 1-1/4 pounds)

Prepare grill for indirect heat. In a large resealable plastic bag, combine the first seven ingredients; add pork and turn to coat. Seal bag and turn to coat; refrigerate overnight. Drain and discard marinade. Grill, covered, over indirect medium-hot heat, for 25-40 minutes or until a meat thermometer reads 160. Let stand for 5 minutes before slicing. Yield: 4-6 servings. *Taste of Home*

South Beach Fish Kabobs

- 1 lb fresh halibut or scrod fish or swordfish or salmon or tuna steak, cut into 16 one inch thick cubes
- 1/2 green pepper, cut into strips
- 1/2 red pepper, cut into strips
- 1/2 red onion, cut into wedges
- 4 cherry tomatoes
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lime juice, freshly squeezed
- 1 tablespoon Dijon mustard

Combine the olive oil, lime juice and Dijon mustard in a small mixing bowl. Add fish cubes to the marinade, cover and place in refrigerator; marinate for 15 minutes turning once to coat. Meanwhile clean, core and cut your veggies. Thread skewers with veggies and fish, 4 pieces of fish per skewer, and brush kabobs with leftover marinade. Preheat broiler and place the kabobs on a broiler pan. Broil about 4 inches from heat for about 6-8 minutes turning once and brush on more marinade when turning. Feel free to grill them also. Yield: 4 servings. *recipezaar.com*

Congratulations to May's contest winner:
Ryan Hall

Win a \$25 Gift Certificate to ☞ *Bonefish Grill*!

Solve the following *Summer Word Scramble* problems 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, June 11, 2010. **Be sure to include your name and telephone number.**

- | | |
|-------------------|-------------------|
| 1. mtwiissu _____ | 2. antcavio _____ |
| 3. nuenshis _____ | 4. eaiecrmc _____ |
| 5. pepocisl _____ | 6. cpicin _____ |

CONTACT INFO:

Name: _____

Phone: _____

Swim Lessons Offered This Summer

Broadlands in conjunction with High Sierra Pools will again be offering swimming lessons this summer. There will be three different sessions available beginning Monday, June 21st. Each session is comprised of eight lessons over 2 weeks taught between Monday - Friday depending on the pool. Nemo and Sea Turtle lessons will be held Monday, Tuesday, Wednesday and Thursday mornings at the Summerbrooke pool. Dolphin and Shark lessons will be held Monday, Tuesday, Thursday and Friday at the Southern Walk pool.

Make-up days will be scheduled as needed for classes that were canceled due to bad weather, instructor absence or mechanical failure of equipment. There is a minimum of four children required to run a lesson with a maximum of seven children in each group. The duration of each lesson is 30 minutes. The cost of a regular group lesson session (8 classes) is **\$70**. The cost of a regular individual lesson session (8 classes) is **\$280**.

If you are interested in having your child or children participate, please visit our website to register: <http://www.highsierrapools.com/services/swimming-lessons/> or e-mail veronika@highsierrapools.com for more information. Evening and adult lessons will also be available. A full description of each session and each level is available online.

Summer 2010 Children's Swim Lesson Schedule

Morning Swim Lesson Schedule at Summerbrook pool (Mon, Tues, Wed, Thurs)

Session 1 – June 21 st – July 1 st :	Nemos/ Sea Turtles 8:30am – 9:00am	Nemos/ Sea Turtles 9:00am – 9:30am
Session 2 – July 5 th – July 15 th :	Nemos/ Sea Turtles 8:30am – 9:00am	Nemos/ Sea Turtles 9:00am – 9:30am
Session 3 – July 19 th – July 29 th :	Nemos/ Sea Turtles 8:30am – 9:00am	Nemos/ Sea Turtles 9:00am – 9:30am

Morning Swim lesson Schedule at Southern Walk pool (Mon, Tues, Thurs, Fri)

Session 1 – June 21 st – July 1 st :	Dolphins/ Sharks 9:40am – 10:10am	Dolphins/ Sharks 10:10am – 10:40am
Session 2 – July 5 th – July 15 th :	Dolphins/ Sharks 9:40am – 10:10am	Dolphins/ Sharks 10:10am – 10:40am
Session 3 – July 19 th – July 29 th :	Dolphins/ Sharks 9:40am – 10:10am	Dolphins/ Sharks 10:10am – 10:40am

Evening Swim lesson Schedule at Summerbrooke pool (Mon, Tues, Wed, Thurs)

Session 1 – June 21 st – July 1 st :	Nemos/ Sea Turtles 8:00pm – 8:30pm	Dolphins/ Sharks 8:30pm – 9:00pm
Session 2 – July 5 th – July 15 th :	Nemos/ Sea Turtles 8:00pm – 8:30pm	Dolphins/ Sharks 8:30pm – 9:00pm
Session 3 – July 19 th – July 29 th :	Nemos/ Sea Turtles 8:00pm – 8:30pm	Dolphins/ Sharks 8:30pm – 9:00pm

Individual and Adult lessons will be scheduled in the evenings as requested.



Broadlands 2010 Pool Season

Please check below for everything you need to know about the pools. Don't forget to bring your pool pass. No one will be admitted to the pool without their Photo ID Pass...No Exceptions!

Pool Locations and Hours

Hours are subject to change by the Board of Directors for special events, swim meets, swim lessons and other community functions, or for maintenance and repairs as may be required from time to time. Check posting at pool for any changes to hours of operation.

Summerbrooke Pool – 21580 Demott Drive – 703-724-9818

10:00 a.m. – 8:00 p.m. daily, including weekdays while school is in session.

Southern Walk Pool – 43081 Village Drive – 571-223-1331

During school: Weekday hours are 4:00 p.m. – 8:00 p.m. Weekend and holiday hours are 11:00 a.m. – 8:00 p.m.

After school, beginning June 19: Standard pool hours will be 11:00 a.m. – 8:00 p.m. daily.

Community Pool – 43008 Waxpool Road – 703-724-7830

During school: Weekend and holiday hours are 12:00 p.m. – 9:00 p.m. Closed on weekdays.

After school, beginning June 19: Standard pool hours will be 12:00 p.m. – 9:00 p.m. daily.

Adult Lap Swim only at Community Center Pool: Tuesday, Wednesday & Thursday, 5:30 a.m. to 7:50 a.m.

SPECIAL POOL HOURS

Southern Walk Pool

Jun 12, Sat - open at 11:30
Jun 19, Sat - open at 11:30
Jul 7, Wed - close at 4:30
Jul 14, Wed - close at 4:30
Jul 17, Sat - open at 11:30
Jul 24, Sat - close at 5:00
Jul 25, Sat - close at 5:00
Aug 28, Sat - close at 5:00

Community Center Pool

Jun 30, Wed - close at 4:30
Jul 10, Sat - close at 7:00
Jul 18, Sun - close at 4:30
Jul 21, Wed - close at 4:30

Broadlands Pool Rules

MEMBERS MUST COMPLY WITH ALL LIFEGUARD INSTRUCTIONS

GENERAL RULES:

- **NO** glass containers or breakable objects
- **NO** food or drink except in designated areas
- **NO** profane language
- **NO** play equipment or wheeled vehicles, except wheel chairs and strollers
- **NO** pets
- **NO** alcohol or drugs
- **NO** chewing gum
- **NO** running, pushing, dunking, wrestling or rough play
- **NO** general swimming in diving area
- **NO** diving in shallow area
- **NO** tape players, CD players or radios unless waterproof and used with personal headphones
- **NO** flotation devices except water wings, U.S.C.G approved life vests and U.S.C.G. approved swimwear flotation devices
- **NO DISPOSABLE DIAPERS**, children not yet toilet trained must wear plastic pants or "Swimmies" (swim diaper) under their bathing suit
- **Children 10 years or younger MUST BE** accompanied and supervised by an adult or care provider at least 14 years old
- **Parents are responsible** for the safety and conduct of all children in their care
- **Pool membership may be temporarily suspended or revoked for failing to comply with the pool rules**



Four Things Every Parent Should Know Before Choosing A Dance Studio

The Ashburn Academy of Ballet
Visit our website at: www.ashburnballet.com

If all dance studios in the area seem to have friendly teachers, experience teaching children and a big performance at the end of the year, aren't they all pretty much the same? Does it really matter which school you decide to choose? Yes, it does! There are 4 main things that can make a huge difference in the quality of instruction that your child receives. Here are 4 things that all parents should consider before deciding on a dance studio for their child.



1. EDUCATION OR COMPETITION?

It is important to ask the question of a studio, is your emphasis on education or competition? Dance originated as an art form, and when dance schools compete for trophies and "places" then it becomes a sport.

Our dancers' classical training is showcased in performances for the community as artistic entertainment. This allows our students to gain confidence through personal and physical growth. At our school, competitions do not define our students as "winners or losers".

Our dancers are equipped with the technique and knowledge to continue their study of dance at a higher educational level if they so choose.



2. WHAT TYPE OF PERFORMANCE DO YOU HAVE AT THE END OF THE YEAR?

Is the emphasis of the recital the technique that has been taught over the year or is it a dance that has been practiced for the entire year? We don't start our recital dances until the beginning of February, with an emphasis on technique throughout the year. We choose tasteful and age appropriate costumes and choreography for all of our dancers. We want parents to feel comfortable and proud of what their children are presenting on stage. We feel the focus of the performance should reflect what the students have learned throughout the year.

3. WHAT TYPE OF DANCE FLOOR IS USED?

Dance is a physical activity that requires a lot of jumping, which can put stress on bones and joints. Most dance footwear does not provide any cushioning or support, so the shock of dance movement can put a lot of pressure on the dancer's back and knees. The best way to prevent a potential injury is by choosing a studio with a professional "floating floor". A floating floor is a dance floor that rests on high density foam blocks to absorb the shock of jumping. The top layer of a dance floor is also an important factor. A vinyl composite "marley" floor is accepted worldwide as the best surface layer for recreational to professional dance. A marley floor

allows the dancer to "slide" without slipping. Few studios use professional marley floors in their studios and take one to their performance site and usually opt for a slippery wood floor.

All three of our studios are 1200 sq ft each equipped with floating floors that have over 700 high density foam blocks under the floor surface and a marley top surface. An additional marley floor is taken and laid for our school performances.



4. WHAT ARE YOUR TEACHERS' QUALIFICATIONS?

It is important to ask what training and background the instructors at the studio have. Dance instructors should have a college degree in dance or be pursuing one and/or professional experience. All of our instructors at the Ashburn Academy of Ballet either have a college degree in dance and/or professional



www.ashburnballet.com
703-723-8089
21690 Red Rum Dr. Unit 172
Ashburn, VA 20147
Located in the Ashburn
Technology Park

WWW.BROADLANDSTENNIS.ORG

(Details and registration forms for all our programs)

4-Week Second Session

May 24 - June 20

(Morning Clinics Available)

JUNIOR CLINIC (ages 3-5)

Mon – Fri, 4:30-5p.m.

(½ of the price stated below)

JUNIOR CLINIC (ages 6-16)

Mon – Fri, 5-6p.m. & 6-7p.m.

Sat & Sun, 10-11p.m. & 11-12p.m.

ADULT CLINIC – All levels

Mon – Fri, 9-10a.m. & 10-11a.m.

Mon – Fri, 7-8p.m.

Sat & Sun, 9-10a.m.

Broadlands Members/Non Members

(As low as \$13.00 per class)

\$60 / \$70 per session (4 weeks)

1 class a week

\$112 / \$122 per session (4 weeks)

2 classes a week

\$156 / \$166 per session (4 weeks)

3 classes a week

Clinics Drop In Fee:

\$20 members; \$22 non-members

Current Tennis Events

Monthly Tennis Socials

Weekly Boys Night Out Ladder

Upcoming Tennis Events

Weekly Ladies Bunco Tennis Night

Contact Luis Rosado if you have any questions:

Phone (301) 221-7917

Email: broadlandstennis@yahoo.com

Private Lessons

Lessons/hr:	Luis R/NR	Luis' Assistant Pro R/NR
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

Broadlands Junior Tennis

Summer Camp 2010

June 21 – August 26



JUNIOR CAMP (ages 3-4)

Mon – Thu, 8:30-9a.m. (4 days)

Members/Non Members

\$30 / \$40 per week

JUNIOR CAMP (ages 5-6)

Mon – Thu, 10:00-1:00p.m. (4 days)

Members/Non Members

\$120 / \$140 per week

JUNIOR CAMP (ages 7-16)

Mon – Thu, 9a.m.-1p.m. (4 days)

Members/Non Members

\$160 / \$185 per week

Included: T-shirt and merit award.

Location: Nature Center Courts,
21907 Claiborne Parkway

Registration: Ongoing, beginning April 1.

Space is limited to 30 campers per week

Minimum enrollment is 10 campers per week

If oversubscribed, preference will be given to Broadlands Residents

WEEK 1:	June 21-24	WEEK 6:	July 26-29
WEEK 2:	June 28-July 1	WEEK 7:	August 2-5
WEEK 3:	July 5-8	WEEK 8:	August 9-12
WEEK 4:	July 12-15	WEEK 9:	August 16-19
WEEK 5:	July 19-22	WEEK 10:	August 23-26

Please note: Fridays will be used as make-ups for inclement weather cancellations

Broadlands Own 2010 Shotokan Karate Champions

Eighteen Young and brave warriors of **St. Michael Shotokan Karate, LLC** (St. Michaels Dojo) , along with their Dojo's Chief Instructor, Florence "Majal" Colon-Cammack, competed at the 47th Annual East Coast Shotokan Karate Championships held at Fairfax, Virginia, on March 27th-28th, 2010.

St. Michael Shotokan Karate, LLC is a member of the **International Shotokan Karate Federation(ISKF)** based in Philadelphia, under the leadership of its Chairman and Chief Instructor, **Master Teruyuki Okazaki, 10th Dan.**

The Winning Team Members:

Adina Allen, Mia Allen, Ivana Jarin, Gabriella Miller, Aidan Bashore, Paul Na, Clara Na, Michael DeThomasis, Olivia DeThomasis, Lea Alcantara, Joshua Miller, Paolo Esguerra, Jacob Woody, Dana Alcantara, Kathleen McClafferty, Coco Vigilar, Jed Alcantara and Nica Vigilar.

The Winners for the Individual Medalists were:

Beginners division:

Adina Allen, Ivana Jarin, Mia Allen

Intermediate division:

Gabriella Miller, Aidan Bashore, Clara Na, Olivia DeThomasis

Advanced division:

Lea Alcantara, Paolo Esguerra, Dana Alcantara, Kathleen McClafferty, Coco Vigilar, Jed Alcantara, Nica Vigilar

Seniors division:[womens black belt]

Majal Colon-Cammack

Sixteen youth Kata Teams competed at this event. The two KATA Teams of St. Michaels Dojo won the **FIRST** and **THIRD** places respectively. For the **second consecutive year**, St. Michaels **KATA TEAM-A** is the **reigning East Coast Champion** and will automatically represent the East Coast Division at the next **National Shotokan Championships.**



The Team Medalists:

Kata Team-A: FIRST PLACE

CAPTAIN: Nica Vigilar
Dana Alcantara
Coco Vigilar
Alternate: Kathleen McClafferty

Kata Team-B:THIRD PLACE

CAPTAIN: Joshua Miller
Paolo Esguerra
Jacob Woody
Alternate: Lea Alcantara

1] Gabriella Miller

8 years old
2009 Fairfax Internal Tournament
Bronze medalist in Kumite
2010 47th East Coast Tournament/Virginia
Gold medalist in Kumite/ Bronze medalist in Kata

2] Aidan Bashore

9 years old
2009 Fairfax Internal Tournament
Gold medalist in Kata and kumite
2010 47th East Coast Tournament/Virginia
Bronze medalist

3] Lea Alcantara

9 years old
2009 Fairfax Internal Tournament
Gold medalist in Kumite /Silver medalist in Kata
2009 National Shotokan Tournament/New Jersey
Gold medalist
2010 47th East Coast Tournament/Virginia
Gold medalist in kumite/Silver medalist in Kata

**703-723-2944**
Kids-Create Their Own Pizza

Mondays - Kids Eat Free
One kid 11 and under per paying adult
Thursdays - 50% off All Desserts
Sundays - Family Night
20% Off all Family Size Pasta
Discount Specials - Sunday through Thursday
CARRY OUT NOW AVAILABLE
43150 Broadlands Center Plaza Ashburn, VA
www.fornoashburn.com
Free WiFi Available
Follow us on Facebook

1/2 OFF Pasta or Pizza
With purchase of any pasta or pizza of equal or lesser value.
Cannot be combined with any other offer.
Expires 6/30/10

Now Serving Sub Sandwiches
11am to 3pm

More Bang for Your Buck: Part 1

By: Katie Herbert CPT

fitness.innovations@gmail.com



As a personal trainer it's hard to escape 'shop talk'. I often get questions from friends and family members or even certain unnamed dental hygienists about health and fitness. I happen to love talking about health and fitness so it all works out. One of the most frequently asked questions is, "What is the one piece of equipment I should own?" It really is a great question. If you are going to invest even a small amount of money into something, it should be worth your while. There are so many infomercials out there these days with new fitness programs and/or equipment. It is daunting. How are you supposed to know what really works and what isn't even worth the shipping and handling?

One of my favorite things about going to fitness conventions is having the opportunity to try out new pieces of equipment. I have quite the collection in my basement. Some pieces have become staples in my clients workouts and other pieces have fallen to the wayside. While I have a couple favorite portable pieces of equipment, these days my absolute go to is the BOSU Balance Trainer. I first used a BOSU about 9 yrs ago and I am still coming up with new ways to torture my clients with it...I mean new ways to use it!

What is a BOSU?

BOSU stands for "both sides utilized". It looks like a blue dome or half of an exercise ball. The BOSU was first launched about 10 years ago and has since helped to usher in the age of functional training. You may have seen them at your gym and wondered how it's used. Some of you may have even ventured over to it and tried a few crunches or bounced around on it.

Why Do I Use It?

While it looks like a pretty mundane little piece of equipment, the BOSU is an amazing, multi-dimensional tool that can be used for injury prevention, cardio endurance, strength training, plyometric training, functional movement, and flexibility, just to name a few. The BOSU can be used all on it's own or can be combined with other pieces of equipment to provide an endless library of exercises. The endless possibilities keep your body guessing and thus provide great results and decreases workout boredom.

As a traveling trainer, one of the greatest features of the BOSU for me is that it is small. You can store it anywhere in your house and you don't need a lot of room to use it. You can also get them pretty cheap these days, usually around \$100, which is not too shabby for a piece of equipment that can help you tone every part of your body and can make you break a sweat in 2 minutes flat.

Often times the gym is full of space cadets. By that I mean there are a bunch of us mindlessly going about our routine. The BOSU is great because it forces you to be present in your workout. The first step is to get comfortable going up and down. Immediately you'll notice how much of your body is involved, posture is instantly corrected to keep your body on the BOSU. Notice how aware you are of your body, you certainly can't tune out while working with this piece of equipment. Once you feel comfortable, just play. It's

continued on page 32

3rd Annual
INFINITIVE
CHAMPIONSHIP
SERIES

Sunday, June 6
Infinitive Sprint Tri
benefiting the March of Dimes

Sunday, August 1
Dog Days Sprint Tri
premier sponsor, Lifetime Fitness

by
KatMac
EVENTS

visit our website for race details!
www.infinitiveraces.com

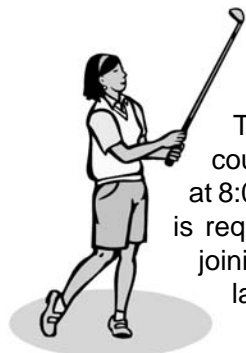
Bicycle Outfitters
EST. 1988

LIFETIME
FITNESS

Brambleton Ladies Golf League is Seeking Enthusiastic Women Golfers to Join

The Brambleton Ladies Golf League would like to encourage ALL women golfers to come out to the Brambleton Golf and play. Our mission is to

promote golf and fellowship among lady golfers at Brambleton Golf Course.



The Ladies League is an 18 hole course played every Monday starting at 8:00a.m. through October. Handicap is required. We hope you will consider joining our League to help us promote ladies golf in our area, develop our community, and have fun.

Summer Camps At The Ashburn Ice House



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

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:

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



Ashburn Education Center

Reston Hospital Center

HCA Virginia Health System
An HCA affiliate

24 HOUR SAME DAY SERVICE

CLIMATIC

HEATING & COOLING, INC.

Sales & Installations · Furnaces · Heat Pumps
Air Conditioning · Duct Cleaning
Humidification & Filtration · Hybrid Heat
Duct Work For Additions And Basements
Free Estimates On Replacements & Upgrades
Maintenance Agreements
Mechanical Engineer on Staff
Financing Available

703-779-7455 / 540-687-4676



Check out our rating
at www.bbb.com

*We Service and Repair
All Makes and Models*



Current Offers for Broadlands Residents

**\$20.00 OFF ANY
SERVICE CALL**
NEW CUSTOMERS ONLY

\$3250.00 SAVINGS
ON SYSTEM
REPLACEMENTS
NOT ALL SYSTEMS QUALIFY

REQUEST A SERVICE CALL / FREE ESTIMATE AT
WWW.CLIMATICVA.COM



**LAWN
DOCTOR**

*For All Your
Lawn Service
Needs*

- Mulching
- Shrub Pruning
- Perimeter Pest Control
- General Yard Clean-Up
- Leaf Removal & Vacuuming
- Aeration and Power Seeding
- Fertilization and Weed Control
- Ornamental Tree & Shrub Care
- Custom Weekly Mowing Service
(Includes Mowing, Edging and String Trimming)
- Group Discounts for Neighboring Properties

Email or Call for a FREE Estimate!

Group4@LawnDoctor.com

703-378-8000

Notes from Your Neighbors.....

Ashburn Volunteer Fire Rescue Department,
www.ashburnfirerescue.org

Grilling Safety

Every year, thousands of homes catch fire because of grills. Make sure your barbecue is risk-free:

- Before using, place your grill at least 10 feet away from other objects, including the house and any shrubs or bushes.
- Always stay by the grill when cooking.
- Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.
- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.
- Never use a match to check for leaks. If you detect a leak, immediately turn off the gas. Do not attempt to light the grill again until the leak is fixed.
- Never bring a barbecue grill inside your home or garage. This is both a fire and carbon monoxide poisoning hazard.
- Keep kids and pets away until grill equipment is completely cool.

Upcoming Events – For full details, please visit our website

Second Annual Poker Run – June 19th, 9:00a.m.
Join us for a day of fun on our 2nd annual Poker Run. This year's ride will be a leisurely 150 mile ride through the country.

Pancake Breakfast at the Firehouse, 8:00a.m. until Noon.
June 6, August 1, September 5, November 7, December 5.
No breakfasts in July or October

Join us for "Kid's Corner" Every month will feature a new surprise, a visit by a special guest, a craft project, etc. As always there is an opportunity for child and adult to tour the fire engines and ambulances that protect you every day. We continue our diesel fuel fundraising at the Pancake Breakfast. It takes 312 gallons of fuel to fill up 3 fire trucks and 3 ambulances. You can buy a gallon or more and if that gallon fills one of those tanks, you get to ring a fire bell!

Golf Tournament – Monday, September 20th – Join us at the Belmont Country Club and spend the day on an Arnold Palmer signature golf course.

Fall Open House & Family Day – Sunday, October 3rd – Join us at the Ashburn Firehouse for an afternoon of fun for the whole family. Our "Passport to Safety" offers a fun educational environment for kids to learn fire safety and prevention.

Slashburn Haunted House – Weekends in October – The Slasher returns to the Ashburn. Are you brave enough to venture through?

We are currently accepting sponsorship for all our events. Sponsorship opportunities are detailed on our website, or contact us at sponsor@ashburnfirerescue.org
Become our friend on Facebook – key word search: AVFRD

continued from page 29

really hard to 'mess-up' with the BOSU. If your body is moving and working, good things are happening.

The only down side is that there can be a fear factor. Some people do not like the sensation of instability. I've had everyone from my 2 year old daughter on it to a 65 year old client. Everyone can use it, it just takes time getting comfortable with it. For some people, just walking up and down from the floor to the top of the BOSU is a challenge while other people may jump rope on the dome side. Everyone can get something from a BOSU.

Next time you hit the gym, introduce yourself to the BOSU. If you have any apprehension, take it next to a wall so you have a little safety net. Let yourself look a little silly and just move on it. Try standing on it for bicep curls or a shoulder press. Try a few lunges onto it from the floor or squat on top of it. Enjoy!

Next Month: Part 2 A Beginner's BOSU Workout


ECHEANDIA
LAWNS & LANDSCAPES

703.505.9367

info@echeandia.com

Design Patios Ponds Mowing Mulching
Fertilization Stone Walls Cleanups Plantings

Chinese Restaurant in Your Neighborhood



**ASIA
CAFE**

Since 2003

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



**ORIENTAL
EXPRESS**

Since 1991

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

Platters and Catering Now Available

Serving Loudoun County for over 16 years

Free

Crab Rangdon (6)
Order over \$20.00

* Excludes Tax Party Tray, LunchBox
Expires 6/30/10

Free

Steamed Dumpling
Order over \$30.00

* Excludes Tax Party Tray, LunchBox
Expires 6/30/10

EXPLORE THE

SAVINGS

WITH APPLE FEDERAL CREDIT UNION

extras
Student
Savings

4.00% APY*

Loudoun County Public Schools
Students & Families are Eligible to Join!

*APY = Annual Percentage Yield as of 4/20/10 on balances up to \$1,500 and is subject to change without notice. Account only available for students up to 23 years of age. Membership eligibility requirements apply.



AppleFCU.org
703-788-4800

Ashburn
Ashburn Farm Town Center
43330 Junction Plaza
Suite 105



NCUA

BROADLANDS HELPER LIST

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

Not Available on Website Edition

Key:

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

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

Trouble Free Daylilies – My Kind of Plant!

If you have a bare spot or two in your garden in need of summer color, consider planting hardy, trouble free daylilies. These herbaceous perennials give five or six weeks of abundant, reliable, midsummer bloom with a minimum of attention. Now there are new varieties available called re-blooming daylilies that will bloom over an even longer period of time.

The thought of daylilies may set you reflecting on masses of tall, orange wildflowers waving along the roadside. But your image need not stop there. Few plants are as easy to cross pollinate and produce seeds as daylilies. Successful breeding efforts have resulted in a wide palette of colors and an expanded height range. With the number of varieties available, you should have no problem establishing a soothing swath of soft rose or violet or an invigorating border in dazzling gold or bright red.

You must keep in mind though, that daylilies are a favorite food for the Loudoun County white-tail deer population. So if you have deer who visit your garden regularly, you may want to avoid planting daylilies.

The scientific name for daylily is *Hemerocallis*, a name coupling two Greek words meaning "beauty for a day". True, each flower lasts only one day, but there are twenty or more buds per stem, each ascending over its own fan of gracefully arching leaves. Even with modest care, each fan doubles or triples each spring. A generous clump develops into a fountain of handsome foliage in a few years.

Not only are daylilies among the easiest, sturdiest perennials to grow, but the variety of sizes, forms and colors can provide attractive blooms in nearly every sunny garden spot. Daylilies perform best with six hours or more of full sun daily. The most popular of all daylilies are the tall, rounded, ruffled saucers in pure colors like pink, cream, lilac, peach, wine, copper, yellow, and every other shade and tint (except blue). The silver dollar size miniatures, fluffy doubles, and ribbonpetaled "spiders" all have their place in the landscape. These glamorous blooms bear little resemblance to their yellowtoorange, Asiatic ancestors.

Two of the original species are still popular today. One, the old fashioned, lemon lily (*Hemerocallis flava*) is sweetly scented. The other, the orange *H. fulva*, blooms in such profusion on roadside banks in July that they are believed by many to be native plants. However, daylilies originally came from the Orient and were brought to the New World by early immigrants.

For more information on daylilies visit the website of The American Hemerocallis Society at <http://www.daylilies.org/>. If you have questions about plants or pests in your garden, contact the Loudoun County Master Gardener Volunteers at their Help Desk at 703-771-5150 or ex107mg@vt.edu or visit them at a Gardening Clinic on Saturday mornings at Lowe's in Sterling, or the Farmer's Markets in Leesburg or Purcellville.

Debbie D. Dillion
Urban Horticulturist, Loudoun County Extension

Broadlands Orthodontics®

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



New State-of-the-Art Ashburn Office!

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



Orthodontics for Children and Adults!

(703) 726-6561 42882 Truro Parish Drive, #210, Ashburn, VA
(Located in Broadlands Office & Retail Center)

Promoting and Maintaining Healthy Beautiful Smiles for the entire family...

www.drannhebda.com

Experience gentle dental care
in a comfortable atmosphere
at our state-of-the-art office

Dr. Hebda is a member of the American
Dental Association, Academy of
General Dentistry,
Northern Virginia
Dental Society,
and American
Academy of
Cosmetic
Dentistry.



DR. ANN N. HEBDA

Cosmetic, General, and Family Dentistry

(703) 723-9788

invisalign

ignite the white!
Zoom!

Ashburn Professional Park, 20600 Gordon Park Square, Suite 190, Ashburn, VA 20147

USEFUL NUMBERS

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

NON-EMERGENCY

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

PUBLIC INFORMATION

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

Social Services	(703) 777-0353
School Board	(571) 252-1000
Street Signs/Storm Drains	(703) 771-5666
VDOT	(703) 383-8368
Van Metre Homes	(703) 723-2800
Verizon	(703) 954-6222
Verizon Fios	(888) 553-1555
Voter Registration	(703) 777-0380
Weather	(703) 936-1212

LOUDOUN COUNTY PUBLIC SCHOOL

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

PUBLIC OFFICIALS COUNTY SUPER.

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

SCHOOL BOARD REPRESENTATIVE

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

VIRGINIA HOUSE OF DELEGATES

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

VIRGINIA SENATE

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

U.S. HOUSE OF REP. 10th DISTRICT

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

U.S. SENATE

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

VIRGINIA STATE GOVERNOR

Bob McDonald	(804) 786-2211
--------------	----------------

44081 Pipeline Plaza, Suite 125
Ashburn, Virginia 20147



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 Consultation

Website: www.PenguinPediatrics.com

Tel: 571-223-2229

Fax: 571-223-3299



LOUDOUN EYE CARE

GEORGE U. CHAR, M.D.
General and Surgical Ophthalmology

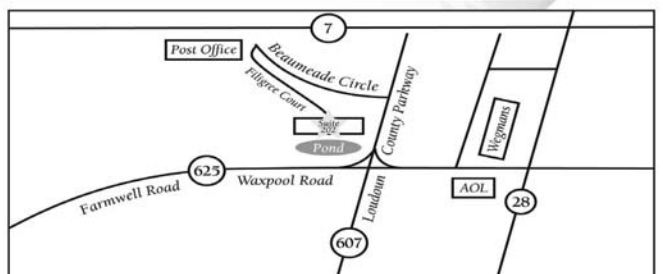
- Comprehensive Eye Exam • Contact Lenses
- Diabetic Retinopathy, Glaucoma & Macular Degeneration
- Complimentary LASIK Consultation • Laser Surgery
- Cataract Surgery • Botox

Most Insurances Accepted

21785 Filigree Court, Suite 202
Ashburn, VA 20147

Same Day Appointments Available

703 723-8988







T. Wesley Daczkowski DDS

Specializing in Providing Care for Patients of All Ages

- Children
- Adolescents
- Adults

Call Today to Schedule A No-Charge Orthodontic Examination

Ashburn Farm Professional Office Park
20925 Professional Plaza, Suite 210 Ashburn Va 20147
Tel 703/723-8838 www.daczkowskiortho.com

Valerie V. Woo, DMD, PC

- Harvard graduate and Diplomate of the American Board of Pediatric Dentistry
- Pediatric, adolescent, and special needs dentistry in a fun, safe environment
- State-of-the-art facility – laser dentistry, IV sedation and digital radiography
- We uphold the AAPD's recommendation of first exam by first birthday


Courtney J. Ullrich, DMD

- Graduate of UPenn, Harvard & Montefiore Medical Center
- Specialist in the orthodontic treatment of children and adults
- Skill and special bond with special needs children and their families
- We uphold AAO's recommendation of initial orthodontic evaluation by age 7
- Free Initial Consultation

Kid & Parent-Friendly hours - kids love coming to see us!

NOVA Pediatric Dentistry & Orthodontics
21785 Filigree Court - Suite 208
Ashburn, VA 20147
P: 703.729.7005

I AM MODERN
MAGAZINE FOR METRO DC MOMS
pediatric dentist guru

 Find us on Facebook

www.MomsTouchDentistry.com

Wiger Orthodontics

John C. Wiger, DDS, MS

Announcing Our New Ashburn Office!

43170 Southern Walk Plaza
Near Glory Days Grill
703.724.1199

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



wigerorthodontics.com

Also in Potomac Falls
703.444.9373

Member, American Association of Orthodontists
Diplomate, the American Board of Orthodontics



Dr. Wiger and his family are Ashburn Residents.

Two good reasons to choose The Eye Center...



Your right eye. Your left eye.

WE SPECIALIZE IN:

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

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



Ophthalmology • Refractive Surgery
Laser, Cataract & Implant Surgery

STERLING
703-430-4400

LEESBURG
703-858-3170

ALEXANDRIA
703-931-9100

FAIRFAX
703-573-8080

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: nihananen@broadlandshoa.com.

ASHBURN AREA WOMAN'S CLUB

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

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 CLASSICS

We will meet on June 12th at the Ashburn Firehouse at 11:30a.m. This will be a barbeque catered by Carolina Brothers and will cost \$15/person. Reservations are required and payment is due by June 8th. The featured entertainer will be Mary Ann Jung. Please contact Sherry Wise at 703-729-6591 for more information.

ASHBURN TOASTMASTERS

Welcomes those interested in developing communication, leadership and presentation skills. For info, please contact us at info@ashburn.freetoasthost.ws 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

The Committee works with The NWF, The Broadlands HOA and residents to achieve our annual goals. For info contact BroadlandsWildlife@gmail.com.

BROADLANDS NEIGHBORHOOD BIBLE STUDY

We are starting Just Walk Across the Room. We meet Tues mornings in neighborhood homes. Contact Karen at 703-723-4341 for more info.

COMMUNITY BIBLE STUDY

Does your study of the Bible leave you feeling confused and uninspired? Take heart! We'll introduce a practical, proven method for how to study Scripture that will help the reader glean life giving truths. Join us at the Comm Ctr at 5:30p.m. every Sun. For info, contact Pastor Anthony, 703-729-6443, ant.hendricks@lcbc.org.

CUB SCOUTS & BOY SCOUTS

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

GIRL SCOUTS

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

INVESTMENT CLUB

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

LA LECHE LEAGUE OF ASHBURN PM

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

LOUDOUN COUNTY AUTISM NETWORK

We focus on autism awareness in our community and committed to the prevention and recovery of autistic children. Meetings are at 7:00p.m. on the 2nd 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 1st and 3rd Thurs 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 3rd Friday at 10:00am. For info, 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 Moms in Touch group meeting in the Broadlands. Join us as we pray for ERMS and our ERMS children on Fridays at 10:00a.m. Contact Carla for more info at 703-729-6443 or ackhend@aol.com.

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.

TECHNOLOGY COMMITTEE

We meet at 7:30 p.m. on the 2nd Weds 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 Fri at 8:00p.m. For musicians, ages 11 to 16. Participants must have had at least 1 year of private lessons to attend. For more info call 703-723-1154.

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



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

(Doctors of Optometry)

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

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

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

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

Most Insurance Plans Accepted — Convenient Evening and Weekend Hours

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

Visit us at
www.RonaldRayDDS.com

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

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



Personalized Care in
 a Quality Location



Emergency Care
 Available


Ashburn
Pediatric Dental center

Ajit A. Patel, DDS, MS

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

www.AshburnPediatricDentalCenter.com

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

Sealants
 Emergency care
 School Exams
 Nitrous Oxide
 Sedation



T. 703.726.4333 *Saturday appointments*
 42882 Truro Parish Dr., Suite 205 Ashburn, VA 20148
 (Located off Waxpool Rd. Across from the Boyd School in Broadlands)

ADVERTISING DIRECTORY

DENTAL / ORTHODONTIA

Ashburn Pediatric Dental Center.....	38
Broadlands Orthodontics.....	34
Daczkowski, T. Wesley, DDS.....	36
Dr. Ann Hebda.....	34
My Ashburn Dentist.....	43
NOVA Pediatric Dentistry & Orthodontics.....	36
Ronald Ray DDS & Associates.....	38
Wiger Orthodontics.....	36

EDUCATION / INSTRUCTION

Ashburn Education Center.....	30
Core Math Tutoring.....	16
The Goddard School.....	43
Heritage Baptist Church, Vacation Bible School.....	4
Leading Edge Testing.....	4

FINANCE SERVICES

Apple Federal Credit Union.....	32
---------------------------------	----

FOOD

Asia Café.....	32
Clyde's.....	2
Forno Italian Oven & Grill.....	28

HEALTH

Ashburn Eye Care Associates.....	38
The Eye Center.....	36
Loudoun Eye Care.....	35
Penguin Pediatrics.....	35

HOME SERVICES

Belmont Deck and Patio.....	8
Climatic Heating and Cooling, Inc.....	31
Comfort Professionals, Heating & Cooling.....	12
Dynamic-Plumbing, Heating, AC.....	9
Echeandia Lawns & Landscapes.....	32
Elegant Stairs-Wrought Iron Stair Railings.....	15
Elite Pressure Cleaning.....	22
House Doctor.....	12
John Nugent and Sons.....	10
Kris's Painting Service, Inc.....	8
Larry Miller Window Cleaning Services.....	10
Lawn Doctor.....	31
Loudoun Water.....	20
McCarthy Services-AC, Heat, Electrical & Plumbing.....	15
Modern Mechanical-AC, Heating, Plumbing, Solar.....	
Oakmark Construction.....	14
P & M General Contracting.....	10
Zampiello Paint Contractors, Inc.....	10

PETS

Ashburn Farm Animal Hospital.....	17
Ashburn Village Animal Hospital.....	17
Stream Valley Veterinary Hospital.....	44
Whole Pet Central.....	43

PROFESSIONAL SERVICES

Infinitive.....	29
Lori Christ, CPA.....	4
Tammy Bane, Allstate Insurance.....	2

REAL ESTATE

Bob Caines, Re/Max Select Properties.....	44
Bonnie Selker, Keller Williams.....	43

RECREATION

Ashburn Academy of Ballet.....	2
Ashburn Ice House.....	30
Lopez Studios, Inc.....	22

RETAIL

Broadlands Marketplace.....	7
The UPS Store.....	11

ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

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

1/4 Page 3.625" w x 4.875" h
\$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 are not endorsed by the Homeowner's Association, the Board of Directors or HOA Management.

EDITORIAL INFORMATION

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

JUNE CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

LITTLE BEAR PRESCHOOL OFFERING CLASSES FOR 2010/2011 SCHOOL YEAR:

Preschool for 3 year olds. Monday and Wednesday 9am-12pm. Mom's Morning Out. Friday 9am-12pm for ages 18 months to 5 years. Loving and caring teachers with years of experience teaching in Loudoun County. CPR/First Aid Certified. State Licensed facility. Beautiful, bright classroom, outdoor playground, snack is provided. Please call 703-858-0117 or email nancyshep@hotmail.com.

LITTLE SPROUTS PRESCHOOL: Now registering for Junior Kindergarten (5 yr old preschool). Does your child miss the cut off for kindergarten, but need more than just another year of preschool? Junior Kindergarten is offered Mon-Thur from 9am-12 noon. Hands on interactive learning through fun. Karlene 408-750-7349, <http://>

LittleSproutsPreschool.clubspaces.com.

2010-2011 MOMS 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

BRIAR WOODS FALCONS GARDEN FLAGS:

Add some spirit to your garden with a Briar Woods Falcons Garden Flag. The 13"x18" white nylon is printed in vibrant orange with navy outline. \$15.00. Get yours by calling 703-655-8614.

INSTRUCTION

SUMMER IS HOT WITH KINDERDANCE®!

8-week summer session, 7/7/10-8/25/10 at the Broadlands Community Center. KinderTOTS (24-36 mos.), KinderDANCE (3-5 yrs.) and KinderMOTION (3-5 yrs.) classes. Registration begins May 15th (current students) and May 30th (new students). Forms are available in the Nature Center. Call 703-728-7862 or email KDofLoudoun@aol.com ...class sizes are limited.

PRINCESS BALLET CAMP AND

KINDERMUSIK CAMPS: will be offered at the Broadlands Community Center this summer! Wright Foot Forward camps and classes nurture the creative spirit in every child. For more information, visit www.WrightFootForward.com or contact Brenda Wright at WrightFF@gmail.com or 703/344-4135.

GOLF LESSONS: Brambleton Golf Course, Ashburn, VA. Group Lessons, Private Lessons, Girls' School of Golf, July 5-9 and 12-16, 2010. Cathy Jones Assistant Golf Teaching Professional, USGTF Level III **Instructor**, 703-501-8739, cathy@golfurheadoff.com.

NEED A TUTOR? A former Fairfax and Loudoun County Public School teacher is available to tutor your child or children in any subject, grades 2-8. For more information contact Nicole: (703) 858-5414 or nicoleoharrison@gmail.com.

READING SPECIALIST: Is your child having difficulty in reading? Certified teacher with Masters Degree in Reading Specialization. Focusing on beginning readers, K-2nd grade. Call for references. Suzie 703-726-9836.

SAT TEST PREP: Help your child achieve their top SAT score! Small group instruction program here in Ashburn using official SAT Study Guide. Offering an 8-week, 32 hour course for \$595 per student, Saturday and Sunday afternoons. Also available, 6-hour "Power Review" for \$65. Money Back Guarantee. Call Peggy 703-554-2030. Leadingedgetesting@gmail.com.

HOUSING/RENTAL EXCHANGE FOR LEARNING SPECIALIST: Ashburn Campus GWU graduate student seeks to rent room/ basement in exchange for after-school tutorial for math & science (or all subjects K-12 or college prep); Also offers personal training in tennis, soccer, yoga, & Pilates, 2x's per wk. Certified personal trainer & yoga instructor, excellent references. Contact email: newsmile@gwmail.gwu.edu or Healthinvestors@hotmail.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.

HEALTH & WELLNESS

SHAKEOLOGY, THE HEALTHIEST MEAL OF THE DAY! www.shakeloudoun.com

Shakeology can help you lose weight, feel energized, improve digestion, and lower cholesterol. 100% Money Back Guarantee. Contact Michael for more information and samples at (571)233-7996 or mobriend@gmail.com. Broadlands resident.

AS SEEN ON TV! Fitness programs P90X, Insanity, TurboJam, Slimin6, and others. We are looking for health minded individuals who want to help Coach and motivate our paying clients, 100% commissionable, full or part-time from home. Please contact Michael at 571-233-7996 or mobriend@gmail.com.

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.**

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**" Tools to minimize stress practiced by 4 million worldwide; practices that heal and harmonize the body, mind and spirit. For Ashburn course details and for introductory course information, please call Ms. Chitra Kumble: 703-723-8181 OR Email: ashburn@us.artofliving.org/ OR Visit: <http://us.artofliving.org/>.

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

WROUGHT IRON STAIR RAILINGS: Increase the WOW factor in your home by replacing wooden hand rails with wrought iron ones. Home builders charge \$7,000-10,000; you can have the model home look for 75% less! Free design consultation. 703-919-3479.

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.

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.

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).

WISE GUYS ROOFING & SIDING

IMPROVEMENT LLC: FREE ESTIMATES – Roofing & Siding Installation & Repair – Gutters Installation & Cleaning – Windows – Insulation – Trim – Painting – Attic Ventilation & more...Call us for your free Solar Panel Vent or free Gutters!

Lowest Price & Satisfaction Guarantee!

www.WiseGuysRoofingSiding.com. Contact us: 571-722-5543 or info@WiseGuysRoofingSiding.com.

HOUSEKEEPER: Weekly – Bi-Weekly – Move In – Move Out. We are Reliable, Economic. References available. Free Estimates. Please Call Sonia at Home: 703-354-6102 or Cell: 571-275-3128.

KETTY'S MAID SERVICES (K.M.S.): Cleaning services for single family homes, townhomes and apartments. Weekly, Bi-weekly and one-time only. Free estimates. Call Ketty: (703)771-4035, (703)554-2487, (703)297-1934.

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 full_circlehome@yahoo.com

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

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 shantz@glassmile.net. 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.

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

BOUNCE AROUND PARTY RENTAL: Call us for your party rental needs. We have moonbounces, popcorn, snow cone machines and more!! Free delivery and set up. Discount for Broadlands residents and for ordering multiple items!! Call Theresa (Broadlands Resident) at 703-858-4398.

PINK PIGGY SWEETS: Specializing in cakes, cupcakes, cookies & classes! We also feature Doggie cakes & treats. For party classes, we come to you. We would love to be a part of making your next celebration a sweet success! Visit www.pinkpiggysweets.com or call 571-333-7477.

SABIKA: Our jewelry will make you sparkle, from the moment you walk into a Sabika party! Handcrafted Austrian crystal jewelry. We bring affordable European style directly to you and your friends. We are luxury...everyday. Contact Ashley Weaver to see how you can host a party and earn free jewelry! 703-220-9814. www.sabika-jewelry.com.

MOONBOUNCE RENTAL IN BROADLANDS! Fully insured. Stress free entertainment for your child's birthday party, etc. \$125 for the day (10am-7pm). We do not deliver. Payment required at time of pick up. Call early, we book quickly! Linda, ALL ABOUT PARTIES, 703-298-1370.

MARY KAY: KEEP ALL EYES ON THE BRIDE. Look simply radiant for your wedding day. Schedule a free makeover. Invite your bridesmaids. Your mom. I can even help with great gifts for your wedding party. Call me today. Deborah Leben Independent Beauty Consultant 703-217-4583 Shop Anytime. www.marykay.com/dleben.

TASTEFULLY SIMPLE: is the perfect end of year gift for your teachers. Individual products are \$9.99 or less and SUPER quick and easy. Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, www.tastefullysimple.com/web/Lsvendsen, FoodFromLisa@comcast.net.

PETS

AROUND MIDNIGHT PET SERVICES, LLC: *Caring for your pet the way you would if you were at home.* We provide daily dog walks, vacation visits and overnight companionship. Licensed, Bonded, Insured. Contact us at 703-726-9218 or 877-726-9219, www.aroundmidnight.net.

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

PROFESSIONAL SERVICES

DERMATOLOGY ASSOCIATES OF NORTHERN VIRGINIA: No time for a Dermatologist visit? DANV offers Walk-In Derm Clinic every Thursday 3-5pm in Sterling with Jennifer Rice PA-C & Dr. Mattay "2009 Top Doc".

Broadlands residents receive 20% off cosmetic services through June. Mention this ad. 705-450-5959 www.dermdocs.com.

FOR ALL YOUR AFTER HOUR NOTARY NEEDS: Call your mobile notary public, crystal berry. 703-909-9432. Notarial acts are \$5. Trip charge or convenience charge will be applied. **GGGGRRRRRR!!!!** Computer crashed? Network down? Kid installed a game and killed your computer? Computers confuse you? Email an enigma? Internet incomprehensible? Call Less Silberberg, your local Ashburn computer guy. 703-304-1130. PCs, Macs, Networks - Maintenance, installation, problem solving. Daytime, weekend, evening appointments.

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: consultant@jameessaville.net.

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
*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,

Broadlands Committees and Events



June Activities

Date Activity

- 2nd 7:00p.m. Modifications
Subcommittee Meeting(NC)
- 5th Nature Center Open: 10:00a.m. -
2:00p.m.
2:00p.m. Nature's Web(Nature Center
Patio)
- 8th 6:00p.m. Board of Directors
Meeting(NC)
- 9th 7:30p.m. Tech Committee
Meeting(NC)
- 10th 6:00p.m. Southern Walk Hearing
Meeting(NC)
- 11th 5:30p.m. Broadlands Live!(Hillside Park)
- 13th 7:00p.m. The Magic of Monarchs(CC)
- 16th 7:00p.m. Modifications
Subcommittee Meeting(NC)
- 17th 7:00p.m. CTP Meeting with Stevens
Miller(NC)
8:00p.m. Investment Club(CC)
- 18th 10:00a.m. Broadlands Mom's
Club(CC)
- 19th Nature Center Open: 10:00a.m. -
2:00p.m.
8:30p.m. Flicks in the Sticks(Nature
Center Meadow)
- 21st 9:00a.m. Cold-Blooded Critters(NC)
- 25th 1:00p.m. Wet N Wild(NC)
- 23rd 7:30p.m. Book Club(NC)
- 24th 7:00p.m. Health Seminar to be Given by
Dr. Habib(CC)
- 26th Beerfest Bus Trip - Bus Pick Up at the
Nature Center Throughout the Day and
Evening
- 28th 9:00a.m. Creature Feature(NC)
- 30th 1:00p.m. Super Duper Science(NC)

Committees

Broadlands Live! Summer Concert Committee
Chair: Open.

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,
broadlandsHOAwatch@gmail.com

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



MY ASHBURN DENTIST
GENERAL AND COSMETIC DENTISTRY
703 726-8700 703 726-9100

*"Our goal is to have
your teeth look their
best, feel natural and
last a lifetime."*



HUNGARIAN ROMANIAN SPANISH FINNISH ENGLISH

Please visit us at www.MYASHBURNDENTIST.com

20925 PROFESSIONAL PLAZA SUITE#331
ASHBURN VA 20147

Buy? Sell? Wait? What?!

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



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

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



Super selection of high-quality,
all-natural pet foods at **affordable prices**

WHOLE PET[®]
CENTRAL
*where healthy food
comes naturally*

Ashburn Farm Market Center • 43330 Junction Plaza, Suite 176
Ashburn, VA 20147 • 703-724-4319
Open M-F 10 AM-8 PM, SAT 9 AM-6 PM, SUN 11 AM-6 PM
All major credit cards accepted

SHOP ONLINE at www.wholepetcentral.com

NOW ENROLLING!

**LEARNING
IS ALL AROUND.**

ASK
ABOUT OUR
FLEX
LEARNING PROGRAM™



The Goddard School
FOR EARLY CHILDHOOD DEVELOPMENT

ASHBURN • 703-724-0601
BELMONT GREENE (Ashburn) • 703-723-8434

www.goddardschool.com

INFANT • TODDLER • PRESCHOOL • PRE-K • KINDERGARTEN • AFTER-SCHOOL

Goddard Systems, Inc. curriculum is CITA accredited.

The Goddard Schools are operated by independent franchisees under a license agreement with Goddard Systems, Inc.
Programs and ages may vary. © Goddard Systems Inc. 2009

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

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

Loudoun Grown Realtor

Selling Homes in Loudoun Since 1988

The **BOB CAINES** Team

“Bringing You Home”

www.TeamCaines.com
703-547-0665
Re/Max Select Properties—Ashburn

Modern Medicine • Hometown Hospitality

Stream Valley Veterinary Hospital

Services: Medical, Surgical, Dental, Behavioral Classes, Boarding, Daycare, Grooming & Exotics

Dr. Mary Corey • Dr. Susan Kirk • Dr. Katherine LaHaise-Kerr

We’re just a few feet away
42902 Waxpool Rd. • Ashburn, VA 20148 • 703-723-1017