



# BROADLANDS



## Community News

### Happy Birthday America! Have a Safe 4th of July!

- The HOA office will be closed, Wednesday, July 4th in observance of Independence Day.
- No Modification Subcommittee Meeting will be held on July 4th.
- New deadline for newsletter editorial submissions - Noon on the 10th
- Plan ahead, check special pool hours that may affect your day, page 25
- A Matter of Life or Death, page 22





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## Broadlands Association, Inc.

Monday thru Friday from 9:00a.m. to 5:00p.m.

21907 Claiborne Parkway

Broadlands, Virginia 20148

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

www.broadlandshoa.org



### Board of Directors

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## A Note From Your New General Manager, Sarah Gerstein

*I am extremely excited to be a part of the team here at Broadlands Association, Inc. and appreciate the warm welcome that I have received thus far. I look forward to getting to know more residents and attending the many wonderful events Broadlands has to offer. My background in property management has ranged from working on site at River Creek Owners Association to managing multiple communities as a Portfolio Manager with some of the region's preeminent property management companies. I have managed both HOA's and condominium communities from inception through homeowner control. I am active in the local chapter of Community Associations Institute, the industry trade organization for community associations, and I was recently elected to the Board of Directors.*



*I grew up in McLean with my parents and two sisters and spent my youth on the swim and dive teams at my local pool and riding horses in Great Falls.*

*I stayed local for college in order to pursue my equine passion of Eventing. I received my B.A. from George Mason University as a major in English, and have been a resident of Loudoun County since 2004. I live in Leesburg with my fiancé and our four wonderful cats. Our weekend hobbies include hiking, biking, and visiting Virginia wineries, but my true passion has always been my four horses. I am also an avid volunteer, serving on the Board of Directors for a local equestrian organization for seven years.*

*I look forward to a long and fruitful relationship with Broadlands and I encourage you to come by the office at the Nature Center to say hello to me, the helpful staff, and of course our many wonderful animals who call the center home.*

*Cheers!*

## Association Management & Staff

### General Manager

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### Newsletter Editor

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### Newsletter Classified & Display Ads Manager

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### Secretary to the Modifications Subcommittee

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### Administration

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JoAnn Hang  
jhang@broadlandshoa.com  
(703) 729-9704

### Naturalist

Lisa Matthews  
naturalist@broadlandshoa.com  
(703) 729-9726

Lisa's Hours:

#### July 2nd - 6th:

Monday, Tuesday, Friday: 9:00a.m. - 5:00p.m.

Thursday, July 5th: 9:00a.m. - 2:00p.m.

#### July 9th - July 20th:

Everyday: 4:00p.m. - 5:00p.m. except for  
Thursday, July 19th.

**July 14th:** 10:00a.m. - 2:00p.m.

**July 23rd:** 9:00a.m. - 5:00p.m.

**July 24th:** 9:00a.m. - 4:00p.m.

**July 31st:** 9:00a.m. - 5:00p.m.

## **SPECIAL OFFER!** Drama Kids Summer Camp



**Looking for Dramatic fun?**

Drama Kids Summer Camp has new and exciting drama activities each day for non-stop fun. Learn acting skills and star in a special end-of-camp performance. Join us for a dramatically fun summer!

**Grades 1 - 5:** July 9 - 13 & 16 - 20

Half day and extended days

**Grades 6 - 9:** July 23 - 27

9:00 a.m. - 3:00 p.m.

Camp held weekly at Brambleton Community Center

Visit [www.dramakids.com/va4](http://www.dramakids.com/va4)

- Prices; earlybird discount thru March 31st
- Session Information
- Registration

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## **Residents Please Note:**

- There will be no modifications subcommittee meeting on Wednesday, July 4th.
  - The editorial submission deadline will change to Noon on the 10th of every month starting in July for the August edition of the newsletter.
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Save the Date For:

### **Broadlands 4<sup>th</sup> Annual Carnival!**

Saturday, August 18th  
Time: 11:00a.m. - 1:00p.m.  
Broadlands Nature Center

Family Fun - music, entertainment, face painting, carnival games, moon bounces, food from local vendors and much more!

## **Wildlife Ambassadors Family Program Meet Our WILD Neighbors!**

**Date:** Saturday, July 21

**Time:** 8:00p.m.

**Location:** Broadlands  
Nature Center

*Get to know our neighbors  
we share habitats with and  
why their healthy existence  
is important for our  
environment's balance.*



For more information or to R.S.V.P. email  
[osimpson@broadlandsnaturally.org](mailto:osimpson@broadlandsnaturally.org)

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### **To All of Our Tennis Enthusiasts:**

The tennis courts are closed every night from Midnight until 5:00a.m. The court lights are inoperable during those hours.



## **Come Out and Cheer For Your Neighbors:**

**2012 Broadlands Kids Triathlon**  
**Swim, Bike & Run for Charity on Friday, July 13<sup>th</sup>**  
**Starting at 9:00a.m.**

This is the 4th year for the Broadlands Kids Triathlon. It is an untimed triathlon for children of all ages sponsored by the Broadlands ODSL Swim Team. Proceeds from the event are donated to charity. Last year this event raised \$3,000!

For more information, visit the Swim Team Website, [www.broadlandsswimteam.org](http://www.broadlandsswimteam.org).

We need many volunteers on the course. If you or your teen can help out for a couple of hours, please contact [susan\\_winklosky@hotmail.com](mailto:susan_winklosky@hotmail.com).

Thanks!

## Patriot Disposal Collection Schedule

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### Thursdays:

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## Following An Outstanding 2011- 2012 School Year, the Briar Woods Music Program Remains Active Throughout the Summer

The Briar Woods Falcon Regiment will offer an exciting opportunity for rising 7<sup>th</sup> and 8<sup>th</sup> graders by offering the first ever Briar Woods Future Falcon Mini Band Camp.

Directed by Mr. Duane Minnick, the award winning Briar Woods Falcon Regiment Band and Color Guard will guide future regiment members in drills and music. The \$95 fee includes: drill instruction, sectionals, flip folder with music, T-shirt, Flag for Color Guard and snacks. Participants also will receive free admission to the Future Falcon Night on September 21<sup>st</sup>. Registration deadline is July 31<sup>st</sup>. Contact [www.bwhsmusicboosters.org](http://www.bwhsmusicboosters.org) or email [Mini\\_band\\_camp@bwhsmusicboosters.org](mailto:Mini_band_camp@bwhsmusicboosters.org) for more information.



Briar Woods High School Symphonic Winds and Symphonic Band have been invited to Carnegie Hall to participate in the New York Band Festival. This is the second time Briar Woods has been invited to this prestigious event. To support this trip and other band activities, a number of fundraisers are coming up. Briar Woods Music Boosters would greatly appreciate your support:

- **Discount Cards to support local businesses will be sold starting in July**
  - **Future Falcon Mini Band Camp August 14th and 15th**
  - **Mattress Sale on July 21st**
  - **Fruit Sale starting in September**
    - **Tag Day in September**



For further information about the Briar Woods HS Band Program, contact: Duane Minnick, Music Dept. Chair

[Duane.minnick@lcps.org](mailto:Duane.minnick@lcps.org)

## Cooperative Preschools: Uniting Parents and Children in Early Learning By: Kerin Webb

One of the developmental milestones of childhood is a first school experience. This is where young children learn important social and emotional skills, cognitive abilities and physical growth through teacher-led instruction. In a cooperative preschool, teachers and parents work together in the classroom to nurture and guide children on a journey of early learning.

Cooperative Preschools date back to the early 1900s when the importance of early childhood education and parent involvement in preschool became prominent in the United States. Parents sought early learning opportunities for their children and wanted to be a part of their child's preschool experience. Cooperative preschools are led by parents who are responsible for the business and daily operations of the preschool. They also serve as assistants to the teachers. By participating in the classroom, parents gain perspective about their child; they learn about child development, socialization and learning styles. This knowledge allows parents to have a stronger bond with their children and invest in the community where their children learn and achieve valuable experience. As children grow and continue with school, parents will have better insight as to how their children learn and can use this information to foster a positive home-school relationship throughout their children's education.

Parents in a cooperative preschool have the benefit of being present and purposeful in their children's early childhood education. They work in the classroom on a rotating basis, serve on committees and if desired, take on leadership roles within the preschool. Parents' time and abilities are taken into consideration and as such, there are many ways to contribute to a cooperative preschool. All of these opportunities provide parents with the possibility to enrich their knowledge of early learning, school administration, curriculum and community. Most importantly, the cooperative preschool experience provides parents and children with time; time to play, learn and enjoy each other.

Winnie-the-Pooh Preschool is Loudoun County's only cooperative preschool and has been educating children and their families for over 40 years. For more information about Winnie-the-Pooh Preschool and the benefits of a cooperative education, please call (703)724-0496 or visit [www.wtpp.org](http://www.wtpp.org).

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## Mulching Tips

Think of mulch as sun block for plant roots. Just two to four inches of mulch can substantially retain soil moisture, slow evaporation, and protect roots from overheating, which is especially helpful to ornamentals and vegetables.

## Hate weeding? Start mulching!

Mulch can reduce or eliminate weeds that compete with landscape plants for moisture, nutrients, and sunlight.

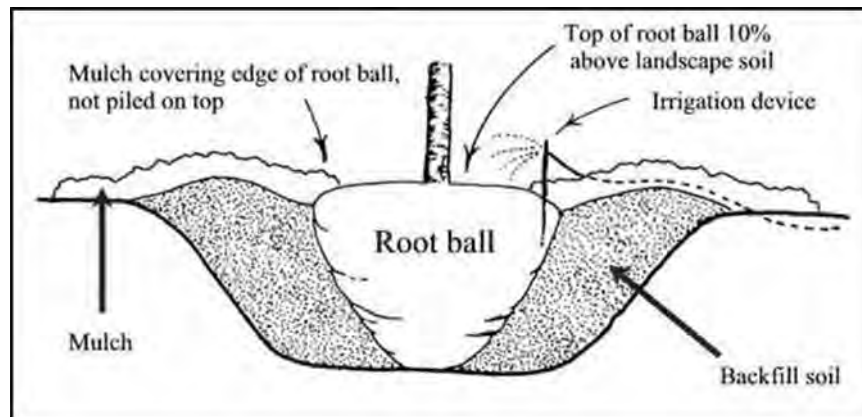
## Choosing the right mulch:

Mulch can be organic or inorganic material. Organic mulches, such as pine straw, pine bark, and shredded hardwood, are the best choices because they retain moisture and add nutrients to the soil as they decompose.

## How & when to apply:

Before mulching a plant bed, remove all weeds. Mulch early in the year before weeds get established. This will save you weeding time later.

- Work a thin layer of mulch into the soil and then add two to four inches on top. Spread it out, and avoid making big mounds of mulch.
- Mulch the entire root zone of the plant out to the dripline (leaf canopy).
- When mulching around shrubs and small trees, make an earth basin and keep the mulch pulled back a few inches to prevent rotting the trunks. Shallow plants, such as azaleas, rhododendrons, and dogwoods, need the most mulching.



**Cool Factoid:** Don't put mulch too close to your house and foundation, because it can hold moisture there, and can attract insects, which you don't want too close to the house.

**Source:** Plant More Plants – Department of Virginia Conservation & Recreation

For more gardening and eco-friendly living information, visit our committee website: [www.BroadlandsNaturally.org](http://www.BroadlandsNaturally.org) and find us on Facebook @ Broadlands-Naturally to connect.

## **Armstrong Management Services**

### **Assessment Information Office:**

Main: (703) 679-1541 , fax: (703) 591-5785

Email: [broadlands@armstrong.net](mailto:broadlands@armstrong.net)

### **Mail Payments to:**

Armstrong Management Services

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

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#### **Director**

Michael Mikaily

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## **Residents Please Note:**

- There will be no modifications subcommittee meeting on Wednesday, July 4th.
- The editorial submission deadline will change to Noon on the 10th of every month starting in July for the August edition of the newsletter.

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### **Notes from Your Neighbors....**

**Ashburn Volunteer Fire &  
Rescue Department,  
[www.ashburnfirerescue.org](http://www.ashburnfirerescue.org)**

Join us for an early July 4th celebration! Bring the family out for a hearty breakfast of pancakes, eggs, bacon, sausage, biscuits and gravy, hash browns, coffee and juices.

#### **Monthly Pancake Breakfast**

**Location: Ashburn Firehouse**

**20688 Ashburn Road**

**Dates: July 1st, August 5th, October 7th**

**Time: 8:00a.m. until Noon**

**Adults- \$6.00, Seniors - \$5.00, Children 3 - 8 - \$4.00, Children 3 and under: Free**



Photo taken at Boadwalk near Harris Teeter of two snakes deciding who is going to enjoy a catfish lunch.

Photo submitted by: Mike Constantine

## 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.

### MODIFICATIONS SUBCOMMITTEE MEETINGS

MEETING DATE	SUBMISSION DATE
July 18, 2012	July 13, 2012
August 01, 2012	July 27, 2012
August 15, 2012	August 10, 2012

***Please Note: No Meeting on Wednesday, July 4th***

*Updated Design Guidelines are on the Broadlands HOA website at [www.broadlandshoa.org/node/49](http://www.broadlandshoa.org/node/49).*

Submit complete applications by Noon on the submission date to the Secretary, Robin Crews, [rcrews@broadlandshoa.com](mailto:rcrews@broadlandshoa.com), 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.

### Modifications Subcommittee

The Subcommittee meets at 7:00p.m. 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.

**The Subcommittee is looking for volunteers. If you are interested in joining this group please email Robin Crews, [rcrews@broadlandshoa.com](mailto:rcrews@broadlandshoa.com).**

### Homeowners Association Board of Directors Meeting Tuesday, July 10th at 6:00p.m.

*in the  
Nature Center Conference Room*

### Southern Walk HOA Board of Directors Meeting Thursday, July 12, 2012 at 6:00 p.m.

*in the  
Nature Center Conference Room*



### Covenants Inspections

With the arrival of warmer temperatures, the association has started inspections of exterior and lawn maintenance violations. These inspections ensure that the appearance of our beautiful neighborhoods is maintained. Covenant Inspectors can be identified by their bright orange safety vests with a Broadlands label on the back.

Please be aware the Association has the right of access over and through any portion of the Property (excluding any occupied dwelling) for inspections, maintenance and to correct any violations. This right is granted to the Association, its managing agent, and any other person authorized by the Board of Directors in the exercise and discharge of their respective powers and responsibilities. If you are interested in the exact language and wording, it is located on Section 5.3(a) of the Declaration for Broadlands.

## Kritters for Kids

By: Lisa Matthews, Naturalist

Do you know what the smallest bird is? The sound it makes? And, what its favorite food is? Hummingbirds!



Hummingbirds earned their name because they beat their wings so fast, 80 beats per second, that you can hear a hum when they are close by. Hummingbirds can fly in all directions, even upside down. And, they hover by moving their wings in a figure 8 pattern.

They love things that are colored red because their favorite food, nectar, is usually found in red plants. If you want to have hummingbirds visit your house, plant a lot of red plants and a lot of plants that have tube-like flowers. Hummingbirds have a long and tapered bill and tongue to get nectar out of deep plants and can lick the nectar up to 13 licks per second.

The most common hummingbird that we encounter in this region is the ruby throated hummingbird. It migrates between here and the Gulf of Mexico. They usually arrive mid-April to the end of May. While they are here, they will lay two eggs, two to three times. They are territorial birds and don't like to share, so you will rarely see them together.

Since hummingbirds use so much energy to fly, when they sleep they slow down their heart and their breathing. This process is similar to hibernation and is called a stupor. If you see one asleep, don't be surprised if it is hanging upside down or looks dead.

Feeding hummingbirds is pretty easy. You can make "nectar" for them by mixing 3/4 cup water with 1/4 cup sugar and bringing it to a boil. Cool it and then use it in the feeder. Or, use agave nectar which is a more natural source of food. Mix 2/3 cup agave nectar with 4 cups of water and cook as written above. Refrigerate the extra for up to a week. It is very important to thoroughly clean the feeder each time you fill it to keep bacteria from growing.

Make sure that your feeder has perches on it so they can rest and is high enough so that cats don't disturb them.

Good luck in bringing these beautiful birds to your garden!



To Learn more:  
<http://www.dgif.virginia.gov/habitat/hummingbirds.asp>

<http://www.learner.org/jnorth/current.html> (Migration News)

## Loudoun Wildlife Conservancy July Programs and Field Trips

All events are free unless noted in the description. Registration is sometimes required due to space limitations.

**Birding Banshee - Saturday, July 14, 8:00 a.m.** Join the Loudoun Wildlife Conservancy and the Friends of Banshee Reeks at the Banshee Reeks Nature Preserve for our 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 [jcoleman@loudounwildlife.org](mailto:jcoleman@loudounwildlife.org) or 540-554-2542.*

**Butterfly Rearing Workshop - Sunday, July 15, 1:30 p.m.** Raising and releasing butterflies can be a great way to not only learn about the lifecycle of this interesting insect but also see this direct relationship between plants and animals. Join Nicole Hamilton as she talks about the interrelationships between specific butterflies and their host plants as well as the importance of different nectar plants through the summer and fall. She'll share tips for planting a butterfly garden and successfully raising and releasing butterflies through the summer. Information on rearing cages and butterfly rearing do's and don'ts will be discussed. Location: Banshee Reeks Nature Preserve in Leesburg. **Registration Required:** *sign up online at <http://www.loudounwildlife.org/SignUp.htm> or contact Nicole Hamilton at [nhamilton@loudounwildlife.org](mailto:nhamilton@loudounwildlife.org).*

**Birding the Blue Ridge Center - Saturday, July 28, 8:00 a.m.** On the fourth Saturday of each month (except December), Loudoun Wildlife Conservancy leads a free bird walk at the Blue Ridge Center for Environmental Stewardship (BRCES). This beautiful 900-acre preserve is located on Harpers Ferry Road, Rt. 671, in northwestern Loudoun County. Only a few miles south of Harpers Ferry and the confluence of the Potomac and Shenandoah rivers, the property includes meadows in the valley and heavily forested slopes on the Blue Ridge. Meet at the Visitor Center. The Blue Ridge Center is located just north of Neersville, at 11611 Harpers Ferry Road (Rt 671). Detailed directions can be found on the website, [www.brces.org](http://www.brces.org). *Questions: contact Joe Coleman at 540-554-2542 or [jcoleman@loudounwildlife.org](mailto:jcoleman@loudounwildlife.org).*

**Loudoun Wildlife Conservancy July Programs**  
**Continued on page 15**



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This kitchen was designed by Laura Gilbride, a Tart Lumber Design Consultant and Broadlands resident. To make an appointment to design your kitchen or bathroom, call (703) 450-5040 or e-mail [Lgilbride@tartlumber.com](mailto:Lgilbride@tartlumber.com).



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## Is Time on Your Side? By: Shannon M. Pecora, MA Stream Valley Veterinary Hospital

We may live in the suburbs, but that certainly does not exclude us from the fast pace associated with D.C. city life. Your commute, your job, your spouse, your kids, your home, your community commitments, and more - all of these can fill up your plate so quickly. Oh, wait; did this writer and veterinary professional just leave the family pets off that list?!



For lack of command over human languages, pets simply can't make pointed demands of us in the ways that bosses, colleagues, family members, and friends can. So, as long as their basic daily needs are met, it's pretty easy to shuffle them from the "To Do" list to the "Done" list. Then, through the daily hustle and bustle, you may not remember vaccine, test, or medication due dates until they've already passed. Unfortunately, this can create added stress when you realize that your pet may not be properly protected and that you have to fit an urgent appointment into your already-full schedule.

You may be able to avoid this stress by letting your veterinary staff keep track of your pet's medical service needs for you. Make sure that your contact information is up to date in the veterinary files so that you'll receive reminder postcards or calls. Ask if your vet offers email reminders as well. This not only provides an additional way to contact you, but it also lets you view reminders and update your calendar on your smart phone or other mobile device. Then, your pet's schedule can be just as "on the go" as you are!

Keeping your contact information current at your veterinarian's office can be one of the best favors you do for yourself and your pet. You can lessen the burden on your busy schedule and feel greater assurance regarding your pet's health care. And, who couldn't use that little extra bit of breathing room?

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

All camps take place at the Broadlands Nature Center.  
For more information about camps and registration, visit  
[www.auduboncamp.org](http://www.auduboncamp.org) or [www.broadlandshoa.org](http://www.broadlandshoa.org)

### Elementary School Camps:

Cost: ½ day camp: Residents \$120/Non-Residents \$160  
Full day camp: Residents \$200/Non-Residents \$240

### 3rd - 4th Grade Camps

**Super Sleuths:** 8/20-8/24, 9:00a.m. – 3:00p.m.

Join the ranks of forensic investigators in this exciting camp. We will learn about the science of evidence collecting and interpretation as we follow clues to solve natural and human mysteries.



### Middle and High School Traveling Camps:

Cost: Residents \$500/Non-Residents \$570

**BayQuest:** 5th - 6th grade 7/23 - 7/27, 9:00a.m. – 4:00p.m. Our adventure begins at the Broadlands Nature Center, then we'll travel by bus to Echo Hill Outdoor School for a three-day, two-night excursion on the Chester River. This camp is a great introduction to the overnight camp experience.



**Advanced Bay Quest** 7th-9th grade 8/6-8/10 9am-4pm M-F are overnight stays at Echo Hill Outdoor School on the Chester River. We return to Broadlands Friday afternoon.



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#### **Family Nature Programs**

*Talks, Walks, Presentations and more...*

#### **Greener Healthier Homes**

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1. Chemical free gardening and native plants
2. Growing your own organic veggies
3. Toxic free indoor air
4. Reducing utility cost with energy efficiency and water conservation
5. How and where to get local food

#### **EarthDay@Loudoun Family Festival**

*Annual Certification Celebration*

#### **Community Wildlife Habitat™**

*by The National Wildlife Federation*

*If you are interested in meeting new people and developing fun projects for kids and families, give us a try. Our committee gives you the opportunity to choose how much time you would like to commit.*

#### **Contact Oya Simpson:**

***osimpson@broadlandsnaturally.org,***  
**703-725-8040**

**or visit [www.BroadlandsNaturally.org](http://www.BroadlandsNaturally.org)**

**Facebook: Broadlands-Naturally**

## ***Loudoun Wildlife Conservancy July Programs Continued from page 12***

**Dragonflies and Damselflies of Loudoun Field Trip - Sunday, June 24, 9:30a.m. - 4:00p.m. (Rain date Sunday, August 5), Bles Park.** Join Andy Rabin and Kevin Munroe for the first of two informative days of "dragon-hunting" in one of the best dragonfly and damselfly habitats in the county. Learn how to catch, handle, identify, and release these insects. Bring an insect net if you have one (some extra nets will be provided), a hat, sunscreen, snacks, water, and binoculars. We may be walking off-trail through tall vegetation so wear appropriate protection and be prepared for muddy conditions. Adults and interested children are welcome; come for part or all day. We will stop at a restaurant for lunch but you may bring your own lunch and snacks if you prefer. Meet at Bles Park in Ashburn (for directions [www.loudoun.gov/Default.aspx?tabid=924](http://www.loudoun.gov/Default.aspx?tabid=924)). **Registration required – limit 12 participants.** To register and with questions, e-mail Andy Rabin at [stylurus@gmail.com](mailto:stylurus@gmail.com).

Questions about the above programs? Contact Jim McWalters, [jmcwalters@loudounwildlife.org](mailto:jmcwalters@loudounwildlife.org).

For up to date information on our programs, check our web site at **[www.loudounwildlife.org](http://www.loudounwildlife.org)**

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## Ashburn Loves Reptiles

By: Meredith Davis, DVM  
Caring Hands Animal Hospital

Since starting practice in the Ashburn area, I have accumulated a large clientele of reptile owners. Often reptiles make up the smallest number of my patients, but interestingly, that is not the case in this locale. Off the top of my head, I would say rabbits, guinea pigs, and reptiles make up the majority of my patients. Now, if I had to categorize species of reptiles---it would be snakes, then turtles, and then lizards. So what is it about reptiles that have drawn so many people to be fans?



Reasons for reptile ownership that I have seen over the years include allergies to fur and feathers, limited housing space for anything bigger, and children in the household that have really wanted a cold-blooded pet. Although I see a good number of adults that call the reptiles their own, I do find that in the majority of households, a son or daughter is usually the primary caregiver and the parent(s) have tolerated these scaly critters with varying degrees of enthusiasm. Interestingly, turtles and lizards tend to ingratiate themselves into the hearts of the adult guardians. Snakes, however, are one of those creatures that either you like or you don't. Many parents prefer not to touch them, medicate them, or if possible, not to think of them residing in their house. They are, however, very supportive of their children's passion and will help them purchase the food and equipment that is required for these species and help them get the veterinary care they might need.



So what goes into owning a reptile? That is a very good question and a very specific one. Every species has its own requirements. Some of these overlap but anytime a reptile is on my schedule, I make sure to know a few primary pieces of information: The cage temperature range, basking temperature, ultraviolet light requirements, and humidity that are going to keep that species at its optimal health.

**Proper temperature:** Most people know that reptiles are cold-blooded animals but don't necessarily understand how that affects the environmental needs of the pet. Basically, although reptiles have all of the internal elements in their cells to grow, digest, fight infection, and thrive, they need an external source of heat to activate the cells. If the optimal temperatures are provided, the cells work at just the right level and the reptile will eat well, grow well, and fight off infection. If the temperature

is too low, the cells will not be able to function properly. Common signs would be inactivity, sluggishness, food refusal, signs of bacterial and parasitic infections, and possibly more serious ailments. Until the temperatures are corrected, the pet won't get truly better. The acronym POTZ refers to the preferred optimal thermal zone and is a temperature gradient that is best for that species. For example, Bob the boa constrictor will do best if one end of the cage is 82° F to 93° F and then a hotter basking area of approximately 95° F. If Bob feels too warm, he will slither to the cooler end of the cage; if he needs more heat (energy for his cells) he will go to the hotter end or the basking region. In fact, if a reptile is sick, they will even try to generate a "behavioral" fever by going to the hotter end to raise the body temperature and aid in fighting off the infection. Often, the cage temperature needs to cool down at night, usually somewhere in the 70's, and this too is part of the optimal temperature requirements. In order to achieve the temperatures, digital thermometers, under cage heating pads, and special lights, need to be part of the reptile's cage setup.

**UVB/A Light:** So if you imagine Iggy the iguana is living in his natural environment, he is getting heat and light from the sun. He climbs onto a rock and absorbs different spectrums of the sun's radiation. The sun provides heat, and the importance of providing this was discussed earlier. But it also provides ultraviolet radiation. The UVB spectrum of the sun allows Iggy to create vitamin D in his own body. And this in turn aids in the absorption of calcium that is provided in the diet. If Iggy does not get UVB lighting in his environment, he will have weak bones, kidney problems, and other health issues. Many turtles and lizards need UVB light provided in their cage environment to mimic what they would get from the sun. While we are at it, we should give them some UVA as well since this improves mood, appetite, and will make them feel good. Full spectrum bulbs are different than light bulbs that just produce heat and you need to make sure your bulb provides both heat and UV or get two bulbs to do this function. Most bulbs need replacement after 6 months because they start to lose their capability to produce as much UV. Now snakes are a bit unique in the regards to UVB requirements. Since they eat whole prey like mice and rodents, they can get almost all of their calcium and vitamin D requirements from what they eat. So UV lighting is not a necessity with these species unless there is something in particular that your veterinarian feels your snake needs from the light.

***Ashburn Loves Reptiles Continued on page 18***



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## Green Living Tips by Wildlife Habitats Committee Members

As a parent of 3 young children, I'm always looking for tips on how to create healthy meals (affordably!) that my kids will actually eat. I have 2 basic recipes that I try to make homemade all year round – chicken stock and tomato sauce. Both can be frozen and contain less sodium than store bought products. I use the chicken for the stock and use it as the basis for soups or in cooking. The tomato sauce is a simple, healthy recipe with plenty leftover to be either frozen or used for subsequent meals like parmesan chicken. Not only is the homemade sauce healthier but it also costs less.



### **Slow Cooker Stock** - from Andrea Beaman – natural food chef

#### **Ingredients:**

The bones of whole free-range/organic chicken about 1 to 2 lb  
4 to 5 quarts water (adjust for the pot size)  
3 to 4 sprigs fresh thyme or 1 teaspoon dried  
½ tablespoon whole peppercorns  
1 onion, peeled and quartered  
¼ bunch fresh parsley  
2 carrots, chopped

#### **Procedure:**

1. Bring bones and water to a boil in a large pot.
2. Skim off foam or scum that rises to the top and discard.
3. Add onions, carrots, thyme, parsley, and peppercorns; return to a boil.
4. Remove from heat and pour the contents of the stockpot into a slow cooker.
5. Set the timer for 10 to 12 hours on low and cover.
6. After the slow cooker shuts off, strain liquid and discard bones and vegetables.

### **Tomato Sauce**

#### **Ingredients**

2-28oz cans of whole peeled San Marzano tomatoes  
1 medium onion, chopped  
4-6 garlic cloves, crushed  
3-4 tablespoons olive oil  
1 ½ teaspoons of salt  
Pinch of sugar

#### **Procedure:**

1. Sauté onions in olive oil for 1 minute.
2. Add garlic and sauté another minute.
3. Add tomatoes and press down with a spoon, or use your hands until the tomato bursts.
4. Add 1 ½ teaspoon of salt, and a pinch of sugar.
5. Adjust seasoning as needed.
6. Place a cover on the pot and bring the sauce to boil.
7. Reduce heat to low and cook for 90 minutes

*If you have any healthy recipes that have been a hit with your family or ways of saving money on healthy meals, we would love to hear about them. You can email me, Patricia at [pgallardo@broadlandsnaturally.org](mailto:pgallardo@broadlandsnaturally.org)*



**How to Grow Fresh Air Inside Your Home** – It is fascinating to learn about indoor air being much more toxic because of small amount of VOCs released by pretty much all toys, furniture, carpet and building materials in our homes. Volatile organic compounds (VOCs) are emitted as gases from certain solids or liquids and can cause a very long list of health issues.

In 1989 NASA did a study to find out which plants were best to filter the air of the space station. Based on this study, the report showed houseplants can reduce components of indoor air pollution, even volatile organic compounds such as benzene, formaldehyde, toluene, and xylene. Plants also reduce airborne microbes and increase humidity. Researchers from NASA and other organizations recommend at least 15-18 good-sized plants for a house or apartment of 1800 square feet or 167 square meters.

#### **Here are the Top 10 List plants for indoor fresh air:**

- |   |   |
|---|---|
| 1. <i>Spathiphyllum</i> (Peace Lily)                            | 7. <i>Gerbera Jamesonii</i> (Gerbera Daisy)       |
| 2. <i>Chlorophytum comosum</i> (Spider Plant)                   | 8. <i>Ficus benjamina</i> (Weeping Fig)           |
| 3. <i>Epipremnum aureum</i> (Devil's Ivy)                       | 9. <i>Dracaena marginata</i> (Red-edged dracaena) |
| 4. <i>Syngonium podophyllum</i> (Arrowhead Plant)               | 10. <i>Chrysanthemum</i> (Pot Mom)                |
| 5. <i>Hedera helix</i> (English Ivy)                            |   |
| 6. <i>Philodendron</i> (Heartleaf or Elephant Ear Philodendron) |   |

Visit our website [www.BroadlandsNaturally.org](http://www.BroadlandsNaturally.org) for more green living tip and local information about eco-friendly events, places or projects. If you would like to contribute or be a part of our committee, send Oya an e-mail at [osimpson@broadlandsnaturally.org](mailto:osimpson@broadlandsnaturally.org). Connect with us on Facebook at [www.facebook.com/pages/Broadlands-Naturally](https://www.facebook.com/pages/Broadlands-Naturally).

## From the Naturalist...

By: Lisa Matthews

Yippee, it's summer time and, time to go out and see the world in its entire splendor. There is more to the world than the local pool (although, it is a very nice way to finish off the exploring day).

This summer, the Audubon Naturalist Society offers some wonderful programs for families and adults. Free Family programs are offered at our Chevy Chase location; such as, "Once a Pond a Time", "Twilight Trek" and "Scaly Slowpokes". Take your family to picnic at Rust Sanctuary in Leesburg and visit the many shaded trails there. While there you might happen upon the resident fox, hawks or owl!

Adults will also find the Rust Sanctuary interesting and can visit our local natural areas in an entirely different way. Our wildlife biologists will lead you to new discoveries during our summer programs for adults. Summer offerings include "Geology along Four Mile Run", "Summer in the Parks", "Dragonflies of Riverbend Park", "Sunset Stroll in the Hollow", "Window into the World of Fungi" and many more. Please visit our website at [www.anshome.org/adultnatureprograms](http://www.anshome.org/adultnatureprograms) for more information and registration.

Make time to visit the Blue Ridge Mountains. There are numerous trails along Skyline Drive that are appropriate for many ability levels. Look for the waterfalls, amphibians, birds and flowers that only live in the higher altitudes.

A relaxing and enjoyable afternoon can be spent in the District along the C&O canal on a canal boat ride <http://www.nps.gov/choh/planyourvisit/publicboatrides.htm>. And, don't forget to visit the National Zoo (and nearby Rock Creek Park). The shy night herons have been feeding there at 2:00p.m. every day when the storks are fed near the Bird House. They have learned that they can get a free mouse meal if they are willing to be up at that time of day...smart birds!

Visit another world. Next to the beautiful beaches of Assateague Island, on the Eastern Shore of Virginia, is a wetland full of unusual wildlife. See Horseshoe Crabs that have existed since prehistoric times, extraordinary birds, Sika Deer and the Chincoteague Ponies.

The natural world is calling, go ahead and answer - you won't want to miss this call.

## Ashburn Loves Retails Continued from page 16

**Humidity:** Proper humidity is almost as important as proper temperatures for your reptile. If your reptile's natural environment was an arid climate (desert dwelling tortoise) for example and you provide too high of a humidity, you will be dealing with a respiratory infection and possibly pneumonia until this is corrected. If a snake like a python is not getting 70-80% relative humidity in the cage, there is a good chance you will see problems shedding, constipation, and possibly infections. A hygrometer can be purchased to monitor the humidity of the environment and then adjustments can be made. If the environment is too moist, a dehumidifier might be necessary along with a change in substrate. If it is too dry, daily 30 minute soaks, automatic misters, and humidity chambers can be utilized.

Although some research is initially needed to create the proper environment and diligence in maintaining the setup, it is very rewarding to watch a reptile grow and thrive. Internet searches and books can provide basic care information as can your local reptile veterinarian for POTZ information and other species-specific requirements. For more information and good resources for care and husbandry of reptiles, please call Caring Hands Animal Hospital.

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## Thanks To Our Service Minded Younger Residents



Brownie Troop 3454 cleaned out the Broadlands cemetery. They pulled weeds, filled holes and planted flowers. The girls first visited the cemetery last fall as part of a project to learn about the history of the area. Great job ladies. Thanks for helping keep our community beautiful.

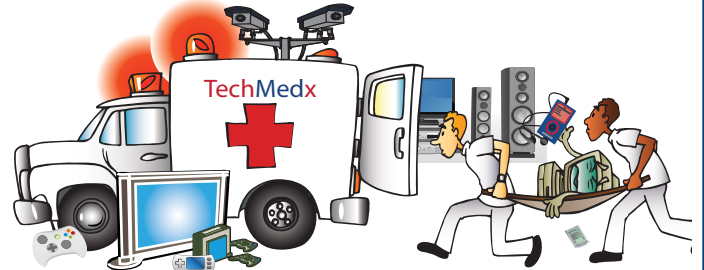


Mill Run Daisy Troop # 6520 cleaned up all of Hillside Park and earned their "Make the World a Better Place" badge. Great job ladies and thanks for a job well done!



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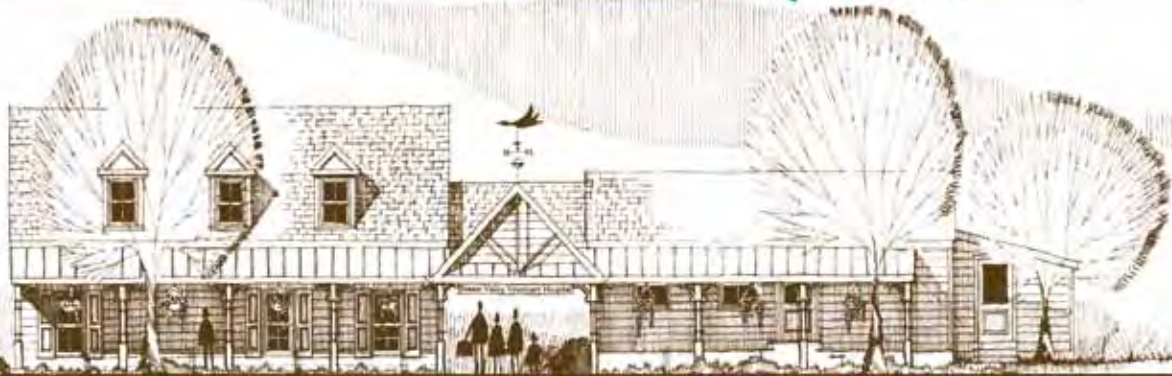
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# Flicks in the Sticks

Looking for some summer fun? Grab a lawn chair, picnic blanket, cooler and the kids and head out to the Nature Center Lawn for two great movies this month. It's first come, first served, but with our large screen and new sound system every seat is great. Parking is limited; please consider biking or walking to the Nature Center. Popcorn and drinks are provided.

Movies begin around sundown – time listed is approximate. In the event of rain, check the website to see if the event is cancelled or rescheduled.

**July 7, 8:30 pm – Puss in Boots**

**July 28, 8:30 pm – The Muppets**

Parents: You'll find ratings and links to the Parental Guidance from IMDB on the HOA website.

Why not bring along dinner? In honor of our 8<sup>th</sup> season, Domino's at Broadlands Marketplace is offering a fantastic carry out deal for the whole summer movie season!



**Get a large two-topping pizza for just \$8!**

Available **ONLY** on Flicks in the Sticks evenings from 7 to 9 pm, **carry out only**. Be sure to mention the "Flicks in the Sticks" special when you call to order. Wow! Dinner **and** a movie for only \$8!



**43300 Southern Walk Plaza #112  
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Flicks in the Sticks is a **FREE** event for **Broadlands residents only**, brought to you by the HOA Technology Committee.





## **2<sup>nd</sup> Saturday Family Programs at the Nature Center**

### **Summer Pond Day July 14<sup>th</sup>, Noon-1:00p.m.**

The critters will be bigger and possibly bolder! We plan to have great adventures net-dipping in our pond and seeing who's new in the pond from spring to summer. Bring your boots (and, maybe, a change of clothes) to explore the creatures that we can find in our pond at Broadlands Nature Center!

### **Dragons and Damsels August 11<sup>th</sup>, Noon-1:00p.m.**

Zippering, zooming, flying and flitting, dragonflies and damselflies are the supreme hunters of the pond! Learn about their special flying abilities and how they live. We will make a craft and also go outside to observe these fascinating flying machines. Bring your boots for visiting the pond.

### **Scaly Slowpokes September 8<sup>th</sup>, Noon -1:00p.m.**

Join us for this special family program dedicated to these unique reptiles. Families will have a chance to learn how turtles have adapted to different habitats and why they need our help to survive.

### **Cost of Saturday Family Programs**

1 adult and one child: \$5.00

Family up to 5 members: \$10.00

Additional family members: \$2.50

Programs are one hour, residents and non-residents are welcome!

Sunny, our Corn Snake is fed at the end of each program!

For more information or to register, please call 703-729-9704 or email [naturalist@broadlandshoa.com](mailto:naturalist@broadlandshoa.com).



# IS YOUR MORTGAGE UNDERWATER?

As a fellow Ashburn neighbor, I can appreciate the pain Loudon homeowners are feeling who purchased in 2003-2008. However, now there is a solution!

Since March 2012, the latest version of **Home Affordable Refinance Program (HARP)** allows you to refinance at historically low interest rates even though home values have declined. For conforming loans made prior to June 1, 2009, you may be able to refinance your residence up to 150% loan-to-value!

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*References available upon request.  
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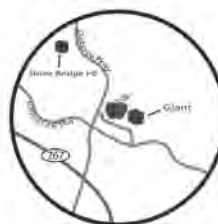
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\*Members who secure a qualified new or used Auto/Motorcycle/RV Loan, or refinance an Auto Loan, AND have their financing disbursed 04/01/2012 – 06/30/2012 with Apple FCU will be entered into a drawing to win one (1) of twenty (20) \$500 Gas Cards. Excludes vehicles financed on-site at an Apple preferred dealer. NO PURCHASE NECESSARY. Visit [AppleFCU.org/GasGiveaway](http://AppleFCU.org/GasGiveaway) the official rules and for an alternate method of entry. \*\*Current Apple FCU Auto Loans are not eligible for refinance. \*APR=Annual Percentage Rate as of 04/01/2012 for a new/used/refinanced, 36-month term, includes a 1.00% Direct Deposit rate discount and is subject to change at any time. Rate based on an evaluation of applicant credit. Your actual rate may vary (or be higher). ±1.00% rate discount contingent upon an active, monthly direct deposit of \$1,000 or more into an Apple Savings or Checking account. Membership eligibility requirements apply. Federally insured by NCUA. Equal Opportunity Lender.



**Invited to a 4th of July cookout? Try these easy sides to compliment any main entrée...**

### Shrimp and Orzo Salad

1 1/4 cups uncooked orzo  
 3/4 lb cooked medium deveined peeled shrimp  
 2 large tomatoes, seeded, chopped (2 cups)  
 1 medium green bell pepper, chopped (1 cup)  
 1/2 cup small pitted ripe olives, halved  
 1/3 cup fresh lemon juice  
 2 tbsp chopped fresh dill weed  
 2 tbsp olive oil  
 1 tsp salt  
 1/4 tsp freshly ground pepper  
 2 cloves garlic, finely chopped  
 1/2 cup crumbled feta cheese (2 oz)

Cook pasta as directed, omitting salt and oil, drain. Rinse with cold water to cool; drain well. In large bowl, toss pasta, shrimp tomatoes, bell pepper and olives. In small bowl, stir lemon juice, dill, oil, salt, pepper and garlic with whisk. Pour over salad; toss gently to coat. Sprinkle with cheese.



### Watermelon Caprese Salad Kabobs

3 tbsp balsamic vinaigrette dressing  
 2 tbsp chopped fresh basil leaves  
 1 cup mozzarella cheese balls  
 16 chunks seeded watermelon (about 2 cups seeded)  
 16 heirloom grape tomatoes (3/4 cup)  
 16 small fresh basil leaves

In small bowl, mix dressing and chopped basil. Add cheese balls; toss to coat. Cover; refrigerate at least 30 minutes to marinate. On each of 8 (6-inch) wooden skewers, alternately thread watermelon chunks, tomatoes, basil leaves and cheese balls. Drizzle with any remaining dress mixture. Serve immediately or cover loosely and refrigerate.

### WATERMELON-MINT GRANITA

3 cups cubed seeded watermelon  
 1/3 cup ginger ale  
 1/3 cup bottled simple syrup  
 1/4 cup chopped fresh mint leaves  
 2 tbsp fresh lime juice  
 Fresh mint sprigs, if desired

In blender, place all ingredients except mint sprigs. Blend on medium-high speed about 30 seconds or until smooth. Pour into 8-inch square (2-quart) glass baking dish. Freeze 1 hour. When ice crystals begin to form at edges of dish, stir mixture with fork. Freeze 3 hours longer, stirring every 30 minutes with fork, until firm. Serve frozen or let stand at room temp 5-15 minutes before serving. Scoop into individual dessert bowls. Garnish with mint sprigs.

## Win a \$25 Gift Certificate to Bonefish Grill !

Solve these Fourth of July word scrambles 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 **July 10, 2012**. *Be sure to include your name and telephone number.* Good Luck!

1. Cooutok \_\_\_\_\_  
 2. Rybtile \_\_\_\_\_  
 3. Kforewirs \_\_\_\_\_

4. Airecam \_\_\_\_\_  
 5. Trepssi \_\_\_\_\_  
 6. Tcirpoiat \_\_\_\_\_

### CONTACT INFO:

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_



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## A Matter of Life or Death!

By: Renee Beardsley

*Remember it's a matter of Life or Death!* Those were the first words of advice I gave my teenage boys when they started to drive and I continue to remind them often. When was the last time you got into your car and remembered to think about the amount of responsibility that comes with driving? When was the last time you read the drivers manual? Is it possible that driving has become so routine you don't think about what a huge responsibility it truly is? We are often so distracted or focused on what we need to do, driving becomes habitual and we don't think about the obligation that accompanies our privilege to drive. As for cell phones, cars and driving ... don't get me started!



With summer in full swing we need to be aware of the increase in bicyclists and pedestrians around us as we drive the streets of Broadlands. Many drivers are unaware of their own responsibilities when it comes to bicyclists and pedestrians. Did you know that when a bicyclist is riding on the road they are considered a vehicle? Bicyclists are by law allowed to ride the streets and roads just the same as a car with the same responsibilities to obey the signs, signals, lights and markings of the roads. Did you know that when the road has four lanes, two in each direction that bicyclists can legally ride two abreast? However, it becomes the cyclist's responsibility not to impede the flow of traffic and to ride single file if traffic is heavy.



In 2010 there were approximately 51,000 bicyclist accidents with over 600 of those resulting in death. How many of those accidents could have been avoided with a little bit of knowledge and people obeying the rules of the road. As a driver, I know patience can be hard to come by when you have to slow down for a cyclist. Honking at a cyclist or trying to intimidate them by driving right next to them is not the best choice a driver can make. Making such choices can result in tragic endings. Remember you can save a life by following the rules of the road.

Pedestrian traffic is not as well defined as cyclists in the eyes of the law. As a responsible driver we are obligated to yield to pedestrians. In turn, pedestrians

are to walk responsibly. Many drivers complain about runners who run on the opposite side of the road facing traffic. Did you know that it is the responsibility of the runner to run on the side of the road facing traffic for safety purposes? Please note that pedestrians, aka runners are to be on the side of the road facing traffic when a sidewalk is not present. That said, runners often prefer the road because the asphalt is softer than the concrete of a sidewalk. For avid runners, running on concrete sidewalks can result in injury which makes asphalt more appealing. Understanding can go a long way!

Whether you drive, run or bike the streets of Broadlands remember you are responsible as much for yourself as those around you. Drivers, be aware of what is going on around you. Cyclists, wear a helmet, never wear headphones, don't assume vehicles can see you and be courteous and announce yourself when passing others. Pedestrians, if wearing headphones, leave one ear to hear what is going on around you. Be smart, always carry a cell phone and wear reflective clothes for outings when it is dark.

***Be safe and choose to save a life!***

## BROADLANDS TENNIS PROGRAMS

### Luis Rosado Tennis Academy

Luis and his staff bring over 20 years

of experience to the Broadlands Community.

Visit [www.LuisTennis.org](http://www.LuisTennis.org) for details and registration forms.

- Enrollment is OPEN!!
- We offer a 20% off Family discount

#### Summer Camp - Ongoing - August 17 \*Weekly Sessions\*

Full Day (9am - 5pm) \$375 resident / \$395 non-resident per week

Half Day (9am - 1pm or 1pm - 5pm) \$220 resident / \$235 non-resident per week

#### 8 WEEK SESSIONS

Session III - (Ongoing – Aug 12)

Session IV - (Aug 13 – Oct 7)

#### 45 MIN JUNIOR CLINIC (ages 4-5) All levels

Mon – Fri, 4:15pm

#### 1 HR JUNIOR CLINIC (ages 6-16)

Beginner / Intermediate

Mon – Fri, 5:00pm & 6:00pm

Sat & Sun, 10:00am & 11:00am

#### 1.5 HR JUNIOR CLINIC (ages 10-16)

Advanced / Intermediate

Mon – Fri, 6:00pm

Sat & Sun, 10:00am, 11:00am

#### 1.5 HR ADULT CLINIC – All levels

Mon – Fri, 7:30am, 9:00am, 10:30am

Mon – Fri, 7:00pm & 8:30pm

Sat & Sun, 8:30am



#### Broadlands Resident / Non Resident Pricing

##### 45 MIN CLASS (As low as \$14.00 per class)

\$96 / \$112 per session (8 weeks) 1 class a week

\$176 / \$208 per session (8 weeks) 2 classes a week

\$240 / \$288 per session (8 weeks) 3 classes a week

Clinic Drop In Fee: \$16 members; \$18 non-members

##### 1 HR CLASS (As low as \$14.00 per class)

\$128 / \$144 per session (8 weeks) 1 class a week

\$240 / \$272 per session (8 weeks) 2 classes a week

\$336 / \$384 per session (8 weeks) 3 classes a week

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

##### 1.5 HR CLASS (As low as \$22.50 per class)

\$180 / \$204 per session (8 weeks) 1 class a week

\$336 / \$384 per session (8 weeks) 2 classes a week

\$468 / \$540 per session (8 weeks) 3 classes a week

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

#### Weekly Junior Round Robin Tournaments

(\$20.00 per Tournament)

11 years and over – Sat & Sun, 12:00pm - 2:00pm

10 years and under – Sat & Sun, 12:00pm - 2:00pm

#### Private / Group Lessons (1 player \$60, 2P \$35 each, 3P \$25 each)

- Stroke analysis and evaluation; an objective assessment
- Weakness identification and improvement of fundamentals
- Stroke development; technique, theory, and practice
- Advanced hitting practice

Please email Luis Rosado if you have any questions:  
[LuisTennisAcademy@gmail.com](mailto:LuisTennisAcademy@gmail.com) or [broadlandstennis@yahoo.com](mailto:broadlandstennis@yahoo.com).

## Broadlands “Boys Night Out”

### Doubles Tennis Ladder

**Description:** We have reserved the Nature Center courts on Sunday Nights for a Men's Doubles Ladder.

**Participants:** Men with NTRP ranking of 3.0 or higher.

**Fee:** \$20.00 covers the season - balls will be provided.

**Format:** Three “No Add” scoring sets will be played with a tie break at 5 - 5 in each set. Each set will be with a different partner on your court.

**Ranking:** A winning percentage for each player is calculated dividing total games won by total games played. A grand total winning percentage will be calculated week by week and the highest percentages will be at the top of the ranking. The courts will be assigned based on the rankings. Court 1 would have the 4 highest winning percentage players, court 2 then next 4 highest, and so on.

**When:** Every Sunday night (7:00p.m.) rounds ongoing through September 2012.

**Where:** Broadlands Nature Center Courts

**Contact:** To join the ladder or to get further information, contact [broadlandstennis@gmail.com](mailto:broadlandstennis@gmail.com)

**Broadlands Tennis Website:**

[www.BroadlandsTennis.org](http://www.BroadlandsTennis.org)

## SUMMER CAMP for 2012



INFLATABLES ~  
ARTS & CRAFTS ~  
GYMNASTICS ~ ZIP LINE  
FOAM PIT ~ TRAMPOLINE

### Ages 5 & Up – Half or Full Day Camp

Camp starts 6/11/12  
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Offers.



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45449 Severn Way #101  
Sterling, VA 20166

[www.dullesgymnasticsacademy.com](http://www.dullesgymnasticsacademy.com)

## Lovettsville Volunteer Fire and Rescue Mud Run: July 21, 9:30a.m.

Lovettsville Volunteer Fire and Rescue is proud to announce our Inaugural Mud Run. This run will directly benefit LVFR, and immediately follows our 2012 Fund Drive campaign.

**The Mud Run 2012 is a 5k run, *but not your typical 5k.***

The course will have 12 different obstacles facilitated by our Fire Apparatus:

1. Slip and Slide
2. Creek / Mud
3. Snow-Fence crawl
4. Natural Mud
5. Hay Pit
6. A-Frame
7. Rope Frame
8. Entanglement Sewer Pipes
9. Wall
10. Tractor Tires
11. Hay Pyramid
12. Hurdles

We offer a unique "Mass Decon" area using additional Fire Engines to clean you off before you go home.

All participants will get an event T-Shirt, and food.

In addition:

- Food and Beverages for sale
- 50/50 Raffle
- Sponsor Raffle
- Musical Entertainment TBD

Registration fees:

- \$65 before July 1st
- \$75 before July 10th

On-site registrations depending on space availability.

To register or for more information visit <http://lovettsvillevfr.org/custom.html?id=16169>

**Site Address:**

**12852 Picnic Woods Road  
Lovettsville, Virginia 20180**

**Check-in Time: 8:30a.m.**

**Race Time: 9:30a.m.**

44611 Guilford Dr. #160  
Ashburn, VA 20147  
[www.phoenixtkd.net](http://www.phoenixtkd.net)  
703.858.3998

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room and a computer lab

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- Afterschool Taekwondo
- Summer Camps

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Difference



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Daily Public Skating  
Birthday Parties**

**For More Information call 703-858-0300  
or visit our Web Site at [www.ashburnice.com](http://www.ashburnice.com)**

### Public Skate Admission Rates:

Adults (13 and up): \$8.00  
Children (Under 13): \$7.00  
Seniors: \$5.00  
Skate Rental: \$4.00  
Group Skate: \$8.00

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Ice  
House**

**Summer Camp  
registrations still  
being accepted**

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Ashburn, VA 20147  
[www.ashburnice.com](http://www.ashburnice.com)

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# BROADLANDS 2012 POOL LOCATIONS AND HOURS

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

Standard pool hours will be 11:00 a.m. – 8:00 p.m. daily.

## **COMMUNITY POOL – 43008 Waxpool Road – 703-724-7830**

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 TIMES**

*Due to Broadlands Swim Meets, please note the following time changes:*

### **Southern Walk Pool**

June 9: Sat – open late at 12:00 p.m.  
June 13: Wed – close early at 4:00 p.m.  
June 16: Sat – open late at 12:00 p.m.  
June 23: Sat – open late at 12:00 p.m.  
July 14: Sat – open late at 12:00 p.m.  
July 21: Sat – open late at 12:00 p.m.

### **Community Center Pool**

July 11: Wed – close early at 4:30 p.m.

## **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** pets
- **NO** alcohol or drugs
- **NO** smoking
- **NO** chewing gum
- **NO** running, pushing, dunking, wrestling or rough play
- **NO** general swimming in diving area
- **NO** water toys or other equipment unless authorized by pool manager
- **NO** play equipment or wheeled vehicles, except wheel chairs and strollers
- **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 5 and under must be accompanied and supervised by an adult 18 years old or over**
- **Children 6 to 11 years of age must be accompanied and supervised by an adult or care provider at least 15 years old**
- Pool members **are responsible** for the conduct of their guests
- Children under 16 years must pass the Swim test to use the diving board and slide
- 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**
- Members using the pools do so at their own risk
- No Lifeguards are on duty at the wading pools



*Rules are subject to change. The complete text of the Broadlands Pool Rules is available at the Association Office or on the website [www.broadlandshoa.org](http://www.broadlandshoa.org).*



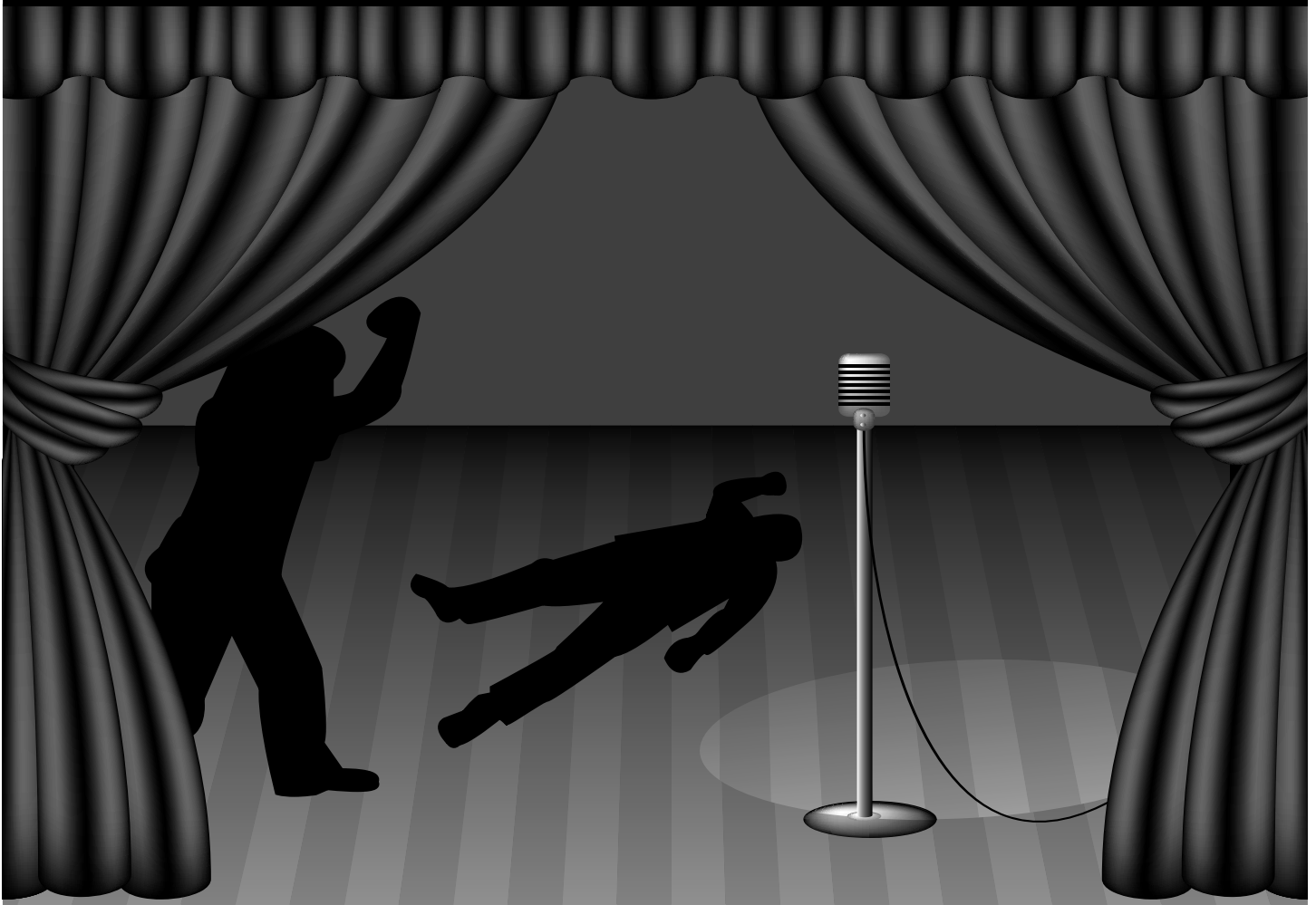
STAGE COACH  
THEATRE COMPANY

MURDER MYSTERY DINNER THEATRE

# KILLER HARMONY

Written and Directed by Terry Smith

Produced by Jerri Wiseman



Ashburn Volunteer Fire & Rescue Department Fundraiser

Saturday, July 28, 2012 6:00 - 9:00pm

\$38 includes buffet dinner, show and tax.

All tickets must be purchased through the link on the website

[www.ashburnfirerescue.org](http://www.ashburnfirerescue.org)

No tickets will be sold at the door. Deadline for ticket sales is July 23, 2012.

For more information contact [events@ashburnfirerescue.org](mailto:events@ashburnfirerescue.org)



# 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](mailto:scollins@broadlandshoa.com).

## BABYSITTERS:

Jessica Abboud (1996) 571-420-2558(B)  
Melissa Abboud (1994) 474-2631 (B,C,F)  
Alexi Annunziata (1998) 571 333 3303(B,C,R,F)  
Hannah Borokowski (1993) 723-5837(B,C,R,F)  
Kate Bridge (1998) 724-4430 (B)  
Sarah Burnheimer (1987) 723-6625 (B)  
Catie Busser (1994) 571 333-9971 (B,C,R,F)  
Brittany Butler (1989) 729-1109 (B)  
Justine Carlisle (1995) 726-5241 (C,F)  
Jennifer Chase (1994) 729-0501 (B,F)  
Christopher Ciullo (1992) 726-0280 (B,R,F)  
Kelly Collins (1995) 723-4847 (B,C,R,F)  
Liz Dickinson (1996) 723-8818  
Molly Donovan (1994) 928 8485 (B)  
Nicole Fazekas (1995) 723-7408 (B,C,F)  
Christina Fowler (1996) 334-8956 (B,C,F)  
Caroline Freeman (1997) 571 223 0007 (B,F)  
Keara Friberg (1995) 571-333-1962 (B,F)  
Victoria Gilbride (1994) 724-4898 (B,C,F)  
Brooke Hall (2000) 571-333-1338 (B,C,F)  
Megan Hyde (1996) 571-333-3944(B,C,R,F)  
Rowan Ibrahim (1996) 729-9261  
Akseli Ihanainen (1998) 723-9479 (B,F)  
Noelle Ihanainen (1998) 723-9479 (B,F)  
Liesl Jaeger (1996) 858-7385 (B)  
Ayesha Khawaja (1992) 728-5246 (C,F)  
Briana Kulisch (1996) 723 2833(C,F)  
Erika Kulisch (1999) 723 2833  
Lana Miller(1995) 724-9301 (B)  
Mary Beth Mitchell (1994) 729-5177 (B,C,R,F)  
Anna Noteboom (1997) 723-3460 (B, C, F)  
Bethany Oberg (1997) 723-7489(B,C,R,F)  
Katie Oberg (1994) 723-7489 (B,C,R,F)  
Danika Okpaleke (1994) 858-0396 (B,C,F)  
Katie Riddiford (1996) 723-1580  
Lindsey Roivas (1992) 723 6625 (B,C,R,F)  
Ethan Sink (1998) 723-7153 (B,C,R,F)  
Kurt Spinney (1994) 858-4488  
Shauna Spinney (1992) 858-4488 (B,R,F)  
Anika Steenstra (1996) 615-3666(B,C)  
Aubrey Steenstra (1993) 615-3666(B,C)  
Cristina Sturniolo (1998) 723-9632(B)  
Christina Tharp (1995) 927-4738 (B,C,F)  
Taylor van der Biezen (1997) 880-5279 (B,C,F)  
Emily Vinsik (1998) 723-8496 (B)  
Jamie Woodall (1996) 571-333-2877 (F)  
Jessica Woodall (1994) 571-333-2877 (B,F)  
Silviya Yordanova (1990) 571-246-2982 (C,R,F)

## MOTHERS HELPERS:

Jessica Abboud (1996) 571-420-2558(B)  
Melissa Abboud (1994) 474-2631(B,C,F)  
Alexi Annunziata (1998) 571 333 3303(B,C,R,F)  
Kate Bridge (1998) 724-4430 (B)  
Catie Busser (1994) 571 333-9971 (B,C,R,F)  
Arianne Carter (1996) 724-1103  
Remy Cavalieri (1997) 723-5130  
Nicholas Ciullo (1995) 726-0280  
Kelly Collins (1995) 723-4847 (B,C,R,F)  
Liz Dickinson (1996) 723-8818  
Molly Donovan (1994) 928 8485 (B)  
Nicole Fazekas (1995) 723-7408(B,C,F)  
Caroline Freeman (1997) 571-223-0007 (B,F)  
Victoria Gilbride (1994) 724-4898(B,C,F)  
Sarah Hoffman (1997) 729-1852  
Megan Hyde (1996) 571-333-3944(B,C,R,F)  
Rowan Ibrahim (1996) 729-9261  
Noelle Ihanainen (1998) 723-9479 (B)  
Shannon Keirce (1997) 729-7320  
Lana Miller(1995) 724-9301(B)  
Bethany Oberg (1997) 723-7489(B,C,R,F)  
Danika Okpaleke (1994) 858-0396 (B,C,F)  
Abby Patterson (1999) 571-333-1583  
Katie Riddiford (1996) 723-1580  
Tiffany Rutledge(1999) 858-3899  
Taylor Schuder (1997) 858-5259  
Kurt Spinney (1994) 858-4488  
Shauna Spinney (1992) 858-4488(B, R, F)  
Cristina Sturniolo (1998) 723-9632(B)  
Christina Tharp (1995) 703-927-4738 (B,C,F)  
Jamie Woodall (1996) 571-333-2877(F)  
Jessica Woodall (1994) 571-333-2877(B,F)

## COLLEGE STUDENT HELPERS:

Jacob Burnheimer (1991) 723-6625  
Sarah Burnheimer (1987) 723-6625(B)  
Liz Ries (1989) 729-0744(B,C,R,F)  
Lindsey Roivas (1992) 723-6625(B,C,R,F)

## YARD WORK:

Dylan Bowie (1996) 297-6004  
Benjamin Burnheimer (1987) 723-6625  
Jacob Burnheimer (1991) 723-6625  
Chirs Butler (1992) 729-1109  
David Caldwell (1995) 571-333-1132  
Tommy Caldwell (1997) 571-333-1132  
Remy Cavalieri (1997) 723-5130  
Nicholas Chase (1998) 729-0501  
Christopher Ciullo (1992) 726-0280  
Nicholas Ciullo (1995) 726-0280  
Andrew Hoyler (1996) 723-9123  
Andrew Law (1993) 723-4341  
Sam McDonald (1995) 723-5911  
Kurt Spinney (1994) 858-4488  
Connor Vincent (1995) 729-6731

## PET SITTERS:

Alexi Annunziata (1998) 571 333 3303  
Jonathan Baba (1997) 723-6553  
Lexi Blair (1999) 858-7295  
Dylan Bowie (1996) 297-6004  
Kate Bridge (1998) 724-4430  
Julie Bruno (1983) 554-4316  
Jacob Burnheimer (1991) 723-6625  
Sarah Burnheimer (1987) 723-6625  
Brittany Butler (1989) 729-1109  
Chirs Butler (1992) 729-1109  
David Caldwell (1995) 571-333-1132  
Tommy Caldwell (1997) 571-333-1132  
Justine Carlisle (1995) 726-5241  
Arianne Carter (1996) 724-1103  
Remy Cavalieri (1997) 723-5130  
Jennifer Chase (1994) 729-0501  
Alyssa Chiado (2000) 729-6824  
Christopher Ciullo (1992) 726-0280  
Nicholas Ciullo (1995) 726-0280  
Kelly Collins (1995) 723-4847  
Matt Dennen(1999) 723-1538  
Liz Dickinson (1996) 723-8818  
Molly Donovan (1994) 928 8485  
Haley Faulkner (1994) 571-235-3171  
Caroline Freeman (1997) 571-223-0007  
Keara Friberg (1995) 571-333-1962  
Victoria Gilbride (1994) 724-4898  
Andrew Hoyler (1996) 723-9123  
Megan Hyde (1996) 571-333-3944  
Shannon Keirce (1997) 729-7320  
Erika Kulisch (1999) 723 2833  
Lana Miller (1995) 724-9301  
Danika Okpaleke (1994) 858-0396  
Sam Patterson (2001) 571-333-1583  
Elisa Reinhardt (adult) 858-1507  
Lindsey Roivas (1992) 723-6625  
Tiffany Rutledge(1999) 858-3899  
Kurt Spinney (1994) 858-4488  
Anika Steenstra (1996) 615-3666  
Aubrey Steenstra (1993) 615-3666  
Cristina Sturniolo (1998) 723-9632  
Christina Tharp (1995) 927-4738  
Steffen Vater (1992) 723-8354  
Connor Vincent (1995) 729-6731  
Adam Wittenburg (2000) 723-8732  
Jessica Woodall (1994) 571-333-2877

### 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](mailto:scollins@broadlandshoa.com).*

# DCBHS

**D**ominion Center for Behavioral Health Services is now open in South Riding. We offer:

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- Couples Counseling
- Children and Adolescent Clinical Evaluations and Counseling
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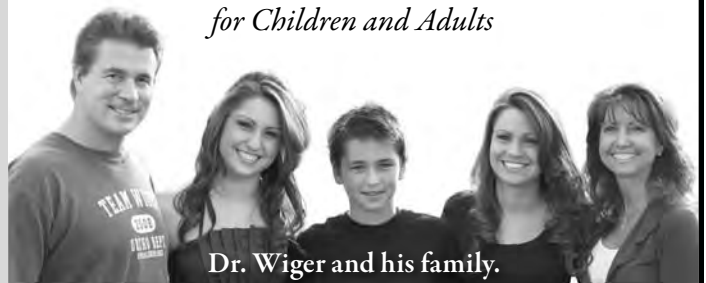
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# CLUBS AND GROUPS

Includes Broadlands and surrounding Ashburn area clubs and groups. To be included on this list or if your club has an announcement or an event you would like published, please email: [nihanainen@broadlands-hoa.com](mailto:nihanainen@broadlands-hoa.com).

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## ASHBURN AREA WOMEN'S CLUB

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

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## 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.

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## ASHBURN CLASSICS

There will be a picnic and ice cream social in July. For more information, please call 703-723-3724 or 703-729-7044.

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## ASHBURN TOASTMASTERS

Welcomes those interested in developing communication, leadership and presentation skills. For info, please contact us at [info@ashburn.freetoast-host.ws](mailto:info@ashburn.freetoast-host.ws) or visit [www.toastmasters.org](http://www.toastmasters.org) to learn more.

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## BROADLANDS BICHON FRISE CLUB

Anyone interested who is currently a Bichon owner, please contact JoAnn Conroy at [jfc27@smartneighborhood.net](mailto:jfc27@smartneighborhood.net).

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## BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

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## BROADLANDS RUNNING/FIT CLUB

We meet every Saturday morning behind the Broadlands Nature Center at 9:00a.m. for 90 minutes. We will focus on physical activity for all levels of fitness including stretching, strength training and cardio exercises. We will include light runs and nutrition advice. Broadlands residents are free. If you plan to attend please RSVP to Tim, 310-425-1453.

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## CUB SCOUTS & BOY SCOUTS

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

---

## GERMAN LANGUAGE PLAYGROUP

Interessieren Sie sich Fur eine deutschsprachige Spielgruppe in Loudoun County? If your children were born 2008 or later and you're raising them auf Deutsch (whether you're fluent or not), contact Jessica Mouw, [jemouw@gmail.com](mailto:jemouw@gmail.com), to join a German-Language playgroup.

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## GRIEF SHARE SEMINAR/SUPPORT GROUP

GriefShare recovery seminar and support group meets at Our Savior's Way Lutheran Church in Broadlands on Monday nights. For more information, please call Beth Anton at 703-470-8821 with any questions or visit our website at [www.griefshare.org](http://www.griefshare.org).

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## GIRL SCOUTS

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

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## INVESTMENT CLUB

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

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## 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](http://www.LoudounWNG.com).

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## MOM'S CLUB OF BROADLANDS

A national club made up of Moms and kids from the Broadlands. We meet in the Community Center every 2nd Friday at 10:00am. For info, contact Katina Wilberger at [kp\\_wilberger@yahoo.com](mailto:kp_wilberger@yahoo.com).

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## MOMS NEXT MEETINGS

Mothers of elementary aged children, join us the second Thursday evening of the month, 6:45-8:45 to be encouraged and inspired. A typical meeting includes dinner, a speaker and small group discussion. For more information, please visit our web site at [www.cfellowship.com/momsnext](http://www.cfellowship.com/momsnext). Questions can be sent to [CFCMOMNext@gmail.com](mailto:CFCMOMNext@gmail.com).

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## MOMS IN TOUCH

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

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## 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](mailto:robin@sashaheart.com) for more info.

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## ASHBURN WRITING GROUP

Local writers who meet once a week to review our work, offer constructive criticism, and improve our craft. We welcome writers of all genres who seek to get published. We meet from 10:30a.m. to 1:00p.m. most Mondays at the Broadlands Community Center. For more information, please visit <http://groupspaces.com/AshburnWritingGroup/> or contact [brynbenning@gmail.com](mailto:brynbenning@gmail.com).

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## TECHNOLOGY COMMITTEE

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



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## JULY CLASSIFIED ADS

### **EARLY EDUCATION/DAY CARE**

**GROWING MINDS PRESCHOOL:** A home based preschool located in Broadlands is now registering for its 2 ½, 3 & 4 year old classes for the 2012-2013 school year. For more information or to schedule a tour, please email Judi Ratcliffe at [gmins@verizon.net](mailto:gmins@verizon.net) or call at 703-858-7966.

**LITTLE SPROUTS PRESCHOOL:** is now registering for Fall classes. We offer preschool classes for 2, 3, and 4 yr olds as well as Mom's Morning Out, mornings or afternoons, small classes (8 kids/2 teachers) and monthly field trips. We believe in learning through hands on active fun! Check out our website <http://littlesproutspreschool.clubspaces.com> for more information or call Karlene 408 750-7349 for a tour.

### **FOR SALE**

**FORMER HS STUDENT SELLING A VERY LIGHTLY USED CLARINET:** In excellent condition! Comes with: clarinet case, case name tag attachment, and all necessary cleaning accessories \$125.00 OBO. Please call Brittany at (703) 973-7473.

### **INSTRUCTION - ARTS/MUSIC/ RECREATION**

**CONGRATULATIONS TO MINTONS ACADEMY STUDENTS:** Connor Cason and Varsha Kakarapati. Both were chosen as the only 2 drummers to represent the LCPS District Middle School jazz band. Offering music instruction in all instruments, Mintons Academy, where great musicians come from. Minton's Academy of Music 703-723-1154. [www.mintonsmusic.com](http://www.mintonsmusic.com).

**ART & PAINTING:** Drawing and water painting. \$25 material fee. \$125 for 1 ½ hour class. Call 443-319-3641 or email to [neeru803@gmail.com](mailto:neeru803@gmail.com).

**FREE SWIM LESSONS:** Can't afford swimming lessons? I give free lessons to children from families with financial need, who may not otherwise be able to afford private lessons. Valuable swimming fundamentals can save a life. Call 703-615-5370, or visit [Learn2swimwithHunter.com](http://Learn2swimwithHunter.com).

**KINDERMUSIK IS BACK!** Join Brenda Wright, certified educator and pre-school teacher, this summer at the Broadlands Community Center for a musical adventure! Classes are offered for children ages 0 – 7. Visit [www.WrightFootForward.com](http://www.WrightFootForward.com) for class descriptions and schedule or call Brenda at 703-344-4135.

**KINDERTOTS, KINDERMOTION, KINDERDANCE:** 4 week Summer session at the Community Center! Education through dance and creative movement with Mrs. Nichole! July 18 – Aug 8. Registration forms in the Nature Center. [KDofLoudoun@aol.com](mailto:KDofLoudoun@aol.com). 703-728-7862.

**MUSIC LESSONS, SUMMER CAMPS,**

**PROGRAMS FOR YOUNG CHILDREN** at the world-famous School of Rock. We take your child from fooling around with music to becoming a real musician. Check out all our programs at [www.schoolofrock.com/sordc](http://www.schoolofrock.com/sordc) and start rocking today! 703-858-0820.

**PIANO & VIOLIN LESSONS:** Degreed instructor with over 28 years experience (nationally-recognized composer and active performer)! Offering a comprehensive lesson program for students of all ages and abilities, beginner to advanced. Please call (240) 912-7604 for more information!

**VIOLA & VIOLIN LESSONS:** Offered out of my private studio conveniently in Broadlands. All ages and levels welcome! Please call (703)598-4708 or email me at [CatherinePalusci@aol.com](mailto:CatherinePalusci@aol.com). References available.

**ST. MICHAEL SHOTOKAN KARATE—** Ashburn's leading and acclaimed Japanese Style Martial Arts School for CHILDREN and ADULTS. Home of local, regional, national CHAMPIONS! Training days: Mondays, Tuesday, Thursdays. Venue: 43895 Grottoes Drive, 20147. CONTACT: Majal Florence Cammack-703/606-1974. E-mail: [colonmc@yahoo.com](mailto:colonmc@yahoo.com).

### **INSTRUCTION - TUTORING**

**MATH TUTOR IN BROADLANDS!** I am a Broadlands resident, and have 20 years tutoring experience helping students in: Math 8, Algebra 1, Geometry, Algebra 2, and SAT and ACT math sections. Call Dan Harris at: 703-909-4438, or email me: [aplustestprep@verizon.net](mailto:aplustestprep@verizon.net).

**A-1 LOUDOUN COUNTY MATH TEACHER:** Pre-algebra, Algebra (I & II), Geometry, Trigonometry and Pre-Calculus. Tutor at your home or Ashburn Library. Reasonable rates. Call Vincent Chu at 571-379-3074 or email [vchu\\_911@yahoo.com](mailto:vchu_911@yahoo.com). Visa, Master Card, Discover and Amex accepted.

**HINDI LESSONS:** 10-Year Experienced Hindi Teacher - \$20 for 45 minute classes. Call for more details at 443-319-3641 or email to [neeru803@gmail.com](mailto:neeru803@gmail.com).

**SAT/ACT TEST PREP:** LCPS SAT Prep teacher offers 5 week SAT and ACT courses. Class size limited to 8 students – register early! All classes are on Saturdays. Next SAT course starts 8/25. Next ACT course starts 9/15. [www.collegeboundloudoun.com](http://www.collegeboundloudoun.com).

**SPANISH:** Spanish 1, 2, 3 & AP. I am a Spanish native speaker from Madrid, Spain with 18 years of teaching experience to children, teens, adults and businesses. I teach at your home, library, local cafes or at my office. Contact Magnolia Inmon, 703-547-8115 or [magnolia@the.schoolofspanish.com](mailto:magnolia@the.schoolofspanish.com), [www.the.schoolofspanish.com](http://www.the.schoolofspanish.com).

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**GET IN SHAPE WITH AN ACE CERTIFIED PERSONAL TRAINER:** I will design a fitness plan based on your goals and needs. Will train in your home. Call Susan at Custom Fitness, 571-228-3545.

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**FIT COACH:** We assist people in meeting their individual fitness goals, wants and needs. Whether you want to reduce your chance of injury, increase your flexibility, get stronger or enhance your appearance while improving your overall health and performance. Our gym is fully insured and we hold the top national fitness and sports performance certifications. Contact Tim Sullivan 310-925-1453.

**HEALTH COACH:** Looking for ways to increase energy? Reduce stress and improve your overall wellness? Come to Wellness Wednesdays, a free nutrition class to learn more. We offer individual programs, high quality products and most important personal support. Helping individuals to Dream Strength, Live Fit, Eat Well & Achieve Glory! Call Jenn Bradshaw at 703-474-5244; or RSVP at [jenn@personalwellnessrevolution.com](mailto:jenn@personalwellnessrevolution.com). Visit <http://www.personalwellnessrevolution.com>.

**THERAPEUTIC MASSAGE – nicknamed the “knot buster”:** Has additional training in deep tissue, sports and pregnancy massage. Hot stone and Mu-Xing heated massage treatments available. Registered Nurse with over 25 years of experience. Claudette Plater, RN,CMT, [www.tranquilmoment.com](http://www.tranquilmoment.com). 703-724-4210, Ashburn.

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**LARRY MILLER INC. WINDOW CLEANING SERVICE:** Residential Specialist. Free screen cleaning, free estimate. Also offers power washing, gutter cleaning and Christmas lighting services. Licensed & insured. Resident of Broadlands. Call Larry at 703-723-7770.

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

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**MARIA'S STAR 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](http://www.mariasstarcleaning.com).

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**PINK PIGGY SWEETS:** Online bakery offering made-to-order sweets baked from scratch using organic and local ingredients! We customize cakes, cake pops, cupcakes, cookies, pies, and cake push-pops for all your celebration events! We offer Party Classes too! NF/GF, [www.pinkpiggysweets.com](http://www.pinkpiggysweets.com). 571-333-7477.

**TASTEFULLY SIMPLE:** Can help you earn some extra cash for your vacation! I've been building a team for 10 years, and LOVE my job, including the FREE TRIPS. Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, [www.tastefullysimple.com/web/Lsvendsen](http://www.tastefullysimple.com/web/Lsvendsen), [FoodFromLisa@comcast.net](mailto:FoodFromLisa@comcast.net)

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Erin Troia [www.mythirtyone.com/erintroia](http://www.mythirtyone.com/erintroia) to peruse our catalogue, or set up a one on one consultation, to find the perfect simple solution. 571-205-0168.

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**AROUND MIDNIGHT PET SERVICES, LLC:** Provides midday walks, vacation visits and overnight companionship in your home for your pets. We also provide house sitting services and plant care. Call us today at 703-726-9218, [www.aroundmidnight.net](http://www.aroundmidnight.net), Pet Lovers Providing Care.

## **PROFESSIONAL SERVICES**

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

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### **PAYMENTS and ADS:**

Please email ads to: [scollins@broadlandshoa.com](mailto:scollins@broadlandshoa.com). Checks only please, made payable to "Broadlands Association". *No cancellations after the initial deadline.* Payments can be mailed or dropped off at:

Broadlands Association  
21907 Claiborne Parkway  
Broadlands, VA 20148

### **CONTACT:**

Advertising Manager  
Stassa Collins  
703-729-9704

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## ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to over 3300 homes and businesses in the Broadlands community. The Newsletter Committee reserves the right to reject any advertisement that is not in the best interest of the Broadlands Community or the Broadlands Association. **Advertising orders cannot be cancelled after the initial 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. Insertion Order Forms are available at [broadlandshoa.org](http://broadlandshoa.org) on the newsletter page.

**DEADLINE: Ad and payment submissions are due the first day of the month prior to the issue.**

### MONTHLY PRICING

#### BLACK AND WHITE:

1/8 pg (3.625" W X 2.25" H) \$90 /\$72\*  
1/4 pg (3.625" W X 4.875" H) \$160 /\$135\*  
1/2 pg (7.5" W X 4.875" H) \$295 /\$266\*

#### COLOR (INSIDE COVERS) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$220 /\$209\*  
1/2 pg (7.5" W X 4.875" H) \$425 /\$404\*  
Full pg (8.5" W X 11" H) \$1050 /N/A

#### COLOR (OUTSIDE BACK COVER) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$250 /\$239\*  
1/4 pg horizontal banner (8" W X 3" H) \$250 /\$239\*  
1/2 pg (8" W X 4.875" H) \$475 /\$453\*  
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Add 10% to base price above for preferred placement

\*Discounted price if 6 or more months are prepaid

#### **PAYMENT IS DUE IN FULL WHEN AD IS SUBMITTED.**

Make checks payable to Broadlands Association. Checks only accepted. Changes to prepaid ads may be submitted before each deadline.

#### MAIL ADS and PAYMENT TO:

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

For more information or questions regarding advertising, contact Ad Manager Stassa Collins at 703-729-9704 or [ads4broadlands@yahoo.com](mailto: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 10th of the month**, or Noon on the last business day before the 10th (Friday) should it fall on a weekend or holiday. Editorial submissions should be emailed to [nihanainen@broadlandshoa.com](mailto:nihanainen@broadlandshoa.com). A message may be left for the editor at 703-729-9704.



## Events and Committees

### July Events

<u>Date</u>	<u>Activity</u>
7th	Nature Center Open 10:00a.m. - 2:00p.m. 8:30p.m. Flicks In the Sticks - Puss in Boots(NC lawn)
4th	Association offices closed in observation of Independence Day No Modifications Subcommittee Meeting
10th	Noon - Editorial submissions due 6:00p.m. Board of Directors Meeting(NC)
11th	4:30p.m. Community Center Pool closing early for swim meet 7:30p.m. Tech Committee Meeting(NC)
12th	6:00p.m. Southern Walk Hearing Committee Meeting(NC)
13th	9:00a.m. Broadlands Kids Triathlon 10:00a.m. Broadlands Mom's Club(CC) 5:30p.m. Broadlands Live(Hillside Park)
14th	Nature Center Open 10:00a.m. - 2:00p.m. 12:00p.m. Southern Walk Pool opening late due to swim meet 12:00p.m. Family Program - Summer Pond Day(NC)
18th	7:00p.m. Modifications Subcommittee Meeting(NC)
19th	8:00p.m. Investment Club(CC)
21st	Nature Center Open 10:00a.m. - 2:00p.m. 12:00p.m. Southern Walk Pool opening late due to swim meet 8:00p.m. Wildlife Ambassadors Family Program(NC)
25th	7:30p.m. Book Club(NC)
28th	8:30p.m. Flicks in the Sticks - The Muppets (NC lawn)

### Committees

**Broadlands Live! Summer Concert Committee**  
**Chair:** Open.

**Community Events 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, osimpson@broadlandsnaturally.org.*

**Neighborhood Watch Committee**  
**Chair:** Open

**Recreation Committee**  
**Chair:** Open

**Technology Committee (broadlandshoa.org)**  
*Will meet the 2nd Wednesday of each month at 7:30 pm in the Nature Center. Open to all residents.*  
**Chair:** Dawne Holz, dawne@holzfamily.net

**Tennis Committee:**  
**Chair:** Brad Marcus, bradmarcus@gmail.com

**Swim Team:**  
Website: www.broadlandsswimteam.org

**Webmaster:** webmaster@broadlandshoa.org

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**571.437.6445**  
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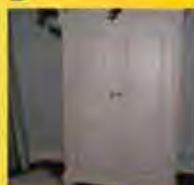
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