

BROADLANDS

Our Neck of the Woods

HAPPY BIRTHDAY, AMERICA!

- Broadlands Live, July 11th, page 12
- Flicks in the Sticks, July 5th and 26th, color insert
- Events Committee Meeting, July 22nd, page 5
- Under the Sea, July 12th, color insert
- The HOA offices will be closed for the 4th of July.

Photo Courtesy of Carol Maltese



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**Broadlands Homeowners Association
Board of Directors Meeting
Tuesday, July 8th - 6:00p.m.
Nature Center Conference Room**

Board of Directors Meetings

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

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

Modifications Subcommittee

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

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

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

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

**Modifications Subcommittee
Meeting and Submission Dates**

Meeting Date	Submission Date
July 2, 2014	June 26, 2014
July 16, 2014	July 10, 2014
August 6, 2014	July 31, 2014
August 20, 2014	August 14, 2014

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

**Pets, Pets and More
Pets**

Broadlands is proud to be a pet friendly community, and we're happy your four-legged family members are part of our community. Many residents get endless joy from their four legged counterparts. Hard as it may be to believe, your furry friend may become your neighbors' enemy if you don't take steps to ensure that their habits don't have a negative impact on others. It's important that these pets don't create an unpleasant environment for everyone else. To avoid unnecessary disputes and potential rule violations, here are some recommendations to ensure their furry friends continue to be a welcome addition to the neighborhood.



Stop that Barking!

The HOA receives numerous complaints throughout the year that residents allow their canines to bark incessantly. Pets will be noisy from time to time. However, when loud barking or meowing becomes annoying to neighbors, it's time to help your pet become less talkative. First, try to find out what causes your pets to get vocal: Do they get noisy when they've been alone and bored all day and need some playtime? Have they gone through a stressful change in environment recently? Are they suffering from health issues? Do they simply like saying "hello" to every squirrel, person or car that passes by? When you've identified the cause, take remedial actions such as confining them to an area where they feel calm while you're away, removing or blocking as many stimuli as possible, exercising them more and spending more time with them. You can also take them to a professional or search online for tips on how to train your pets not to get too noisy. Here are some additional ways to help abate the barking nuisance:

- Training. Always the first recommendation for any behavioral problem! Help is as close as the Yellow Pages. Training not only helps your dog, you'll be surprised how much it helps you, too. You may get some insight into *why* your dog barks so much, or what it is trying to communicate.
- Citronella collars. A humane alternative to the electric-shock, anti-barking collar and costs about the same. Available on the web and in pet stores.
- Confinement. Sometimes simply bringing an outspoken dog indoors or confining it to a crate can cut down on the disturbance to neighbors.
- Reduce stimulus. Close drapes to help muffle street noise, or leave a radio on to mask it. Disconnect telephones and doorbells before leaving your home if they upset your dog or make it bark.

continued on page 7

Who's Who

BROADLANDS ASSOCIATION, INC.

21907 Claiborne Parkway
Broadlands, Virginia 20148
Main: (703) 729-9704 Fax: (703) 729-9733
www.broadlandshoa.org

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

BROADLANDS ASSOCIATION MANAGEMENT & STAFF

General Manager

Sarah Gerstein sarah@broadlandshoa.com

Covenants covenants@broadlandshoa.com

Newsletter Editor & Events Committee Liaison

Natalie Ihanainen nihanainen@broadlandshoa.com,

..... events@broadlandshoa.com

Newsletter Advertising Manager & Communications Coordinator

Stassa Collins scollins@broadlandshoa.com

Secretary to the Modifications Subcommittee, Covenants

Robin Crews rcrews@broadlandshoa.com

Covenants

Susan Kuklick skuklick@broadlandshoa.com

Reception

Joanne Hang joannehang@broadlandshoa.com

Julie Holstein julie@broadlandshoa.com

Naturalist

Jessica Bukowinski naturalist@broadlandshoa.com

BOARD OF DIRECTORS

President Brian Beahm - brian.beahm@gmail.com (703) 726-6360

Vice President Eric Bazerghi - eric@thehouse.net (703) 723-1046

Secretary/Treasurer Dawne Holz - deholz@icloud.com (703) 349-1095

Directors

Heidi Eaton (703) 802-4847

Cliff Keirce (703) 729-7320

Gerry Alcantara (703) 858-1320

Joseph T. Wagner (571) 333-0831

Members at Large, Van Metre Representatives

Roy Barnett rbarnett@vanmetrecompanies.com (703) 425-2600

Denise Harrover dharrover@vanmetrecompanies.com (703) 425-2600

COMMITTEES

Broadlands Live! Summer Concert ...Renee Ventrice, tttrenee@yahoo.com

Community Wildlife Habitat* Oya Simpson,
osimpson@broadlandsnaturally.org or (703) 725-8040

Events Chair: Open, events@broadlandshoa.com

Neighborhood Watch Chair: Open

Recreation Chair: Open

Swim Team www.broadlandsswimteam.org

Technology* Dawne Holz - deholz@icloud.com, broadlandshoa.org

Tennis Brad Marcus - bradmarcus@gmail.com

Webmaster webmaster@broadlandshoa.org

*Please look under Clubs and Groups for more information

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Website: www.fsresidential.com

Email: customerservice.dcmetro@fsresidential.com

Mail Payments to:

FirstService Residential

P.O. Box 11983

Newark, NJ 07101-4983

Useful Numbers

NON-EMERGENCY

Ashburn Fire..... (703) 729-0006

Dominion Virginia Power..... (888) 667-3000

Fire Marshall..... (703) 777-0333

Loudoun County Sheriff (703) 777-1021

Loudoun Water (customer service) . (571) 291-7880

Loudoun Water (after hours) (571) 291-7878

Poison Control..... (800) 222-3333

State Police..... (703) 771-2533

Washington Gas..... (703) 750-1000

BROADLANDS COMMUNITY

Mailbox (Main Street Mailboxes)....1(703) 753-5521

Trash Pickup (Patriot Disposal)1(703) 257-7100

Southern Walk Internet/Cable:

OpenBand 24x7 (customer service) (866) 673-6226

OpenBand (trouble tickets)..... (703) 961-1110

PUBLIC INFORMATION

Animal Control/Shelter (703) 777-0406

Building Permits & Dev. (703) 777-0397

County Landfill (703) 771-5500

DMV (VA) (800) 435-5137

Health Department..... (703) 777-0236

Library (Ashburn)..... (703) 737-8100

Loudoun Ride On..... (703) 777-2708

Loudoun Hospital..... (703) 858-6000

Miss Utility (800) 552-7001

Metro..... (202) 637-7000

Parks and Recreation (703) 777-0343

Ridesharing (703) 771-5665

Road Conditions (800) 367-7623

School Board..... (571) 252-1000

Street Signs/Storm Drains..... (703) 771-5666

VDOT..... (703) 383-8368

Van Metre Homes..... (703) 348-5800

Verizon..... (703) 954-6222

Verizon Fios (888) 553-1555

Wildlife Hotline (local)..... (703) 440-0800

SCHOOLS - BROADLANDS

Briar Woods High School (703) 957-4400

Eagle Ridge Middle School (571) 252-2140

Hillside Elementary School..... (571) 252-2170

Mill Run Elementary School (571) 252-2160



Go Green and Opt Out

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

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



Come Help with the Planning of the Middle School Kids End of Summer Party!

There will be an Events Committee strategy session for the Middle School Kids End of Summer party on Tuesday, July 22nd, 7:30pm at the Community Center. The Community Center is located at 43004 Waxpool Road (on the right side of Waxpool Road driving west, same area where the Community Pool is located.)

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

Snacks and drinks provided.

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

Save the Date for the Summer Blowout Family Celebration

Grab the kids, the sunscreen too, Broadlands has the party for you. Bounces, balloons, face painting, hay rides and more. Beer trucks and wine, food trucks galore!



Bring the family, it's gonna be great, make sure you are there and don't be late!

Mark your calendars for Saturday, August 9th from 4:00pm - 8:00pm.

We need volunteers to help make this event a success. If you are available and would like to help, contact Natalie Ihanainen at events@broadlandshoa.com.

Board Meeting Highlights

The following actions were taken by the Board of Directors at their meeting held on June 10, 2014.

- Approved minutes of May 13, 2014 meeting.
- Consented to the purchase of new servers for email, network, and pool passes at an estimated cost of \$3,000.
- Did not consent to Planet Aid bins on the property.
- Did not consent to adding free weights in the yoga room.
- Did not consent to providing the WiFi password in the fitness center.
- Consented to installing a bike rack near the parking lot at the fitness center.
- Approved a fence appeal with stipulations.
- Approved the mailbox Design Guideline change as recommended by the Modifications Subcommittee.
- Accepted \$1,500 as payoff for the \$6,146.65 balance for an account the owner has filed for bankruptcy and is in short sale.
- Directed management to send the Financial Management RFP to legal counsel for review and then distribute to local community management companies.



**2014 Broadlands Kids Triathlon for Charity
Friday, July 11, 2014
9:00am - 11:00am**

****ATTENTION****

The kids bike course runs along Stone Hollow and Ridgeway Drive then entering Mill Run Elementary

PLEASE BE AWARE OF OUR YOUNG CYCLISTS AND THANK YOU AGAIN FOR YOUR SUPPORT OF OUR EVENT!

It's not too late to register, visit www.runsignup.com. Proceeds to benefit Zane Dovel "Zane Strong" medical expenses.



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

Enjoy Oatlands



July 1–July 31: 16th Annual Art Show & Sale

July 6: Contemplative Yoga in Nature

July 13 & July 27: Afternoon Tea (reservations required)

July 19: Cabaret Salute to the 1940s

July 3–August 28: Thursday Nature Nights

Summer Camps Now Thru August—Register Today!

Save the Date: August 30 Fabulous 1940s Party

Visit oatlands.org for information on these and other fun, interesting events.

Property Rentals: Business Meetings, Company Picnics, Corporate Retreats, Holiday Parties, Weddings, Rehearsal Dinners

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Inside Tips To Big Savings On Your Life Insurance

Tip #1: Avoid buying more insurance than you really need. People use life insurance for many different reasons. For example, to protect their family, to cover a home mortgage, to fund a business buy-sell agreement, to pay off debt and to settle estate taxes. The amount of coverage you need will vary depending on the purpose of your policy. A general rule of thumb is 6 to 8 times your annual income will provide your family with adequate protection.

Tip #2: Estimate the number of years your insurance is needed. Predicting your future is not always easy to do. However, calculating the amount of years you desire life insurance protection is a key to determining which insurance products best fit your needs. You will maximize your insurance savings by choosing the policy that has the least expensive outlay over that period of time.

Tip #3: Avoid a big mistake! A natural reaction when buying life insurance is to focus on which policy has the lowest first year price... Be careful of this trap... some policies start out with low first year prices and drastically increase... sometimes even by 5 to 10 times more in the later years.

Tip #4: Read the fine print on policies offered through your work. Typically group policy prices increase every 5 years, so your costs become extremely expensive the longer you have the coverage. Not to mention, if you ever leave your employer or get laid off, most companies don't allow you to take your policy with you. There is something else you may not be aware of. Group rates are based on the total health of all the members of the group. Smokers are mixed in with non-smokers, and people with poor health are priced equally with those in excellent health. If you are generally in good health, you can almost always find better rates than those offered through a group policy.

For more information or to find out how you can purchase life insurance that is competitively priced call the office of Dennis Jones of DRJones & Associates. toll free at 1.800.645.8514.



continued from page 3

•Companionship. Dogs are pack animals; they need companionship—a cat, bird, or another dog. Consider a mid-day visit from a pet-sitting service, or drop your pooch off at a friend's place or a day-care facility once or twice a week.

Scoop the Poop!

American pet owners collectively spend tens of millions of dollars every year on veterinary care and over-the-counter medicines for their furry loved ones. But what many don't realize is that many pet illnesses can be avoided by simply keeping the back yard clear of pet waste.

Dog waste is more than just a smelly and unsightly mess. It's also a breeding ground for infection—especially in dog parks and other areas where dogs frequently gather. Bacteria, worms and other parasites thrive in the waste until it's cleaned up or washed into the water supply. Giardia, ringworm, roundworm and E. coli are examples of such inhabitants, all of which are commonly found in dog feces and are easily transferable upon contact.

When pets become sick, contagions are often times passed through their deposits into their own yard. The longer infected dog waste stays on the ground, the greater a contamination becomes. And when this waste is not picked up, pets have a high risk of catching the infection over and over again. Roundworm, for example, is one of the most common parasites found in dog waste and it can remain infectious in contaminated soil and water for years.

The best thing pet owners can do to help keep their four-legged friends healthy and safe is to pick up after them and to do so in a timely manner. Those who don't have enough time to deal with the mess themselves—or simply don't want to—should consider hiring a local pet waste removal service.

Love 'Em and Leash 'Em!

According to the U.S. Humane Society, an unleashed dog has an average life span of less than four years. Allowing your dog to run free is not only against the law, but it also threatens your dog's health and welfare and the happiness it brings to you. Your neighbors likely don't like to call animal control, but they won't have any choice if your dog is running free.

Sarah

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



End of Summer Middle School Pool Party

Southern Walk Pool

Friday August 15, 2014
6:30pm - 9:00pm.

All rising 6th, 7th and 8th grade Broadlands Residents are welcome!

Come celebrate the end of summer with your friends.

Enjoy music, pizza and bring your floats for the pool.

We would love to have more volunteers. If you are available to help, please contact Natalie Ihanainen at events@broadlandshoa.com.

Interested in ROWING?

Briar Woods Crew Club is sponsoring two summer rowing camps at the Mt. Hope rowing facility. July 21-25 & July 28-August 01. M-F 8:00am-12:00pm. Area coaches will instruct novice and expert rowers in the sport of competitive and recreational rowing. Increase in fitness, rowing intelligence, confidence, leadership, and personal fulfillment. Appropriate for 8th-12th graders. For more information and to registration visit: <http://www.loudounrowing.com/camps-and-clinics.html>.

Website Names Recalled Products


Is your dishwasher in danger of catching fire? Do the outdoor lighting fixtures in your community pose a shock hazard? Will the peanut butter in your pantry send you to the hospital? Every year in the United States, countless products ranging from power tools to plush toys are recalled by manufacturers. In the first half of 2010, major recalls included several million vehicles and 43 over-the-counter children's medicines. In December 2009, virtually every Roman blind and roller shade on the market was recalled due to strangulation hazards posed by their cords.

To help consumers stay aware of unsafe, hazardous or defective products, six federal agencies (the Consumer Product Safety Commission, the Food and Drug Administration, the National Highway Traffic Safety Administration, the Environmental Protection Agency, the Coast Guard and the Agriculture Department) have joined to create a one-stop online resource for U.S. government recalls. The website, www.recalls.gov, offers comprehensive listings of the latest recall information, as well as a search feature that enables consumers to look up recalls by product type. Visitors to the site may also sign up for a free e-mail notification service to receive new recalls and safety information electronically.



July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Modifications Subcommittee Meeting 7:00pm - NC	3	4 Happy Independence Day! 	5 Nature Center Open 10:00am - 2:00pm Flicks in the Sticks 8:40pm - NC Back Lawn
6	7	8 Board of Directors Meeting 6:00pm - NC	9	10 Newsletter Submissions Due by Noon	11 Broadlands Kids Triathlon for Charity 9:00am - NC and throughout community Broadlands Live 5:30pm - HP	12 Nature Center Open 10:00am - 2:00pm Under the Sea 10:00am - NC
13	14	15	16 Mod Subcomm Meeting 7:00pm - NC Tech Comm. Meeting 7:30pm - NC	17	18	19 Nature Center Open 10:00am - 2:00pm
20	21 Science Wizards 5 Day Nature Program Starts 9:00am - NC	22 Events Comm. Meeting 7:30pm - CC	23	24	25	26 Flicks in the Sticks 8:35pm - NC Back Lawn
27	28 Nature Tales 5 Day Nature Camp Starts 9:00am - NC	29	30	31		

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

July Covenants Corner

Throughout the year, the Covenants Inspectors inspect the homes in the community for a variety of issues ranging from trash containers in view to parking issues and unapproved modifications to leftover holiday decor. In addition, certain seasons dictate the need to focus on particular violations that occur with high frequency.

During the month of July, the Inspectors will be focusing on units with exterior modifications that have not been submitted for and approved by the Modification Subcommittee. Before you make any modification, change or addition to the exterior of your home, an application is required for the Modifications Subcommittee to review. Don't be misled by well meaning friends, neighbors or contractors. It is the homeowner's responsibility to file an application with the Modifications Subcommittee for all exterior work. A county permit does not circumvent this requirement. The process is easy and must be applied for before work commences.

If an unapproved modification is noted,

the violations process will begin, which will trigger that a violation letter be issued to the property owner, providing thirty days to submit a complete application. If the violation is not corrected within thirty days, a second violation letter will be issued, providing an additional fifteen days to submit the paperwork. If the application is still not received, a final notice will be sent, providing seven days to rectify before a Hearing Notice is sent.

In accordance with state law, a Hearing notice must be mailed certified, return receipt requested, at least fourteen (14) days in advance of a Hearing. At the Hearing, the Board may elect to assign violation charges to the owner's account in the amount of \$50 for a one time violation or \$10/day for a maximum of 90 days for an ongoing violation (\$900). If the owners neither pay the violation charge nor correct the violation, the association can file in General District Court for a judge to review the case and late fees, attorney fees, and court costs can be charged to your account.

In addition, failure to obtain approval prior to construction may result in additional

complications: You may be ordered to cease and desist, which might cause your contractor to charge additional money for delays in completion. You may also lose your recreational and voting privileges. You might have difficulty selling your home if violations are noted in the resale package which the Commonwealth of Virginia requires you to provide to your buyer.

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



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*APR = Annual Percentage Rate. Offer ONLY available for NEW HELOCs applied for online and approved 01/01/2014 - 12/31/2014. You may not pay off or make payment to other Apple FCU loans, credit cards or accounts with these proceeds. Advances made between 01/01/2014 and 12/31/2014, will be locked at your current APR until 12/31/2015. If rates go down before 12/31/2015 your APR will not be adjusted downward and will not increase past your current APR until 01/01/2016. On 01/01/2016, (floor rate of 3.99% for 85% LTV and less) the APR will be adjusted to the prime rate as published in the Wall Street Journal on 12/21/2015 plus or minus your current margin on the remaining balance and will be subject to change each quarter thereafter as stipulated by your original terms and conditions. Maximum interest rate 18.00% APR. Minimum advance of \$250 required. Advance amounts must be within your existing credit limit. Advances in excess of your current credit limit will not be honored and may be subject to additional fees. If your account becomes delinquent at any time during the promotional period, you will forfeit these promotional terms and the APR on the unpaid balance will be increased to the appropriate quarterly rate offered at that time as disclosed in your original note. **Up to 100% LTV available. Promotional rate based on 85% LTV and less.

Down the Drain

Washing your car may seem like a great way to beat the heat this summer while accomplishing something constructive on your to-do list. But you might want to think twice about the environmental impact before you park your car in the driveway and pull out your bucket, hose and old towels.

Even if you use a biodegradable cleaner, the soapy water that runs off your car when you hose it down not only contains detergent, but residue from automobile fluids like oil, gasoline and antifreeze. Each time you rinse your car, the contaminated water flows untreated directly into the stormwater system and eventually makes its way into streams and rivers. And, as the water runs out of your driveway and down the street toward the storm sewer, it also picks up other toxic substances, like fertilizers, petroleum deposits and surface paint from the pavement. Parking your car on a grassy area while you wash it may help some, but the toxins will end up in the groundwater eventually.

As an alternative, consider using a commercial carwash facility. Whether a conveyor type, self-service, in-bay automatic or custom hand-wash business, these establishments are required by the U.S. Environmental Protection Agency (EPA) to capture and route their wastewater to a treatment facility before the water can be discharged into the sanitary sewer.

Toxic residues aren't the only reason to take your car to a commercial car wash. Rinsing your car at home with a garden hose can use as much as 10 to 15 gallons of water per minute, while professional car wash facilities can limit the water flow to as little as three to five gallons per minute. If you spend an hour in your driveway washing your car, you may have sent as much as 150 gallons of contaminated water directly down the drain. This is especially important in long summer dry spells.

So help the environment and save time this summer: leave car washing to the professionals.

Saving Energy to Stay Cool

Energy bills—like the temperature—always rise in the summer. But don't fret: While there are big fixes* you can incorporate to make your home more energy-efficient, there are also many inexpensive energy solutions, as well as some simple and free steps that you can take to cut down on costs and save money.

Turn it up. Set your thermostat as high as possible. For each degree above 72 you set the thermostat, you save between 1-3 percent. Be sure to take into consideration your health and comfort, and drink plenty of fluids to stay hydrated.

Circulate air. Use fans to create cool breezes and keep the air moving in your home. Ceiling fans in particular, can create enough air movement to make it cooler by at least four degrees. This could translate into a significantly lower monthly electric bill, as ceiling fans only use about as much energy as a 100-watt light bulb.

Shut the shades. Windows allow a lot of heat into your home. Keep drapes and shades closed during the day to keep the temperature down.

Open nights. At night, if it's cooler outside than in, open your windows! Not only will this bring some fresh air into your home, it will give you a chance to turn off that AC. Also, be sure to close your windows in the morning to keep the cooler air in longer.

Wash and dry wisely. Run only full loads when using your dishwasher or washing machine. Whenever possible, run those appliances during off-peak hours or when your air conditioner is turned off or barely running, which typically is during the evening, to save energy. Use the clothes dryers' moisture-sensing automatic drying setting if it has one, and clean your clothes dryers' lint trap after each use.

Unplug. Electronics—such as TVs, DVDs, chargers, computers, printers and other devices—use electricity even when they are turned off. By unplugging these devices when you're not using them, you only save a few watts, but they quickly add up to bigger savings over time. Use a power strip for multiple devices, and switch it off before you go to bed. Also, turn off lights in unoccupied rooms.

Plan pool time. If you have a pool, shorten the operating time if possible. Switch the pool filter and sweeper operations to off-peak hours and during nighttime if the pool has automatic cleaning settings.

*As always, be sure to consult with the association to get approval for any major renovations on your home.



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Bike and Scooter Safety Tips

Our association wants your kids to be safe while riding their bikes and scooters in our community, and we recognize that you can't be there to watch them all the time. Here are four steps that could increase their safety when you're not around.

- Teach kids how to fall. Learning how to ride correctly is only part of what keeps a kid safe. Falls are inevitable, and teaching your children to fall correctly will prevent many serious injuries. Teach them to roll on impact, relax their body, and try to land on their padded and fleshiest parts.
- Check equipment. Check bikes and scooters for cracks or dents, sharp metal parts, jutting edges and slippery surfaces. Replace defective equipment, consult a professional for repairs and apply self-adhesive, non-slip material to slippery surfaces.
- Make a rule for your kids—one person to each piece of equipment. They might be less likely to hop on a friend's scooter if they know it's unsafe *and* that they'll have to pay for replacing it when it breaks.
- Require protective equipment. Scooters, roller blades, bikes and similar equipment cause thousands of injuries—and even some deaths—every year. Make sure your children are wearing helmets, knee pads and elbow pads, *especially* if they are just learning. Buy a helmet your kid thinks is cool and you know is safe—it's worth the extra money if your child is more likely to wear it.

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2nd FRIDAYS MAY- AUG, 5:30 - 9:30pm

Hillside Park at 42935 Waxpool Rd.
(next to the old Stone House)

Bring your blankets and folding chairs, and enjoy a fantastic evening of music, food and fun brought to you by the Broadlands Live Committee, HOA and phenomenal sponsors who keep this show rocking for FREE year after year! **VISIT Facebook/broadlandslive and www.broadlandslive.com for more details and up to the minute updates!**

FRIDAYS	OPENING ACT	HEADLINER
May 9 th	Ashburn School of Rock (sounds of summer!)	Mama Jama (reggae and more!)
June 13 th	Diggity Dudes (Kids' Entertainers!)	Melodime (current and original rock)
July 11 th	Wapatuli (current hits)	The Monster Band (pop, funk, dance)
August 8 th	In Decision (classic rock and more)	Swiftkick (decades of great hits!)



NEW THIS YEAR: Road Yachts complimentary shuttle service throughout the Broadlands neighborhoods for clean, convenient transportation to and from each show. Shuttle arrives *approximately* every 20 minutes at each pick up point- please be patient! **Please check the website for shuttle locations, as they are subject to change.**
PICK UP TIMES: 5pm-7pm DROP OFF TIMES: 8:30pm-10:30pm

ALSO NEW THIS YEAR: SWAG BAG RAFFLE!

At each show one lucky attendee wins a Swag Bag full of \$100 or more in gifts from our Friends of Broadlands Live Sponsors! Click on this QR code → or visit our Facebook page ON SHOW DAY for the daily raffle post- LIKE the post and comment with your name to enter. That's it!! **Must be present to win!**



The Fine print: No Pets Allowed Please. No Soliciting for businesses, organizations or charities. BYOB but please leave the glass (bottles, drinkware) at home. All alcohol must be consumed in the Beer Garden. Whether you are 21 or 81, **YOU MUST SHOW ID FOR A WRISTBAND, NO EXCEPTIONS.**

Food, Drinks & Novelty items available- bring cash and enjoy dinner and a show!
Buffalo Wing Factory, Dominos Pizza, GG's Frozen Treats, Briar Woods Crew Club
Face painter "Sonia Flores" at every show plus special appearances by Balloon twister "Balloons by Mike!"



SPECIAL THANKS TO: Sunband Inc., First Impressions Dental, Cedar Run Landscaping, Bonefish Grill and the Broadlands HOA



New Naturalist Joins Nature Center

By: Jessica Bukowinski, Broadlands Naturalist

Hi, Broadlands Community, my name is Jessica Bukowinski and I am your new Naturalist!

You may have seen me in the Nature Center for the past few months tending to our Nature Center residents as I was helping the HOA take care of their animals until a new naturalist was hired...here I am! And, I have really enjoyed my first month as your new Broadlands Naturalist.

I have been facilitating Audubon Naturalist Society (ANS) programming at the Rust Nature Sanctuary in Leesburg, at elementary schools throughout Loudoun County, and even here at the Broadlands Nature Center since 2012. ANS's mission is to inspire residents of the greater Washington, DC, region to appreciate, understand, and protect their natural environment through outdoor experiences, education, and advocacy. I became an ANS Naturalist because I believe, as our camp catalog states, that "Kids Grow Better Outside." My area of expertise is helping children find wonder in the natural world around them. Prior to my work with ANS, I logged thousands of hours as a parent, childcare provider, experiential educator and volunteer taking children and adults on outdoor adventures throughout Loudoun County and beyond.

ANS's role at the Broadlands Nature

Center is to provide the Broadlands community with a Naturalist who is dedicated to taking care of your Nature Center and also has access to ANS's educational resources to provide programming. In addition, the partnership provides perks for Broadlands residents like discounted ANS/Broadlands Members rates for your class and camp registration fees. We have a limited number of camps in Loudoun this year, and only two are left this season:

Science Wizards for Rising 1st & 2nd Graders

July 21st - July 25th

9:00am - 3:00pm

ANS/Broadlands Members \$231/

Non-members \$256

Erupting volcanoes, oozing slime, and dancing bubbles - we'll learn the science behind these magical reactions in this camp full of experiments and explosions. We'll test our concoctions in our own lab and then head outside to discover the powerful forces of nature all around us.

Nature Tales for Rising 1st & 2nd Graders

July 28th - August 1st

9:00am - 3:00pm

ANS/Broadlands Members \$231/

Non-members \$256

Some of the best children's literature is based on nature's many wonders. Delve into the life of a baby bat, a boy who builds his own river raft, a fierce bear, and the tale of the truffle trees! Join us as we

explore both the imaginary and real world of nature as each day's theme is inspired by a different nature story.

To register go to www.anshome.org/camp.

- Click on Register Online and follow the prompts.

- You will have the option to join or renew your membership.

Membership fees are nonrefundable.

Broadlands residents: to get the ANS/Broadlands member rate, you must check the box that says you are an ANS member when registering online. When the system asks for your member ID number, type in "Broadlands".

Please visit the website or stop by the Nature Center for updates regarding additional July and August programs.

I love that the Broadlands HOA has created a place where residents of all ages can foster their love of nature even when inside and, feel honored to be one of its stewards. I am usually at Nature Center Monday through Thursday from 9:30am to 2:00pm, but my hours will vary depending on animal care and programming needs, so please call ahead if you are hoping to catch me in person.

I look forward to continuing to get to know the Broadlands community in the coming months and years.



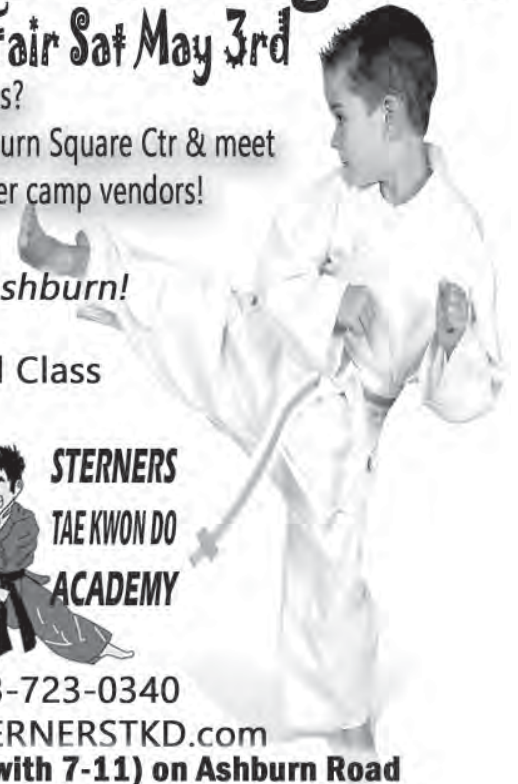
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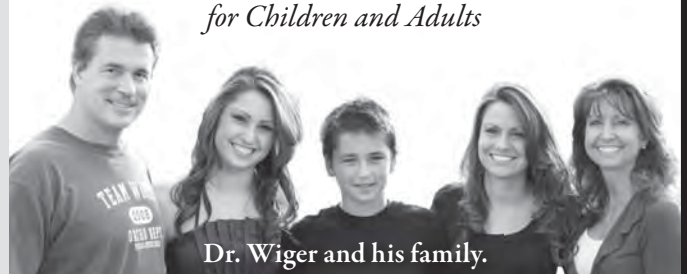
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Late Summer Gardening

By Jill Johnson, Loudoun County Virginia Cooperative Extension Master Gardener



Weeding, feeding, watering and mulching are the secrets to a beautiful garden, whether flowers or vegetables. Yes, I'd rather be at the beach, but I also can't wait to bite into my first-of-the-season home grown heirloom tomato, so I enter the garden every morning to inspect for bad bugs (as opposed to beneficial insects), dropping the bad guys into a jar of soapy water. I pull weeds every day because they are competing for water and nutrients and I want my produce to win that race!

Annual vegetables must do a lot of growing in a short time so they need supplemental feedings by July and August. The Loudoun Master Gardeners working at the Ida Lee Demonstration Garden in Leesburg often recommend a foliar feeding of fish emulsion with kelp, that can be used on ornamentals, vegetables and containers. Make sure to follow the directions on the bottle for the

proper dilution and application. More is not better!

Proper watering is another crucial component of a successful garden. We use drip irrigation at the Demonstration Garden and at home I water with a can to direct the flow to the plants' roots to discourage disease and fungus. Vegetable plants are shallow-rooted and will need more frequent watering than flowers.

Mulch helps prevent weeds and holds in moisture during the hot summer months. I mulch with straw and leaf mold in the vegetable garden and with leaf mold and shredded bark in the ornamental beds.

Want to learn more about the beneficial insects in your yard? Stop by the VCE Office in Leesburg and pick up a copy of GoodBug, Bad Bug by Jessica Willier. Most insects are beneficial and there is no need to reach for the bug spray every time

an insect lands in the vicinity. What do beneficial insects do? They eat the pests that harm our plants; they pollinate fruit trees and berries; they provide food for birds; they eat plant waste and break it down into fertilizer and they aerate and improve soils. Know your insect before resorting to pesticides!

For answers to your gardening questions, please call our Help Desk at 703-771-5150, Monday - Friday, 9:00am until noon or email loudounmg@vt.edu.



Petrified Pets at the Vet

By Shannon M. Pecora, MA of Stream Valley Veterinary Hospital



When you welcome a new pet into your home, you also consider how that pet's temperament and behavioral tendencies will fit into your family members' lives. Have you adopted an overweight guinea pig who will need plenty of safe exercise to become healthier? Is your new puppy a "working breed" who will need an organized job to focus on? Did you rescue an abused cat who will require your careful and patient effort to build security and trust? In general, you know that it's just plain easier if your pet tolerates and really welcomes being touched, handled, asked to obey commands, and restrained if necessary. This helps you with everyday activities like teeth-brushing or walking through your neighborhood, and it helps your veterinary team provide the best care possible to your beloved pet, too!

Think about your pet's last trip to the vet's office. Was your dog wagging his tail when he walked through the door, cheerfully greeting everyone? Did your cat hide in the back of her carrier, hoping that she just wouldn't be seen? Did your hamster run in circles throughout his travel case, diving under bedding to avoid being touched? Was your rabbit calm and affectionate in the veterinary assistant's arms? While

veterinary professionals are trained and experienced with companion animals with all sorts of temperaments, they can make exams and other procedures more comfortable and less stressful, for you and your pet if your pet is more relaxed and compliant. Consider these situations:

- If you notice that your pet is shaking his head and scratching his ears a lot, this could signal an ear infection. He should be comfortable with a technician taking an ear swab sample and with a doctor looking into his ears with an otoscope. If an ear infection is diagnosed, you'll likely need to clean the ears and apply medication at home. Therefore, he should not be fearful of this relatively invasive handling of his head.
- Diagnostic blood draws, surgical or critical care catheters, and even routine nail trims (with veterinary technicians, with groomers, and/or with you at home) can all require handling of a pet's legs and feet. Your pet probably doesn't understand why anyone would want poke her leg vein or hold her individual toes, but that doesn't mean she has to be anxious or frightened at these times.
- Veterinary examinations include checking the color and moisture of a pet's gums for signs of dehydration and other issues. We'll also inspect the

mouth during oral and dental health evaluations. Plus, we recommend that you handle your dog or cat's mouth in order to brush his teeth every day. So your pet should be okay with people looking at his teeth--not necessarily feeling a bite from them.

Each scenario, and countless others, are interactions that occur in veterinary facilities every day with pets who are friendly, fearful, or fractious. Doctors and their assistants will adapt their approaches as needed, but we want you to have an easier time with your pets at home as well. After all, behavior issues cause many families to relinquish their pets to shelters and rescue groups, and our hope is to keep your pet and your family together. Ultimately, your guinea pig might never look forward to nail trims, and your cat may not be thrilled at the prospect of a blood draw, but they should at least be able to tolerate the procedures. You can work with your veterinary team, professional pet trainers, and animal behaviorists to find the techniques that are best for you and your pet. Ask for your vet's recommendations today, and maybe you and your pet will have a more comfortable experience at your very next visit!

Loudoun Wildlife Conservancy Summer Programs and Field Trips

Photographing Nature - Sunday, July 6, 6:00pm - 8:00pm at Morven Park. Join professional wildlife photographer Jeff Mauritzen and Loudoun Wildlife Conservancy for a walk around the grounds of Morven Park to view nature through the lens of a camera. Jeff has been on wildlife assignments for *National Geographic*, *Ranger Rick* and *Highlights for Children*. Whether you are new to photography or an old pro, you'll get tips on how to train your eye to identify key elements to make more dramatic, artistically appealing nature photographs. Learn new ideas for working with light, movement, composition and focus. See how finding fresh, unique perspectives will take your nature photography to inspiring new levels. Participants are encouraged to bring a camera. **Registration required: www.loudounwildlife.org. Questions: contact Jill Miller at jmiller@loudounwildlife.org.**

Birding Banshee - Saturday, July 12, 8:00am Join Loudoun Wildlife Conservancy and the Friends of Banshee Reeks on the second Saturday of each month for a bird walk at the Banshee Reeks Nature Preserve. Because of its rich and varied habitat, this beautiful preserve is a birding hot spot. Please bring binoculars. **Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.**

Celebrating National Moth Week - Thursday, July 17, 8:00pm at Morven Park. Discover why moths constitute about 90% of all the Lepidoptera on the planet: not bad for a group of animals that flew with some of our most well-known dinosaurs! Join Dr. David Adamski and the Loudoun Wildlife Conservancy in reviewing the most common moth families found in the Capitol Region. After sunset, he'll help us identify the moths that are attracted to a black light set up on the grounds at Morven Park. **Registration**

required: www.loudounwildlife.org. Questions: contact Jill Miller at jmiller@loudounwildlife.org.

Birding Experience for Children - Friday, July 18, 6:00pm, dusk at the Blue Ridge Center for Environmental Stewardship. Come learn about bluebird trail monitoring by helping with a weekly survey of the nest boxes, then join some of Loudoun Wildlife Conservancy's birders for an evening stroll looking and listening for the birds and other interesting critters that call the Blue Ridge Center their home. Appropriate for children ages 8 to 12 and their families; limited to 18 participants. **Registration required: www.loudounwildlife.org. Questions: contact Phil Daley at 540-338-6528 or pedaley@verizon.net.**

Butterfly Walk at the Blue Ridge Center for Environmental Stewardship - Saturday, July 19, 10:00am. Join the Loudoun Wildlife Conservancy on a butterfly walk at this beautiful 900-acre preserve in northwestern Loudoun County. We should see butterflies using the late summer wildflowers. The center is located on Harpers Ferry Road, Rte 671, a few miles south of Harpers Ferry and the confluence of the Potomac and Shenandoah rivers. If you own binoculars, please bring them. Meet at the Visitor Center. This is a family-friendly event. **Registration required: www.loudounwildlife.org. Questions: contact Jill Miller at jmiller@loudounwildlife.org.**

Birding the Blue Ridge Center - Saturday, July 26, 8:00am. On the fourth Saturday of each month (except December), Loudoun Wildlife Conservancy leads a bird walk at the Blue Ridge Center for Environmental Stewardship, a beautiful 900-acre preserve in northwestern Loudoun County. The property includes diverse wildlife habitats, including meadows, streams, and heavily forested slopes. Meet at the Education Center; bring binoculars. BRCES is located just north of Neersville at 11661 Harpers Ferry

Road, Rte 671; detailed directions at www.brces.org. **Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.**

Let's Count Butterflies! Saturday, August 2, 9:00am. It's time for the Loudoun Wildlife Conservancy's 18th Annual Butterfly Count. Come and have fun while contributing to butterfly conservation. You will visit locations that include butterfly gardens, sanctuaries, roadside wildflower areas and parks. We typically count over 2,000 butterflies in this single day and spot as many as 50 species. Our count circle stretches from White's Ferry in the east to the Appalachian Trail and the Blue Ridge Center in the west and south to Lincoln. No experience necessary, all ages welcome, you will be teamed with experienced leaders. There's a \$3.00 fee per adult that we pass through to the North American Butterfly Association, waived for Loudoun Wildlife Conservancy members as a member benefit. No fee for those under 18. **Registration Required: www.loudounwildlife.org. or contact Nicole Hamilton at nhamilton@loudounwildlife.org**

The Magic of Monarchs on Wednesday, August 6, 2:00pm - 3:00pm at the Cascades Library. Monarch butterflies make an epic migration each year, a journey that passes right through Loudoun County. Join Loudoun Wildlife Conservancy to learn about monarch butterflies, their amazing migration, and how to help them by planting a monarch waystation garden. For ages 6 & up. **Questions: contact Nicole Hamilton at nhamilton@loudounwildlife.org.**





July 4th Celebration

Third of July Festival, July 3

(All ages) Celebrate Independence Day early! Join us for giant moon bounce fun, miniature golf, and much more, followed by fireworks! Cost: \$10 (pay at the door), 5:00 PM - 10:00 PM, 571-258-3456, Dulles South Multipurpose Center, 24950 Riding Center Drive, South Riding, VA 20152.

Leesburg's Independence Day Celebration, July 4

Leesburg's 4th of July celebration begins with a hometown parade, beginning at Ida Lee Park and traveling down King Street through the historic district to Catoctin Circle. The event continues with a "Celebration in the Park" at Ida Lee with food vendors and live music. The grand finale will be a wonderful fireworks display over the park. 10:00 AM parade, 6pm park celebration begins, 9:30 PM fireworks. 703-777-1368, www.idalee.org, 60 Ida Lee Drive, Leesburg, VA 20176.

Ol' Time 4th of July Celebration, July 4


(All ages) Celebrate an old-fashioned Fourth of July with pony and wagon rides, music, crafts, nature exhibits, historic tours, old-time and family games, and a "Reptile Alive" show. Food and refreshments will be sold. Use Loudoun Park Lane entrance. Register in advance or pay on site (cash/check only). Cost: \$5 (ages 5+), Free Admission for ages 4 and under, 10:30 AM - 3:00 PM, 571-258-3700, Claude Moore Park, 21544 Old Vestal's Gap Road, Sterling, VA 20164.

Lansdowne Celebrates America, July 5

We invite you to join us on July 5th as Lansdowne celebrates our independence with an outdoor BBQ, live music, and fireworks! Open to the public. Seating is first come, first serve with special seating reserved for hotel guests. Special free concert by Gonzo's Nose! BBQ and music 6:00-9:00 PM, fireworks 9:30 PM, 703 729-4128, www.LansdowneResort.com, 44050 Woodridge Pkwy, Leesburg, VA 20176.

Annual Independence Day Celebration at the Old Stone School, July 5

Bring your friends and family to Hillsboro's Old Stone School for the annual Independence Day celebration hosted by the Hillsboro Community Association & Friends of the Old Stone School (HCA)! Enjoy live music by the Franklin Park Big Band, games, prizes, free ice cream, a performance by the Blue Ridge Thunder Cloggers, BBQ chicken dinners, a bake sale, a chance to decorate a square that will be used by Joshua's Hands to make a quilt for service men and women wounded while serving our country, face painting...and more! At dark, there will be brilliant fireworks! There is a charge for some activities and items. Donations are needed to help fund the \$10,000, dedicated to preserving and maintaining the historic building. Fun starts at 6:00 PM, www.HillsboroVa.org, 37098 Charles Town Pike, Hillsboro, VA 20132.





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Girl Scout, Junior troop 3454, conducted a community cleanup on the afternoon of Sunday, June 8th. The girls collected three large garbage bags of trash from the area around the Broadlands Boulevard playground.

Great job, ladies, thanks for helping to keep Broadlands beautiful!



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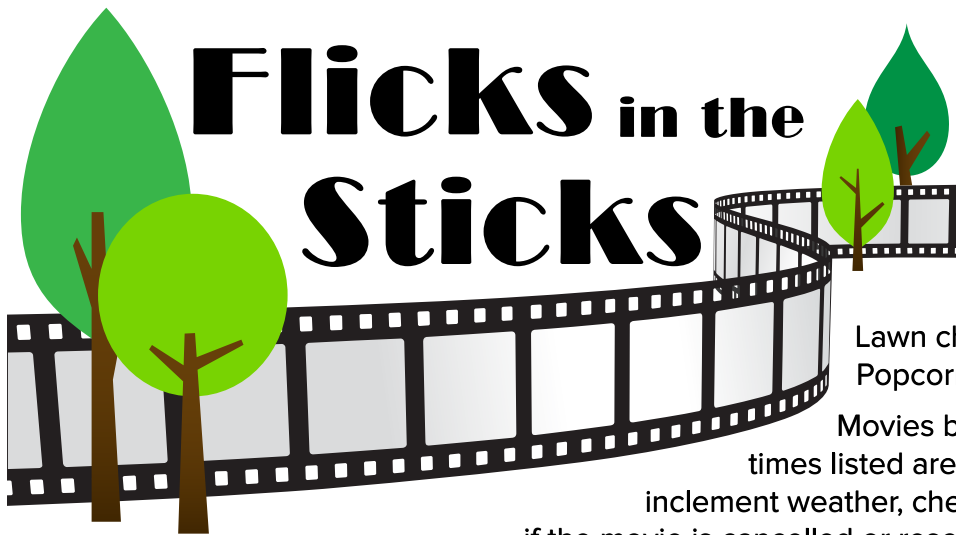
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Flicks in the Sticks

Check out our new logo!

Summer is sizzling! Cool off with two great family films this month! Bring the kids and grab a seat on the Nature Center lawn.

Lawn chairs* and coolers are welcome. Popcorn and drinks are provided.

Movies begin around sundown – the times listed are approximate. In the event of inclement weather, check the HOA website to see if the movie is cancelled or rescheduled.

Parental guidance information is available on the website.



July 5, 8:40 pm – Frozen – PG, 102 mins

July 26, 8:35 pm – Despicable Me 2 – PG, 98 mins



*We kindly request that lawn chairs use the space at the sides of the lawn as to not block the view down the center.

Flicks in the Sticks is a FREE event for BROADLANDS RESIDENTS & GUESTS. Brought to you by the HOA Technology Committee.

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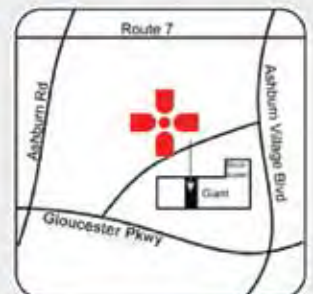


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SATURDAY, JULY 12TH UNDER THE SEA!

“Under the Sea” brings a virtual visit to the beach with LIVE SEA ANIMALS! Get up close with a ghost crab, mole crab, horseshoe crab, clam and more! Learn about waves, sand, tides, and the sun. Join Andrew Wilson, a Marine Biologist who has been offering one of the best programs on aquatic life with a wide variety of live sea animals!

Stick around after the program and watch Sunny the albino corn snake eat his lunch at 11:30am!

**Program Time:
10:00am-11:00am
Doors open at
9:45am**

Cost:

**Pre-paid price is
\$4.00 / child .
Payment must be
received by noon
Friday, July 11, 2014**

**Payment on day of
event: \$5.00/child**

**Pre-pay online at
broadlandsnaturally.org.**

Broadlands Nature Center

**21907 Claiborne Parkway
Broadlands, VA 20148
703-729-9726**

www.broadlandshoa.org

Put a Bang in Your Fourth of July Picnic... Firecrackin' Good Food to Share!

Slow Cooker Hawaiian Pulled Pork

6-7 lbs pork butt or shoulder - cut into 3-4" pieces and remove fat
1 1/2 - 2 cups minced sweet onion
1 cup ketchup
2/3 cup packed brown sugar
1 - 6 oz can of tomato paste
1/2 cup apple cider vinegar
4 tablespoons smoky paprika
4 tablespoons soy sauce
3 tablespoons garlic powder
2 cans (15 oz) pineapple bits
3 teaspoons salt
2 teaspoons black pepper

Directions

Cut pork up and put in slow cooker. Add remaining ingredients and cover. Cook on low heat for 8-10 hours or until meat can be shredded easily. Stir occasionally. Using two forks, shred cooked meat making sure to discard any fat. Serve on potato rolls or King's Hawaiian Sweet Sandwich Rolls. *Recipe by Natalie Ihanainen.*

Herb Roasted Potato Salad with Rosemary

1 - 2 oz. package frozen southern style hash browns
1/4 cup olive oil
2 hard-cooked eggs, chopped
1/3 cup chopped sweet onion
1 cup mayonnaise
2 tablespoons yellow mustard
1 garlic clove, pressed
1 tablespoon chopped fresh rosemary
1 teaspoon salt
3/4 freshly ground black pepper

Directions

Toss together hash browns and oil; spread evenly on a baking sheet. Bake at 500 for 25 minutes or until done and browned. Cool on a wire rack. Combine hash browns, egg, and onion in a large bowl; stir in mayonnaise and next ingredients. Best if served immediately at room temperature. *Recipe by Rebecca Furrow.*


Patriotic Parfait

1/4 cup sugar
1/4 cup water
1 cup blueberries
1 tablespoon fresh lemon juice
1 cup heavy cream
10 ounce angel food cake, cut into 1-inch cubes
2 cups strawberries, hulled and chopped
1/2 cup shredded coconut, sweetened and toasted
8 (8 oz. each) canning jars

Directions

In 1-quart saucepan, stir together sugar and water. Heat to boiling on high, stirring occasionally; stir in blueberries and lemon juice. Remove from heat. Let cool completely. In large bowl, with mixer on medium speed, whip cream until soft peaks form. Gently fold in cooled blueberry mixture. Place a single layer of angel food cake on bottom of 1 canning jar. Top with 2 tablespoons strawberries, then 2 tablespoons blueberry whipped cream. Repeat layering of cake, strawberries, and whipped cream. Repeat with remaining 7 jars. Serve immediately, or replace screw caps and refrigerate up to 1 day. Before serving, top each parfait with 1 tablespoon coconut. *Recipe by Delish.com.*





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- ⇒ Did you know that the American Red Cross supplies approximately 40% of the nation's blood supply?

We need your help!

We will soon be hosting a blood drive with The American Red Cross and we need your help to sign up as soon as you are able to with regards to your schedule. We would like to have a significant number of you make your life-saving appointment at least **one week in advance of our drive.** By signing up ahead of time, The Red Cross is able to ensure that they have enough resources available to sustain the drive.

Due to the increasing daily need for blood, we are asking that you consider giving approximately one hour of your time to make a donation for this very important cause.

The local hospitals and trauma centers rely on the projected amount of units each day. **Please help us meet our goal by scheduling your appointment ahead of time and by attending your scheduled appointment on the day of our drive.**

Facts about Blood Needs:

- Every 2 seconds someone in the US needs blood.
- More than 44,000 blood donations are needed every day.
- A single car accident can require as many as 100 pints of blood.
- More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.

Tips for Donating:

- Make an appointment – helps us know in advance when you are coming
- Hydrate – drink plenty of fluids the day of your donation
- Wear something comfortable – sleeves can be rolled up
- Maintain a healthy level of iron in your diet before donating – if possible include iron rich foods in your diet
- Bring either your donor card, driver's license OR two other forms of ID
- Bring a FRIEND – so you both can enjoy the benefits of giving blood
- RELAX – donating is simple and very safe

After Donating:

- Hydrate more
- Avoid heavy lifting or exercise
- Accept our most sincere **THANK YOU!**

See you at the Blood Drive!

100 days of summer.
days of hope.

Choose your day to give.



Broadlands Association, Inc.
43004 Waxpool Road, Broadlands – The Community Center

Blood Drive

Monday, July 21, 2014

3:00pm – 8:00pm

To make your life saving appointment, please go to website
www.redcrossblood.org and use Sponsor Code: 05315207

Or you may call **1-800-Red Cross**

Need a reason to donate blood? Check out this video!
<http://www.youtube.com/watch?v=86WEINnM0gg>

For eligibility questions, please call Donor Services at 1-866-236-3276

Please remember to eat iron-rich foods, double up on your water intake and bring your photo ID or Red Cross donor card to the donation.

Blood is especially needed this time of year, so please schedule your donation today!



American Red Cross

1-800-RED CROSS | redcrossblood.org/100days

Do Gardens Grow Communities as Well as Vegetables?
By: Oya Simpson, www.broadandsnaturally.com

Judging from the vegetable garden at Hillside Elementary in Broadlands, the answer is a resounding yes!



During the spring of 2013, a group of parents sought to build a garden to grow fresh and chemical-free vegetables at their school. Proud of their results, they entered the **Hillside Hawks Vegetable Garden** in the **Piedmont Environmental Council - 2013 Community and School**

parts of the schoolyard and installed a watering system. Local Home Depot volunteers donated the materials and built the raised beds in the garden. Faculty have also been involved in garden activities.

When we were there, students who were

outside for their recess came running into the garden in a beeline for the strawberry patch.

They checked out the carrots and radishes, pulling several to see how much they've grown, all the while buzzing about the baby bunnies that had recently been found there.

One young girl stuck her finger in front of us to confirm that the insect on it was a baby praying mantis. Happy with the answer, she took care to deposit the young resident back onto a plant in the raised bed so we wouldn't crush it underfoot.

Hein is co-director of the new Loudoun chapter of **Real Food for Kids**, www.realfoodforkids.org, an organization that originated in Fairfax County. Their main focus is to promote healthier food choices and remove highly processed foods with additives from school lunches. Although food from the garden currently does not go into school lunches, Hein is determined to continue to work for a change. In the meantime, Hillside families and teachers are invited to take home food from the garden and are considering other ways to use the bounty for community good.

Brazina said, "Any campaign starts with the kids and builds upon itself." He said the enthusiasm they experience provides a life-long base for change. Just like recycling, it rubs off on parents as well. Finally he shared a story from last summer when school administration and custodial staff had an authentic Latino meal based on potatoes from the garden. Brazina's eyes danced with pleasure as he recounted the shared cultural experience—an unexpected opportunity to strengthen their connections, resulting from the bounty of their garden.

Article and photos by: Oya Simpson, osimpson@broadandsnaturally.org

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21581 Burnt Hickory Ct	\$1,100,000	\$1,100,000	\$0	8

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BROADLANDS 2014 POOL LOCATIONS AND HOURS

Please do not forget to bring your Pool Pass ID, no one will be admitted to the pool without their pass. Hours are subject to change by the management for special events, swim meets, swim lessons and other community functions, or for maintenance and repairs as may be required from time to time. Please check posting at pool for any changes to hours of operation.

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

Standard pool hours will be 10:00 a.m. – 8:00 p.m. daily

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

Standard pool hours will be 11:00 a.m. – 9:00 p.m. daily; **August 1st to Labor Day:** 11:00a.m. – 8:00p.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 Hours/Closings

Wed, July 9, Southern Walk Pool closes at 4:00 p.m.

Wed, July 9, Community Pool closes at 4:00 p.m.

Sat, July 12, Southern Walk Pool opens at noon

Wed, July 16, Southern Walk Pool closes at 4:00 p.m.

Sat, July 26, Southern Walk Pool closed all day

Sun, July 27, Southern Walk Pool closes at 5:30 p.m.

Sat, August 9, **Summer Blowout**, Southern Walk Pool closes at 4:00 p.m. to non-residents

Broadlands Pool Rules

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**
- Children under 16 years must pass the Swim test to use the diving board and slide
- **Guests must be accompanied by members with pool ID.** Each adult member (18 years or older) is limited to bringing 3 guests per visit. A member 5-17 years of age is limited to 1 guest under 18 or 3 adult guests (18 years or older) per visit. Members must use guest visits for each guest aged 5 and older.
- Pool members **are responsible** for the conduct of their guests
- 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

**MEMBERS MUST COMPLY WITH ALL
LIFEGUARD INSTRUCTIONS**



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

It's All About the Timing

By, Katie Herbert, CPT, Tabata Bootcamp Master Trainer
locotabatabootcamp@gmail.com

Over the last few years HIIT has become one of the biggest buzz words in fitness. Every gym has some kind of HIIT format on its schedule and instructors all over the country are getting certified in various HIIT classes. Even with all of the buzz many people still aren't quite sure what HIIT is and what it has to offer.

HIIT is the acronym for High Intensity Interval Training: it is an all-encompassing phrase that defines a broad range of classes - at the most basic level HIIT is all about the timing. In a HIIT class, phases of work ranging anywhere from 6 seconds to 4 minutes are followed by phases of rest and recovery. The idea is to reach almost max intensity at each work phase thus creating a host of health and fitness benefits.

HIIT has been well researched and the findings are pretty amazing. In short HIIT training has been shown to: provide enhanced protection from heart disease, dramatic effects on improving insulin sensitivity, encouraging effects on visceral (fat around the organs) and subcutaneous (fat under the skin) fat loss, reduction in systolic and diastolic blood pressure and improved HDL cholesterol.

Is HIIT for you? Of course it is! Most everyone can glean the benefits of HIIT. I am not suggesting that everyone will start at the same point, that is the beauty of HIIT: there is room at the table for everyone. I may have 10 people in a class, out of that 10 a few people are very advanced, seasoned exercise enthusiasts, a few are very new to fitness and the rest

are somewhere in the middle. Due to the nature of HIIT each person can work to his or her ability. For example: If we are doing squats, the less conditioned participants get to go at their own pace, the advanced can push it to squat jumps or even add a jump turn, and the people in the middle may start with a squat jump and end up in a basic squat as they hit fatigue. Everyone gets to work and build as they are ready. The key is intensity so no matter where you are physically you work as hard as *you* can during the work phase, knowing that a rest phase is right around the corner.

What makes Tabata different? Since teaching Tabata Bootcamp, I have had many people ask me what Tabata is. Is it HIIT? The short answer is that Tabata is a very specific type of HIIT. The long answer is that Tabata was developed by a Japanese researcher to help condition the Japanese speed skating team. After much research he came to find that a very specific timing interval led the athletes to the best aerobic and anaerobic gains. The Tabata equation is 20 seconds of work, 10 seconds of rest, repeated 8 times. The research found that allowing the athlete to rest for that quick bout allowed them to push past the normal training threshold and reach new heights in competition. For all of us in the fitness world, this research is huge and has allowed us to help clients and to reach limits that they never thought were possible and push past barriers. All of that equals AWESOME!!!

How can you fit Tabata into your life? Pretty easily really. When thinking about what exercises are good for Tabata timing, you want to think about simplicity. With only having 20 seconds of intense



work; you should keep movements to a minimum to get the most out of it. Think basic: push-ups, running, squats, lunges, mountain climbers, burpees - the possibilities really are endless but these are a great start. Pick any exercise from the list, set a timer or download a tabata timer (I like seconds pro), and get to work: 20 seconds on, 10 seconds off, repeat 8 times. Think 20 seconds of push-ups sounds easy? Try it 8 times... AWESOME! If you get to a point where you just can't keep going, remember that you have to continue working during the work phase, so you could take your push-up to a plank to reach the 20 seconds.

The quick exchanges from work to rest offer no place for you to hide from the workout and over time you will see that strength and stamina increase exponentially and provide an amazing feeling of accomplishment. Looks to me like HIIT and Tabata training are here to stay and that sits just fine with me!

Good luck!

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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 would then have the second 4 highest winning percentage players, and so on.

When: Every Sunday night starting at 6:00pm, rounds ongoing through September.

Where: Broadlands Nature Center Courts

Contact: To join the ladder or to get further information, contact broadlandstennis@gmail.com or visit the Broadlands tennis website: www.BroadlandsTennis.org.

Broadlands Tennis Programs - Luis Rosado Tennis Academy

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SUMMER CAMPS -

ENROLLMENT IS OPEN!

Weekly Camps - ongoing through August 28

AFTER SCHOOL SESSIONS

All sessions are 6 week sessions unless otherwise noted.

Session IV: Sept 1 - Oct10, 6 weeks

Session V: Oct 13 - Nov 21, 6 weeks

*Extended hours of Tennis available with pick up at 5:00pm or 6:00pm.

8 WEEK SESSIONS

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Session III: ongoing - Aug 17

Session IV: Aug 18 - Oct 12

1 Hour Junior Clinic

Ages 4-10: All levels

Mon through Fri, 4:00pm & 5:00pm

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

Ages 11-16: Beginners

Mon through Fri, 6pm

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

1.5 HR Junior Clinic

Ages 10-16: Advanced/ Intermediate players

Mon through Fri, 6:00pm

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(8 weeks) 2 classes a week

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Clinic Drop In Fee:

\$20 residents; \$22 non-residents

1.5 HR CLASS

\$180 / \$204 per session

(8 weeks) 1 class

a week

\$336 / \$384 per

session

(8 weeks) 2 classes a week

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classes a week

Clinic Drop In Fee: \$28 residents;

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Email: LuisTennisAcademy@gmail.com

questions or visit www.LuisTennis.net

for details and

registration for all programs.



Grill Safety Tips

When firing up your grills this summer, the U.S. Consumer Product Safety Commission (CPSC) reminds you to barbecue safely whether you use gas or charcoal.

Gas Grills

Liquid petroleum (LP) gas or propane, used in gas grills, is highly flammable. Each year about 30 people are injured as a result of gas grill fires and explosions. Many of these occur when consumers first use a grill that has been left idle for a period of time or just after refilling and reattaching the grill's gas container.

To reduce the risk of fire or explosion, consumers should routinely perform the following safety checks:

- Check the tubes that lead into the burner for any blockage from insects, spiders, or food grease. Use a pipe cleaner or wire to clear blockage and push it through to the main part of the burner.
- Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing.
- Move gas hoses as far away as possible from hot surfaces and dripping hot grease. If you can't move the hoses, install a heat shield to protect them.
- Replace scratched or nicked connectors, which can eventually leak gas.
- Check for gas leaks, following the manufacturer's instructions, if you smell gas or when you reconnect the grill to the LP gas container. If you detect a leak, immediately turn off the gas and don't attempt to light the grill until the leak is fixed.
- Keep lighted cigarettes, matches and open flames away from a leaking grill.
- Never use a grill indoors. Use the grill at least 10 feet away from your house or any building. Do not use the grill in a garage, breezeway, carport, porch or under a surface that can catch fire.
- Do not attempt to repair the tank valve or the appliance yourself. See an LP gas dealer or a qualified appliance repair person.
- Always follow the manufacturer's instructions that accompany the grill and when connecting or disconnecting LP gas containers.
- Consumers should use caution when storing LP gas containers. Always keep containers upright. Never store a spare gas container under or near the grill or indoors. Never store or use flammable liquids, like gasoline, near the grill.

To avoid accidents while transporting LP gas containers, transport the container in a secure, upright position. Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape.

Charcoal Grills

Charcoal produces carbon monoxide when burned. Carbon monoxide is a colorless, odorless gas that can accumulate to toxic levels in closed environments. Each year about 30 people die and 100 are injured as a result of carbon monoxide fumes from charcoal grills and hibachis used indoors.

To reduce carbon monoxide poisonings, never burn charcoal indoors, in vehicles, tents or campers, even if ventilated. Since charcoal produces carbon monoxide fumes until the charcoal is completely extinguished, do not store the grill indoors with freshly used coals.

For more information, visit the CPSC website at www.cpsc.gov.

Tips for Safe Swimming

Nothing says summer vacation like warm days spent at the pool or a quick weekend retreat to the beach. Whether you're jumping waves in the ocean or splashing around in a pool, these tips from the Federal Citizen Information Center will help keep you and your family safe this summer:

- Teach your kids to swim. Check for swimming lessons in your area on USA.gov. Giving your kids the basic water skills they need will help keep them safe.
- Keep an eye on your kids. With lots of kids splashing around in public pools, it's easy for someone to get dunked by accident. Know where your kids are so if you see them go under you can make sure they come right back up.
- Check your drains. If you have your own pool, make sure your drains meet safety standards. Drains that don't could catch children's hair or limbs and pull them with great force to the pool's bottom.
- Don't panic in a riptide. Before you or your kids go in the ocean, make sure you all know what to do if you get caught in a riptide. Try to swim parallel to the shore. Don't fight your way directly back to the beach, but swim sideways until you are out of the current. Wave for a lifeguard to help get you back to shore safely.
- Play it safe in the lake. Lake water can be murky, making it hard to see what hides below the surface. Wear water shoes to protect your feet from sharp rocks or other debris. And don't swim too far from shore. You may not realize how far you've gone until you try to stand and can't find the bottom.

Playing in the water should be a fun family activity. With the proper safeguards, your family can stay safe while cooling off. For more ideas on water safety, visit The Federal Citizen Information Center's website at pueblo.gsa.gov.

Broadlands Helpers List

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

Not Available on Website Edition

Key:

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

**All area codes are 703 unless noted.*



Sun Safety Tips from the Family Physicians Group (FPG)

FPG suggests following these ten tips and protect your skin from the summer sun:



1. The hours between 10am and 4pm are when the sun's UV rays are strongest. Schedule your outdoor activities for other times of the day.
2. UV rays reflect off of surfaces including water, sand, roads and sidewalks. Remember to protect yourself when you will be spending significant time on these surfaces.
3. Wear dark and tightly woven clothing.
4. Wear sunglasses and a wide brimmed sun hat when you are outside in the heat.
5. Apply a sunscreen with a SPF 30 or higher to achieve adequate UV protection.
6. Apply sunscreen to all exposed skin, including your neck, lips, ears and scalp if you have thinning hair before going out into the sun.
7. Reapply sunscreen often, especially after swimming, sweating and toweling off.
8. Always seek the shade to avoid direct sunlight and UV rays.
9. Even on cloudy days, UV rays are still a threat to your skin. Do not think you don't need protection.
10. Keep an eye on medications. Some medications increase the skin's sensitivity to the sun. Ask your physicians if you have any questions or concerns.



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CLUBS AND GROUPS

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



ASHBURN AREA WOMEN'S CLUB

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

ASHBURN CLASSICS

Calling all seniors to meet other seniors on Saturday, July 12, 10:30am at the Mills Recreation Center in Ashburn Village. We'll be celebrating the 4th of July with a BBQ feast. Also, there will be a live presentation on line dancing with members participating. The Classics meet the 2nd Saturday of each month and have several satellite clubs such as Bridge, Book Clubs, Bunco, Mexican Train, card games and lunch groups. For more information please call Carmen at 703-723-3724 or Bonnie at 703-726-8191.

AMERICAN HERITAGE GIRLS

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

ASHBURN TOASTMASTERS

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

BRIDGE GROUP

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

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

BROADLANDS/ASHBURN NEIGHBORHOOD BIBLE STUDY

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

CUB SCOUTS & BOY SCOUTS

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

GERMAN LANGUAGE PLAYGROUP

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

GRIEFSHARE SEMINAR/SUPPORT GROUP

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

GIRL SCOUTS

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

INVESTMENT CLUB

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

LOUDOUN WOMEN'S NETWORKING GROUP

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

MOM'S CLUB OF ASHBURN

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

MOMS IN PRAYER

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

ROTARY CLUB OF ASHBURN

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

TECHNOLOGY COMMITTEE

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



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JULY CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

LITTLE THINKERS HOME PRESCHOOL: Offering programs for 3's – T/TH (9-11:30), cost is \$180 and for 4's – M/W/F (9-11:30), cost is \$230. Teacher has 6 yrs. of experience teaching preschool • Phonics based curriculum accompanied with hands-on activities in math, art, science, music, and reading • Small class size. Please contact Leanne Custer, 801-722-9599.

INSTRUCTION - ARTS/MUSIC/RECREATION

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

PIANO LESSONS: Classically trained high schooler, loves to work with children. Want to learn just a song or two? I can help you! Learn on a grand piano at reasonable rates. Email Claire at claire88keys@gmail.com for rates and information.

KIDZART SUMMER CAMPS! Full Day and Half Day! The perfect cure for summer boredom! Three themes: "Art Magic", "Mystical Magical Fantasy", "Teenz Camp". M-F camps available at several Loudoun County locations. See our website nova.kidzart.com or call 703-724-7411 (Broadlands residents).

INSTRUCTION - TUTORING

SUMMER TUTORING FOR YOUR ELEMENTARY STUDENT: Licensed K-6 Master Degree current Fairfax County elementary teacher, offering summer tutoring in math, reading, writing, social studies, science for SOL & enhancement. Contact Terry at 703.307.3232 or thefreemans@hotmail.com.

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

A-1 LOUDOUN COUNTY MATH TEACHER: Grades K to 12. Pre-algebra, Algebra (I & II), Geometry, Trigonometry, Pre-Calculus and Calculus. SAT prep and test taking strategies. Tutor at your home or Ashburn Library. Reasonable rates. Call Vincent Chu at 571-379-3074 or email vchu_911@yahoo.com. Please visit: A1mathtutor.weebly.com. Visa, Master Card, Discover and Amex accepted.

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

HEALTH/FITNESS/WELLNESS

EARLY MORNING OUTDOOR BOOT CAMP CLASS: Mon/Thurs from 5:45-6:30am rain or shine. \$15/class–paid month in advance. Prepay 2 months, get FREE CLASS. Bring yoga mat, water bottle, medium (5-8#) & heavy weights (8-12#). High intensity interval training for full body toning/cardio workout & finish with stretches while the sun is rising! Call/email Sara Peffley–licensed physical therapist & certified personal trainer at (703)729-0258, smpeffley@verizon.net.

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

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

ELECTRICAL-PROFESSIONAL CONTRACTORS

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

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

HOME SERVICES

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.

HANDYMAN SPECIALIST: Broadlands resident since 1999 with a Class A License and insurance. Everything from those dreaded and never ending honey-do lists, to projects and much, much more. Including Roofing, Siding Installation/Repair and Gutter Cleaning. Free estimates. Please call Mike at P&M General Contracting, 703-862-0415. Mike.Rosario@verizon.net.

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

LOONEY'S TILE AND GROUT RESTORATION: Does your shower or floor need a "REFRESH"? We are the Tile & Grout Specialists! Why Re-model when you can "Restore"? Re-Grouting, Grout Repair, Cleaning, Sealing, Professional Caulking & Water Damage Repair. Surprisingly Affordable & we offer FREE Estimates. Visit www.Lcleantileandgrout.com & read what our customers are saying on Angie's List. Locally owned in Ashburn. 703-999-1933. Email: Mike@Looneystileandgrout.com.

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

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

HOUSE CLEANING

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

CLEANING BY CHRISTA: Sole operated home cleaning by returning college student. Valuable service with low prices that will make your home and soul shine. Free estimates; references available. Contact me via email at christa.holland@gmail.com or phone at 662-226-1108.

MAID IN VIRGINIA- RESIDENTIAL CLEANING: We have earned a reputation for having the highest integrity. We enter your home excited to clean. We can provide numerous references. Locally owned and operated in Ashburn Licensed, Bonded, Insured with Workers Comp Insurance. www.maidinvirginia.com; 703-723-5199.

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.

LAWN SERVICES

GRASS MOWING: Reasonably priced lawn service for home owners, absentee landlords and real estate agents handling vacant home sales. Mow, edge, trim and blow plus Scott's seasonal applications available. A great gift idea! **Retired Professionals Lawn Service.** No contracts to sign, just a hand shake! jackthedecker@aol.com or 1jackthemower@gmail.com.

GREEN LEAF LANDSCAPING: Special mowing \$15.99 per week, spring clean-up, grass cutting, planting, mulching, leaf removal, tree removal, edging/trimming, power washing, gutter cleaning, trash hauling, aeration & seeding. FREE ESTIMATES. Contact: Vidal Melendez 571-484-1193, melendezvidal@yahoo.com.

MARKETPLACE

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

MARY KAY: Get wise to **age-fighting**. Think fine lines should be quoted – not appear on your face? A simple and effective daily program with TimeWise® skin care can help reduce the appearance of fine lines and wrinkles. So skin looks firmer. And feels soft. In 30 days, see a young-looking you! Contact me to experience TimeWise® for yourself. Contact Deborah Leben 703-217-4583 dleben@marykay.com www.marykay.com/DLeben.

PET SERVICES

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

PROFESSIONAL SERVICES

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

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

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

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



How to Place Classified Ads

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

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

Monthly Rates:

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

Payment and Ads:

Please email ads to: scollins@broadlandshoa.com.

Checks only please, made payable to "Broadlands Association".

No cancellations after the deadline.

Mail to or drop off payments at:

Broadlands Association
21907 Claiborne Parkway
Broadlands, VA 20148

For more information contact:

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

ADVERTISING DIRECTORY

AUTOMOTIVE

Virginia Tire & Auto 30

DENTAL / ORTHODONTIA

Daczkowski, T. Wesley, DDS 36

White Tree Dental 36

Wiger Orthodontics 14

EDUCATION

BeanTree Learning at the Pavilion mid

Golden Pond 2

FINANCIAL SERVICES

Apple Federal Credit Union 9

Lori Christ, CPA LLC 24

HEALTH

MedicsUSA Primary & Urgent Care Center mid

HOME SERVICES

Ackerman Security mid

AYS Company, Home Improvement 24

Climatic Heating and Cooling, Inc 2

Edwin Painting Co 24

Gilbride Designs, LLC 6

Homework Remodeling 24

Larry Miller, Inc. Window Cleaning Service 24

P&D Plumbing 31

PestNow 11

WashMyDeck.com (Elite Pressure Washing) 11

Zampiello Paint Contractors, Inc. 23

PETS

Caring Hands Animal Hospital mid

Olde Towne Pet Resort 2

Stream Valley Veterinary Hospital 35

Whole Pet 2

PROFESSIONAL SERVICES

DRJones & Associates 6 & 24

Family Hair Salon 24

REAL ESTATE

Bonnie Selker, Keller Williams 36

The Greg Wells Team, Re/Max 23

Kyle Davis Re/Max (KGD, Inc.) 24

Sampson Properties mid

RECREATION / INSTRUCTION

Ashburn Ice House 27

Creative Dance Center 35

Dragon Yong-In Martial Arts 35

Oatlands 6

School of Rock 14

RESTAURANT

Mali Thai 23

ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

MONTHLY PRICING

BLACK AND WHITE:

1/8 pg (3.625" W X 2.25" H) \$90 /\$75*

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COLOR (INSIDE COVERS) LIMITED AVAILABILITY:

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Add 10% to base price above for preferred placement

COLOR (OUTSIDE BACK COVER) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$250 /\$240*

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1/2 pg (8" W X 4.875" H) \$475 /\$455*

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**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:

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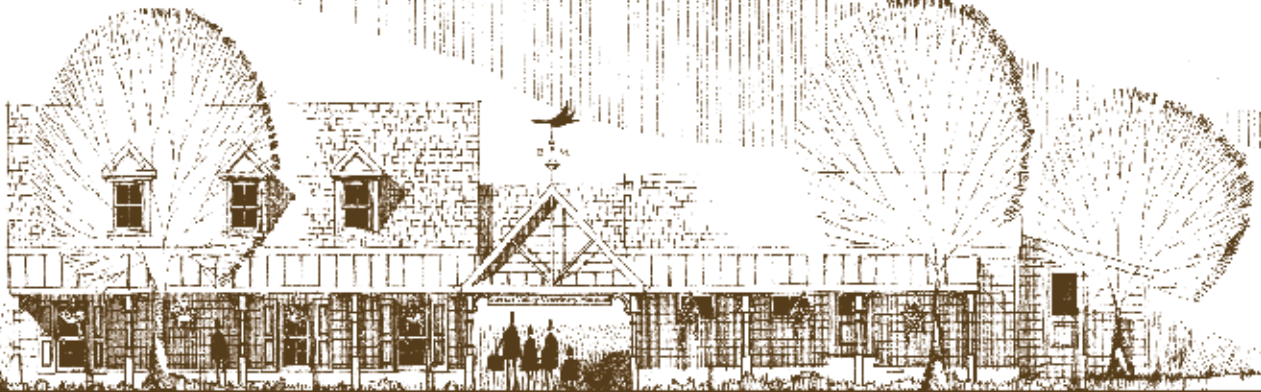
For more information or questions regarding advertising, contact Ad Manager Stassa Collins at ads4broadlands@yahoo.com or 703-729-9704.

Please Note: Advertisers in the Broadlands Newsletter 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** should it fall on a weekend or holiday. Editorial submissions should be emailed to nihanainen@broadlandshoa.com. A message may be left for the editor at 703-729-9704.

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