



# BROADLANDS



Community News

August 2011

## The Fun Just Keeps on Coming in Broadlands...

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National Wildlife Federation Certified Community Wildlife Habitat  
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# BROADLANDS



## Contact Information

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### **HOA Office and Website**

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(703) 729-9704 Fax: (703) 729-9733  
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www.broadlandshoa.org

### **Armstrong Management Services**

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

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

### **Southern Walk Board of Directors**

(Open Band Contract Administration Only)

Erika Cotti - President  
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See page 12 for August hours

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## Save the Date Find a Sitter, Create a Costume

Adult Halloween Party  
Saturday, October 29, 8:00p.m. to Midnight  
at the Community Center

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Cascades Home Owners Association  
will be hosting a

### Battle of the Bands

as part of the annual  
Fall Festival on **Saturday October 22<sup>nd</sup>, 2011**  
at Potomac Falls High School



**(SOLO ACTS ALSO WELCOMED)**

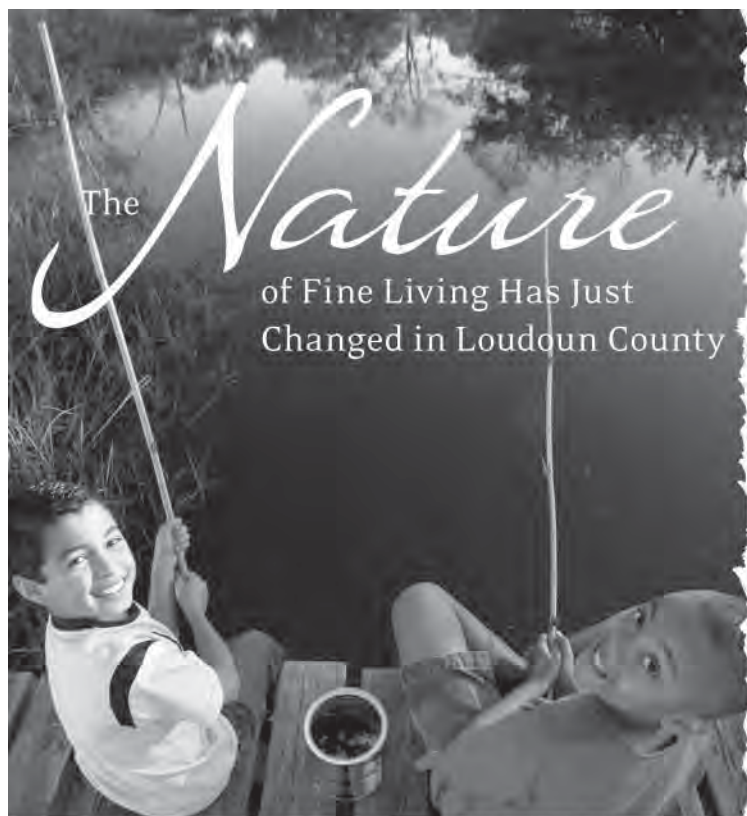
Each act selected will be  
given 10 mins performance time.

\*7 mins set-up

\*10 min performance; up to 3 songs to include at least one original song

- Performers should be attending high or middle school
- Only a limited number of acts will be accepted as finalists to perform at the festival
- Deadline for applications: Sept 22<sup>nd</sup> 2011

For details on how to apply email: [cascadesfestival@gmail.com](mailto:cascadesfestival@gmail.com)



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# Broadlands 3rd Annual Carnival!



Saturday, August 6, 2011  
11:00a.m. - 1:30p.m.  
Broadlands Nature Center



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

## Flicks in the Sticks

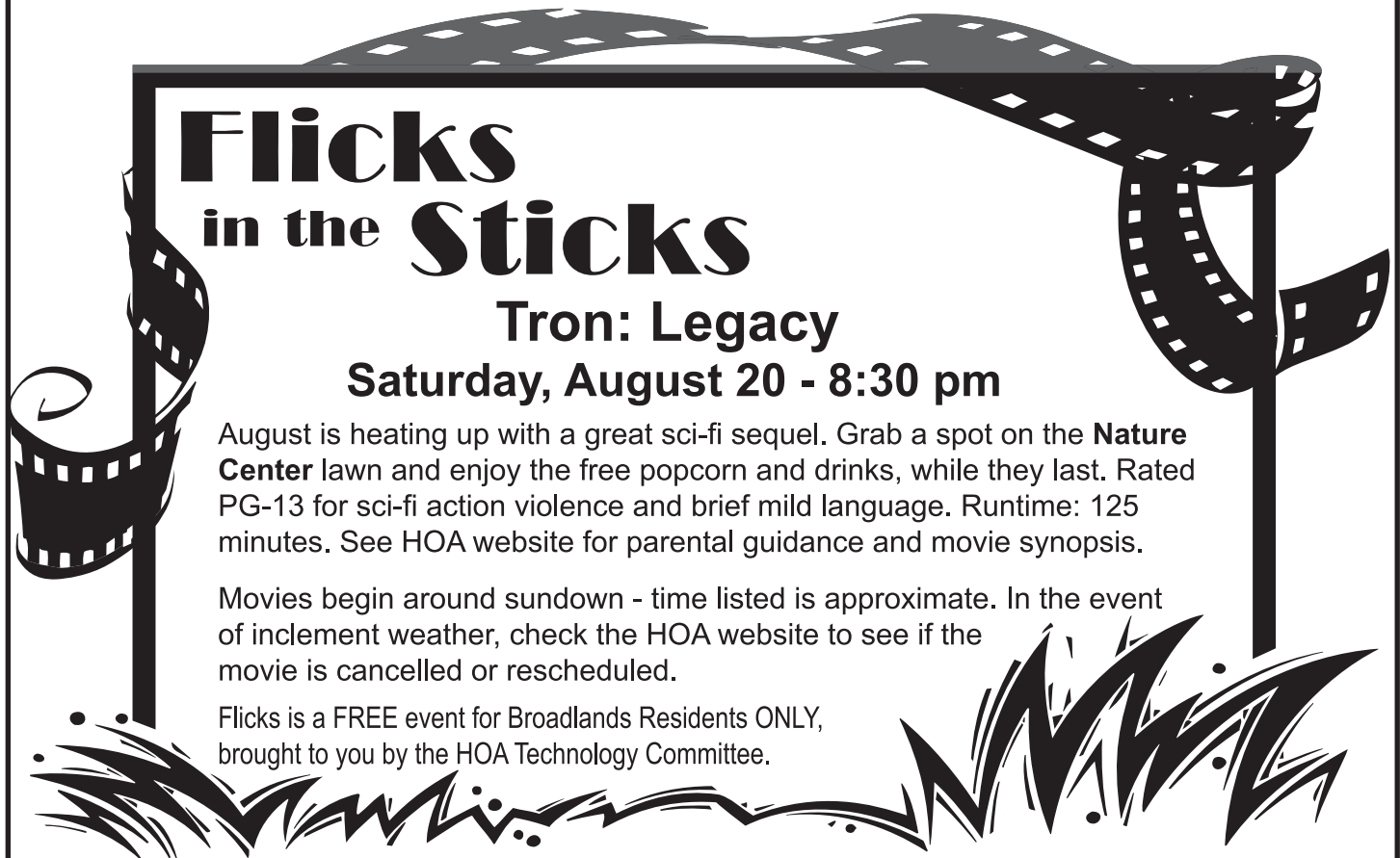
Tron: Legacy

Saturday, August 20 - 8:30 pm

August is heating up with a great sci-fi sequel. Grab a spot on the **Nature Center** lawn and enjoy the free popcorn and drinks, while they last. Rated PG-13 for sci-fi action violence and brief mild language. Runtime: 125 minutes. See HOA website for parental guidance and movie synopsis.

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

Flicks is a FREE event for Broadlands Residents ONLY, brought to you by the HOA Technology Committee.





## Patriot Disposal Collection Schedule

### **Mondays:**

Trash and Yard  
Waste

### **Thursdays:**

Trash and Recycling

*Please have trash and recycling at the curb no later than 7:00a.m. Thank you.*



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## BROADLANDS LIVE!

### Season Eight Continues, and the beat goes on!



Local favorites A+ Dropouts and Pebble to Pearl will continue the fun at 5:30p.m. on August 12th. Come ready to party and enjoy dinner with your family and neighbors. Johnstone and Jah Works will entertain us in September.

The Broadlands Live! music series continues on Friday evenings: August 12th and September 9th from 5:30pm to 9:30pm. The concerts are scheduled so residents and their families can come right after work, grab a bite to eat and enjoy music with neighbors and friends outdoors. The local bands selected to perform will appeal to all ages. Come ready to have a good time! Support local vendors Domino's Pizza and Hawaii's Best Shaved Ice Company. Pick up your dinner at the show.

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

The 2011 Broadlands Live! concert series is proudly presented by Van Metre Companies. Bronze sponsors of this event are OpenBand, Stream Valley Veterinary Hospital, Broadlands Family Practice, 1757 Golf Club, Ashburn Rental, Wiger Orthodontics and Patriot Disposal.

Watch for information in our future newsletters, visit the Broadlands Live! website at [Broadlandslive.com](http://Broadlandslive.com) or call the Broadlands Live! hotline at 571-333-4FUN for more information or to volunteer. Broadlands rocks and so do you! A special thank you goes out to the Parallel Wine Bistro for their hospitality to our committee. Thank you for your support!



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

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

## 2011 FREE Summer Concerts

|                |  |
|----------------|--|
| June 10 >>>>>  | <b>Full Mesh</b> • with <b>Yosi</b>              |
| July 8 >>>>>   | <b>Tom Principato</b> • with <b>Duffy Kane</b>   |
| August 12 >>>> | <b>Pebble to Pearl</b> • with <b>A+ Dropouts</b> |
| Sept. 9 >>>>>  | <b>Jah Works</b> • with <b>Johnstone</b>         |

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PATRIOT  
DISPOSAL



open  
band



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**BYOB – bring ID • No glass bottles • Food & non-alcoholic beverages sold at event**

**Food Vendors: Foster's Grille, Domino's Pizza, & Hawaii's Best Shave Ice Co.**

**Special thanks to the Broadlands HOA, Wegmans, Costco, and Armstrong Management.**



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July 15, 2011

**\*\*Special Assessment Notice\*\***  
**Southern Walk Homeowners' Association**

Dear Homeowner

As you are aware, earlier this year the Southern Walk Homeowners' Association (SWHOA) Board of Directors (BOD) retained the law firm of Miles and Stockbridge. Last year the SWHOA notified OpenBand (OB) twice of their "breach" of the HOA services agreement (i.e., OB's lack of valid Loudoun County video franchise and lack of competitive rates or comparable service offerings by other franchisees in the county). In addition, the SWHOA BOD met with OB and OB's legal team in an attempt to discuss the community's concerns. Despite these actions OB is and continues to be unwilling to negotiate any terms of the services agreement.

On May 13, 2011, the SWHOA BOD filed a lawsuit in U.S. District Court, Eastern District located in Alexandria, Virginia. The SWHOA suit seeks a court order declaring the exclusive easements and contract with OB to be void and unenforceable. There is also a count in our suit addressing the unconscionability of the telecommunications contract. Despite having established legal costs in our operating budget in line with historic experience, the extraordinary measures the SWHOA BOD has taken has far exceeded our budget. In addition, bad debt expenses related to delinquent accounts have also exceeded budget expectations.

As such, during our scheduled Board of Directors Meeting on June 9, 2011, the Board approved a Special Assessment to be levied against all owners in the total amount of \$155. This also covers the cost to administer the Special Assessment, in order to defray the expected legal fees and bad debt expenses. The due date of this Special Assessment will be September 1, 2011. Payments not received by September 10, 2011, will incur a late fee as is customary.

A coupon for the \$155 special assessment is enclosed for your use. **If you are currently participating in the Direct Debit Program, the special assessment will be automatically deducted from your designated account on September 1, 2011, unless you make alternate arrangements by contacting the Armstrong Management accounting department at [broadlands@armstrong.net](mailto:broadlands@armstrong.net).** If you are paying by check or money order make it payable to Southern Walk at Broadlands Homeowners' Association. You must use the enclosed coupon to make the payment. If you have any questions, please contact Armstrong Management's Customer Service Center at [customerservice@armstrong.net](mailto:customerservice@armstrong.net) or (703) 385-1133. **Do not contact the Broadlands HOA. This is strictly a Southern Walk assessment.**

The Board appreciates your understanding, looks forward to working with you to meet our community needs, and thanks you in advance for your support.

Sincerely,

Board of Directors  
Southern Walk at Broadlands Association, Inc.

Enclosure: Special Assessment coupon



### Modifications Subcommittee

The Subcommittee meets at 7:00p.m. in the Nature Center on the first and third Wednesdays, March through October, and only the third Wednesday, November through February. Applications must be submitted by Noon on the Friday before the meeting. Please review the Design Guidelines manual or look online for information to be submitted with your application, as failure to include all information will delay review of your project.

### MODIFICATIONS SUBCOMMITTEE MEETINGS

| MEETING DATE       | SUBMISSION DATE    |
|--------------------|--------------------|
| August 03, 2011    | July 29, 2011      |
| August 17, 2011    | August 12, 2011    |
| September 07, 2011 | September 02, 2011 |
| September 21, 2011 | September 16, 2011 |

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

Submit complete applications by Noon on the submission date to the Secretary Robin Crews, [rcrews@broadlandshoa.com](mailto:rcrews@broadlandshoa.com), to the Modifications Subcommittee, at the Association office in the Nature Center, 21907 Claiborne Parkway. There is a drop box available for after-hours submissions. A response to your application is generally mailed within one week of the meeting.

### Get Connected @ ArmstrongConnect

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

To register, send an email requesting your registration code to [mburns@broadlandshoa.com](mailto:mburns@broadlandshoa.com). Please include your name and address. Your code will be sent to you via return email. Then visit [www.armstrongconnect.net/register](http://www.armstrongconnect.net/register) and enter your registration code. Follow the on-screen prompts to complete your registration. Remember to choose a numeric 4-digit Personal Identification Number (PIN) for your new log-in code. You can then access your account at [www.armstrongconnect.net/broadlandsassociationinc](http://www.armstrongconnect.net/broadlandsassociationinc). Have more questions about dues and assessments? Contact Armstrong Management by phone 703-679-1541; fax 703-591-5785 or email [broadlands@armstrong.net](mailto:broadlands@armstrong.net).

## Homeowners Association Board of Directors Meeting

**Tuesday, August 09, 2011  
at 6:00 p.m.**

*in the  
Nature Center conference room*

### Broadlands Association Board of Directors Meetings

Meetings are held in the conference room of the Nature Center usually on the 2nd Tuesday of the month at 6:00pm. Residents are welcome to observe the public portion of meetings, and to address the Board during the 'Owner Comments' section of the meeting. A request to be placed on the agenda must be submitted to Management no later than 7 days prior to the meeting.

### NO MORE LATE FEES!

Did you forget to mail your HOA assessment? Couldn't find a stamp? Ran out of checks? With so much to do it's easy to forget to get that check in the mail in time, and you never know how long it will take the post office to get it delivered. Who needs the worries and no one needs late fees. Armstrong Management offers automatic electronic funds transfer to pay your monthly assessment. Your payment is taken out of your personal account on the same day each month and automatically applied to your HOA account...no worrying if your check arrived on time and NO MORE LATE FEES!

You can pick up an application at the HOA office at the Nature Center or online at <http://www.broadlandshoa.org>. Click on 'HOA Forms' in the directory and then on 'Auto Pay Application'.

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## Saturday Family Days at the Nature Center

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June thru September

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\$10/Family up to 5 members, \$2.50/additional family members

\$5/1 Adult + 1 Child



August 13th

at 10:30 a.m.

Butterflies

Our meadow is home to many native butterflies of Virginia. Come with us and learn about their favorite plants and what you can do to bring them to your home.

September 10th

at 10:30 a.m.

Our Nocturnal Night-time Friends

Who are the critters who come out at night? Who snacks at our garbage, nibbles at our vegetables, and calls out in the dark? We will hunt for evidence in our surroundings and learn about the creatures that might go bump in the night!

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# Nothin' But 'Net

Submitted by: Dawne Holz, Technology Committee and Consumer Education Specialist at the FTC

## Shopping for light bulbs? Learning about *lumens* is a bright idea

Light bulbs are getting better. Newer bulbs — like halogen incandescent, CFL and LED — last longer and use less energy than traditional incandescent bulbs, saving you money on your energy bills. In fact, beginning in 2012, everyday light bulbs have to meet new Department of Energy standards for how much energy they use. Bulbs that don't will be phased out over the next couple of years.

### What Are Lumens?

For years, people have chosen light bulbs by the watt, learning over time about how bright a typical 40-watt or 60-watt bulb is. But wattage tells you only how much energy a bulb uses — not how bright it is. With newer light bulbs designed to use less energy, wattage is no longer a reliable way to gauge a light bulb's brightness. That takes lumens.

**lumens = brightness**  
**watts = energy**

Lumens measure brightness. A standard 60-watt incandescent bulb, for example, produces about 800 lumens of light. By comparison, a CFL bulb produces the same 800 lumens using less than 15 watts.

### How Bright a Light?

This chart shows the number of lumens produced by common incandescent bulbs. If you're looking to buy a bulb that will give you the amount of light you used to get from a 60-watt bulb, you'll now look for 800 lumens.

You can use lumens to compare the brightness of any bulb, regardless of the technology behind it, and regardless of whether it's a halogen incandescent, CFL or LED. Using lumens helps you compare "apples to apples" when you shop for light bulbs. Once you know how bright a bulb you want, you can compare other factors, like the yearly energy cost.

| Watts<br>(energy) | Lumens<br>(brightness) |
|-------------------|------------------------|
| 150 w             | 2600 lm                |
| 100 w             | 1600 lm                |
| 75 w              | 1100 lm                |
| 60 w              | 800 lm                 |
| 40 w              | 450 lm                 |

### A Label to Help You Shop



When you shop for light bulbs, you'll also want to think about light appearance, or color temperature. Light appearance ranges from warm to cool. Warmer light looks more yellow, like the light from a traditional incandescent bulb, cooler light appears bluer. To find out the light appearance of a light bulb, look at the Lighting Facts label on the package. Lighting Facts labels will be on most household light bulbs starting in 2012.

The label may include the Energy Star logo if the bulb meets the energy efficiency and performance standards of the Environmental Protection Agency and the Department of Energy's Energy Star program. For more on Energy Star standards, visit [energystar.gov](http://energystar.gov).



### On the Bulb

The number of lumens will be printed on the bulb. If the bulb is a CFL, it may be on the bulb's base. CFLs also will include a web address, [epa.gov/cfl](http://epa.gov/cfl), for information on safe recycling and disposal. CFLs contain mercury, so cleanup and disposal require some care and attention.

### For More Information

Learn more about shopping for light bulbs at [ftc.gov/lightbulbs](http://ftc.gov/lightbulbs).

## Kritters for Kids By Lisa Matthews

### *Have you had a snake wink at you?*

If so, you have met a glass snake, which isn't a snake at all, it is a legless lizard! Glass snakes are called glass snakes because they will wriggle and writhe when people try to catch them and will break off their tail (it will regrow) to get away...just like their other lizard cousins. It used to frighten people because the glass snake appeared to "shatter" itself when scared and caught. Their tail can be half of their length!

Eastern Glass lizards can be found in the Coastal plains, in other words, they like sand dunes and the beach! They also like the forests, but only if the habitat is sandy. They don't live near us but do live in the Southeastern part of Virginia.

They can grow from 18-43 inches long and can have a variety of colors and patterns. The way you know it is a lizard and not a snake is because it has eyelids and can blink at you. While you are at the beach this summer, see if you can find a snake that gives you a wink!



### Naturalist Hours for August 2011

August 1 - 5  
Monday through Friday  
9:00a.m. - 11:30a.m.

August 8 - 12  
Tuesday through Friday  
12:00p.m. - 5:00p.m.

August 15 - 19  
Monday through Friday  
4:00p.m. - 5:00p.m.

### Normal hours will resume after August 20<sup>th</sup>:

Tuesdays, 10:00a.m. - 1:00p.m.

Wednesdays, 9:00a.m. - 5:00p.m.

Fridays, 9:00a.m. - 1:00p.m.



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This kitchen was designed by Laura Gilbride,  
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## Rose Hips – Not just Beautiful, But Edible, too!

People have grown roses for many centuries and for many reasons. Most folks grow roses for their beautiful flowers. However, for much of the history of the rose it was also used as a source of food and medicine.

Whether the quaint recipes from early manuscripts and printed herbals for such concoctions as “melroset” and “syrope of roses” would actually “strengthneth the heart, and taketh away the shaking and trembling thereof” is undoubtedly questionable. What is valid is the fact that rose hips are a good source of vitamin C, having a much higher content than citrus fruit. During World War II, with limited imports, British volunteers gathered hips from the hedgerows for making the rose hip syrup distributed by the Ministry of Health. However I am not suggesting them as a replacement to more superior vitamin supplements that may be available to us today.

Besides being healthful, rose hips offer the adventurous cook a different ingredient. Rose hips have a tangy yet sweet flavor and can be used fresh, dried, or preserved. The simplest use is to steep them for a tea. Rose hip syrup, puree, jam, jelly, and sauce can be used as is or as a flavoring in other recipes. The hips are usually left on the bush until after the first frost when they are bright red and slightly soft. **WARNING: NEVER USE THE HIPS OF ANY ROSE THAT HAS BEEN TREATED WITH A PESTICIDE.**

To prepare rose hips, trim off the blossom and stem ends with scissors, cut in half lengthwise, remove the tiny hairs and seeds in the center, and rinse. To dry the hips, simply spread the prepared halves in a single layer on screens or trays and place in a dehydrator, an oven on the lowest setting, or in a dark, dry, well-ventilated place. Store the dried hips in glass jars in a dark, cool place.

Rose hip puree can be added by the spoonful to soups, cereals, juices, fruit salads, and sauces or spread on bread to provide extra vitamin C. To make the puree, simmer 2 pounds prepared fresh hips in 1 quart water until tender, or about 20 to 30 minutes. Puree in a food mill or processor and store in a covered container in the refrigerator. For more recipes using rose hips, check out these two websites: [http://simplyrecipes.com/recipes/rose\\_hip\\_jelly\\_and\\_jam/](http://simplyrecipes.com/recipes/rose_hip_jelly_and_jam/); <http://www.grandmas-wisdom.com/rose-hip-tea.html>.

The somewhat spherical fruit of the rose, usually red in color, is seldom allowed to develop on modern garden roses, but the old-fashioned shrub types like the Rugosas (*Rosa rugosa*) bear them abundantly. I have several of the Rugosa roses in my garden because they are tough plants that tolerate dry conditions with few pest problems. They bloom May-September in colors of white, pink, and red, are deliciously fragrant, and they provide food for songbirds if you leave the hips for them. These characteristics make them a winner in my low maintenance garden. For a fact sheet with photos, go to <http://dendro.cnre.vt.edu/dendrology/syllabus/factsheet.cfm?ID=318>. Check your local nursery for species of the Rugosa roses or conduct an internet search to find mail-order sources.

If you have questions on horticulture topics, contact the Loudoun County Master Gardener Volunteers at their Help Desk at 703-771-5150 or [ex107mg@vt.edu](mailto:ex107mg@vt.edu) or stop by the office at 30 Catocin Circle SE (Wells Fargo Bank Building), Leesburg, between the hours of 9:00a.m. to Noon, Monday through Friday.

Debbie D. Dillion  
Urban Horticulturist, Loudoun Extension Office

## Common Courtesy, Legal Responsibility By Shannon M. Pecora, MA Stream Valley Veterinary Hospital

After breakfast or dinner, your family members may not be fighting with one another for the chance to walk the dog. This may not be due to fatigue, laziness, or hectic scheduling; it is quite likely that no one wants to be responsible for picking up the... "waste". Because this is one of the most unpleasant aspects of dog ownership, you may be tempted to get up before sunrise or wait until after sunset so that you can leave your dog's waste in the grass under cover of darkness. It sounds like a convenient solution, but this practice would make you not only a bad neighbor, but also a criminal.

Sure, the feces may wash away during the next rain, but while the physical "evidence" may be gone, the bacteria and potential parasites remain. These germs are then spread throughout the park, common area, or yard, ultimately into ground water, run-off streams, and pretty much anywhere and everywhere throughout your neighborhood. This includes where your own dog walks and sniffs, meaning that your pet is exposed to whatever you or your neighbors have left behind. And, of course, your kids play in those areas, too. County leash and scoop laws are in place for public safety and protection; a large part of the goal is to keep bacteria and parasites from finding their way into your home.

There are pet waste stations in many communities, but you can also buy rolls of bags or save your newspaper and grocery bags for doggie duty (pun intended). Your hand should be reasonably protected by this layer of plastic - but still be sure to wash your hands when you get home - so picking up pet waste is really only gross for a few seconds. Leaving pet waste in your community, however, is perpetually gross, hazardous, and illegal!



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## From the Naturalist...

### By Lisa Matthews

Notice the gigantic poison ivy this year? The carbon footprint that we have laid has clearly benefitted our nemesis. It is growing in huge proportions. We like to allow poison ivy growth in our wild areas because it is a very important food source for many wild animals. Many species would decline if the ivy was eliminated. It provides a fall/winter white berry for the animals. But that also means that seed dispersal by the animals can result in poison ivy in your gardens.

A few tips on how to keep your family safe from poison ivy:

- When out in the woods and meadows, wear protective clothing. Long sleeves and pants seem like too much in the heat, but the protection from ticks and poison ivy is worth the effort. There are some wonderful fabrics nowadays that whisk away sweat and keep you cool. Some even provide UV protection.
- Learn what poison ivy looks like. Some plants, such as wild blackberries, share the three leaf rule. However, blackberries have thorns on their vines. There are many sites on the web to view what it looks like and some sites are even selling cards with pictures of poison ivy in its many states.
- Poison ivy has non-symmetrical leaves often with deep lobes but that is when it is the smallest. It is harder to tell with the larger leaves. Don't be fooled if it isn't a vine. Poison ivy exists in several states: a thick hairy vine up a tree, a thin vine along the ground, or even a shrub. If you cut it down or mow over it, the ivy insidiously learns to stay small and winds its way through your grass.
- The tricky problem with poison ivy is the removal. Unless you are one of the lucky few that can handle it, hire someone to remove it from your garden. Many of the lawn and landscape services have employees that do not react to the poison ivy. The only way to truly rid yourself of the poison ivy in your garden is to rip it out by the roots; which is a truly difficult endeavor.
- Finally, how do you know you have come into contact with poison ivy? An itchy burning rash appears within 2-3 days as small red bumps that blister. They can ooze clear liquid that gets crusty as the rash starts to heal. Some people are very allergic and should watch for difficulty in breathing, sounding hoarse or having difficulty speaking, dizziness, or swelling around the nose or mouth. In these cases, please seek emergency treatment.

Prevention and recognition is the best tool when dealing with poison ivy. Download pictures and take your family out and learn to know what you are looking for. Don't forget...learn what poison oak and sumac look like too!

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## The Critter Corner

By Dr. Steve Velling

### "Scare Tactics"

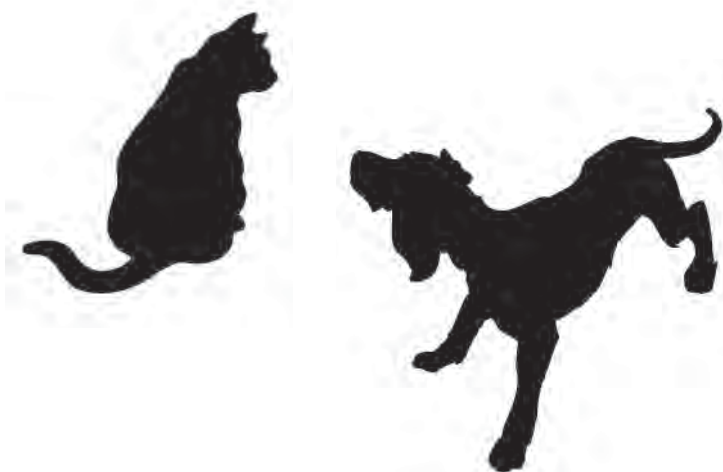
Bentley was home alone during the heavy rainfall, and he was okay until the lightning and thunder came. His owner John came home from work later to find Bentley cowering under the bed, with the curtains having been ripped down and torn up. That's when John gave us a call.

Summertime is when we get a lot of storms here in Ashburn, which means a lot of thunder and lightning. And just like kids, animals get nervous during a bad thunderstorm. Some dogs (and even cats) may show mild anxiety, but others may show a very real phobia to the point that they may be destructive to either themselves or the home they are in. I've seen a number of dogs that have done such things as eaten through dry wall, urinated on beds, and torn toe nails off trying to dig out of either crates or locked doors.

Some ways to help animals with this is to identify what exactly they are scared of. They may be able to be trained to accept the "fear factor" with counter conditioning – for example, playing a CD of thunderstorms quietly at first until the dog can better tolerate the actual thing, or putting them in an interior room with a radio on where they are less likely to hear or see the storm. If severe enough, some animals may need mild sedatives to help them with their anxiety or maybe even an examination to make sure nothing else is wrong with them. For storms in particular, there now is a nifty shirt for dogs called a (you guessed it) "thundershirt", and I've seen it work amazingly well on a number of dogs (including Bentley!), and we've had success with different herbal supplements such as Kava Kava root and valerian.

So if you have a fearful Fido or a timid Tiger and you don't know what to do, give us a call!

Till next time,  
Dr. Steve  
[www.ashburnanimals.com](http://www.ashburnanimals.com)



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## Nature Center Programs

The Audubon Naturalist Society and the Broadlands HOA have partnered to provide Nature programs for the community. To register, call the Broadlands HOA office at 703-729-9704 or email [naturalist@broadlandshoa.com](mailto:naturalist@broadlandshoa.com) to reserve your place in the program. We go outside for most programs so please dress appropriately and wear sturdy shoes.



Our Audubon Naturalist offers programs for Scouts, Families, Birthday Parties, After School, PreK and K, and Parent and Toddler Programs. Check our website for upcoming programs.

### Fall Program Schedule 2011

#### Mammal Mania

**Grades: K – 4th**

**Day and Time: Wednesdays, 3:45p.m. - 4:45p.m.**

**Duration: October 5th - November 30th**

Why are mammals such a successful group of animals? We will explore this question and learn about the mammals we can find in our own backyards. We'll discover how their adaptations have led to their success in living with humans and how we can see or find evidence of them around our homes.

#### Marvelous Mammals

**Grades: Pre-K and K**

**Day and Time: Fridays, 9:30a.m. - 10:30a.m.**

**Duration: October 7th - December 2nd**

Fuzzy, furry, cute and cuddly, bristly and snarly are the mammals of our world. We will learn about the mammals of Broadlands through stories, games, crafts and hikes.

#### Wee Hikers Fall

**Ages: 18 months - 3 years**

**Day and Time: Fridays 10:45a.m. - 11:45 a.m.**

**Duration: October 7th - December 2nd**

Your little hiker and you will enjoy walking through the woods exploring the colors of Autumn and experience the textures, sounds and smells of nature. We will explore several child friendly trails in and around Broadlands and the Nature Center.

**Note:** Additional program dates may be scheduled if there is enough interest. For example, an early afternoon PreK and K class might be scheduled if the other classes fill up. Please contact: [naturalist@broadlandshoa.com](mailto:naturalist@broadlandshoa.com)

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# Back to School

## Quick Meals For Busy Families

### Garlic Chicken & Balsamic Vinegar

This recipe uses just a few ingredients to make a delicious meal with a unique flavor.

Preheat oven to 450F  
2 lbs chicken pieces  
2 Tbsp olive oil  
1 cup apple juice  
1 clove garlic, pressed  
1 tsp oregano  
salt and pepper  
1/4 cup grated Parmesan cheese  
3 Tbsp balsamic vinegar

Put chicken pieces in a baking dish. Sprinkle with olive oil, apple juice, garlic, oregano, salt, pepper and Parmesan cheese. Bake for 45 to 60 minutes, until no longer pink inside. Pour balsamic vinegar over chicken. Serve immediately. *Healthy-Quick-Meals.com*

### Cheesy Baked Fish

Use any mild white fish: sole, flounder, haddock, cod. Use this recipe when you need a quick meal on the table right away.

Preheat oven to 450F  
1/2 cup Cheddar cheese, grated  
2/3 cup bread crumbs  
1/2 tsp dried basil  
1/2 tsp salt  
1/4 tsp nutmeg  
1/4 tsp pepper  
1 lb firm fish fillets  
1 tsp lemon juice

Combine cheese, bread crumbs, basil, nutmeg, salt and pepper. Spread half of crumb mixture evenly in greased baking dish. Place fish on top of crumbs. Sprinkle lemon juice over fish. Sprinkle remaining crumbs evenly over fish. Bake until fish flakes easily with a fork. (About 10 minutes per inch of thickness) *Healthy-Quick-Meals.com*

### Pasta Carbonara

This pasta carbonara recipe is quick, easy and delicious! Spaghetti, Fettuccini or linguine would work well. You can substitute chicken stock for the vegetable stock.



1 pound long pasta  
8 slices bacon (precooked heated in microwave is easiest)  
1 Tbsp oil  
1 cup chopped onion  
1/2 cup vegetable stock  
1/4 cup butter  
1/2 tsp salt  
1/4 tsp pepper  
2 eggs  
1 cup grated Parmesan cheese

Cook pasta according to package directions. Meanwhile, chop cooked bacon. In large skillet, heat the oil over medium heat. Add onion and cook until tender and transparent. Add stock, butter, salt and pepper. Heat until butter melts, but don't boil. Break eggs into a small bowl and whisk with a fork until smooth. When pasta is cooked, drain and return to pot. Add sauce and bacon and toss to mix. Add eggs. Toss to mix. Add the parmesan cheese. Toss to mix and serve. *Healthy-Quick-Meals.com*

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## Notes from Your Neighbors....

### Ashburn Volunteer Fire & Rescue Department

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



**AVFRD'S PHOTO FUND DRIVE** continues daily between the hours of 9:00 AM through 9:00 PM. Representatives from Twin Photos, our authorized fund raiser, will be visiting each home. Each representative will have an identification card from Twin Photos, but please feel free to call either Station 6 or Station 22 to confirm the rep's validity. In return for a donation made to AVFRD, you will receive a gift certificate for a free 10X13 professional photograph. They will also provide each home contacted with a magnet detailing all AVFRD's planned activities for 2011. If you have any questions regarding this program, please contact us at 703-729-0006.

### VOLUNTEER OPPORTUNITIES

The Ashburn Volunteer Fire & Rescue Department is always looking for dedicated and hardworking members. We not only have opportunities for firefighters and EMTs, but for administrative members who support our firefighters and EMTs. **Come join our team and discover the volunteer in you!** For more details, visit our website, attend a Prospective Member meeting on the last Tuesday of every month at the fire station at 20688 Ashburn Road, or contact us at [recruitment@ashburnfirerescue.org](mailto:recruitment@ashburnfirerescue.org).

**UPCOMING EVENTS** (For full details, please visit <http://www.ashburnfirerescue.org/events/>)

**Pancake Breakfast**—Ashburn Firehouse, 20688 Ashburn Rd. 8 a.m. until noon. Aug. 7, Sept. 4, Oct. 2 Are you interested in becoming a sponsor at one of our pancake breakfasts? We routinely serve more than 500 of your neighbors – a great way to promote your business and support AVFRD. Contact us at **[sponsor@ashburnfirerescue.org](mailto:sponsor@ashburnfirerescue.org)**

**Poker Run, Saturday, September 24 (rain date September 25) - Starting at Ashburn Firehouse, 20688 Ashburn Rd.** Registration: 8:00 AM to 9:00 AM, last bike out at 9:15 AM. Take a drive through the scenic countryside on your motorcycle, trying to earn the best poker hand as you go. All bikes should be back by 3:00 PM when there will be refreshments and raffle prizes. Motorcycles, cards, prizes and a party all in one event!

**Fall Open House, Sunday, October 9, Noon to 3:30 PM at the Ashburn Firehouse, 20688 Ashburn Rd.** Get your "Passport to Safety" stamped as you learn fire safety and prevention at our FREE Open House and Family Day. This is also the week we celebrate our firefighters and fire prevention week. We packed the afternoon with fun for the whole family like ambulance and fire engine tours, fire truck rides, shoot the hose, vehicle extrication, arson dog demonstration and much, much more!

We are currently accepting sponsorships for all of our events. Sponsorship opportunities are detailed on our website, or contact us at **[sponsor@ashburnfirerescue.org](mailto:sponsor@ashburnfirerescue.org)**.

Become our fan on Facebook – <http://www.facebook.com/AVFRD> and on [twitter.com/AshburnFire](http://twitter.com/AshburnFire). Receive our monthly online newsletter, The Dispatch. Subscribe by sending an email to [publicity@ashburnfirerescue.org](mailto:publicity@ashburnfirerescue.org) and type 'Subscribe' in the subject line. You can include your name and zip code, but it's not required. Your email address will only be used to receive newsletters, and you can opt out at any time.

Even if you can't attend one of these events, your tax deductible donations are always welcome and appreciated. Please contact us at [donations@ashburnfirerescue.org](mailto:donations@ashburnfirerescue.org)



# Broadlands Casino Night 2011



**A night of fun and prizes from local businesses~  
Space is limited - purchase tickets today!**

**Saturday, September 10, 2011  
at the Broadlands Community Center  
8:00pm-midnight**

**\$25.00/person advance purchase (before Aug. 26<sup>th</sup>)  
or \$30.00 after August 26<sup>th</sup>**

**Casual Evening Dress, for residents 21 years and older.  
Blackjack, Poker, Roulette, and craps...take your chance & play them all!**

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TICKET PURCHASE FORM: Attach a check payable to the Broadlands Association, Inc. Drop offs: Association office or outdoor drop box at the Nature Center. **All payments must be made by a Broadlands Resident.** Please write "**Attn: Casino Night**" on the envelope and "**Casino Night**" in the memo area. Payments must be received no later than Aug. 26.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

# of tickets \_\_\_\_\_ x \$25.00 (before 8/26/11) x 30.00 (after 8/26/11)

***Tickets are limited and will be sold on a first come, first serve basis.***

## Swim, Bike, Run!

One hundred thirty kids from Ashburn & South Riding came together on the morning of July 8th to participate in the 3rd Broadlands Kids Triathlon. The triathlon raised over \$3,100.00 for the MS Society.



The kids started with a swim in the Southern Walk Pool, then a bike ride around the Southern Walk neighborhood and finished with a run on the Mill Run track. Along the course, the racers were cheered on by parents, friends and volunteers helping to guide the kids. At the finish line, all triathletes received a triathlon medal donated by Crown Trophy and a coupon for a free smoothie from Robeks. Wegmans provided water that the runners needed on the hot morning and bananas to refuel after the race.



Local businesses donated items for a raffle at the end of the triathlon. Lucky winners just had to be present to win one of the prizes - gift cards, coupons, posters, a giant Angry Bird and a signed Capitals hockey stick! A big thank you to Go Bananas, Spokes, Potomac River Running, Curiosity Zone, Pizza Go Round, Costco, Fosters, Wegmans, Tropical Smoothie, Red Robin, the Ashburn Pediatric Dental Center and the Washington Capitals!



### Photos Top to Bottom:

1. Mackenzie Cunnane, Nicole Winklosky and Anna Larson getting ready on deck before triathlon.
2. Jill Biss exits the pool.
3. Caitlin Kahn heads out for her bike ride.
4. Kendall DiMillio and Sarah Holstein race around the track.

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## ALWAYS PERFECT TEETH



# Broadlands Teen Foam Party

**Saturday, August 27th**

**6:00p.m. - 9:00p.m.**

**Southern Walk Pool**

Ready for some unique fun? Bring your friends and have the high powered foam cannon shower all with safe and fun foam while the DJ keep the party hopping with the latest hits! Tired of the foam? Take a cool dip in our Southern Walk Community Pool reserved this evening just for teens! Hungry? Pizza, chips, cookies and soda will be served.

***All Rising Middle School and High School  
Broadlands Residents Welcome!***

Volunteer chaperones needed. Email [Tammy@jwells.us](mailto:Tammy@jwells.us).

---

Name: \_\_\_\_\_ Parent: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Cell #: \_\_\_\_\_

2nd Emergency contact: \_\_\_\_\_ Cell#: \_\_\_\_\_

All kids attending must bring a completed and signed permission form that will be collected at the party. For more information contact Tammy Wells, [Tammy@jwells.us](mailto:Tammy@jwells.us).



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# Broadlands 2011 Pool Season

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

## Pool Locations and Hours

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

**SUMMERBROOKE POOL – 21580 Demott Drive – 703-724-9818**

10:00 a.m. – 8:00 p.m. daily

**SOUTHERN WALK POOL – 43081 Village Drive – 571-223-1331**

11:00 a.m. – 8:00 p.m. daily.

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

12:00 p.m. – 9:00 p.m. daily

**ADULT LAP SWIM** – Offered at the **Community Center Pool**.

Tuesday, Wednesday and Thursday from 5:30 a.m. to 7:50 a.m.

**The Southern Walk  
Pool will close at  
5:00p.m. on  
August 27th for  
the  
Annual Teen Foam  
Pool Party**

## Broadlands Pool Rules

MEMBERS MUST COMPLY WITH ALL LIFEGUARD INSTRUCTIONS

### **GENERAL RULES:**

- **NO** glass containers or breakable objects
- **NO** food or drink except in designated areas
- **NO** profane language
- **NO** play equipment or wheeled vehicles, except wheel chairs and strollers
- **NO** pets
- **NO** alcohol or drugs
- **NO** chewing gum
- **NO** running, pushing, dunking, wrestling or rough play
- **NO** general swimming in diving area
- **NO** diving in shallow area
- **NO** tape players, CD players or radios unless waterproof and used with personal headphones
- **NO** flotation devices except water wings, U.S.C.G approved life vests and U.S.C.G. approved swimwear flotation devices
- **NO DISPOSABLE DIAPERS**, children not yet toilet trained must wear plastic pants or "Swimmies" (swim diaper) under their bathing suit
- **Children 10 years or younger MUST BE** accompanied and supervised by an adult or care provider who is at least 15 years old
- **Parents are responsible** for the safety and conduct of all children in their care
- **Pool membership may be temporarily suspended or revoked for failing to comply with the pool rules**



Members using the pools do so at their own risk. No Lifeguards are on duty at the wading pools. The complete text of the Broadlands Pool Rules is available at the Association Office or on the website at <http://broadlandshoa.org/node/6>

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# SWIM LESSONS

Broadlands in conjunction with High Sierra Pools is offering swimming lessons this summer. If you are interested in having your child participate, please visit our website <http://swim.highsierrapools.com/> for more information about swimming lessons and online registration or email [lessons@highsierrapools.com](mailto:lessons@highsierrapools.com) or call our office at 703-920-1750 ext. 124.

## General Information

The cost of a regular group session (composed of 8 classes) is **\$70 per child**. The cost of a regular private session (composed of 8 classes, one child) is **\$280 per child**. Semi-private sessions (2 children per session are required) are also available, for a cost of \$140 per child. The group must be pre-arranged by the parent(s). HSP unfortunately cannot arrange these groups. Each session is composed of eight lessons over **2 weeks**, taught **Monday through Thursday**, with Friday as a make-up day (make-up day is reserved only for classes that were canceled due to bad weather, instructor absence or mechanical failure of equipment).

Please register your child **at least one week** prior to the start of each session. Payment is due upon registration. **Minimum age for children is 3**. We offer four swimming levels: Nemos, Sea Turtles, Dolphins, and Sharks (see Swim Level Descriptions below). Each level has **completion requirements**. At the end of each session, skills are **demonstrated and if successfully completed, children can progress to the next level**. Participants usually need to stay in one level for 2 to 3 sessions. Upon request, our swimming instructors will be available to evaluate your child and recommend appropriate level before the session starts. Swim instructors will also reevaluate participants and divide them into corresponding levels during the first class (only if needed).

## Level Description

**Nemos:** This beginning level for children teaches them to be comfortable and safe in the water. Instructors will focus on introducing children to the water and improving their safety and comfort in the swimming pool. The class will feature activities such as: face in the water, wet the hair, submerging, opening eyes, front glide, back glide, breath control, moving around comfortably, blowing bubbles and having fun in the class with aquatic recreation, gaining confidence and interest in swimming. We highly recommend this level for children who have never taken lessons, preferably children between 3 and 5 years old.

**Sea Turtles:** This level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for strokes. This class will introduce exercises in the water such as: arm movement, body position, leg movement, floating and blowing bubbles; all connected with free style and backstroke. This level is recommended for children that are confident in the water but never had lessons, or children that have taken and passed Nemos level.

**Dolphins:** Students who successfully complete this level will be comfortable swimming in deep water, be proficient in front crawl, back crawl, breast stroke. They will be able to swim 50 yards with each of the strokes. This group is for children that are confident in the water and know the basic swimming skills of free style and backstroke. At this level, the arm position, leg exercises, breathing, turns, treading water and diving will be practiced. Butterfly will be introduced in this class. The focus of this group is for children that already know basic skills of freestyle and backstroke or for children that passed the Sea Turtles level.

**Sharks:** The goal for sharks is to make the students comfortable swimming and practicing in deep water, make major improvements to rotary breathing with front crawl, demonstrate some proficiency in the other strokes being introduced and begin to develop endurance by increasing distances they can swim. At this class the swimmers will improve the quality of their movement in the backstroke, freestyle, breaststroke and butterfly. The correct diving position will also be an important skill learned in the class. This class is recommended for children that successfully finished Dolphins level or children with previous swimming experience.



# Swim Lesson Schedule

Each session runs Monday – Thursday, offering 8 lessons over 2 weeks.

## Summerbrooke Pool - Morning Swim Lessons for Children (Private / Semi-private)

| Session | Date   | Groups: Nemos/Sea Turtles | Groups: Nemos/Sea Turtles |
|---------|--|---------------------------|---------------------------|
| 1       | June 20 <sup>th</sup> – June 30 <sup>th</sup>    | 8:30am – 9:00am           | 9:00am – 9:30am           |
| 2       | *July 5 <sup>th</sup> – July 14 <sup>th</sup>    | 8:30am – 9:00am           | 9:00am – 9:30am           |
| 3       | July 18 <sup>th</sup> – July 28 <sup>th</sup>    | 8:30am – 9:00am           | 9:00am – 9:30am           |
| 4       | August 1 <sup>st</sup> – August 11 <sup>th</sup> | 8:30am – 9:00am           | 9:00am – 9:30am           |

## Southern Walk Pool - Morning Swim Lessons for Children (Private / Semi-private)

| Session | Date   | Groups: Dolphins/Sharks | Groups: Dolphin/Sharks |
|---------|--|-------------------------|------------------------|
| 1       | June 20 <sup>th</sup> – June 30 <sup>th</sup>    | 9:40am – 10:10am        | 10:10am – 10:40am      |
| 2       | *July 5 <sup>th</sup> – July 14 <sup>th</sup>    | 9:40am – 10:10am        | 10:10am – 10:40am      |
| 3       | July 18 <sup>th</sup> – July 28 <sup>th</sup>    | 9:40am – 10:10am        | 10:10am – 10:40am      |
| 4       | August 1 <sup>st</sup> – August 11 <sup>th</sup> | 9:40am – 10:10am        | 10:10am – 10:40am      |

## Summerbrooke Pool - Evening Swim Lessons for Children (Private / Semi-private)

| Session | Date   | Groups: Nemos/Sea Turtles/Dolphins | Groups: Sea turtles/Dolphins/Sharks |
|---------|--|------------------------------------|-------------------------------------|
| 1       | June 20 <sup>th</sup> – June 30 <sup>th</sup>    | 8:00pm – 8:30pm                    | 8:30pm – 9:00pm                     |
| 2       | *July 5 <sup>th</sup> – July 14 <sup>th</sup>    | 8:00pm – 8:30pm                    | 8:30pm – 9:00pm                     |
| 3       | July 18 <sup>th</sup> – July 28 <sup>th</sup>    | 8:00pm – 8:30pm                    | 8:30pm – 9:00pm                     |
| 4       | August 1 <sup>st</sup> – August 11 <sup>th</sup> | 8:00pm – 8:30pm                    | 8:30pm – 9:00pm                     |

## Southern Walk Pool - Evening Swim Lessons for Adults (Group / Individual)

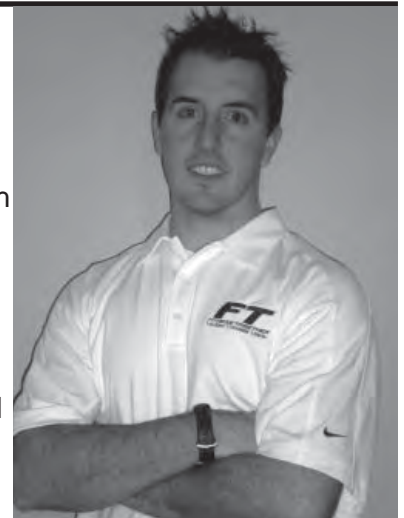
| Session | Date   | Group: Adults   |
|---------|--|-----------------|
| 1       | June 20 <sup>th</sup> – June 30 <sup>th</sup>    | 9:00pm – 9:30pm |
| 2       | *July 5 <sup>h</sup> – July 14 <sup>th</sup>     | 9:00pm – 9:30pm |
| 3       | July 18 <sup>th</sup> – July 28 <sup>th</sup>    | 9:00pm – 9:30pm |
| 4       | August 1 <sup>st</sup> – August 11 <sup>th</sup> | 9:00pm – 9:30pm |



## It's a Beautiful Day for a Strength Workout

As warmer temps invite you outside more for summer activities, you may think it's a given that you'll get more active and stay slimmer. But as you add cardio activities like biking, hiking, running or tennis, do you tend to slack off on strength training and figure it all evens out because you're burning more calories? Not so fast. Cardio alone isn't enough for weight management or staying fit and healthy overall. Yet it's so easy to let it slip, especially in the summer when you just want to get outside.

Stay on track this summer with the helpful tips in this Q&A with certified personal trainer and Owner Operator of Fitness Together Ashburn, Owner Joshua Champney.



### **Q. Why is it so important to include strength training (not just cardio) in a workout routine?**

We actually like to refer to strength training as resistance training because it brings many benefits beyond just building strength. Whether you're trying to lose weight, improve your mobility for sports, or simply move better throughout the day, incorporating resistance training into your exercise routine will give you added benefit than just doing "cardio".

Understand that I'm not talking about "bulking up"; resistance training is about keeping the muscles strong and toned, while adding lean muscle. And, as you may already know lean muscle burns more calories throughout the day than fat, another benefit of adding resistance training to your routine.

Regarding strength building, research has shown that resistance training, more so than just cardio, is one of the best ways to build lean muscle. Cardio can build some muscle, but resistance training is the most effective method. Resistance training also helps to support your joints – especially the shoulders, knees, and spine — by strengthening the muscles around those areas.

### **Q. Why is it so easy to neglect resistance training?**

It's the perception that it takes too much time. Many people think that this type of training needs to be done separately. The fact is you can get an incredibly great workout by incorporating strength training INTO your cardio routine.

### **Q. What are the best ways to integrate resistance training into a cardio regimen without adding a lot of time to my workout routine?**

There are three ways to do cardio and resistance training in the same amount of time as a typical cardio workout. Some of these are just as easy to do outside as inside.

#### **1. Full-body exercises/Compound Movements**

Instead of doing just a squat or just a shoulder press, incorporate the two into one efficient energy burning set. Take a set of dumbbells that you can shoulder press about 12-15 times. Stand straight with your feet about shoulder width apart. Bring the dumbbells to the shoulder press position (dumbbells level with your ears or higher) Begin to perform a squat keeping the weight on your heels. As you squat down extend your arms overhead. Your arms should be extended at the bottom of the squat. As you squat up the arms begin to bend back to the starting position. If you haven't done this exercise before, it might feel a bit awkward so try it with no weight.

#### **2. Increase the number of repetitions/Decrease Rest time.**

A couple ways to get the heart rate up during your resistance training is to do two or three times the number of repetitions you'd normally do in a single set — and/or perform multiple sets with shorter rest times between sets. This will cause your heart rate to be higher during that same period. One note is that if you are increasing your reps and/or decreasing your rest you may need to decrease the weight you use as well.

***Strength Workout continued on page 27***



## 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 with the next 4 highest, and so on.

**When:** Every Sunday night at 7:00p.m. rounds ongoing through September 2011.

**Where:** Broadlands Nature Center Courts

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

**Broadlands Tennis Website:** [www.BroadlandsTennis.org](http://www.BroadlandsTennis.org)



## Broadlands Tennis Ladies Night Out

Ladies with NTRP ranking of 3.0 and above only.



Come out and play doubles tennis at the Nature Center tennis courts every **Monday night** from 7:00p.m. until 9:00p.m. until the weather is too cold.

**Fee:** Free for residents  
\$5.00 for non-residents  
**Please bring a can of balls**

*Email: [uncrdh95@gmail.com](mailto:uncrdh95@gmail.com) to reserve your space or to be a substitute player.*

## Broadlands Tennis Programs

### Enrollment Now Open!

Visit [www.broadlandstennis.org](http://www.broadlandstennis.org) for details and registration forms for all programs. Contact **Luis Rosado** if you have any questions at (301) 221-7917 or email [broadlandstennis@yahoo.com](mailto:broadlandstennis@yahoo.com).

### Junior Tennis & Sports Camp Registration is OPEN

JUNIOR CAMP (ages 5-16)  
Mon - Thu, 9am-1pm (4 days)  
Broadlands Residents/Non Residents  
\$170 / \$185 per week  
10 WEEKS: June 20-August 25

### Clinics - 8 Week Sessions

#### JUNIOR CLINIC (ages 4-5)

Tue - Fri, 4:30p.m. - 5:00p.m.  
(½ of the price stated below)

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

Tue - Fri, 5:00p.m. - 6:00p.m. & 6:00p.m. - 7:00p.m.  
Sat & Sun, 10:00a.m. - 11:00a.m.

#### ADULT CLINIC - All levels

Sat & Sun 9:00a.m. - 10:00a.m.  
Tue - Th, 7:00p.m. - 8:00p.m.

### Broadlands Residents/Non-Residents

(As low as \$13.00 per class)  
\$120/\$135 per session (8 weeks)  
1 class a week  
\$224 / \$254 per session (8 weeks)  
2 classes a week  
\$312 / \$357 per session (8 weeks)  
3 classes a week

### Clinics Drop In Fee:

\$20 members; \$22 non-members

### Weekday Morning Clinics

Mon, Wed, Fri, 9:00a.m. - 10:30a.m.  
\$20 residents; \$22 non-residents / per class

### Weekly Junior Tournaments

11 years and over - every Sunday 11a.m.-1p.m.  
\$15.00 per tournament

### Private Lesson Prices Per Hour Lesson: Resident/Non-Resident

**1 player:**  
\$60/\$65  
**2 players:**  
\$35/\$38 each  
**3 or 4 players:**  
\$25/\$27 each  
**5 or + players:**  
\$20/\$22 each



# **Broadlands Junior Tennis & Sports Summer Camp 2011** **June 20 – August 25** **(Weekly Sessions)**



**Tennis:** whether your children are beginner, intermediate or advanced players, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

We break down the fundamental skills of tennis through easily understood games and exercises to help improve the athlete's overall coordination and technique. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play. Due to limited court space, these programs fill quickly.

**Fitness:** our staff will lead our campers in group fitness activities. Kids will learn the benefits of stretching and the many facets of strength building and conditioning.

**Motor Skills activities and Team Field Games:** relay races, soccer, Kick-Ball, and swimming ...just to name a few.

**JUNIOR CAMP (ages 5-16)**  
 Mon – Thu, 9:00am – 1:00pm (4 days)  
 Broadlands Residents/Non Residents  
 \$170 / \$185 per week

**Location:** Nature Center Courts  
 21907 Claiborne Parkway

**Registration:** Ongoing

**Space is limited to 30 campers per week**  
**Minimum enrollment is 10 campers per week**  
**If oversubscribed, preference will be given to Broadlands Residents**

Week 1: June 20-23  
 Week 2: June 27-30  
 Week 3: July 5-8  
 Week 4: July 11-14  
 Week 5: July 18-21  
 Week 6: July 25-28  
 Week 7: August 1-4  
 Week 8: August 8-11  
 Week 9: August 15-18  
 Week 10: August 22-25

**Note:** Fridays will be used as make-up days for inclement weather cancellations

Refer to our website for weather cancellations:

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

**Contact Info:**

**Email:** LuisTennisAcademy@gmail.com

# **Broadlands Junior Tennis & Sports Summer Camp 2011** **June 20 – August 25**

## **Registration Form and Camp Waiver**

Camper's Name : \_\_\_\_\_ School: \_\_\_\_\_

Level: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Parent Name \_\_\_\_\_ Phone #: \_\_\_\_\_

Email \_\_\_\_\_ Broadlands Resident (Y/N) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Emergency Contact in case Parent is not available:

Name \_\_\_\_\_ Phone # \_\_\_\_\_

## **Enter # of Weeks Desired**

Week #(s) \_\_\_\_\_

Total \$ \_\_\_\_\_

## **Make Checks payable and mailed to:**

Luis Rosado, 22616 Parkland Farms Terrace  
 Ashburn VA 20148

**Cancellation Policy:** No refunds will be given for cancellations within 10 days from your camp week.

## **Broadlands Junior Tennis Camp Waiver**

For and in consideration of Luis Rosado Tennis Academy permitting me and/or my child to enroll in and participate in the tennis instruction and related activities (collectively, the "Activity"), by signing below I hereby voluntarily indemnify, release from liability and hold harmless Luis Rosado Tennis Academy (Luis Rosado and staff) for any accident, injury, illness, death, loss, damage to person or property, or other consequences suffered by me or any other person arising or resulting directly or indirectly from my participation in the Activity.

If I or my child gets injured, I agree to assume any financial obligation, either through my personal health insurance or through some other means, for any medical costs I incur. Luis Rosado Tennis Academy (Luis Rosado and staff) assumes no responsibility for any medical expenses, injury, or damage suffered by Participant in connection with the use of any Ashburn Community Tennis facilities or services in connection with the Activity regardless of where such services take place.

**Parent or Participant Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**Please attach this slip with your check**



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### **Strength Workout continued from page 24**

#### **3. Intervals**

Alternate 30 second to two minute sets of high, low, and moderate intensity cardio with resistance exercises. For example, start with a brisk walk, then do some lunges, then sprint, then do pushups, then jog or do jumping jacks, then do crunches...in this type of workout routine it's less important the exact reps or rest. Rather, the key is to keep moving!

#### **Q. What are the benefits a hiring a trainer?**

People get trainers because they're not sure what to *do*. If you try an exercise you saw on TV, injure your back and can't work out for two weeks, that's not gaining you anything. A trainer can observe and evaluate whether you're at an appropriate level of conditioning for higher intensity, higher impact activities, and design a program specifically for you.

And if you're getting bored with your routine you're probably not working out as hard or as often as you would like, so a trainer is a great way to add newness that gets you excited about working out again.

Not seeing the results you want? Not sure if you have good form? Just need new inspiration? Ask Fitness Together about a personal training consultation including an assessment of your health and fitness condition today. We'll match you with the best trainer for you based on your goals, priorities and preferences, and we'll even map out a Nutrition

Together nutrition plan customized for you to help you maximize the benefit of your workout program. Just call Fitness Together today at 703-858-9220 to set an appointment.

*Consult a doctor before beginning any new fitness program.*

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**703-858-0300**  
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Children (Under 13): \$6.00  
Seniors: \$5.00  
Skate Rental: \$4.00  
Group Skate: \$7.00  
Cheapskates: \$6.00



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www.ashburnice.com

# GOD BLESS & GOD BLESS our troops America

Girl Scouts honor our veterans.

**At Dulles Airport on June 29, 2011** nearly 30 Girl Scouts from Service Unit 70-10 of the Girl Scout Council of the Nation's Capital (Ashburn/Broadlands) along with parents and a few Boy Scouts had the pleasure of welcoming and honoring the almost 100 WWII Veterans coming through Dulles Airport on Wednesday, June 29<sup>th</sup>. The WWII veterans were visiting Washington D.C. for the day through the Honor Flight Chicago, a non-profit organization whose sole mission is to 'recognize our Veterans – most specifically our WWII Veterans – with a day of honor, remembrance and celebration from a proud and grateful nation.' Honor Flight Chicago carries out this mission by raising funds for these flights in addition to Veteran outreach and community education with the use of a volunteer-only staff. The average age of the WWII Veterans is 88 and many of them have never been to Washington D.C. to see the WWII Memorial.

The Veterans along with their assigned guardians and program coordinators arrived at Dulles Airport around 9:00a.m. The girls watched anxiously from the gate as the Veterans' plane arrived and was honored with a water canon salute by the local fire department. Once off the plane, the Veterans were greeted by Girl Scouts and their families who had made signs and waved flags to welcome them. From there, the Veterans boarded buses headed for Washington D.C. where the Veterans visited the WWII Memorial and other sites. After their day in D.C, the Veterans returned to Dulles Airport to find another set of Girl Scouts, family members and Boy Scouts cheering their arrival at the gate.

During the evening sendoff, the Veterans were provided dinner by Potbelly at the gate. The Girl Scouts brought lots of cookies and treats to share with the Veterans. As the Veterans and their guardians ate dinner, they were treated to 1940s era music and local dancers fully dressed in period clothing who really entertained the group. The Girl Scouts passed out cookies to all of the Veterans and helped collect their trash while chatting with the Veterans as they walked around. The Veterans really enjoyed their experience that day as evidenced by the smiles and conversations they had with the Girl Scouts, Boy Scouts and families.

The Girl Scouts and Boy Scouts made cards ahead of time to be given to the Veterans upon their return flight home during a 'Mail Call' on the plane. Over 100 handmade cards and letters were collected thanking these men and women for their service to our nation during WWII.

Everyone in attendance really enjoyed the opportunity and some already vowed to return again to honor other Veterans on future Honor Flights.

For more information about the Honor Flight program, visit their website at [www.honorflightchicago.org](http://www.honorflightchicago.org).



Girl Scouts, Families, and Honor Flight Volunteers prior to morning arrival of the Veterans

**Photos continued on page 34**



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## BROADLANDS HELPER LIST

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

# Not Available on Website Edition

**Key:**

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

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

## August Gardening Tips

Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter if allowed to remain on the ground.

Root cuttings of woody shrubs and evergreens, such as azaleas, holly, and hydrangea should be done at this time of year.

If azaleas look chlorotic (pale-green to yellow) check soil pH. They need acid soil because alkalinity locks up iron needed for green color. Sulfur reduces soil pH.

Leaf miner larvae tunnel inside leaves, leaving whitish trails as they move about. Holly, boxwood, and locust are particularly susceptible to damage.

Powdery mildew diseases attack a great many ornamentals, most often in late summer when the days are warm and nights cool. Some mildews, particularly those on roses, apples, and cherries, also are increased by high humidity.

Prevention by proper cultural techniques is the first defense. Grow resistant varieties; space and prune plants to improve aeration and lessen shading; water early in the day and at the base rather than on leaves; and reduce nitrogen applications to avoid excessive, late-season growth.

Water shrubs deeply once a week during August. Many plants, including azaleas and rhododendrons, are starting buds for next season's bloom at this time. Immature berries of hollies and pyracantha may drop if the plants are water stressed.



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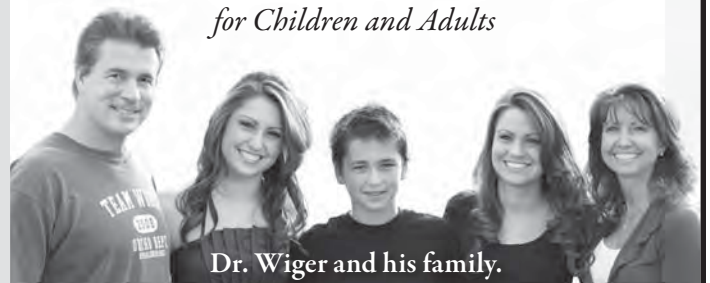
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# USEFUL NUMBERS

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

## NON-EMERGENCY

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

## PUBLIC INFORMATION

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

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

## LOUDOUN COUNTY PUBLIC SCHOOL

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

## PUBLIC OFFICIALS COUNTY SUPER.

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

## SCHOOL BOARD REPRESENTATIVE

|               |                |
|---------------|----------------|
| Robert Dupree | (571) 233-4610 |
|---------------|----------------|

## VIRGINIA HOUSE OF DELEGATES

|                                 |                |
|---------------------------------|----------------|
| Robert G. Marshall (13th)       | (703) 361-5416 |
| Richmond Office                 | (804) 698-1013 |
| Thomas A. Griesen (district 32) | (703) 421-6899 |
| Richmond Office                 | (804) 698-1032 |

## VIRGINIA SENATE

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

## U.S. HOUSE OF REP. 10<sup>th</sup> DISTRICT

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

## U.S. SENATE

|             |                |
|-------------|----------------|
| Jim Webb    | (202) 224-4024 |
| Mark Warner | (202) 224-2023 |

## VIRGINIA STATE GOVERNOR

|               |                |
|---------------|----------------|
| Bob McDonnell | (804) 786-2211 |
|---------------|----------------|

## You Got Questions, We'll Get the Answers

Wildlife Habitats Committee's All New online Feature



**Gardening Expert**  
*Urban Horticulturist*  
*Debbie Dillion*

**Tree Expert**  
*Arborist*  
*Jeremy Baker*



Send your questions online:

Visit [www.BroadlandsNaturally.org](http://www.BroadlandsNaturally.org)

**"Ask the Gardening Expert" & "Ask the Tree Expert"**

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



**Dr. Robert M. Allen**  
**Dr. Diana J. Slavin**  
**Dr. Paul Colbourne**  
**Dr. John M. Dresely**  
 (Doctors of Optometry)

**New location!** **Ashburn**  
 (Ashburn Village Plaza, Next to the Ashburn Wine Shop)  
 44050 Ashburn Village Plaza, Suite 163  
**(703) 726-0005**

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

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

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- Glaucoma/Cataract Screenings Using Advanced Technology
- Contact Lenses – All Types (Even Bifocal and Keratoconus Contacts)
- Computerized Contact Lens Fitting
- Treatment of Eye Disease
- Laser Vision Correction Consultations

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**We've doubled**  
**in size!**

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- Licensed, Professional Opticians With Over 60 Years of Experience
- Complete Fashion Optical – Over 1000 Fashion Frames in Stock
- Pediatric/Developmental Optometry
- Vision Training

**Most Insurance Plans Accepted — Convenient Evening and Weekend Hours**

**September 17th**

**Race at 8:30 a.m.**

**Free Festival: 9-1**

**RACE & FEST ADDRESS:**  
 Broadlands Community Church  
 43673 Catton Place  
 Ashburn, VA 20147  
[www.broadlandscommunitychurch.com](http://www.broadlandscommunitychurch.com)

**RACE SIGNUP:**  
<http://pracing.racebx.com>

**Powered by**

Proceeds benefit:  
**Ashburn Volunteer Fire & Rescue**

**CASH PRIZES for runners**

- 110' obstacle course
- Climbing rock wall
- TONS of children's sponsors with free activities
- Free games & raffles
- Visit with "Fetch" of the Loudoun Hounds
- Delicious FOOD!

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**and Associates**  
**703-858-0045**

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

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 43930 Farmwell Hunt Plaza, Suite 136  
 Ashburn, VA 20147

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# CLUBS AND GROUPS

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

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## ASHBURN AREA WOMEN'S CLUB

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

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## AMERICAN HERITAGE GIRLS

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

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## ASHBURN CLASSICS

There will be no meeting in August. For more information about Ashburn Classics please call 703-729-3531 or 703-729-6591.

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## ASHBURN TOASTMASTERS

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

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## BROADLANDS BICHON FRISE CLUB

Anyone interested that are Bichon owners currently please contact JoAnn Conroy at [jfc27@smartneighborhood.net](mailto:jfc27@smartneighborhood.net).

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## BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

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## BROADLANDS NEIGHBORHOOD BIBLE STUDY

Come join us in September for a study on Revelation by Beth Moore. We meet Tuesday mornings in neighborhood homes. Contact Karen at 703-723-4341 for more info.

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## CUB SCOUTS & BOY SCOUTS

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

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## FEDERAL GOVERNMENT EMPLOYEES - ACTIVE/WORKING AND RETIRED

National Active & Retired Federal Employees Association(NARFE) will host day & evening seminars at Loudoun libraries in the months ahead for active/working government employees and retirees. Did you know changes are in the wind which could affect your benefits? Email: [vicky.narfemembership@verizon.net](mailto:vicky.narfemembership@verizon.net) for dates and to learn more.

---

## 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 Tania Marceau at [trooporg@gmail.com](mailto:trooporg@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](http://www.LoudounWNG.com).

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## MOM'S CLUB OF BROADLANDS

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

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## MOMS IN TOUCH

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

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## PET LOSS SUPPORT GROUP

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

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## TECHNOLOGY COMMITTEE

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

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## GRIEF SHARE SEMINAR/SUPPORT GROUP

GriefShare is a special seminar/support group for people grieving the death of someone close. We meet on Monday evenings, 7:00-9:00pm at Our Savior's Way Lutheran Church. Call Beth Anton at 703-470-8821 with any questions or visit [www.griefshare.org](http://www.griefshare.org).

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## Playground Assessment

Recently it was determined that the playground next to the tennis courts at the Nature Center and the Tot Lot near Field Thorn Terrace had become unstable. They were removed and the Board of Directors is evaluating new equipment at both locations.

**Girl Scouts Pictures Honoring Veterans  
From Page 28**



Welcoming WWII Veterans on their arrival at Dulles



Girl Scouts and Boy Scouts awaiting the return of the Veterans to Dulles



Girl Scouts handing out cookies and collecting trash.



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# ADVERTISING DIRECTORY

## DENTAL / ORTHODONTIA

|                                       |     |
|---------------------------------------|-----|
| Apt Orthodontics .....                | mid |
| Ashburn Pediatric Dental Center ..... | 34  |
| bloo dental .....                     | 39  |
| Daczkowski, T. Wesley, DDS .....      | 39  |
| greenway smiles .....                 | mid |
| Dr. Ann N. Hebda .....                | 34  |
| Ronald Ray DDS & Associates.....      | 32  |
| Wiger Orthodontics .....              | 30  |

## EDUCATION / INSTRUCTION

|                           |   |
|---------------------------|---|
| Golden Pond.....          | 2 |
| Leading Edge Testing..... | 4 |

## FINANCIAL

|                                  |   |
|----------------------------------|---|
| Apple Federal Credit Union ..... | 6 |
|----------------------------------|---|

## FOOD

|               |     |
|---------------|-----|
| Clyde's ..... | mid |
|---------------|-----|

## HEALTH

|                                   |    |
|-----------------------------------|----|
| Ashburn Eye Care Associates ..... | 32 |
| Five Star Home Health Care.....   | 6  |

## HOME SERVICES

|  |    |
|--|----|
| Academy Sealers.....                   | 9  |
| Ackerman Security.....                 | 2  |
| Cascade Services.....                  | 10 |
| Climatic Heating and Cooling, Inc..... | 6  |
| Dominion Powerwash.....                | 12 |
| Elite Pressure Cleaning .....          | 18 |
| Kris's Painting Service, Inc. ....     | 10 |
| Lawn Doctor .....                      | 40 |
| The Mosquito Authority.....            | 15 |
| Mr. Windows.....                       | 10 |
| Sunrise Landscape & Design .....       | 14 |
| Tart Lumber .....                      | 12 |
| Value Blind & Heirloom Draperies ..... | 10 |
| Zampiello Paint Contractors, Inc.....  | 14 |

## PETS

|   |     |
|---|-----|
| Ashburn Farm Animal Hospital .....      | 39  |
| Ashburn Village Animal Hospital.....    | 16  |
| Stream Valley Veterinary Hospital ..... | mid |
| Whole Pet .....                         | mid |

## REAL ESTATE

|                                     |    |
|-------------------------------------|----|
| Bonnie Selker, Keller Williams..... | 40 |
| Joe Kurnos, RE/MAX.....             | 40 |
| Lennar .....                        | 4  |
| Van Metre .....                     | 18 |

## RECREATION

|                                 |    |
|---------------------------------|----|
| Ashburn Academy of Ballet ..... | 2  |
| Ashburn Ice House .....         | 27 |
| Phoenix Taekwondo .....         | 27 |

## ADVERTISING and EDITORIAL INFORMATION

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

### ADVERTISING INFORMATION

Advertiser provides copy design and format. Electronic format is required in PDF, TIFF or JPEG's. Ads not sent in this format will be returned. Although every effort is made to provide a professional look to your ad, the association is not responsible for ad quality. Insertion Order Forms are available at [broadlandshoa.org](http://broadlandshoa.org) on the newsletter page.

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

### MONTHLY PRICING

#### BLACK AND WHITE:

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

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

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

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

|  |
|--|
| 1/4 pg (3.625" W X 4.875" H) \$250/ \$239*           |
| 1/4 pg horizontal banner (8" W X 3" H) \$250 /\$239* |
| 1/2 pg (8" W X 4.875" H) \$475/ \$453*               |
| Full pg (8" W X 8"H) \$1050/ N/A                     |

Add 10% to base price above for preferred placement

\*Discounted price if 6 or more months are prepaid

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

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

#### MAIL ADS and PAYMENT TO:

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

For more information or questions regarding advertising, contact Ad Manager Stassa Collins at 703-729-9704 or [ads4broadlands@yahoo.com](mailto:ads4broadlands@yahoo.com).

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

### EDITORIAL INFORMATION

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

## AUGUST CLASSIFIED ADS

### BEAUTY SERVICES

**MASTER HAIRSTYLIST/COLORIST:** Love going to high-end salons, but hate the hassle and prices? Will come to you. Experienced/licensed. Great for stay at home moms, families or groups of friends. Contact Luz at 703-431-4437 or email [inurhairbyluz@yahoo.com](mailto:inurhairbyluz@yahoo.com).

**ROYAL BARBER SHOP:** Come in for our Customer Appreciation Promotion. Monday – Friday between 9:30am and 3:00pm and receive a \$12 Men's haircut. Includes hot towel service. 42882 Truro Parish Dr, Broadlands (703) 858-9008. Monday – Friday 9:30am–7:00pm, Sat. 9:00am–6:00pm, Sun. 10:00am–5:00pm.

### EARLY EDUCATION/DAY CARE/ SUMMER PROGRAMS

**READY FOR BACK TO SCHOOL CAMP?** Broadlands mom, former teacher and Loudoun substitute, announces limited openings for full day Camp K-5, August 1-August 26. Camp will offer both fun and instructional activities including crafts, swimming, local field trips, science experiments, academics, and outdoor play. Emphasis on Reading, Writing and Math. Call soon to arrange a tour. Please call 571-223-0007 or email [thefreemans@hotmail.com](mailto:thefreemans@hotmail.com) with questions.

**GROWING MINDS PRESCHOOL:** A home based, state licensed preschool located in Broadlands has limited openings in its 2 ½ year old class. The class meets on Tuesdays and Thursdays from 8:30 – 11:00a.m. For more information or to schedule a tour, please contact Judi Ratcliffe at (703)858-7966 or [gminsds@verizon.net](mailto:gminsds@verizon.net).

**2011-2012 MOMS MORNING OUT PROGRAM:** Two certified teachers; one holds Masters Degree in Education. Classes held Mon & Wed from 9:15-12:15. Ages 2 & 3. Offering a fun, safe & stimulating environment with theme related activities & crafts. Each child will create their own scrapbook including, ABC's counting & art work. (Holds VA State License to facilitate program) Please contact Jenny at 571-333-3395 or [jenny\\_vanhorn@yahoo.com](mailto:jenny_vanhorn@yahoo.com).

**LITTLE SPROUTS PRESCHOOL:** Sign up now for Fall Fun! Next year we will be offering 3 year old preschool on Tues/Thurs and Mom's Morning Out on Mon/Wed/Fridays. Children 24 months – 5 years, potty training NOT required! Check out our website or call for a tour, Karlene 408-750-7349. Website <http://LittleSproutsPreschool.clubsplaces.com>.

### ENTERTAINMENT/PARTY RENTALS

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

### FOR SALE

**KENMORE CLOTHES WASHER AND DRYER:** \$75 each or \$120 pair. Perfect working order. Includes all instruction manuals and connections. Dryer is electric. Washer is 3.0 cubic feet capacity. Please call 703-858-7034.

### HELP WANTED

**NANNY NEEDED:** Mon, Wed, Fri, approx. 10 hours per day to watch 8, 6 and 1 year old in our Broadlands home starting ASAP. Please call Adele 703-628-4068.

### INSTRUCTION

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

**LOUDOUN COUNTY MATH TEACHER: SAT prep now starting.** Pre-algebra, Algebra (I & II), Geometry and Trigonometry. Tutor at your home or Ashburn Library. Reasonable rates. Call Vincent Chu at 571-379-3074 or email [VChu\\_911@yahoo.com](mailto:VChu_911@yahoo.com).

**HIGH SCHOOL MATH TEACHER:** Specializing in Geometry, able to do K-Algebra II, SAT, and ACT. Tutor at Ashburn Library. Flexible Hours. Call Tally at 703-727-6270 or email [dimplenwink@hotmail.com](mailto:dimplenwink@hotmail.com).

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

**MUSIC LESSONS:** 703-723-1154. HERE IS WHY WE HAVE BECOME THE AREA'S LARGEST MUSIC ACADEMY: 1. We offer the greatest selection of Convenient Times 2. We provide optional, fun, low pressure Recitals for Students 3. We have fun! Visit us at [www.mintonsmusic.com](http://www.mintonsmusic.com).

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

**GUITAR LESSONS IN BROADLANDS!** Private lessons for kids and adults available in your home. Excellent references from Broadlands residents. Instructor is friendly and professional with 20 years' experience, Music Degree, Master's Degree. Please call 703-777-4352 or email [blueridgestudio@verizon.net](mailto:blueridgestudio@verizon.net).

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**542-2595;** [stephaniegotfried@verizon.net](mailto:stephaniegotfried@verizon.net); [fitnesstogova.com](http://fitnesstogova.com).

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

**THERAPEUTIC MESSAGE:** Nationally certified and experienced Registered Nurse. Offering deep tissue, sports, medical and pain management. Therapeutic spa treatments. Certified in Pregnancy Massage with L & D and Doula experience. Gift certificates available. Claudette Plater, RN, CMT 703-724-4210, Ashburn. [www.tranquilmoment.com](http://www.tranquilmoment.com).

### HELP WANTED

**PART-TIME ADMIN POSITION:** Armstrong Management Services, Inc. seeks a part-time Administrative Assistant for Brambleton Community Association. The successful candidate must demonstrate excellent customer service, verbal and written communication skills. Experience in property management administrative background highly preferred. Qualified applicants may forward resumes to [jobs@armstrong.net](mailto:jobs@armstrong.net).

### HOME SERVICES

**MAINSTREET MAILBOXES.** Your mailbox is the hood ornament of your home. You wouldn't drive a rusty car, why have a rusty mailbox. Improve the curb appeal of your home and community with a new mailbox post. [www.mainstreet-mailboxes.com](http://www.mainstreet-mailboxes.com) 703-753-5521.

**PROFESSIONAL POWERWASH:** Does your outside look old and grey? Make it look new again with Dominion Powerwash. We provide expert cleaning services for a wide variety of outdoor surfaces: Decks, Fences, Sidewalks, House Siding/Brick, Residential and Commercial Cleaning. Please visit [www.dominionpowerwash.com](http://www.dominionpowerwash.com) for service specials. Dominion Powerwash is licensed and insured. For an estimate, contact 703-994-4445 or [info@dominionpowerwash.com](mailto:info@dominionpowerwash.com).

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

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

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Ackermansecurity.com.

**O'NEILL TILE:** Ceramic, Porcelain, Mosaic, Stone. Water Proof Showers and Tubs. Floors, Back Splashes, Fireplace Profiles and more! Visit us at <http://www.oneilltile.com/>, email [terry@oneilltile.com](mailto:terry@oneilltile.com), or call 703-909-1802 Licensed (VA DPOR #2705072578) and Insured.

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

**BANE ELECTRICAL SERVICE LLC:** Residential & Commercial Electrical work. **Specializing in Home Generator Systems- Certified (Briggs & Stratton Dealer).** We can handle any of your Residential or Small Commercial Electrical needs. Trouble Shooting Experts!!!! Licensed and Insured Electrical Contractor in VA/MD. Call 703-723-6501 (Ashburn Resident)

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### PAYMENTS and ADS:

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

Broadlands Association  
21907 Claiborne Parkway  
Broadlands, VA 20148

### CONTACT:

Ad Manager: Stassa Collins, 703-729-9704

# Broadlands Committees and Events



## August Activities

### Date   Activity

|      |   |
|------|---|
| 3rd  | 7:00p.m. Modifications Subcommittee Meeting(NC)   |
| 6th  | 11:00a.m. Broadlands Carnival(NC)   |
| 9th  | 6:00p.m. Board of Directors Meeting(NC)   |
| 10th | 7:30p.m. Tech Committee Meeting(NC)   |
| 11th | 6:00p.m. Southern Walk Hearing Committee(NC)  |
| 12th | 10:00a.m. Broadlands Mom's Club(CC)<br>5:30p.m. Broadlands Live! at Hillside Park   |
| 13th | Nature Center Open 10:00a.m. - 2:00p.m.<br>10:30a.m. Family Program - Butterflies(NC)   |
| 17th | 7:00p.m. Modifications Subcommittee Meeting(NC)   |
| 18th | 8:00p.m. Investment Club(CC)  |
| 20th | Nature Center Open 10:00a.m. - 2:00p.m.<br>8:30p.m. Flicks in the Sticks(NC)  |
| 24th | 7:30p.m. Book Club(NC)  |
| 27th | Nature Center Open 10:00a.m. - 2:00p.m.<br>6:00p.m. Teen Foam Pool Party(Southern Walk Pool) - all attendees must bring signed permission slip. |

## Committees

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

**Community Events Committee**  
**Chair:** Tammy Wells, tammy@jwells.us

**Community Wildlife Habitat Committee**  
*Provides information about wildlife habitats and promotes environmentalism within the National Wildlife Federation's goals.* **Chair:** Oya Simpson, (703) 725-8040, osimpson@broadlandsnaturally.org.

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

**Recreation Committee**  
**Chair:** Open. Contact Staci Kapinos, ssdkapinos@yahoo.com, (703) 728-5849 for more information.

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

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

**Webmaster:** webmaster@broadlandshoa.org





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