

August 2012



# BROADLANDS



Community News

## ***Congratulations Broadlands Piranhas for Another Great Season!***

- Mark your Calendars for upcoming Broadlands events...
- Broadlands Live! Last show, August 10th, page 6
- Broadlands Fun Fair, August 18th, page 5
- Flicks in the Sticks, August 18th page 5
- Fall Yard Sale, September 8th page 7

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*Photo courtesy of Caryl Maltese*

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## Broadlands Association, Inc.

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

21907 Claiborne Parkway

Broadlands, Virginia 20148

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

www.broadlandshoa.org



### Board of Directors

#### President

Brian Beahm

brian.beahm@gmail.com

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#### Vice President

Eric Bazerghi

eric@thehouse.net

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#### Secretary/Treasurer

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dawne@holzfamily.net

(703) 349-1095

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Gerry Alcantara

(703) 858-1320



#### Resident Member

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#### Resident Member

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#### Resident Member

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(571) 333-0831

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Roy Barnett - Van Metre Representative

rbarnett@vanmetrecompanies.com

(703) 425-2600

#### Member at Large

Denise Harrover - Van Metre Representative

dharrover@vanmetrecompanies.com

(703) 425-2600

## A Note From Your General Manager, Sarah Gerstein

*Summer is well under way and, Northern Virginia has experienced our share of extreme heat and storms. Let's just hope we don't see another earthquake like last year!*



*Despite the inclement weather, I hope that you have had a chance to enjoy all that your community has to offer, including splashing around at one of the pools, attending Broadlands Live and Flicks in the Sticks, enjoying the outdoor scenery and wildlife on the trails, or visiting the animals at the Nature Center. We have been working on sprucing up the pools and resurfacing portions of the trails and plan to continue to beautify the community this fall with improvements such as repainting of the fire lanes and landscape enhancements.*



*The Derecho storm in late June caused problems with downed trees throughout the area. The following morning, the association dispatched crews from Heritage Landscape Services and The Care of Trees to remove the trees blocking roadways, to clear the trails and to address owner concerns over the subsequent days.*

*The association continues to take a proactive approach to identifying and trimming or removing potential hazards as needed throughout the year. To that end, we remind owners of their responsibility to trim trees located adjacent to sidewalks. Trees should be trimmed a minimum of eight feet off the sidewalk, and should be trimmed back so as not to block stop signs and street signs.*

*Cheers,  
Sarah*

## Association Management & Staff

### General Manager

Sarah Gerstein  
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(703) 729-9714

### Newsletter Editor

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nihanainen@broadlandshoa.com  
(703) 729-9704

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### Secretary to the Modifications Subcommittee

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(703) 729-9704

### Administration

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### Receptionist

Joanne Hang  
joannehang@broadlandshoa.com  
(703) 729-9704

### Naturalist

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

### Naturalist's Hours:

**Wednesday, August 1st:** 9:00a.m. - 5:00p.m.

**Friday, August 3rd:** 9:00a.m. - 3:00p.m.

**August 6th - 10th:** 2:00p.m. - 5:00p.m.

**August 11th:** 10:00a.m. - 2:00p.m.

**August 13th - 17th:** 2:00p.m. - 5:00p.m.

**August 20th - 24th:** 2:00p.m. - 5:00p.m.

**August 27th - 30th:** 9:00a.m. - 5:00p.m.



# Save the Date

Find a Sitter, Create a Costume

**Adult Halloween Party**  
Saturday, October 27<sup>th</sup>,  
8:00p.m. to Midnight  
at the Community Center

**Be There and Beware**

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# Broadlands Fun Fair!

Saturday, August 18th

11:00a.m. - 1:00p.m.

Broadlands Nature Center



Family fun for all including face painting, balloon arts, arts and craft stations, moon bounces for tots, elementary age and tweens, music and more! Food will be available for purchase

Volunteers needed - organizers will provide all volunteers with service letters and/or will sign off for National Honor Society community service hours at the end of their shift. Email [Tammy@jwells.us](mailto:Tammy@jwells.us) if you would like to help with this event.

## Flicks in the Sticks

Captain America

Saturday, August 18 - 8:30pm

Grab the kids, your picnic blanket and/or lawn chairs and stake out your spot on the **Nature Center lawn**. Come early to get a good spot. Popcorn and drinks are provided. This movie is 124 minutes and rated PG-13. Reminder, you can get a Large, 2 Topping Pizza from 7 to 9 pm from Domino's @ Broadlands Marketplace for only \$8. Carry out only. Call them at 703-726-0330.

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

## General Manager Comments

The Annual Meeting was held on May 14, 2012. Thanks to all those who volunteered and ran for election and **congratulations to the newly elected Board members, Dawne Holz, Stevens Miller, and Gerry Alcantara!**



There were a total of 271 owners represented in person and by proxy. This fell short of the 10% quorum required to hold an Annual Meeting, but additional developer holdings allowed a quorum to be achieved and permitted an official meeting.



## Save the Date!

Kids' Halloween Costume Party  
3rd - 5th Graders  
Friday, October 26, 2012  
6:00p.m. - 7:30p.m.  
at the Community Center

CHAPERONES AND VOLUNTEERS ARE NEEDED!  
Please contact Tammy Wells at: [tammy@jwells.us](mailto:tammy@jwells.us) or  
(703) 724-0809

Trick or Treat!



# broadlands live

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

**FREE Concerts**  
**Starting on May 11th!**

**MAY 11**

**Johnstone**

with **Buster Brown & the Get Down**

**JULY 13**

**Junkfood**

with **Lightspeed Rescue**

**JUNE 8**

**Crowded Streets**

with **Tumbledown Shack**

**AUGUST 10**

**Pebble to Pearl**

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**BYOB - bring ID • No glass bottles • Food & non-alcoholic beverages sold at event • For more info call the hotline at 571-333-4FUN or visit [BroadlandsLive.com](http://BroadlandsLive.com)**  
Special thanks to Armstrong Management, & Broadlands HOA

## Committees

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

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

### **Community Wildlife Habitat Committee**

Chair: Oya Simpson,  
(703) 725-8040, osimpson@  
broadlandsnaturally.org.  
*Please look under Clubs and  
Groups for more information.*

### **Neighborhood Watch Committee**

Chair: Open

### **Recreation Committee**

Chair: Open

### **Technology Committee (broadlandshoa.org)**

Chair: Dawne Holz, dawne@holz-  
family.net

*Please look under Clubs and  
Groups for more information.*

### **Tennis Committee:**

Chair: Brad Marcus,  
bradmarcus@gmail.com

### **Swim Team:**

#### **Website:**

www.broadlandsswimteam.org

#### **Webmaster:**

webmaster@broadlandshoa.org

## **Patriot Disposal Collection Schedule**

**Mondays:**

**Trash and Yard Waste**

**Thursdays:**

**Trash and Recycling**

# BROADLANDS

## August Events

### Date Activity

- 1st 7:00p.m. Modifications Subcommittee Meeting(NC)  
7:30p.m. Tech Committee Meeting(NC)
- 9th 6:00p.m. Southern Walk Hearing Committee  
Meeting(NC)
- 10th 10:00a.m. Broadlands Mom's Club(CC)  
Noon - Editorial submissions due  
5:30p.m. Broadlands Live(Hillside Park)
- 11th Nature Center Open - 10:00a.m. - 2:00p.m.  
12:00p.m. Family Program - Dragons and Damsels(NC)
- 14th 6:00p.m. Board of Directors Meeting(NC)
- 15th 7:00p.m. Modifications Subcommittee Meeting(NC)
- 16th 8:00p.m. Investment Club(CC)
- 18th Nature Center Open, 10:00a.m. - 2:00p.m.  
11:00a.m. Broadlands Fun Fair(NC)
- 22nd 7:30p.m. Book Club(NC)
- 24th 6:00p.m. Teen Foam Party(Southern Walk Pool)
- 25th Nature Center Open, 10:00a.m. - 2:00p.m.

## **One Person's Junk is Another's Treasure**

The Fall Community Yard Sale will be held  
from 8:00a.m. to 2:00p.m. on Saturday,  
September 8th, 2012 around the  
Broadlands neighborhood.

Please think about going "green" and  
bring along a reusable shopping bag.  
Check out the list of participants to see what's  
for sale and view the community map to find each street at [www.  
broadlandshoa.org/yardsale](http://www.broadlandshoa.org/yardsale).

Residents do not have to be on the list of participants to be part of  
the community yard sale. If you are a Broadlands resident, and would  
like to be included in the list of participants, please visit the Yard Sale  
Submission Form on the website.

It is the resident's responsibility to check the list of participants for  
inclusion and accuracy.



## Briar Woods to Participate in the New York Band Festival

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



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

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



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## The Total Guide: Renovating Your Kitchen

### Provided By: Zach Richard of Total Mortgage

The kitchen is the centerpiece of your home. It tends to be the most used and most trafficked room in the house. It also has a major impact in determining the resale value of your home. The kitchen will be one of the first things that prospective buyers will see. Outdated appliances, color schemes, and floor plans will be a major turn-off to buyers. A properly renovated kitchen will provide a high return on your investment and make the home more enjoyable while you live in it.

### Where To Start

If you're considering renovating your kitchen, there are some basic questions that you need to address:

- How are you going to utilize the space? The layout of your kitchen needs to compliment your lifestyle. Are you going to host company in your kitchen? Do you plan to eat most of your meals there? How many people need to be able to use the kitchen at once? These are all factors you need to consider when planning your remodel.
- Is it worth remodeling? A lot of this will be determined by how long you plan to stay in the house. If your intention is to move in the near-term, you may choose to go with a more superficial remodel. A facelift will make your house more attractive to potential buyers while saving you money up-front. If you are going to be in the house long-term, you may wish to undertake a complete overhaul.
- What is your taste? Consider your favorite color schemes, how you'd like to customize your cabinets, and which kind of countertops you'd like to use. Your kitchen should reflect the way you live. Use magazines to evaluate different styles and combine them to make it your own. Once you've decided on the style, stay true to it; you don't want multiple ideas and styles that clash with one another. Make sure everything works together. Remember that you will probably sell this house one day and your kitchen needs to appeal to people other than yourself.

Renovating takes a lot of planning so make sure you have the whole project mapped out and budgeted properly. Know exactly how you want your kitchen renovated. If you don't carefully plan the project, you may end up spending far more than you originally intended.

### Aesthetics & Logistics

- The layout of your kitchen is largely determined by the placement of water (and potentially gas) lines. Rerunning plumbing will be extremely costly, so it is often best to work around the current placement of your sink, dishwasher, stove, and refrigerator. If at all possible, choose an open floor plan to make the space appear larger and more inviting.
- Consider window placement. Window placement and the amount of light in your kitchen will have a dramatic impact on the feel of the room. Windows can make a room seem larger and more comforting. You want the kitchen to be a pleasing place to spend your time. Proper window placement can make even the smallest kitchen seem more spacious.
- Consider your budget. Most people don't have an unlimited budget for a remodel, so you need to decide where you will spend and where you will save. A careful cost-benefit analysis can help you determine how much you should be spending on different kitchen components (appliances, countertops, cabinets, fixtures, flooring, etc.).
- When preparing to remodel your kitchen, decide what you can do on your own and what you will trust someone else to do. Choosing the right contractor is an important decision and you should take your time making it. Remember that this person is going to be in your home for a long time, and you will have to live with their work. Trust is paramount.

*Renovating Your Kitchen continued on page 31*

## Armstrong Management Services

### Assessment Information Office:

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

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

### Mail Payments to:

Armstrong Management Services

P.O. Box 11983

Newark, NJ 07101-4983

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

#### President

Erika Cotti

[erika\\_cotti\\_sw@yahoo.com](mailto:erika_cotti_sw@yahoo.com)

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#### Vice President

Douglas Granzow

[gunzour@gmail.com](mailto:gunzour@gmail.com)

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#### Treasurer

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**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.

**Homeowners Association  
Board of Directors Meeting  
Tuesday, August 14th  
at 6:00p.m.**

*in the  
Nature Center Conference Room*

**MODIFICATIONS SUBCOMMITTEE  
MEETINGS**

<b>MEETING DATE</b>	<b>SUBMISSION DATE</b>
August 01, 2012	July 27, 2012
August 15, 2012	August 10, 2012
September 5, 2012	August 31, 2012
September 19, 2012	September 14, 2012

*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.

**Southern Walk HOA  
Board of Directors Meeting  
Thursday, August 9th,  
at 6:00 p.m.**

*in the  
Nature Center Conference Room*

**Modifications Subcommittee**

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

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



**Covenants Inspections**

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

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

## The Way to Your Pet's Heart

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



There are many ways to show affection and build bonds with our pets, specifically dogs. We take walks, snuggle, play games, learn commands and tricks, or share a good old-fashioned belly rub. We also like to offer our dogs treats as a reward for good behavior, and it's often just fun to watch them get so excited to munch on a favorite cookie. However, whether we like to admit it or not, this so-called "cupboard love" has the potential to do more harm than good when it comes to such things as our pets' waistlines, joint health, and cardiovascular strength.

Your veterinarian can help you determine if your dog's weight has become a health concern, and if so, treat adjustment might be one of the easiest, positive lifestyle changes to make. For instance, if you normally offer your dog jerky or biscuit treats from a pet supply store, check the nutrition information and compare it to your dog's regular food. You may find the calorie content in the treats is quite high. Low calorie options abound these days, so as long as your dog's taste buds and tummy can tolerate the switch, you can try one of these more weight-friendly options.

Additionally, many dogs are just as appreciative at meal time as they are at treat time. This means that their standard kibble pieces can serve as positive reinforcement rewards or as a fun between-meal snack. All you have to do is portion out some of the daily feeding amount and set it aside for use as treats throughout the day. For example, if your dog receives 1 cup of food twice a day, you can adjust to  $\frac{3}{4}$  cup twice a day, leaving you half a cup of kibble that your dog can enjoy piecemeal at any time.

In terms of "people food," there are options that can help you feel like you truly are sharing with your pet **without** offering table scraps indiscriminately. Too *many table foods such as chocolate, onions, sugar substitutes, grapes, and more are dangerous for dogs*. Even if a food isn't necessarily labeled toxic, it can cause vomiting, diarrhea, or worse because dogs' sensitive digestive systems cannot handle a widely-varied diet. However, if you check with your dog's vet, you may be given the green light to give baby carrots or green beans as treats, making lunch or dinner feel more inclusive for the family pet. As a matter of fact, plenty of dogs enjoy licking or chewing ice cubes, so simple frozen water just might be your dog's favorite treat!

No matter what turns out to be the best route to a healthy weight for your dog, you should make sure that your entire family or household is on board. To keep everyone in the know, set out the day's portion of treats on the kitchen counter. Everyone can see and have access to it, and once the container is empty, all will know that's it for the day. Maybe having a written chart will help. Each family member is allowed to offer three pieces of kibble or one baby carrot per day, and each has to note when those treats are given. This way you can track what your dog gets and when, and no one feels left out. This can be particularly helpful when you have younger kids who want the chance to participate.

Undeniably, dogs appear happy when we give them "yummies" but a dog who is overweight, is arthritic, has diarrhea, or is suffering through pancreatitis is not a happy pet. Cupboard love is not true love, but appropriate treats can serve as part of our expressions of affection every day.

Are you ready for *Summer?*

*What about your yard equipment?*

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## Kritters for Kids

By Broadlands Naturalist, Lisa Matthews

What is like a squirrel but faster, smaller and has stripes? Have you guessed? It's a Chipmunk!

This time of year is a fun time to watch the squirrels and chipmunks scampering around. Chipmunks hibernate underground waiting for the abundance of food that will soon be available. Faster than their parents, baby chipmunks are emerging from their dens and running fast and furiously up and down trees, across lawns and down streets.



Almost all chipmunk species live in North America and range in size from 7.2 inches to 11 inches. You can find them foraging for food on the ground, under bushes, rocks and logs where they look for food like worms, insects, fungi (mushrooms), nuts, berries, grains and seeds. They store grains and nuts in underground caches to eat during the winter and will wake up intermittently to eat them.

If you put out a dish of food, you might be able to watch them. See if you can spy on one and find out where he lives and what he eats this summer. Be careful not to laugh too loudly or you might scare him away!



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## Scouting at Broadlands

Audubon Naturalist Society at Broadlands provides an easy fun-filled way to earn your nature and wildlife badges. We offer a variety of programs led by our Naturalist. Come and explore our Nature Center, pond, creek and experience nature up-close! Non-Broadlands residents are welcome.

Participation is \$5.00 per scout for a one hour program. The programs are run 3:30pm - 4:30pm on Thursday afternoons. There is a minimum requirement of 10 participants for programs to be held.

### Available Scout Programs:

#### **Girl Scouts**

##### **Daisy Petal Program:**

Using Resources Wisely

##### **Brownies:**

Wow Water

Gardener

Detective

Household Elf

Bugs

Home Scientist

Senses

Hiker

Letterboxer

##### **Juniors:**

Camper

Flowers

Geo Caching

Animal Habitats

##### **Cadettes:**

Trees

Trailblazing

#### **Cub Scouts**

##### **Tiger Cub Program:**

Let's Go Outdoors Achievement

##### **Wolf Cub Programs:**

Your Living World

Birds Elective

##### **Bear Cub Programs:**

Take Care of Your Planet

Sharing Your World with Wildlife

##### **Webelos Programs:**

Forester

Naturalist

Geology

Scientist

To register or for more information, contact Lisa Matthews at [naturalist@broadlandshoa.com](mailto:naturalist@broadlandshoa.com), 703-729-9726.

## From the Naturalist....

By: Broadlands Naturalist, Lisa Matthews

The topic for this month's article came to mind because of a present that was left in my front garden. It was scat....coyote scat. A concern for me since coyotes are not native to the state of Virginia, but an animal that I am familiar with since I am from California.



Coyotes are medium-sized predators originally from the grasslands and prairies where they were relatively safe from the wolves that prey on them. Because of the ongoing campaigns to eliminate the wolf (we know better now), the coyotes have overtaken their and have made it to Virginia.

A little larger than the red fox, coyotes resemble wolves (though their feet are smaller than big-footed wolves as is their nose pad) so much that the Native Americans call them "little wolf". They howl and yip to communicate to each other just like wolves but don't live in packs nor do they usually hunt together.

Coyotes are very good predators with a keen sense of smell, sharp eye sight, long ears and the ability to run 25 miles an hour for an extended period of time. When needed, can run up to 40 miles an hour in short bursts. They also have a good sense of balance even allowing them to walk on fence railings.

They often hunt in pairs and will hunt for just about anything. Their superior hunting skills make them dangerous to your pets. Because of this, please make sure that you do not leave dog or cat food out. Bring in your pets from dusk to dawn as coyotes are primarily nocturnal. They are fearful of humans and, although you may never see one, you might receive a "gift" in your garden like me.



**Come Join the Broadlands  
Wildlife Habitats Committee**  
*Naturally Healthier Surroundings  
Inside & Outside*  
**Our committee activities and  
objectives are:**



- **Family Nature Programs**  
*Talks, Walks, Presentations and more*
- **Greener Healthier Homes**  
*Information and programs to promote:*
  1. Chemical free gardening and native plants
  2. Growing your own organic veggies
  3. Toxic free indoor air
  4. Reducing utility cost with energy efficiency and water conservation
  5. How and where to get local food
- **EarthDay@Loudoun Family Festival**  
*Annual Certification Celebration*
- **Community Wildlife Habitat™**  
*by The National Wildlife Federation*

*If you are interested in meeting new people and developing fun projects for kids and families, give us a try. Our committee gives you the opportunity to choose how much time you would like to commit. For more information please contact Oya Simpson: [osimpson@broadlandsnaturally.org](mailto:osimpson@broadlandsnaturally.org), 703-725-8040 or visit [www.BroadlandsNaturally.org](http://www.BroadlandsNaturally.org) Facebook: Broadlands-Naturally*

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**The Critter Corner**  
**By Dr. Steve Velling**  
**“Baby Makes Four”**



There must be something in the water here in Ashburn because I've been seeing a lot of expectant mothers coming into the animal hospital and, if they are expecting their first child, they typically ask the questions of how to prepare for having both a child and a pet in the same house.

While most dogs do fine with a new baby, don't count on it. Pets and babies both can be unpredictable, and accidents do happen. That's why people try to baby-proof and puppy-proof their homes, and even that isn't usually enough.

Before a baby is born, you can gradually put your dog on a schedule that you will be able to continue after birth, especially with petting and exercise. You may not notice how much you interact with your pet, but he is very aware and will notice if he is receiving less attention.

Once the baby is born, don't introduce her directly to the dog. Start by letting him sniff some of her clothes instead so he gets used to the smell. When you play with your dog, make sure the baby is near. That way he associates human interaction with the presence of the baby instead of dreading abandonment every time she is near. You can also drop little pieces of dog treats while you're holding the baby, as if the baby is doing so herself, to keep the dog interested in her in a good way.

Finally, never let the dog and child be together unsupervised. The cry of an infant is very stressful to a dog, and little hands can pinch and poke.

Till next time,  
Dr. Steve, [www.ashburnanimals.com](http://www.ashburnanimals.com)  
*p.s. Watch out that your pooch doesn't get too comfortable sitting under the high chair. Dogs love to snack on all the food falling from above and can get rather chubby that way.*

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## Loudoun Wildlife Conservancy August 2012 Programs and Field Trips

LWC offers a wide range of field trips and nature programs throughout the year, and all events are free unless noted in the description. Registration is sometimes required due to space limitations.

### Let's Count Butterflies!

**Saturday, August 4, 9:00a.m.**

Join the Loudoun Wildlife Conservancy on its 16th Annual Butterfly Count, centered in the Waterford area. No experience is necessary; novices will be teamed with experienced leaders in each segment of the count. Come out and have fun while contributing to butterfly conservation. Counters visit various locations that include butterfly gardens, sanctuaries, roadside wildflower and grassy areas and parks. We typically count over 2,000 butterflies in this single day and can get up to 50 different species. Our count circle stretches from White's Ferry in the east to the Appalachian Trail and the Blue Ridge Center for Environmental Stewardship in the west to Point of Rocks and south to Lincoln. Bring a lunch and water and binoculars if you have them. There's a \$3.00 fee per adult that we pass through to the North American Butterfly Association to help with their data compilation. This fee is waived for Loudoun Wildlife Conservancy members as a member benefit. *For more information or to register and receive directions, please sign up online at <http://www.loudounwildlife.org/SignUp.htm> or contact Nicole Hamilton at [nhamilton@loudounwildlife.org](mailto:nhamilton@loudounwildlife.org).*

### Birding Banshee

**Saturday, August 11, 8:00a.m.**

Join the Loudoun Wildlife Conservancy and the Friends of Banshee Reeks at the Banshee Reeks Nature Preserve for the monthly bird walk. Because of its rich and varied habitat, this part of the county is a birding hot spot. Please bring binoculars. *Questions: contact Joe Coleman at 540-554-2542 or [jcoleman@loudounwildlife.org](mailto:jcoleman@loudounwildlife.org).*

### An Evening Walk at Horsepen Preserve

**Saturday, August 11, 7:00p.m.**

Join the Loudoun Wildlife Conservancy for an evening nature walk led by Cliff Fairweather as nature's nightshift begins to stir. Horsepen Preserve is a large, natural area that borders the Potomac River, immediately to the west of Algonkian Park. **Registration Required:** *sign up online at <http://www.loudounwildlife.org/SignUp.htm>.*

### Nature Walk at Dulles Greenway Wetlands

**Saturday, August 18, 8:00a.m.**

Join LWC's Mary Ann Good and Jim McWalters on a nature walk and explore the privately owned Dulles Greenway Wetlands Mitigation Project near Oatlands Plantation for birds, butterflies and late-summer blooming wildflowers. Waterproof footgear, long pants and insect repellent advised. **Registration Required:** *sign up online at <http://www.loudounwildlife.org/SignUp.htm>.*

### Visit Us at the Lucketts Fair

**Saturday, August 18 and Sunday, August 19, 10:00a.m. - 5:00p.m.** Visit Loudoun Wildlife Conservancy at our booth at the Lucketts Fair! We'll have various free information and booklets for you to take. We'll be talking about Loudoun nature and wild places and have some cool nature exhibits to learn more about our local wildlife! We're happy to answer any of your questions about our programs and activities as well as general nature questions. If you've been wanting to pick up one of our t-shirts or hats, we'll have those for sale too. *For more information about the fair, check the Fair website: <http://www.luckettsfair.com/>*  
*LWC Continued on page 31*





## Your Family's Guide to Sunscreens

Choosing a safe and effective sunscreen can be a daunting process. Just this past June, the Food and Drug Administration (FDA) has issued new rules on labeling and effectiveness testing for sunscreens. They will ban the use of misleading claims like “*sunblock*,” “*waterproof*” and “*sweatproof*” and define which sunscreens can claim “*broad spectrum*” protection. The FDA recently granted a delay in the implementation of these rules, until mid-December 2012.

For the past few years using my background in Environmental Policy, I have relied on the **Environmental Working Group's (EWG) Sunscreen Guide** to find sunscreens with broad-spectrum (UVA and UVB) protection but with fewer hazardous chemicals that penetrate the skin. The 2012 Sunscreen Guide analyzed over 800 beach and sport sunscreens, and compiled a list of the best and worst affordable sunscreens available.

**EWG recommends looking for the following:**

- Active Ingredients – zinc oxide, titanium dioxide, Mexoryl SX or avobenzone (3%)
- SPF 15 to 50, depending on your skin tone and sun intensity
- Lotions, not sprays or powder
- Water-resistant for the beach or pool

In addition to applying a safe and effective sunscreen, it is also important to take advantage of physical barriers such as sunglasses, hats, and protective clothing. This is especially important for children, since their skin is more vulnerable to sun damage.



**EWG's Sunscreen Guide:**

<http://breakingnews.ewg.org/2012sunscreen>



**FDA's website:**

<http://www.fda.gov/forconsumers/consumerupdates/ucm258416.htm>



## Fall Gardening - Get ready for beautiful garden next summer!

- Rake up fallen leaves and remove plant debris from the garden and landscape. Dried plant debris provides energy for disease organisms to survive the winter.
- Check the roots of annual plants as you remove them and perennials as you divide them. Discard those with galls, rots, or other abnormalities that might indicate a root disease or nematode problem
- Check trees and shrubs for damaged or diseased areas and remove as recommended for the situation.
- Consider pruning trees and shrubs to increase air circulation in the landscape. This reduces the length of time moisture is present. The longer moisture is present the greater the chance of disease.
- Make a list of the problem plants. Use this list to choose disease resistance plants when you look through the garden catalogs this winter.
- Redesign your vegetable and flower gardens on paper to allow for good air circulation and plan to purchase stakes and cages to keep tall vine plants off the ground.
- Research the care of different plants including how to fertilize and prune. Properly cared for plants are the healthiest and most disease resistant.
- Properly start your compost of plant debris to ensure plant pathogens are destroyed.
- Add some compost to your garden to increase organic material in the soil and bolster natural disease suppression.
- Go bulb shopping for high quality and healthy bulbs.

For more information, visit Broadlands Wildlife Habitats Committee website [www.BroadlandsNaturally.org](http://www.BroadlandsNaturally.org) and find us on Facebook “**Broadlands Naturally**”



The Audubon Naturalist Society and the Broadlands HOA have partnered to provide nature programs for the community. All programs meet at the Nature Center. We will go outside for most programs so please dress appropriately for the weather and wear sturdy shoes.

## Upcoming Nature Programs

### Discovering Fall

**Ages:** 4 and 5 year olds (PreK and K)

**Days and Times:** Fridays 9:30a.m. - 10:30a.m., start date is September 28th

**Cost:** \$30.00 for a 6 week session

Fall is the time for many changes in nature...changing colors, falling leaves, and migrating animals. In this class we will discover the beauty and excitement of fall as we explore this season with games, walks, experiments, and crafts. You are welcome to drop off your future naturalists but parents and grandparents are welcome to stay as well.

### We Fall

**Ages:** 18 months - 3 years old

**Days and Times:** Fridays 9:30a.m. - 10:30a.m., start date is September 28th

**Cost:** \$30.00 for a 6 week session

Why do leaves change colors? Where are the animals going? Why is it getting colder? These are questions we will answer as we go on walks in the Broadlands neighborhoods and experience the wonder of fall.

### Wilderness Skills 2

**Grades:** 1<sup>st</sup> - 4<sup>th</sup>

**Days and Times:** Wednesdays 3:00p.m. - 4:00p.m., start date is September 26th

**Cost:** \$30.00 for a 6 week session

We will learn through interactive activities such as making a solar oven (the s'mores will be tasty!), marking trails and learning orienteering while using a compass, rope making and other survivor skills.

Come join us for this action-packed after school program!

**For students at Mill Run Elementary, pick up is available at 2:35p.m. with prior arrangement (Please bring a snack). The program will run from 3:00p.m. to 4:00p.m.**

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





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# Broadland's Casino Night

Saturday, September 15, 2012  
8:00p.m. – Midnight  
at the Broadlands Community Center

\$25.00/single advance purchase (*before Sept 1st*)  
or \$30.00 after September 1st  
\$40.00/couples advance purchase (*before Sept 1st*)  
or \$50.00 after Sept 1st.  
Space is limited so sign up today!

- ◆ Black Jack
- ◆ Craps
- ◆ Roulette
- ◆ Let it Ride
- ◆ Texas Hold'em

Take a chance and play them all!

A night of fun, great food and prizes from local business!

This event is for residents 21 years and older, Casual Evening Dress



## Casino Night Ticket Purchase Form

To purchase tickets, attach a check payable to Broadlands Association, drop it off at the Nature Center during business hours, or 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 by September 1st.

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

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

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

# of Single Tickets: \_\_\_\_\_ x\$25.00 (by 09/01/12) x \$30.00 (After 09/01/12)

# of Couples Tickets: \_\_\_\_\_ x\$40.00(by 09/01/12) x \$50.00 (After 09/01/12)

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## The Broadlands Kids Annual Triathlon



**Mia Soell and Kendall DiMillio -**  
look Mom, we did it!

**Jared DiMillio** on his bike leg then off  
and running!



# Broadlands Teen Foam Party

**Saturday, August 24th**

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

**Southern Walk Pool**

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

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

Volunteer chaperones needed. Please contact Megan Clark,  
ashburnclarks@verizon.net or Tammy Wells, Tammy@jwells.us.

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

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

Emergency contact: \_\_\_\_\_

Cell #: \_\_\_\_\_

2nd Emerg. contact: \_\_\_\_\_

Cell#: \_\_\_\_\_

All kids attending must bring a completed and signed permission form that will be collected at the party. For more information contact Megan Clark, ashburnclarks@verizon.net or Tammy Wells, Tammy@jwells.us.



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

### **Dragons and Damsels**

**August 11th, Noon - 1:00p.m.**

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

### **Scaly Slowpokes - Turtles**

**September 8th, Noon - 1:00p.m.**

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

### **Oh, Those Messy Vultures!**

**October 13th, Noon - 1:00p.m.**

Halloween is approaching and what is creepier than a vulture? Although they look grand soaring in the sky, most people don't like them visiting their homes or neighborhoods. But, they are essential to the food chain. Come and learn some interesting facts about these large birds and make a vulture craft for your Halloween decorations.

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

1 adult and one child: \$5.00

Family up to 5 members: \$10.00

Additional family members: \$2.50

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

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

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



## Will You Be Prepared For Flu Season?

Inova Loudoun Mobile Health will come to the Broadlands Nature Center on:

- **Friday, September 28<sup>th</sup>, 4:00p.m. - 8:00p.m.,**
- **Friday, October 12<sup>th</sup>, 4:00p.m. - 8:00p.m. and**
- **Thursday, October 25<sup>th</sup>, 4:00p.m. - 8:00p.m.**

to provide flu shots for the 2012-2013 flu season to residents in our community. The Mobile Unit will be parked in the parking lot where the residents can come on board to obtain theirs.

Inova Mobile Health is able to vaccinate children ages 4 and up. Minors must be accompanied by a parent or guardian. The cost of the vaccination is \$25.00 per individual and Mobile Health is able to take cash, check, charge and Medicare part B as payment for the flu shot.



The flu vaccine that will be used

is a single dose. Below is the recommended composition of the influenza virus vaccines for use in the 2012-2013 northern hemisphere influenza season per the World Health Organization:

- A/California/7/2009 (H1N1)pdm09-like virus
- A/Victoria/361/2011 (H3N2)-like virus
- B/Wisconsin/1/2010-like virus

# 2nd Annual 5K

## No Woman, No Cry

STOP THE SILENCE OF DOMESTIC VIOLENCE

**Saturday, September 15th**  
**8:30am - 11:30am**

**Freedom High School**  
**15201 Neabro Mills Rd**  
**Woodbridge, VA 22191**

Pre-register at:  
[www.nwnoc.org](http://www.nwnoc.org)

Online registration is \$25 and available until 5/1/12. You may register in person at the high school for \$30. Kids 8 and under are free. The 2012 5K will be an uncutted 5k/3.1m run starts at 8:30am followed by walk starting at 9:45. Registration starts at 7:30.

In Memory of  
**Jenny Vaughn-Bates**

Please visit us at [www.nwnoc.org](http://www.nwnoc.org) or contact us at [info@nwnoc.org](mailto:info@nwnoc.org) to learn about volunteer and sponsorship opportunities!

Proceeds benefit the Jenny Vaughn Bates Memorial Trust Fund and The National Network to End Domestic Violence.

5K/3.1m/1.5m/1.0m/0.5m/0.1m/0.05m/0.01m/0.005m/0.001m/0.0005m/0.0001m/0.00005m/0.00001m

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## No More Rushing Meals... Slow Cook Your Way During the School Year.

### Easy Slow Cooker Party Mix Recipe

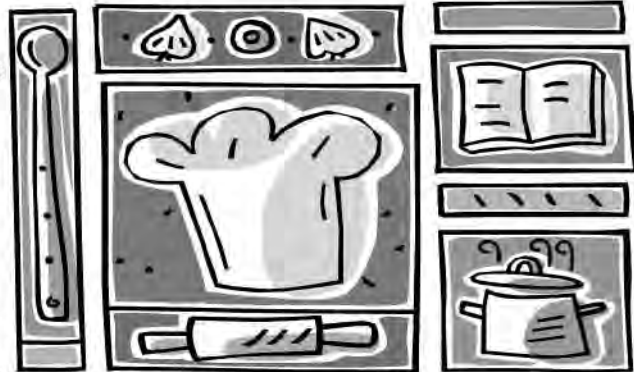
This is a nicely seasoned snack mix for lunches or morning snacks. Served warm from a slow cooker, the crunchy mixture is very satisfying.

- 4 cups Wheat Chex
- 3 cups Cheese crackers
- 3 cups pretzels
- 1 can (12 ounces) salted peanuts or mixed nuts
- 1/4 cup butter or margarine, melted
- 1 tablespoon Worcestershire sauce
- 3/4 teaspoon seasoned salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder

In a slow cooker combine the first four ingredients. Combine the rest of the ingredients in a bowl, mix well. Drizzle over the dry mixture, stir until well mixed. Cover and cook on low for up to 3 hours, stirring every 30 minutes. Serve warm or at room temperature. Yield 3 quarts. [www.easy-crock-pot-recipes.com](http://www.easy-crock-pot-recipes.com)

### Slow Cooker Chicken Caesar Sandwiches

- 2 pounds boneless skinless chicken thighs
- 1 bottle of your favorite Caesar Dressing (I used Brianna's Asiago Caesar) OR 1 (10 oz) can cream of chicken soup plus one packet Caesar Dressing mix
- 1/2 cup shredded Parmesan cheese
- 1/4 cup fresh chopped parsley
- 1/2 teaspoon ground pepper
- 2 cups shredded romaine lettuce
- 12 french hamburger buns or buns of your choice (about 2 1/2 inch)



Place chicken in a 3-4 quart slow cooker, cover and cook on low heat for 6-7 hours. Remove chicken from cooker using a slotted spoon. Place on a cutting board and pull chicken into shreds. Place chicken back in the cooker and pour dressing (or cream of chicken plus dressing packet), Parmesan cheese, parsley, and pepper over the top. Use about 3/4 of the bottle of dressing. Stir until mixed evenly. Cover and cook on high heat for 30-35 minutes or until mixture is hot. Spoon 1/4 cup mixture onto lettuce in each bun and serve!

<http://www.sweettreatsmore.com>

### Spicy French Dip

- 1 beef sirloin tip roast (3 pounds), cut in half
- 1/2 cup water
- 1 can (4 ounces) diced jalapeno peppers, drained
- 1 envelope Italian salad dressing mix
- 12 crusty rolls (5 inches)

Place beef in a 5-qt. slow cooker. In a small bowl, combine the water, jalapenos and dressing mix; pour over beef. Cover and cook on low for 8-10 hours or until meat is tender. Remove beef and shred using two forks. Skim fat from cooking juices. Serve beef on buns with juice. Yield 12 servings.

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

## Accept a Challenge, Come Out and Join the Ashburn Tennis Ladder

The Ashburn Tennis Ladder is a local group of tennis players that range in skill levels. There are currently three ladders, 2 mens ladders and 1 womens ladder. More ladders may be added as the number of players and diversity in skill levels increase.

If you enjoy recreational tennis and competitive tennis this is a great way to get involved and meet people from the community. This year we will be running three seasons, each consisting of 6 weeks. Every season concludes in a post season tournament in which prizes are awarded. The way the ladder works is that you play as many people, or as few people as you wish during the 6 week season. You challenge other people and they can challenge you. Once you have established a challenge and an accepted challenge, you and your opponent work out when and where you would like to play. Each player brings one new can of balls to the match. The winner takes home the un-opened can and the loser takes home the used balls from the match.

The fee is \$10.00 per person per ladder each season. That fee includes a post season tournament to determine ladder champions and prizes. We also make a donation to the website for their service each season.

If you are interested in joining, contact the ladder administrator, Bryan McFerren (bmcferren@verizon.net) for more information or to just get started. You can start at the beginning of any season or start halfway through. Players can join whenever they want.

### The seasons will be as follows:

Season 1 - 6/25-8/5 - currently in session

Season 2 - 8/6-9/16

Season 3 - 9/17-10/28

For more information visit: <http://www.globaltennisnetwork.com/network/home/540-ashburn-tennis-ladder>

## Drama Develops Kids!

Whether students are destined for the stage or boardroom, Drama Kids and DKI Acting Academy builds acting skills, speaking skills and confidence in young people and teenagers.



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DKI Acting Academy - Ages 12-17  
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Lower Primary - Ages 7-8  
KinderProgram - Ages 4-5

[www.dramakids.com/va4](http://www.dramakids.com/va4)  
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Seniors: \$5.00  
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## BROADLANDS TENNIS PROGRAMS

### Luis Rosado Tennis Academy

Luis and his staff bring over 20 years of experience to the Broadlands Community.

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

- Enrollment is OPEN!!
  - We offer a 20% off Family discount
- Summer Camp - Ongoing - August 17 \*Weekly Sessions\***  
**Full Day** (9am - 5pm) \$375 resident / \$395 non-resident per week  
**Half Day** (9am - 1pm or 1pm - 5pm) \$220 resident / \$235 non-resident per week

### 8 WEEK SESSIONS

Session III - (Ongoing – Aug 12)

Session IV - (Aug 13 – Oct 7)

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

Mon – Fri, 4:15pm

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

**Beginner / Intermediate**

Mon – Fri, 5:00pm & 6:00pm

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

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

**Advanced / Intermediate**

Mon – Fri, 6:00pm

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

### 1.5 HR ADULT CLINIC – All levels

Mon – Fri, 7:30am, 9:00am, 10:30am

Mon – Fri, 7:00pm & 8:30pm

Sat & Sun, 8:30am

### Broadlands Resident / Non Resident Pricing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### Weekly Junior Round Robin Tournaments

**(\$20.00 per Tournament)**

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

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

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

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

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

## To All of Our Tennis Enthusiasts:

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



## Broadlands “Boys Night Out” Doubles Tennis Ladder

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

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

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

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

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

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

**Where:** Broadlands Nature Center Courts

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

**Broadlands Tennis Website:**

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



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 703.858.3998



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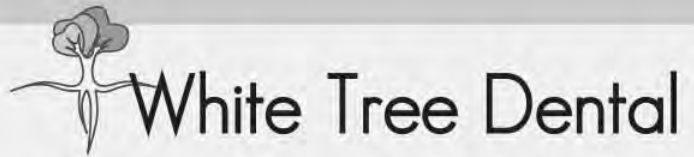
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--	---	--

One coupon may be used per visit / Not valid on prior services



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[jmurawski@ffsmortgages.com](mailto:jmurawski@ffsmortgages.com)

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

*References available upon request.  
 Minimum Credit Scores do apply.*



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# BROADLANDS 2012 POOL LOCATIONS AND HOURS

Please check below for everything you need to know about the pools. Don't forget to bring your photo ID pass. No one will be admitted to the pool without their Photo ID Pass...No Exceptions! Hours are subject to change by the Board of Directors for special events, swim meets, swim lessons and other community functions, or for maintenance and repairs as may be required from time to time. Check posting at pool for any changes to hours of operation.

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

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

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

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

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

Standard pool hours will be 12:00 p.m. – 9:00 p.m. daily.

**ADULT LAP SWIM ONLY AT COMMUNITY CENTER POOL:** Tuesday, Wednesday & Thursday, 5:30 a.m. to 7:50 a.m.

## BROADLANDS POOL RULES


MEMBERS **MUST COMPLY** WITH ALL LIFEGUARD INSTRUCTIONS

### **GENERAL RULES**

- **NO** glass containers or breakable objects
- **NO** food or drink except in designated areas
- **NO** profane language
- **NO** pets
- **NO** alcohol or drugs
- **NO** smoking
- **NO** chewing gum
- **NO** running, pushing, dunking, wrestling or rough play
- **NO** general swimming in diving area
- **NO** water toys or other equipment unless authorized by pool manager
- **NO** play equipment or wheeled vehicles, except wheel chairs and strollers
- **NO** diving in shallow area
- **NO** tape players, CD players or radios unless waterproof and used with personal headphones
- **NO** flotation devices except water wings, U.S.C.G. approved life vests and U.S.C.G. approved swimwear flotation devices
- **NO DISPOSABLE DIAPERS.** Children not yet toilet trained must wear plastic pants or "Swimmies" (swim diaper) under their bathing suit
- **Children 5 and under must be accompanied and supervised by an adult 18 years old or over**
- **Children 6 to 11 years of age must be accompanied and supervised by an adult or care provider at least 15 years old**
- Pool members **are responsible** for the conduct of their guests
- Children under 16 years must pass the Swim test to use the diving board and slide
- Parents **are responsible** for the safety and conduct of all children in their care
- **Pool membership may be temporarily suspended or revoked for failing to comply with the pool rules**
- Members using the pools do so at their own risk
- No Lifeguards are on duty at the wading pools




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



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Sedation

**T. 703.726.4333** \*Saturday appointments\*

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

## USEFUL NUMBERS

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

### NON-EMERGENCY

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

### BROADLANDS COMMUNITY

Internet/Cable:	
OpenBand 24 x 7 Customer	(866) 673-6226
OpenBand Trouble Tickets	(703) 961-1110
Trash Pickup – Patriot Disposal	1(703) 257-7100
MailBox – Main Street Mailboxes	1(703) 753-5521

### PUBLIC INFORMATION

Animal Control/Shelter	(703) 777-0406
Building Permits & Dev.	(703) 777-0397
County Landfill	(703) 771-5500
DMV (VA)	(800) 435-5137
Health Department	(703) 777-0236
Library (Ashburn)	(703) 737-8100
Loudoun Ride On	(703) 777-2708
Loudoun Hospital	(703) 858-6000
Miss Utility	(800) 552-7001
Metro	(202) 637-7000
Parks and Recreation	(703) 777-0343
Ridesharing	(703) 771-5665
Road Conditions	(800) 367-7623
School Board	(571) 252-1000
Street Signs/Storm Drains	(703) 771-5666
VDOT	(703) 383-8368
Van Metre Homes	(703) 723-2800
Verizon	(703) 954-6222
Verizon Fios	(888) 553-1555

### LOUDOUN COUNTY PUBLIC SCHOOLS - BROADLANDS

Briarwoods High School	(703) 957-4400
Eagle Ridge Middle School	(571) 252-2140
Hillside Elementary School	(571) 252-2170
Mill Run Elementary School	(571) 252-2160

# BROADLANDS HELPER LIST

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

## BABYSITTERS:

Jessica Abboud (1996) 571-420-2558(B)  
Melissa Abboud (1994) 474-2631 (B,C,F)  
Alexi Annunziata (1998) 571 333 3303(B,C,R,F)  
Natalie Baker (1998) 507-8076 (B)  
Hannah Borokowski (1993) 723-5837(B,C,R,F)  
Kate Bridge (1998) 724-4430 (B)  
Sarah Burnheimer (1987) 723-6625 (B)  
Catie Busser (1994) 571 333-9971 (B,C,R,F)  
Brittany Butler (1989) 729-1109 (B)  
Justine Carlisle (1995) 726-5241 (C,F)  
Jennifer Chase (1994) 729-0501 (B,F)  
Christopher Ciullo (1992) 726-0280 (B,R,F)  
Kelly Collins (1995) 723-4847 (B,C,R,F)  
Liz Dickinson (1996) 723-8818  
Molly Donovan (1994) 928 8485 (B)  
Nicole Fazekas (1995) 723-7408 (B,C,F)  
Christina Fowler (1996) 334-8956 (B,C,F)  
Caroline Freeman (1997) 571 223 0007 (B,F)  
Keara Friberg (1995) 571-333-1962 (B,F)  
Victoria Gilbride (1994) 724-4898 (B,C,F)  
Brooke Hall (2000) 571-333-1338 (B,C,F)  
Megan Hyde (1996) 571-333-3944(B,C,R,F)  
Rowan Ibrahim (1996) 729-9261  
Akseli Ihanainen (1998) 723-9479 (B,F)  
Noelle Ihanainen (1998) 723-9479 (B,F)  
Liesl Jaeger (1996) 858-7385 (B)  
Ayesha Khawaja (1992) 728-5246 (C,F)  
Briana Kulisch (1996) 723 2833(C,F)  
Erika Kulisch (1999) 723 2833  
Lana Miller(1995) 724-9301 (B)  
Mary Beth Mitchell (1994) 729-5177 (B,C,R,F)  
Anna Noteboom (1997) 723-3460 (B, C, F)  
Bethany Oberg (1997) 723-7489(B,C,R,F)  
Katie Oberg (1994) 723-7489 (B,C,R,F)  
Danika Okpaleke (1994) 858-0396 (B,C,F)  
Katie Riddiford (1996) 723-1580  
Lindsey Roivas (1992) 723 6625 (B,C,R,F)  
Ethan Sink (1998) 723-7153 (B,C,R,F)  
Kurt Spinney (1994) 858-4488  
Shauna Spinney (1992) 858-4488 (B,R,F)  
Anika Steenstra (1996) 615-3666(B,C)  
Aubrey Steenstra (1993) 615-3666(B,C)  
Cristina Sturniolo (1998) 723-9632(B)  
Christina Tharp (1995) 927-4738 (B,C,F)  
Taylor van der Biezen (1997) 880-5279 (B,C,F)  
Emily Vinsik (1998) 723-8496 (B)  
Jamie Woodall (1996) 571-333-2877 (F)  
Jessica Woodall (1994) 571-333-2877 (B,F)  
Silviya Yordanova (1990) 571-246-2982 (C,R,F)

### Key:

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

## MOTHERS HELPERS:

Jessica Abboud (1996) 571-420-2558(B)  
Melissa Abboud (1994) 474-2631(B,C,F)  
Alexi Annunziata (1998) 571 333 3303(B,C,R,F)  
Natalie Baker (1998) 507-8076 (B)  
Kate Bridge (1998) 724-4430 (B)  
Catie Busser (1994) 571 333-9971 (B,C,R,F)  
Arianne Carter (1996) 724-1103  
Remy Cavalieri (1997) 723-5130  
Nicholas Ciullo (1995) 726-0280  
Kelly Collins (1995) 723-4847 (B,C,R,F)  
Liz Dickinson (1996) 723-8818  
Molly Donovan (1994) 928 8485 (B)  
Nicole Fazekas (1995) 723-7408(B,C,F)  
Caroline Freeman (1997) 571-223-0007 (B,F)  
Victoria Gilbride (1994) 724-4898(B,C,F)  
Sarah Hoffman (1997) 729-1852  
Megan Hyde (1996) 571-333-3944(B,C,R,F)  
Rowan Ibrahim (1996) 729-9261  
Noelle Ihanainen (1998) 723-9479 (B)  
Shannon Keirce (1997) 729-7320  
Lana Miller(1995) 724-9301(B)  
Bethany Oberg (1997) 723-7489(B,C,R,F)  
Danika Okpaleke (1994) 858-0396 (B,C,F)  
Abby Patterson (1999) 571-333-1583  
Katie Riddiford (1996) 723-1580  
Tiffany Rutledge(1999) 858-3899  
Taylor Schuder (1997) 858-5259  
Kurt Spinney (1994) 858-4488  
Shauna Spinney (1992) 858-4488(B, R, F)  
Cristina Sturniolo (1998) 723-9632(B)  
Christina Tharp (1995) 703-927-4738 (B,C,F)  
Jamie Woodall (1996) 571-333-2877(F)  
Jessica Woodall (1994) 571-333-2877(B,F)

## COLLEGE STUDENT HELPERS:

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

## YARD WORK:

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

Connor Vincent (1995) 729-6731

## PET SITTERS:

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

*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).*

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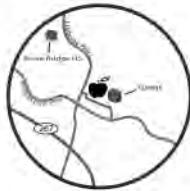
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# CLUBS AND GROUPS

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

---

## 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 TOASTMASTERS

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

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## BROADLANDS BICHON FRISE CLUB

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

---

## 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).

---

## BROADLANDS COMMUNITY WOMEN'S BIBLE STUDY

Please join us beginning Tuesday, September 4th for an in-depth interdenominational women's Bible Study. We will be studying David, Seeking a Heart Like His by Beth Moore. Our group meets weekly on Tuesday mornings from 9:15a.m. - 11:15a.m. Please contact Janet at 703-726-6904 or [jchristo76@hotmail.com](mailto:jchristo76@hotmail.com) or Chris at 703-729-2095 or [Stacy@314@aol.com](mailto:Stacy@314@aol.com) for information, questions or to RSVP.

---

## BROADLANDS RUNNING/FIT CLUB

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

---

## CUB SCOUTS & BOY SCOUTS

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

---

## GERMAN LANGUAGE PLAYGROUP

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

---

## GRIEFSHARE SEMINAR/SUPPORT GROUP

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

---

## GIRL SCOUTS

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

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## INVESTMENT CLUB

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

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## LOUDOUN WOMEN'S NETWORKING GROUP

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

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## MOM'S CLUB OF BROADLANDS

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

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## MOMS NEXT MEETINGS

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

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## MOMS IN TOUCH

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

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## PET LOSS SUPPORT GROUP

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

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## ASHBURN WRITING GROUP

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

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## TECHNOLOGY COMMITTEE

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



# Wiger Orthodontics

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- Clear Braces Available
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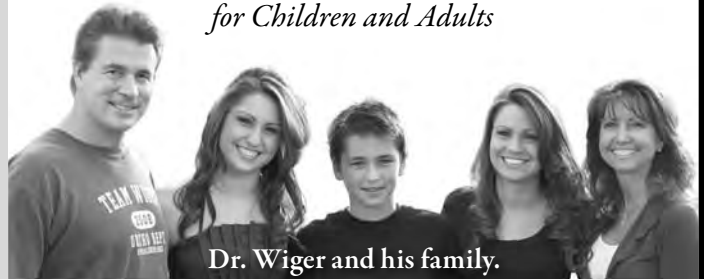
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*Voted one of Northern Virginia's Top Orthodontist  
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**Dr. Robert M. Allen**  
**Dr. Diana J. Slavin**  
**Dr. Paul Colbourne**  
**Dr. John M. Dresely**  
(Doctors of Optometry)

**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!**

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



- Optical Lab On Premises – Offering One Hour Service On Most Prescriptions
- Licensed, Professional Opticians With Over 60 Years of Experience
- Complete Fashion Optical – Over 1000 Fashion Frames in Stock
- Pediatric/Developmental Optometry
- Vision Training

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

LWC Continued from page 16

### Spiders of Virginia: Their Lives and Times

**Sunday, August 19, 2:00p.m., Location TBD.** Teta Kain, who has been presenting nature shows around the state for many years, explores the world of the spider with a close-up investigation of this greatly maligned, often feared creature that lives in such close proximity to humans. Details of spiders' lives are caught by Teta's camera as she details their eating, mating, and predatory habits. Her talk is interlaced with folk lore, scientific facts, myths and mysteries of the spider along with a few funny stories of her frequent encounters with this very misunderstood animal. After the program we'll join Teta on a walk to explore the world of spiders.

### Birding the Blue Ridge Center

**Saturday, August 25, 8:00a.m.** On the fourth Saturday of each month (except December) the Loudoun Wildlife Conservancy leads a bird walk at the Blue Ridge Center for Environmental Stewardship (BRCES). This beautiful 900-acre preserve is located on Harpers Ferry Road, Rt. 671, in northwestern Loudoun County. Only a few miles south of Harpers Ferry and the confluence of the Potomac and Shenandoah rivers, the property includes meadows in the valley and heavily forested slopes on the Blue Ridge. Meet at the visitor center. The Blue Ridge Center is located just north of Neersville, at 11611 Harpers Ferry Road (Rt 671). Detailed directions can be found on the website, [www.brces.org](http://www.brces.org). *Questions: contact Joe Coleman at 540-554-2542 or [jcoleman@loudounwildlife.org](mailto:jcoleman@loudounwildlife.org).*

Questions about the above programs?

Contact Jim McWalters at [jmcwalters@loudounwildlife.org](mailto:jmcwalters@loudounwildlife.org) or 703-727-5555. For up-to-date information on our programs, check our web site at [www.loudounwildlife.org](http://www.loudounwildlife.org)

Renovating Your Kitchen continued from page 9

### Dealing with Contractors

- Contractors are defined by their previous jobs and referrals are a huge source of their business. Be sure to ask any contractor that you are considering for references and if available, before and after pictures of work they've done.
- Try to visit a contractor's previous sites or a "work in progress". See how well he or she manages their subcontractors and job-site. Remember that you need to trust not only your contractor but their sub-contractors as well.
- Be patient and wait for the best contractors to become available. Good contractors will be worth the time and money. Usually, the best will be busy and in high demand. Try to accommodate their schedule and work with it so you can get the kitchen you've been looking forward to.

You already made a huge financial commitment when you purchased your home. Your home isn't just a place to hang your hat; it's one of the biggest investments you'll make in your lifetime. Renovating your kitchen can help you maximize your investment as well as make the house more pleasant to live in and use. A great kitchen will pay dividends for years to come.

### Troop 6824 Gives Back to the Community

Isabella Vergara, Peyton Reidy and Leah Race spent a spring afternoon cleaning up around the Summerbrooke Pool area. Thanks ladies for helping to keep Broadlands beautiful!



## AUGUST CLASSIFIED ADS

### EARLY EDUCATION/DAY CARE

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

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

### INSTRUCTION - ARTS/MUSIC/ RECREATION

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

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

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

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

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

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

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

### INSTRUCTION - TUTORING

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

**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).

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

**PRE K TO 5TH GRADE TUTOR:** Experienced Reading/Writing/Math tutor. I can do remedial or enrichment activities. Daytime/evening/weekday or weekend hours available. Summer or School Year. VA state certified Elementary Education teacher. Masters Degree. LCPS teacher. Individual or small group. Email me at [lozolins@comcast.net](mailto:lozolins@comcast.net) or call at 703-729-7591. Leann Ozolins.

**SAT PREP:** Highest SAT Reading/Math Super Score in Briar Woods High School History, offering personalized SAT tutoring in resident or library setting. Flexible Schedule and pricing. Call Kevin Yan at 703-470-1719, or send an e-mail to [kevinlcyang@gmail.com](mailto:kevinlcyang@gmail.com).

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

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

### FUNDRAISERS

**BRIAR WOODS FALCONS GARDEN FLAGS:** Add a splash of color to your garden with a Briar Woods Falcons garden flag. The 13" by 18" whit nylon flag is printed in vibrant orange with navy outline. Get yours by calling 703-655-8614.

**THE BEST DISCOUNT CARD EVER:** Local merchants are offering great discounts to support the Briar Woods HS Band Program. Each card is only \$10, which one will earn back in one or two uses. Good until 7/31/13. Get yours by calling 703-655-8614.

### HELP WANTED

**VALUE BLINDS & HEIRLOOM DRAPERIES:** Position open for friendly outgoing Moms. Great pay, flexible hours. Lead gathering for family owned window treatment company. Email: [vbkelydavis@gmail.com](mailto:vbkelydavis@gmail.com).

### HEALTH/FITNESS/WELLNESS

**AFFORDABLE CERTIFIED PERSONAL FITNESS TRAINING IN YOUR HOME:** Get fit now with my 20+ yrs experience to make you your best! Sculpt, tone, strengthen, promote flexibility! Individualized programs; weight loss/nutritional guidance; pre-natal/post-partum; yoga/Pilates; all ages/fitness levels. Safe/effective. Equip provided. Free phone consult, special intro offer! **Stephanie Gotfried 703-542-2595;** [stephaniegotfried@verizon.net](mailto:stephaniegotfried@verizon.net); [fitnesstogova.com](http://fitnesstogova.com).

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

**BEGINNERS BOOT CAMP CLASS:** For ALL fitness levels starts Monday, April 9, 2012 @ 7PM at Trailside Park. Classes' meet Tuesday and Thursday evenings; \$10 per class, try first class with no financial commitment. To RSVP: <http://www.wholefitnessstraining.com/BootCamp.php>.

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

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

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

### HOME SERVICES

**HANDYMAN SERVICES:** Helping you take care of your home. Painting, Drywall, and Repairs, Electrical, Plumbing, carpentry, and those little things that always seem to come up. No job is too small. Free Estimates. Flexible schedule. Over 25 years experience in the construction industry. Please call Dan Goldstein at 703-403-2243. Email: [handyman.dan@hotmail.com](mailto:handyman.dan@hotmail.com).

**FULL CIRCLE HOME IMPROVEMENT:** Kitchen and Bath Remodeling – Flooring Installation – Finish Trim – Moldings – Painting – Finished Basements – Electrical work – Lighting – Drywall Repair – Specializing in the smaller jobs. Call Rich at 703-999-3510 or email: [full\\_circlehome@yahoo.com](mailto:full_circlehome@yahoo.com).

**GRASS MOWING "CHEAP":** Excellent service for end unit town homes, single family, absentee landlords and real estate agents handling vacant

home sales. Mow, edge, trim and blow plus Scott's seasonal applications available. A great gift idea! Retired Professionals Lawn Service. Jackthedecker@aol.com. 703-470-3003.

**GREEN LEAF LANDSCAPING:** Mowing, trimming, fertilizing, bush trimming, weed control, mulching, bed creation, top soil/fill dirt, leaf removal, power washing. FREE ESTIMATES. Contact: Vidal Melendez 571-263-1176, vidalmelendez@yahoo.com.

**THE CARE OF TREES:** Need trees and shrubs beautifully pruned? Well maintained trees add value to your property. Call certified arborist Bonnie Deahl for an appointment. 703-661-1700 www.thecareoftrees.com.

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

**LOONEY'S TILE AND GROUT RESTORATION: Spring Special!!!** Ashburn residents receive **\$35 off tile and grout** services. Locally owned specializing in tile and grout cleaning and restoration, Grout Repair, Caulking, Re-grouting. Let us beautify your Bathroom and save in remodel cost!!! 703-999-1933 licensed, bonded, insured.

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

**BANE ELECTRICAL SERVICE LLC/SMALL COMMERCIAL & RESIDENTIAL.** Trouble Shooting Experts! Specializing in Small Commercial and Residential Electrical work. Lamp & Chandelier repair (drop off only). In Ashburn since 1999! Call (703-723-6501) or email (baneelectric@comcast.net).

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

**HANDYMAN SPECIALIST:** Broadlands resident since 1999 with a Class A License and insurance. Everything from those dreaded and never ending honey-do lists, to projects and much, much more. Free estimates. Please call Mike at P&M General Contracting, 703-862-0415. MikeRosario@comcast.net.

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

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

**WISE GUYS ROOFING & SIDING IMPROVEMENT LLC:** FREE ESTIMATES

– Roofing & Siding Installation & Repair – Gutters Installation & Cleaning – Windows – Insulation – Trim – Painting – Attic Ventilation & more... Lowest Price & Satisfaction Guarantee! Excellent References. LICENSED AND INSURED. www.WiseGuysRoofingSiding.com. Contact us: 571-722-5543 or wgrs@me.com.

### **HOUSE CLEANING**

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

**MAID IN VIRGINIA- RESIDENTIAL CLEANING:** We clean the best so you have time to rest! We are known for having Great People! Friendly- Hard Working- Honest- Consistent. Great Communication Skills, offering an opportunity to customize your cleaning. You can expect the same team cleaning your home routinely. Locally owned and operated- Ashburn Resident. Licensed, bonded and insured including Workers Comp. [www.maidinvirginia.com](http://www.maidinvirginia.com), 703-338-4606.

**MARIA'S STAR CLEANING LLC:** Residential and commercial cleaning. Servicing the Washington metropolitan area for more than 20 years offering competitive rates and great references. Call for a free estimate 10:30am-4:30pm, Monday – Friday at 703-723-3850 or visit our website at [www.mariasstarcleaning.com](http://www.mariasstarcleaning.com).

### **MARKETPLACE**

**AUGUST PARTY WITH A PURPOSE FUNDRAISER – BETHANY HOUSE:** Party with a purpose in August and 25% of the sales will be donated to Bethany House of Northern Virginia. Eliminating Domestic Violence One Family at a Time. Visit [www.sherilsthirtyone.com](http://www.sherilsthirtyone.com) for more information.

**IT PAYS TO BE A SILPADA PARTY HOSTESS!** Needing a little extra girl time? How about a Sterling shopping spree? Host a Silpada Party and earn an average of \$300 in Jewelry Rewards. By simply inviting Guests into your home for a couple of hours, talking, having fun and trying on jewelry, you'll earn free jewelry! [www.mysilpada.com/sherry.jager](http://www.mysilpada.com/sherry.jager) sherry@jager.us.com

**EARN FREE MARY KAY® PRODUCTS!** Why cut skin care or makeup from your budget or sacrifice quality when you can earn FREE products throwing a Mary Kay party? No hassling with store crowds, parking or trying to find a salesperson. I offer free samples & recommend the products tailored to you & your friends' skin, styles and wallets! Contact me to set up your party today. That's Beauty on a Budget! Deborah Leben, 703-217-4583, [www.marykay.com/dleben](http://www.marykay.com/dleben).

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

**TASTEFULLY SIMPLE:** Bring TASTEFULLY SIMPLE to your next cookout or on vacation. So quick and easy to make; and WOW your friends and family. Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, [www.tastefullysimple.com/web/Lsvendsen](http://www.tastefullysimple.com/web/Lsvendsen), FoodFromLisa@comcast.net.

**THIRTY-ONE GIFTS:** Our products can help you organize your car, kid's toys, vacation stuff, or just your purse! Contact Erin Troia [www.mythirtyone.com/erintroia](http://www.mythirtyone.com/erintroia) to peruse our catalogue, or set up a one on one consultation, to find the perfect simple solution. 571-205-0168.

### **PROFESSIONAL SERVICES**

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

### **HOW TO PLACE CLASSIFIED ADS**

Classified Ads (Limited to 40 words maximum) must be received with payment by the 10<sup>th</sup> of each month for the next month's issue.

#### **MONTHLY RATES:**

##### **RESIDENT**

Month to Month \$9  
6 months prepaid discount \$8  
12+ months prepaid discount \$7  
Personal (For Sale) Ads \$0

##### **NON-RESIDENT**

Month to Month \$18  
6 months prepaid discount \$17  
12+ months prepaid discount \$16

#### **PAYMENTS and ADS:**

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

Broadlands Association  
21907 Claiborne Parkway  
Broadlands, VA 20148

#### **CONTACT:**

Advertising Manager  
Stassa Collins  
703-729-9704

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## ADVERTISING and EDITORIAL INFORMATION

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

### ADVERTISING INFORMATION

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

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

### EDITORIAL INFORMATION

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

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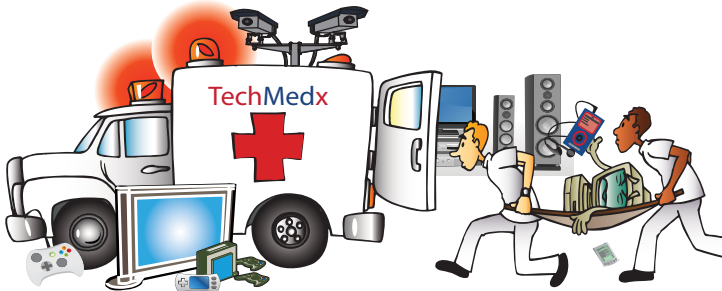
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