September 2014

Our Neck of the Woods

The Kids Are Back in School so Ease into Your Schedule with...

- The Nature Center and HOA offices will be closed on September 1st for Labor Day. Trash will be collected on a regular schedule.
- Wetlands Reptiles Alive! page 11
- Last Flicks in the Sticks Film of the Season, insert
- Pooch Pool Party, page 16
- Community Wide Yard Sale, page 5
- Back to School Safety, page 9
- 30 Minute Tasty Dishes for Busy Families, page 15



After-School

Mill Run ES, Hillside ES, Sanders Corner ES Discovery ES, Eagle Ridge MS. Every school in Ashburn!!!

Taekwondo / Homework / Friendship



Lose Weight / Improve Strength / Self-Defense (Family Class – with your kids)

Call Now - (703) 858-0016 43150 Broadlands Ctr. Plaza #188 Ashburn, VA 20148 (Next to Safeway)



Not hungry? Dry skin? Maybe it's the food.

Shedding a lot?

Whole Pet Central has just what the doctor ordered!

We offer the area's finest selection of healthy foods for dogs and cats.

Ashburn Farm Market Center 43330 Junction Plaza Ashburn, VA 20147 703.724.4319 www.wholepetcentral.com Other locations in Herndon & Bockville



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BROADLANDS EXCLUSIVE \$1200 REBATE FOR NEW SYSTEM INSTALLATIONS

Request an appointment at www.climaticva.com

Broadlands Homeowners Association Board of Directors Meeting Tuesday, September 9th - 6:00p.m.

Nature Center Conference Room

Board of Directors Meetings

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

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

Modifications Subcommittee

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

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

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

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

Modifications Subcommittee Meeting and Submission Dates

Meeting Date September 3, 2014 September 17, 2014 October 1, 2014 October 15, 2014

Submission Date

August 28, 2014 September 11, 2014 September 25, 2014 October 9, 2014

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

Looking Forward

September has arrived and the summer is over as we settle back into the school and work routines. As a reminder, the start of school brings a lot of pedestrian and bicycle traffic on our roads, sidewalks, and trails. Broadlands is home to two elementary schools and one middle school. Drivers



should be aware of the increased child pedestrian traffic throughout the county and aware that sometime school children aren't as visible as adults due to their smaller statures. For those dropping their children off in the neighborhood, please be aware that double parking, parking in fire lanes, and blocking of intersections (even while dropping off and picking up), as well as performing U-turns in the middle of the road are all illegal. Please also be mindful of your neighbors and do not use their driveways to turn around.

Broadlands has three underground tunnels; one on Claiborne Parkway connecting Hillside Elementary with Harvest Glen Court, another on Claiborne Parkway connecting the Nature Center with Village Drive, and a third on Waxpool connecting the Community Center with the Stone House. Heritage Landscape Services sweeps each tunnel for debris and graffiti every Monday in conjunction with their trash removal to help keep these tunnels clean and safe for school children as well as the walkers, runners, and bikers who regularly use the path.

If you are aware of an unsafe or vulgar conditions, please report them to the HOA office at 703-729-9704.

If you have a child attending school this year, please be sure to check out the article on page 9 all about back to school safety. The HOA has agreed that the Nature Center can be used as an official safe house for the schools in case of an emergency. We are open Monday through Friday from 9:00am to 5:00pm, with staff members available to assist in contacting the police in case of an emergency. Please stop by to ensure that your child knows where we are located. They may want to stop by regularly on their way home from school just to visit our friendly animals! Cheers,

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

Who's Who

BROADLANDS ASSOCIATION, INC.

21907 Claiborne Parkway Broadlands, Virginia 20148

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

www.broadlandshoa.org

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

BROADLANDS ASSOCIATION MANAGEMENT & STAFF General Manager

General Manager	
Sarah Gerstein	sarah@broadlandshoa.com
Covenants	covenants@broadlandshoa.com
Newsletter Editor & Events Committee	Liaison
Natalie Ihanainen	nihanainen@broadlandshoa.com,
	events@broadlandshoa.com
Newsletter Advertising Manager & Co	
Stassa Collins	scollins@broadlandshoa.com
Secretary to the Modifications Subcon	nmittee, Covenants
Robin Crews	rcrews@broadlandshoa.com
Covenants	
Susan Kuklick	skuklick@broadlandshoa.com
Reception	
Joanne Hang	ioannehang@broadlandshoa.com
Julie Holstein	
Naturalist	,
Jessica Bukowinski	naturalist@broadlandshoa.com

BOARD OF DIRECTORS

President Bria	an Beahm - brian.beahm@gmail.com (703) 726-6360	
Vice President	Eric Bazerghi - eric@thehouse.net (703) 723-1046	
Secretary/Treasurer	Dawne Holz - deholz@icloud.com (703) 349-1095	
Directors		
Heidi Eaton		
Cliff Keirce		
Gerry Alcantara		
Joseph T. Wagner		
Members at Large, Van Metre Representatives		
	rharnatt avanmetragemeaning and (702) 425 2600	

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

COMMITTEES

Broadlands Live! Summer ConcertRenee Ventrice, tttrenee@yahoo.com Community Wildlife Habitat*Oya Simpson,		
	osimpson@broadlandsnaturally.org or (703) 725-8040	
Events	Chair: Open, events@broadlandshoa.com	
Neighborhood Watch	Chair: Open	
Recreation	Chair: Open	
Swim Team	www.broadlandsswimteam.org	
Technology*	Dawne Holz - deholz@icloud.com, broadlandshoa.org	
Tennis	Brad Marcus - bradmarcus@gmail.com	
Webmaster	webmaster@broadlandshoa.org	
*Please look under Clubs	and Groups for more information	

FIRSTSERVICE RESIDENTIAL (Payments and Resale Docs only)

Assessment Information Office: Main: (703) 679-1541 Fax: (703) 591-5785 Website: www.fsresidential.com Email: customerservice.dcmetro@fsresidential.com *Mail Payments to:* FirstService Residential P.O. Box 11983 Newark, NJ 07101-4983

Useful Numbers

NON-EMERGENCY

Ashburn Fire	(703) 729-0006
Dominion Virginia Power	(888) 667-3000
Fire Marshall	(703) 777-0333
Loudoun County Sheriff	(703) 777-1021
Loudoun Water (customer service).	(571) 291-7880
Loudoun Water (after hours)	(571) 291-7878
Poison Control	(800) 222-3333
State Police	(703) 771-2533
Washington Gas	(703) 750-1000

BROADLANDS COMMUNITY

Mailbox (Main Street Mailboxes)1(703) 753-5521
Trash Pickup (Patriot Disposal)1(703) 257-7100
Southern Walk Internet/Cable:
OpenBand 24x7 (customer service) (866) 673-6226
OpenBand (trouble tickets) (703) 961-1110

PUBLIC INFORMATION

Animal Control/Shelter	(703) 777-0406
Building Permits & Dev	(703) 777-0397
County Landfill	
DMV (VA)	(800) 435-5137
Health Department	(703) 777-0236
Library (Ashburn)	(703) 737-8100
Loudoun Ride On	(703) 777-2708
Loudoun Hospital	(703) 858-6000
Miss Utility	(800) 552-7001
Metro	(202) 637-7000
Parks and Recreation	(703) 777-0343
Ridesharing	(703) 771-5665
Road Conditions	(800) 367-7623
School Board	(571) 252-1000
Street Signs/Storm Drains	(703) 771-5666
VDOT	(703) 383-8368
Van Metre Homes	(703) 348-5800
Verizon	(703) 954-6222
Verizon Fios	(888) 553-1555
Wildlife Hotline (local)	(703) 440-0800

SCHOOLS - BROADLANDS

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



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

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



Buy and Sell at the Fall Yard Sale!

One person's junk is another's treasure. Come shop and sell at the Broadlands Fall Community Yard Sale on Saturday, September 27th, 8:00am – 2:00pm, rain or shine at private residences throughout the Broadlands neighborhood, The Arbors and The Van Metre Broadlands Apartments.

If you would like to be included in the online listing of addresses, please complete the Yard Sale Submission Form on the website at broadlandshoa. org/yardsale-form/. It is the resident's responsibility to check the website to ensure inclusion and accuracy. Residents do not have to be on the list of participants to be part of the community yard sale.

Please think about going "green" by bringing along a reusable shopping bag for your purchases. Check out the list of participants to see what's for sale and view the community map to find each unit at www.broadlandshoa.org/ yardsale.

The HOA will be publicizing the yard sale in Ashburn Today, Leesburg Today, Loudoun Times-Mirror and The Washington Post.



Time to Get Out Your Halloween Decorations

Dust off your decorations and start planning for fall, it's time to start thinking about the 2nd annual Halloween Decorating Contest! Last fall we had 22 entries with 13 prize winners in categories such as Spookiest, Most Creative, Best Pumpkins, Zombies, and Inflatables. We hope to make this year even bigger and better.

You could win a cash prize as well as bragging rights for your ghosts, ghouls, and zombies!



It's Baaack, the Beloved Broadlands Annual Halloween Parade! Sunday, October 26th, 3:00pm - 4:30pm

The parade will start at 3:00pm at the path by the Community Center on Waxpool Road!

Wear a costume and bring your friends as we parade from the Community Center through the "Haunted Tunnel" and trick-or-treat along the path around Hillside Park! Enjoy cool treats and maybe a few tricks as we show off our amazing costumes and make Halloween memories.

Wagons or strollers welcome in the parade. Adult supervision is required. Moms and Dads don't forget your costumes and cameras so you can join in the fun. Family and friends who choose not to walk the route may watch and enjoy from Hillside Park. *In case of rain, treats will still be distributed inside the Community Center at 3:00pm.*

If you would like to volunteer for this event, please contact Natalie Ihanainen at events@broadlandshoa.com.

We look forward to seeing all of our younger residents and their families!

Sponsored by the Events Committee

ZaPooch Pool Party 11:00am - CC Pool811:00am - CC Pool111:00am - CC Pool <th>Happy Labor Day!</th> <th>Tuesday 2 First Day of School 9 Board of Directors Meeting 6:00pm - NC</th> <th>Wednesday 3 Modifications Subcommittee Meeting 7:00pm - NC 10 Newsletter Submissions Due by Noon 17 Mod Subcomm</th> <th>Thursday 4 11 Modification Subcommittee Submissions Due 12:00pm - NC 18</th> <th>Friday 5 12 19</th> <th>Saturday 6 Flicks in the Sticks 8:30pm - NC Back Lawn 13 Nature Center Open 10:00am - 2:00pm Wetland Reptiles Alive! 10:00am - NC</th>	Happy Labor Day!	Tuesday 2 First Day of School 9 Board of Directors Meeting 6:00pm - NC	Wednesday 3 Modifications Subcommittee Meeting 7:00pm - NC 10 Newsletter Submissions Due by Noon 17 Mod Subcomm	Thursday 4 11 Modification Subcommittee Submissions Due 12:00pm - NC 18	Friday 5 12 19	Saturday 6 Flicks in the Sticks 8:30pm - NC Back Lawn 13 Nature Center Open 10:00am - 2:00pm Wetland Reptiles Alive! 10:00am - NC
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	15	16	Mod Subcomm	18	19	
21 2			Meeting 7:00pm - NC Tech Comm. Meeting 7:30pm - NC			Nature Center Open 10:00am - 2:00pm
	22	23	24	25	26	27 Community Wide Fall Yard Sale 8:00am - 2:00pm
28 2	29	30				



SAVE THE DATE

Adult Halloween Costume Party

Saturday, October 25th at the Community Center 8:00pm to midnight

Prizes for: Most Original Costume, Best Dressed Couple or Group Most Provocative

All drinks will be provided, to include the infamous Caldron of Truth. Music by DJ Neal and dancing by you Catering by Deli South.

This event is for residents 21 and older. Please bring your photo ID for adult beverage consumption. *NO ID, NO alcohol consumption, NO exceptions!*

> Produced by your Events Committee. Trick or Treat!



Save Yourself Time, Money and Aggravation

Before you make any modification, change or addition to the exterior of your home, an application is required for the Modifications Subcommittee to review. Don't be misled by well meaning friends, neighbors or contractors. It is the homeowner's responsibility to file an application with the Modifications Subcommittee for all exterior work. A county permit does not circumvent this requirement. The process is easy if you apply before work commences.

What can happen if you don't submit an application? You may be ordered to cease and desist, which might cause vour contractor to charge additional money for delays in completion. You may have to appear before the Board of Directors at a Covenants violation hearing. You may be assessed a fee by the Homeowners Association of up to \$900, which will be added to your account and to which late fees, attorney fees, and court costs can be charged if payment is not made in a timely manner. You may be taken to General District Court in order for a judge to hear the case and determine the penalty. You may lose your recreational and voting privileges. You might have difficulty selling your home if violations are noted in the resale package which the Commonwealth of Virginia requires you to provide to your buyer.

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

September Covenants Corner

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

During the month of September, the Inspectors will be focusing on trees in need of pruning. Lot owners and residents are required to prune trees in order to keep a proper, neat and clean appearance of the lot. Additionally, any lot bordering a sidewalk shall ensure that any trees which overhang the sidewalk are trimmed to provide a minimum height of eight (8) feet, measured above the sidewalk level, free of obstruction, with detailed guidelines outlined in the Procedures and Standards Relating to Yard and Lawn Maintenance (see For Homeowners>Rules and Regulations on the website). This resolution was adopted by the Board of Directors for the benefit and protection of all owners in order to ensure that all lot owners maintain their yards and lawns in a neat and orderly condition.

If a violation is noted, the owner will be mailed a letter providing fourteen (14) days for the violation to be resolved. If the violation is not corrected, a second violation letter will be issued, providing an additional seven (7) days to correct the violation. If the violation remains unresolved, a Warning and Hearing Opportunity letter will be issued to the property owner, providing ten days to correct the issue.

If the violation is not corrected within ten days and a hearing is not requested, the HOA or its contractor will enter the lot and correct the violation, and the resulting repair costs as well as an administrative fee will be charged back to the owners' account.

If you have questions regarding this process, or if you receive one of these letters and are unable to correct in the time allotted, you may contact the covenants inspectors at covenants@broadlandshoa.com to request a reasonable extension to rectify the issue.



Broadlands Fourth Annual Green Halloween Costume Swap

Date: Saturday, October 4, 2014 Time: 9:00am to noon Location: Broadlands Community Center

NEW PROCEDURE THIS YEAR: Please drop off a clean, gently-used child's costume (or more!) from **9:00am - 10:00am** at the Broadlands Community Center on swap day then bring your swap ticket back from **11:00am to noon** to swap for a "like-new" costume!

Don't have a ticket? Costumes may be purchased for \$5.00 each from **11:30am to noon**.



All proceeds will benefit the Girl Scout SHARE program.

Before the Bell Rings: Back to School Safety

As boys and girls throughout the community sharpen their pencils and get ready to head back to class, it's important to ensure they have a safe school year. Here are some tips on how your family can be proactive and avoid potentially harmful situations:

- Make sure your school has your child's updated emergency contact information. Write down any specific instructions that should be followed in case of an emergency, and have the school keep them in your child's file.
- Talk to your child's teachers before classes start and alert them to any medical issues your child has. Also, explain to the teacher what he or she should do if the medical issues arise—such as an allergic reaction, asthma attack or seizure—and provide school personnel with emergency

medication such as EpiPens[®] (Epinephrine Auto-Injectors) and inhalers.

- Help your children memorize important phone numbers so that they know how to get in touch with you and other trusted adults. Also, make sure those numbers are programmed into their cell phones, or provide them with a list of phone numbers that they can keep in their backpacks or wallets at all times.
- Let your children know exactly who they can go home with after school if their regular ride can't pick them up, and make sure they know not to accept rides from people who aren't on the list.
- If your children will be walking to school, walk the route with them several times before classes start to make sure they understand traffic laws and can walk the route on their own. Also, find a friend or sibling they can walk with, and make

sure they always use the buddy system.

- Show your children which houses or offices in the neighborhood they can go to in case no one is at home after school. The HOA has agreed that the Nature Center can be used as an official safe house for the schools in case of an emergency.
- Report reckless drivers to the police to help make sure the neighborhood remains safe, particularly during times when kids are going to and returning from school.





Board Meeting Highlights

The following actions were taken by the Board of Directors at their meeting held on August 12, 2014.

- Approved minutes of July 8, 2014 meeting.
- Approved selected planting proposals for amending entrance beds provided by Heritage Landscape Services.
- Approved the utility box planting proposals provided by Heritage Landscape Services.
- Approved selected turf renovation proposals provided by Heritage Landscape Services.
- Approved the high priority tree replacement proposal provided by Heritage Landscape Services.
- Approved the in-home yoga studio application for a home on Chickacoan Trail.
- Approve the Malvin Riggins & Company proposal for auditing and tax return preparation for the period ending December 31, 2014.
- Approve the Reston Painting proposal for the Nature Center painting and carpentry repairs.
- Approve the Sight & Sound Proposal for the Card Reader Upgrade for the Fitness Center.
- Directed FirstService Residential to transfer existing money market accounts into higher yielding accounts.
- Denied the appeal for a waiver of violation charges for an account.
- Assessed ongoing violation charges of \$10/day for a maximum of 90 days on four accounts.
- Assessed a one-time violation charge of \$50 for a violation on one account and \$50 for each of nine violations for another account.
- Granted extensions for the correction of violations for three accounts. Failure to correction the violations will result in the assessment of violations for \$10/day for a maximum of 90 days.







WETLAND REPTILES ALIVE!

Saturday, September 13TH

Dive into learning about wetland habitats during this fun live animal show!

Marshes, swamps, and the Chesapeake Bay watershed will be explained with fun stories and living wetland creatures. Featured animals may include a snapping turtle, bull frog, water monitor lizard and other denizens of damp places.

Afterwards, participants will have an opportunity to safely pet a live snake, ask questions, and touch natural artifacts such as a turtle shell and shed snake skin. And, watch Sunny the albino corn snake eat his lunch after the show between 11:00 and 11:30am! Program Time: 10:00am-10:45am Doors open at 9:45am

Cost:

Pre-paid price is \$4.00/child. Payment must be received by noon Friday, September 12, 2014

Payment on day of event: \$5.00/child

Pre-pay online at broadlandsnaturally.org.

Broadlands Nature Center

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

www.broadlandshoa.org

Little Pets, Big Love By: Ashley Signorino, DVM and Shannon M. Pecora, MA Stream Valley Veterinary Hospital

.

Pet owners, or "pet parents," do not always fall into the categories of "dog people" or "cat people". Pocket pets, such as mice, hamsters, guinea pigs, and rabbits, can add just as love, fun, and companionship to a family as a Labradoodle or Himalayan can. A

rabbit hutch or hamster run is often more practical for those of us with smaller homes or limited access to yards or walking trails. A pocket pet is a great option for limited space and for those of us with dog or cat allergies but, please be aware that smaller size does not necessarily mean fewer responsibilities!

> Before you decide to adopt or purchase a pocket pet, you should do some research to make sure thatthe animal's

needs line up with your available time and resources. These types of pets have very specific requirements for food, habitat, and environmental enrichment. For instance, a base pellet diet can be great for guinea pigs, but did you know that they'll need additional vitamin C supplementation? Hamsters tend to soil their cages wherever they happen to be, so they'll need at least spot cleaning every day and likely, full cage cleaning each week. Ferrets are incredibly social animals and they might enjoy short on-leash walks through your neighborhood, much like a small dog...just make sure you talk to your vet about protecting their health and safety first. And, would you prefer to mostly watch your pocket pet's daily activities, or would you like to hold and interact with him? A guinea pig might calmly sit in your lap during your favorite sitcom, while a rat might be too busy to sit still. A surprised and

anxious hamster is more likely to bite when handled, but a startled rabbit

might buck and kick at your touch and seriously hurt herself.

In general, all pocket pets tend to be a little nervous; they are genetically prey species who frighten easily. This means

that too much activity or improper social interaction easily

leads to stress and subsequent health problems. They are fragile but also adept at hiding symptoms of

injury or illness. This is the nature of prey species: they are injured and fall ill easily but they can't show it or they'll become easy targets for predators. Therefore, at the first sign of a problem, they'll need emergency veterinary care because the condition may have advanced such that it can no longer be hidden. Additionally, it's best if they come in for preventive/wellness visits at least twice per year. This will allow the veterinarian to look for early warning signs of any problems. Plus these pets age more quickly than other pets, so more frequent visits let you and your vet better track age-related issues during the three (think: gerbils and hamsters) to ten (think: rabbits and chinchillas) years they'll be with your family.

The name "pocket" pet implies that these guys will take up no more room or responsibility than your wallet or smart phone. But in all honesty, they can take up some of what you keep in that wallet, and they can be as delicate as the screen on that fancy phone. You must plan for the expenses, time, and obligations of having a pocket pet but the love and entertainment they offer your family just can't be found in a new Coach billfold or in level 117 of Candy Crush!



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

Free Garden Lecture -Healing in the Garden: The Practice of Horticultural Therapy

"Healing in the Garden: The Practice of Horticultural Therapy (HT)" is the intriguing topic for the Master Gardener Lecture on Thursday, September 4, at 7 pm at the Rust Library in Leesburg. Helen Lake is a certified Horticultural Therapist and Master Gardener volunteer from Winchester, Virginia who develops gardening and horticultural activities to meet the specific therapeutic needs and goals of her clients.

Horticultural Therapy is used in many settings including rehabilitation and vocational centers, youth outreach programs, nursing homes, hospitals, hospices, prisons, homeless shelters, substance abuse centers, schools and mental health centers. Helen will talk about her experiences helping people to heal mind, body and spirit through plant and gardening activities and specialized garden design. Among her projects, Helen initiated therapeutic horticultural programs for the VA hospital in West Virginia that helped patients suffering from a variety of disorders from PTSD to depression and substance abuse.

For more information about the lecture or the Loudoun County VCE Master Gardener program visit the website: www.loudouncountymastergardeners. org or call the Loudoun Extension Office at 703-777-0373.

From the Naturalist, Jessica Burkowinski....Beyond Broadlands

Fall may not officially begin until late September, but it is my favorite time of the year to get outside, and the season in which I fell in love with life here in Loudoun County. There's something about a single leaf falling down as you drive down a curvy road in western Loudoun County or walk down a trail that is just magical. I have written of my deep belief in the ANS camp tag line, "Kids Grow Better Outside" before, but I think it applies to all of us. People of all ages live better, feel better, and are better when we spend time outside. It is clear every time I make my way to and from the Nature Center that many Broadlands residents agree. I pass you walking your dogs, walking your kids, riding your bikes, playing tennis, and jogging. All of those activities are wonderful, but nothing clears my head and sets the tone for a great day more than the proverbial walk in the woods. If you are anything like me you will appreciate the occasional trek beyond the borders of Broadlands. Here are a few of my favorite places to enjoy time outdoors elsewhere in Loudoun County and a bit beyond, listed from east to west:

Bles Park - www.loudoun. gov/Facilities/Facility/ Details/Bles-Park-22 44830 Riverside Pkwy. Ashburn, VΑ 20147 Not far from Route 7 near where Ashburn meets Sterling and Broad Run Creek meets the Potomac, Bles is a great place to walk. The parking lot can be a madhouse when the sports fields are in use, but even on those busy days you can feel apart from it all once you walk a few hundred yards along the trail. Even though Bles is within view of a condo development, all you need to do is turn the other direction to escape into nature on a quiet weekday morning. You will find a simple playground near the parking lot, a trail looping around the meadow and off shoots that to take you to the Potomac. Instead of looking all the way across the river to the Maryland banks you can see Selden Island just a stone's throw away.

Kephart Bridge Landing - www. loudoun.gov/Facilities/Facility/ Details/Kephart-Bridge-Landing-30 43942 Riverpoint Drive, Leesburg, VA 20176

This portion of Elizabeth Mills Riverfront Park www.loudoun.gov/ Facilities/Facility/Details/31 is one of Loudoun's best secrets. The parking lot entrance is discretely located between two homes and is easy to miss. Loudoun County's website lists Kephart as primarily a canoe and kayak launch point, but there is a long carry and water levels vary. However, this is a great place to walk all year round. A short wooded trail takes you towards Goose Creek and a choice of whether to walk upstream or downstream. Both directions will pass ruins of historic locks and parallel Goose Creek, but I find that the footing is easier if you head downstream.

Ball's Bluff Battlefield Regional Park www.nvrpa.org/park/ball s bluff Ball's Bluff Road Leesburg, VA 20176 Don't let the lack of street number on the address keep you away! Just continue on the unpaved road and you will come to a parking lot. This is the place to bring your favorite history lover. If you time your weekend visit right you may run into a volunteer interpreter, but there is also signage for those interested in learning at other times. A wide, short downhill takes you to the open battlefield and cemetery and several trail options allow for longer hikes with varied terrain as well as access to the Potomac River.

Red Rock Wilderness Overlook Regional Park - www.nvrpa.org/park/ red_rock_widerness_overlook

43098 Edwards Ferry Road, Leesburg, VA 20176

This is one of those places so beautiful that people take photographers with them to capture family photos. Red Rock's location makes it easy to combine with a trip into Leesburg to run errands at Costco or Target. There are a few different loops through the woods, and there is river access, but it requires making your way down (and back up!) a steep, sometimes slippery portion of trail. Oldelzaak Walton Park www.leesburgva.gov/index. aspx?page=111 850 Davis Court SE, Leesburg, VA 20175 While there's not much in the way of lengthy formal hiking trails here you will find a pond for turtle spotting and fishing, a creek for exploring, and an off leash dog park. If you find yourself in Leesburg with a few minutes to spare this is a great place for a 10-15 minute escape.

Rust Nature Sanctuary - www. audubonnaturalist.org/index.php/ sanctuaries/rust-leesburg-va 802 Children's Center Road, Leesburg, VA 20175

The 68 acres that make up the Rust Nature Sanctuary include loops that take you through meadow, pond, and forest habitats in addition to the manicured manor house lawn which boasts a pollinator garden. Check out the natural play features near the picnic tables if you bring kids!

Bears Den Trail Center& Overlook - www.bearsdencenter. orq/overlook.html 18393 Blueridge Mountain Road, Bluemont, VA 20135, 540.554.8708 Views, views, views! Pay (\$3 cash) to park at the trail center and take a short walk to the overlook where you can enjoy sitting on or scrambling amongst the rocks or a longer hike along the Appalachian Trail. You can also park at the lot at the corner of Blueridge Mount Road and Route 7 and hike up to the overlook. If you are looking for a rustic local getaway there are camping, hostels, and barebones cabin accommodations here as well.

Harpers Ferry National Park www.nps.gov/hafe/index.htm Since Harpers Ferry is a national park you'll need to pay to get in, but it is worth it. You may also battle crowds on the weekends so I prefer weekday visits.

continued from page 13

This is another place to bring history aficionados. It is also a great place to visit if you like trains, high bridges, rivers or ice cream. There is Appalachian Trail access, and if you time your visit right you can pop by one of Loudoun's many wineries on your way home.

Safety reminder – living in Loudoun County means living near ticks. Please make sure to educate yourself about how to prevent Lyme disease and other tick borne illnesses before you head into the woods. Loudoun County www.loudoun.gov/index. aspx?NID=1300 and the National Capitol Lyme Disease Association www.natcaplyme.org/prevention/ preventing-tick-bites.html. Both have advice on the subject.

Animal Tidbits & Nature Center Gratitude and News

- Our rabbit, Zoe, went out for the rabbit version of a mani/pedi last month. Many thanks to our friends at Stream Valley Vet www. streamvalleyvet.com/ for trimming her nails!
- Happy birthday to our leopard gecko, Falcor, who turns two on September 18th!
- Volunteers continue to be a key component in the Nature Center. I am grateful for the help of Adrianne & Christian of Stream Valley Vet, Kam Rana, Sahil Gangele, Julia McClafferty, Veronica Gomes & Alex Barrington this past month. New volunteers are welcome.
- The Nature Center has a Facebook page now! Stop by www.facebook. com/BroadlandsNatureCenter to "like" us and see updated pics of our critters and events on your

Facebook feed.



Our Health and the Air We Breathe By: Oya Simpson, Broadlands Wildlife Habitats Committee

We are fortunate with the extensive tree canopy in Broadlands. Benefits will improve if we continue to plant drought tolerant, Virginia native trees as this will help remove both air traffic and car exhaust pollution that may be harmful to the health of humans. Here is a recent study released on July 25th, 2014 about the positive health impact of trees.

First national study finds trees saving lives, reducing respiratory problems: Air pollution modeling reveals broad-scale impacts of pollution removal by trees

In the first broad-scale estimate of air pollution

removal by trees nationwide, *U.S. Forest Services* scientists and collaborators calculated that trees are saving more than 850 human lives a year and preventing 670,000 incidences of acute respiratory symptoms.

While trees' pollution

removal equated to an average air quality improvement of less than 1 percent, the impacts of that improvement are substantial. Researchers valued the human health effects of the reduced air pollution at nearly \$7 billion every year in a study published recently in the journal Environmental Pollution. "Tree and Forest Effects on Air Quality and Human Health in the United States," is available online at: www.nrs.fs.fed. us/pubs/46102.

The study by Dave Nowak and Eric Greenfield of the U.S. Forest Service's Northern Research Station and Satoshi Hirabayashi and Allison Bodine of the Davey Institute is unique in that it directly links the removal of air pollution with improved human health effects and associated health values. The scientists found that pollution removal is substantially higher in rural areas than urban areas, however the effects on human health are substantially greater in urban areas than rural areas.

"With more than 80 percent of Americans living in urban area, this research underscores how truly essential urban forests are to people across the nation," said *Michael T. Rains*, Director of the Forest Service's Northern Research Station and the *Forest Products Laboratory*. "Information and tools developed by Forest Service research are contributing to communities valuing and managing the 138 million acres of trees and forests that grace the nation's cities, towns and communities."



The study considered four pollutants for which the U.S. EPA has established air quality standards: nitrogen dioxide, ozone, sulfur dioxide, and particulate matter less than 2.5 microns (PM2.5) in

aerodynamic diameter. Health effects related to air pollution include impacts on pulmonary, cardiac, vascular, and neurological systems. In the United States, approximately 130,000 PM_{2.5}-related deaths and 4,700 ozone-related deaths in 2005 were attributed to air pollution.

Trees' benefits vary with tree cover across the nation. Tree cover in the United States is estimated at 34.2 percent but varies from 2.6 percent in North Dakota to 88.9 percent in New Hampshire.

"In terms of impacts on human health, trees in urban areas are substantially more important than rural trees due to their proximity to people," Nowak said. **"We found that in general, the** greater the tree cover, the greater the pollution removal, and the greater the removal and population density, the greater the value of human health benefits."

Don't Sacrifice Quality... 30-Minute Tasty Dishes For Busy Families

Chicken Cutlets with Tomatoes and Basil

 lb. ripe plum tomatoes (5 medium), seeded and cut into 1/2-inch dice
 l/4 cup packed fresh basil leaves, thinly sliced
 Tbs. extra-virgin olive oil
 2-1/2 Tbs. balsamic vinegar
 medium clove garlic, finely chopped
 Kosher salt and freshly ground black pepper
 boneless, skinless chicken breast halves (about 2 lb.)
 4 oz. (4 loosely packed cups) baby arugula

Position a rack in the center of the oven and heat the oven to 200°F. In a medium bowl, combine the tomatoes, basil, 3 Tbs. of the oil, the vinegar, garlic, 1/4 tsp. salt, and 1/8 tsp. pepper. Butterfly each chicken breast by slicing it horizontally almost but not entirely in half so you can open it like a book. Open and pound each breast between two pieces of plastic wrap with a meat mallet or the bottom of a heavy pan until 1/4 inch thick. Pat the chicken dry and season lightly with salt and pepper. Heat 1 Tbs. of the remaining oil in a 12 inch skillet over medium-high heat until shimmering hot. Cook two of the breasts until golden-brown on one side, 2 to 3 minutes. Flip and continue to cook until just cooked through, about 30 seconds more. Transfer to a rimmed baking sheet and keep warm in the oven. Repeat with the remaining 1 Tbs. oil and chicken. Divide the arugula among 4 dinner plates. Set the chicken on top, and spoon a generous amount of the tomato mixture and its juice over all. Servings: 4 Fine Cooking

Mini Frittatas with Ham and Cheese

Cooking spray

- 1/2 cup finely chopped onion
- 2/3 cup chopped reduced-fat ham (about 2 ounces)
- 1/3 cup (about 1 1/2 ounces) shredded reduced-fat extra-sharp cheddar cheese 2 tablespoons chopped fresh chives
- 1/8 teaspoon dried thyme
- 1/8 teaspoon black pepper
- 4 large egg whites 1 large egg
- Preheat oven to 350°

Skirt Steak Tacos with Sour Cream

1/2 cup sour cream
1/4 tsp. ground chipotle chile
Kosher salt
1 Tbs. extra-virgin olive oil
1 tsp. ground cumin
Freshly ground pepper
1 lb. skirt steak (3/4 inch thick)
Eight 6-inch flour or corn tortillas
1/4 small head iceberg lettuce, shredded (2 cups)
2 medium ripe tomatoes (8 oz. each), cored and
chopped (2 cups)
1 medium ripe avocado, pitted, peeled, and sliced 1/4
inch thick
1/3 cup chopped red onion

1/3 cup chopped red onion

Prepare grill pan or outside grill on medium-high heat. Combine the sour cream, chipotle, and 1/4 tsp. salt in a small bowl. Set aside at room temperature to let the flavors meld. In a small bowl, mix the olive oil, cumin, 1/2 tsp. salt, and 1/4 tsp. pepper. Rub this mixture on all sides of the steak. Grill the steak, covered, flipping once, until medium rare, 3 to 4 minutes per side. Transfer the steak to a large plate to rest for at least 5 minutes. Meanwhile, warm the tortillas on grill for about 30 seconds per side. Slice the steak across the grain into 1/4-inch-thick slices. Fill each tortilla with some of the steak, lettuce, tomato, avocado, and onion. Drizzle with the sauce and serve. Serving Suggestions: Serve with Chopped Mexican Salad with Roasted Peppers, Corn, Tomatoes, and Avocado on the side. For dessert, cut watermelon into chunks and sprinkle it with a little lime juice and just a pinch of chile powder. Servings: 4 Fine Cooking



Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 2 minutes or until crisp-tender. Add ham; sauté 3 minutes. Remove from heat; cool 5 minutes. Combine remaining ingredients in a large bowl; stir with a whisk. Add ham mixture, stirring with a whisk. Spoon mixture into 24 miniature muffin cups coated with cooking spray. Bake at 350° for 20 minutes or until set. Servings: 8 *Cooking Light*

Share Your Ideas With Us

Broadlands - In Our Neck of the Woods thanks residents for their input to the newsletter and the wonderful photos you submit. Additionally, feel free to submit a creative writing piece, an idea for a new column, any general interest news article you want to share, a restaurant recommendation or suggestion for a restaurant; birthday or anniversay shout outs, milestones and accomplishments. We want to hear what you're up to.

Articles should be about 300 words and submitted in MS Word format. Photos should be submitted in high quality resolution as JPEGs, TIFFs, or PDFs.

Articles are edited and published at the discretion of the newsletter editor and are subject to space availability; submission does not guarantee publication.

Please email your suggestions, articles and photos to nihanainen@ broadlandshoa. com and include a description in the subject line.





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Woofie's FREE NAIL TRIMS! donations accepted for FOHA SUNDAY SEPT. 7 from 11am-1pm BROADLANDS COMMUNITY POOL

Bring your pup for fun in the sun and to be cool in the pool! Free for Broadlands residents – Please show your pool pass as ID. Rules & <u>required</u> waiver at <u>http://www.broadlandshoa.org/</u>



We've gone a little nuts! We're wrapping up our 10th season with some family fun. Join Surly and the crew as they try to pull off the biggest heist ever!

Bring the kids and grab a seat on the Nature Center lawn. Lawn chairs* and coolers are welcome. Popcorn and drinks are provided.

Movies begin around sundown – time listed is approximate. In the event of inclement weather, check the HOA website to see if the movie is cancelled or rescheduled. Parental guidance info is available on the website.

September 6 – 8:30 pm The Nut Job PG, 85 mins

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

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





Good Times in Broadlands this Summer



Inspiring Passion...

Classes for all ages in: • Preschool Dance

- · Ballet (Recreational and Pre-Professional programs)
- Lyrical Jazz Tap Hip-Hop
- Dance for Musical Theater
- Aerial Silks
- · Performing Companies-Ballet Theatre of Ashburn and the Edge Performance Company

Ashburn Academy of Dance

21690 Red Rum Drive, Suite 172 - 177 Ashburn, VA 20147

Ashburn Ballet.com

Register today for fall classes! 703-723-8089



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2014-2015 Loudoun County School Calendar

Loudoun County Public Schools (LCPS) cannot open before Labor Day in 2014 under state law. September 1: Holiday (Labor Day) September 2: First Day of School October 13: Holiday (Columbus Day) October 31: End of the Grading Period November 3-4: **Student Holidays** (Planning/Records/Conference Days) November 26-28: Holiday (Thanksgiving Break) December 22 - January 2: Winter Break (Classes Resume January 5) Holiday (Martin Luther King Jr. Day) January 19: January 23: End of Grading Period January 26: Moveable Student Holiday*(Planning/ Records/Conference Day) February 16: Holiday (Presidents' Day) March 27: End of Grading Period March 30 - April 3: Holiday (Spring Break) Student Holiday (Planning/Records/ April 6: Conference Day) Holiday (Memorial Day) May 25: June 16: Last Day of School/End of Grading Period *Please Note: The date of the Moveable Planning/Records/

*Please Note: The date of the Moveable Planning/Records/ Conference Day between first and second semesters may change if the school calendar must be changed due to school closings for inclement weather or other emergencies. The Loudoun County Government in conjunction with the American Legion Posts of Loudoun County



Proudly Presents

A Salute to Military, Veterans & Families Saturday, September 27, 2014, 10am to 2pm Stone Bridge High School Auditorium



Ralph Buona, Loudoun County Board of Supervisors, Ashburn District Tony Howard, President/CEO, Loudoun County Chamber of Commerce Shawn Williams, Vice Chairman, Loudoun County Board of Supervisors Richard Black, Senator, 13th District, Virginia General Assembly Paul Galanti, Commissioner, Virginia Department of Veteran Services Brigadier General Thomas Gorry, USMC, Director, National Defense University Allison Hickey, Under Secretary for Benefits, U.S. Department of Veterans Affairs Gerald Rhoads, Commander, Department of Virginia, American Legion National Vice Commander, American Legion [TBA] Scott York, Chairman, Loudoun County Board of Supervisors

SPECIAL PERFORMANCES BY WORLD RENOWN: VA MEDICAL MUSIC GROUP's BRASS SECTION!!! http://www.youtube.com/ watch?v=50zFkbQzweY

Following a formal program featuring the dignitaries above, all are invited to visit the Veteran Service

Organizations listed below at their tables in the hall. The American Legion, the Veterans of Foreign Wars

& the Disabled American Veterans' Service Officers will be present in the school cafeteria to immediately

help Veterans and their families with new claims, or to assist in resolving prior Veterans Administration claims.





Make a Difference: Plant Natives this Fall By Jill Johnson, Loudoun County Master Gardener

When garden centers first open their doors in spring many of us make the mistake of loading up the car and rushing our new plants into the chilly ground, only to watch them struggle and sometimes sadly perish. But

late summer and early fall is the perfect time to add new plants to the garden. Planting in fall means pests and disease are less prevalent, the weather is not so hot and the soil is warm and conditioned. New plants thrive under these conditions and are able to establish good root systems before they go dormant for the winter.

If you're planning some additions to the garden this fall, why not choose to plant natives? Planting in the fall will assure you of more robust blooms next spring, and you will be helping our birds, bees, bats,

butterflies and other pollinators who have been adversely affected by habitat loss and incorrect pesticide use, among other factors. Why care about pollinators? It is said that we can thank a pollinator for one of every three bites of food that we consume. According to a recent report in *Science Daily*, pollinators affect 35 percent of the world's food crop



production, helping to increase 87 of the leading food crops worldwide. In other words, it takes a pollinator to transform that squash blossom into zucchini!

There's even a free app that will help you decide which plants you can use in your garden. Download it at BEESmartPollinator.org. Just enter your zip code and the app will help you make the appropriate selection that will benefit pollinators the most. The app includes plant images and

> allows you to filter your plants by what pollinators you want to attract and by your light and soil requirements.

> If tall, rangy plants like sunflowers, goldenrod, milkweed, Joe Pye weed, and bee balm wouldn't quite fit in your landscape, maybe you could encourage or help your HOA to plant a few patches of pollinator-friendly plants in common areas that include both nectar plants and host plants. According to the Xerces Society

for Invertebrate Conservation, even a small area planted with the right flowers will be beneficial, because each patch adds to the mosaic of available habitat. The fall migrating birds and monarch butterflies will thank you.





2014 ODSL Piranhas – A Sensational Season!



Ice Cream Social, Broadlands Kids Triathlon, Practices and Drills. Swim Meets (early mornings and late nights!), Donut Thursdays, Coaches, Piranha Pals, Ribbons, Volunteers, Movies, Laser Tag, Cheering, Divisionals, End of Season Party, Medals and Awards and All-Stars.

These are just a few words to describe 10 weeks of the ODSL Piranha Swim Team. It's hard to believe summer swim has come to an end. We've had an amazing season, chock full of great friends, great times and great swimming!

This year's Broadlands Kids Triathlon had record-breaking attendance figures. Participants swam, biked and ran to proudly benefit "Zane Strong" and the Dovel Family. Many thanks to our athletes, sponsors and volunteers who helped make it all happen with such strong success!

Swimmers were led by a fantastic staff including head coach Shannon McConagha, assistant coaches Julia Bashore and Matt McDermott, and our top-notch team of junior coaches. Over the course of the season, our Piranhas competed in seven meets plus Divisionals and All-Stars. From the littlest fish to the biggest fish, they all shined brightly and swam FAST!

After lots of practice and determination, we'd like to congratulate the following swimmers:

Most Improved Swimmers

Girls 6 & Under Sophia Pagliaro Girls 7-8 Avery Maltese Girls 9-10 **Delainy Prosper** Girls 11-12 Sydney Rutledge Girls 13-14 Shria Bommareddy Girls 15-18 Emily Hurley Boys 6 & Under Evan Pauley Boys 7-8 JD Packard Boys 9-10 Quinn Taylor Boys 11-12 Eric Hamilton Boys 13-14 Tucker Hurley **Boys 15-18** Adam Messner

Most Valuable Swimmers

Girls 6 & Under Kate Riegel - 49 Points Girls 7-8 Sklyer Riggio - 59 Points Girls 9-10 Mackenzie Cunnane - 90 Points Girls 11-12 Alexandra Gordon - 100 Points Girls 13-14 Lauren Bowers - 67 Points Girls 15-18 Tori Webb - 63 Points Boys 6 & Under Jakub Porada - 33 Points **Bovs 7-8** Cameron Gilley - 36 Points **Boys 9-10** Miles Dorre - 108 Points Boys 11-12 George McCabe - 83 Points Boys 13-14 Cameron McConagha - 80 Points Boys 15-18 Derek Rothrock - 87 Points

Two new board members were elected to replace the outgoing Vice President, Secretary and Treasurer.

The team and Board would like to thank: Christopher Soong (VP)

Melissa Silvas (Treasurer) Adrienne DiMillio (Secretary) and returning Board member Elizabeth Gordan (Team Rep) for their dedication and contributions to our swim team.

We would like to welcome following new Board members: Kelly Smit (Vice President) Audra Barrett (Treasurer) and the return of Adrienne DiMillio (Secretary).

Finally, we couldn't make this team happen without all of the parent help and support throughout the season. So *thank you, parents* for your time, support and energy...you all are what makes our team awesome!

Gail Riegel President, ODSL Piranhas

Girl Scout Troop 3454 Earns Their Bronze Award!



Photo Caption: Junior Girl Scout Troop 3454 from Ashburn presents their bulletin board to Heritage Hall. Included in the picture are Heritage Hall staff –Parker Jones, Director and Bambi Bryant.

Junior Girl Scout Troop 3454 earned their Bronze Award, which is the highest award for the Junior Girl Scout level. The troop worked as a team to create 15 bulletin board themes for the dementia section of Heritage Hall Senior Center in Leesburg, VA. The girls spent many hours working together and having fun channeling their creativity for this project to come up with all of the themes. The board themes included major holidays (Halloween, Valentine's Day, etc.), seasonal events (summer fun, winter fun, etc.) and other fun topics such as Famous Weddings and Famous People. The staff at Heritage Hall will use the bulletin board in activities and discussions with the residents in the dementia ward to help them with exercising their minds.

The girls presented their bulletin boards to the Heritage Hall staff and residents and also assisted with putting up the first board theme. In addition to the bulletin



board delivery, the troop collected and delivered several bags full of items for the Heritage Hall Mercantile, an inhouse store where residents can purchase various things such as stationery, cards, and toiletries.

A Gentle Approach to Yoga

Older adults and anyone new to the practice of yoga can benefit from "Gentle Yoga" classes offered at the Loudoun County Senior Center at Cascades.

Participants can reduce stress and anxiety levels, while increasing flexibility with yoga designed especially for older adults and beginners. Fall sessions are held Tuesdays at 7 p.m., beginning September 9.

The cost is \$10 per class for members of the Senior Center at Cascades and \$12 for non-members. Walk-ins are welcome. No advance registration is required.

The Senior Center at Cascades is located at 21060 Whitfield Place, Sterling, VA 20165. For more information, call 571-258-3280 or visit www.loudoun. gov/seniors-cascades.



703-858-0300 - westernization

Broadlands "Boys Night Out" Doubles Tennis Ladder

Description: We have reserved the Nature Center courts on Sunday nights for a men's doubles ladder.

Participants: Men with NTRP ranking of 3.0 or higher.

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

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

Ranking: A winning percentage for each player is calculated dividing total games won by total games played. A grand total winning percentage will be calculated week by week and the highest percentages will be at the top of the ranking.

The courts will be assigned based on the rankings. Court 1 would have the 4 highest winning percentage players, court 2 would then have the second 4 highest winning percentage players, and so on.

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

Where: Broadlands Nature Center Courts

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



Fun & effective workouts do exist. Don't believe us? Try it for yourself.

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th a 6 month commitment, Uniimited classes and no additional fees. EFT starts October. For new customers only. Offer expires 9/17/14.

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jazzercise.com

Broadlands Tennis Programs - Luis Rosado Tennis Academy Luis and his staff bring over 20 years of experience to the Broadlands community

AFTER SCHOOL SESSIONS

All sessions are 6 week sessions unless otherwise noted. Session IV: Sept 1 - Oct 10, 6 weeks Session V: Oct 13 - Nov 21, 6 weeks *Extended hours of tennis available with pick up at 5:00pm or 6:00pm.

8 WEEK SESSIONS Group Classes Session IV: ongoing – Oct 12

1 Hour Junior Clinic Ages 4-10: All levels Mon through Fri, 4:00pm & 5:00pm Sat & Sun, 10:00am & 11:00am

A second

Ages 11-16: Beginners Mon through Fri, 6pm Sat & Sun, 10:00am & 11:00am **1.5 HR Junior Clinic** Ages 10-16: Advanced/ Intermediate players Mon through Fri, 6:00pm

1.5 HR ADULT CLINIC – All levels Wed 9:00am Tues & Thurs 7:30pm Sat & Sun, 8:30am

Resident / Non Resident Pricing 1 hour 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 residents; \$22 non-residents

1.5 HR CLASS

\$180 / \$204 per session
(8 weeks) 1 class a week
\$336 / \$384 per session
(8 weeks) 2 classes a week
\$468 / \$540 per session (8 weeks) 3 classes a week
Clinic Drop In Fee: \$28 residents;
\$30 non-residents

Weekend Junior Round Robin Tournaments.

Private / Group Lessons 1 player \$60.00 2 players \$35.00 each 3 players \$25.00 each Email: LuisTennisAcademy@ gmail.com questions or visit www. LuisTennis.net for details and registration for all programs.





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Broadlands Helpers List

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

Not Available on Website Edition

Key:

(B) Babysitter's Course (C) CPR (R) Rescue Breathing (F) First Aid (D) Dog & Cat First Aid *All area codes are 703 unless noted.







CLUBS AND GROUPS

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

ASHBURN AREA WOMEN'S CLUB

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

ASHBURN CLASSICS

If you're a senior please join fellow seniors for a POTLUCK lunch on Saturday, September 13th. We meet at 10:30am at the Mills Recreation Center on Gloucester Parkway in Ashburn Village. The classics meet the 2nd Saturday of each month and there are several satellite clubs such as bridge, bunco, book clubs, Mexican train, card games and lunch groups. For more information please call Carmen at 703-723-3724 or Bonnie at 703-726-8191.

ASHBURN TOASTMASTERS

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

BRIDGE GROUP

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

BAC - BROADLANDS ADAPTED CLUBS

A social club for high school students and young adults with disabilities meets the 2nd Thursday of the month from 7:00pm to 9:15pm at the Broadlands Community Center. Contact Monica Benteler at mjbenteler@gmail.com for more information.

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

BROADLANDS/ASHBURN NEIGHBORHOOD BIBLE STUDY

Please join us for an in-depth Women's Bible study beginning Tuesday, September 2, 2014. We will begin a new 9 week study - *Children of the Day* by Beth Moore studying 1 & 2 Thessalonians. This is a community interdenominational Bible study group that meets weekly on Tuesday mornings from 9:15am to 11:15am in a neighborhood home. Please contact Chris @ 703-729-2095 for information or questions.

CUB SCOUTS & BOY SCOUTS

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

GERMAN LANGUAGE PLAYGROUP

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

GRIEFSHARE SEMINAR/SUPPORT GROUP

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

GIRL SCOUTS

Adventure, educational activities, cookie sales, friends. If you can think it, you can do it! Join the Girl Scouts. Now forming troops at all age levels: K -12th grade. For more information email 7010@gmail.com.

INVESTMENT CLUB

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

LOUDOUN WOMEN'S NETWORKING GROUP

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

MOMS CLUB OF ASHBURN

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

MOMS IN PRAYER

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

PRE-TEEN AND TEEN ASPERGER'S SOCIAL SKILLS GROUP

These groups are run by Dr. Michael Oberschneider and Dr. Andrea Lee. Group members work on coping and social skills development with Dr. Oberschneider. Dr. Lee runs a parent group simultaneously that addresses various topics on parenting children and teens with Asperger's disorder. For more info call Christine Kutt, 703-723-2999.

ROTARY CLUB OF ASHBURN

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

TECHNOLOGY COMMITTEE

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



SEPTEMBER CLASSIFIED ADS

CONSIGNMENT

LITTLE FLOWER CONSIGNMENTS, SEPT 27TH FROM 8:00AM-5:00PM: Seeking consignors, volunteers & shoppers to help make this our biggest sale yet! St. Theresa's Catholic School, 21371 St. Theresa Lane, Ashburn. Consigning & shopping with us is easy & proceeds benefit those in need in our community via Divine Mercy Outreach. For more information, visit us on http://littleflowerconsignments.org or follow us at Facebook.com/ LittleFlowerConsignments!

EARLY EDUCATION/DAY CARE

GROWING MINDS PRESCHOOL: A home based, state licensed preschool located in Broadlands has openings in its 2 ½ year old program beginning in the fall. Classes are held Tuesday and Thursday mornings. There are also limited spaces available in the three and four year old programs. For more information or to set up a tour, please contact Judi Ratcliffe at gminds@verizon.net or (703)858-7966.

INSTRUCTION - ARTS/MUSIC/RECREATION/ RENTALS

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

BAND INSTRUMENT RENTALS: \$6.75 or less per month for your first 3 months. All top name brands, Loudoun educator approved. We carry band books, accessories and give private lessons in brass, strings and percussion. Mintons Academy of Music: in Ashburn on Red Rum since 2002. 703-723-1154 www.mintonsmusic.com.

GROUP MUSIC LESSONS: Take advantage of special pricing in guitar, piano and drum group lessons. Small groups, great teachers, big savings. Private lessons also available. Classes starting in September. Mintons Academy of Music: in Ashburn on Red Rum since 2002. 703-723-1154 www.mintonsmusic.com.

REAL ROCK BAND: A 12-week program where young players learn about performance and stage presence, the art of "jamming", how to pick the right songs, and how to create original music. The conclusion is a performance by the student group in front of a live audience in the Ashburn Theater. Mintons Academy of Music: in Ashburn on Red Rum since 2002. 703-723-1154 www.mintonsmusic.com.

MUSIC LESSONS NOW: At a professional music school just minutes from your home. Private lessons at our state of art facility in piano, guitar, drums, voice, violin, flute, clarinet, sax or trombone. Our University trained teachers have produced more LCPS award & competition winners in the past 12 years than any other area school. Group lessons & performance classes also available. Call now to schedule a tour or sign up online **703.723.1154 MINTONS ACADEMY OF MUSIC** www.mintonsmusic.com.

INSTRUCTION - TUTORING TRI-ED TUTORING, ONE-ON-ONE TUTORS AVAILABLE FOR

ALL SUBJECTS AND SAT/ACT TEST PREP:

Personalized instruction from knowledgeable instructors to help your elementary, middle or high school student get results! An experience Tri-Ed tutor will work with your student at your home or a library. Call us at 703-899-6282 or visit www.tri-edtutoring.com.

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

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

HEALTH/FITNESS/WELLNESS

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

ELECTRICAL-PROFESSIONAL CONTRACTORS

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

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

HOME SERVICES

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

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

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

LOONEY'S TILE AND GROUT RESTORATION: Does your shower or floor need a "REFRESH"? We are the Tile & Grout Specialists! Why Remodel when you can "Restore"? Re-Grouting, Grout Repair, Cleaning, Sealing, Professional Caulking & Water Damage Repair. Surprisingly Affordable & we offer FREE Estimates. Visit www.Lcleantileandgrout. com & read our reviews on Angie's List. Locally owned in Ashburn. 703-999-1933. Email: Mike@Looneystileandgrout.com. SHANTZ'S HOME SERVICES: Has new email: Shantz1966@gmail. com. For all your home improvement needs, Honey Do's; specializing in Bath Room, Kitchen and Basement remodeling. Contact Shantz Darling at 571-221-4940 or email Shantz1966@gmail.com. Licensed and Insured. Free estimates. Broadlands resident.

HOUSE CLEANING

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

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

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

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

LAWN SERVICES

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

MARKETPLACE

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

MARY KAY: Beauty on a Budget. Skin care packed with multiple benefits. Special offers you don't want to miss. Free samples so you can try before you buy. Free makeovers and expert tips. Shop at your convenience with my personal delivery. No crowds. No parking hassles. No drain on your gas tank. What better way to get all your skin care and makeup! Contact me today, Deborah Leben 703-217-4583 <u>dleben@marykay.com</u> www.marykay.com/DLeben.

PET SERVICES

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

PROFESSIONAL SERVICES

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

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



How to Place Classified Ads

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

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

Monthly Rates:

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

Payment and Ads: Please email ads to: scollins@broadlandshoa.com. Checks only please, made payable to "Broadlands Association". No cancellations after the deadline.

> Mail to or drop off payments at: Broadlands Association 21907 Claiborne Parkway Broadlands, VA 20148

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

ADVERTISING DIRECTORY

AUTOMOTIVE

Virginia Tire & Auto	19
DENTAL / ORTHODONTIA Daczkowski, T. Wesley, DDS Goose Creek Village Dental White Tree Dental Wiger Orthodontics	24 32
EDUCATION BeanTree Learning at the Pavilion Golden Pond	
FINANCIAL SERVICES Apple Federal Credit Union Lori Christ, CPA LLC	
HOME SERVICES Ackerman Security CertaPro Painters Climatic Heating and Cooling, Inc Collegiate Sealers and Paving Gilbride Designs, LLC Homework Remodeling Larry Miller, Inc. Window Cleaning Service P&D Plumbing P&M General Contracting PestNow. WashMyDeck.com (Elite Pressure Washing) Zampiello Paint Contractors, Inc	mid 2 20 16 20 24 20 22 10 20
PETS Olde Towne Pet Resort Stream Valley Veterinary Hospital Whole Pet	mid
PROFESSIONAL SERVICES ASAP Cleaners Family Hair Salon	
REAL ESTATE Bonnie Selker, Keller Williams The Greg Wells Team, Re/Max Kyle Davis Re/Max (KGD, Inc.)	9
RECREATION / INSTRUCTION Ashburn Ballet Ashburn Ice House Creative Dance Center Dragon Yong-In Martial Arts Jazzercise Sprout Therapeutic Riding & Education Center	22 31 2 23
RESTAURANT Dunkin Donuts Mali Thai	
RETAIL Broadlands Marketplace	26

ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

MONTHLY PRICING

BLACK AND WHITE: 1/8 pg (3.625" W X 2.25" H) \$90 /\$75* 1/4 pg (3.625" W X 4.875" H) \$165 /\$140* 1/2 pg (7.5" W X 4.875" H) \$295 /\$270* Full pg (8.5" W x 4.875" H) \$550/\$525* COLOR (INSIDE COVERS) LIMITED AVAILABILITY: 1/4 pg (3.625" W X 4.875" H) \$225 /\$210* 1/2 pg (7.5" W X 4.875" H) \$425 /\$405* Full pg (8.5" W X 11" H) \$1050 /\$900* Add 10% to base price above for preferred placement COLOR (OUTSIDE BACK COVER) LIMITED AVAILABILITY: 1/4 pg (3.625" W X 4.875" H) \$250/ \$240* 1/4 pg horizontal banner (8" W X 3" H) \$250 /\$240* 1/2 pg (8" W X 4.875" H) \$475/ \$455* Full pg (8" W X 8"H) \$1050/ \$950* *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 ads4broadlands@yahoo.com or 703-729-9704. **Please Note:** Advertisers in the Broadlands Newsletter <u>are</u> <u>not</u> endorsed by the Homeowner's Association, the Board of Directors or HOA Management.

EDITORIAL INFORMATION

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



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Ashburn

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Spaces still available for 2014/15 school year!

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