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224 Cornwall Street Leesburg, VA 20176 703-698-4488 Mammograms enable doctors to detect breast cancer up to two years before you can feel a lump. Now, thanks to digital technology, the advantages are clearer than ever. That's because digital mammograms are fed directly into a computer, where they can be enhanced or enlarged for greater clarity, just like the images on your digital camera.

If you're 40 or older, or have a family history of breast cancer, take advantage of this new technology at our facilities in Lansdowne, Dulles South and Leesburg. Should your mammogram detect something, rest assured that you're in caring and capable hands, with access to the latest advances in treatment, support and recovery. Our commitment to comprehensive breast healthcare is unsurpassed in the region, and Inova Cancer Services are recognized as among the best in the nation.

There's no better way to celebrate Breast Cancer Awareness month than by making sure you're the

picture of health. With your physician's referral, schedule your mammogram today!





BROADLANDS



Contact Information

Board of Directors

Cliff Keirce - President & Resident Member (703) 729-7320, shevcoo@yahoo.com

Brian Beahm - Vice President and Resident Member

(703) 726-6360, beahmer@glassmile.net

Staci Kapinos - Secretary & Resident Member (703) 728-5849, ssdkapinos@yahoo.com

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Roy Barnett - Member at Large Van Metre, (703) 425-2600, rbarnett@vanmetrecompanies.com

Tom Marable - Member at Large - Van Metre, (703) 723-2800, tmarable@vanmetrecompanies.com

Mark McIntosh - Member at Large - Van Metre, (703) 425-2600, mmcintosh@vanmetrecompanies.com

HOA Office and Website

21907 Claiborne Parkway Broadlands, VA. 20148 (703) 729-9704 Fax: (703) 729-9733 Open Monday - Friday 9:00am - 5:00pm www.broadlandshoa.org

Armstrong Management Services

Assessment Information Office:

Direct Phone: (703) 679-1541

FAX: (703) 591-5785

Email: broadlands@armstrong.net

Mail Payments to:

Armstrong Management Services

P.O. Box 7778

Philadelphia, PA 19101-7778

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

Denise Harrover - President - Van Metre, (703) 425-2600, dharrover@vanmetrecompanies.com

Ken Corson - Vice President (703) 842-4872, knkcorson@smartneighborhood.net

Vacant - Secretary

Ty Hausch - Treasurer - Van Metre, (703) 425-2600, thausch@vanmetrecompanies.com

Tony Gentry - Resident Member (571) 333-9535, tgentry@smartneighborhood.net

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Jim Brabham - OpenBand President (866) 673-6226 or (703) 961-1110 OpenBand Customer Service

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Nan McCarry - Audubon Naturalist, (703) 729-9726, naturalist@broadlandshoa.com. Hours: Monday 12:30p.m. - 5:00p.m., Wednesday 9:30a.m. - 5:00p.m., Friday 9:30a.m. - 12:30p.m.

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Black tie & Blackjack



Broadlands' Casino Night

Saturday, October 3, 2009

7:00 pm-11:00 pm

Community Center

on Waxpool Road

Cost \$25/person

Feeling lucky? The Broadlands' Community Events Committee is hosting a Casino Night for residents ages 21 and over. Blackjack, Let-It-Ride Poker, Roulette, and Craps...take a chance and play them all! Admission includes food, open bar, \$2,500 in fun money, and an entry into the evening's raffle. Black tie optional.

Casino Night Ticket Purchase Form

To purchase tickets, please fill out this form, attach a check payable to **Broadlands Association**, **Inc.** and drop it off at the Association office in the Nature Center or in the drop box outside the office. Please write "Attn: Casino Night" on the envelope and "Casino Night" in the memo area of the check. Payments must be received by September 30; you will be contacted if your payment is received after the event is sold out.

Name:		
Address:		
Phone:		
E-mail address (to receive photos): _		
# of Tickets	X \$25 = \$	

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

Please note: this event is for Broadlands residents ages 21 and over only.

Broadlands Live! Wraps Up Another Great Season

Thanks to some phenomenal talent, active volunteers and community support, Broadlands Live! had another incredible season at Hillside Park.

Thanks to The Milkshake Trio, Texas Chainsaw Horns, Island Gerry, Jah Works, Bad Luck, The Groove, Dixie Power Trio, & Tom Principato!

Thanks to all the volunteers who gave their time to make the concerts a fun activity for everyone. Thanks also to the Broadlands Homeowners Association for sponsoring such a rockin' event. Thanks to our Presenting Sponsor, Loudoun INOVA Hospital, whose generous donation of time and money made our success very special.

Thank you Sharon Hawkins from Openband, our one and only GOLD sponsor!!

When our business-owning residents come forward and say, "This is a cool event, I want my business to help it happen!" we are blown away! The owners of **Broadlands Family Practice** and **Stream Valley Veterinary Hospital** wanted to be a part of the show. They helped pay the bills AND came out to take it to the next level with freebies and fun!

We're thankful to Wegman's, HLS, Harris Teeter, Broadlands Marketplace, Ashburn Rentals and Armstrong Management for sponsoring these great concerts. It would not have been such a spectacular summer without Domino's Pizza, Bluz Brother's BBQ, and Hawaii's Best Shave Ice!!

Moms and dads worked hard emptying our trash and selling their treats to raise funds for their kids' group, **The Ashburn Ice Angels**. Thanks to **Amie Otto** for taking AWESOME photos of the bands and concertgoers, and thank you **Dr. Trippel** for manning the first aid tent all summer! Thanks also to Larry for showing us all how to bust-a-move. His hip-hop instruction was a highlight at every show. Thank you to **Bonefish Grill** for showing their "bang-bang" appreciation to our committee members and finally...and you know what's coming...Broadlands ROCKS and so do YOU! Thanks for a great summer!

Broadlands Annual Halloween Parade - Sunday, October 25th, Starting at 4:00p.m.

The parade route starts at the

Please wear a costume and follow all of your friends as we parade from the Community C

friends as we parade from the Community Center through the Haunted Tunnel and trick-or-treat along the path around to Hillside Park!

The technology committee has a special surprise in store for us all at the end of our spooky trek! Mom's and Dad's don't forget your costumes and cameras. Family and friends who choose not to walk the route may watch and enjoy from Hillside Park. Wagons and/or strollers welcome. Adult supervision is required.

Best Family Costume wins a prize! Pizza will be sold at the event so bring a blanket and an appetite.

In case of bad weather the parade will be canceled but treats will still be distributed inside the Community Center at 4:00p.m.

This event is sponsored by the Events and Technology Committees



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Kids' Halloween Costume Party Grades 4th - 6th Friday, October 23, 2009 6:00p.m. - 8:30p.m.

Prizes for:
Most Original Costume
Scariest Costume
Best Group Costume

Drinks and Snacks provided, Music by DJ and dancing by you. Bring your friends!!!

Sponsored by your Events Committee.
CHAPERONES AND VOLUNTEERS ARE NEEDED!!!
Please contact Tammy Wells at:
tammy@jwells.us or (703) 724-0809
Trick or Treat!



Adult Halloween Costume Party

Saturday, October 24th at the Community Center 8:00 pm 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 and dancing by you.

Please bring an appetizer to share with your neighbors.

Better yet, bring a neighbor to share with your appetizers.

Sponsored by your Event's Committee.

Trick or Treat!

Check the November newsletter for a wine tasting event to be sponsored by the Events committee. This is sure to be a treat for all wine enthusiasts.



A Home Security Class will be held at the Legacy Elementary School cafeteria on October 21 starting at 7:00p.m. All are welcome to attend. Sponsored by the Loudoun County Sheriffs.





540-338-0075





Keep Those Cards and Letters Coming...

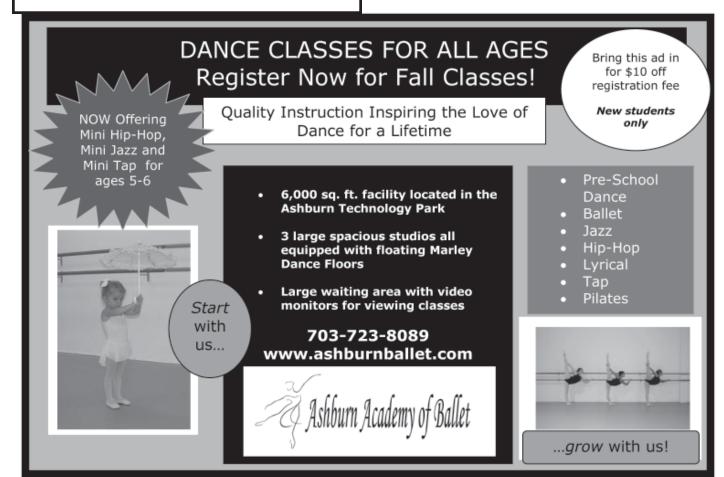
"Neither rain nor hail nor sleet nor snow nor heat of day nor dark of night shall keep this carrier from the swift completion of his appointed rounds." Quite a taskmaster, that line. But it is one that postal workers have been dedicated to since 1867, when the slogan was placed on the frieze of the New York Post Office.

But things have changed a little since 1867...and some additional hindrances to mail delivery have cropped up lately in the Broadlands.

Trash cans left in front of mailboxes will inhibit the delivery of your mail, as will cars parked within ten feet of the mailbox. Basketball goals with nets overhanging the street can block the mail truck's approach to your mailbox and can lead to damage to both your basketball goal and the mail truck!

As winter approaches, please remember that the curb in front of the mailbox must be kept clear of snow and ice.

If you have any questions regarding mail delivery, please call the Toll-free Post Office number at 1-800 ASK-USPS, the Ashburn location at 703-729-1642 or visit www.usps.com.



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Why You Should Be Considering This Investment

by Steve Campot, Real Estate Broker

When I was in my early twenties and looking for my first real estate purchase, dad gave me his advice on condos. He firmly suggested that I never buy one. He made a good case and pointed out several discouraging facts: I would not own any actual land; the condo fees could increase substantially; there could be noisy neighbors; and if the people above me should have a pipe burst, all my belongings would get ruined or if mine should burst, the people below would expect me to pay for any damage. This is why condos never really increased in value. Dad was speaking from experience. He owned two condos at that point. One was in a high rise at the beach, which was rented most of the time on a weekly basis, the other was in Fairfax City close to GMU where my older sister lived while she attended college. The beach condo was completely burned down after a renter fell asleep with a lit candle left on the couch. No one was hurt, but a dozen units below had water damage and ten up had smoke damage. They expected compensation from my father. It was insured, however the insurance company barely paid half the bill. In the Fairfax condo, a very grumpy old man that lived there plagued the entire unit by yelling and screaming at everybody. The police were there often. Consequently, my dad wished he had never owned either one.

Twelve years later, after owning four houses, I decided to rent for a while. My house had appreciated \$50k and I felt the real estate market had topped out as the tech bubble was bursting on Wall Street. So, I sold my house and rented a top-level garden style condo for a year. I loved living there! It was a newer building, which had tall ceilings, a balcony and was well insulated, therefore, very quiet. I stayed in my condo and waited for the tech disaster on Wall Street to spill into the real estate market. But alas, for the first time in history a recession had no effect on housing and so prices continued to rise. My landlord asked me if I wanted to buy the condo I was renting and when I received my tax bill with no mortgage interest to deduct, I decided to get back into the housing market and buy it. After all, I really liked the low maintenance living. It was mid 2001 and I paid about a \$100k for that two bedroom/two bath unit in Herndon. Based on historical condo statistics, I figured it would never appreciate very much, so I financed it for fifteen years to pay it off quickly. I sold it in the spring of 2005 for about \$350k. I felt that the real estate market had really topped out this time! Think about that investment for a minute. When I purchased that unit, I put about \$20k down and when I sold it four years later, I received a net check of almost \$250k tax-free!

Why am I sharing all of this? There are several reasons. First of all, I am making a case for how the perception of the shortfalls of condos and owning them has changed over the last twenty years. Modern condo buildings are very nice inside and out. While the condo fees can be expensive, they can be a good value when you take in account the roof top pool, gym, business center, security, covered parking and party room. The condo owners govern the amounts and they try to keep them reasonable. Modern building materials help eliminate many problems such as noise, water and fire damage. Condo buildings tend to attract similar types of people – very busy professionals. Many of my friends living in condos almost never see or hear anyone. This spring, I sold two clients, whom are empty nesters, large suburban homes and moved them into condos. It seems that condo living, while not for everyone is becoming very popular.

When the housing market really started to crash at the end of 2005, I thought condo owners would get hurt the most. There were 22 high-rise buildings in the process of being built in North Arlington alone. It seamed that the condo market was bound to become flooded. However, these projects were turned into rental buildings or just canceled altogether. Condo and single-family home prices rose and fell almost equally in 2005-2007, but in 2008 condo prices dropped 8% while SFH fell 25%, according to statistics provided by GMU's Center For Regional Analysis. For example, if you purchased a SFH in Reston for \$750k in the summer of 2005 and your brother purchased a condo in Reston for \$750k at the same time, the SFH would be worth about 565K while your brother's condo would be valued at \$690k.

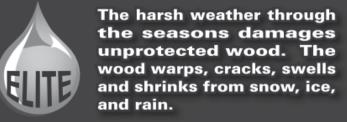
How does the future look for the condo market? The Washington Business Journal recently reported on a forecast issued by Delta Associates. Delta believes that there will be a shortage of inventory in the condo market that develops over the next several years. McWilliams/Ballard Inc. also believes that there will not be a large enough inventory, causing prices to rise. They are a major player in the new condo sales game in the DC region and their forecast states that prices will rise even faster than Delta's projections. Delta makes its money from analysis whereas McWilliams/Ballard makes it from selling new condos. So I take the latter with a grain of salt. We all know how optimistic real estate companies can get. Both companies agree on a couple facts – there is a growing demand for condos, but a lack of financing for new projects. It has become very difficult, if not impossible for builders to obtain financing.

I believe that if you take into account the dramatic changes in the condo market over the last two decades, the recent drop in prices and the lack of new projects being built, there is a great opportunity for investors. The fact is that the real estate market is very complex and like all investing, there are no guaranties. The condo market in Prince William County is very different than North Arlington and even the investment opportunity can differ dramatically from one building to the next there. It is imperative to have a real estate professional that is knowledgeable on the market to assist you.

Steve Campot is a Real Estate Broker who lives in Broadlands. He can be reached at steve@sgcrealestate.com or 703-399-5109 for questions.

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Patriot Disposal Information Update

Due to a low participation rate, Patriot Disposal will no longer collect newspapers and cardboard on Mondays. Paper for recycling should only be placed at the curb for collection on Thursdays along with other recyclables. Please note; pizza boxes should be put in the trash. They cannot be recycled with paper and cardboard.

Also, if you have a large item that you need to have picked up, please call our Patriot Disposal office in advance to let us know what the item is and when it will be out at the curb for collection. We can accept notification up until the day before you want the item picked up. Generally, there is no additional charge (unless it is a very large item, many items or large amounts of brush or yard debris), but the advance notice will help us to incorporate the request into our schedule efficiently. Large items include mattresses, appliances, small furniture, etc.

As always, if you have any questions, please do not hesitate to call our office at 1 (703) 257-7100. Thank you!

Patriot Disposal Collection Schedule

Mondays:

Trash, Yard and Kitchen Waste

Thursday:

Trash and All Recycling

Broadlands Association Board of Directors August 11, 2009 Meeting Board Actions

- Approved Minutes of July 14, 2009 meeting as amended.
- Allowed easement to the Saul Centers for a traffic signal at Broadlands Boulevard and Demott Drive.
- Approved Modifications Subcommittee's request to change the guidelines regarding rain barrels.
- Approved 2009 audit proposal from Ahlberg & Company, P.C.
- Approved Resident payment plan with conditions.

Developer Update August 11, 2009

- Discussed Special Exception unanimous approval by Planning Commission and Loudoun County Board of Supervisors meeting on September 8, 2009 regarding Special Exception for hotel.
- Discussed Developer submitted proposal for the Loudoun campus of George Mason University that includes Sections 200, 202 and 204 plus Section 208 for the Business Incubator.

Southern Walk Homeowners Association Elections

The resident members of the Southern Walk at Broadlands Homeowners Association (SWHOA) Board of Directors reached an agreement with Van Metre to turn control of the SWHOA Board of Directors over to the residents at the annual meeting. The annual meeting is scheduled to be held on October 29th to elect five resident members to the board. Residents interested in running should submit a Nominating Petition to the HOA by October 1^{st.}.

Nominating Petition/Candidate Profile Sheets may be mailed to Southern Walk at Broadlands Homeowners Association, Inc. 3949 Pender Drive, Suite 205, Fairfax, VA. 22030; dropped off at the Nature Center; or faxed to (703) 591-5785 (Attn: Tom Wade). Petitions are available a www.swhoa.net in the documents section. Petitions will be included with materials sent to all owners with the Annual meeting announcement.

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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 5:30pm.

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.

Get Connected @ ArmstrongConnect

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

To register, send an email requesting your registration code to mburns@broadlandshoa.com. Please include your name and address. Your code will be sent to you via return email.

Then visit www.armstrongconnect.net/register and enter your registration code. Follow the on-screen prompts to complete your registration. Remember to choose a numeric 4-digit Personal Identification Number (PIN) for your new log-in code. You can then access your account at www.armstrongconnect.net/broadlandsassociationinc. Have more questions about dues and assessments? Contact Armstrong Management by phone 703-679-1541; fax 703-591-5785 or email broadlands@armstrong.net.



Home Owners Association Board of Directors Business Meeting

Tuesday, October 13, 2009 at 5:30 p.m.

In the Nature Center Conference Room

Modifications Subcommittee

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

MODIFICATIONS SUBCOMMITTEE MEETINGS

MEETING DATE SUBMISSION DATE

October 7,2009 October 2,2009 October 21,2009 October 16,2009 November 18,2009 November 13,2009 December 16,2009 December 11,2009

Updated Design Guidelines are on the Broadlands HOA website at http://www.broadlandshoa.org/info/designguides/ designguides.htm.

Submit complete applications by **Noon** on the submission date to the Secretary 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.

RESIDENTS ENCOURAGED TO SIGN UP FOR ALERT LOUDOUN

Alert Loudoun System Leads to Arrest of Lucketts Min-Mart Robber

Missing Person Alert Locates Alzheimer's Patient

These are just two headlines pulled from local newspapers regarding the success of Loudoun County's Internet based Alert Loudoun system.

The Loudoun County Sheriff's Office uses the Roam Secure Alert Network, called Alert Loudoun, to immediately contact you during a major crisis or emergency. The Alert Loudoun System will also keep you informed about other news and events in Loudoun County.

Residents are encouraged to sign up and receive Loudoun Sheriff's Office alerts from the Alert Loudoun system to stay informed about what is happening in their community. "One of the goals of the agency is to inform the public regarding safety issues in their communities. As Loudoun County continues to grow, it becomes more and more difficult to reach out to every community," said Loudoun County Sheriff Steve Simpson. "This system will help us keep the community better informed without affecting manpower. It is our opinion that a well-informed community is a safer community," he added.

In August alone Alert Loudoun was used to identify a suspect involved in an armed robbery investigation as well as two other suspects involved in a larceny and credit card fraud case.

The system is free and allows those who sign up to receive the latest news affecting the county. The information can be sent to your e-mail as well as cell phones or pagers that receive text messaging. The service is available to anyone with an e-mail account. A friendly reminder for those having alerts sent to their pager or cell phone: due to the nature of some of the messages, you may receive an alert at any time of day or night.

Alert Loudoun can deliver important emergency alerts, notifications and updates to you via:

- E-mail (work, home, other)
- Cell phone (via SMS)
- Pager
- Smartphone/PDA (BlackBerry, Treo & other handhelds)

For more information about Alert Loudoun, please visit **www.loudoun.gov/sheriff** and click on Alert Loudoun.

Fight the Flu

Protect Yourself and Those Around You!

Inova Loudoun Hospital mobile health services will be hosting a **seasonal-flu shot clinic** on **Friday, October 2, 2009 from 2:00p.m. - 9:00p.m.** at the **Nature Center** onboard the mobile unit. The novel H1N1 vaccine, intended to be used along side the seasonal-flu vaccine, will be available later this fall. Stay tuned for additional H1N1 clinic dates.

The price for the seasonal flu shots will be \$25.00 per person. The flu shots will be available for ages 4 through adults. Seniors with Medicare Part B can receive a flu shot as well. For further information, please contact Rudel Chinnery at 703-771-2917 or e-mail address rudy.chinnert@inova.org.

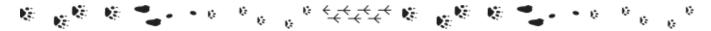
Lose Something?

Summer may be just a memory, but at the Nature Center we still have reminders of the season in our Lost and Found box. If your family misplaced something this summer, it may have turned up here.

Stop by Monday through Friday between 9:00a.m. and 5:00p.m. to see if any of the items belong to you. Anything not claimed by October 31st will be donated to charity.



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October Nature Programs

The Audubon Naturalist Society and the Broadlands HOA have partnered to provide the following programs.

Programs are held at the Nature Center and are \$5 per child, unless otherwise indicated. Please register by calling 703-729-9726 at least one day before the program. A minimum number of 3 participants is required or the program will be cancelled. Please dress for the outdoors.

Saturday program: Growing Native's "Get Nuts for Clean Water!"

Date: Saturday, October 3, 2009

Time: 11:00a.m. - 12:00p.m.

Ages: All ages - an adult must accompany children under 10.

This is a fun way to contribute to keeping Virginia's streams cleaner. We will collect acorns and other seeds. Later, the seeds will be taken by the Potomac Conservancy to state foresters, who will grow them into saplings to plant along streams in the state. The trees help slow erosion and thereby keep the Chesapeake Bay watershed cleaner. We will also learn to tell some of the common local trees apart. This is a good activity for the whole family or for community groups. (No charge for adults helping children with the activity.)

Animal Science for Little Ones (Monthly program) - Marshmallow the Dove Date: Wednesday, October 14, 2009

Time: 10:30a.m. - 11:15a.m. Ages: 3-5 year olds with parent

Each month we'll take a more in-depth look at some of our Nature Center residents and how to care for them. This month we'll learn about our own Marshmallow and other birds.

There will be a story and/or a craft.

Our Agricultural Cycle (Monthly program) - Pumpkins!

Date: Friday, October 16, 2009 Time: 10:30a.m. - 11:15a.m. Ages: 3-5 year olds with parent

Let's learn what's in season and a little bit of history and science about that food. Each month we'll pick a different food and read a story about it. We'll also learn about what harvest festivals are found around the world in that month.

Marshmallow the Dove for 2's and 3's Date: Wednesday, October 28, 2009

Time: 10:30a.m. - 11:00a.m.

If this program fills, there will be a second session at 11:00.

Naturalist Hours:

Monday: 12:30p.m. – 5:00p.m. Wednesday: 9:30a.m. – 5:00p.m. Friday: 9:30a.m. – 12:30p.m.

Nature Center Saturday Hours: October 3, 10, 24 10:00a.m. to 2:00p.m.

Your Pets and their Pests by Shannon M. Pecora, M.A. **Stream Valley Veterinary Hospital**

This summer, my husband and I discovered, and subsequently became addicted to, a new show on the Travel Channel: Bite Me with Dr. Mike. Virologist Dr. Mike Leahy treks through far away and exotic locales to study and expose himself to the gross and the creepy—dangerous "bugs" such as giardia, salmonella, tapeworms, and roundworms. The parasites and bacteria—and their unpleasant effects will make your skin crawl. Hence, I have vowed never to swim in the Amazon or set up camp in the Australian Outback.

However, I can't vow to stop petting my dogs or playing with my mother's Chinese Water Dragon. No, I don't have a dingo, and my parents didn't illegally smuggle in a reptile that they caught in a jungle. The fact is that our domestically-raised pets can carry some seemingly exotic diseases. The bacteria and parasites that Dr. Mike chases down all over the world can also be found in our own homes. And they are transmitted in the same ways: being bitten, getting scratched, or simply eating without washing your hands. Carry around your Leopard Gecko or touch your Golden Retriever's fur where there may be (yikes!) fecal matter, and you've been exposed.

Okay, even I, an experienced veterinary medical professional, am grossed out enough to consider life in a plastic bubble, but hang on before you send all of your family pets packing. There are some very simple ways to cut your risk of illness. For example, keep litter boxes and backyards clean. Use a safe, yet effective, cleaning solution for cages and terrariums. Depending on what type of pet you have, you may be able to use soap. vinegar, or bleach solutions; just check with your vet.

Every pet in your home should have a fecal exam at the vet's office at least once a year to test for intestinal parasites. Perhaps most importantly, you should wash your hands thoroughly and often, particularly before you eat.

From Borneo to the Broadlands, people are at risk from illnesses spread through contact with animals. But that doesn't mean that life must be pet-free. Just keep up the standard precautions, and you should be able to keep the creepy crawlies on your TV and out of your body.



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Brambleton 703-327-8471

42385 Ryan Road Suite 112 Ashburn, VA 20148 'around back', behind Subway)

www.LoudounVet.com "We're Your Other Family Doctor"

Page 16 October 2009

HERITAGE FARM MUSEUM OF LOUDOUN COUNTY

21668 Heritage Farm Lane Sterling, VA 20164 Call 571-258-3800 or visit

www.loudoun.gov/prcs/lhfm www.heritagefarmmuseum.org for hours and admission.

Plant a seed in your young farmer's imagination and watch it grow at one of the Metro area's newest museums.

SPECIAL EVENTS

FALL FARM COLOR TOUR

(All ages) Begin your tour of Loudoun's vineyards, orchards and pick-your-own farms with a stop at the Heritage Farm Museum of Loudoun County. Sponsored by the Department of Economic Development. Museum admission is free to farm tour participants.

Free event.

Sa 10/17 10:00A-4:00P

Su 10/18 10:00A-4:00P

AUTUMN APPLE FESTIVAL

(All ages) See historic orchard tools at work. Learn how to make cider. Visit our exhibit "Virginia Apples for Flavor: The Story of Hill High Orchards". Meet local orchardists and farmers. Wagon rides, entertainment, farmers market, food and more.

Pay at door \$5.00/adult; \$3.00 child

Sa 10/24 10:00A-4:00P

LET'S TALK TURKEY

(All ages) Straight talk about the bird and its lore. Hands-on children's activities, stories and games. Fun for the entire family.

Pay at door \$5.00/adult; \$3.00 child

Sa 11/14 10:00A-12:00P

PARENT/CHILD CLASSES FARMIN' FUN

(Ages 2-5) A literacy-based program for preschoolers with their parent or chaperone. Children learn about farms through a story, get the wiggles out during guided play, and enjoy a fun hands-on craft project. Fee of \$8.50 includes one parent and one child. Preregistration required.

Pumpkin Fun

M 10/5 9:30A-10:30A

M 10/19 11:00A-12:00P

M 10/26 12:30P- 1:30P

Playful Ponies

M 11/2 9:30A-10:30A

M 11/9 11:00A-12:00P

M 11/16 12:30P- 1:30P

THE NATURE CENTER WILL BE OPEN SEVERAL SATURDAYS EACH MONTH

We will have programs on at least one of those Saturdays. Check on our website to see if we've added more, or email Nan at Naturalist@Broadlandshoa.com.

In September, we did a program on monarch butterfly migration. We learned about the monarch's amazing migration to forests in the mountains of central Mexico. Then, the children painted "symbolic" monarch butterflies on paper. These symbolic butterflies will be sent to children in the area of the sanctuary in Mexico where the butterflies overwinter. Come see the bulletin board display at the Nature Center to find out more about this fun activity, which is sponsored by Journey North (http://www.learner.org/jnorth/).

For October's Saturday program, we'll be taking part in a campaign to help protect streams in the Chesapeake Bay watershed. Each fall, citizens from all over the Chesapeake watershed pick up acorns and other seeds and donate them to Potomac Conservancy's "Growing Native: Get Nuts for Clean Water" campaign. On Saturday, October 3rd, we'll be participating by collecting acorns and other seeds of native trees. Growing Native then delivers the seeds to state foresters, who grow them into seedlings. The trees are then planted along streams to provide more "riparian buffer". Riparian buffers are the trees and bushes along streams that filter out pollution and slow soil erosion. Thus, by collecting acorns, you can help clean up the Chesapeake Bay!

Growing Native would also be a good activity for Scouts and other groups or, just a family or neighborhood that wants to get together and do a community project. If you are interested in participating, you may contact Nan for materials, including easy-to-understand guides to which native trees we should collect from.

Speaking of streams, come out to Family Stream Day at Claude Moore Park from 10:00a.m. to 3:00p.m. on Saturday, October 17th. This yearly event is a great place to take kids for lots of hands-on activities. There are interesting displays for all ages. The event is free and it's pretty close by.



The Critter Corner By Dr. Steve Velling Ashburn Village Animal Hospital "Your Kitty's Got Bad Kidneys"

Shadow, the 16 year old grey cat, wasn't doing well. She seemed weak all the time, rarely hungry, yet was constantly at her water bowl. By the time we saw her, she was so dehydrated that it took 3 days of hospitalization and IV fluids to restore her to a state of normal hydration. We diagnosed her with chronic renal failure (CRF), and though she isn't cured, she is doing better, and has a good quality of life.

CRF is a common problem in all cat breeds. The digestion of food produces waste products, which are carried by the blood to the kidneys to be filtered and excreted in the form of urine. When the kidneys fail, they are no longer able to remove these waste products, and toxins build up in the blood producing clinical signs of kidney disease (excessive drinking and urinating, sometimes noted at more frequent trips to the litter box, lethargy, vomiting, halitosis, poor appetite, and weight loss). CRF can be caused by several different conditions, such as:

- Toxins
- Poor blood flow and/or lack of oxygen (ischemia)
- · Inflammatory disease
- Infections
- Cancer
- · Immune system abnormalities

Diagnostic tests are needed to recognize CRF and exclude other diseases. These tests may include blood tests such as a biochemistry analysis and a complete blood count (CBC), a urinalysis, and abdominal x-rays.

Although there is no cure, early detection and treatment can slow the progression of the disease. Treatments may include:

- Fluid therapy for dehydrated pets
- Management of blood abnormalities such as elevated or decreased potassium levels.
- Dietary therapy with protein and phosphorous restriction
- Free access to filtered water
- Control of vomiting with diet and drug therapy
- Management of anemia (as CRF can cause there to be a shortage of red blood cells)

Shadow may not be "fixed", but with the care that she's received, she feels better, and will hopefully continue to have a good life for months or even years to come. If you suspect that your feline friend may have CRF, call us right away.

Till next time,

Dr. Steve, 703-729-0700, www.ashburnanimals.com



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- Housecalls
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www.ashburnanimals.com



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Steve Velling, DVM Mariea Ross, DVM Angela Clarke, DVM Katherine Skelly, DVM

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winglerapts@aol.com

TDD (800) 735-2258

Ashburn's Finest Retirement Community for 55 and older. Monday-Friday 8:00-5:00 * Call for Saturday hours



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Broadlands School Directory

Hillside Elementary - Home of the Hawks

Hand-In-Hand @ Hillside 43000 Ellzey Drive Broadlands, VA 20148 Main Office 571-525-2170 Fax 703-858-0504 Absentee Line 571-252-2171 http://cmsweb2.loudoun.k12.va.us/hillside/site/default.asp





Mill Run Elementary - Home of the Mountain Lions

Where Children Always Come First
42940 Ridgeway Drive
Broadlands, VA 20148
Main Office 571-252-2160
Fax 703-779-8932
Absentee Line 571-252-2162
http://cmsweb2.loudoun.k12.va.us/millrun/site/default.asp



Our High Expectations Work Magic 42901 Waxpool Road Broadlands, Virginia 20148 Main Office 571-252-2140 Fax 703-779-8977 Absentee Line 571-252-2142 http://cmsweb1.loudoun.k12.va.us/erms/site/default.asp





Briar Woods High School – Home of the Falcons

22525 Belmont Ridge Road Ashburn, VA 20148 Main Office Phone: 703-957-4400

Fax 703-542-5923

Guidance Office Phone: 703-957-4402 Athletics Office Phone: 703-957-4408

Absentee Line: 703-957-4409

www.falconfever.org

Howling Halloween Events



FAMILY FUN FOR EVERYONE!

Air & Scare at the Steven F. Udvar-Hazy Center

National Air and Space Museum, Chantilly, Virginia. October 24, 2009, 2-8 p.m. Join creepy space aliens, mysterious astronauts and ghostly pilots for safe, indoor trick-or-treating. Visitors will enjoy story times, face-painting stations, hands-on activities, free screenings of an episode of "The Jetsons" in the Imax Theater, karaoke, simulation games and robotics demonstrations.

Boo at the Zoo

Visit bats, spiders, owls, and other animals at the zoo while trick-ortreating at the National Zoo in Washington, DC. Enjoy animal encounters, keeper talks, festive decorations, and haunted trails at the annual National Zoo's Halloween celebration, "Boo at the Zoo" from 5:30-8:30 p.m. on October 23-25, 2009. Costumed volunteers will hand out candy at more than 40 treat stations.

Cox Farms Fall Festival

15621 Braddock Road, Centreville. Sept 19-Nov 8, Daily 10a.m.-6p.m. Weekday \$9/person over 2. Weekend \$15/person. Includes slides, hayrides, pumpkin patch, farm animals, cornfields, rope swing, food and much more! http://www.coxfarms.com

Layng's Flower Farm

Pumpkins, hay maze, hayrides 23520 Evergreen Mill Rd., Aldie, VA. Phone: 703-327-0872. This family farm, which grows flowers and plants for retail and wholesale, holds its annual Fall Fest daily 10am to 6pm through early November. Highlights include hayrides, giant slides, tunnels, moon bounces, a hay maze, pumpkin painting, popcorn, tepees and a toddler play area. The farm also offers a fall country store and field of 20,000 mums. Open 7 days a week for lots of family fun.

Pumpkinville at Leesburg Animal Park pumpkins, hayrides, a toddler-sized hay maze Leesburg Gardens and Leesburg Animal Park, 19270 James Monroe Hwy., Leesburg, VA. (Route 15 South). Open daily 9 to 6 during September and October to November 7th. Admission to Pumpkinville, through Nov. 2, includes entry into Leesburg Animal Park, a small pumpkin, hayrides, a toddler-sized hay maze, moon bounces and all-you-can-eat apples, cider and, on weekends, popcorn. A three-acre play area features giant slides, tunnels, a tepee, straw mountains, a rope swing, mini-tractor rides, and giant inflatable slide. New this year: a tree house with a climbing wall and sandbox. Camel rides, \$5, most weekends. Pony rides, \$3, daily.

Temple Hall Farm Corn Maze and Fall Festival

Pumpkin picking, hayrides, 9-acre cornfield maze, corn canon, water wars, ride on cow train, cow belly bounce, farm animals 15770 Temple Hall Lane, Leesburg, VA. Phone: 703-779-9372. E-mail templehallfarm@nvrpa.org. Activities: . Bring flashlights after dark. See website for a \$1 off coupon. No pets. Open: September 9th through October 30th; 2005 Maize hours of operation will be as follows: Fridays 4:00 pm - 10:00 pm; Saturdays 10:00 am to 10:00 pm; Sundays 11:00 am to 6:00 pm. Groups of 15 or more are welcome during regular MAiZE hours without a reservation. To obtain the group rate one person must purchase tickets for the entire group. Admission: Group Rates: Adults \$5.00; Kids (ages 6-11) \$3.00; Kids 5 and under Free.

NOT FOR THE FAINT-OF-HEART... BEWARE!

AVFRD Slashburn Haunted House

October 10, 16-17, 23-24, 29-31. Haunt opens at 7pm each night. Last ticket sold at 10pm. Tickets: \$10 advance purchase online; \$12 at door. Legend has it that Ashburn got its name when lightning struck an ash tree that burned and smoldered for a week. But was lightning really the cause? When we reveal the other horrors from that sinister night, you'll have to wonder. The haunt is not recommended for the faint of heart, or children under 13 years of age. Tickets and info available at: www.ashburnfirerescue.org.

Markoff's Haunted Forest

Get spooked at this Halloween event in Dickerson, Maryland.
Markoff's Haunted Forest has been rated the #1 Halloween attraction
by Channel 7 (ABC). Oct. 2,3,9,10,15-17,22-25,29, Nov.1 For more
information visit http://markoffshauntedforest.com/

Cox Farms Fields of Fear

15621 Braddock Road, Centreville, New for 2009! Friday and Saturday nights, October 16 - 31, 2009, 7:30-11 p.m. \$15 per person. Cornightmare, night-time hayride, a giant slide by torchlight, outdoor classic horror movie, bonfire and snacks. Not recommended for children less than 13 years of age. Children under 16 must be accompanied by an adult. http://www.coxfarms.com

Halloween Woods

Super scary Halloween Woods Haunted Forest in Sterling, VA. Walk through our haunted forest but beware of the terrifying ghouls and monsters around you. Located in Algonkian regional park. Due to extreme scariness, not recommended for children! WE ARE ONLY OPEN ON CERTAIN NIGHTS! For schedule of times and dates, go to: www.HalloweenWoods.com. Date/Hours: Friday, October 09, 2009 - Sunday, November 01, 2009 (7:00 PM-10:30 PM)

Ridgefield Farm & Orchard Corn Maze and House of Panic

Come join us on Halloween Night for our Moonlight Walk and Corn Maze. Groups leave continuously just after dark and proceed down a path that can be a bit edgy, but always lots of fun, ending at the entrance to our Giant Cornfield Maze. From here we can only tell you that the Exit is not the same as the Entrance, and you must find your way out on your own or count on the charity of others. You may bring your own flashlight. Also, you can pay a visit to the Ridgefield Farm iHOP, the international House of Panic. We promise it will keep your adrenalin in high gear. The farm store is open at night, and we feature the latest in flashing toys and novelties. We provide complimentary cookies and hot cider or hot chocolate for our guests. There is a no smoking policy throughout the farm. Admission: \$10 for adults; \$8 for kids 15 and under. For the House of Panic, add \$3. Fri and Sat nights from 7-11pm, Sept 25 thru Nov 1. Visit www.RidgefieldFarm.com for more information.

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GRILLED CHICKEN, TOMATO & ONION SANDWICHES

Before arriving to the tailgate party, make the olive-oregano relish—all other components of this chicken sandwich are grilled, even the bread — making for the ultimate grilled sandwich.

- 3 ounce(s) (1 cup) pitted mixed olives
- · 1 clove(s) garlic, crushed
- 2 teaspoon(s) fresh oregano
- 1/4 cup(s) extra-virgin olive oil, plus more for brushing
- · 2 tablespoon(s) extra-virgin olive oil
- · Freshly ground pepper
- 2 large tomatoes, sliced 1/3 inch thick
- 1 Vidalia onion, or any sweet onion sliced 1/4 inch thick
- · 4 ciabatta, sourdough or hero rolls split horizontally
- Salt
- 1 3/4 pound(s) thin chicken cutlets

In processor, pulse pitted olives with crushed garlic and oregano until chopped. Add 1/4 cup plus 2 tbs of olive oil and pulse until finely chopped. Season with pepper. At game, brush tomatoes, onion, and cut sides of rolls with olive oil. Grill tomatoes and onion over high heat until softened and lightly charred, about 2 min. for tomatoes and 6 min. for onion. Transfer to plate and season with salt and pepper. Grill bread until lightly toasted, about 2 min. Season chicken cutlets with salt and pepper, grill over high heat, turning occasionally, until lightly browned in spots and cooked through, 5 to 6 min. Cut chicken cutlets to fit toasted rolls and top with sliced tomatoes, sliced onion, and olive relish. Close sandwiches, cut in half, and serve right away. Food and Wine



SCRIMP SCAMPI

- 2lb bag frozen E-Z Peel Shrimp (21-25 per pound)
- 3-4 cloves Fresh Garlic (minced)
- Olive Oil
- 1/4 cup parsley chopped
- 1 lemon
- Salt, Cayenne Pepper
- · Frying Pan

Before the game, run cold water over shrimp until thawed, completely peel shrimp, throw in freezer bag, and transport to game in cooler over ice. At game, heat (about a pancake sized circle of) olive oil in frying pan. Add minced garlic once oil is hot, but not burning. Cut lemon in half, save one half. Take other half of lemon and cut into quarters, save. Once garlic starts to brown, throw in all of shrimp, stir. Keep stirring to make sure shrimp is evenly pink. Once opaque and pink, take off heat. In frying pan of shrimp, add about 1+ tsp salt, juice from 1/2 lemon and about 2 tsp cayenne pepper. Mix. Transfer to plate, top with parsley, and throw lemon quarters on side. *Tailgating.com*

Tailgate to Victory With These Winning Recipes!!

BAGEL DIP

- 1 (16oz.) jar Hellman's Mayonnaise
- 1 (16oz.) container sour cream
- 1 envelope Hidden Valley Ranch Dressing Mix (not party mix)
- 3 pkgs. chipped or dried beef
- 2 pkgs. bagels

Mix all ingredients, except the bagels, and chill. Cut bagels into bite size pieces to use for dipping. *Tailgating.com*

Congratulations to September's trivia contest winner: Christine Perez

Win a \$45 Gift Certificate to \$< Bonefish Grill!

Answer the following *Redskins Trivia* questions correctly and you could win. Winner will be chosen at random from all correct entries. Entries must be received at the Nature Center HOA office no later than Oct. 14, 2009. **Be sure to include your name and telephone number.** Good Luck!

Luck!	•
1. What year did the Redskin ☐ 1932 ☐ 1942	s move to Washington D.C.? 1936 1937
2. What team did the Redskir	ns acquire Sonny Jurgensen
from?	
Philadelphia Eagles	
□ Green Bay Packers	New York Giants
3. Name the only famous Red touchdown in the Superbo ☐ Art Monk ☐ Ricky Sanders	
4. How many of the Redskins	starting defensive linemen in
2000 were First-round dra	ft picks?
□ 3	□ 4
1	□ 2
	for most career sacks? ☐ Bruce Smith ☐ Dave Butz
•	

HOA GENERAL MANAGER ARRESTED



Broadlands General Manager Wes Schroeder has been arrested and is going to jail for the Muscular Dystrophy Association (MDA) Lock-Up. Cops will be on site the morning of October 29th to escort Mr. Schroeder from the property and take him to lock up located at the Outback Steakhouse in Sterling Va. Mr. Schroeder is hoping to be able to post bond upon arrival and return to his normal HOA duties.



OCTOBER 29TH 2009 STERLING VA

In a stament issued by Mr. Schroeder he is quoted as saying:

"I'm going behind bars for good" A warrant has

been issued for my arrest! As one of the area's "Most Wanted," I'm going to be "Locked Up" to benefit the Muscular Dystrophy Association. With help they may let me out on good behavior! If you are intersted in contributeing to my bail please donate to MDA via check or credit card, or stop by, call or e-mail me your offer to help.

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45665W. Church Road #106 Sterling Va, 20164 703-430-2689 www.orientalexpress-sterling.com

Platters and Catering Now Available

Serving Loudoun County for over 16 years

Free

Crab Rangdon (6) Order over \$20.00

Excludes Tax Party Tray, LunchBox Expires 10/31/09

Free

Steamed Dumpling
Order over \$30.00

* Excludes Tax Party Tray, LunchBox
Expires 10/31,09

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Notes from Your Neighbors...... Ashburn Volunteer Fire Rescue Department

FALL OPEN HOUSE

October 4, 2009, 1:00p.m. to 4p.m. Featuring "Passport to Safety"... Visit all our safety stops and become eligible for great prizes.

- Learn how to call 911
- Practice Stop, Drop and Roll
- Ambulance tours
- Fire truck tours
- Poison control safety
- Internet safety

Golden Tickets – Don't like to stand in lines? Before ALL the activities start, we have arranged for a limited number of reserved tickets to be available for Fire Truck Rides before the Ashburn Open House. *Only holders of Golden Tickets* will be able to ride the fire trucks during the Golden Hour (12 noon till 1:00p.m.). Each ticket costs \$5, which will pay for the fuel to run the rides all day. Golden tickets will be available **ONLY** on line @ <u>www.ashburnfirerescue.org.</u>

Off Site parking at Cedar Lane Elementary School (Tolomac Rd) with FREE shuttle bus.

SLASHBURN HAUNTED HOUSE

October 10, 16-17, 23-24, 29-31. Haunt opens at 7pm each night. Last ticket sold at 10pm. Tickets: \$10 advance purchase online; \$12 at door. Legend has it that Ashburn got its name when lightning struck an ash tree that burned and smoldered for a week. But was lightning really the cause? When we reveal the other horrors from that sinister night, you'll have to wonder. The haunt is not recommended for the faint of heart, or children under 13 years of age. Tickets and info available at: www.ashburnfirerescue.org.

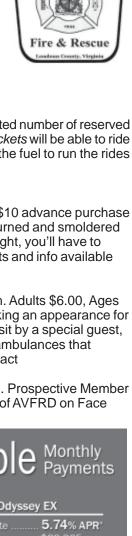
PANCAKE BREAKFAST

First Sunday of every month. No Breakfast in October, next date is November 8, 8:00a.m. till noon. Adults \$6.00, Ages 3-8 \$4.00, & seniors \$5.00, under 3 is free. Bring your camera; **Terry the Traumasaurus** will be making an appearance for great picture taking. **Join us for "Kid's Corner"** where every month will feature a new surprise, a visit by a special guest, a craft project, etc. As always there is an opportunity for child and adult to tour the fire engines and ambulances that protect you every day. If you have a youth group, that requires community service hours, please contact **dldevito@yahoo.com.**

Interested in membership? Call (703) 729-0006, or stop by the fire station & pick up an application. Prospective Member Meeting the <u>last Tuesday of every month</u>, 7p.m. at the AVFRD, 20688 Ashburn Road. Become a fan of AVFRD on Face book. Keyword – AVFRD.



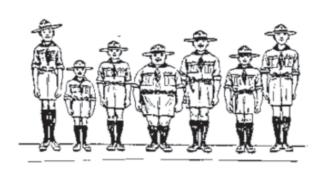




SHBURA

FALL MULCH SALE & SPREADING

Ashburn Boy Sco Troop 1158



Details

- Pay by check (form below) or credit card (PayPal) via our web site: www.troop1158.org
- \$ 4.25 per bag same low price for last three years!
- · 3 Cu. Ft. bag
- Double Shredded Hardwood
- FREE delivery & stacking
- Delivery for Saturday, October 17th

To Order:

- · Fill out order form below
- Indicate whether you want us to spread your mulch (add'l service)
- Mail order form and payment to: Troop 1158 Mulch Sale 20666 Stillpond Court Ashburn, VA 20147

Or visit our web site!

(Cut here. Keep top section for your records. Please return bottom section with payment.)

Ashburn Boy Scout Troop 1158
Fall 2009 Mulch Sale Order Form

Number of Pri bags ordered: x per	ce bag: \$ 4.25 =	Total amount enclosed: (make payable to Troop 1158
Please contact me about spreadi	ing \$2.00/bag:	_ (check or 'X' please)
	submitted by Wednesda e made on Saturday, Oc	
Name:		
Delivery Address:		
Subdivision:	Pho	one:
E-mail address:		
Order confirmation will be se	ent via e-mail – Thank you	for your continued support!

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BROADLANDS HELPER LIST

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

Not Available on Website Edition

Key:

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

All area codes are 703 unless noted. For additions and/or changes to the Broadlands Helper List send an email to scollins@broadlandshoa.com.









	USEFUL	NUMBERS				
Can also be found at http://broadlandshoa.org/node/117						
NON-EMERGENCY	so be round at meep.,	Social Services	(703) 777-0353			
Ashburn Fire	(703) 729-0006	School Board	(571) 252-1000			
Loudoun County Sheriff	(703) 777-1021	Van Metre Homes	(703) 723-2800			
Washington Gas	(703) 750-1000	Verizon	(703) 954-6222			
Poison	(703) 625-3333	Verizon Fios	(888) 553-1555			
Loudoun Water - Customer Service	(571) 291-7880	Voter Registration	(703) 777-0380			
Loudoun Water - After Hrs./Wk.ends	(571) 291-7878	Weather	(703) 936-1212			
State Police	(703) 771-2533	LOUDOUN COUNTY PUBLIC SCHOOL				
Dominion Virginia Power	(888) 667-3000	Briarwoods HS	(703) 957-4400			
PUBLIC INFORMATION		Eagle Ridge MS	(571) 252-2140			
Abused Women's Shelter	(703) 777-6552	Hillside ES	(571) 252-2170			
Animal Control/Shelter	(703) 777-0406	Mill Run ES	(571) 252-2160			
Building Permits Dept.	(703) 777-0397	PUBLIC OFFICIALS COUNTY SUPER.				
Comcast	(703) 430-8200	Stevens Miller	(703) 777-0204			
Child Protective Services	(703) 777-0353	SCHOOL BOARD REPRESENTATIVE				
County Landfill	(703) 771-5500	Robert Dupree	(703) 729-3430			
CPR Class Info	(703) 444-1155	VIRGINIA HOUSE OF DELEGATES				
DMV (VA)	(800) 435-5137	Robert G. Marshall (13th)	(703) 361-5416			
Drug Abuse	(703) 771-5100	Richmond Office	(804) 698-1013			
Dulles Airport Hotline	(703) 572-2700	David Poisson (district 32)	(703) 421-6899			
Health Department	(703) 777-0236	Richmond Office	(804) 698-1032			
Library (Ashburn)	(703) 737-8100	VIRGINIA SENATE				
Loudoun Ride On	(703) 777-2708	Mark Herring (district 33)	(804) 698-7533			
Loudoun Hospital	(703) 858-6000	District Office	(703) 729-3300			
Main Street Mailboxes	1(703) 753-5521	Constituent Hotline	(800) 889-0229			
Miss Utility	(703) 552-7001	U.S. HOUSE OF REP. 10 th DISTRICT				
Metro	(202) 637-7000	Frank Wolf	(703) 709-5800			
OpenBand 24x7 Customer Service	(866) 673-6226	U.S. SENATE				
OpenBand Trouble Tickets	(703) 961-1110	Jim Webb	(202) 224-4024			
Parks and Recreation	(703) 777-0343	John Warner	(202) 224-2023			
Patriot Disposal	1(703) 257-7100	VIRGINIA STATE GOVERNOR				
Ridesharing	(703) 771-5665	Tim Kaine	(804) 786-2211			
Road Conditions	(800) 367-7623					

MASTER FOOD VOLUNTEER TRAINING TO BE OFFERED BY VIRGINIA COOPERATIVE EXTENSION IN OCTOBER

If you love cooking, learning about nutrition and wellness, and are interested in helping others, sign-up today to become a Master Food Volunteer with Virginia Cooperative Extension (VCE). VCE Family and Consumer Sciences programs have long been a resource of research-based food and nutrition information for adults, parents, seniors, and youth. We are committed to helping families enjoy delicious and nutritious food experiences and are looking for passionate individuals to help in this effort.

Join the Master Food Volunteer program today! You will receive 30 hours of training in basic nutrition, healthy cooking techniques, and food safety, with an opportunity to sample delicious recipes. In exchange, we ask that you complete 30 hours of volunteering within one year. Through training you will become equipped with the knowledge and skills to confidently help others improve their lives through balanced eating and healthy living. Opportunities for volunteer work include food demonstrations and displays at health fairs or farmers markets, food preparation and food safety classes, assisting with nutrition education programs, or creating your own!

Training will take place October 1, 8, 15, and 22 at the Fairview at River Club Church in Fredericksburg, Virginia, from 9:30am to 4:30pm. The address is 10835 Tidewater Trail, Fredericksburg, VA 22408. Volunteers are required to attend all training dates. Coordination of travel will be available at no cost to participants. The cost to attend the training is \$45 and includes lunch on all days, along with training materials and supplies.

For additional information or for an application, please contact Beverly Samuel at Loudoun County Extension Office at (703) 777-0373.

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CLUBS AND GROUPS

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

AMERICAN HERITAGE GIRLS

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

ASHBURN CLASSICS

We will meet Oct 10 at Mills Recreation Center in Ashburn Village at 10:30a.m. The "Late Bloomers" from the Cascades Senior Center will provide entertainment and delicious refreshments will be served. Any Senior in the Ashburn area 50 years and over is welcome to attend. For more info, call 703 723 3056. Come join the fun!

ASHBURN TOASTMASTERS

Ashburn Toastmasters welcomes those interested in developing communication, leadership and presentation skills. For info, contact Catherine Stewart at castewar@cisco.com or visit www.toastmasters.org to learn more.

BROADLANDS BICHON FRISE CLUB

Anyone interested in forming a Bichon club (who are Bichon owners currently) can contact JoAnn Conroy at jfc27@smartneighborhood.net

BROADLANDS NEIGHBORHOOD BIBLE STUDY

Please join us in for an in-depth Bible Study by Beth Moore. We meet Tues mornings and evenings in neighborhood homes. For info, contact Karen at 703-723-4341.

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT COMMITTEE

Broadlands has to complete yearly goals to maintain certification. The Wildlife Habitat Committee works with The NWF, The Broadlands HOA and our residents to achieve these goals. For more info please contact BroadlandsWildlife@gmail.com.

COMMUNITY BIBLE STUDY

Please join us to learn how to experience God, not religion! On Sun., Sept. 27th we began a study entitled Experiencing God by Henry Blackaby. We meet every Sunday from 6:30 to 8:00p.m. at the Community Center. If you are interested in joining please contact us at ant.hendricks@lcbc.org or call 615- 260-8020 for more info.

GIRL SCOUTS

A girl can have a great time as she follows the fun and adventure, contributes to her community, learns new skills and makes new friends. Troops for all age levels - K -12th grade. For more info, contact Anne Moriak at anne@moriak.net or 703-729-6594.

MOMS IN TOUCH

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

CUB SCOUTS & BOY SCOUTS

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

LA LECHE LEAGUE OF ASHBURN PM

Have questions about breastfeeding? Want to meet other nursing mothers? We meet the 2nd Wed of the month from 7:00p.m. - 8:45p.m. at the Broadlands Community Center. To contact a Leader please call 703-729-1205.

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 first and third Thursday of the month. For more info please visit our website at www.Loudoun WNG.com

MOM'S CLUB OF BROADLANDS

A national club made up of Moms and kids from the Broadlands. We meet in the Community Center every third Friday at 10:00am. For information, please contact Julie Peckman at 703-858-5679 or membership.momsclub_broadlands@yahoo.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 COUNTY AUTISM NETWORK

We focus on autism awareness in our community and committed to the prevention and recovery of autistic children. Monthly meetings are at 7:00p.m. on the second Thurs of the month at the KiDazzles facility on Red Rum Drive in Ashburn. For more info, go to www.locoautismnetwork.com.

PET LOSS SUPPORT GROUP

For anyone who has lost or anticipates losing a pet. We are a free support group that meets every third Tues from 7:00p.m.-8:00p.m. at Ashburn Psychological Services. All are welcome. For more info contact Robin Norris 571-278-9162 or robin@sashaheart.com.

TECHNOLOGY COMMITTEE

Meets at 7:30 p.m. on the 2nd Wednesday of each month at the Broadlands Nature Center. For info, visit broadlandshoa.org and click on Committees. Meetings are open to all residents.

YOUNG MUSICIANS NETWORK

Minton Academy of Music host a Friday Night Jam Session for young musicians every 2nd Friday of the month at 8:00p.m. The jam session is for young musicians, ages 11 to 16. Young musicians must have at least 1 year of private lessons to attend. For more info call 703-723-1154.

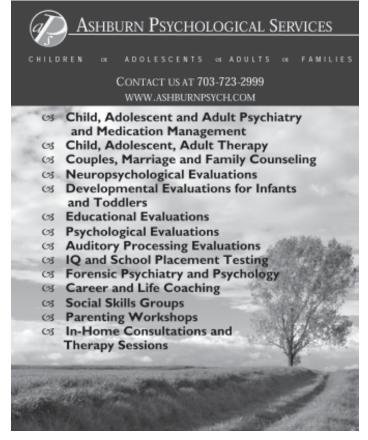


That's why you have health calculators, a health encyclopedia, a drug encyclopedia, and more at kp.org. As a Kaiser Permanente member, you can go online to see most of your lab test results, order prescription refills, make appointments, and download your personal health summary to take wherever you go. You can also e-mail your doctor's office because we believe in your relationship with your physician being the strongest it can be. And that's something you can believe in.

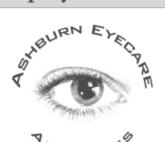
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ADVERTISING and EDITORIAL INFORMATION

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 posted 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. Advertising deadlines are the first day of the month prior to the issue. Insertion Order Forms are available at broadlandshoa.org on the newsletter page.

Limited Availability: 1/2 Page B/W 7.25° W x 4.875° H \$295/issue (6 months prepaid \$265.50/issue). Color ads also available.

1/4 Page 3.625"w x 4.875"h \$160.00/issue (6 months prepaid \$130.00/issue)

1/8 Page 3.625"w x 2.25"h \$90.00/issue (6 months prepaid \$72.00/issue)

Payment is due in full when ad is submitted. Make checks payable to Broadlands Association. No cash payments, please. Copy changes to prepaid ads may be submitted before each deadline.

MAIL ADS and PAYMENT TO: Broadlands Association ATTN: Newsletter Ads 21907 Claiborne Parkway Ashburn, VA 20148

For more information or questions regarding advertising, contact Staci Kapinos at 703-729-9704 ext.101 or ads4broadlands@yahoo.com. *Please Note:* Advertisers in the Broadlands Newsletter <u>are 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 15th of the month, or noon on the last business day before the 15th should it fall on a weekend or holiday. Submissions should be emailed to nihanainen@broadlandshoa.com. A message may be left for the editor at 703-729-9704 ext.101.

OCTOBER CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

LITTLE BEAR PRESCHOOL: Mothers Day Out program. Immediate openings for children 18 mths – 3 yrs. One or two mornings per week. Tuesday/Thursday, 9AM-12PM. State licensed. CPR/First Aid Certified. 703-858-0117, nancyshep@hotmail.com.

FOR RENT-OFFICE

ASHBURN/BROADLANDS/TRURO PARISH

DRIVE: Is it time to move out of your home office? Private Office Available. \$450 per month. The First Two Months FREE. First year effective rate is \$375 per month. ERA Teachers, Inc. llsre@aol.com or 703-471-4233 x218.

FOR SALE

MOPS KID'S CONSIGNMENT SALE: Sanders Corner Elementary School in Ashburn, Saturday, October 17th from 8am - 2pm. Clothes, toys, cribs and more! For complete info and directions, www.cfcmops.com.

COLEMAN 2004 FLEETWOOD UTAH POP UP TRAILER: Outside and inside stoves, Dinette table, Canopy, Sink, Cable TV connection, Air conditioner, 20 lb LP gas bottle, 25 AMP converter with charger, 12V electric water pump, gas/electric fridge, email bdhornbeck@gmail.com.

TRAIN TABLE: With 2 large rolling storage containers that roll under it. Interested parties can call 703-919-3479.

WEBER CHARCOAL GRILL: 22 inch grill, \$40. 14 inch grill, \$10. Both in excellent condition. 571-333-1946.

HELP WANTED

CAREGIVER NEEDED: For 81 year old male. In Broadlands, 3-4 days per week, 12-30 hours per week. Call Adele at 703-729-1068.

SITTER NEEDED: For child during day in our home and 9 year old after school. Light office work, \$12 per hour. Non-smoker, professional appearance, good work ethic, phone & computer skills; speak fluent English. Must have car, good driving record. 571-223-0311.

INSTRUCTION

FALL/SPRING 2009-2010 MOMS MORNING

OUT: Two certified education teachers offering a fun, stimulating, structured learning environment for 15 months-4years old. Tuesdays and Thursdays, 9:15am – 12:15pm. Call Jenny for info: 571-333-3395.

KINDERMUSIK®: An early childhood music and movement program is coming to Broadlands! Classes will meet at the Community Center and begin October 15th. "Village" (newborn-18 mths), "Our Time" (18 mths-3 yrs) and "Imagine That!" (age 3-5). Call Brenda Wright at (703)344-4135 or email wrightfootforward@msn.com. Registration forms are available at the Nature Center or online, www.Wrightfoodforward.com.

SPANISH TUTOR: Mother of 4 with B.A. degree in Spanish from Bucknell University willing to help struggling students in Beginner/Intermediate levels. Reasonable rates. Contact Andrea at 571-333-2877.

TUTOR AVAILABLE: Licensed teacher with a Masters Degree in K-6 Education. Active tutor for 3 years in all subject areas for Early Elementary with experience in SOL preparations. Please contact Stephanie at 703-723-0630 or sptryan@gmail.com.

PRIVATE TUTOR: Experienced, certified teacher for both elementary and secondary education is now accepting students for evening tutoring sessions beginning September 2009. Customized, individual classes are available to improve study skills, reading, writing, math, science, French and ESL. Rates will vary depending on grade level and location. Please call 703-665-4684.

SAT TEST PREP: Help your child achieve their **top SAT scores**. Small group tutoring program here in Ashburn using official <u>SAT Study Guide</u>. Classes on Mon/Fri or Sat/Sun. \$595 per student. Money Back Guarantee. Call Peggy 703-554-2030. testingadvantage@gmail.com.

MUSIC LESSONS: GUITAR, CLARINET AND SAXOPHONE. Instructor has Music Degree, Master's Degree and 20 years' experience teaching kids (age 8+) and adults. In-home or studio instruction. References from Broadlands residents. Please call 703-777-4352 or email WoodwindStudio@verizon.net.

PRIVATE MUSIC LESSONS: Former Fairfax County Band Director who now teaches privately from home. Love working with kids; all age levels. Would love to help your budding musician get off to a great start! Lessons on: flute, clarinet, saxophone, trumpet, French horn, trombone and tuba. Getting your beginning band student off to a strong start is a great way to ensure their musical success. Call Melissa at 571-918-0529 or clarinet teacher@msn.com.

TUTOR/SUMMER ENRICHMENT: Certified teacher with Masters Degree willing to tutor in math, reading and writing, grades K-6. Have experience with children with special needs. Call Jenny for info: 571-333-3395.

MINTONS ACADEMY OF MUSIC IN ASHBURN: We are Broadlands residents that have been teaching music in the area since 2002! Our teachers are Emmy Award winners, Bachelors and Masters of Music, and some of the most award winning band directors in Loudoun County. With over 16 teachers at our school we teach all instruments to all ages. Wanna' Play? Visit us at www.mintonsmusic.com. Call us at 703-723-1154 or stop by 21690 Red Rum Dr Suite 137 Ashburn, VA 20147.

ALOHA MIND MATH: Discover the genius in your child! Abacus method, a fun way to learn math. Improves memory, visualization and focusing skills. Now enrolling for Junior/Senior program in Ashburn & SouthRiding. Visit www.aloha-usa.com or call 703-463-9680.

HANDWRITING WITHOUT TEARS: Finally help for your children. Now available for children needing handwriting assistance or those wanting to get a start on school. Certified instructor with 7 years experience. Classes are fun and non-threatening, but extremely effective. Contact: Kely R. Davis at Kelyrdavis@yahoo.com.

MUSIC LESSONS: The Community Music School of the Piedmont offers piano, harp, cello, guitar & French horn lessons at Our Savior's Way Lutheran Church. Highly qualified, faculty for children & adult. SUMMER PROGRAMS AVAILABLE! Member of National Guild of Community Schools of the Arts, National Association of String Teachers, & the Suzuki Association of the Americas. Contact: 540-592-3040 or piedmontmusic@aol.com.

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PREGNANCY MASSAGE: Former L&D nurse and doula certified in pregnancy massage. Relieve back, hip pain and other physical discomforts of pregnancy. Fathers encouraged to participate in the session. Read more at www.tranquilmoment.com. Ashburn location. Claudette Plater, RN, CMT. Call 703-724-4210.

ART OF LIVING: Yoga and Meditation course with "**Sudarshana Kriya**" *A tool to minimize stress practiced by 4 million worldwide.* 10/23/09 to 10/27/09. Please call: 703-723-8181 or email: ashburn@us.artofliving.org. Free introductory session: 10/08/09 at the Broadlands Community Center, 7-8:30pm, RSVP: 703-568-5858.

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

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MARIA'S START 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.

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SHANTZ HOME SERVICES: 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 shantz@glassmile.net. Licensed and Insured. Free estimates. Broadlands resident.

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

POO BARE, LLC Dog and Goose Waste Removal Service: Protecting your dog, family and community with the timely removal of infectious dog waste. Weekly service, no contracts, and \$10.00 off first month for new customers. Contact: www.poobare.com, 571-436-1444.

LAWN MOWING SERVICES: Mowing, trimming, mulching and more! We also clean gutters and remove snow. Call Jose 703-928-7732 or email OTTELAWN@hotmail.com.

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LARRY MILLER INC. WINDOW CLEANING **SERVICE:** Residential Specialist. Free screen cleaning, free estimate. Licensed & insured. Resident of Broadlands. Call Larry at 703-723-

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

MARKETPLACE

CUSTOM WOMEN CLOTHING: Be a fashion designer for a day and have a dress custom tailored and properly fitted just for you. You the client will have the opportunity to be in the designer's seat and together we will create a garment that is right for you. For consultation, call us 804-931-9625 or visit us on the web www.crystalcjones.com.

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HIGH FASHION JEWELRY: Get free and half price high fashion jewelry for having a few friends over to play in my jewelry! Most generous hostess plan in the industry and "Golden Guarantee!" Call Margot Olenik and set a date, day or night, (703) 475-0589.

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TASTEFULLY SIMPLE: October is the PERFECT month to host a TASTEFULLY SIMPLE party. We sit around and eat, and you earn free products. Individual items are \$9.99 or less! Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479. www.tastefullysimple.com/web/Lsvendsen, FoodFromLisa@comcast.net.

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PENFED REALTY LLC: Contact Barbara Brognano-Swavely for all of your real estate needs. 11864 Sunrise Valley Drive, Suite 101, Reston, VA 20191. 571-217-5911 or 703-716-2900. Barbara. Swavely@PenFedRealty.com, www.Lets-make-an-offer.com.

ASHBURN ATTORNEY: Robert Ohneiser, Esq. Attorney-at-Law (Licensed since 1987). Current practice: Loudoun Courts, Federal Court and U.S. Supreme Court. Divorce, Custody, Wills & Living Wills, Contracts, Accidents and Litigation. Call for appointment including weekends and evenings: 703-729-6446, OhneiserLaw@Verizon.net.

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

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HOW TO PLACE CLASSIFIED ADS

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

Broadlands Resident Rates:

- \$ 7.00/Business Ad*;
- \$ 0/Personal Ad or Lost & Found Ad

Non-Resident Rates:

- \$14.00/Business Ad*:
- \$ 7.00/Personal Ad
- \$ 0/Lost & Found Ad
- *10% off for 6 months prepaid

Payment: Check to "Broadlands Association"

Send To: Broadlands Association

ATTN: Stassa Collins 21907 Claiborne Parkway Ashburn, VA 20148, 703-729-9704, scollins@broadlandshoa.com

Broadlands Committees and Events

October Activities

2:00p.m. - 9:00p.m. Inova Loudoun

Date Activity

2nd

Mobile Health Unit - Flu Shots(Nature Center Parking Lot)

3rd 10:00a.m. Nature Center Open 11:00a.m. Growing Native's "Get Nuts for Clean Water!"(NC) 11:00a.m. Oktoberfest/Chili Cook Off(Clydes Willow Creek Farm) 7:00p.m. Casino Night(CC)

7th 7:00p.m. Modifications
Subcommittee Meeting(NC Conference Room)

7:00p.m. Toastmasters Meeting(CC)

10th 10:00a.m. Nature Center Open 13th 5:30p.m. Board of Directors Meeting(NC)

14th 3:30p.m. Animals Science for Little Ones(NC)
7:30p.m. Tech Committee
Meeting(NC)

15th 8:00p.m. Investment Club(CC)

16th 10:00a.m. Broadlands Mom's Club(CC)

10:30a.m. Our Agricultural Cycle(NC)

19th 10:00a.m. - 2:00p.m. Nature Center Open

21st 7:00p.m. Modifications
Subcommittee Meeting(NC)
7:00p.m. Toastmasters Meeting(CC)
7:00p.m. Home Security Class(Legacy
Elementary School Cafeteria)

23rd 6:00p.m. Kids Halloween Costume Party(CC)

24th 10:00a.m. Nature Center Open 8:00p.m. Adult Halloween Costume Party(CC)

25th 4:00p.m. Kids Halloween Parade (starts at the Community Center parking lot)

28th 10:30a.m. Marshmallow the Dove for 2's and 3's

7:30p.m. Book Club(NC)

Committees

Community Events Committee

Committee Chair: Tammy Wells, tammy@jwells.us

Neighborhood Watch Committee

Chair: Staci Kapinos, ssdkapinos@yahoo.com

'Broadlands Live!' Summer Concert Committee

Chair: Sunny Trippel 571-333-0695, sunny@smartneighborhood.net

Recreation Committee

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

Open Spaces Committee - Volunteers Needed

Community Wildlife Habitat Committee

Provides information about wildlife habitats and promotes environmentalism within the National Wildlife Federation's goals such as to protect and improve the environment, including improving the awareness of global warming. Chair: Oya Simpson, (703) 725-8040, broadlandswildlife@gmail.com

Swim Team

Website: www.broadlandsswimteam.org

Technology Committee (broadlandshoa.org)

Meets second Wednesday 7:30 pm in the Nature Center. Open to all residents. Chair: Dawne Holz, dawne@holzfamily.net

Webmaster: webmaster@broadlandshoa.org



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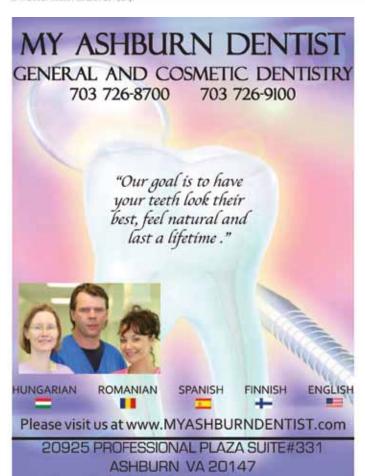


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