

BROADIANDS



Community News

Fall...a time of harvest and many special events...

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Broadlands Association, Inc.

Monday thru Friday from 9:00a.m. to 5:00p.m. 21907 Claiborne Parkway
Broadlands, Virginia 20148
(703) 729-9704 Fax: (703) 729-9733
www.broadlandshoa.org

Board of Directors

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Member at Large

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

Member at Large

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

A Note From Your General Manager, Sarah Gerstein



October is by far my favorite month of the year. I love the cool, crisp mornings leading to sunny afternoons, watching the foliage change colors and hearing the leaves crunch under your feet as you walk or bike along the trails while you take in the fresh autumn air. I also love all of the outdoor activities and festivals

available for all to enjoy.

This month the Broadlands will feature the Kids and Adult Halloween Parties which is sure to be fun for everyone. Local area events and attractions include Pumpkinville at the Leesburg Animal Park, the Corn Maize at Temple Hall Farm, the Fall Festival at Clyde's Willow Creek, and the NOVA Brew Fest, as well as Farmers Markets, Oktoberfests, and Fall Festivals in localities throughout the region. If you are up for a bit of a drive, check out the Maryland Renaissance Festival. There are also a number of charitable walks and races to keep you vital and active. Don't forget that the Inova Loudoun Mobile Health Unit will be offering flu shots right here in the NC parking lot to keep the family happy and healthy.

Enclosed in this newsletter, please find the newly adopted complaint process resolution. Please be sure to review this resolution and file it among your homeowner documents. Copies of the entire document, including the complaint form, may be obtained at the Nature Center office or on the website under HOA Forms.

However you enjoy spending your fall days, we here at the Nature Center hope you relish in Virginia's most colorful season.

Cheers, Sarah

Association Management & Staff

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

Armstrong Management Services

Assessment Information Office:

Main: (703) 679-1541, fax: (703) 591-5785 Email: broadlands@armstrong.net

Mail Payments to:

Armstrong Management Services P.O. Box 11983 Newark, NJ 07101-4983



Calling All Golfers!

The Briar Woods High School PTSO is hosting The Falcon Fore, a first annual golf tournament, to raise funds to support and strengthen the Falcon community.

The tournament takes place on Columbus Day, Monday, October 8, at the South Riding Golf Course, located at 43237 Golf View Drive. Doors open at 11:30a.m. with mulligan and raffle ticket sales followed by a shot gun start at 1pm and an awards dinner at 5:30pm.

Sponsorship packages, designed to connect sponsors with Briar Woods' parents, friends, students, and staff, are available from \$100 to \$1,200. Tickets to golf are \$125 or \$500 per foursome.

Registration for this new Briar Woods' tradition includes:

- Greens Fees
- Power Cart
- Driving Range Ball
- Post Tournament Dinner
- Golf Tournament Awards
- Special Contests

Checks should be made payable to BWHS and sent to:

Briar Woods High School

ATTN: Golf Tournament 22525 Belmont Ridge Road Ashburn VA 20148

More information can be found on the Briar Woods web site under PTSO or by contacting Rena at renamarina@aol. com.

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Simil Mallomeen Hamp

Saluday, October 27th 8:00p.m. to Altinight at the Community Center

> Prizes for: Most Orginal Costume Best Dressed Couple or Group Most Provocative

All drinks will be provided, to include the infamous Caldron of Truth.

Music by DI 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

Arick or Areat!





Trick or Treat!

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

Trick or Treat!

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





Will You Be Prepared For Flu Season?

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

- Friday, October 12th
 4:00p.m. 8:00p.m.
- Thursday, October 25th
 4:00p.m. 8:00p.m.

to provide flu shots for the 2012 - 2013 flu season to residents in our community. The Mobile Unit will be located in the parking lot of the Nature Center.

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

The flu vaccine that will be used is a single dose. Below is the recommended composition of the influenza virus vaccines for use in the 2012-2013 northern hemisphere influenza season per the World Health Organization:

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

AVFRD Fall Open House

When: October 14th

12:00pm - 3:30pm

Where: Station 6

20688 Ashburn Road

Price: Free

Parking: At Cedar Lane Elementary School on Tolomac Road - FREE Shuttle Bus Service

We invite you, our friends and neighbors, into our home during our Fall Open House. We've packed the afternoon with fun for the whole family. The theme this year is "Two Ways Out," and we'll have a mock house to practice two ways out.

There will be Tacos and Hot Dogs; Popcorn & Cotton Candy; a Kitchen Safety station; Shoot the Hose; a huge Fire truck slide; and our feature this year is Touch-a-Truck where you can learn all about an Army Humvee and a 5-ton truck; see a foam truck and a mobile ambulance bus and watch firefighters climb 100' up into the bucket of the Tower truck.

Get your child a stamp on our "Safety Express" to learn fire safety and prevention in a fun, educational environment. Our featured safety stops are: Call 911; Smoke Detectors; Meet a Firefighter; and Stop, Drop, and Roll. Each child completing 2 of the 4 safety stops will receive an event t-shirt. Children completing all 4 stops will be entered into a grand prize drawing.

Please come join us for an afternoon of Learning and Fun!!

We look forward to seeing you there!

Briar Woods Music Boosters Citrus Sale Fundraiser

All citrus comes from Florida Indian River Groves. Orders will be taken September 17th – October 22nd, 2012

If ordering online, please visit www.fruitorder.com and use ID # 322826



Committees

Broadlands Live!
Summer Concert Committee

Chair: Open.

Events Committee

Chair: Tammy Wells, tammy@jwells.us

Community Wildlife Habitat Committee

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

Neighborhood Watch Committee

Chair: Open

Recreation Committee Chair: Open

Technology Committee (broadlandshoa.org)

Chair: Dawne Holz, dawne@holzfamily.net Please look under Clubs and Groups for more information.

Tennis Committee:

Chair: Brad Marcus, bradmarcus@gmail.com

Swim Team: Website:

www.broadlandsswimteam.org
Webmaster:

webmaster@broadlandshoa.org

Patriot Disposal Collection Schedule

Mondays:

Trash and Yard Waste
Thursdays:
Trash and Recycling

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Broadlands Second Annual Green Halloween Costume Swap

Date: Sunday, October 14, 2012
Time: 1:00pm to 3:00pm
Location: Broadlands Nature Center

Drop off a clean, gently-used child's costume (or more!) in the marked bin at the Broadlands Nature Center and get a swap ticket.

Bring your swap ticket back to the Costume Swap on October 14th and trade your ticket for a "like-new" costume!

Don't have a ticket?

Costumes may be purchased for \$5.00 each from 2:00pm to 3:00pm

Any proceeds will benefit the Girl Scout SHARE program.





Broadlands October Events



Date	Time	Activity
3rd	7:00p.m.	Modifications Subcommittee Meeting(NC)
6th	10:00a.m 2:00p.m.	Nature Center Open
9th	6:00p.m.	Board of Directors Meeting(NC)
10th	12:00p.m.	Editorial Submissions Due
	7:30p.m.	Tech Committee Meeting(NC)
11th	6:00p.m.	Southern Walk Hearing Committee Meeting(NC)
12th	10:00a.m.	Broadlands Mom's Club(CC)
	4:00p.m 8:00p.m.	Inova Loudoun Mobile Health - flu shots(Nature Center Parking Lot)
	5:00p.m 7:00p.m.	Loudoun Hounds Fun & Games Event(Hillside Park)
	7:00p.m.	Loudoun Hounds Movie - Rookie of the Year(Hillside Park)
13th	10:00a.m 2:00p.m.	Nature Center Open
	12:00p.m.	Family Program - Oh, Those Messy Vultures(NC)
14th	1:00p.m.	Costume Swap(NC)
17th	7:00p.m.	Modifications Subcommittee Meeting(NC)
18th	7:00p.m.	Investment Club(CC)
20th	10:00a.m 2:00p.m.	Nature Center Open
24th	7:30p.m.	Book Club(NC)
25th	4:00p.m 8:00p.m.	Inova Loudoun Mobile Health - flu shots(Nature Center Parking Lot)
26th	6:00p.m 7:30p.m.	Halloween Costume Party for Grades 3rd - 5th(CC)
27th	8:00p.m Midnight	Adult Halloween Party(CC)

PUMPKIN COLLECTION

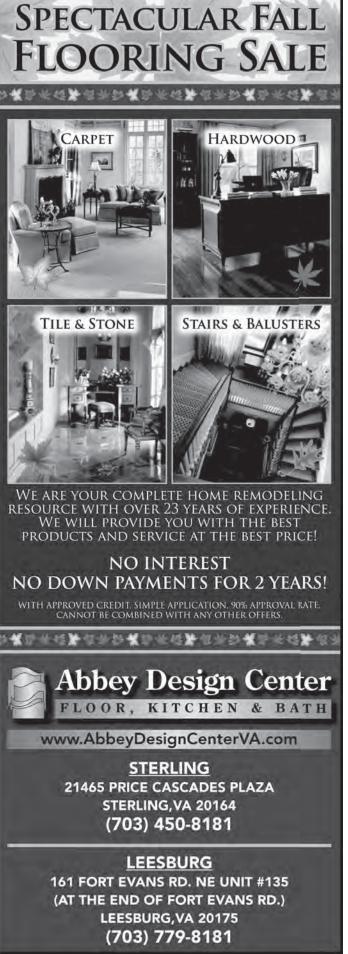
Patriot Disposal will be collecting pumpkins on Mondays this year, along with the yard waste pickup. Please do not put your pumpkins in your trash container – set them out at the curb separately on Mondays and they will be picked up by the yard waste truck.

Also, if you have not received your large recycling bin and would like to have one, please call Patriot Disposal at (703) 257-7100 to set up a delivery date.

Thank you and Happy Halloween!











LOCAL FUN AND DECIDEDLY SCARY HALLOWEEN EVENTS

PUMPKINVILLE FALL FEST

SAT, SEP 22, 2012-SUN, Nov 04, 2012. Family fun includes giant hill slides, kids hay maze, rope swings, moon bounces, and more. Enjoy all you can eat apples, fresh cider, and pick your own pumpkins. Explore our 21 acres featuring the expanded Fort Pumpkin and Kiddie

Karts. Take unlimited hayrides and visit the Leesburg Animal Park to pet and feed friendly, exotic and domestic animals. Weekend activities include camel rides, face and pumpkin painting, mini tractor rides, and more. Free weekend entertainment includes comedians, magicians, and puppeteers. Event time: 9am-6pm Admission Fee/Ticket Price:TBD Location: Leesburg Animal Park 19270 James Monroe Hwy, Leesburg, 703-433-0002 Website: http://www.pumpkinfestleesburg.com/.

OATLANDS' PARANORMAL TOURS

October 19, 26, 28, 29, 30 and 31, 7pm and 8pm. Reservations required. Space is limited to 20 people per tour. Our tour guides will share exciting ghost legends and personal tales of unexplained happenings on the property. The tour has been updated to include a more recent investigation and previously untold happenings in the mansion. Not appropriate for children 8 and younger. Event time: Tours at 7 and 8pm Admission Fee/Ticket Price: \$20/adult; \$5/child 8 to 12 years of age Location: Oatlands Historic House and Gardens 20850 Oatlands Plantation Lane, Leesburg, 703 777.3174, Website: http://www.Oatlands.org.

LEESBURG HALLOWEEN PARADE

Wed, Oct 31, 2012. Since 1957 the Leesburg Kiwanis have sponsored the Halloween Parade down King Street in Historic Downtown Leesburg. The Annual Halloween Parade is the longest running parade east of the Mississippi. The floats, bands, and costumes are awarded prizes. Event time: 6-8pm Price: Free Location: Historic Downtown Leesburg, King St, 703-737-2175 Website: http://www.leesburgkiwanis.org/public/pub_page.aspx?PageID=40073.

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Do you have ROTTEN WOOD? PEELING PAINT? **NAIL POPS & DRYWALL CRACKS?** HOA VIOLATION? GREEN MOLD ON YOUR SIDING, DECK OR FENCE?

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New Showroom Hours Monday - Saturday 8:00 a.m. - 9:00 p.m.



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Modifications Subcommittee

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

MODIFICATIONS SUBCOMMITTEE MEETINGS

MEETING DATE	SUBMISSION DATE
October 3, 2012	September 28, 2012
October 17, 2012	October 12, 2012
November 14, 2012	November 9, 2012
December 19, 2012	December 14, 2012

Updated Design Guidelines are on the Broadlands HOA website at www.broadlandshoa.org/node/49.

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

Covenants Inspections

The association is currently conducting inspections of exterior and lawn maintenance violations. These inspections ensure that the appearance of our beautiful neighborhood is maintained. Covenant Inspectors can be identified by their bright orange safety vests with a Broadlands label on the back.

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

Homeowners Association Board of Directors Meeting Tuesday, October 9th at 6:00p.m.

in the Nature Center Conference Room

Broadlands Association Board of Directors Meetings

Meetings are held in the conference room of the Nature Center usually on the 2nd Tuesday of the month at 6:00pm.

Residents are welcome to observe the public portion of meetings, and to address the Board during the 'Owner Comments' section of the meeting. A request to be placed on the agenda must be submitted to Management no later than 7 days prior to the meeting.

Southern Walk HOA Board of Directors Meeting Thursday, October 11th at 6:00 p.m.

in the Nature Center Conference Room



Green Expo & Conference at Ashburn Farm Community Center October 14, 2012 12:00pm - 4:00pm 21400 Windmill Drive

Come by Ashburn Farm Community Center and participate in the FREE family-friendly event featuring topics on conservation, sustainability and the environment. Meet with local companies and organizations offering products and services to help you save money and live healthier while also helping the environment. Presentations will be given on interesting, timely and relevant topics including:

- 10 Myths About Solar Power
- What Really Happens to My Curb Side Recycling?
- Eco friendly Landscaping that Costs Less and is Easy to Maintain
- Easy Conservation Techniques that Save Real Money
- Tap vs. Bottled Water
- This just in...On Climate Change
- Electric Vehicles Charging into the Future
- Why, How and Where to Buy Local Foods

Organized by: Ashburn Farm Open Space Committee. More details on exhibitors and speakers can be found at: http://www.ashburnfarmassociation.org/

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TEMPLE HALL CORN MAIZE AND FALL FESTIVAL

Fall fun for the entire family! Launch a pumpkin 100 yards in the air with our Pumpkin Blasters (safe for all ages!) See how high you can jump on the massive jumping pillows. Catch a pig race, wander through our 24 acre corn maze, pick your own pumpkin, ride a pony, enjoy great food, and so much more! Admission Fee/Ticket Price: see website Location: Temple Hall Farm Regional Park, 15789 Temple Hall Ln, Leesburg, 703-779-9372. Website: http://www.nvrpa.org/park/the_maize.

COX FARMS FIELD OF FEAR

Fields of Fear is Cox Farms scary night-time adventure. It features Cornightmare walkthrough cornfield terrors, Dark-Side havride, a giant slide by torchlight, fire grounds, shopping, food, games, and entertainment. Not recommended for children less than 13 years of age. Children under 16 must be accompanied by an adult. Event Time: Fridays and Saturdays 7:30-11 p.m. (last admission 10 p.m.). Admission fee/Ticket Price: see website Location: Cox Farm, 15621 Braddock Road, Centreville 703-830-4121 Website: http://www.coxfarms.com/fear.

SHOCKTOBER 2012

Every weekend in October, Paxton Manor is transformed for Shocktober! Built in the late 1800s, Paxton Manor Inn is filled with large rooms and dark halls. Over the years, many strange and horrific events have taken place in the rooms. Will you brave the Inn at Paxton Manor? Each weekend features a different theme as well as varied attractions including the Haunted Well of the Soul, The Last Ride, and The Funhouse. Family friendly events until 6:30pm - after 7pm, get ready for the scare of your life (PG-13)! Event time: Fri 7-10pm, Sat-Sun 2:00-6:30pm (family friendly hours) and 7-10pm, Location: ARC of Loudoun, 601 Catoctin Circle NE, Paxton Campus, Leesburg. Website: www.shocktober.org.

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

President Erika Cotti erika cotti sw@yahoo.com (703) 554-9269

Vice President Douglas Granzow

gunzour@gmail.com (240) 499-4323

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Jim Ward jimward.b12@gmail.com (703) 407-4196

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Charles Salas charlessalas@yahoo.com (703) 967-8150

Director

John Hines johnhines4@gmail.com (571) 217-1661

Director

Michael Mikaily mmikaily@yahoo.com

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RESOLUTION OF THE BOARD OF DIRECTORS OF BROADLANDS ASSOCIATION, INC. NO. 2012-01 (Policies and Procedures Regarding Written Complaints)

WHEREAS, Article 4, Section 4.1 of the Bylaws grants the Board of Directors all powers necessary for the administration of the affairs of the Association and may do all such acts and things as are not required by the Act or the Association Documents to be exercised and done by the members; and

WHEREAS, pursuant to Section 55-530 (E) of the Virginia Code, the Virginia Common Interest Community Board ("CICB") has promulgated final regulations imposing a requirement that each common interest community adopt a reasonable procedure for the resolution of certain written complaints from the members of such association and other citizens; and

WHEREAS, the Board of Directors deems it necessary and in the best interests of the Association to establish orderly procedures for the review of complaints made to the Association by its members and other citizens;

NOW, THEREFORE, BE IT RESOLVED THAT the following procedures shall be adopted to address complaints made by members of the Association and other citizens.

- **A.** Availability of Complaint Procedure. This resolution will be readily available upon request to all members of the Association and citizens. This resolution shall also be included as an attachment to the Association's resale certificate or its disclosure packet.
- **B.** <u>Defined Terms.</u> All of the terms and phrases used in this resolution shall have the same definitions as those listed in the Virginia Common Interest Community Ombudsman Regulations.
- **C.** <u>Initiation of Complaint.</u> An Association Complaint may be filed by a member of the Association or a citizen. An Association Complaint shall concern a matter regarding the action, inaction, or decision of the Association or its Board of Directors, which is inconsistent with applicable laws or regulations governing the Association.
- **D.** <u>Complaint Form.</u> A member of the Association or a citizen may file a complaint by submitting a formal written complaint ("Complaint") to the Board using the attached Complaint Form. A completed Complaint Form must include a description of the specific facts and allegations relevant to the individual's Complaint, and the resolution or corrective action sought by the Complainant. If the individual submitting the Complaint Form (the "Complainant") knows the law or regulation that has been allegedly violated, then the Complainant must provide a reference to that law or regulation on the Complaint Form. The Complainant must also attach to the Complaint Form a copy of any documents that Complainant believes support the validity of the Complaint. A copy of the complaint procedures, including the required Complaint Form, is available from the Association by contacting its management company which is identified below.
- **E.** <u>Delivery of Complaint to Association.</u> The fully completed, signed and dated Complaint Form and all attachments shall be mailed or otherwise delivered to the Board at the address listed below and in such a manner that a signature is required to acknowledge receipt of the Complaint.

 Broadlands Association

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21907 Claiborne Parkway Ashburn, Virginia 20148 PH: (703) 729-9704

- **F.** <u>Association Notices to Complainant.</u> All written acknowledgments or other notices required by these procedures to be provided by the Association to the Complainant shall be hand-delivered or mailed by registered or certified mail, return receipt requested, to the Complainant at the address provided on the Complaint Form, or if consistent with established Association procedure, delivered by electronic means, provided that the sender retains sufficient proof of the electronic delivery.
- **G.** Receipt and Adequacy of Complaint. The Association shall provide written acknowledgment of receipt of a Complaint Form to the Complainant within seven (7) days of receipt. If it appears that the submitted Complaint is inadequate in any way, then the acknowledgment of receipt shall include notice of such to the Complainant and should describe how the Complaint is inadequate and advise the Complainant of the need to submit a revised Complaint before it can be accepted and forwarded to the Board for consideration. If the Complainant does not submit a revised Complaint Form within thirty (30) days after the Association advises the Complainant that the Complaint is inadequate, the Association will make a final determination on the inadequate Complaint. If it appears that the submitted Complaint includes the required information, it will be provided to the Board for consideration.
- **H.** Board Meeting and Notice. All completed, signed and dated Complaints forwarded to the Board shall be considered by the Board at a meeting, and the Board will decide what action, if any, to take in response to the Complaint. Complaints will be considered by the Board at a regular or special Board meeting held within sixty (60) days from the date on which the Complaint was submitted to the Board for consideration. At least fourteen (14) days prior to the Board meeting at which the Complaint will be considered, the Association shall provide the Complainant with notice of the date, time, and location of the Board meeting at which the Complaint will be considered by the Board. This Notice may be combined with the acknowledgment of receipt of the Complaint.

The Notice of Hearing shall be substantially in the following form, but may include other information.

You are hereby notified that	a hearing regarding your	Compl	aint will be held	d before the
Board of Directors at	(place)	on	(date)	, at
<u>(time)</u> . You should b	be present at the hearing, n	nay be	represented by	counsel, and
may present any relevant evi	idence regarding the allega	ations s	set forth in your	Complaint.
If the Complainant advises t	he Association that he can	not att	end the hearing	on the scheduled
date and indicates times and dates w	hen they would be availab	ole, the	Association ma	ay reschedule the
hearing and deliver notice of the new	w hearing date and time.			

I. Hearing.

If the Association and the Complainant cannot agree how to conduct the hearing regarding the Complaint, the hearing will be conducted in the following manner:

- (a) make an opening statement;
- (b) introduce evidence, testimony and witnesses;

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- (b) introduce evidence, testimony and witnesses;
- (c) rebut evidence and testimony;
- (d) make a closing statement.

The Complainant will go first regarding each of the stages described above. The senior director participating in the hearing shall preside. The presiding director may, at his or her discretion, exclude evidence or testimony that is irrelevant to the board's determinations regarding the complaint, subject to being overruled by a majority of the participating directors.

- J. <u>Board Decision</u>. The Board shall make a decision on the Complaint by an appropriate vote of the members of the Board at the meeting pursuant to the Association's governing documents. If the Board believes that there is insufficient information on which to make a final determination on the Complaint or that additional time is otherwise required to make a final determination, the Board shall postpone making a final determination on the Complaint until a later scheduled Board meeting. The Association may give notice when and where the hearing will continue by either announcing the new hearing date and time at the meeting or by giving at least 14 days notice to the Complainant. If the Board has sufficient information to make a final determination on the Complaint, the Board's final determination should include whether the Complainant's requested action or resolution is being approved by the Board. No appeal process is available. The Board's decision is final.
- K. <u>Notice of Board's Decision</u>. Within seven (7) days after the Board makes a final determination, the Association shall provide the Complainant with written notice of the Board's final determination. The notice of final determination shall be dated as of the date of issuance and include specific citations to applicable Association governing documents, laws or regulations that led to the Board's final determination, as well as the registration number of the Association. If applicable, the name and license number of the common interest community manager shall also be provided. The Board's notice of final determination shall also include the Complainant's right to file a Notice of Final Adverse Decision with the Common Interest Community Board via the Common Interest Community Ombudsman and the applicable contact information.
- L. <u>Association's Records.</u> The Association shall retain, as part of its records, a record of each Complaint Form and attachments, related acknowledgments and notices, and any action taken by the Association or Board in response to such Complaint for a period of at least one (1) year from the date of the Association's final action on the Complaint.

This resolution was duly adopted by the Board of Directors this 14th day of August, 2012.

The effective date of this Resolution shall be September 28, 2012.

BROADLANDS ASSOCIATION

Y: Brian Beahm, President

Scouting at Broadlands

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

Non-Broadlands residents are welcome.

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

Available Scout Programs:

Girl Scouts

Daisy Petal Program:

Using Resources Wisely - November 29th

Brownies:

Hiker - October 11th

Wow Water - November 8th

Home Scientist - January 10th

Letterboxer - February 28th

Senses - March 14th

Bugs - Aprill 11th

Gardener

Household Elf

Juniors:

Flowers - October 25th

Animal Habitats - November 27th

Geo Caching - January 24th

Camper - February 21st

Detective - March 28th

Cadettes:

Trees

Trailblazing

Cub Scouts

Tiger Cub Program:

Let's Go Outdoors Achievement

Wolf Cub Programs:

Your Living World - October 18th

Birds Elective - February 14th

Bear Cub Programs:

Sharing Your World with Wildlife - December 4th

Take Care of Your Planet - January 17th

Webelos Programs:

Forester - October 4th

Naturalist - November 1st

Geology - December 6th

Scientist - February 7th

To register or for more information, contact Lisa Matthews at naturalist @broadlandshoa.com, 703-729-9726.

2nd Saturday Family Programs at the Nature Center

Oh, Those Messy Vultures!
October 13th

Noon - 1:00p.m.

Halloween is approaching and what is creepier than a vulture? Although they look grand soaring in the sky, most people don't like them visiting their homes or neighborhoods. But, they

are essential to the food chain.

Come and learn some interesting facts about these large birds and make a vulture craft for your Halloween decorations.

Cost of Saturday Family Programs

1 adult and one child: \$5.00, Family up to 5 members: \$10.00, Additional family members:

\$2.50

Programs are one hour.

Residents and non-residents are welcome.

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

For more information or to register, contact our Naturalist, Lisa, at 703-729-9704 or naturalist@broadlandshoa.com.

October Naturalist Hours

Wednesdays: 10:00a.m. - 5:00p.m. Thursdays: 12:00p.m. - 3:00p.m. Fridays: 9:00a.m. - 1:00p.m.

Page 16 October 2012

What do you want to be when you grow up? By: Meredith Davis of Caring Hands Animal Hospital

I recently met a young girl who wants to be a veterinarian. She is currently in middle school and already knows what she wants to do for a career. Very often during my pet exams, there is a child in the family that wants to be a veterinarian and may need some advice on how to navigate their lives to accomplish this goal. Here are some things that I have learned along the way.

- 1) It is never too early to start planning for your career. I was three years old when I wanted to be an "animal doctor and more specifically a bird doctor. When I was in middle school and high school and still dreamed of being a veterinarian, my parents advised me to get good grades so that I could get into college and vet school. Fortunately, I listened to this advice and worked hard at my academics. I cannot stress the importance of this enough. Not only do the grades help you to plan your graduate school career, but the process of studying, learning, and test taking prepares you for the long hours needed to learn anatomy, physiology, pharmacokinetics, and all of the other courses thrown at you during veterinary school. The advice can be utilized to help with any career choice you make.
- 2) Spend time around animals of all types. Volunteer at shelters, nature centers, horse barns, zoos, and anywhere that has animals. Volunteering and unpaid work is a great stepping stone to get experience and to learn more about animals as well as prove your true interest in the field for veterinary school applications. Shadowing at a veterinary clinic is also recommended so you can really see what this career entails. When I was in high school, I read the series of books by James Herriot called 'All Creatures Great and Small'. This series of books follows the career of a young veterinarian in England during the early to mid 1900's and provides a humorous and touching portrayal of a veterinary practice. I then shadowed a veterinarian in my hometown and was able to contrast the experience of a modern day vet to these books. That experience with my hometown vet has stuck with me and at the time, added more motivation for me to pursue my career goal.
- 3) After high school you need to attend college and start thinking about your applications to vet school. I highly recommend you start to decide which veterinary college you want to attend because each school has different pre-requirement classes you need to complete. For example, some vet schools may require one year of biochemistry and one semester of physics. Other schools may require no physics and two years of chemistry. It is critical to know what you need and plan accordingly while you are in your undergraduate program. And again, work in the field of veterinary medicine or any animal related field to gain experience for your application.
- 4) Consider the pros and cons of being a veterinarian. There are many aspects of this career that make it worth-while. For example, you get to handle many different pets; you have the gratification of helping animals; you share in the joy of new pet ownership; and when you diagnose and cure an illness, it is very satisfying. You are constantly learning and discovering as well as practicing surgery and rarely is there a dull day. Even if you decide not to practice veterinary medicine in a clinic, you can find a job with the military, in a lab, in a drug company, at a university, or go abroad. I think most people want to become a veterinarian because of their love and passion for animals and wanting to help them. This need to help and work with pets is definitely satisfied by this career.

However, there is another side to this profession that needs to be considered. You have to realize you will be attending 8 years of post-high school education. Not only is this a long time to be a student, but attending college and then four more years at a vet school is expensive. Loans can easily accrue between \$150,000 to \$250,000 or more depending on the school you go to. Once you are out of school, you can expect to work long hours and many weekend hours. Some hospitals also rotate through who is on call on holidays as well. And of course there is the stress of telling someone that their beloved pet is critically ill and may die. The emotional aspect to this job is very difficult for many veterinarians. Not only do you deal with your own emotions of a sick or injured pet, but you need to console and support the pet's family. You also have to deal with the stress and emotion of euthanasia—this is a very emotionally draining experience and it is not unusual to have to put to sleep a few patients in one day, especially in my field of exotic medicine.

Continued on page 23

Let's save Energy, Resources & Land by Simply Recycling More!



Overall, Americans recovered 34% of waste generated in 2009. That means we threw away 161 million tons of material, which amounts to about three pounds of garbage per person per day.

As of 2010, 80 percent of U.S. paper mills (115 mills) relied on recycled paper. In fact, it supplied 37 percent of their material.

Used aluminum cans are recycled and back on the shelf as new cans in as few as 60 days.

The amount of energy saved just from recycling cans in 2010 is equal to the energy equivalent of 17 million barrels of crude oil, or nearly two days of all U.S. oil imports.

In 2009, we filled United States landfills with trash equivalent to the weight of 88 million cars.

Source: Keep America Beautiful



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Everything You Can Re-Cycle in Broadlands

64-gallon toter with lid for recycling can be requested at <u>no charge</u> by calling Patriot @ 703-257-7100.



Paper / Fiber - Clean, dry paper that can be torn

- Office paper, colored paper and envelopes
- Cardboard and paperboard boxes (including all cereal boxes, frozen food packaging, etc.). Cardboard boxes must be flattened. ALL SIZES.
- Books (including paperbacks, textbooks, hardbacks, telephone books)

- Newspapers (with inserts), magazines and catalogs, junk mail
- Shredded paper contained in a sealed or tied bag
- Aseptic / Gable-top milk and juice cartons
- Corrugated cardboard, cardstock
- Non-metallic wrapping paper
- Brown paper bags

Plastic, Glass and Metal (Non-Fiber)

- Clear, bagged plastic film (grocery bags contained within 1 bag-please make sure this is in the recycle bin)
- #1-#7 Rigid plastic containers including bottles, jugs, wide-mouth tubs, and trays (clean)
- Aluminum food/beverage containers, aluminum foil, aluminum pie pans
- Steel/tin cans, such as soup and vegetable cans
- Aerosol cans (empty)
- · Glass jars and bottles

The following plastic items

- empty garbage/recycling bins
- buckets with metal handles
- 5-gallon water bottles
- drinking cups/glasses
- · pallets, plastic toys
- milk/soda crates

- laundry baskets
- lawn furniture
- flower pots
- coolers
- drums
- totes



Note: These containers take up the same amount of floor space, except toter is taller and gets wider.

Recycling Bins 16 gallon Length - 19" Width - 16" Height - 15.5"

Toters 64 gallonLength - 31.75"
Width - 24.25"
Height - 41.75"

Recycling

Patriot Disposal will collect special items (within reason) from all residential units weekly on Wednesday

Special items requiring advance notice are

- White goods (appliances)
- Other large items
- Car batteries

- Mattresses
- Furniture

Cut & Save

Revised: September/2012

Special items that will be collected and recycled include

- Scrap metal (grills, bicycles, swings, chairs, etc.)
- Small electronics (computers, monitors, small TVs, small printers, VCRs, etc.)
- Used motor oil (in a sealed, plastic container, clearly labeled)

Note: Additional items, or items that are extremely large or heavy, will be collected for a minimum fee of \$25.00. TVs or monitors larger than 19" will be picked up for a minimum fee of \$25.00; tires will be picked up for a minimum fee of \$20.00 each. Carpeting will be priced for pickup on a case-by-case basis, depending on the quantity.

Special items scheduled for pickup that are not out on the scheduled pickup day will be re-scheduled for pickup at the request of the homeowner for a \$25.00 fee. All fees for special pickups must be prepaid by the homeowner prior to removal.

With the exception of small furniture and mattresses, advance notice is required for the collection of all special items.

Yard Waste Each Monday, Patriot Disposal will remove yard waste that has been placed at the curb for collection.

Please note the following requirements concerning the yard waste

- 1. Yard debris (leaves, grass clippings, brush) may be mixed with trash only during the months of January, February and March.
- 2. Brush must be cut into four-foot lengths, with limbs no larger than six inches in diameter.
- 3. Brush must be tied in bundles no larger than two feet in diameter.
- 4. Yard debris must be placed in separate containers, marked "yard waste" or in biodegradable bags.
- 5. Yard waste that is put out at the curb in plastic bags will not be picked up.
- 6. Yard waste must be placed at the curbside and/or designated area by 7 a.m.
- 7. Food waste mixed in with yard waste will be accepted, as it can be composted.
- 8. The weight limit for yard waste is 35 pounds per bag or container.

Unacceptable Recycling Materials Non-Fiber

- Styrofoam (cups, plates, bowls, take-out containers, foam packing material of any kind)
- Colored plastic film (candy/food wrappers / bags, colored plastic bags)
- Non-container glass (cookware, plate glass, window glass)
- Metallic wrapping paper
- Used paper towels, tissues
- Used paper plates, cups, etc.
- Wax paper, laminated paper

- Materials contaminated with food waste and/or grease
- Loose plastic bags-must be contained in one bag
- Plastic cutlery (forks, knives, spoons)
- Motor oil containers
- Ceramic
- Any paper contaminated with food waste
- Loose, shredded Paper (must be contained in one tied or sealed bag)



Cut & Save

Revised: September/2012

Page 20 October 2012





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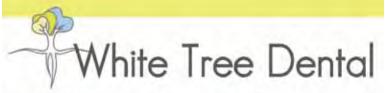


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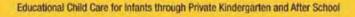
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Presents











Come Foin the F

On October 12, the Hounds will roll out the red carpet for an outdoor, baseball-themed feature film with food and friends.

Bring a blanket and enjoy a FREE movie under the stars with your family!

BROADLANDS

5:00-7pm Fun & Games!

7:00pm

Rookie of the Year

(PG - 103 minutes)

Hillside Park (Broadlands)

42935 Waxpool Rd. Ashburn, VA 20148



* * * * * * * * HIGHLIGHTS * *

- Appearance by Fetch, the Loudoun Hounds' Mascot
- Oversized Inflatable Screen with HD Projector
- Tee-Hit & Speed Pitch Inflatables
- Face Painter & Balloon Animals
- Glowstick Bracelets

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The Critter Corner
By: Dr. Steven Velling
"Cat + Carrier = Trouble"

If you are reading this, and you have a cat, most likely you've run into an issue with getting your cat into a carrier. In fact, it seems they have a sixth sense and know the day you plan on bringing your cat to the kennel or the veterinarian. Before you've even gone to retrieve the carrier out of storage for that annual visit, Shadow has already gone into hiding. You search and search, then give up after an hour of looking. I can't tell you how many phone calls we've received from people saying they can't make their appointment



because they just can't find their crafty, little kitty. I've also seen people come in with scratches all up and down their arms from wrestling Garfield into the carrier. Yikes! Well, here are some tips to help you out.

- 1) **Understand your cat's behavior** Cats often dislike change or strange things, and a carrier, car ride, and visit to the vet are quite strange to a cat. Be patient with your cat, as they can feed on your anxiety, and telling a cat to calm down once they are upset is rarely helpful.
- 2) Help your cat become familiar with the carrier Try to leave the carrier out where the cat can see it, long before you plan on using it. Put a blanket and treats in there, or even a bit of catnip. This will help Tigger adjust to seeing and smelling the crate so when it comes time to take him somewhere he won't be as unsettled.
- 3) **How to get an unwilling cat into the carrier** Okay, here's the tricky part. If your cat isn't accustomed to a carrier and needs to make an unexpected trip to see a veterinarian, put the cat in a small room first. Go get the carrier and bring it in the room, because if the cat sees the carrier first, then you may run into the problem mentioned above. See if you are lucky enough to have Leo go into the carrier on his own. If that doesn't work, and assuming you can pick your cat up, put him/her into the carrier

rear end first. Sometimes it works best to have a carrier with an opening on the top, or to stand up a carrier that has a front opening and lower your cat into the carrier. If that still doesn't work, then you can try getting a pillow case to put around your cat, and that should blindfold the cat enough to let you get him/her into the carrier. There is a very good spray called Feliway that can help calm cats down, but it works best when used before they get upset.

4) Coming back home to a mulit-cat house -When cats come back from the veterinarian office, the unfamiliar smells on them may trigger the other cats in the house to be aggressive towards the "stranger". Try leaving the returning cat in the carrier for a few minutes to see how the cats at home react. If you sense tension (hissing, swatting, ears back, etc), then take the carrier cat to a separate room to avoid a confrontation. Let him out and give him food, water and litter there for at least 24 hours. Again, Feliway can help calm things down.

I hope that helps and till next time, I'm Dr. Steve, Ashburn Village Animal Hospital, www.ashburnanimals.



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The Audubon Naturalist Society and the Broadlands HOA have partnered to provide nature programs for the community.

All programs meet at the Nature Center. We will go outside for most programs so please dress appropriately for the weather and wear sturdy shoes.

Upcoming Nature Programs

Discovering Fall

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

Days and Times: Fridays 9:30a.m. - 10:30a.m., start date is October 5th

Cost: \$30.00 for a 6 week session

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

We Fall

Ages: 18 months - 3 years old

Days and Times: Fridays 9:30a.m. - 10:30a.m., start date is October 5th

Cost: \$30.00 for a 6 week session

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

Wilderness Skills 2

Grades: 1st - 4th

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

Cost: \$30.00 for a 6 week session

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

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

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

For more information or to register, please call 703-729-9704 or email naturalist@broadlandshoa.com.



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Continued from page 17

You also have to deal with the reality that clients may have to make decisions regarding their pet's care based on financial limitations. If a client cannot afford a treatment or a surgical plan, you have to help the client decide what the next best option is. This can be a painful realization for many veterinarians first starting in the field. You also have to deal with making mistakes. Every veterinarian has to deal with the outcome of how a mistake can affect their patient. Veterinarians are in this field to help animals and anytime a mistake is made, we will be the first to beat ourselves up. The stress from all of these areas of practice can be taxing and it is critical that you learn good coping skills so that you do not take the emotional stress home to your family.

Even with the downside of veterinary medicine, I am still glad I have chosen to stick with my dream and pursue this career. Veterinary medicine is challenging, exciting, and constantly growing as a field. Going to work every day, knowing that I will see rabbits, turtles, ferrets, birds and a menagerie of other pets makes it all worthwhile. So for anyone out there that is considering veterinary medicine as a career path, I recommend that you do your research, spend lots of time around animals, work at your GPA, and try to spend time in a veterinary practice. And maybe pick up a James Herriot book to read if you haven't already.

Come Join the Broadlands Wildlife Habitats Committee Naturally Healthier Surroundings Inside & Outside

Our committee activities and objectives are:

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

If you are interested in meeting new people and developing fun projects for kids and families, give us a try. Our committee gives you the opportunity to choose how much time you would like to commit.

For more information please contact Oya Simpson: osimpson@broadlandsnaturally.org,

703-725-8040 or visit www.BroadlandsNaturally.org Facebook: Broadlands-Naturally

Kritters for Kids By: Broadlands' ANS Naturalist, Lisa Matthews

Hey kids, come and see the newest addition to our

Nature Center family. Her name is "BT" for blue tail. We think she is a girl because she is a full-grown common five-lined skink and still has her blue tail which will get paler



and grayer as she ages. Often, when males become full-grown, their tails turn tan or brownish. Very old skinks are all brown.

Common five-lined skinks (*Plestiodon fasciatus*) are found all over the state of Virginia and are the most common lizards. They live and creep mostly in moist places like leaf litter, under logs and standing snags. They are diurnal, which means that they are awake during the day but are very shy and hide where the ground is soft and moist. They do need to sun bathe to warm up so you might get to see them on the side of your house, on a rock or on a log soaking up the sun.

If threatened, a skink can lose its tail. Losing its tail can be very bad for a skink because their tails hold a lot of fat to help them survive the winter. They grow to be about 8 1/2 inches in length. They have smooth, glossy scales with five white cream stripes on dark bodies going half way down their tails and have all have blue tails when they are young.

Skinks mate in May and the mother lays approximately one dozen eggs in June usually in a rotting log or stumps. She stays with her eggs until they hatch about 4-6 weeks later, turning the eggs every day and guarding them. Once the eggs hatch, the 2 inch long baby skinks are on their own. Their blue tails help them escape from predators because the blue distracts the predator from grabbing their body. And, they can survive by losing their tail and running away!

Skinks have to look out for predators. Raccoons, red foxes, Virginia opossums, snakes and hawks like to hunt and eat them, however, they are fierce predators themselves. They like to eat spiders the most, but also enjoy eating crickets, grasshoppers, beetles, harvestmen and snails. What a nice lizard to keep near your house and garden!

Normally, the Nature Center does not keep the native animals captive but this skink had been found stuck to glue paper and has lost her foot. She was badly injured with many of her scales pulled off. We cleaned her up, visited the vet and she is doing very well now and is now a new Nature Center family member. Stop by and say "hi" to BT.



Ready for Halloween

Halloween is almost upon us and you may be wondering how to make this spooky holiday just a bit greener. Employing eco-friendly practices into our Halloween celebrations does not have to be an all or nothing approach. Even a few changes can make a big difference. The Internet has a wealth of information on everything from DIY Halloween costumes and decorations to choosing safer face paints. Below are few eco-friendly Halloween ideas to consider.

- Halloween Costumes: The best way to make your costume eco-friendly is to buy a used one or make one from household items. As many store-bought costumes are often made up of toxic chemicals, a costume made of natural fibers and materials is also safer.
 - Visit www.instructables.com for a massive list of options of how to "Do-it-Yourself"
- 2. Halloween costume swap: Participating in a Halloween costume swap is not only eco-friendly; it is also a great cost saver. The 2nd Annual Broadlands Green Halloween Costume Swap is taking place on October 14th, 2012 from 1:00pm 3:00pm at the Broadlands Nature Center. Just bring your costume(s) to the Nature Center to drop off and get a swap ticket per costume. On October 14th, trade your swap ticket for a "like-new" costume! Check out www.broadlandsnaturally.org for more information.
- 3. **Treats Of Course:** We all suffer from the guilt of giving or taking hand full of candies as we see our children's faces light up. There are healthier options out there to consider. Here is an example: **Pure Fun Organic Candy** makes yummy hard candies and lollypops that are free of pesticides, artificial flavors, synthetic colors, and gluten and available at Whole Foods (\$4.99 for a bag of 18 candies), or online at **www.PureFun.ca.**
- 4. **Trick-or-Treat bags:** Avoid the bright orange plastic jack-o-lanterns that have no chance at ever breaking down in a landfill unless you already have one for re-using. Instead use reusable shopping bags, canvas totes or a pillowcase.
- 5. **Halloween face paint:** Store-bought face paint and makeup may contain phthalates, cadmium, lead, and other toxins so look for natural or organic non-toxic alternatives.
- 6. Halloween decorations. Halloween is the second biggest decorating holiday of the year, and many of the decorations are made of non-recyclable plastics. If you do buy new items, choose durable non-petroleum based items that will last for many years. Otherwise, make a dent in the waste by creating your own homemade decorations with recycled household items.

Visit www.instructables.com for a massive list of options of how to "Do-it-Yourself"

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Wickedly Fun Bites for Halloween





The Great White Pumpkin Cheese Ball

Yield: Makes 12 appetizer servings

2 (10-oz.) blocks extra-sharp white Cheddar cheese, shredded*

18-oz.) package cream cheese, softened

2 (4-oz.) goat cheese logs, softened

1/2 teaspoon pepper

Braided pretzel, muscadine vine and leaf

Crackers and assorted vegetables

Stir together first 4 ingredients. Shape mixture into a ball to resemble a pumpkin. Smooth pumpkin's entire surface with metal spatula or table knife. Make vertical grooves in ball, if desired, using fingertips. Press pretzel into top of cheese ball to resemble a pumpkin stem; place muscadine vine and leaf beside pretzel. Serve with crackers and assorted vegetables. *Southern Living.com*

Festive Pumpkin Dip Recipe

12 ounces cream cheese, softened

3/4 cup canned pumpkin

2 tablespoons taco seasoning

1/8 teaspoon garlic powder

1/3 cup chopped dried beef

1/3 cup chopped green pepper

1/3 cup chopped sweet red pepper

1 can (2-1/4 ounces) sliced ripe olives, drained

1 round loaf (1 pound) Italian or pumpernickel bread

Fresh vegetables, crackers or corn chips

In a bowl, beat cream cheese, pumpkin, taco seasoning and garlic powder until smooth. Stir in beef, peppers and olives. Cover and refrigerate until serving. Just before serving, cut top off bread; scoop out bread from inside, leaving a 1/2-in. shell (save the bread from inside to make croutons or bread crumbs or save for another use). Fill shell with cream cheese mixture. Serve with vegetables, crackers or corn chips. Yield: 24 Servings *Tasteofhome.com*





Green Brew-Ha-Ha Punch

2 cups sugar

2 quarts water

2 (0.13-ounce) envelopes lime drink mix

1 (46-ounce) can pineapple juice

1 quart ginger ale

Stir together sugar and 2 quarts water until sugar is dissolved. Stir in remaining ingredients. Chill.

Note: For a scary presentation, place punch bowl into a larger bowl, and add dry ice to larger bowl. *Myrecipes.com*









Another Great Season for the Piranhas Swim Teams

With participation on the Colonial Swim League (CSL) and the Old Dominion Swim League (ODSL) at record levels, the Broadlands Piranhas had another outstanding season. The Broadlands Piranhas has grown from 65 swimmers in 1997 to a combined team total of 205 ODSL swimmers and 203 CSL swimmers from 247 families.

Both CSL and ODSL are committed to offering a summer swim program that encourages each child to do their personal best. The goal is to teach proper stroke technique and principles of good sportsmanship in a fun environment that fosters self-confidence, team spirit and a love for the sport of swimming.

The CSL Season

The CSL Piranhas showed incredible heart and dedication this summer in the face of fierce competition in the Red Division of the Colonial Swim League. Despite some tough losses, the CSL Piranhas never lost their indomitable spirit, making great improvements in time and stroke technique.

These improvements were the direct result of Head Coach Lisa Patterson and Assistant Head Coaches Nora McGann and Ross Svenson, who worked tirelessly to ensure that every swimmer received top notch coaching and personalized instruction. Their commitment to the team was exemplary. They motivated the swimmers to do their best, encouraged them to focus on their achievements, and used every meet as a learning opportunity. They also brought in Olympian Tom Dolan, of the Tom Dolan Swim School, for a special Olympic



Swimming Clinic. The clinic gave CSL and ODSL swimmers a chance to meet an Olympic swimmer, learn swimming drills to help improve their strokes, and build excitement leading up to the 2012 Olympic Games.

Outside of the regular practices, CSL swimmers also benefitted from optional coaches clinics. These clinics were taught every Wednesday morning and focused on specific strokes or starts and turns. Special thanks to all of our Jr. Coaches for helping to execute the Coaches' training program, both in clinics and during regular practices: Sadie McGann, Eric Guessford, Nathalie Moore, Erica Comm, Kyle Albers, Caitlyn Brown, Hunter Bailey, Brennan Maxwell, Emily Jimenez, Emily Sheehan, and Weston Sauer.

Prior to the 2012 season, many of our swimmers took advantage of the highly popular Pre-season Piranha Preparation (PPP) sessions held at the Claude Moore Recreation Center in the Spring. These sessions helped swimmers shake off the cobwebs and spend time perfecting new strokes before the official season kicked in. Regular practices began in June despite frequent thunderstorms and unseasonably cold weather. Nevertheless, CSL swimmers put their best fin forward and made the most of their daily morning practices.

In addition to all their hard work, the CSL Piranhas also had fun! Many CSL Piranhas competed in the Relay Carnival and the Broadlands Kids Triathlon. We enjoyed a joint Ice Cream Social with our sister team, the ODSL Piranhas, as well as a movie night, two Spirit Nights where wacky costumes prevailed, and an infamous Fun Night, where goofy relays and a money dive brought out the whole team.

In an effort to give back to the community, the CSL Piranhas also held a Swim-A-Thon. One hundred and seven Piranhas participated in this fundraiser, swimming a combined total of 5932 laps (148,300 meters). Through pledges and donations, our swimmers raised over \$2200 for the Make-A-Splash foundation, a national child-focused water safety initiative.

The season ended with a banquet and awards ceremony, where the hard work of our swimmers was recognized, both in and out of the pool. All of our Piranhas should be very proud of their individual accomplishments and contributions to the team as well as to the community.

Congratulations to the following swimmers who either set records, were recognized as Most Improved Swimmer or Most Valuable Swimmer, or competed in the All-Star Meet:

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2012 All-Star swimmers:

Erica Comm, Dillon Haberland, Lizzie Mittan, Lydia Qian, Jocelyn Yee, Aly Zein, Rami Zein.

Piranha record breakers:

6 & Under: 25 M Breast, Melodie Moore (31.27)
8 & Under: 25 M Breast, Paul Moore (23.32)
9 - 10: 25 M Fly, Jack Moore (17.43)
50 M Free, Jack Moore (31.98)
50 M Back, Jack Moore (39.13)

100 IM, Jack Moore (1:21.86) 11 - 12: 50 M Back, Lydia Qian (34.20)

Most Valuable Swimmers:

7 - 8: Jocelyn Yee & Paul Moore

9 - 10: Caroline Tolentino, Grace Dwinnell, & Jack Moore

11 - 12: Lydia Qian & Thomas Moore13 - 14: Annika Saloka & Rami Zein15 - 18: Erica Comm & Eric Guessford

Most Improved Swimmers:

6 & Under: Jamie Pollack & Daniel Flynn

7 - 8: Grace Holmberg & Benjamin Malpeli
9 - 10: Annabelle Marcais & Adel Heddadji
11 - 12: Caitlin Callaghan & James Saloka
13 - 14: Jessica DiGiovanna & Anthony Garabito

15 - 18: Elizabeth Mittan & Weston Sauer



The CSL Piranhas would like to express our gratitude to outgoing Board Members Molly Lynch (Team Representative) and Mark Turbyfill (Treasurer). We also congratulate and welcome our incoming members: Vice President Mike Sheehan, Treasurer Mary Reilly, and Team Representative Barb McGann. They will join returning Board Members Michelle Quadt, who will serve as President, and Melanie LeGoullon, who will continue as Secretary.

Finally, the CSL Piranhas would like to thank the Broadlands HOA, the Community Center and Southern Walk pool staffs and the Broadlands community for their support this year. Special thanks also goes to our amazing parent volunteers for their support and time. We couldn't do this without you. And of course, we would like to say thanks to our sponsors and local business that made donations to our team this 2012 season: Rubino's, Great Clips, Wiger Orthodontics, Van Metre, Snow Swimming, Patriot Disposal Services, Zinga, Robeks, Van Management, Ashburn Ice House, and Bonefish Grill.

The ODSL Season

Under the leadership of Head Coach Shannon McConagha, Assistant Head Coach Amanda McDermott and an outstanding group of Junior Coaches, the ODSL Piranhas had a terrific 2012 season. In addition to having great time and stroke improvements, our swimmers supported each other with spirit and camaraderie. In a twenty-six team league, we competed against seven teams and finished the season undefeated, 7-0. Several swimmers broke team records and 46 qualified for the ODSL All Star Meet on July 28th. Other team members swam in the Broadlands hosted ODSL Divisional Meet to finish the season with a huge splash.

The ODSL Piranhas are not only about swimming, but giving back to the community. We hosted the 4th annual Kids Triathlon. This year the benefactor was Stop Hunger Now, an international relief organization that distributes food and aid around the world to some of the neediest regions. This three part event started with a swim at the Southern Walk pool, then a bike ride through our Southern Walk neighborhood and finished with a run around the Mill Run track. There were close to 150 participants from Loudoun County, ranging in age from 5-16, raising \$2,800.00 for Stop Hunger Now. Each triathlon finisher received a medal, t-shirt and goodie bag. Items donated by local businesses were raffled at the end of the race.

Out of the water, the fun continued for the ODSL Piranha swimmers. We kicked off the summer with an Ice Cream Social including our friends from the CSL Piranhas. All swimmers were invited to movie night and laser tag. Team spirit and great sportsmanship were on display with our "Piranhas Attack" entrance, homemade posters, decorated cars and team cheers. Good sportsmanship has become a trademark of the ODSL Piranhas and is something we are proud of.

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Doughnut Thursdays made the early morning special after our late Wednesday night meets, and we continued our successful and fun PIRANHAS PALS Friday practices. The PIRANHAS PALS practices are small teams that are a mix of all ages and are led by a team of Junior Coaches. Each PALS practice is filled with pool games and contests, poster making or t-shirt decorating and, new this year, the PIRANHAS PAL Olympics. The PALS practices on Friday were a blast—the kids made new friends on the team, the younger swimmers received special tips from "the big kids" and everyone bonded with their Junior Coaches. The talented Junior Coaches provided encouragement, training and recognition for the Broadlands Piranhas. The dedicated Junior Coaches are: Jonathan Baba, Julia Bashore, Ally Bronson, Kelly Collins, Caroline Fowler, Andrew Gillespie, Elizabeth Gomez, Kyle Hamilton, Natalie Harding, Madi Horner, Matthew McDermott and Devin Williams. These talented Junior Coaches did a fantastic job with our swimmers and had their own great season in the pool.

The ODSL board would like to thank the Junior Coaches who are off to college this fall after four years as dedicated members of the coaching staff: Amanda McDermott, Elizabeth Gomez, Madi Horner and Devin Williams. We wish them well in their future endeavors and look forward to seeing them around the pool.

At the end of the season we elected new Board members to replace the outgoing Vice President, Treasurer and Secretary. The team and Board would like to thank Catherine Mitchell (VP), Daniel Gordon (Treasurer) and Stephanie Cunnane (Secretary) for their hard work, dedication and contributions to our swim team for the past two years. We would like to welcome new Board members Chris Soong (VP), Melissa Silvis (Treasurer) and Adrienne Dimillio (Secretary).

The ODSL Piranhas ended the 2012 season with a terrific party at the Southern Walk pool. We started the festivities with a pizza dinner accompanied by sides and desserts provided by our swim parents. Following dinner, all swimmers were recognized for their participation and their individual accomplishments. Fun and games ensued with a tennis ball toss, t-shirt relay, "noodle" race and swimmer/family relays. A slideshow of our 2012 swim season was shown followed by swimming and socializing with family and friends. It was a perfect way to end a perfect season!

All of our ODSL Piranhas put forth a great effort this season and should be very proud of their performances and contributions to the team. **CONGRATULATIONS** to the following swimmers who either **set team records** and/or were recognized for earning **Most Improved & Most Valuable Swimmers** for their age groups and **Time Buster** awards. **Most Valuable Swimmer** awards are given to swimmers who earned the most points for their team in each age group. **Time Buster** awards are given to swimmers who improved their time by 30 seconds or more.

Record breakers at the end of the 2012 season:

At every meet this season, we had individuals who broke our ODSL team records. These records are posted at the Southern Walk Pool.

Most Valuable Swimmers:

6 & Under: Olivia Wagner and Timothy Sibley

7 - 8: Mackenzie Cunnane and Patrick Dennen

9 - 10: Abby Harter and George McCabe

11 - 12: Natalie Rothrock and Nicolas Burbano

13 - 14: Tori Webb and Michael Hwang

15 & Over: Madi Horner and Matthew McDermott

Most Improved Swimmers:

6 & Under: Lauren Stone, Lindsey Rogers, Luke Huppert,

Jacob Smit

7 - 8: Brooke Candland, Cara Hein, Paige Rosales,

Craig Candland, Miles Dorre and Maximillian Krough

9 - 10: Francis Dai, Sydney Rutledge, Garrett Larson and Justin Rogers

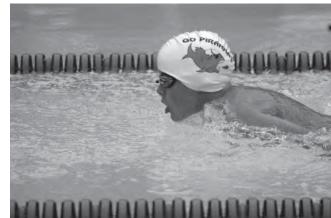
11 - 12: Keely Cunnane and Patrick Collins

13 - 14: Alexandra Preston and Michael McCarthy

15 & Over: Andrew Gillespie and Devin Williams

And finally, we would also like to thank **all** of our parents for the help and support of the team and our swimmers this year. Without your willingness to volunteer your time and energy, we would not be a successful team. ODSL sends a special thanks to our fantastic sponsors. We appreciate your generosity and support of the Broadlands Piranhas ODSL team this 2012 season.

For information regarding the ODSL and CSL Broadlands swim teams, please visit our website at broadlandsswimteam.org. Registration for the 2013 season begins in March.



October 2012



USEFUL NUMBERS

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

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

BROADLANDS COMMUNITY

DUDLIC INCODA ATION

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Internet/Cable:

(866) 673-6226
(703) 961-1110
1(703) 257-7100
1(703) 753-5521

PUBLIC INFORMATION	
Animal Control/Shelter	(703) 777-0406
Building Permits & Dev.	(703) 777-0397

 County Landfill
 (703) 771-5500

 DMV (VA)
 (800) 435-5137

 Health Department
 (703) 777-0236

(703) 737-8100

 Loudoun Ride On
 (703) 777-2708

 Loudoun Hospital
 (703) 858-6000

 Miss Utility
 (800) 552-7001

 Metro
 (202) 637-7000

 Parks and Recreation
 (703) 777-0343

 Ridesharing
 (703) 771-5665

Road Conditions (800) 367-7623 School Board (571) 252-1000

Street Signs/Storm Drains (703) 771-5666

VDOT (703) 383-8368 Van Metre Homes (703) 723-2800

Verizon (703) 954-6222

Verizon Fios (888) 553-1555

LOUDOUN COUNTY PUBLIC SCHOOLS - BROADLANDS

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

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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.

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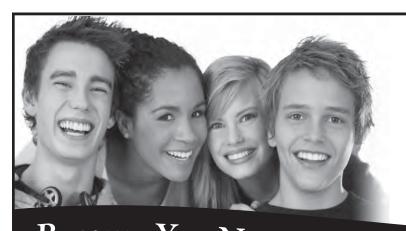
AppleFCU.org | 703-788-4800

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- · extras Student Visa® Platinum Credit Card
- · Student Choice Loan Solutions

AppleFCU.org/Students

*APY = Annual Percentage Yield as of 10/01/2012 on balances up to \$1,500 and is subject to change. Balances ove \$1,500 will earn Apple's regular savings rate. Membership eligibility requirements apply. Federally insured by NCUA.



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CLUBS AND GROUPS

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

ASHBURN AREA WOMEN'S CLUB

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

ASHBURN CLASSICS

We will meet Saturday, October 13th from 10:30a.m. until 1:00p.m. at the Mill Recreation Center. We will play bingo and have nominations for officers. Call 703-729-7044 or 703-723-3724 for further information.

AMERICAN HERITAGE GIRLS

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

ASHBURN TOASTMASTERS

Welcomes those interested in developing communication, leadership and presentation skills. For info, please contact us at info@ashburn.freetoasthost.ws or visit www.toastmasters.org to learn more.

BROADLANDS BICHON FRISE CLUB

Anyone interested who is currently a Bichon owner, please contact JoAnn Conroy at jfc27@smartneighborhood.net.

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

BROADLANDS COMMUNITY WOMEN'S BIBLE STUDY

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

BROADLANDS RUNNING/FIT CLUB

We meet every Saturday morning behind the Broadlands Nature Center back patio at 8:00a.m. for 90 minutes. We will focus on physical activity for all levels of fitness including stretching, strength training and cardio exercises. We will include light runs and nutrition advice. Broadlands residents are free. If you plan to attend please RSVP to Tim, 310-425-1453.

CUB SCOUTS & BOY SCOUTS

The Cub Scout program is designed for boys grades 1-5 and Boy Scouts grades 6-12. Boy Scout Troop 2970 meets at Our Savior's Way Lutheran Church on Thurs nights. Cub Scout Pack 1483, www.pack1483.com, 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 info, contact Stephanie Pigg, (703) 729-6086 or troophillside.org@gmail.com.

INVESTMENT CLUB

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

LOUDOUN WOMEN'S NETWORKING GROUP

For women who own home-based, small businesses. We focus on growing our businesses while giving back to the Loudoun community. We meet the 1st and 3rd Thurs of the month. For more info please visit our website at www.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 2nd Friday at 10:00am. For info, contact Katina Wilberger at kp_wilberger@yahoo.com.

MOMSNEXT MEETINGS

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

MOMS IN TOUCH

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

PET LOSS SUPPORT GROUP

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

ASHBURN WRITING GROUP

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

TECHNOLOGY COMMITTEE

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

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October in the Garden - Monthly Tips

The days are getting shorter but the garden to-do list isn't! Mowing season is winding down but continue mowing until the grass stops growing. Make that last cut a short one and leave the clippings on the lawn. As they decompose they return nitrogen to the soil. If you have bare spots in the lawn, there's still a little time to over seed. Mid-October is the "official" recommended cutoff date for seeding and success depends on how late the cold winter weather arrives and on how well the soil was prepared. Be sure to keep the grass seed well watered.

Don't bag those leaves! Leaves that fall onto the lawn can be shredded with a lawnmower and left to decompose naturally. Run over the accumulated leaves several times with a mower to break them into small pieces. The decomposing leaves release nutrients and add organic matter to the soil. This leaf mulch is a nice winter cover and a great addition to flower beds after the fall cleanup.

Fall cleanup means removing spent annuals, cutting back perennials and getting rid of garden debris that could allow disease or varmints like slugs to overwinter in your beds. Be meticulous about removing debris around plants like peonies and roses that are prone to fungal diseases. Don't compost any diseased foliage.

Plants like allium and ornamental grasses can be left uncut to provide winter interest. Birds will thank you if you let the coneflowers and black-eyed susans remain as well.

Autumn is also the perfect time to add new shrubs or trees to your landscape. The ground stays warm until the end of the year which allows plants to achieve good root growth, and the sun is less intense and drying. Still, if it doesn't rain, be sure to water new plants until the ground freezes. When selecting a new shrub or tree, consider native plants that are beneficial to the birds, bees and butterflies. Some beautiful selections to consider are the native Redbud, Sweetbay Magnolia and Sugar maple. Check out this link for more great information about native plants. http://www.loudouncountymastergardeners.org/gonative.htm

Loudoun County Master Gardeners www.loudouncountymastergardeners.org

OCTOBER CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

KINDERGARTEN ENRICHMENT: Want to ensure your child gains the skills needed to be a successful reader? This home based class taught by a licensed Reading Specialist will not only strengthen beginning reading strategies, but will develop writing skills as well. For more information, please email suziecreech@gmail.com.

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

INSTRUCTION - ARTS/MUSIC/ RECREATION

MUSIC LESSONS IN YOUR HOME: for Guitar, Piano, Saxophone or Clarinet. Excellent references from Broadlands residents; free initial consultation. Please call 703-777-4352 or email WoodwindStudio@Verizon.net. Our website is www.WoodwindStudio.info.

MUSIC LESSONS / INSTRUMENT RENTALS: University trained teachers in all instruments. Register now for 2012/13 immediate enrollment. All instruments, all major brands in stock now, ask about our three month special price offer. Minton's Academy of Music, where great musicians come from. To contact: 703-723-1154, www.mintonsmusic.com.

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

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

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

INSTRUCTION - TUTORING EDUCATION/COLLEGE COUNSELING:

Experienced college counselor in the Broadlands! Services: Academic Counseling, Study Skills & Time Management, College Planning, SAT/ACT/ Subject Test Diagnostics, College Application & Essay Guidance. Masters in Education, Stanford University. Contact Stacy at info@broadlandscollegeprep.com or 703-955-4699.

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

Discover and Amex accepted.

BROADLANDS SPEECH THERAPIST/

TUTOR: Help your child achieve IEP goals, understand subject matter, and practice skills to reach the next level. Speech Therapist with a Special Education background to help elementary and middle school students. Email: **broadlandsspeechtutor@gmail.com.**

FRENCH LESSONS: Mes Premiers Pas en Français offers play-based French language immersion classes for children 12 months to 7 years old in Loudoun County. Learn more about this great program by visiting the website at http://www.mespremierspas.com or email mm.mespremierspas@gmail.com.

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

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

SAT/ACT TEST PREP: Professionally trained with over 7 years experience, LCPS teacher offers 5 week courses. Limit 8 students/class – register early! Saturday classes. Next SAT course starts 10/13. Next ACT course starts 10/17. Call 571.335.8378 or visit www. collegeboundloudoun.com.

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NO MORE EXCUSES: Kids are back in school. Take time for yourself and get in shape with your own Personal Trainer. Individual and small group sessions in your home. Call Susan at Custom Fitness, 571-228-3545.

BEGINNERS BOOT CAMP CLASS: For ALL fitness levels starts Monday, April 9, 2012 @

7PM at Trailside Park. Classes' meet Tuesday and Thursday evenings; \$10 per class, try first class with no financial commitment. To RSVP: http://www.wholefitnesstraining.com/BootCamp.php. FIT COACH: We assist people in meeting their individual fitness goals, wants and needs. Whether you want to reduce your chance of injury, increase your flexibility, get stronger or enhance your appearance while improving your overall health and performance. Our gym is fully insured and we hold the top national fitness and sports performance certifications. Contact Tim Sullivan 310-925-1453.

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

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smaller jobs. Call Rich at 703-999-3510 or email:
full circlehome@vahoo.com.

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

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

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

LOONEY'S TILE AND GROUT **RESTORATION:** Thinking of remodeling your bathrooms, but sticker shocked? Specializing in restoring bathrooms to new. Restore for a fraction of the cost instead of remodel! Check out satisfied LTGR clients on Angie's List & Service Magic for economic way of enjoying a new bathroom. Services include regrouting, recaulking, grout sealing, grout cleaning, & more! No job too small. Locally owned & operated, licensed bonded & insured. 703-999-1933. www.Lcleantileandgrout.com.

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

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

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

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

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

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

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

HOUSE CLEANING

CLEANING BY CHRISTA: Sole operated home cleaning by returning college student. Valuable service with low prices that will make your home and soul shine. Free estimates; references

washing, gutter cleaning and Christmas lighting available. Contact me via email at christa, to find the perfect simple solution, 571-205holland@gmail.com or phone at 662-226-1108.

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

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

MARKETPLACE

OCTOBER FEATURED CHARITY-AMERICAN **HEART ASSOCIATION**: I am featuring the American Heart Association to bring attention to the upcoming Heart Walk in DC on Nov. 10th. (HeartWalk.org) Heart Disease is the #1 killer in America. I'm walking - how about you? Contact sherils.cute.purses@gmail.com to get involved.

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

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

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

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.

THIRTY-ONE GIFTS: Our products can help you organize your car, kid's toys, vacation stuff, or just your purse! Contact Erin Troia www.mythirtyone.com/erintroia to peruse our catalogue, or set up a one on one consultation,

PET SERVICES

AROUND MIDNIGHT PET SERVICES, LLC: Provides midday walks, vacation visits and overnight companionship in your home for your pets. We also provide house sitting services and plant care. Call us today at 703-726-9218, www. aroundmidnight.net, Pet Lovers Providing Care.

PROFESSIONAL SERVICES

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 quy. 703-304-1130. PCs, Macs, Networks -Maintenance, installation, problem solving. Daytime, weekend, evening appointments.

HOW TO PLACE CLASSIFIED ADS

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

MONTHLY RATES: RESIDENT

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

NON-RESIDENT

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

PAYMENTS and ADS:

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

> **Broadlands Association** 21907 Claiborne Parkway Broadlands, VA 20148

CONTACT:

Advertising Manager Stassa Collins 703-729-9704

ADVERTISING DIRECTORY

DENTAL / ORTHODONTIA Ashburn Pediatric Dental
EDUCATIONBroadlands College PrepinsertGolden Pond39Primrose Schoolsinsert
FINANCIAL/PROFESSIONAL SERVICES Apple Federal Credit Union
HEALTH Ashburn Eye Care Associates
HOME SERVICESAbbey Design Center-Flooring8Abbey Design Center-Remodeling30Ackerman SecurityinsertAllusions & More Cabinet Re-FinishinginsertClimatic Heating and Cooling, Inc8Closet Factory11Collegiate Sealers and Paving8Elite Pressure Wash10Kris's Painting Service, Inc9Modern Mechanical40Sunrise Landscape & Design39Tart Lumber10TechMedx39Zampiello Paint Contractors, Inc10
PETS Ashburn Village Animal Hospital
REAL ESTATE Bonnie Selker, Keller Williams40
RECREATION / INSTRUCTION Ashburn Academy of Dance
REAL ESTATE Broadlands Marketplace

ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

DEADLINE: <u>Ad and payment submissions are due</u> the first day of the month prior to the issue.

MONTHLY PRICING

BLACK AND WHITE:

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

COLOR (INSIDE COVERS) LIMITED AVAILABILITY:

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

COLOR (OUTSIDE BACK COVER) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$250/ \$239*
1/4 pg horizontal banner (8" W X 3" H) \$250 /\$239*
1/2 pg (8" W X 4.875" H) \$475/ \$453*
Full pg (8" W X 8"H) \$1050/ N/A
Add 10% to base price above for preferred placement
*Discounted price if 6 or more months are prepaid

PAYMENT IS DUE IN FULL WHEN AD IS SUBMITTED.

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

MAIL ADS and PAYMENT TO:

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

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

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

EDITORIAL INFORMATION

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

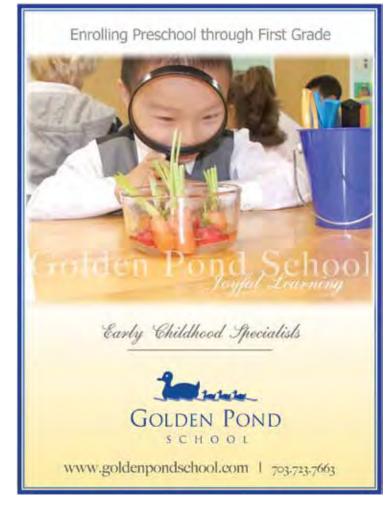






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