



BROADLANDS



Community News

November 2009



Happy Thanksgiving! Have a Safe Holiday

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Contact Information

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Dawne Holz - Member at Large -
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HOA Office and Website

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



Armstrong Management Services

Assessment Information Office:

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Email: broadlands@armstrong.net

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Hours: Monday 1:00p.m. - 5:00p.m., Wednes-
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1:00p.m.

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Robin Hood - The Comedy

Join Briar Woods High School in Sherwood Forest for the Drama department's fall play, **Robin Hood - The Comedy!**

Delight in the clever dialog as Robin Hood (Brett Stockman) outwits the wicked Prince John (Jared White) while trying to win the heart of Maid Marion (Lindsey Neimo). Be part of the adventure with Robin and his Merry Men as they steal from the rich to give back to the poor. Meet Bronwen (Katie Bell) the clever and beguiling mistress of Prince John, and laugh at the antics of the always amusing Friar Tuck (Matt Vespestad).

This show will entertain slightly older children and adults with its action and fast paced humor.

Show Dates and Times:

Thursday, November 19th at 7:00p.m.

Friday, November 20th at 7:00p.m.

Saturday, November 21st at 2:00p.m. and 7:00p.m.

Saturday, November 21st at 7:00p.m.

Ticket Prices

Students - \$5.00

Adults - \$7.00

And, for our wonderful patrons of all ages, please join us in January for Rodgers and Hammerstein's beautiful musical ~Cinderella!



From left to right: Jesse Bhamrah, Tyler Kirby, Matt Vespestad, Brett Stockman and Lindsey Neimo rehearse for Robin Hood the Comedy.

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Notes From the Board

On Tuesday, October 13, 2009, the HOA Board of Directors conducted its first resident controlled board meeting. We were happy to welcome our three new board members – David Baroody and Dawne Holz for terms expiring in 2012 and Jason Chautin with a term expiring in 2011. This was the first HOA meeting held where the majority of the board's nine members were residents instead of the developer. This is a very exciting time for the HOA and we all look forward to working together to keep Broadlands a community we can all be proud of.

Several upcoming events the board is working on include the 2010 budget, updating our facility agreement contracts, what to do with black vultures roosting in the community and the start time of our HOA board meetings. We would love to hear from you if you have an opinion on any of the above subjects. Please feel free to contact any of the board members or you may join us at our next board meeting on Tuesday, November 10, 2009 starting at 5:30pm. Contact information is located on the HOA website and also on page 3 of this newsletter.

Neighborhood Watch

By Staci Kapinos,
Neighborhood Watch
Co-Chair

RECENT EVENTS: The Loudoun County Sheriff's office has been reporting a string of home burglaries in the South Riding and Leesburg area. They believe most of the robberies have been from persons looking for gold jewelry, which has recently become very easy to sell for a profit. As the days are getting shorter and darkness is falling earlier, please remember to keep your home and cars locked and well lit. You can be your best security against any potential thefts.

A FRIENDLY REMINDER: Vehicles that are parked in the fire lanes or hanging over the sidewalk are parked illegally. The HOA Board of Directors has directed management to contract with a towing company to tow violators. Please make sure your vehicle is parked either completely in your driveway, in a legal parking space or out of the Fire Lane to prevent it from being towed.



Recreation Committee Update

The Recreation Committee is responsible for running the three community pools, the upkeep of the tot lots, and the upkeep and programs at the tennis courts. We are happy to announce that along with the work of the Tennis Committee, the HOA board has hired a new tennis pro for the 2010 season.

We would like to give a huge welcome to Luis Rosado. Please watch the HOA website, newsletter and tennis boards for upcoming events.

Additionally, the Recreation Committee is busy working on the replacement of the tot lot located between Welby Terrace and Harvest Glen. Any persons with ideas or input on this tot lot, please contact Staci Kapinos at ssdkapinos@yahoo.com



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LOUDOUN CHORALE ANNUAL WINTER CONCERT SET FOR DECEMBER 5TH AND 6TH

The Loudoun Chorale continues its long tradition of performing high quality choral music with its annual winter concert featuring Ralph Vaughan Williams' Fantasia on Christmas Carols and The Alfred Burt Carols, along with other seasonal music. The Chorale will be joined by the 4th and 5th grade choirs of Sycolin Creek Elementary School.

Concert dates, times and locations are December 5th at 7:30p.m. at St. David's Episcopal Church, 43600 Russell Branch Parkway, Ashburn, and December 6th at 4:30p.m. at Holy Trinity Lutheran Church, 605 West Market Street, Leesburg. Tickets will be sold at the door for \$10 general admission. Senior tickets are \$8 and youth tickets are \$5. There is no charge for children 12 and under.

The Loudoun Chorale, a community-based organization founded in 1991, is the largest vocal ensemble in Loudoun County with more than 60 mixed-voice singers. The group sings both traditional and contemporary works and has performed at the Washington National Cathedral, in several Loudoun communities and at the Waterford Fair.

For more information, call 571-236-5734 or visit www.loudounchorale.org.

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Nothin' But 'Net

From the Federal Trade Commission.

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

Text Messages from Your Bank? Sounds "Phishy"

The text message that claims to be from your bank warns about a problem with your account, and urges you to call a phone number or visit a website right away. According to the Federal Trade Commission, the nation's consumer protection agency, it's very likely another attempt by a crook to steal your personal information.

Many people have gotten wise to "phishing" emails - messages meant to trick recipients into sharing personal information, like bank account numbers and login passwords. But scammers use new tools to play old tricks. And now, they're hoping to win trust - and get access to personal information - by sending text messages to your personal cell phone.

If you receive a text message about problems with your bank or credit card account, call your wireless provider immediately and let them know about the message. Then, file a complaint with the FTC at ftc.gov or by calling 1-877-FTC-HELP.

If you think your bank or credit card account has been compromised, call your bank or card issuer directly using the number on your statement or on the back of your card. Never give personal information on the phone, in a text message, or online unless you know exactly who you're dealing with.

Learn more about phishing and other online scams at OnGuardOnline.gov.

The FTC works for the consumer to prevent fraudulent, deceptive, and unfair business practices in the marketplace and to provide information to help consumers spot, stop, and avoid them. To file a [complaint](#) or to get [free information on consumer issues](#), visit ftc.gov or call toll-free, 1-877-FTC-HELP (1-877-382-4357); TTY: 1-866-653-4261. The FTC enters consumer complaints into the [Consumer Sentinel Network](#), a secure online database and investigative tool used by hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.

Crossroads United Methodist Church Sponsors 16th Annual Ashburn Farm Thanksgiving 10K, 5K, 2K to Benefit Ugandan Orphans

Crossroads United Methodist Church has a heart for disadvantaged Ugandan children. The church also has a fierce tradition of sponsoring Loudoun County's largest footrace - the Ashburn Farm Thanksgiving 10K, 5K, and 2K Fun Run.

This year's 16th race is set for Thanksgiving Day, November 26, at Crossroads United Methodist Church. The 10K starts at 8:15a.m. sharp; the 5K at 8:25a.m. sharp; and the 2K Fun Run at 8:35 a.m. sharp. All races will be held rain or shine.

More than 1500 participants are expected to participate. The 10K and 5K are USATF-sanctioned footraces. Cash prizes of \$300, \$200 and \$100 will be awarded to the top three male and female 10K finishers. The top male and female 5K finishers will receive \$150, \$100 and \$50. The top male and female age category finishers will receive medals. Local merchants have donated many prizes for a random drawing to be held after the races (You must be present to win). A generous assortment of post-race foods and refreshments will also be served.

Registration is \$25 for the 10K on or before November 8 and \$30 after. The 5K is \$20 on or before November 8 and \$25 after. The 2K Fun Run is \$17 and does not increase. Register online or download an entry form at www.ecrossroadsumc.org. Completed forms may be dropped off at the church or mailed to Ashburn Farm 10K, c/o Crossroads United Methodist Church, 43454 Crossroads Dr., Ashburn, VA 20147. Make checks payable to Crossroads UMC, 10K in memo line. Walk-in registration will be available November 25, 2-8 p.m. and November 26 (race day), 6:45a.m. - 8:00a.m.

All proceeds from this event directly benefit The HUMBLE United Methodist School, an orphanage and school founded by Crossroads UMC in Lukojjo Village, Uganda. Now in its 6th year, the school provides education, shelter, food, clothing, medical care and loving attention to 231 children, most orphaned from poverty, war or disease such as HIV/AIDS or malaria. An additional 22 children have graduated from the primary school and are now enrolled in nearby secondary/vocational schools.

For more information or to volunteer to help, call Crossroads UMC at 703-729-5100 or visit www.ecrossroadsumc.org.



Wingler House Donates to Ashburn Fire & Rescue for their Annual September 11th Fund Drive.

During the months of August and September, residents of Wingler House Apartments collected funds for their annual September 11th Fund Drive. The annual drive was started in 2002, with proceeds donated to Ashburn Fire and Rescue.

This year \$1,775.00 was given to Captain Collins and the Fire Department on October 7th. The contribution was presented by residents Josephine Chaderwick, Roseanne Kinnaman, and Michele Cabral along with Assistant Property Manager/Activities Director Dee Lett.



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Patriot Disposal Information Update

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

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

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

Patriot Disposal Collection Schedule

Mondays:

**Trash, Yard and
Kitchen Waste**

Thursday:

Trash and All Recycling

Board Actions September 8, 2009 Meeting

- Approved – Minutes of August 11, 2009 meeting as amended.
- Approved – Dominion Paving for trail repairs.
- Approved – Ashburn Air for HVAC Service at Community Center and Nature Center.
- Approved – HLS grounds contract extension.
- Approved – Power seeding and Compro for specific areas.
- Approved – Signature Deck for snow removal on private streets within the community.
- Approved – Common Area Landscaping License for homeowners desiring to plant in common areas of the community.
- Approved – Virginia Waters and Wetlands for pond maintenance.
- Approved – Mullens Markings for curb maintenance within certain private street areas of the community.
- Scheduled – Budget Meeting on October 19, 2009.

September 30, 2009 Transition Meeting

- Quorum – Established with 357 proxies and 27 members present plus presence of developer.
- Appointed – Inspectors of Election. The Inspectors were Tania Marceau, Renee Ventrice and Kim Hall.
- Gift Certificates (Bonefish Grill) – won by Elizabeth Miller for proxies and Sean Ellis for those present at the meeting.
- Election Results – David Baroody and Dawne Holz elected to terms expiring in May 2012 and Jason Chautin elected to a term expiring in May 2011.



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Broadlands Association Board of Directors Meetings

Meetings are held in the conference room of the Nature Center usually on the **2nd Tuesday** of the month at 5:30pm.

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

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Have more questions about dues and assessments? Contact Armstrong Management by phone 703-679-1541; fax 703-591-5785 or email broadlands@armstrong.net.



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Home Owners Association Board of Directors Business Meeting

**Tuesday, November 10, 2009
at 5:30 p.m.**

In the Nature Center Conference Room

Modifications Subcommittee

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

MODIFICATIONS SUBCOMMITTEE MEETINGS

MEETING DATE	SUBMISSION DATE
November 18, 2009	November 13, 2009
December 16, 2009	December 11, 2009
January 20, 2010	January 15, 2010
February 17, 2010	February 12, 2010

**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 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.

The Critter Corner
By Dr. Steve Velling
Ashburn Village Animal Hospital
"Dinosaurs in Ashburn!"

Okay, not exactly dinosaurs, but all reptiles are distant relatives to the giant creatures that roamed the earth millions of years ago (birds are as well, by the way). And if you have any interest in owning an iguana, here are some tips for you:

1. Picking your pet - Green iguanas, the type sold in pet stores here in the U.S., have a brilliant green color to their skin. They start out small (about the size of your hand), but will grow up to 6 feet long (about a foot a year), and can live up to 12-15 years. Signs of a healthy lizard include bright skin, a plump tail, a round belly, and an alert disposition. There shouldn't be any broken toes or nails, or discharge around the eyes or nose.

2. A happy home - When they are small, iguanas can fit well into a 20-55 gallon tank, but after a year, they'll need more room to roam. Serious iguanamaniacs should consider having a room dedicated to Iggy. If that isn't possible, then either try a big ferret cage, or you can build your own (details at www.iguanaden.com). It should be about 8 feet tall, and roughly twice as wide and deep as Iggy is long. It needs to have branches to climb on, and should be at 94 degrees near the wood and 72 degrees elsewhere.

3. Food for thought - Iguanas are vegetarians, so don't feed them dog or cat food. Their diet should consist of 45% root vegetables (like carrots and parsnips), 45% leafy greens, 5% fruit, and 5% grains. Make sure they get reptilian vitamins (including calcium), too. Serve it in a shallow bowl in bite-size pieces, as iguana's can't chew.

4. It's personal - Iguana's have a range of personalities - from curious wanderers to "lounging lizards". They don't like other iguanas, but tolerate cats and dogs. Handle Iggy as much as you can to get him used to it, and put him in your tub for weekly baths (luke-warm water) to make him really happy. You can even put him on a leash and walk him around the block. Expect some amazed looks from your neighbors!

Iguanas take some serious commitment to own, but they are also truly amazing creatures that can provide you with lots of entertainment. If you have one or want one and would like some advice, give us a call.


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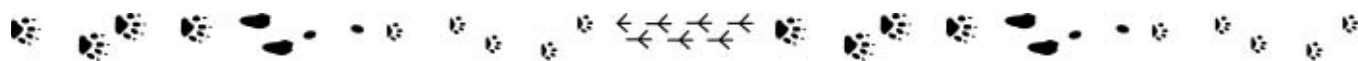
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Peggy Bertaina, Instructor
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November Nature Programs

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

Programs are held at the Nature Center and are \$5 per child, unless otherwise indicated. Please register by calling 703-729-9704 at least one day before the program. A minimum number of 3 participants is required or the program will be cancelled. Please dress for the outdoors.

Animal Science for Preschoolers: Fireball the Newt

Date: Wednesday, November 11, 2009

Time: 1:30p.m. - 2:15p.m.

Ages: 3 - 5 year olds with parent

Each month we'll take a more in-depth look at some of our Nature Center residents and how to care for them. There will be a story and/or a craft.

Is a newt an amphibian or a reptile? Come and find out.

Our Agricultural Cycle: Thanksgiving, Our Harvest Festival

Date: Friday, November 13, 2009

Time: 10:30a.m. - 11:15a.m.

Ages: 3-5 year olds with parent

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

Newts for 2's and 3's

Date: Wednesday, November 18, 2009

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

Ages: 2 and 3 year olds with parent

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

Saturday Program: Thanksgiving Theme

Date: Saturday, November 21, 2009

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

Ages: All ages welcome. An adult must accompany children under 10.

Naturalist Weekday Hours:

Monday: 1:00p.m. - 5:00p.m.

Wednesday: 10:00a.m. - 5:00p.m.

Friday: 10:00a.m. - 1:00p.m.

Nature Center Saturday Hours: November 7, 14, 21

10:00a.m. to 2:00p.m.

Prevention as the Best Year-Round Medicine
by Shannon M. Pecora, M.A.
Stream Valley Veterinary Hospital

It's fall, and there are so many things to look forward to this season! The leaves are turning beautiful colors at different times all over our area. Upcoming holidays give our kids a little vacation time from school. And cooler weather means new wardrobe choices!

However, cooler weather does NOT mean that it's time to stop using your pet's monthly heartworm and flea/tick preventives. You may feel safer because your dog or outdoor cat is spending more time in the heated house. Maybe you haven't seen quite so many ticks during your daily walks on the community nature trails. Or perhaps you haven't suffered from any itchy mosquito bites in quite a while. Well, it may sound like pessimism or fear mongering, but the truth is, they're still out there.

Without at least a couple of weeks of uninterrupted solid freeze, fleas, ticks, and mosquitoes don't really "go away." And here in Northern Virginia, where we may have 70-degree temperatures in the middle of January, sustained solid freezes rarely occur. Therefore, fleas (which present infestation and tapeworm risks), ticks (Lyme, Ehrlichia, and other disease risks), and mosquitoes (heartworm risk) can still cause problems for our pets and families. Plus, we tend to keep our houses warm and cozy in the fall and winter, so our homes and pets may be even more appealing to pests when the weather turns. Maintaining monthly preventives is just as important in the winter as in the summer, as they can help protect your household from potentially dangerous pests, no matter where they may be. (Added bonus: some heartworm preventives can guard your pet against intestinal parasites like hookworms and roundworms, too!).

Even if your dog or outdoor cat spends 99.9% of his or her time inside once temperatures start to dip, that doesn't fully eliminate the chance for exposure to fleas, ticks, and mosquitoes. In fact, you may find that these bugs try to follow your family toward the indoor life. So make sure to protect your pet year-round and stay current with flea/tick and heartworm preventives.



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National Capital Lyme
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UNDEROURSKIN
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Wednesday, November 4th
6:00PM
Mill Run Elementary School

Please join us for this eye opening documentary. There will be information available to take with you, as well as a Lyme Literate doctor there to answer any questions you might have.

**We ask that children do not
attend this event as the subject
matter is not intended for them.**

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Don't Just Do Something, Sit There!


By: Nan McCarry, Broadlands Naturalist

I find this saying (and title of at least one book) amusing. It applies to so many things in our modern lives. I think it particularly applies to our interactions with the natural world. Sometimes the most effective thing to do is nothing.

Many well-meaning residents ask what they should do when they find wildlife, especially during the colder months. One concerned resident this fall found five black swallowtail caterpillars in her garden and wondered if they should overwinter somewhere warm. Others have asked if their box turtles should spend the winter in the Nature Center. The good news is that since these animals are native to this area, they are adapted to our winters. The ones that couldn't survive mid-Atlantic winters died out millions of years ago and no longer contribute to the gene pools of our local species.

It's usually preferable to leave an animal in the habitat where we find it, although it's harder to know what to do when we find an injured animal, such as the box turtle that is recuperating at the Nature Center. Stream Valley Veterinary Service cared for her minor injuries and she will be released again into the wild. Box turtles are often run over by cars and lawn mowers, and because there are fewer box turtles than there used to be and they don't reproduce in high numbers, it's important that we intervene to keep as many around as possible.

How much to intervene in nature is something that even biologists have more than one opinion on—after all, at this point, it's almost impossible to return to the “natural” habitat anywhere in the world.

Sometimes we can let nature help us out. Black snakes and vultures come to mind. Perhaps we'd rather not have snakes around our homes—but snakes eat mice, and mice are the hosts to the tick nymphs that carry the Lyme disease bacterium. If we can tolerate the snakes, we are actually much healthier in the long run. When you think about it, we all know many people who have contracted Lyme disease—but how many people do we know who have been bitten by a snake? (Most snakes around here are nonpoisonous. The only poisonous snakes native to this area are copperheads and rattlesnakes.) 

Vultures are another example of an animal that can help us out if we let it. Their niche in the ecosystem is to clean up carrion. Vultures have corrosive enzymes in their stomachs that kill a lot of dangerous bacteria, such as salmonella and anthrax.

In many cases there are no simple answers, because every action affects many other things.

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Brownie Troop 4483 Beautifies the Community Center



A big THANK YOU goes out to Brownie Troop 4483 for donating two planters filled with mums and pansies to the HOA Community Center. They are beautiful!

When: Friday, November 13, 2009 6:30PM
(doors open at 6:00p.m. for refreshments & exhibits)

Where: GWU Virginia Campus
20101 Academic Way
Ashburn, VA

Learn how to incorporate sustainable practices into your everyday lifestyle, improve your quality of life, and save money while saving resources.

Exhibits –

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MARTIN OGLE - Chief Park Naturalist
Cracking Walnut Brain Syndrome; The Quest for Green Living

TENA MEADOWS O'REAR - Green Consultant
Convenient Truths

NAJIB SALEHI - Loudoun Energy Manager
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LOUDOUN WILDLIFE CONSERVANCY ANNOUNCES NOVEMBER 2009 EVENT SCHEDULE - Frogs, Vultures, Nature Hikes and Fall Festivals

The Loudoun Wildlife Conservancy offers a wide range of events throughout the year. These programs enable participants to learn more about the extensive variety of wildlife and their habitats within Loudoun County. In addition, they can help improve and restore those habitats and critical wetlands as part of community service and outreach projects.

ONGOING MONTHLY PROGRAMS:

BIRDING BANSHEE - Join LWC and the Friends of Banshee Reeks at the Banshee Reeks Nature Preserve for a monthly bird walk. Because of its rich and varied habitat, this part of the county is a birding hot-spot. Please bring binoculars. **Free. No reservations required.**

Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org

Saturday, November 14, 8:00a.m.

BIRDING THE BLUE RIDGE CENTER - On the fourth Saturday of each month (except December), LWC leads a bird walk at the Blue Ridge Center for Environmental Stewardship (BRCES). This beautiful 900-acre preserve is located at 11661 Harpers Ferry Road in northwestern Loudoun County. Only a few miles south of Harper's Ferry and the confluence of the Potomac and Shenandoah rivers, BRCES includes meadows in the valley and heavily forested slopes on the Blue Ridge. Meet at the Visitor's Center. Detailed directions can be found on the website, www.brces.org <<http://www.brces.org>> . **Free. No reservations required.**

Questions: contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org

Saturday, November 28, 8:00a.m.

SPECIAL EVENTS:

FROGS: THE THIN GREEN LINE - Join us for a great film on frogs that takes us from the global perspective of frogs and their populations around the world right down to our local level. Frogs have been around for over 250 million years, evolving in amazing ways, in a great diversity of colors and specialties. Yet today they are at the center of one of the greatest mass extinctions since the dinosaurs, and this story is playing out right in our own backyards. Learn what is happening globally and then discuss what we can do locally to not only monitor these trends through our amphibian-monitoring program, but also take action to protect and restore habitats. Location TBD
Questions, please contact Nicole Hamilton at nhamilton@loudounwildlife.org
<<mailto:nhamilton@loudounwildlife.org>>
Saturday, November 7, 7:00p.m. – 9:00p.m.

EXPLORING FALL - Join Phil Daley as he explores the Blue Ridge Center for Environmental Stewardship in the fall. During this free family hike, we will look at how plants and animals prepare for winter. Come enjoy the fall foliage in this heavily forested preserve which comprises 900 acres of field, forest and mountainside on the west side of Harpers Ferry Road in northwestern Loudoun County. We will meet at the Neersville Volunteer Fire Station on Rte 671. **Registration Required.**
Contact: Phil Daley at 540-338-6528 or pdaley@loudounwildlife.org
<<mailto:pdaley@loudounwildlife.org>> .
Sunday, November 8, 10:00a.m. – 1:00p.m.

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How Much Screen Time Is Too Much For Our Children and Teens?

By: Dr. Michael Oberschneider, Founder and Director Ashburn Psychological Services
www.ashburnpsych.com

Between watching television and videos, Twittering, surfing the Internet, texting and playing computer or video games, it seems that our kids are spending more of their time than ever looking at some sort of screen, which begs the question - how much screen time is too much? As a psychologist, of course I've always been witness to the extreme cases. However, over the past few years, screen time concerns rank up there for why kids and teens are coming to therapy. This Summer I worked with several teenage boys who were spending the majority of their free time gaming in isolation with limited, and for some, no peer related social contact. I also see several teenagers who have great difficulty managing their texting time. More and more elementary aged children I work with can't seem to get enough of their handheld gaming devices - DS, Gameboy, PSP, etc.

Research and common sense tell us that as the amount of time spent watching television and playing video games goes up, the amount of time devoted not only to homework and study, but other important aspects of development such as social skills and physical activities decreases. Moreover, there are studies that indicate it is not only the opportunity cost of lost time that could have been better spent on other activities that we should be concerned with, but that too much television during key developmental years is linked to subsequent problems later in life. Although most studies have focused on the impact of violence and sex and the influence of commercials, research now suggests that the amount of time children spend in front of the screen is an important predictor of cognitive, behavioral, and physical outcomes in children, including academic performance, bullying, attentional deficits and obesity. The impact of gaming has been so tremendous on our children and teens in the research that the Fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) will reportedly have "Video Game Addiction" as a formal disorder when it's published in 2012.

The American Academy of Pediatrics currently holds the position that children two years and younger should watch NO television and should have NO screen time. Children three years and older should, according to the American Academy of Pediatrics, have very limited screen exposure. The Academy's position is supported by the research in this area, and this has been their position for parents for years now, yet we as parents do not appear to be listening. So many parents I work with want to believe in the Baby Einstein series, for example, even when the studies show no benefits in cognitive development for children who watch that show. In contrast, some of the research on the Baby Einstein series actually reveals a delay in language development for toddlers who watch the show. So why is Baby Einstein, Sponge Bob Square Pants, Disney, etc., winning out over the scientifically proven position of *American Academy of Pediatrics*? I think it comes down to time management and the mere fact that most of us are living very busy lives. Screens are wonderful distractions for our toddlers, especially at those times when we as parents have only two hands and way too much to manage. Just remember, while TV as a babysitter may seem like a good idea for you and your little one at the time, there may be consequences later.

Psychologist, Kenneth Gergen, a senior research professor at Swarthmore College, coined the terms "digital autism" and "absent yet present" to explain how technology is muting the quality of our social lives and our capacity to engage fully - not just for our kids and teens, but also for us as adults. Gergen points out that you could be physically present at a dinner date but mentally absent as you are texting away on your Blackberry
continued on page 23

BROADLANDS EVENTS COMMITTEE WOULD LIKE TO SAY

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Roast Turkey with Lemon and Chives

¼ cup plus 2 tablespoons snipped chives
 2 sticks unsalted butter, softened
 Finely grated zest and juice of ½ lemon, plus 1 lemon, thinly sliced
 Kosher salt and freshly ground pepper
 ¼ cup all-purpose flour
 One 18-pound turkey
 1 carrot, cut into 1-inch pieces
 1 onion, cut into 1-inch wedges
 4-cups turkey stock

1. Preheat oven 350°. In food processor, combine ¼ cup chives with butter, lemon zest and juice, 1 tablespoon kosher salt, 1 teaspoon pepper and pulse until smooth. Transfer ¼ cup of lemon-chive butter to small bowl and stir in flour; reserve.
2. Beginning at neck, gently separate turkey skin from breast and legs using fingers. Season turkey cavity with salt. Rub half of lemon-chive butter from food processor under skin, spread over breast and thighs.
3. Set turkey on rack in large roasting pan and scatter carrot, onion and lemon slices in pan; add 1 ½ cups of water. Rub remaining lemon-chive butter from food processor all over outside of turkey. Roast on bottom rack of oven for 3 ½ to 4 hours, adding 1 ½ cups of water to roasting pan and tenting turkey with foil halfway through roasting. Turkey is done when thermometer inserted deep in the thigh registers 170°. Uncover turkey and transfer to carving board; rest for 30 minutes.
4. Meanwhile, strain pan juices into large measuring cup; discard solids. Spoon off fat and discard it. (You should have about 2 cups of defatted pan juices.) In large saucepan, boil turkey stock until reduced to 3 cups, about 15 minutes. Set roasting pan over 2 burners on high heat; add reduced stock and scrape up any browned bits stuck to bottom and sides of pan. Strain stock into saucepan. Add pan juices and bring to simmer. Whisk in reserved butter-and-flour mixture and simmer over moderate heat, whisking constantly. Cook until thickened, about 4 minutes, and season gravy with salt. Add remaining 2 tablespoons of chives. Carve turkey and serve, passing gravy at the table. *Foodandwine.com*



Gorgonzola Mashed Potatoes

4 large russet potatoes, peeled, slices a half inch thick
 4 cloves garlic, sliced
 ¼ cup butter
 ½ cup cream
 ⅓ cup crumbled Gorgonzola cheese
 sea salt and cracked pepper, to taste

In large pot combine 2 quarts water, sliced garlic, and potatoes. Boil on medium-high heat for 25 minutes or until potatoes are tender. Strain off water and add butter and cream. Mash until milk and butter are incorporated and mixture has a slightly chunky texture. Add salt, pepper, and Gorgonzola, stirring with a wooden spoon until incorporated. *cdkitchen.com*

Lemony Waldorf Salad

A lemon-walnut oil vinaigrette flavored with cumin replaces the traditional mayonnaise-based dressing

1/2 cup walnut halves (2 ounces)
 1 tablespoon minced shallot
 1/2 teaspoon finely grated lemon zest
 2 tablespoons fresh lemon juice
 1 tablespoon white wine vinegar
 1/4 cup plus 2 tablespoons canola oil
 2 tablespoons walnut oil
 1/2 teaspoon ground cumin
 Salt and freshly ground pepper
 2 cups shredded romaine lettuce (4 ounces)
 4 large radishes, halved lengthwise, thinly sliced crosswise (1 cup)
 1 cup thinly sliced celery hearts plus 1/4 cup chopped celery leaves
 1 small head of frisée (6 ounces), coarsely chopped
 1/4 cup golden raisins
 1 Fuji apple—peeled, quartered, cored and thinly sliced crosswise

Preheat oven 350°. Spread walnuts in pie plate, toast for about 8 minutes until golden. Cool and break into pieces. In large bowl, combine shallot and lemon zest with lemon juice and vinegar. Whisk in canola and walnut oils and cumin. Add salt and pepper. Add shredded romaine lettuce to bowl along with toasted walnuts, radishes, sliced celery hearts, celery leaves, chopped frisée, raisins and apple. Toss well and serve right away. *Foodandwine.com*

Congratulations to October's trivia contest winner:
Kiran Vemuri

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

Find both Thanksgiving pictures below, anywhere (any size) within the Newsletter and you could win! Winner will be chosen at random from all correct entries. Entries must be received at the Nature Center HOA office no later than November 13, 2009. **Be sure to include your name and telephone number.** Good Luck!



PAGE NUMBER: _____

Cornucopia: _____

Turkey: _____

CONTACT INFO:

Name: _____

Phone: _____

Notes from Your Neighbors.....

Ashburn Volunteer Fire Rescue Department

Join us for **Pancake Breakfast** at the Ashburn Firehouse on the first Sunday of every month. November breakfast is on the 8th from 8 a.m. – noon. Adults are \$6.00, ages 3-8 \$4.00, and seniors \$5.00, under 3 is free. Terry the Traumasaurus will be making an appearance for great picture taking. Santa will be at our December Breakfast. We are located at 20688 Ashburn Road.

The Radio City Christmas Spectacular Starring The Rockettes

The spectacular, heart-warming Christmas Show has now come to our area, a show you must share with children or grandchildren. Patriot Center, Fairfax, Tuesday & Wednesday, Dec 15th & 16th, at 7p.m. or Verizon Center, D.C., Saturday & Sunday, Dec. 19th & 20th, at 4p.m. Visit www.ticketmaster.com and use "hoa" as the promotion code to get 10% off adult tickets.



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Wednesday: Wine lovers Night - Call for details

Thursday: Ladies Night - Drink specials plus 50% off all dessert

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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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NON-EMERGENCY

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

PUBLIC INFORMATION

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

Social Services	(703) 777-0353
School Board	(571) 252-1000
Van Metre Homes	(703) 723-2800
Verizon	(703) 954-6222
Verizon Fios	(888) 553-1555
Voter Registration	(703) 777-0380
Weather	(703) 936-1212

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Mill Run ES	(571) 252-2160

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SCHOOL BOARD REPRESENTATIVE

Robert Dupree	(703) 729-3430
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Richmond Office	(804) 698-1013
David Poisson (district 32)	(703) 421-6899
Richmond Office	(804) 698-1032

VIRGINIA SENATE

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

U.S. HOUSE OF REP. 10th DISTRICT

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

U.S. SENATE

Jim Webb	(202) 224-4024
John Warner	(202) 224-2023

VIRGINIA STATE GOVERNOR

Tim Kaine	(804) 786-2211
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continued from page 17

underneath the tablecloth. I had the most curious "absent yet present" moment the other day with a father and his son, in which the father expressed great frustration in his son's "X-Box 360 addiction" all the while clicking away on his Blackberry during the session. And we've all viewed in awe the teenager's "absent yet present" ability to text while doing just about anything within a given moment.

I agree with Gergen that there are fewer and fewer moments to be fully present and that technology is pushing us all as a society toward a faster pace. Screens are everywhere now - the back of our car, plane and taxi cab seats; they're in waiting rooms and on our phones. For our children and teens, the lure of the screen is always there, which is a problem when screen time interferes with what's really important, as it sometimes can. So what's the solution? In my opinion, it's really about finding that balance as parents in our screen time use for our children. Technology, if used in moderation, can and should inform and complement our children's lives. Gaming can assist in our children's hand-eye coordination, fine motor skills, spatial relations, and many games can be educational. Films and TV shows can be social and can serve as a tool to provide dialogue and greater meaning to an idea or moment as a family.

Here are a few tips to help you and your child/teen kick off the school year:

- Have a "getting back into a routine talk" with your child and teen. The talk should be positive and should focus on areas in which you as parents feel a need to reintroduce expectations and structure as our children and teens get back into the school year.
- There should be no TV in your child or teen's room. With an average of 4 TV's per household these days, your child or teen may already have a television in their room. If that's the case, closely monitor their use, as removing the TV will seem like undeserved punishment. But if your child or teen does not have a TV or gaming system in their bedroom, best to keep it that way.
- There should be no TV during meals. An alarming number of families eat their meals in front of the television, restricting the opportunity for family conversation. Exceptions can be made for special occasions.
- Pre-plan all television shows and tape programs when academic or other commitments are pressing. This reinforces the message that we work before we play and good work brings about a well earned reward (good life lessons to learn in childhood). Also, when your child or teen is watching a preplanned show of their choosing and of your approval, they are not aimlessly flipping through channels, but are using their allotted TV time to watch quality programs.
- Make screen time social. Screen time can compliment our time together as a family with a movie night, or with playing a video game together.
- Keep track of your child and teens screen time and stick to your agreed upon limits. Additionally, we as parents shouldn't forget that what we model to our children and teens has a powerful reinforcing impact on their learning and behavior. As parents, we may want to reassess our own screen time management in leading by example. 🍀

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CLUBS AND GROUPS

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

ASHBURN AREA WOMAN'S CLUB

The General Federation of Women's Clubs is one of the world's oldest and largest women's service organizations dedicated to community improvement through volunteer service. The newly formed Ashburn Area Woman's Club meets the first Thurs of each month at 7:00p.m. in the Broadlands' Community Center.

AMERICAN HERITAGE GIRLS

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

ASHBURN CLASSICS

We will hold our next meeting on Nov 14 at the Mills Rec Center in Ashburn Village at 10:30a.m. Our guest speaker will be Sheriff Stephen Simpson of the Loudoun County Sheriff's Department. This seniors club is for those 50+ in the Ashburn area. For more info, call Peggy Chapman, 703 723 3056.

ASHBURN TOASTMASTERS

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

BROADLANDS BICHON FRISE CLUB

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

BROADLANDS NEIGHBORHOOD BIBLE STUDY

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

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT COMMITTEE

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

COMMUNITY BIBLE STUDY

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

GIRL SCOUTS

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

MOMS IN TOUCH

Hillside Elementary Moms are invited to join us to pray for our children

and the school they attend. We meet Tues mornings 9 - 10a.m. during the school year, Please contact Rebecca for more info at 703-858-7379.

CUB SCOUTS & BOY SCOUTS

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

LA LECHE LEAGUE OF ASHBURN PM

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

LOUDOUN WOMEN'S NETWORKING GROUP

For women who own home based small businesses. We focus on growing our businesses while giving back to the Loudoun community. We meet the first and third Thursday of the month. For more info please visit our website at www.LoudounWNG.com

MOM'S CLUB OF BROADLANDS

A national club made up of Moms and kids from the Broadlands. We meet in the Community Center every third Friday at 10:00am. For information, please contact Julie Peckman at 703-858-5679 or julesgkp.468@gmail.com

INVESTMENT CLUB

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

LOUDOUN COUNTY AUTISM NETWORK

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

PET LOSS SUPPORT GROUP

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

TECHNOLOGY COMMITTEE

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

YOUNG MUSICIANS NETWORK

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

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VULTURES: INVALUABLE FRIEND, UNFORTUNATE UNDERDOG

— Join us for an insightful and exciting program on the life and times of our vultures—perfect for the whole family. Vultures are one of our most misunderstood, yet valuable wild creatures. We will share some amazing facts about these birds, discuss their migratory and roosting practices, demystify their behaviors, and discuss how towns across the country actually celebrate their arrival each year. Whether you are already a fan of these birds or just curious, come out and learn more about them. Live vultures will be present as part of the program. Come early to sign in as two great vulture door prizes will be awarded.

Questions: Contact Nicole Hamilton at
nhamilton@loudounwildlife.org
<<mailto:nhamilton@loudounwildlife.org>> .

November 17, 7:00 p.m. – 9:00 p.m. [Location TBD]

MID-WEEK NATURE WALK IN HISTORIC LINCOLN — Join LWC on this free, mid-week walk focusing on the nature and history of this lovely area. Meet at the Friends Meeting House parking lot, 1.5 miles south of Purcellville. Bring binoculars if you have them and dress for off-trail walking. **Registration required.**

Questions/Registration: Contact Phil Daley at 540-338-6528 or
pdaley@loudounwildlife.org
<<mailto:pdaley@loudounwildlife.org>> .

Wednesday, November 18, 8:30 a.m. – 11:00 a.m.

SUNDAY IN THE PRESERVE — Join a naturalist from the Friends of Banshee Reeks and LWC for a free, informal family walk around the preserve. Search for the many natural wonders that make the preserve such a special place. For information call the Banshee Reeks Nature Preserve at 703-669-0316.

Sunday, November 22, 1:00 p.m.

Program Questions: Contact Laura Weidner at

lweidner@loudounwildlife.org

<<mailto:lweidner@loudounwildlife.org>> or 540-229-2816.

NOVEMBER GARDENING TIPS

- To protect an upright evergreen from snow damage, drive a strong stake into the ground near the trunk of the tree. Tie a rope to the bottom of the stake and, using the rope, wind up the branches in a circular pattern around the tree. This is a two-person job on large trees. At the top, secure the rope to the stake.
- Pinecones, sweet gum balls, and seedpods of many plants, such as redbud and milkweed, add a beautiful touch to holiday ornaments. You can still collect many of these, if you take a walk along a hedgerow or through a park or a weedy field.
- Twig arrangements are different and easy to make. Collect twigs with unusual features; for example, winged elm, corkscrew willow, redosier dogwood, and crepe myrtle.
- Leaf fall makes renovation of overgrown deciduous shrubs easier. Begin this year by removing all diseased or broken stems. Next, remove 1/3 of all remaining shoots, eliminating the oldest and tallest. If the bush is still too tall, cut the remaining stems to a side bud or branch. Repeat the process a second or third year to complete renovation.
- Trim hollies and other evergreens, such as magnolia, aucuba, boxwood, and pyracantha, to furnish material for Thanksgiving decorations.
- If you are planning on having a live, balled and burlapped Christmas tree, dig a planting hole now before the ground freezes. Fill the hole with straw or hay to keep it from freezing. Store the soil in a garage or shed so you will have workable soil when you need it for planting the tree.

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ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

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

EDITORIAL INFORMATION

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

NOVEMBER CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

LITTLE BEAR PRESCHOOL: We offer a mother's morning out for children ages 18 months – 4 years. One or two mornings per week. Drop in program also available with no monthly commitment. Perfect for your Holiday Shopping! State licensed facility. Teachers are CPR/First Aid Certified. 703-858-0117, nancyshep@hotmail.com.

FALL/SPRING 2009-2010 MOMS MORNING OUT: Two certified education teachers offering a fun, stimulating, structured learning environment for 15 months-4years old. Tuesdays and Thursdays, 9:15am – 12:15pm. Call Jenny for info: 571-333-3395.

FOR RENT-OFFICE

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

FOR SALE

POOL TABLE: Cherry wood with red velvet top. Claw legs. \$200. Contact 703-307-5796 for more information.

T.V. ARMOIRE: Cherry wood. Really nice piece with drawers for storage. \$350. 703-307-5796.

DESK: Black with glass top. \$175. 703-307-5796.

WURLITZER CONSOLE PIANO: French provincial style with cherry finish. Excellent condition, serviced every 6 months. 40" tall. Appraised \$1800. Sell for \$1200 (recently upgraded to grand piano). Contact 703-729-0501 or JanChase3@comcast.net.

INSTRUCTION

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

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

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

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

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

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

ART OF LIVING: Yoga and Meditation course with "Sudarshana Kriya" A tool to minimize stress practiced by 4 million worldwide. 10/23/09 to 10/27/09. Please call: 703-723-8181 or email:

ashburn@us.artofliving.org. Free introductory session: 10/08/09 at the Broadlands Community Center. 7-8:30pm. RSVP: 703-568-5858.

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

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

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

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

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

MARKETPLACE

WORLD FAMOUS SHAHNAZ HUSSEIN GEM FACIAL PACKS: Excess inventory! Fresh stock. Selling at cost!!! Please visit http://www.shahnaz.in/product_gemtherapy.asp. Selling 4 pack containing scrub, lotion, cream and face pack for \$50. Emerald, Topaz, Sapphire and Ruby. Please call 703-579-1323 or email: sujataraj@gmail.com.

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

JEWELRY EVENTS: The High Fashion Jewelry Business is booming! Come for our monthly area "Diamonds and Dinner" event and hang out with women already experiencing the rewards of our own part-time business. Complimentary accessory based gifts for all who attend! Call Margot Olenik at (703)-475-0589 for dates.

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PERFORMING ARTS

SHOWCASE TALENT AUDITIONS: Your child got TALENT? 10-25 performers will be selected by audition to showcase their talent through solos, duets, and group numbers! If you love American Idol & America's Got Talent, then here is your chance for discovery! Visit www.lopezstudios.org for details.

PERFORMING ARTS WINTER CAMP FOR AGES 5-9: Need care during Christmas Break? Our Winter Break Camp will provide a full day of fun performing arts activities from singing, movement, acting, crafts, instruments, drama, and even Karaoke! Visit www.lopezstudios.org for details!

BILLY ELLIOT BROADWAY TRIP: Join us for an amazing trip to Broadway to see the award winning "Billy Elliot"! Our trip is scheduled for March 13th 2010! Only \$50 per person required to register and reserve your space! Visit us at www.lopezstudios.org for detailed information and to register for the trip!

THE "NUTCRACKER IN A SHELL-ALL JAZZED UP!": Shortened version of the classic production, includes jazz, tap, modern and hip hop with ballet performed by mostly children. Entertaining for all ages! Pricing: Adults \$12, Children \$8, children 2 & under on adult lap are free! Performance dates: Sat. Nov. 21 and Sun. Nov. 22, both at 3:00. Location: Broad Run High School, Ashburn. Visit www.cdcdance.com or www.IPAYouth.org or Creative Dance Center at 703-724-4900.

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

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

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\$ 7.00/Business Ad*;

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\$14.00/Business Ad*;

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Payment: Check to "Broadlands Association"

Send To: Broadlands Association

ATTN: Stassa Collins

21907 Claiborne Parkway

Ashburn, VA 20148, 703-729-9704,

scollins@broadlandshoa.com

Broadlands Committees and Events



November Activities

Date Activity

- 4th 3:30p.m. Roots & Shoots Nature Club(NC)
- 7th Nature Center Open: 10:00a.m. - 2:00p.m.
- 10th 5:30p.m. Board of Directors Meeting(NC)
- 11th 1:30p.m. Animal Science for Preschoolers: Fireball the Newt(NC)
3:30p.m. Roots & Shoots Nature Club(NC)
7:30p.m. Tech Committee Meeting(NC)
- 13th 10:30a.m. Our Agricultural Cycle: Thanksgiving, Our Harvest Festival(NC)
- 14th Nature Center Open: 10:00a.m. - 2:00p.m.
- 18th 10:30a.m. Newts for 2's and 3's(NC)
3:30p.m. Roots & Shoots Nature Club(NC)
7:00p.m. Modifications Subcommittee Meeting(NC)
- 19th 8:00p.m. Investment Club(CC)
- 20th 10:00a.m. Broadlands Mom's Club(CC)
- 21st Nature Center Open: 10:00a.m. - 2:00p.m.
11:00a.m. Saturday Program - Thanksgiving Theme(NC)
- 25th 3:30p.m. Roots & Shoots Nature Club(NC)
7:30p.m. Book Club(NC)

Committees

Broadlands Live! Summer Concert Committee

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

Community Events Committee

Committee Chair: Tammy Wells, tammy@jwells.us

Community Wildlife Habitat Committee

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

Neighborhood Watch Committee

Chair: Staci Kapinos, ssdkapinos@yahoo.com

Open Spaces Committee - Volunteers Needed

Recreation Committee

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

Swim Team

Website: www.broadlandsswimteam.org

Technology Committee (broadlandshoa.org)

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

Webmaster: webmaster@broadlandshoa.org



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