

July 2017

BROADLANDS

Our Neck of the Woods

Broadlands Community News | July 2017

Happy Birthday, America!

The Nature Center and HOA Offices will be closed on Monday, July 3rd and Tuesday, July 4th for Independence Day. Trash and lawn clippings will be collected on a regular schedule.

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Saturday, July 15th

Live Music • 9:30am - 11am

Open House • 11am - 1pm

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JULY 2017



Happy Independence Day, Broadlands!

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July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Modification Subcommittee Submissions Due 12:00pm - NC		1 Nature Center Open 10:00am - 2:00pm Stars & Stripes Pool Party 5:00pm-SW
2	3 Nature Center and HOA Offices Closed for Independence Day 	4 Nature Center and HOA Offices Closed for Independence Day 	5 Modification Subcommittee Meeting 7:00pm - NC	6	7	8 Potions Master Class 12:30pm - NC
9	10 Newsletter Submissions Due by Noon	11 BOD Meeting 6:00pm - CH	12	13 Modification Subcommittee Submissions Due 12:00pm - NC Float Night 5:00pm - SW	14 Broadlands Live! 5:00pm - HP	15 Nature Center Open 10:00am - 2:00pm Flicks in the Sticks 8:40pm - NC Lawn
16	17	18	19 Modification Subcommittee Meeting 7:00pm - NC Tech Comm Meeting 7:30pm - NC	20	21	22
23 30	24 31	25	26	27 Modification Subcommittee Submissions Due 12:00pm - NC Float Night 5:00pm - SW	28	29

Key: CH= Clubhouse; CC=Community Center; HP=Hillside Park; NC=Nature Center; SW=Southern Walk Pool

BROADLANDS COMMUNITY INFORMATION

BROADLANDS ASSOCIATION BOARD OF DIRECTORS MEETING

Tuesday, July 11th - 6:00pm

*The Clubhouse
43360 Rickenbacker Square*

Board of Directors Meetings

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

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

BOARD MEETING HIGHLIGHTS

The following actions were taken by the Board of Directors at their meeting held on May 16, 2017

- Approved minutes of April 18, 2017 meeting
- Discussed the 2017 swim team season with representatives from CSL
- Appointed officers to the following one year terms: Eric Bazerghi as President, David Baroody as Vice President, and Dawne Holz as Secretary/Treasurer
- Approved the Aquatics Facility Use Agreement for CSL and ODSL, as amended
- Reviewed and deferred a request from the Villages at Broadlands Condominium, at the request of the author
- Directed the Modifications Subcommittee to further review and develop guidelines regarding string lights
- Approved the renovation of the Community Center
- Approved the proposal from Care of Trees for tree surgery on an as needed basis
- Approved the proposal for financial management from FirstService Residential for the period January 1, 2018 – December 31, 2022
- Waived late fees relating to mowing charges on an account
- Write off a per-petition bankruptcy balance on an account

FROM THE EDITOR...

Our own Sarah Gerstein recently joined the elite group of community association managers who have earned the Large-Scale Manager (LSM) designation from Community Associations Institute (CAI). Sarah is only the 99th manager worldwide to have earned this specialized level of professional recognition in the community association field.

CAI is an international organization dedicated to fostering vibrant, responsive, competent community associations. Some 57 million Americans live in the nation's estimated 286,000 association-governed communities, overseen by an estimated 55,000 managers.

To earn the LSM designation, managers must have a minimum of 10 years of experience in community association management and complete more than 200 hours of coursework. They must also have earned the industry's highest designation, that of Professional Community Association Manager, and must have a minimum of five years of comprehensive experience in financial, administrative, and facilities management of a large scale community. Continuing education and adherence to a code of ethics are also required.

CAI and its more than 63 international chapters work on behalf of the professionals and volunteers engaged in the management and governance of homeowner and condominium associations, cooperatives, and other planned communities. CAI's more than 34,000 members include community association volunteer leaders, managers, management companies, and business that provide products and services to these communities, such as attorneys, accountants, landscapers, plumbers, painters, and security, just to name a few.

Sarah will be inducted at the 2018 CAI Annual Conference, which will be held in Washington, DC. Sarah will be attending the conference as the President of the host chapter, the Washington Metropolitan Chapter of CAI (WMCCAI). WMCCAI is CAI's largest chapter with over 3,000 members from the DC metro area. Sarah has served on the Board since 2011 and has held the offices of Secretary, Treasurer, Vice President, and is currently President Elect.

More information is available at caionline.org and caidc.org.

MODIFICATIONS & COMMUNITY INFORMATION

MODIFICATIONS SUBCOMMITTEE

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

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

Please review these guidelines and the updated changes on our website. Visit broadlandshoa.org/for-residents/designguidelines/ for complete guidelines and information required to be submitted with your application, as failure to include all information will delay review of your application. A response to your application is generally sent within one week of the meeting.

DESIGN GUIDELINES UPDATE HOUSE NUMBERS & MAILBOXES

Before you make any modification change or addition to the exterior of your home, an application is required for the Modifications Subcommittee to review.

It is important to have your property identified for mail delivery and emergency vehicle purposes.

Generally, no application is required for house numbers that are similar in style, size and color as the original builder number. If there is a variance from the original builder numbers then an application is required. Please refer to the design guidelines for **House Numbers**. For more details and submission requirements: broadlandshoa.org/for-residents/design-guidelines/ and click on "030_House Numbers" under the Type of Modifications section.

House/Unit numbers on a curbside mailbox are encouraged. For more details and submission requirements: broadlandshoa.org/for-residents/design-guidelines/ and click on "033_Mailboxes" under the Type of Modifications section.

HOW AM I NOTIFIED OF MY RESULTS?

The Modifications Subcommittee is using new software to process applications in order to increase efficiency and provide quicker response time to residents regarding the status of their modification applications. Once the Subcommittee has reached a decision, the results letter will be delivered via email. If an email is not provided, then the results letter will be mailed. There have been reports that some emails are being delivered to residents' junk/spam folder. Therefore, please check your inbox and junk/spam folders for your results letter or contact the HOA office at 703-729-9704.

Emails will be sent from no-reply@smartwebs365.com should you wish to add this email address to your contact list to ensure prompt delivery. **BEGINNING IN AUGUST 2017, PLEASE BE AWARE THE DEADLINE FOR APPLICATION SUBMISSION REQUIREMENTS WILL BE CHANGED TO NOON ON WEDNESDAYS BEFORE THE SUBCOMMITTEE MEETINGS. This deadline change will provide staff and subcommittee volunteers adequate time to process and review applications in advance of scheduled meetings.** Please refer to the meeting dates and their submission requirement deadlines below:

Modifications Subcommittee Submission and Meeting Dates

Submission Date	Meeting Date
June 29th	July 5th
July 13th	July 19th
July 26th	Aug. 2nd
Aug. 9th	Aug. 16th
Aug. 30th	Sept. 6th
Sept. 13th	Sept. 20th
Sept. 27th	Oct. 4th
Oct. 11th	Oct. 18th
Nov. 8th	Nov. 15th
Dec. 13th	Dec. 20th

BROADLANDS COMMUNITY INFORMATION

SAVE YOURSELF TIME, MONEY AND AGGRAVATION

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

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

Please consult the Design Guidelines on the website for detailed information. Submit a complete application package in order to obtain approval prior to beginning any work. The Design Guidelines provide a framework to maintain design quality throughout the community, to promote sensitivity for the natural environment and to encourage consistency of design while allowing flexibility for achieving design solutions.

If you have any questions about architectural modifications, please contact Robin Crews, Secretary to the Modifications Subcommittee, at 703-729-9704 or rcrews@broadlandshoa.com.

ARE YOU SELLING YOUR HOME?

By ensuring you have approved applications for all exterior changes or additions made on your property before listing your home, save yourself some stress. Walk around your home and look for any maintenance violations such as siding repair, exterior trim maintenance, fence/deck repair, any staining touch up, or roof repair. Refer to your property plat to locate your property lines because you may have accidentally placed something in the common area that will need to be removed before settlement.

When you sell your home you are required to request a resale disclosure package for the buyer. Once the request has been executed it notifies the HOA to come to your property to perform a resale inspection. The inspectors will look for any structures that have not been approved by the Modifications Subcommittee, structures that are not in compliance, and for maintenance violations. The results of the resale inspection are embedded in the resale disclosure package that is provided for the buyer. It is the owner's responsibility to rectify all violations found on the property before settlement of the home. If the violations are not rectified before settlement then, the new owner will be responsible.

There are submission procedures on the HOA website, broadlandshoa.org, to help guide you through the application process. Please refer to the online Design Guidelines for detailed information.

The Design Guidelines provide a framework to maintain design quality and encourage consistency throughout the community. If you have any questions about architectural modifications or questions about your resale inspection results, please contact Robin Crews, Secretary to the Modifications Subcommittee, at 703-729-9704 or rcrews@broadlandshoa.com.

DON'T PLAY IN THE STREETS - STREET PLAY IS NOT LEGAL OR SAFE!

The public roadways are *NOT* playgrounds for kids to play in. It is not only illegal, but unsafe. Not all drivers slow down in neighborhood streets and some can get distracted.

Please keep your kids safe by having them play somewhere other than the streets.

IN CASE YOU NEED A HAND...

BROADLANDS ASSOCIATION, INC.

21907 Claiborne Parkway
Broadlands, Virginia 20148
Main: 703-729-9704 Fax: 703-729-9733
broadlandshoa.org • info@broadlandshoa.com
HOA Office Hours: Monday – Friday, 9:00am to 5:00pm
Nature Center Hours: First three Saturdays, 10:00am to 2:00pm

ASSESSMENT INFORMATION OFFICE

FirstService Residential: Payments and Resale Docs
Main: 703-679-1541 Fax: 703-591-5785
fsresidential.com • customerservice.dcmetro@fsresidential.com

Mail Payments To:

FirstService Residential
P.O. Box 11983
Newark, NJ 07101-4983

BROADLANDS ASSOCIATION STAFF

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Covenants

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Stassa Collins • scollins@broadlandshoa.com

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Julie Holstein • julie@broadlandshoa.com

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Maureen Trahon • maureen@broadlandshoa.com

Naturalist

Erin Fairlight • naturalist@broadlandshoa.com

BOARD OF DIRECTORS

President

Eric Bazerghi • eric@thehouse.net 703-623-1509

Vice President

David Baroody • dm.cmb@outlook.com 703-729-6785

Secretary/Treasurer

Dawne Holz • deholz@icloud.com 703-349-1095

Directors

Denise Harrover • 703-425-2600

Cliff Keirce • 703-729-7320

Tania Marceau • 571-331-4381

Todd Parsons • 703-936-9309

Joseph T. Wagner • 571-333-0821

COMMITTEES

Broadlands Live Concerts: Angela Rabena •

broadlandslive@broadlandshoa.com

Community Wildlife Habitat:

Oya Simpson • osimpson@broadlandsnaturally.org 703-725-8040*

Events: events@broadlandshoa.com

Swim Team: broadlandsswimteam.org

Technology: Dawne Holz • deholz@icloud.com*

Tennis: Brad Marcus • bradmarcus@gmail.com

Webmaster: webmaster@broadlandshoa.org

*Please look under Clubs and Groups for more information

NON-EMERGENCY

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

BROADLANDS COMMUNITY

Mailbox (Main Street Mailboxes) 1-703-753-5521

Snow Removal:

VDOT Streets..... 703-383-8368

HOA Streets..... 703-729-9704

Trash Pickup (Patriot Disposal) 1-703-257-7100

Southern Walk Association – OpenBand:

Billing – Traci Tranquilli, FirstService Residential

traci.tranquilli@fsresidential.com 703-385-1133

OpenBand Customer Service 24x7 866-673-6226

OpenBand Trouble Tickets..... 703-961-1110

Towing (Battlefield Towing)..... 703-378-0059

PUBLIC INFORMATION

Animal Control/Shelter 703-777-0406

Building Permits & Dev..... 703-777-0397

County Landfill 703-771-5500

DMV (VA) 800-435-5137

DISH 888-656-2461

DirectTV 800-531-5000

Health Department..... 703-777-0236

Library (Ashburn) 703-737-8100

Loudoun Ride On 703-777-2708

Loudoun Hospital 703-858-6000

Miss Utility 800-552-7001

Metro 202-637-7000

Parks and Recreation 703-777-0343

Ridesharing..... 703-771-5665

Road Conditions..... 800-367-7623

School Board 571-252-1000

Street Signs/Storm Drains 703-771-5666

VDOT..... 703-383-8368

Van Metre Homes 703-348-5800

Verizon Fios..... 888-553-1555

Xfinity/Comcast 800-934-6489

Wildlife Hotline (local)..... 703-440-0800

SCHOOLS - BROADLANDS

Briar Woods High School 703-957-4400

Eagle Ridge Middle School..... 571-252-2140

Hillside Elementary School..... 571-252-2170

Mill Run Elementary School 571-252-2160

BROADLANDS COMMUNITY INFORMATION

OPEN BAND INFORMATION

***Southern Walk Residents:** Check your mail for information about changes to your Southern Walk assessment, progress being made to expand telecommunications options for the community, and answers to your Frequently Asked Questions.*

For questions regarding the amended budget or coupons or the association, please contact Traci Tranquilli the Senior Community Manager at FirstService Residential, (703) 385-1133 or Traci.Tranquilli@fsresidential.com.

For questions regarding OpenBand's services, please contact Open Band at (703) 961-1110 or their website:
<http://support.openband.net>.

SCOOP THE POOP...

Residents frequently express concern that not everyone is taking the time to pick up their pet's waste in the neighborhood. Please ensure that your family members realize how important it is to be a responsible pet owner:

- **Dog poop is not natural**, especially in the quantities that are generated by pets. It harms the environment and threatens public health.
- **Forgot your waste bag?** No worries! The Broadlands HOA has more mutt mitt stations to offer residents than any other surrounding community.
- **Don't want to carry it with you?** No problem, most of our mutt mitt stations have trash cans attached.
- **Even if your dog poops in the woods, you still need to clean it up.** Unless your dog goes poop deep into the woods, clean it up. Not only is it unsightly, someone can step in it.

It's the law! Not only is it a violation of the Association Declaration, Article 8, Section 8.2(q) to not pick up your pet's waste, it is also a county ordinance violation. Please reference **Loudoun County Ordinance, Chapter 612.19, Section a (9) Dog waste.**

COVENANTS CORNER

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

During the month of June, the Inspectors will be focusing on **lawns in need of weeding**. Lot owners and residents are required to **keep their properties free of excessive weeds, overgrown or unsightly shrubbery or other plant growth**, with detailed guidelines outlined in the Procedures and Standards Relating to Yard and Lawn Maintenance (see For Homeowners>Rules and Regulations on the website). This resolution was adopted by the Board of Directors for the benefit and protection of all owners in order to ensure that all lot owners maintain their yards and lawns in a neat and orderly condition.

Lawn maintenance violations include:

- **Excessive weeds, overgrown or unsightly shrubbery or other plant growth in turf areas and mulch beds**
- **Dead plants and shrubs**
- **Trees that overhang the sidewalk; these should be trimmed to provide a minimum height of eight (8) feet, measured above the sidewalk level, free of obstruction**
- **Grass height shall not exceed (6) inches**

If these conditions are noted, a Warning and Hearing Opportunity letter will be issued to the property owner, providing **ten** days to correct the issue. If the violation is not corrected within ten days and a Hearing is not requested, the HOA or its contractor will enter the lot and correct the violation, and the resulting repair costs as well as an administrative fee will be charged back to the owners' account.

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

Covenant Inspectors regularly canvass our neighborhood to help preserve the property values for home ownership, to promote community harmony and to ensure the high standards of living that our residents have come to expect are maintained.

Throughout the year, the Covenants Inspectors routinely inspect homes for a variety of issues ranging from trash containers in open view, parking issues, architectural modifications, and leftover holiday décor. In addition, certain seasons dictate the need to focus on particular inspections where violations may occur with high frequency.

BROADLANDS & COMMUNITY INFORMATION

LET'S KEEP BROADLANDS TIDY

Please remember to secure your trash and recycling to prevent loose pieces from littering our neighborhood.

Trash and recycling containers should not be placed at the curb prior to 6:00pm the night before pick up. Newspapers delivered to your driveway should be removed as promptly as possible to prevent an unsightly mess.

WANT TO JOIN THE PARADE?

Decorate your bikes, strollers, and yourself and come out and be part of the parade. Starting at Hillside Park, the parade will walk, ride and stroll to the Stars & Stripes Pool Party at Southern Walk Pool. Meet at 4:00pm at Hillside Park to assemble.

EAGLE RIDGE MIDDLE SCHOOL'S DAY OF SERVICE

On June 8th, a few 8th grade students from ERMS came to the Nature Center during their day of service to give back to our community. Students cleaned the outside patio area, swept out the trash enclosures, tidied up the books in the library, and even washed out the tanks so our turtles have a clean and fresh environment to live in! THANK YOU to the students who helped beautify our Nature Center!

GO GREEN AND OPT OUT

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

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



Join us for another night of family entertainment as we take in another great Disney film. This month we cruise along with Dory on her quest to find her parents. Bring the kids and a blanket and stake out your place on the Nature Center lawn for an evening under the stars. Lawn chairs* and coolers are welcome. Popcorn and drinks are provided.

Movies begin around sundown - the times listed are approximate. In the event of inclement weather, check the HOA website to see if the movie is cancelled or rescheduled.

Rated PG, 97 minutes. Parental guidance information is available on the website.

Saturday, July 15, 8:40 pm

Finding Dory

*We request that lawn chairs keep to the sides as to not block the view down the center.

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

BROADLANDS & COMMUNITY INFORMATION

CRAFTS FAIR COMING TO BROADLANDS!

Broadlands first ever Craft Fair is scheduled to be held at the Southern Walk Pool Parking Lot on **Saturday, September 23, 2017**. We are looking for crafters and vendors to showcase their wares. Do you make art, knit, paint, bake, bead, woodwork, or have another unique hobby with products that people want? Then the craft fair wants you!

Please RSVP for your space by August 1st. The space rental fee is \$25.00 and will be collected after August 1st. Please contact Erin Steverson, erins1822@gmail.com for more information!

BUY AND SELL AT THE FALL YARD SALE

One person's junk is another's treasure.

Come shop and sell at the Broadlands fall Community Yard Sale on Saturday, September 23rd, 8:00am – 2:00pm, rain or shine, at private residences throughout the Broadlands neighborhood.

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

Check out the list of participants to see what's for sale and view the community map to find each unit at broadlandshoa.org/yardsale.

Please think about going "green" by bringing along a reusable shopping bag for your purchases.

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

AUGUST EVENTS COMMITTEE MEETING

**Tuesday, August 29th
6:30pm at the Clubhouse
43360 Rickenbacker Square**

We are planning the rest of the events we have planned this year and have lots of volunteer spots to fill!

The Committee is made up of a great group of volunteers who generously donate their time with creativity and enthusiasm to make our events happen. For more information, email events@broadlandshoa.com.

BROADLANDS POOCH POOL PARTY IS RIGHT AROUND THE CORNER!

**Saturday, September 9th, 2017
10:00am - 2:00pm
Summerbrooke Pool
21580 Demott Drive**

Close out the summer swim season with a unique socialization and exercise activity for your dog!

Time Slots:

10:00am-10:50am

11:00am-11:50am

12:00pm-12:50pm

1:00pm-1:50pm

Four fifty (50) minute time slots.

Cost:

\$3.00 per dog per time slot. You can sign your dog up for one, two, three, or four....it's up to you!

If you'd like your best furry pal to participate, make sure that he or she is:

- at least 6 months old
- spayed or neutered
- friendly and used to group play
- physically fit for swimming and playing
- capable of safely exiting a swimming pool

And be ready to have fun! This pool paw-ty should be a barking good time!

Owners must sign a liability waiver and bring proof of current rabies vaccination.

To ensure your pup's safety, we'll have a lifeguard on duty. Veterinary staff from Stream Valley Veterinary Hospital will be on site for the entire event, and all proceeds from the pool party go to charity.

No kids under 18 allowed in the pool.

PETS, PETS AND MORE PETS

Broadlands is proud to be a pet friendly community, and we're happy that four-legged family members are part of our community. Many residents get endless joy from their four legged counterparts. Hard as it may be to believe, your furry friend may become your neighbors' enemy if you don't take steps to ensure that their habits don't have a negative impact on others. It's important that these pets don't create an unpleasant environment for everyone else. To avoid unnecessary disputes and potential rule violations, here are some recommendations to ensure your furry friends continue to be a welcome addition to the neighborhood.

Stop That Barking!

The HOA receives numerous complaints throughout the year that residents allow their canines to bark incessantly. Pets will be noisy from time to time. However, when loud barking becomes an annoyance, it's time to help your pet become less talkative. First, try to find out what causes your pets to get vocal: Do they get noisy when they've been alone and bored all day and need some playtime? Have they gone through a stressful change in environment recently? Are they suffering from health issues? Do they simply like saying "hello" to every squirrel, person or car that passes by? When you've identified the cause, take remedial actions such as confining them to an area where they feel calm while you're away, removing or blocking as many stimuli as possible, exercising them more and spending more time with them. You can also take them to a professional or search online for tips on how to train your pets not to get too noisy. Here are some additional ways to help abate the barking nuisance:

- *Training.* Always the first recommendation for any behavioral problem! Help is as close as the internet. Training not only helps your dog, you'll be surprised how much it helps you, too. You may get some insight into *why* your dog barks so much, or what it is trying to communicate.
- *Citronella collars.* A humane alternative to the electric-shock, anti-barking collar

and costs about the same. Available on the web and in pet stores.

- *Confinement.* Sometimes simply bringing an outspoken dog indoors or confining it to a crate can cut down on the disturbance to neighbors.
- *Reduce stimulus.* Close drapes to help muffle street noise, or leave a radio on to mask it. Disconnect telephones and doorbells before leaving your home if they upset your dog or make it bark.
- *Companionship.* Dogs are pack animals; they need companionship—a cat, bird, or another dog. Consider a mid-day visit from a pet-sitting service, or drop your pooch off at a friend's place or a day-care facility once or twice a week.

Scoop The Poop!

American pet owners collectively spend tens of millions of dollars every year on veterinary care and over-the-counter medicines for their furry loved ones. But what many don't realize is that many pet illnesses can be avoided by simply keeping the back yard clear of pet waste.

Dog waste is more than just a smelly and unsightly mess. It's also a breeding ground for infection—especially in dog parks and other areas where dogs frequently gather. Bacteria, worms and other parasites thrive in the waste until it's cleaned up or washed into the water supply. Giardia, ringworm, roundworm and E. coli are examples of such inhabitants, all of which are commonly found in dog feces and are easily transferable upon contact.

When pets become sick, contagions are often times passed through their deposits into their own yard. The longer infected dog waste stays on the ground, the greater a contamination becomes. And when this waste is not picked up, pets have a high risk of catching the infection over and over again. Roundworm, for example, is one of the most common parasites found in dog waste and it can remain infectious in contaminated soil and water for years.

The best thing pet owners can do to help keep their four-legged friends healthy and safe is to pick up after them and to do

so in a timely manner. Those who don't have enough time to deal with the mess themselves—or simply don't want to—should consider hiring a local pet waste removal service.

Some neighbors don't want your dogs on their property *even if* you are a diligent pooper scooper. Be mindful of your neighbor's property and try to keep your dog off it when possible. Urine can be difficult to clean up and can cause yellow spots on turf.

Love 'Em and Leash 'Em!

According to the U.S. Humane Society, an unleashed dog has an average life span of less than four years. Allowing your dog to run free is not only against the law, but it also threatens your dog's health and welfare and the happiness it brings to you. Your neighbors likely don't like to call animal control, but they won't have any choice if your dog is running free. Dogs can unexpectedly dart into oncoming traffic and I've witnessed the very unfortunate premature demise of a dog being hit by a car here in Broadlands.

Additionally, loose dogs can be a danger to other dogs. Perhaps your dog is always friendly and approaches another (leashed dog) to say hello. If the other dog is not comfortable having their space invaded, they may become aggressive as your loose dog gets too close to them, causing a dangerous situation for the dogs and their handlers. Or maybe your dog is out enjoying a stroll on the path with you without a leash (or with one that is unattached to a human) and a person approaches from the other direction. You and your dog have no idea, but this person is terrified of canines. Your dog goes up for a friendly greeting and the person is crippled with fear.

We hope you and Fido have a safe and enjoyable summer, and that your neighbors are able to enjoy the community as well without interference or irritation from your fur bab

Potions Master Class

Saturday, July 8th

12:30—2:00 at the Nature Center

Learn how to concoct potions with the Naturalist

We'll be making suntan lotion, sunburn cream, all-purpose cleaner, shampoo, deodorant, and as always butterbeer for all.

\$15.00 per participant.

To sign up visit: broadlandshoa.org/events/potionsmaster

No Refunds

Ages 8+ are welcomed, but adults are recommended to attend. Hot pots, tiny glass vials, and other devices of lovely witchcraftery will be present, you know your kids' limits, please don't send muggles who will leave the Nature Center looking like it went through the Battle of Hogwarts. All will take home their own concoctions & recipes.





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FROM THE NATURALIST

REGROWING WILD COMMON AREAS

Often times, being a naturalist in a suburban community is frustrating. There are thousands of us here in Broadlands and that population density means that there are many who are going to make un-thoughtful decisions in regards to nature. And, even those who love the great outdoors and its inhabitants are still driving cars that leak into the waterways and eating food that is shipped across the nation using all sorts of fuels. It's just the era that we live in. So when I actually get the chance to celebrate a choice that is being made in our community that is fantastic for the great wild yonder, I get a little thrilled.

Heritage Landscaping Service together with the Broadlands HOA board has located numerous areas in Broadlands that will be re-wilded. These are areas that have been mowed and sometimes chemically treated in the past, but now they will be allowed to grow to full height allowing grasses and wildflowers to seed. This is a win for the pollinators and birds and all of the creeping things. It's also a win as a community. From Scientific American, "Across the country, native pollinators have been dying for many years, primarily because we have replaced so much of their once diverse natural habitat with vast swaths of monoculture: acres and acres of a single crop, many of which—corn and wheat, for instance—are poor sources of the pollen and nectar insects eat. Likewise. . . weed-free flowerless grass lawns are monoculture in microcosm; they, too, are wastelands for pollinators, offering no nourishment of any kind. We associate a lush green lawn with vitality, but in many ways a grass lawn is the most sterile part of a garden."

So I'm sending a virtual and newslettered high-five for the thoughtfulness of our community leaders in reclaiming some of the outdoors to actually fulfill its purpose in being part of something bigger and nourishing the creatures that in turn make our food growing possible.

citation: <https://blogs.scientificamerican.com/brainwaves/outgrowing-the-traditional-grass-lawn/>

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12/3/16-1/3/17

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43111 Hunters Green Sq	\$394,900	\$397,000	\$10,000	34
21407 Falling Rock Ter	\$399,900	\$390,000	\$1,500	73
43109 Forest Edge Sq	\$459,900	\$439,000	\$0	88

Single Family Homes

21594 Awbrey Pl	\$615,000	\$610,000	\$1,000	22
21305 Hidden Pond Pl	\$635,000	\$640,500	\$0	14
21859 Engleside Pl	\$889,900	\$880,000	\$950	11

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IN SEASON SALSA...

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PEACH SALSA RECIPE

Prep time: 20 minutes

1 lb. tomatoes, diced

1 bell pepper (4 oz), seeded and finely diced

2 jalapenos, seeded and finely diced

1 medium onion, finely diced

1 ½ lbs. peaches, diced

½ bunch cilantro, chopped

2 Tbsp. lime juice

1 ½ tsp salt, or to taste

¼ tsp freshly ground black pepper or to taste

Chop tomatoes and transfer them to a large bowl. Finely chop seeded bell pepper and jalapeños. Finely chop onion and transfer all your veggies to the bowl. Dice the peaches. I liked the slightly larger dice for peaches to give them more of the center stage in this salsa. No need to peel them. You won't notice the peels and the color is prettier with the peel on.

Transfer peaches to your bowl. Add ½ bunch chopped cilantro, 2 Tbsp. lime juice, 1 ½ tsp salt and ¼ tsp pepper. Add more salt and pepper to taste if desired. Fold everything together until well mixed and enjoy! Serving: 6-8 Natashakitchen.com



FRESH KIWI MANGO STRAWBERRY SALSA

Prep time: 15 minutes

4 Kiwi fruit, peeled and diced

8 large strawberries, topped and diced

1 large mango, peeled and diced

¼ cup sweet onion, diced

1 large jalapeno, seeded and minced

¼ cup cilantro and mint, chopped

Juice of one lime

1 Tbsp. olive oil

In a large bowl, add all the ingredients and toss gently. Salt and pepper to taste. Serving immediately is best.

Noshingwiththelands.com

TOMATO, CORN AND AVOCADO SALSA

Prep time: 30 minutes

1 (11 ounce) can whole kernel corn, drained

1 (4 ounce) can sliced black olives, drained

1 1/2 cups diced roma tomatoes

3/4 cup diced red onion

1 red bell pepper, seeded and diced

1 1/2 teaspoons minced jalapeno pepper

1 avocados - peeled, pitted and diced

2 Tbsp. olive oil

2 Tbsp. fresh lime juice

1 teaspoon salt

Mix together corn, olives, tomatoes, onion, red pepper, and jalapeno pepper in a large bowl. Gently fold in diced avocado, olive oil, lime juice, and salt. Allrecipes.com



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May 12

Bluegrass, Blues & Rock

5:00: The Great Zucchini

6:00: Kelly Neff

7:30: Chris Henry & The Hard Core Grass

June 09

Folk, Rock & 60s Pop

5:00: Nowhere Men

6:00: Sunny & The Bee

7:30: Throwing Plates

July 14

Rock & Roll, Hits Past & Present

5:00: Drew Blue Shoes, Ella Levri-
Touching Heart contest winner

6:00: 8 Track Jones

7:30: JunkFood

August 11

Alternative Rock & Top 40 Hits

5:00: Tracey Eldridge Music, Will
Saltzman-Blend Coffee contest winner

6:00: QOK

7:30: For The Win

BYOB, but please leave the glass bottles and drinkware at home. All alcohol must be consumed in the beer garden.

Whether you are 21 or 81, you must show ID for a wristband, no exceptions.

Don't forget your blankets & folding chairs to enjoy a fantastic evening of music, food and fun!

No Pets Allowed

No Soliciting

Follow Broadlands Live! on Facebook for your chance to win an amazing gift bag prize generously filled by local businesses.

Visit Facebook/broadlandslive and Broadlandslive.com for details & updates!

Broadlands Live! continues to entertain Broadlands for the 14th season on July 14th. The sun is hot and so is this show! Continue to celebrate summer in our very own natural amphitheater setting. We start the evening off at 5 pm with Drew Blue Shoes Magic. Come be amazed by the talents of this local performer. Elli Levri, Touching Heart contest winner will make a guest appearance between acts. At 6 pm, 8 Track Jones will kick the night into gear with a mix of old and new favorites. JunkFood, our local artists, finish the evening off right with rock favorites. Come ready to picnic with food available for purchase from neighborhood favorites Parallel Wine and Whisky Bar's food truck, Domino's Pizza and North Shore Shave Ice. Your own personal picnic is allowed but our vendors make your evening that much easier.

Special thanks to Cafe Opera, Fitness Equation, Marti Austin Photography, MPowerD Massage, Native Barre, Norman's Popcorn, Painting With a Twist, Papa Johns, Potomac River Running, Pure Barre, The All American Steakhouse, The Fitness Equation, The Zone and Woofies Pet Sitters and Dog Walkers for their generous offerings. Please patronize these businesses and our generous sponsors, Broadlands Family Practice, Van Metre, Griffin Owens, Minnieland, Heritage Landscape Services, Wegmans, and Stream Valley Veterinary Hospital and Topkick Martial Arts Center, as they make this FREE event happen. Come enjoy Broadlands Live!

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SATURDAY, JULY 1ST

5:00 PM - 11:00 PM

SOUTHERN WALK POOL



BWHS SWIM TEAM TO HOST THE

STARS & STRIPES HOLIDAY POOL PARTY

Danny DJ will provide music and entertainment and we'll show a Dive In Movie, Captain America: Civil War, rated PG-13 at 8:30 pm.

Food & drinks for sale during the event.

Floatation devices provided on a first come first served basis.

Free event for Broadlands pool members & their guests.

Valid pool pass is required for entry.

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THURSDAY, JULY 13TH

THURSDAY, JULY 27TH

THIS EVENT IS OPEN TO BROADLANDS POOL MEMBERS AND THEIR GUESTS.

FLOAT NIGHT

SOUTHERN WALK POOL

*FLOATATION DEVICES PROVIDED FOR USE AND ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS



≈ DANNY DJ ≈

WILL BE ON DECK FOR MUSIC AND ENTERTAINMENT

SOUTHERN WALK POOL 5PM-9PM

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IN THE GARDEN

Pruning Tips for the Home Gardener

By Nancy Caldwell, Loudoun County Extension Master Gardener



Arrowwood Viburnum in need of pruning this June due to dead or dying limbs

When to prune, what to prune, how to prune... it can all be a bit daunting for the home gardener. Depending on the plant, improper pruning can lead to winter damage or eliminate next year's blooms. To help clear up the confusion, here are a few guidelines to keep in mind.

At a minimum, remember the 3D's, and remove diseased, damaged or dead wood as soon as you see it. Throughout the growing season, be sure to take out all suckers or "water sprouts" that shoot up around the base of tree trunks. Vertical shoots, the ones that grow at a 90 degree angle from tree branches, can also be taken out.

One of the top questions heard by Master Gardeners is "why didn't my lilac (or hydrangea or clematis) bloom?" Often the answer is improper pruning. For flowering trees and shrubs, timing is

everything. Early spring bloomers, such as forsythia and lilacs, flower on old wood, which means they should only be pruned right after flowering. Do it any later and risk cutting off next year's buds. In general, avoid pruning spring blooming trees and shrubs more than a month after they finish blooming. Roses may be cut back in early spring and again in the fall. The popular Knock-out variety roses need little else, but can be pruned for shape any time during the growing season.

Hydrangeas can be a bit trickier, since different types (or species) have different needs, and it's important to know what kind you're growing. The big blue mophead hydrangeas (*Hydrangea macrophylla*) can be pruned in summer right after they finish blooming. Cut the oldest stems to the ground to make way for new ones. Panicle hydrangeas (*H. paniculata*), like the cultivar 'Pee

Gee', bloom on new wood. They should be pruned in spring just before new growth begins. Smooth leaf hydrangeas (*H. arborescens*), such as 'Annabelle', also bloom on new wood, and should be cut back to the ground in early spring. Finally, oakleaf hydrangeas (*H. quercifolia*) can be pruned right after flowering as needed.

For a detailed tree and shrub pruning calendar and the "Guide to Successful Pruning," go to the Virginia Tech website, www.pubs.ext.vt.edu and look for publication 430-462. Questions? Contact the VCE Master Gardeners Help Desk at 703-771-5150.



Arrowwood Viburnum growth after improper pruning

TIPS TO AVOID VACATION SCAMS

APPLE FCU'S TOP TIPS FOR HELPING VACATIONERS PROTECT THEIR FINANCES WHILE TRAVELING

Millions of Americans are planning their summer vacations. To help travelers prepare and minimize their financial risk, Apple Federal Credit Union released its 2017 list of top tips to help consumers keep their finances safe while traveling.

“Planning and common sense can help make sure vacation fun doesn’t get derailed by criminals,” explains Larry Larsen, Director of Cyber Security at Apple Federal Credit Union. “We are constantly looking for new ways to protect our members’ information and assets. The balance is to protect them but not be invasive. For instance, Apple reissues Visa credit and debit cards at the first sign of fraud, rather than waiting for our members to discover and report the problem.”

Cybercrime is a growing problem. The 2017 Identity Fraud Study, released by Javelin Strategy & Research, found that a record high \$16 billion was stolen from 15.4 million U.S. consumers in 2016, compared with \$15.3 billion and 13.1 million victims a year earlier. In the past six years, identity thieves have stolen over \$107 billion. This increase was driven by growth in existing card-not-present fraud transactions, such as online shopping. To combat cyber criminals when traveling, vacationers are encouraged to keep these tips in mind.

1. **Alert Your Credit Union or Bank About Your Travel.** Providing a travel notification to the financial institution(s) that holds your credit and debit cards lets them know where you will be and for how long. This allows you to use these cards, including at ATMs, outside of your usual geographical location without setting off alarms and having your cards frozen.
2. **Download Your Credit Union’s or Bank’s Mobile App.** After you notify your institution about your travel, downloading their mobile app allows you to bank online or contact the financial institution should you need to. Check with your institution before traveling to make sure your destination country is not blocked on their firewall; many foreign countries have online risks associated with them. If your destination is blocked, your bank or credit union can help you plan accordingly.
3. **Do Not Use Public Wi-Fi.** Bad guys monitor public Wi-Fi hotspots in places people often use their cell phones for shopping, such as coffee shops, hotel lobbies, etc. **DON’T DO IT!** The exception is if you are using a secure one-time passcode, such as you get when you check into some hotels, which includes your name. You can also use your cellular connection on your phone. If you must use public Wi-Fi, do not log into any of your financial institutions’ mobile banking websites, or use your debit or credit cards for online purchases.
4. **Do Not Post on Social Media That You Are Going Away.** Posting your travel plans to share with friends on Facebook or tweeting your excitement as you board the cruise line is telling the bad guys you are away. Instead, wait until you return to share information about your trip.
5. **Use Card Valet to Turn Your Debit Card “On or Off.”** Card Valet is an app that allows you to set parameters on your debit card and turn it on or off instantly. It’s as simple as registering your debit card (if your financial institution offers it) and then setting parameters for purchases. You can set instant alerts for purchases based on preset spending limits and purchase location. Plus, you can receive an instant alert if a purchase has been denied.
6. **Consider Using Gift Cards When You Travel Instead of Taking Your Debit or Credit Cards.** Invest in gift cards for your travel, which you can pre-load before you go. These are not tied to your bank accounts so it limits your exposure. Just make sure that vendors at your destination accept the brand of gift cards (AmEx, MasterCard, etc.) you’ll be carrying.
7. **File Your Travel Itinerary with the State Department.** When traveling internationally, always file your itinerary with the U.S. State Department via their website, www.state.gov. They can provide invaluable assistance while you’re abroad.

To learn more, visit www.AppleFCU.org.

About Apple Federal Credit Union

As an organization, Apple FCU strives to improve lives and fulfill the dreams of our members. We believe this mission applies to the financial success of our members, as well as our efforts to increase opportunities for those within the community.

BROADLANDS 2017 POOL LOCATIONS, HOURS & RULES

Please do not forget to bring your Pool Pass ID. No one will be admitted to the pools without their pass. Pool hours are subject to change by the Board of Directors for special events, swim meets, swimming lessons and other community functions, or for maintenance and repairs as may be required from time to time. Please check the postings at each pool for any changes to hours of operation.

Summerbrooke Pool – 21580 Demott Drive – 703-724-9818

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

Southern Walk Pool – 43081 Village Drive – 571-223-1331

Standard pool hours will be 11:00 a.m. – 9:00 p.m. daily; August 1st to Labor Day: 11:00 a.m. – 8:00 p.m. daily

Community Pool – 43008 Waxpool Road – 703-724-7830

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

Lap Swim only at Community Center Pool: Tuesday, Wednesday & Thursday, 5:30am to 7:50am

POOL CLOSINGS / SPECIAL EVENTS & HOURS

Southern Walk Pool

Sat, Jul 1, Stars & Stripes Pool Party – Special Event, closes at 11 pm

Wed, Jul 12, ODSL Swim Meet – closes at 4 pm

Thurs, Jul 13, Float Night – Special Event, closes at 9 pm

Sat, Jul 22, ODSL End of Season Party, closes at 4 pm

Sat, Jul 27, Float Night – Special Event, closes at 9 pm

Sun, Jul 30, CSL End of Season Party, closes at 4pm

Community Center Pool

Wed, Jul 5, CSL Swim Meet – closes at 4 pm

BROADLANDS POOL GENERAL RULES

- Children under 13 years of age must be accompanied and supervised by an adult 18 years of age or over
- Children under 16 years must pass the Swim test to use the diving board and slide
- Guests must be accompanied by members with pool ID. Each member is limited to bringing 3 guests per visit. Members must use guest passes for each guest aged 5 and older.
- **NO** glass containers or breakable objects
- **NO** food or drink except in designated areas
- **NO** profane language
- **NO** pets
- **NO** alcohol or drugs
- **NO** smoking
- **NO** chewing gum
- **NO** running, pushing, dunking, wrestling or rough play
- **NO** general swimming in diving area
- **NO** water toys or other equipment unless authorized by pool manager
- **NO** play equipment or wheeled vehicles, except wheel chairs and strollers
- **NO** diving in shallow area
- **NO** tape players, CD players or radios unless waterproof and used with personal headphones
- **NO** flotation devices except water wings, U.S.C.G. approved life vests and U.S.C.G. approved swimwear flotation devices
- **NO DISPOSABLE DIAPERS.** Children not yet toilet trained must wear plastic pants or “Swimmies” (swim diaper) under their bathing suit
- Pool members are responsible for the conduct of their guests
- Adults are responsible for the safety and conduct of all children in their care
- Pool membership may be temporarily suspended or revoked for failing to comply with the pool rules
- Members and their guests using the pools do so at their own risk
- No lifeguards are on duty at the wading pools

**MEMBERS *MUST COMPLY* WITH ALL
LIFEGUARD INSTRUCTIONS**



Rules are subject to change. The complete text of the Broadlands Pool Rules is available at the Association Office or on the website Broadlandshoa.org.

IT'S POLO SEASON

Morven Park Announces Inaugural Season of Polo in the Park

Morven Park will launch its inaugural season of Polo in the Park this summer at the Moven Park International Equestrian Center. Starting on July 1, arena polo matches, picnicking and dancing will take place every Saturday evening for nine consecutive weeks.

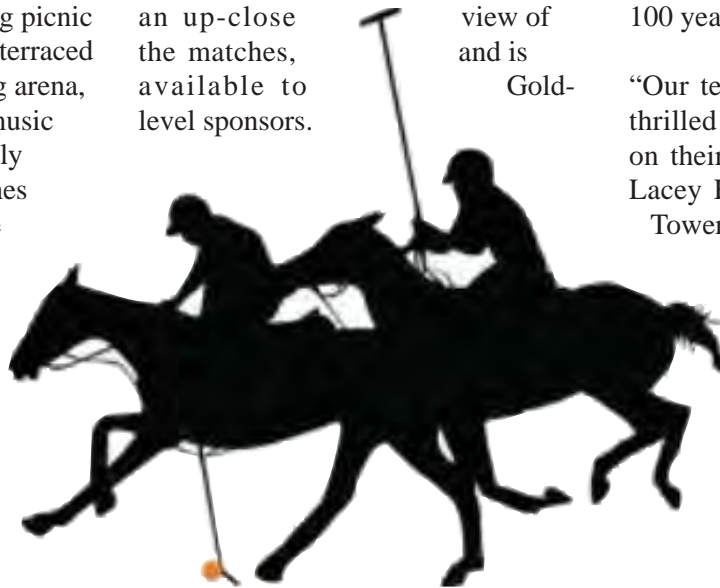
The festive atmosphere of arena polo will bring a new family-friendly nighttime activity to Loudoun County. Spectators will be able to bring picnic baskets and blankets onto the terraced viewing area next to the riding arena, and a DJ will provide dance music in the pavilion tent immediately following the final polo matches throughout the summer. Stone Tower Winery – the Official Wine Sponsor of Polo in the Park – will offer wine for sale by the glass or by the bottle. Guests may also bring their own wine to enjoy at the polo matches.

“I’m thrilled to be working with Juan Salinas-Bentley and Doug Barnes, both internationally acclaimed polo professionals,” said Stephanie Kenyon, Morven Park’s executive director. “Arena polo is a unique and exciting sport, and we’re looking forward to welcoming the entire community to Morven Park to enjoy polo under the stars.”

Each night of the season will feature two matches, with one starting at 7 p.m. and the other starting at 8:30 p.m. The gates will open for spectators at 6 p.m.

Morven Park expects to host approximately 800 – 1,000 attendees each night of Season 1. General parking car passes can be purchased for \$35 in advance at www.MorvenParkPolo.org, or for \$40 at the gate. Purchasing car passes in advance is strongly advised.

Box seating along the arena rail will provide an up-close view of the matches, available to Gold-level sponsors.



Limited tailgate spots are also available for

Silver-level sponsors, and VIP Lawn seating is available to Bronze sponsors. Current Gold sponsors supporting Polo in the Park include Climatic Heating and Cooling, and K2M. Additional sponsorship opportunities are available by visiting www.MorvenParkPolo.org.

“We are extremely excited that this community event is coming

to Loudoun County, and we are honored to help make it happen,” says Sonny Swann, vice president of Climatic Heating and Cooling, Inc., and a member of Morven Park’s Board of Trustees. “We are proud of our family’s ties to Morven Park, and know that polo will provide the opportunity for more residents to experience the amazing property.” The Swann family owned Morven Park for 100 years during the 1800s.

“Our team at Stone Tower Winery is thrilled to partner with Morven Park on their inaugural polo season,” says Lacey Huber vice president of Stone Tower Winery. “As a premium estate vineyard and winery with strong Loudoun County roots, it’s a joy for us to bring our wines to such an exciting event series at an institution that shares our passion for both land preservation and service to our local community.”

Eric Major, CEO at K2M, said, “Morven Park’s arena polo will be a fabulous way for K2M to get involved with what we see as a new community tradition.”

For those interested in sponsorship, contact Morven Park at (703) 777-2414 or strategicpartnerships@morvenpark.org.

BROADLANDS TENNIS PROGRAMS

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

Visit LuisTennis.net for details and online registration for all programs

8 WEEK GROUP SESSIONS - NOW ENROLLING!

1 HOUR JUNIOR CLINICS

Red Ball - ages 4-8: Monday & Wednesday, 5:00pm;

Saturday 10:00am

Orange Ball - ages 8-10: Tuesday & Thursday, 5:00pm;

Sunday, 10:00am

Green Ball Stage 1 - ages 10-13: Monday & Wednesday, 6:00pm;

Saturday 11:00am

Yellow Ball Stage 1 - ages 12-17: Tuesday & Thursday, 6:00pm;

Sunday, 11:00am

K & PRE-K (8 WEEK SESSIONS)

Red Ball - ages 3-5: weekdays, 11:30am

1.5 HOUR JUNIOR CLINICS

Green Ball Stage 2 - ages 10-13: Monday & Wednesday, 6:00pm;

Saturday 11:00am

Yellow Ball Stage 2 - ages 12-17: Tuesday & Thursday, 6:00pm;

Sunday, 11:00am

1.5 HOUR ADULT CLINICS

Beg. & Advanced Beginner - Thursday, 7:00pm; Sunday, 8:30am

Intermediate (3.00 and above) : Tuesday, 7:00pm; Saturday, 8:30am

Weekdays, 9:00am (flexible schedule). *For Resident / Non Resident Pricing visit*

broadlandshoa.org or luistennis.net

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

Private/Group Lessons. Visit *broadlandshoa.org or luistennis.net for more information and pricing.*

STUDENT HOLIDAYS CAMPS THROUGHOUT THE YEAR

Resident - \$44.00 per day

Non residents - \$46 per day

SUMMER TENNIS CAMPS JUNE 15 – AUGUST 25 FOR AGES 5 – 14 YEARS

Monday through Thursday, 9:00am - 1:00pm. Up to 30% off for multiple weeks enrollment.

(Friday make up in case of rain)

Week 4: July 3-6

Week 5: July 10-13

Week 6: July 17-20

Week 7: July 24-27

Week 8: July 31- August 3

Week 9: August 7-10

Week 10: August 14-17

Week 11: August 21-24

Resident \$176 / Non Residents

\$185 per week

WEEKLY JUNIOR ROUND ROBIN TOURNAMENTS

(\$20.00 per Tournament)

11 years and over – Saturdays, 12:00pm - 2:00pm

10 years and under – Sundays 12:00pm - 2:00pm

PRIVATE/GROUP LESSONS:

visit luistennis.net for more information

Disclaimer: if paying by paypal or credit card a 3% processing fee will be added to the price. If paying by check or cash the price is as shown.

Visit *broadlandshoa.org or luistennis.net for more information. Please email Luis Rosado at LuisTennisAcademy@gmail.com or broadlandstennis@yahoo.com if you have any questions.*

BROADLANDS “BOYS NIGHT OUT” DOUBLES TENNIS LADDER

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

Participants: Men with NTRP ranking of 3.0 or higher.

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

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

Ranking: A winning percentage for each player is calculated dividing total games won by total games played.

A grand total winning percentage will be calculated week by week and the highest percentages will be at the top of the ranking. -Courts will be assigned based on the rankings. Court 1 would have the 4 highest winning percentage players, court 2 would then have the second 4 highest winning percentage players, and so on.

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

Where: Broadlands Nature Center Courts

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



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ABOUT YOUR WELLNESS

Sugar Addiction

Crystal Wasilausky, Health Coach
fuelforyourbelly.com

Summertime can be lots of fun, but we are often out and about at a cookout or a friends/family gathering by the pool where there are a plethora of desserts, cookies, and chips. While I am a big believer in everything in moderation, there are so many better choices to make without eating and serving all of the processed sweets. Why is sugar so bad for us? I will explain a little about sugar and some of the health risks associated with it in this article.

Over the years starting in the 1950's when processed foods first started making its appearance is when we started to see a rise in sugar added to foods. Then in the 1970's fat calories were slashed so people were only eating low fat/nonfat foods. The problem with that is the foods where the fat has been taken out has been replaced with added sugar. With the cutting of calories came the introduction of artificial sweeteners and high fructose corn syrup in carbohydrates. High fructose corn syrup is twice as sweet as sucrose, twice as addictive as sucrose, and equal in liver damage to alcohol.

Most people blame fat for heart disease. Industrial inflammatory fats like trans fats do cause heart disease, but sugar is the main culprit. The average American adult's intake of sugar daily is 22 teaspoons. The American Heart Association recommends less than 6 teaspoons for women and less than 9 teaspoons for men. So clearly we are consuming way too much processed foods and sugary drinks. Just think of breakfast for someone eating a container of yogurt that contains 12 grams of sugar with some cereal or granola with 8 grams per serving. This is assuming the person consumed the serving size. Just for breakfast that is a total of 5 teaspoons of sugar. One sugar sweetened drink a day gives you a higher non-alcoholic fatty liver disease risk. Plus the increase problems with leaky gut, type 2 diabetes, and certain cancers.

Scientists are actively researching our

microbiome and the connection with diet and the liver, and our guts role in non-alcoholic fatty liver disease. Microorganisms live in the gut, and sugar changes the guts microbiota in a way that increases leaky gut symptoms and inflammation in the gut. Added sugars feed the yeast and bad bacteria that can damage the intestinal wall creating a leaky gut. Cutting out refined processed sugar from your diet and adding in certain foods can cure your leaky gut symptoms as well as of all the other ailments caused from a diet with too much sugar.

If you have ever read a food label and not sure what some of the ingredients mean it's a good idea to put that item back on the shelf. But if you are specifically on the lookout for hidden sugars I will include some common ones for you to watch out for. Added sugars can fall under all sorts of different names on ingredient labels. One rule of thumb to remember is any ingredient ending in "ose" is a type of sugar. Sweeteners like cane juice, beet sugar, fruit juice, rice syrup, and molasses are all types of sugars. The higher up on the ingredient list the more sugar that is in the product.

Here is a list of some different names for sugars:

- *Anhydrous dextrose
- *brown sugar
- *confectioners powdered sugar
- *corn syrup
- *corn syrup solids
- *dextrose
- *fructose
- *high fructose corn syrup
- *invert sugar
- *lactose
- *malt syrup
- *maltose
- *molasses
- *nectars
- *pancake syrup
- *raw sugar
- *sucrose
- *white granulated sugar

Obviously, the sugars found in processed foods are highly processed and should be either avoided or only eaten occasionally. When using sweeteners it is best to opt for natural sweeteners instead of refined sugars. Some natural sweeteners include coconut sugar, coconut nectar, 100% pure maple syrup, medjool dates, and raw honey. Sugar is sugar and should be eaten in moderation but these are more nutrient dense and offer some health benefits as well.

We want to make sure we are consuming a diet high in quality protein, fiber, and fermented foods which can help lose sugar cravings. Making healthy treats at home doesn't have to be hard and can be made in as little as 5 ingredients. Try out one of my favorite peanut butter cookie recipes!!

Peanut Butter Cookies

- 1 tablespoon ground flax seeds
- 3 tablespoons warm water
- 1 cup 100% all natural unsalted peanut butter (can sub sunbutter)
- 1/3 cup raw honey
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup enjoy life dark chocolate chips

Place the ground flax and warm water in a medium sized bowl and let sit for a few minutes until it becomes thick. Then add in the remaining ingredients except the chocolate chips until a smooth batter forms. Then stir in chocolate chips. Place a heaping tablespoon onto a cookie sheet lined with parchment paper and bake for 10 minutes at 350 degrees. Let cool for 15 minutes before serving.

TID BITS OF THIS AND THAT

THUNDERSTORM SAFETY—AVOIDING A LIGHTNING STRIKE

Warm weather usually means fun in the sun, but summer heat also can bring severe weather. Threatening thunderstorms often loom large on summer afternoons so it's important to be prepared for downpours and accompanying lightning, which can strike outdoors or indoors. Consider the following suggestions when planning both outdoor and indoor events this summer to reduce the risk of a lightning strike.

- **Watch the weather.** Pay attention to your local weather forecast before participating in outdoor activities. If there's a chance of thunderstorms, consider rescheduling or moving events indoors. If that's not possible, have an emergency plan in place in case a severe storm rolls in and designate a sufficient nearby structure as an emergency shelter.
- **Stay inside.** If severe thunderstorms are imminent, go indoors and wait until they pass. Safe, enclosed shelters include homes, offices, shopping malls and vehicles with hard tops and closed windows. Open structures and spaces do not provide adequate protection.
- **Duck and crouch.** If you're caught outside during a severe storm, it's important to crouch low on the ground, tuck your head and cover your ears to help protect yourself from harm. Do not lie down; lightning strikes can produce extremely strong electrical currents that run along the top of the ground, and laying horizontally increases electrocution risk.
- **Turn off faucets.** During a thunderstorm, lightning can sometimes be conducted through the plumbing. Avoid any type of contact with running water, including bathing, showering, and washing your hands, dishes, or clothes.
- **Turn off electronics.** All electrical appliances—televisions, computers, laptops, gaming systems, stoves, and more—that are plugged into an electrical outlet could carry a current from a lightning strike. Surge protectors will reduce the risk of damaging electronics.
- **Stay away from windows.** Not only is lightning a threat, but high winds and hail create flying debris that could be harmful during a thunderstorm. Close all windows and doors and keep away from them.

If you are at one of our swimming pools when a storm hits, the lifeguards will evacuate the pool for safety when thunder or lightning are present. As recommended by the National Lightning Safety Institute, the pools will be closed and pool activities will remain suspended until **thirty minutes** after the last thunder is heard or lightning strike is seen.

ITCH, OUCH, SCRATCH, IT'S BUG SEASON!

Whether you're attacked while working in your yard, enjoying a picnic outside, or lounging by the pool, bug bites and stings are an inevitable summer annoyance. At best, bites and stings can be uncomfortable for a few days; at worst, they can be a serious, life-threatening hazard. Here are some tips on how to relieve the itch or sting and when to know if you should seek medical attention:

If the bite or sting is mildly painful or itchy, apply over-the-counter medication that contains Benadryl or cortisone for topical relief. Other home remedies, like applying a paste made from baking soda and water, dabbing on ammonia with a cotton ball, soaking in oatmeal baths or even applying toothpaste to the site may also provide relief. Our pools are generally outfitted with soothe-a-sting swabs (available on Amazon) for emergency purposes. Whatever you do, don't scratch. This can cause an infection and leave a scar. And it won't relieve the itch or sting.

If you feel faint, nauseous, dizzy or disoriented, or if you experience rapid heartbeat, difficulty breathing or your lips, tongue or throat swell, call 911 immediately. These symptoms indicate a severe allergy to the insect's venom. Administer an Epi-pen (injectable epinephrine) if one is available and administer CPR if symptoms worsen before emergency personnel arrive. After the episode, follow up with a physician who can determine an allergy prevention treatment.

Stay alert for delayed symptoms around the bite or sting, like redness or swelling, which could indicate an infection or other condition. See a doctor right away if you have a headache, fever, or joint pain within a few days of being bitten. Some insects, like ticks and mosquitoes, can infect their victims with serious, flu-like illnesses, such as Rocky Mountain spotted fever, Lyme disease, and West Nile virus, which only a physician can diagnose and treat.

Most important, use insect repellent when outdoors and wear light-weight, light-colored clothing over arms, legs, and feet to keep insects off your skin. And avoid wearing perfume and fragrances, which can attract bugs.

COMFORT CASES

Thank you to all of you that donated and contributed your time to our Comfort Cases Drive during the month of May. It was a HUGE SUCCESS!

We concluded the event by having a packing party on June 3rd. With the help of our selfless volunteers, we packed 65 Comfort Cases to be distributed to foster children in Loudoun County! Comfort Case board members, Terri and Emily Stevens, were on site to collect the bags as well as to take the remaining donations to their warehouse in Maryland. Leftover items are stored there to be used in future Comfort Cases throughout the VA, MD and D.C. area.

What great schools we have in our



community, thank you for all that you do and the support you give! Students at Hillside Elementary, Mill Run Elementary, Eagle Ridge Middle School and Briar Woods High School worked very hard to make the drive a success in their schools. The student councils at both elementary schools helped spread the word through announcements, flyers sent home with students, and collection sites in their school lobbies and the Leo Club at ERMS collected donations and packed six bags of their own to send to Comfort Cases. The BWHS Future Business Leaders of America club took the lead in collecting and getting the word out to their fellow students, school clubs, sports teams and staff members, and were even able to secure monetary



donations that went directly towards the charity. All these students worked hard to collect as many donations as possible in an effort to make a difference for foster children that live in Loudoun County. Our residents flooded the Nature Center lobby with donations as well and we added our collection to the packing party event at the Community Center on June 3rd.

What Packing Party it was! Our schools and residents took time out of their busy mornings to come to the Community Center and make our first Community Outreach project very successful!

Thank you also to our school representatives that chaired the Comfort Cases drive at their schools:

Mill Run Elementary School:

Michelle Kovach
Sara Millikin
The Student Council

Hillside Elementary School

Rebecca Pierce & The Student Council

Briar Woods High School

Jennifer Amores-Kalich & The Leo Club

Eagle Ridge Middle School

Nancy Cooley & FBLA Club –

Lastly, thank you to the volunteers who helped organize and pack the Comfort Cases:

Ameen Al-Sayyed
Sheri Campbell
James Hartmann
Scott Holstein
Robert Lunt and Family
Abhi Palicherla
Harsha Palicherla
Bryce Poole
Erin Pratt
Stephanie Schmidt
Natalie Schmidt
Liane Simpson
Judie Soares
Samantha Stevenson
Chandra Walters and Family

Until next year,
Julie Holstein





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BROADLANDS HELPERS LIST

The Broadlands Helpers List is comprised of helpers up to 18 years of age, born in 1999 and later or until the helper graduates from high school. We are continually updating the list. If you would like to be added, please call the HOA office at 703-729-9704 Monday through Friday from 9:00a.m. to 5:00p.m. or send an email to nihanainen@broadlandshoa.com.

Not Available on Website Edition



Key:

- (B) Babysitter's Course
- (C) CPR
- (R) Rescue Breathing
- (F) First Aid
- (D) Dog & Cat (Pet) First Aid

**All area codes are 703 unless noted.*



ASHBURN LIBRARY CORNER

Roll in July with a bang! Summer is the best time for kid's programs at the library! Learn about life under the ocean, create art with nature, and learn the science of nature by building your own storm! And much, much more! Be sure to check out the LCPL publication PAGES for full program & activity information as well as story-times for all the Loudoun County Libraries or check out the website: library.loudoun.gov
It's not too late, don't forget to sign up for the Summer Reading Program at your local library and keep on reading all summer long!

A special thank you to all the wonderful people who donated books to our 2017 Ashburn Library Summer Book Sale! What a fantastic turnout! We are proud to be part of such a generous community!

Holiday Schedule Changes

Monday, July 3

Library open 10:00 a.m. – 5:00 p.m.

Tuesday, July 4

Closed for Independence Day

July Programs

ESOL: English Conversation Group

An informal conversation group for non-native speakers to practice English. For adults.

Thursdays, 10:00 a.m. &

Tuesdays, 7:00 p.m.

Creatures Great and Small with Rainbow Puppets

A lively, musical review of animal songs featuring animal puppets, from a flea to a dinosaur and a pig to a crab. Sponsored by the Loudoun Library Foundation. Space may be limited.

Thursday, July 6, 3:00 p.m.

Movie Time

Sing, Rated PG. 108 minutes.

Thursday, July 6, 6:00 p.m.

LEGO® Family Build

Create something amazing with your loved ones. Fridays, 2:00 p.m.

Strategy Gaming

Join fellow strategy and Eurogame enthusiasts for friendly competition with games like *Settlers of Catan*, *Carcassonne*, *Ticket to Ride* and more! Sunday, July 9, 1:00 p.m.

DIY Teens: Pet Toys

Earn community service hours by creating toys to donate to the local animal shelter.

Monday, July 10, 2:00 p.m.

Reading Buddies Storytime

Encourage your child's love of books and reading development by pairing them with a teen reading buddy for one-on-one reading time. For Preschool-Grade 2. Mondays, 4:30 p.m.

Under the Sea with Marine Biologist Andrew Wilson

Learn about life in the ocean and meet some live

sea animals, from a hermit crab to a baby shark. Sponsored by the Loudoun Library Foundation. Space may be limited.

Monday, July 10, 7:00 p.m.

Nature Art

Come as a family to create works of art with objects from nature. Print with potatoes; paint with feathers; use your imagination! For Grades K-5.

Tuesday, July 11, 3:00 p.m.

Adult Book Club

The Pearl That Broke Its Shell by Nadia Hashimi.

Tuesday, July 11, 7:00 p.m.

Family Concert Series: Tony M.

Enjoy feel-good music mixed with interactive storytelling made to inspire kids of all ages to make the world a better place! Sponsored by the Friends of the Ashburn Library.

Wednesday, July 12, 3:00 p.m.

Introduction to Digital Photography

Professional photographer Chas Sumser leads a three-week series for budding photographers. The first session will be devoted to understanding and managing camera functions.

Session 1 — Photography Fundamentals: Wednesday, July 12, 7:00 p.m.

Session 2 — Sports Photography: Wednesday, July 19, 7:00 p.m.

Session 3 — Photographing Youth Athletes from the Sidelines: Wednesday, July 26, 7:00 p.m.

Pyramid Builders

Explore Ancient Egypt as we build pyramids and obelisks, write in hieroglyphics, and dress like pharaohs! For Grades K-5.

Thursday, July 13, 3:00 p.m.

How to Build a Storm: The Weather Show with Franklin Institute Traveling Science Shows

Make a cloud, explore thunder and lightning, and even create snow! This dynamic show reveals the science of weather. Sponsored by the Loudoun Library Foundation. Space may be limited.

Monday, July 17, 7:00 p.m.

Greg Genter: Musical Journey Through Time

Enjoy Genter's high-energy performance as he leads you through different musical eras with his digital piano. For Grades K-5.

Tuesday, July 18, 3:00 p.m.

Super Smash Bros Wii U Tournament Qualifying Round

Are you the best Super Smash Bros Wii U player in Loudoun County? Win this qualifying round to represent Ashburn Library at the finale at the After Hours Teen Center (Cascades Library) on Friday, August 11. For teens.

Wednesday, July 19, 2:00 p.m.

Luau

Looking to escape to a beautiful beach? Join us on the sands of Island Ashburn. Craft adorable leis, play coconut bowling, and test your treasure hunting skills. For Grades K-5.

Thursday, July 20, 3:00 p.m.

Movie Time

Moana, Rated PG, 113 minutes.

Thursday, July 20, 6:00 p.m.

Library Lab

Drop-in for games, kits and puzzles! For Grades K-5 with an adult.

Saturday, July 22, 2:30 p.m.

ESOL: One-on-One ESOL Tutoring

Starting July 24, visit the Information Desk to sign up for English for Speakers of Other Languages tutoring during August and September. ESOL learners will be partnered with a volunteer for a one-hour session each week for two months. For adults.

Monday, July 24, 10:00 a.m.

'Beauty & the Beast' performed by Hampstead Stage Company

A lively interactive show, performed by two professional actors playing multiple roles, tells the story of Belle, a young girl who must discover the Beast's inner beauty in order to break the spell that has kept him locked in his beastly state. Sponsored by the Loudoun Library Foundation. Space may be limited. For ages 5 & up.

Monday, July 24, 7:00 p.m.

Enchanted Engineering: Rapunzel

Enjoy a puppet show retelling of *Rapunzel*, then test your engineering skills in our tower building challenge! For Grades K-5.

Tuesday, July 25, 3:00 p.m.

ReferenceUSA: A Career and Business Tool

Building your business or career? Learn how to use this powerful database to improve your job search or better market your business. For adults.

Tuesday, July 25, 7:00 p.m.

ESOL Book Club

Things Fall Apart by Chinua Achebe. A monthly book club for adults whose native language is not English, are advanced level learners, enjoy reading, and would like the opportunity to practice their English reading and conversational skills in a relaxed setting with other like-minded individuals. One book will be selected each month, and members will discuss the story in English at the meeting. Copies of the book will be available at the information desk. For adults.

Thursday, July 27, 10:00 a.m.

Princesses and Knights: A Royal Rendezvous!

Enter a world of gallant knights and lovely princesses at this fun royal-themed program! For Grades K-5.

Thursday, July 27, 3:00 p.m.

Rain Forest Rescue with Wildlife Ambassadors

Learn about the tropical rain forest as you meet some of its inhabitants: parrots, reptiles and creepy crawlies. The animals have come from wildlife rehabilitators and centers, animal shelters, individual owners and even a restaurant! Sponsored by the Loudoun Library Foundation.

Monday, July 31, 7:00 p.m.

Hope to see you at the library soon!

Debbi Zisko

Friends of the Ashburn Library (FOAL)

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 CLASSICS

Attention all seniors! We will meet at the Mills Recreation Center in Ashburn Village on July 8 at 10:30am at which time we will celebrate July 4 with a Country Fair. Members are requested to bring a brown bag lunch. We will also have an ice cream social. Please wear a western outfit with Red, White, and Blue. We will have a white elephant as well. Visitors are always welcomed! For more information, please call Grace - 703-729-7044.

ASHBURN JUGGLING SOCIETY

We welcome jugglers of all skill levels. And, we can teach anyone to juggle! The next meeting time will be on July 11th, 7:30pm-9:00pm at the Ashburn Library - Story Time Room. All meeting times and locations can be found at ashburnjuggling.byteclub.club/. Contact ashburnjuggling.byteclub.club/ for questions.

ASHBURN TOASTMASTERS

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

BRAMBLETON LADIES GOLF LEAGUE

Brambleton Ladies Golf League welcomes new members. We are a fun, friendly group playing at Brambleton Golf Course on Monday mornings from April through October. Check us out at brambletonladiesgolf.org or call Sara Carlin at 703-723-3000.

BAC - BROADLANDS ADAPTED CLUBS

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

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

ASHBURN/BROADLANDS WOMEN'S BIBLE STUDY

Please join us for an in-depth Women's Bible Study began April 18th. We are viewing and discussing the DVD of The Visual Bible -Matthew. This is an interdenominational group that meets on Tuesday mornings from 9:00am to 11:15am in a local home. Please contact Grace at 703-724-0995 for more information.

CORE CONCEPTS CHIROPRACTIC HEALTH LECTURE SERIES

Free bi-monthly health and wellness lectures for the community. Lecture topics throughout the year include Children's Brain Health, Diabetes, Hypothyroid, Exercise, Adrenal Fatigue, Female Hormones, and Emotional Well Being. Please join us Wednesday's at 7:00pm. For a full list of scheduled lectures please contact Dr. Poe at 703-723-4178 or core2chiro.com.

GRIEF SHARE SEMINAR/SUPPORT GROUP

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

INDIAN SOCIAL CLUB

This group of local Asian Indian families play cards, mainly Teen Patti or Flash for fun purpose once a month by rotation. Please contact Salesh Gupta 571-435-3192 or email SalGup20@yahoo.com.

MOMS CLUB OF ASHBURN

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

MOMS IN PRAYER - EAGLE RIDGE AND BRIAR WOODS

Eagle Ridge and Briar Woods Moms are invited to join us to pray for our children and these schools. We meet on Tuesdays during the school year. Please contact Rebecca for more information at 703-858-7379.

MOMS IN PRAYER - MILL RUN

Mill Run moms are invited to come join us in prayer for the children and staff at this school. We meet every other Wednesday during the school year. Please contact Catherine for more information at 703-598-4708.

MUSIC ON THE HEIGHTS

We host monthly concerts in our home, usually second Saturdays of the month. Mostly acoustic, some electric, this series features both local and traveling musicians of various genres...a great way to meet fellow neighbors who share a love a music. For more info email musicontheheights@gmail.com.

PRE-TEEN AND TEEN ASPERGER'S SOCIAL SKILLS GROUP

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

ROTARY CLUB OF ASHBURN

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

STRESSBUSTERS & SPIRITUALITY FOR MOMS

Are you looking for some relief from the challenges of motherhood? SAM is a group for Moms interested in learning about a variety of stress reduction practices and supporting each other's spiritual fitness and well-being. We meet on the 3rd Sunday of each month at 4:00pm For more info email Shea@LoudounSAM@gmail.com.

TECHNOLOGY COMMITTEE

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



JULY CLASSIFIEDS



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EARLY EDUCATION/PRESCHOOL

GROWING MINDS PRESCHOOL: A home based, state licensed preschool located in Broadlands is currently enrolling for all of our programs for the 2017/2018 school year. Growing Minds offers part-time programs for 2 ½, 3 and 4 year olds. For more information or to set up a tour, please contact Judi Ratcliffe at judi.gminds@gmail.com or (571)216-4663.

INSTRUCTION - ARTS/MUSIC

MUSIC LESSONS NOW: At a professional music school, just minutes from your home. Private lessons at our state of art facility in piano, guitar, drums, voice, violin, flute, clarinet, sax or trombone. Our University-Trained teachers have produced more LCPS award and competition winners in the past 14 years than any other area school. Group lessons, Summer Programs are also available. Call now to schedule a tour or sign up on line 703-123-1154 MINTONS ACADEMY OF MUSIC mintonsmusic.com.

SAXOPHONE AND FLUTE LESSONS: Study with a pro! Instructor has a Music Degree and 20 years' performing and teaching experience. Lessons available at your home or at my studio in south Leesburg. References available. Please call 703-777-4352 or email SivardStudio@gmail.com.

INSTRUCTION - TUTORING

PROFESSIONAL PRIVATE MATH INSTRUCTOR: BS Engineering, MBA, 30 years of business experience, three years tutoring experience. Pre-Algebra, Algebra, Geometry, Exam Prep. Contact: Tony Gallardo 703 687-2851, or email tgallardousa@gmail.com.

NEED MATH HELP? I am a Broadlands resident, I co-own, and co-teach the Turbo Tutoring SAT prep class (turbo-tutoring.com) and have 24 years tutoring experience helping students in: Math 8, Algebra 1, Geometry, Algebra 2, and SAT and ACT math sections,

as well as the SSAT math test for private schools. Call Dan Harris at: 703-909-4438, or email me at: aplustestprep@verizon.net.

HEALTH/FITNESS/WELLNESS

AFFORDABLE CERTIFIED PERSONAL FITNESS TRAINING IN YOUR HOME:

Get fit now with my 27+ yrs. experience to make you your best! Sculpt, tone, strengthen, promote flexibility! Individualized programs; weight loss/nutritional guidance; pre-natal/post-partum; yoga/Pilates; all ages/fitness levels. Safe/effective. Equip provided. Free phone consult, special intro offer! Stephanie Gotfried 703-542-2595; stephaniegotfried@gmail.com; fitnessstogova.com.

JOYOGA: Summer is the time for vacations & allowing the body to relax & renew. Yoga offers agility, strength, balance, plus focus & renews your mind & calm your parasympathetic system through use of your breath. New to Yoga? Try Newcomers Yoga. We started June 20, BUT you have up to July 11 to join us. Chair yoga & private sessions are available. Checkout all classes that are available on our website at Joyoga.us. Questions, call 703-858-0456.

HOME SERVICES

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

DRAINAGE SOLUTIONS: 30 Years' experience. Eliminate standing water. French Drains, Downspout Extensions. Machine Grading. Excellent references. SUPERIOR LANDSCAPING, INC. (703)830-8800, superiorlandscaping.net.

HOME IMPROVEMENT CONTRACTOR: Specializing in remodeling bathrooms, remodeling laundry rooms, express water heater replacement (24/7), hot tub installations, plumbing, electrical work, finishing basements, and expert at waterproofing wet basements. 30 years' experience. For all your home improvement needs, please call Marc at 703-724-0772.

HANDYMAN SPECIALIST: Broadlands resident since 1999 with a Class A License and insurance. Everything from those dreaded and never-ending honey-do lists, to projects and much, much more. Including Roofing, Siding Installation/Repair and Gutter Cleaning. Free



JULY CLASSIFIEDS



estimates. Please call Mike at P&M General Contracting, 703-862-0415. Mike.Rosario@verizon.net.

HOUSE CLEANING

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

MARKETPLACE

ZURVITA: Increase Energy, Lose Weight or Get Complete Nutrition! What do you want from your Zeal For Life? ZEAL is backed by clinical studies. All-Natural, Vegan, Gluten-Free and Kosher. Get more information at zurvita.com/averil or contact Averil at 973-819-5249.

STYLIST: Would you like to host a fundraiser for a charity you're passionate about? Has it been too long without a Girl's Night In? I'll Help You Be Your Gorgeous Best Self, Independent Stylist Shana-Dee Jahrling, 703-999-8713, stylishbyshanadee@gmail.com or stelladot.com/sites/stylishbyshanadee.

MARY KAY: Get wise to age-fighting. Think fine lines should be quoted – not appear on your face? A simple and effective daily program with TimeWise® skin care can help reduce the appearance of fine lines and wrinkles. So skin looks firmer. And feels soft. In 30 days, see a young-looking you! Contact me to experience TimeWise® for yourself. Contact Deborah Leben 703-217-4583 dleben@marykay.com, visit marykay.com/DLeben.

PET SERVICES

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

PROFESSIONAL SERVICES

TAX SEASON'S HERE! Why risk your financial health with tax preparers you don't know? Get to know a neighborhood CPA right here in Broadlands and stay financially healthy. Sophear Uoy CPA providing experience, personal, tailored service. Schedule a free initial meeting today. 703-869-7796 or sophear.uoy@sophearcpa.com.

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

HOW TO PLACE CLASSIFIED ADS

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

Please Note: Advertisers in the Broadlands Newsletter are not endorsed, supported or vetted by the Homeowner's Association, the Board of Directors or HOA Management. All advertisements are subject to approval of Broadlands Association, Inc. which reserves the right to reject or cancel any ad at any time.

Monthly Rates:

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

Payment and Ads:

Please email ads to: scollins@broadlandshoa.com

Checks, credit cards or cash accepted.

Buy now online!

**Make checks payable to
"Broadlands Association".**

No cancellations after the deadline.

Mail to or drop off payments at:

Broadlands Association
21907 Claiborne Parkway
Broadlands, VA 20148

For more information contact:

Advertising Manager:

Stassa Collins, (703) 729-9704,
scollins@broadlandshoa.com

ADVERTISING DIRECTORY

DENTAL

Loudoun Dental Associates	14
Loudoun Family Dental	35
Smilez.....	28

EDUCATION

BeanTree Pavilion – Summer Camp.....	mid
BeanTree Pavilion – General Education.....	mid
Le Port Montessori	2
Primrose School at Broadlands.....	36

FINANCIAL / PROFESSIONAL SERVICES

Apple Federal Credit Union.....	16
Lori Christ CPA, LLC	14

HEALTH

ACT Fast Medical Care	28
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HOME SERVICES

Augustine Roofing, LLC.....	mid
Climatic Heating and Cooling, Inc.....	2
Collegiate Sealers & Paving.....	28
Consumer Construction.....	24
Kris's Painting Service, Inc.....	28
P&D Plumbing.....	14
Zampello Paint Contractors, Inc.	14

PETS

Caring Hands Animal Hospital.....	28
Stream Valley Veterinary Hospital.....	mid
Whole Pet	36
Wild Birds Unlimited.....	35

REAL ESTATE

Bonnie Selker, LivingRealty, LLC	36
The Greg Wells Team, Re/Max	16
Stephanie Callaghan, Pearson Smith Realty	mid

RECREATION / INSTRUCTION/CAMPS

Club Pilates Ashburn.....	35
Creative Dance Center (CDC)	2

ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to nearly 4000 homes and businesses in the Broadlands community. The newsletter editor reserves the right to reject any advertisement that is not in the best interest of the Broadlands Community or the Broadlands Association. **Advertising orders cannot be cancelled after the initial deadline.**

ADVERTISING

Advertiser provides camera ready ad. Electronic format is required in PDF. Ads not sent in this format cannot be placed. Although every effort is made to provide a professional look to your ad, the association is not responsible for ad quality. A completed Insertion Order Form is required and is available at broadlandshoa.org on the newsletter page. **DEADLINE: Ad, payment and Insertion Order Form submissions are due the 1st day of the month prior to the issue. (Ex: Jan 1 for Feb's issue.)**

MONTHLY PRICING

BLACK AND WHITE:

1/8 pg (3.625" W X 2.25" H) \$90 /\$75*
 1/4 pg (3.625" W X 4.875" H) \$165 /\$140*
 1/2 pg (7.5" W X 4.875" H) \$295 /\$270*
 Full pg (8.5" W x 4.875" H) \$550/\$525*

COLOR (INSIDE COVERS) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$225 /\$210*
 1/2 pg (7.5" W X 4.875" H) \$425 /\$405*
 Full pg (8.5" W X 11" H) \$1050 /\$900*

COLOR (OUTSIDE BACK COVER) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$250/ \$240*
 1/4 pg horizontal banner (8" W X 3" H) \$250 /\$240*
 1/2 pg (8" W X 4.875" H) \$475/ \$455*
 Full pg (8" W X 8"H) \$1050/ \$950*

**Notes discounted price if 6 or more months are prepaid*

Add 10% to base price above for preferred placement

Color space is limited, please inquire.

PAYMENTS (Due when Ad is submitted)

Check Payments: Please make payable and submit to Broadlands Association, Inc. ATTN: Newsletter Ads, 21907 Claiborne Parkway, Broadlands, VA 20148.

Credit Card Payments: Please stop by our office to pay in person or visit our website at <http://www.broadlandshoa.org/forresidents/newsletter/> and click on the "Buy Now" PayPal button. Be sure to include your contact information when checking out.

For more information or questions regarding advertising, contact Ad Manager Stassa Collins at ads4broadlands@yahoo.com or 703-729-9704. **Please Note:** Advertisers in the Broadlands Newsletter are not endorsed by the Homeowner's Association, the Board of Directors or HOA Management.

EDITORIAL

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



Meet Your Neighbors...
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Hurry In! Good thru July 31st.
\$10 OFF \$20*

*Valid only at the participating store listed.
One discount per purchase. Offer not valid
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(703) 828-0779 | ashburn@clubpilates.com
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*One free demo class per person; appointment required. Valid at participating location. Call or email studio for details. Franchises available. ©2017 Club Pilates Franchise, LLC.   

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