

BROADLANDS

Our Neck of the Woods

Happy Thanksgiving!

- The Nature Center and HOA offices will be closed on Friday, November 10th for Veterans Day.
- The Nature Center and HOA offices will close at noon on Wednesday, November 22nd and be closed both on Thursday, November 23rd and Friday, November 24th for Thanksgiving.
- Trash and recycling will not be collected on Thursday the 23rd. The makeup collection day will be Saturday, November 25th.



Every Yard Needs a
Little Character



Visit our Store Today
for All of Your Bird
Feeding Needs!



44110 Ashburn Shopping Plz, Unit 174
(703) 687-4020 • www.wbu.com/ashburn

BIRD FOOD • FEEDERS • GARDEN ACCENTS • UNIQUE GIFTS

CLIMATIC

HEATING & COOLING, INC.



24 Hour Same Day Service
Call today! 703-779-7455



Your #1 Rated Local Business
Keep Cool All Summer!

- ✓ 100% Satisfaction Guarantee
- ✓ All Makes and Models
- ✓ Free Estimates
- ✓ Family Owned and Operated
- ✓ Certified Technicians

\$25 Off
ANY
Service Call
NEW CUSTOMER

UP TO
\$1,250
REBATE
ON SYSTEM UPGRADE

FREE WIFI
THERMOSTAT
WITH SYSTEM UPGRADE

Request an appointment at
www.climaticva.com or call 703-779-7455

All major credit cards accepted.

Sleigh Rides with Santa

Saturday, November 25th • 6-8pm



Saul Centers



For More
Details

BROADLANDS VILLAGE CENTER

NOVEMBER 2017



Features

LSCO Reminder.....	10
Keep House Numbers Visible.....	11
Butterfly Release.....	13
Loudoun Wildlife Conservancy Programs.....	14
Pre-Thanksgiving Turkey Trot.....	15
Comfort Cases.....	16
Fitness.....	18
Farm to Table Cooking Event.....	insert
Wellness.....	19
Santa's Visit.....	21
Story Corps Chocolate Sessions.....	22
Safe Nighttime Driving Tips.....	26
Supervisor Meyer.....	30

In Every Issue

November Calendar.....	4
BOD Meeting Reminder.....	5
GM Comments.....	5
Meeting Highlights.....	5
Modifications Info.....	6
Useful Numbers.....	8
Covenants Corner.....	9
Recipe Page.....	17
Helper's List.....	29
Clubs and Groups.....	31
Classifieds.....	32



November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Comfort Cases Organizing Donations 9:00am - CH Nature Center Open 10:00am - 2:00pm Potions Class 12:00pm - NC
5 Comfort Cases Packing Party 9:00am - CH	6	7	8 Modification Subcommittee Submissions Due 12:00pm - NC	9 <i>Newsletter Submissions Due by Noon</i>	10 Nature Center and HOA Offices closed for Veteran's Day	11
12	13	14 BOD Meeting 6:00pm - CH	15 Modification Subcommittee Meeting 7:00pm - NC Tech Comm Meeting 7:30pm - NC	16	17	18 Pre-Thanksgiving Turkey Trot 2:00pm - NC Farm to Table Cooking Event 6:00pm - CC
19	20	21	22 Nature Center closes at noon for Thanksgiving	23 Nature Center and HOA Offices closed for Thanksgiving <i>No trash or recycling pickup</i>	24 Nature Center and HOA Offices closed for Thanksgiving	25 Trash and recycling pickup
26	27	28	29 Modification Subcommittee Submissions Due 12:00pm - NC	30		

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, November 14th - 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 October 10, 2017

- Approved the amended minutes of September 12, 2017 meeting
- Discussed a request for a neighbor to prune bushes down in order to alleviate line of sight concerns
- Discussed the sidewalk at Claiborne/Broadlands on the commercial center side
- Commended staff and contractors on quick response to a hornets nest on the trail
- Discussed push notifications on the app for Southern Walk HOA
- Discussed the school board walk zones and new bus stop assignments as it relates to the trails
- Discussed retaining wall modifications on lots located on private streets
- Approved a 3 year audit and tax return agreement with Malvin Riggins
- Approved a proposal from Roofing & More for Summerbrooke Pool bath house roof repairs
- Approved asphalt rejuvenation proposals from TRI Technologies for sections 92, 200, and the amenity parking lots
- Executed the grounds maintenance contract with HLS
- Reviewed the report from Gardner Engineering regarding the Community Center pool. Directed management to obtain proposals to rebuild pool walls as is, and with potential site improvements.
- Reviewed the August financial statements
- Assessed violation charges to accounts for failure to submit an application for garden beds and failure to repair a fence. Provided an extension for trim repair maintenance needed.
- Requested the SWHOA keep Broadlands HOA informed of progress

Improvements to Your Community

While there really is never a dull moment here at the Broadlands HOA, October was bustling with activity. It started out with the refurbishment of the tennis courts at the Stone House. Two decades of ground settlement led to severe cracking in a cross pattern across the length and width of the middle of the courts. Past attempts to fill the cracks were short term patches and ultimately the only way to (hopefully) permanently correct the issue was to mill out the courts all the way down to the subgrade and then some. The soil was excavated, new subbase stone was added, new asphalt added, and expansion joints installed in the cross section to help absorb the soil contraction and expansion. While similar cracking is apparent at the Nature Center courts, the Board elected to start with the Stone House courts and try this process out. The courts are temporarily striped to allow for play through the winter, but need to cure before the top coating system will be installed in the spring.



Next up was the opening of the newly remodeled Community Center. The Community Center hadn't seen a renovation aside from new flooring since it was built, so it was time for a facelift. New cabinets, appliances, counter tops, paint, doors, lighting, and flooring were all installed to bring the building into current times. While a few punch out items remained as of the official opening, the upgrade was well received. Who doesn't appreciate new toilets instead of 20 year old seats?

We are still in the midst of the asphalt rejuvenation, an undertaking 4 years in the making. Rejuvenating 76 private streets and amenity parking lots is no small feat. We've fielded questions about why the newly repaved roads need the treatment, why the older roads need the treatment, how skid resistant the treatment is, and everything in between. The project displaced 1,600 residents for 36 hours at a time as well as churches and Kindercare's but at the end of the day, the treatment is designed to increase the life span of the roads and reduce costs, which is a benefit to all homeowners in the community.

Improvements continued on page 9

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 Wednesday 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.

AN APPLICATION IS REQUIRED FOR EXTERIOR LIGHT FIXTURES AND STORM DOORS

Approval is required for any additional lighting fixtures or replacements that differ in style, size or color from the original builder installed fixtures.

According to the lighting design guidelines: “All exterior lighting fixtures on the same elevation of the house must be of similar style, size and color.” For example, front door fixtures, garage door fixtures including the pole light fixture must all match in style, size and color.

Please refer to the lighting design guidelines for more details and submission requirements: broadlandshoa.org/for-residents/design-guidelines/ and click on “032_Lighting” under the Type of Modifications section.

Approval is required for front and rear storm doors. Please refer to the door design guidelines for more details and submission requirements: broadlandshoa.org/for-residents/design-guidelines/ and click on “021_Doors” 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, the deadline for application submission requirements changed to noon on Wednesdays before the subcommittee meetings. This deadline change provides 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 Meetings Information

Submission Date	Meeting Date
Nov. 8th	Nov. 15th
Dec. 13th	Dec. 20th
Jan. 10th	Jan. 17th
Feb. 14th	Feb. 21st
Feb. 28th	March 7th
March 14th	March 21st
March 28th	April 4th
April 11th	April 18th
April 25th	May 2nd
May 9th	May 16th

BROADLANDS COMMUNITY INFORMATION

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.

MIND YOUR MODIFICATION – WINDOW DESIGN GUIDELINES UPDATE

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

Windows replaced on the same elevation of the house should be of the same or similar style, type, material, color and detailing. Specialty windows such as encasement, bay, slider, individual, etc. will be reviewed by the Modifications Subcommittee on a case by case basis.

Please refer to the window design guidelines for more details and submission requirements: broadlandshoa.org/for-residents/design-guidelines/ and click on "051_Windows" under the Type of Modifications section.

OPEN BAND INFORMATION

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, Traci.Tranquilli@fsresidential.com or swhoa.feedback@gmail.com.

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

FEELING POLITICAL?

Per Broadlands guidelines ***no more than three political campaign election*** signs are allowed and each sign ***shall not exceed a maximum of four (4) square feet.***

These signs may be placed **no more than 60 days prior to an election date** and must be removed 5 days following the election. No application is required for these signs.

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

General Manager
Sarah Gerstein • sarah@broadlandshoa.com

Covenants Manager
Suzan Rodano • covenants@broadlandshoa.com

Newsletter Editor & Events Committee Liaison
Natalie Ihanainen • events@broadlandshoa.com

Newsletter Advertising Manager & Communications Coordinator
Stassa Collins • scollins@broadlandshoa.com

Secretary to the Modifications Subcommittee
Robin Crews • rcrews@broadlandshoa.com

Administrative Specialist/Pool Liaison
Julie Holstein • julie@broadlandshoa.com

Reception
Joanne Hang • joannehang@broadlandshoa.com
Maureen Trahon • maureen@broadlandshoa.com

Naturalist
Erin Fairlight • naturalist@broadlandshoa.com

BOARD OF DIRECTORS

President
Eric Bazerghi • eric@thehouse.net 571-207-6505

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

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

Directors
Heidi Eaton • 571-232-1830
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: 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 Energy..... 866-366-4357
Fire Marshall703-737-8600
Loudoun County Sheriff.....703-777-1021
Loudoun Water (customer service)571-291-7880
Loudoun Water (after hours)571-291-7878
Poison Control.....800-222-1222
State Police703-771-2533
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.com703-385-1133

▶ Questions – swhoa.feedback@gmail.com

▶ OpenBand Customer Service 24x7 ...866-673-6226

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

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

PUBLIC INFORMATION

Animal Control/Shelter703-777-0406
Animal Control Emergency/After Hrs.703-777-1021
Building Permits & Dev.....703-777-0220
County Landfill703-771-5500
DMV (VA)800-435-5137
DISH888-959-5044
DirectTV800-531-5000
Health Department.....703-777-0234
Library (Ashburn)703-737-8100
Loudoun Ride On703-777-2708
Loudoun Hospital703-858-6000
Miss Utility800-552-7001
Metro202-637-7000
Parks and Recreation703-777-0343
Ridesharing.....703-771-5665
Road Conditions.....800-367-7623
School Board571-252-1000
StoneSprings Hospital Center.....571-349-4000
Street Signs/Storm Drains703-771-5666
VDOT.....703-383-8368
Van Metre Homes703-348-5800
Verizon Fios.....888-553-1555
Xfinity/Comcast800-934-6489
Wildlife Hotline (local)703-440-0800

SCHOOLS -BROADLANDS

Briar Woods High School703-957-4400
Eagle Ridge Middle School.....571-252-2140
Hillside Elementary School.....571-252-2170
Mill Run Elementary School571-252-2160

COVENANTS CORNER

LIGHT THE NIGHT

During the month of November, the covenants inspectors will focus on homes whose pole lights in their front yards are burned out. As winter rapidly approaches and the days get shorter, it is more important than ever to keep your exterior pole light functioning both for security and safety purposes.

In accordance with the Association Documents, should you fail to bring your lot into compliance, the Board of Directors may take action to enforce compliance. If a violation is noted, the owner will be mailed a letter providing thirty days for the violation to be resolved. If the violation is not corrected, a second violation letter will be issued, providing an additional fourteen day extension. If the violation remains unresolved, a Hearing Notice is sent and a Hearing will be held in accordance with state law, where charges may be assessed, up to \$10 per day for a maximum of 90 days.

Keeping these lights functional is the responsibility of the homeowner whether you own a single family, semi-attached or a town home. Should replacing the light bulb not resolve the problem, you may have a tripped circuit breaker in your home or you may need to replace the photoelectric cell. An electrician can help you. The HOA does not provide this service.

Keep your pole lights operational and keep your home and neighborhood safe.

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.

Improvements from page 5

How can I forget the fitness center? After requests from users for more machinery (can you believe we have nearly 1,000 key fob holders?), we've added machines and made the underutilized yoga room more useful with new, high tech machines. A new elliptical, treadmills, upright bike, rower, and functional trainer were all added to alleviate wait times and give you more options for your workouts.

Finally, we're going to be renovating the community center pool. Ground water pressure revealed concerns about wall failure and after two rounds of core samples, a top to bottom excavation of a 6'x6' section, and a full scale engineering survey have confirmed the pool needs some help to be stable. We are exploring options of adding some amenities to make it more appealing to the pool goers.

And if that wasn't enough, we've also got the final draft of the 2018 budget. The budget will be officially adopted at the November board meeting, so more on that next month.

Cheers!

Sarah

Sarah Gerstein, CMCA, AMS, LSM, PCAM
General Manager

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.

LCSO Reminds Residents to Lock Vehicles, Secure Interior and Exterior Garage Doors After Series of Burglaries in Sterling

The Loudoun County Sheriff's Office is reminding residents to lock their vehicles and close garage doors after several burglaries have been reported in the Sterling area where a garage door opener was used to gain entry into homes.

Since October 13, there have been five burglaries where the residents were home during the burglaries and the suspect(s) gained entry through an exterior garage door and an unlocked interior garage door. In all of the cases it appears the suspect(s) used a garage door opener from unlocked cars parked in a driveway to gain access to the homes.

In light of these recent cases, the Loudoun County Sheriff's Office is asking residents to close garage doors when you are not outside, lock your vehicles and remove garage door openers or park them inside a closed garage, and secure all exterior windows and doors.

"Securing your windows and doors will greatly reduce the opportunity for a burglar to enter your home," said Loudoun County Sheriff Mike Chapman. "We encourage residents to remain vigilant and report all suspicious activity immediately," Sheriff Chapman added.

The Loudoun County Sheriff's Office asks residents to report any suspicious activity, persons, or vehicles immediately by calling the Loudoun County Sheriff's Office 24-hour non-emergency line at 703-777-1021.

The most recent incident was reported October 23rd and an earlier one from October 17th around 3:30 a.m. when a resident on Woodmere Court was awakened by a dog barking and observed an unknown male inside their home. The subject was described as a light skinned black or dark skinned Hispanic male, approximately 6' tall, with a thin build and dark hair. He was wearing a baseball hat, khaki colored pants and may have been wearing gloves. The suspect fled out a door. The victim contacted authorities a short time later. The area was searched but no suspect was located. The suspect appears to have gained entry into the home by using a garage door opener from inside the victim's vehicle which was parked in the driveway.

See Burglaries page 20

Zampiello **PAINT** Contractors, Inc.

"Quality Home Services Since 1992"

**Painting your neighborhood
one home at a time**



Interior Painting • Exterior Painting
Rotten Wood Repair • Siding Cleaning
Deck Cleaning • Crown/Chair Rail Install
Drywall Repair • Wallpaper Removal

Call or visit us today!

703-263-1000

zampiellopaint.com

License & Insured
VA 270533961A



14107 Mariah Court • Chantilly, VA 20151



Caring Hands Animal Hospital

Keeping you a part of your pet's care 7 days a week.

43300 Southern Walk Plaza
Ashburn, VA 20148

703-726-0446

www.caringhandsvet.com

**Bring this ad in for
50% off
a physical exam!**

BROAD

*New Clients Only

BROADLANDS & COMMUNITY INFORMATION

BROADLANDS BLAST

Interested in getting up to date community news in between monthly newsletters?

Sign up for our e-bulletin, the Broadlands Blast, online at broadlandshoa.org in the upper right corner on our website.

NOVEMBER IS NATIONAL DECA MONTH!



Join Briar Woods DECA and the Broadlands Community on **Wednesday, November 8th** for the **DECA Diamond Dash!**

8 DECA Diamonds, with interesting DECA facts, will be hidden in the community and Briar Woods High School. Find a DECA Diamond during the daylight hours, dawn to dusk, and follow the instructions to participate.

Follow us on Twitter: @bwhsdeca, and Instagram: briarwoodsdeca

THE HUNT BEGINS AT SUNRISE!



KEEP YOUR HOUSE NUMBERS VISIBLE

It has been brought to our attention by the delivery services (UPS, FedEx, USPS, etc.) that many of our resident's house numbers are not easy to identify, which makes it hard to deliver your mail. With the constant exposure to the outdoor elements, they can take a beating, so please make sure to replace any missing or faded house numbers on your property to allow your mail to be delivered efficiently.

CRAFT NIGHT AT THE COMMUNITY CENTER – HANDMADE HOLIDAY PALLET SIGNS

Come out to the Community Center and bring out the artist in you! And, enjoy an evening creating a handmade pallet signs for your home or gift for a family member or friend. Each participant will create a gorgeous handmade 12”X12” ready to hang pallet sign.

Wednesday, December 6th, 2017

7:00pm-9:30pm at the Community Center

\$15.00 per participant

This event is limited to Broadlands residents and their guests ages 14 and up

Broadlands resident Holly Scott will instruct the class and provide all the materials and equipment to make these gorgeous and rustic looking signs. Using stencils, paint and vinyl, Mrs. Scott will demonstrate the techniques used to make this striking craft. Your choice of one of three designs: Merry Christmas, Winter Wonderland or Happy Holidays. This class is limited to 20 participants. Sign up opens November 1st. **To sign up visit: broadlandshoa.org/events/craftsigns. Choose your design upon registering.**

PLAY OFF AND CHILI COOK OFF

Get your best chili recipes ready and join us for a friendly competition and football! Prizes awarded for 1st, 2nd and 3rd place winners!

Sunday, January 14th, 2017 Start Time: 15 minutes before kickoff
at the Broadland's Community Center, 43004 Waxpool Rd

Residents please bring your appetites and best chili recipes in crockpots. The HOA will provide all utensils, crackers, cheese, sour cream, and non-alcoholic beverages. This event is BYOB.

This event is open to all Broadland's residents and their guests. And, again, it's BYOB!

If you plan to enter the contest, you can sign up at broadlandshoa.org/events/chili/ starting December 1st. We must have minimum of five (5) chili entrants to hold the cook off. *Look in future newsletters for more information.*



**OPEN
SUNDAYS!**

**43150 Broadlands Center Plaza, Suite 184
Broadlands, VA 20148
703-723-7110**

**Mon - Thu 9 am - 7 pm ♦ Fri 8:30 am - Noon
Sat closed ♦ Sun 10 am - 4 pm**

**Primary Care & Same Day Appointments!
www.actfastmedicalcare.com**

**P & D
PLUMBING**

Licensed • Insured

WE GUARANTEE ALL OUR JOBS

No job too small or too big. We do it all!

703-939-4473

www.panddplumbing.com • pndplumbing@hotmail.com

Wanna do it right? Gotta get a pro!



Lori Christ, CPA LLC

**Lori@LoriChristCPA.com -Certified Public Accountant
703-304-5173 -Enrolled to Practice before the IRS**

- *Individual Tax Planning & Preparation
- *Bookkeeping for Small Businesses
- *Monthly Financial Statements
- *Business Tax Consulting & Preparation
- *Small Business Set up
- *Sales Tax Returns, Payroll Tax Reports



Your Local Handyman Specialist

P & M

General Contracting

Broadlands Resident since 1999

Class A License and Insurance

Honey-Do-Lists * Projects * and much, much more

Free Estimates

Contact Mike 703-862-0415 Mike.Rosario@verizon.net

REAL ESTATE

The Greg Wells Team

of Keller Williams - Loudon Gateway

**We're Hiring Agents,
Full & Part Time Opportunities!**



#1 Agent in Ashburn

BROADLANDS HOME SALES

7/10-8/10

	List Price	Sold Price	Subsidy	DOM
Townhomes				
21511 Welby Ter	\$359,900	\$352,500	\$5,000	60
21923 Sweet Bay Ter	\$469,900	\$468,500	\$9,500	33
22228 Gardenwall Ter	\$469,990	\$469,990	\$4,500	11
43127 Royal Fern Ter	\$489,999	\$490,000	\$6,500	9
21573 Bankbarn Ter	\$399,000	\$405,000	\$0	6
21935 Windy Oaks Sq	\$484,000	\$484,000	\$0	20
43292 Novi Ter	\$459,000	\$457,000	\$6,000	13
43075 Hunters Green Sq	\$449,900	\$450,000	\$0	12
43144 Huntman Sq	\$370,000	\$379,000	\$1,250	4
43087 Autumnwood Sq	\$390,000	\$390,000	\$0	0
21941 Bramblebush Ter	\$435,000	\$440,000	\$5,000	5
Single Family Homes				
42857 Vestala Gap Dr	\$699,900	\$695,000	\$1,000	54
21181 Sundial Ct	\$555,000	\$555,000	\$5,000	84
1500 Thornhill Pl	\$664,999	\$676,000	\$500	14
42926 Park Brooke Ct	\$530,000	\$530,000	\$0	57
21404 Glebe View Dr	\$749,900	\$722,000	\$0	42
21358 Gentle Heights Ct	\$734,900	\$735,000	\$1,000	31
22074 Avonworth Sq	\$499,950	\$492,000	\$0	20
43284 Tumbletree Ter	\$544,900	\$535,000	\$500	43
21599 Goodwin Ct	\$625,000	\$618,000	\$3,000	43
21574 Merion St	\$560,000	\$560,000	\$0	3
21505 Glebe View Dr	\$765,000	\$757,500	\$0	122
43305 Marham Pl	\$470,000	\$473,000	\$1,000	3
43366 Fullerton St	\$535,000	\$535,000	\$1,1310	4
43318 Columbus St	\$615,000	\$607,000	\$0	13
42879 Autumn Harvest Ct	\$650,000	\$655,000	\$0	2
42951 Sundance Sq	\$589,900	\$599,000	\$0	109

FREE Market Analysis of Your Home!
AshburnVillageHomeSellers.com



TheGregWellsTeam.com | 703.782.9094

20130 Lakeview Center Plz. #110, Ashburn, VA 20147

Each office individually owned and operated.

BUTTERFLY RELEASE

Over 100 Monarch Butterflies Released in Broadlands' Pollinator Garden

By Oya Simpson, Broadlands Wildlife Habitat Committee, broadlandsnaturally.org

First the first time, over 100 Monarch butterfly eggs and caterpillars were collected by Broadlands Wildlife Habitats Committee members and raised for a special release event. Before the release, butterflies were also displayed for 2 days at the Nature Center and visitors had a chance to see them.

On September 16th, residents gathered as they watched these beautifully colorful butterflies take their first flight into the skies!



Everyone enjoyed the garden as they were able to watch the butterflies land on them or just fly around the flowers. The release took place at the Native Plants Demo Garden, which includes critical plants that our pollinators need for survival. For example, Monarch butterflies will only lay their eggs on native milkweed, especially *Asclepias syriaca* (common milkweed) or *Asclepias tuberosa* (butterfly weed). Native nectar plants are also included in the garden in addition to other native plants.

Pollinators are responsible for 1 out



of 3 bites of food we take each day, and yet pollinators are at critical point in their own survival. Many reasons contribute to their recent decline. We know for certain, however, that more nectar and pollen sources provided by more flowering plants and trees will help improve their health and numbers.



Since 2008 Broadlands has been a Certified Community Wildlife Habitat by the National Wildlife Federation. This commitment has been continuing with the projects by the HOA Wildlife Habitats Committee as well as many of the activities being held at the Nature Center.

Every year, a special event or program is dedicated to celebrating this certification and this year the Monarch Release was our event to acknowledge this commitment.

To find out more about the Committee and its projects, visit broadlandsnaturally.org. You can also connect with our Facebook page, Broadlands Naturally. Consider volunteering and learning more about native plants gardening.



LOUDOUN WILDLIFE CONSERVANCY FALL PROGRAMS

Identifying Hawks — Class Thursday, November 2, 7:00pm, Location TBD, and all-day field trip Saturday, November 4, to Waggoner's Gap, Pennsylvania. Every autumn, hawks thrill us as they migrate south along the Blue Ridge. Liam McGranaghan, experienced falconer, licensed bander of raptors and educator, will teach an evening class on how to identify hawks and other birds of prey. On Saturday, Liam and Laura McGranaghan will lead a field trip to one of the premier hawk-watching sites in the mid-Atlantic. If the weather cooperates, we should see a wide diversity of birds of prey. There is a fee of \$35 (\$45 for non-members of Loudoun Wildlife Conservancy) for the class. **Registration required:** Sign up at <https://loudounwildlife.org/programs-and-field-trips/>. **Questions:** Contact info@loudounwildlife.org.

Fall Color Walk — Sunday, November 5, 10:00am – noon, Willowsford Conservancy. Join Loudoun Wildlife Conservancy for a walk through the beautiful fall foliage of a local trail, led by the Virginia Native Plant Society's Carrie Blair. Observe the brilliant hues of fall and take in the sounds and sights as the forest inhabitants prepare for winter. Check our website for more details. **Registration required:** Sign up at <https://loudounwildlife.org/programs-and-field-trips/>. **Questions:** Contact info@loudounwildlife.org.

Gardening with Nature — Wednesday, November 8, 6:30pm, Willowsford Conservancy. Do you ever feel like your landscaping efforts are constantly being undermined? Julie Borneman, owner of Watermark Woods native plant nursery, will share some helpful tips for working with nature rather than against it to make your gardening tasks easier and more successful. This event is co-sponsored by Loudoun Wildlife

Conservancy and the Willowsford Conservancy. **Registration required:** Sign up at <https://loudounwildlife.org/programs-and-field-trips/>. **Questions:** Contact info@loudounwildlife.org.

Along Came a Spider — November 9, 7:00pm. Join Loudoun Wildlife Conservancy for a free program exploring the world of spiders. Teta Kain brings us a close-up investigation of these greatly maligned, often feared creatures that live in such close proximity to humans. Details of spiders' lives are caught by Teta's camera as she details their eating, mating and predatory habits. She laces her talk with folklore, scientific facts, myths and mysteries and spices it up with a few funny stories of her frequent encounters with these very misunderstood animals. **Registration required:** Sign up at <https://loudounwildlife.org/programs-and-field-trips/>. **Questions:** Contact info@loudounwildlife.org.

Birding Banshee — Saturday, November 11, 8:00am. Whether you're a beginning birder or an expert, you'll be dazzled by the many bird species you'll find at the **Banshee Reeks Nature Preserve** south of Leesburg. Join Loudoun Wildlife Conservancy and the Friends of Banshee Reeks for the monthly bird walk at this birding hot spot. Bring binoculars if you have them. **Questions:** Contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.

Reading the Land — Saturday, November 18, 10:00am, Blue Ridge Center for Environmental Stewardship. Have you ever wondered what Loudoun County looked like a hundred years ago? Today the 900-acre Blue Ridge Center comprises mostly meadows in the valley and heavily forested mountain slopes,

but it hasn't always looked that way. Join Loudoun Wildlife Conservancy's Emily Southgate on a walk to discover humankind's impact on the land. People have lived and used the land there for centuries and have had a tremendous impact on it. Dr. Southgate, a historical ecologist, will describe how you can use old maps, aerial photographs and plants to study the impact on the land and ecology and how it came to be the way it is today. Directions can be found at www.blueridgecenter.org. **Registration required:** Sign up at <https://loudounwildlife.org/programs-and-field-trips/>. **Questions:** Contact info@loudounwildlife.org.

The **Blue Ridge Center for Environmental Stewardship (BRCES)** is a beautiful 900-acre preserve in northwestern Loudoun County. With its diverse wildlife habitats, including meadows, streams and heavily forested slopes, BRCES draws a wide variety of birds and other creatures. Join the Loudoun Wildlife Conservancy on our monthly walk, and see what's there! Meet at the Education Center; bring binoculars if you have them. BRCES is located just north of Neersville at 11661 Harpers Ferry Road (Route 671); detailed directions at brces.org. **Questions:** Contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.

Birding Banshee — Saturday, December 9, 8:00am. Whether you're a beginning birder or an expert, you'll be dazzled by the many bird species you'll find at the **Banshee Reeks Nature Preserve** south of Leesburg. Join Loudoun Wildlife Conservancy and the Friends of Banshee Reeks for the monthly bird walk at this birding hot spot. Bring binoculars if you have them. **Questions:** Contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.



Broadlands Pre-Turkey 5K/10K *in Honor of Hurricane Victims*

This time of year we recall the story of rescue—Native peoples sending food and warmth to the early colonists who would have died without their generosity. As we look forward to Thanksgiving this year none of us can do so without thinking of the millions injured and losing all of their earthly possessions due to the violent and sometimes complete destruction of Harvey, Irma, and Maria. Our fellow Americans need our rescue in Texas, Florida, and Puerto Rico. Please consider participating in this event to help make a difference. *All expenses for this event will be absorbed by the Nature Center. That leaves 100% of your contribution to go towards helping others.*

The cost to participate in this Run-Walk event is \$20/person. Pets are welcome to participate for \$20 and wear a bib too! All proceeds go to hurricane victims. Each participant will receive a race bib, map of race trail, and be able to record your start time at the Nature Center. Starting times available at 2:00 pm and every thirty minutes until 4:00 pm. Runners are asked to sign up for the 2:00 and 2:30 time slots. Snacks and end times may be grabbed at the 5K point, or continue on to the finale of the 10K back at the Nature Center along with a community bonfire.

REGISTER AT: broadlandshoa.org/events/5k-10k

Broadlands Community Outreach and BWHS FBLA Come Together to Help Others

Support the FBLA Chapter at BWHS by opening your hearts to help provide comfort and support for thousands of children who enter foster care each year carrying little more than the clothes on their backs. Join us and the FBLA Chapter to support Comfort Cases by donating one or more of the following items for children in need. Donations can be dropped off in the collection boxes in the Briar Woods HS lobby or at the Nature Center in Broadlands. Donations will be collected during the month of OCTOBER.

Organizing Donations

will take place on

Saturday, November 4th

Packing Party

will follow the next day

Sunday, November 5th

Both events will begin at **9:00AM** at the **Broadlands Clubhouse** located at 43360 Rickenbacker Square. Student and adult volunteers are encouraged to help at both events!

Please donate only new items from the following lists:

Children Under 10 Years

Backpacks or Small Duffle Bags or Suitcases
Pajama Sets & Sleepwear (*Child Sizes Newborn to 8/9*)
Small Blanket
Youth Toothbrush & Toothpaste
Shampoo & Conditioner
Soap or Body Wash, Lotion
Stuffed Animals
Coloring Books & Crayons
Books (*New or Like New & Age Appropriate*)

Children 10 Years & Older

Backpacks or Small Duffle Bags or Suitcases
Pajamas or Sleepwear (*Child Size 10 to Adult XXL*)
Small Blanket
(*Up to throw Size 50"x70"; must fit in Comfort Case*)
Adult Toothbrush & Toothpaste
Shampoo & Conditioner
Soap or Body Wash, Deodorant, Lotion
Stuffed Animals
Journal, Pens & Pencils
Books (*New or Like New & Age Appropriate*)

Donations of Ziploc bags (gallon & quart sizes) are also requested for both age groups.




**THIS SHOULD
NEVER BE
A CHILD'S
SUITCASE.**



www.comfortcases.org

For more information about this community outreach, please contact julie@broadlandshoa.com.
Comfort Cases is a 501(c)(3) non-profit organization that provides children, ages 0-18 who are in the foster care system, with a bag filled with essential needs as well as comfort items.



Slow-Cooker Leftover Turkey, Lemon, and Couscous Soup

- 2 cooked turkey wings, including bones and skin
- 1 1/2 cups cooked turkey meat
- 1 tablespoon olive oil
- 1 large carrot, peeled and finely chopped
- 1 stalk celery, finely chopped
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 bay leaves
- 3 sprigs fresh thyme
- 1/4 teaspoon poultry seasoning
- 1/2 lemon
- 1 tablespoon Worcestershire sauce
- 6 cups homemade or store-bought low-sodium chicken or turkey stock
- 1 cup dry white wine or leftover dry sparkling wine
- Kosher salt and freshly ground black pepper
- 1/2 cup Israeli (pearl) couscous
- 1/4 cup minced flat-leaf parsley or cilantro

Place turkey wings and meat in the bowl of a slow cooker. Heat oil in a pan over medium heat. Add carrot, celery and onion and saute, stirring often, until vegetables start to soften, about 5 minutes. Add garlic and continue cooking, stirring, until fragrant, about 1 minute longer. Transfer vegetables to slow cooker along with bay leaves, thyme, poultry seasoning, lemon, Worcestershire sauce, stock, and wine. Season with salt and pepper, cover and cook on low setting for 6 1/2 hours. Remove turkey and pull meat from bones. Discard skin and bones and return meat to the slow cooker. Add couscous and continue cooking until couscous is tender, 1 to 1 1/2 hours longer. Discard bay leaves, thyme sprigs and lemon half. Taste and adjust seasonings, if needed. Ladle into bowls, garnish with herbs and serve. Serves: 6 *SeriousEats.com*

**Too tired to
cook after
Thanksgiving?**




Throw Your Leftovers Into A Slow Cooker & Relax!

Slow Cooker Thanksgiving Turkey and Mashed Potato Chowder

- 3-4 cups turkey, cooked and shredded
- 1 cup onion, chopped
- 3/4 cup carrots, chopped
- 3 cups potatoes, chopped
- 3/4 cup corn (or a 7oz can)
- 3/4 cup peas (or a 7oz can)
- 1/2 cup green beans
- 3 cloves garlic, minced
- 2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon thyme
- 2 cups mashed potatoes
- 3 cups chicken broth
- 1 cups heavy cream
- 1/4 cups flour, optional
- Stuffing, optional

To the bowl of a 5-6-quart slow cooker, add turkey, chopped carrots and onions, along with peas, green beans and corn. Chop potatoes into 1/2-inch pieces, add to slow cooker. Sprinkle with seasonings. Microwave mashed potatoes for 45 seconds to soften. Add to a blender along with chicken broth. Process until smooth. Pour into slow cooker. Stir to combine. Cook on high 4 hours or low 6-8. For a thicker consistency: combine flour and creamy until smooth, stir in during last 30 minutes. Continue cooking with lid on. For a less thick consistency: omit flour, stir in heavy cream and continue cooking for the remaining 30 minutes. Pre-heat oven to 350° F. Toast stuffing for 15-20 minutes or until crisp. Serve chowder warm with optional stuffing croutons. Serves: 8 *bakedbyrachel.com*



ABOUT YOUR FITNESS

Surviving the Holidays

By, Katie Herbert, CPT

Fitness.innovations@gmail.com

Every year around November I start to hear questions about how to best get through the holiday season without falling off the wagon. It's interesting because most people focus on the time that will be missed at the gym due to schedules loaded up with parties and festivities. While finding time to sneak in activity is important, the ugly truth is that it's the nutrition side of things that will sabotage most people. Maybe that isn't too surprising considering that we tend to cook, make and bake more in these colder months than we often do in the warmer days. Additionally, many of us also fall into the trap of "cheating" or veering off of our normal eating because "it is a party after all."

As further research is done, we find more and more information that drives us to believe that exercise has amazing benefits but nutrition is where the weight loss/maintenance is. Exercise boosts mental health and sense of well-being, it strengthens our heart and other muscles, increases energy levels, it allows us to function at a higher capacity in daily life. Many of us, however, focus on what we can see readily, the numbers on the scale. To move those research tells us that we need to focus on nutrition. Most up to date research cites nutrition as 80-90% of the weight loss equation.

You can take this as good news or bad news: the good news is that you don't have to beat yourself up if you can't maintain your normal gym schedule the next few months. The bad news is that nutrition is the hardest part for most of

us. I can give an hour of hard work but then what about the other 23 hours? This all means that you are going to need to devise a game plan to help you navigate this season.

Party Survival Tips:

- Eat before you go. You never want to show up to a party feeling famished. When we are hungry we make poor choices and those poor choices cannot be undone. If you have a little something in your stomach you are more likely to think about your choices.
- Add water. This time of season leads to an increase in caloric intake both in solid form: food and in liquid: adult beverages. Make the decision before you head out that you will drink 1 glass of water between any libations. This strategy works for many reasons: you will stay hydrated, you will feel more full and will probably not indulge as much.
- Veggies first. If your host has a veggie plate available start there. Fill up on a rainbow of veggies (sans creamy dips) for a nutritious starter.
- Survey before you plate. Before you eat anything, check out all of the offerings. If your favorite snack is at the end of a buffet you might have loaded up before you even get to it. Seeing everything first will help you to make room on your plate for a few splurges without going over board.



- Enlist a buddy. Often in a group setting it becomes easier to abandon our plan. Talk to a friend at the party about your goals and let him/her know that you are trying to stay on track. Just vocalizing your plan will help to bring it to life, plus, you now have someone holding you accountable.
- Change your tune. Making changes is a mindset. Often times when we try to make a nutritional change we think, "I can't have..." When we say can't it is a limitation and that is no fun. Instead say, "I don't eat..." This simple change gives you ownership of the decision and it feels empowering instead of negative.

Good luck!



Join us at Open Arms! Limited availability in...

Kindergarten Programs

Accredited full-day kindergarten for students who turn 5 by Oct. 31.

KG-enrichment for students after LCPS AM and PM kindergarten.

Full-Day Programs

A full-day of activities for Infant through School Age.

Programs are available full-time (Mon-Fri) as well as part-time options. 3 years and up.

Infant & Toddler Programs

Immediate openings in our young infant, older infant, and toddler programs!



Open Arms is a nurturing and safe environment for the development of children in our community through loving, Christ-centered, Bible-based care.

43115 Waxpool Rd, Ashburn
(703) 729.9144 | enrollment@openarms-ccdc.org

A Trusted & Superior Level of Personalized Dental Care!



22621 Amendola Terrace
Suite 110 • Ashburn

We are located across from
Moorefield Harris Teeter,
next to Dragon Yong-In.

LoudounFamilyDental.com

703-596-9221



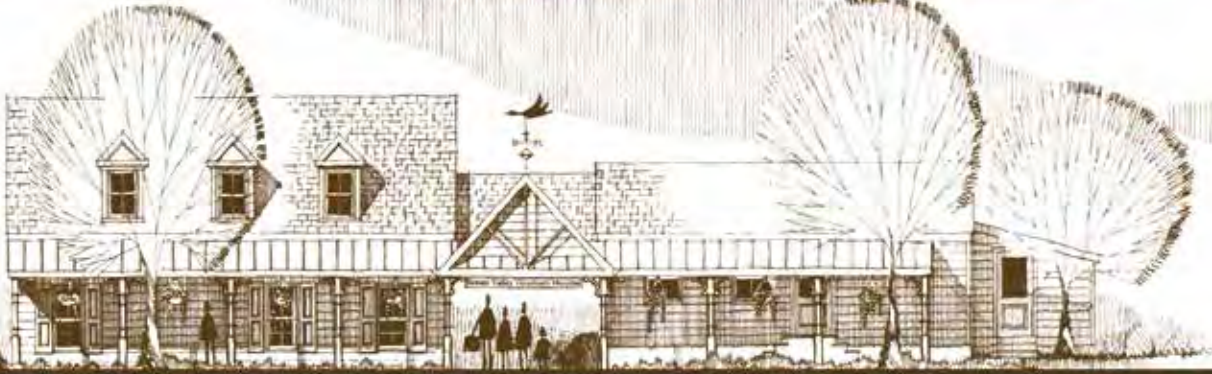
**\$0
Cleanings!**

For insured patients.

Open Until 7pm & on Saturdays!

Modern Medicine • Hometown Hospitality

Stream Valley Veterinary Hospital



Services: Medical, Surgical, Dental, Behavioral Classes, Boarding, Daycare, Grooming & Exotics

Dr. Mary Corey • Dr. Ashley Signorino • Dr. Nandita Fernandes • Dr. Leanne Kalinsky

We're just a few feet away

42902 Waxpool Rd. • Ashburn, VA 20148 • 703 723 1017

www.streamvalleyvet.com



**The BeanTree Difference...
See It in Our Students!**

**Infants – 2nd Grade
Full and Half Day Kindergarten
Advanced Curriculum
Specialty Programs
Before/After School**

Ashburn Campus

43629 Greenway Corporate Drive
Ashburn, VA 20147
571.223.3110

Westfields Campus

5003 Westone Plaza
Chantilly, VA 20151
703.961.8222

www.BeanTreeLearning.com



Please Join Us

Saturday, November 18, 2017

6:00pm – 9:00pm at the Broadlands Community Center

Cost: \$20.00 per ticket – no refunds

Celebrating the Flavors of Fall: Farm to Table Tasting and Cooking

Gather with us as our Broadlands Community celebrates the first ever Farm to Table Tasting and Cooking event. Maria Di Paolo-Greer, founder and culinary instructor at Cooking with Fun, will prepare flavorful appetizers using ingredients harvested locally at the peak of the autumn season. Maria will demonstrate hands-on how to cook an autumn-inspired dish with tips on how to expand your local cooking repertoire, as well as demonstrate the importance of seasonal food and its connection to your health.

This special event offers an unforgettable experience, a celebration of great company, and a unique opportunity to sample delicious handmade food made by a local chef. An interesting mix of ingredients harvested from local and sustainable farms and hand-picked for our event will be featured, along with perfectly paired wine.

The event will sell out fast, so tell your neighbors and reserve your tickets soon!

Visit broadlandshoa.org/events/farmtotable to sign up. Space is limited to 30 participants.

Signup deadline is November 10th.

This event is limited to Broadlands residents and their guests 21 years of age and older.





a great dental experience
for your child!

pediatric dental group



NEW PATIENT SPECIAL!

Cash Price for Cleaning, Polishing,
X-Ray, Dental Exam - **\$79**
Valued at \$230 Expires in 30 days

FREE

Consultation/Second Opinion
Valued at \$86

Your Child's
SAFETY
Comes First!

Dr. Bushra Bhatti, DMD and
our caring, experienced
dental team make sure your
child is comfortable during
their entire visit!

Morning and Evening Hours Take
the Hassle Out of Your Schedule

- Your Child Will Feel Comfortable and Safe •
- Convenient Payment Options •
- Your Child Will Have FUN In Our State of the Art Office •
- Sedation Is Always An Option •
- Most Insurance Accepted

CALL: 703-293-5930

24565 Dulles Landing Drive, Ste 150, Dulles, VA 20166
Next to the New Walmart
PediatricDentistLoudoun.com

big smiles for little kids



Residential & Commercial
www.augustineroofing.com

703.281.7663

\$350 OFF
All Roof Replacements

\$75 OFF
All Roof Repairs



Full Day Kindergarten 1st & 2nd Grade

- Fully Accredited
- Accelerated Curriculum



Half Day Kindergarten

- Before and After Care with 3:00, 5:00, and 7:00 pm pick up options
- Transportation, Lunches, Snacks included



Beyond the Bell! After School

- Homework help from Degreed Teachers
- Variety of Activities including Arts, Cooking, Sports, Technology, Drama/Music, STEAM

www.BeantreePavilion.com

43635 Greenway Corporate Drive | Ashburn, Virginia 20147 | 571.223.3113



ABOUT YOUR WELLNESS

Choosing the Right Oils

By, Crystal Wasilausky, Holistic Health Coach

fuelforyourbelly.com, beautycounter.com/crystalwasilausky

I wanted to write this month on oil that I have been seeing in so many packaged foods and snacks in the health food stores. I like to look through the aisles and new foods I have never seen for healthy snack ideas or new finds! I was in Trader Joe's the other day and picked up a package of seaweed snacks I often see many people eating. It definitely met my criteria of 5 ingredients or less, and seaweed is something I often include in my diet. It is rich in vitamins and minerals like iodine, which helps to maintain a healthy thyroid, and a few varieties are high in protein. So of course it has to be a healthy snack right?! **Wrong.** When real food undergoes "processing," something that could have been good for you may be transformed into something harmful for your body. I definitely think that the nori snacks are definitely a healthier alternative than potato chips or another empty food, but if someone is relying on this for a daily snack then I want to educate on the added ingredient in it.

I chose the example of the seaweed snacks because it contained canola oil. Here is a little secret about me, if the ingredient contains canola oil I place it back on the shelf. I know many people consume this oil thinking it's a "healthy" fat, but it has far greater negative effects than good. Canola oil was once thought to be a healthy fat because it contains Omega 3's (good for us fat), however it is an extremely processed and refined oil that is hydrogenated turning it into "bad for you" fat, and this doesn't have to be on the label.

Over 90 percent of canola oil is genetically modified and there are current studies coming out that are proving the negative effects of GMO's have on our health such as toxicity, allergic reactions, immune suppression and even cancer! So it's extremely disappointing when I am seeing canola oil in the majority of the prepared food section. I always go back to keeping

it simple with our grab and go foods, try mixing a salad with olive oil and vinegar or grab a ripe avocado. Some other quick options to eat healthy when grabbing something ready to eat are steamed veggies, quinoa, brown rice, veggie sushi, or rotisserie chicken.

I learned how to read food labels at an early age from my parents, and I understand how confusing it can be to understand what all those ingredients mean. So I want to focus on the oils to avoid, moderation, and the best oils to feel your best!

AVOID these inflammatory, disease causing oils which are oxidized and rancid by the time they reach the shelf.

1. Canola oil
2. Corn oil
3. Cottonseed oil
4. Soybean oil
5. Vegetable oil
6. Safflower oil
7. Palm kernel oil
8. Peanut oil
9. Hydrogenated and partially hydrogenated oils (which become carcinogenic trans fat)
10. Margarine (contains a combination of these oils)
11. Shortening

MODERATION Always buy organic (nut and seed oils contain omega 6's and too many of these can be harmful, you want to balance with omega 3's).

1. Sunflower oil
2. Sesame oil
3. Grapeseed oil
4. Nut oils
5. Flax and hemp (healthy but can only be used cold, which is why they are not my everyday oils)
6. Palm oil and shortening (made from fruit and not kernel) you want certified sustainable palm oil to make sure it is

eco-friendly as most are not. I have seen this oil recently used in several grain free baking recipes, and have made some tasty cookies but I haven't seen enough research on it yet to want to include this in my everyday diet.

BEST You want to look for organic, extra virgin or virgin, cold pressed or expeller pressed

1. Coconut oil
2. Olive oil (best to be used in uncooked state or at low temperatures, as it can become carcinogenic when exposed to high heat)
3. Ghee or organic pasture raised butter
4. Avocado oil

BONUS TIP: I have had clients lower their cholesterol by simply not cooking their food in oil and only cooking food in water or broth, steaming, or dry roasting in the oven.

I love seeing healthier quick options in the grocery store, but I do feel a majority of the packaged foods have been highly processed so just be aware when checking ingredients.

Back to Nori snacks here is an easy recipe to make on your own!

NORI SNACKS

Ingredients:

2 nori sheets

Coconut oil, melted

Optional spices: onion powder, garlic powder, and pink salt

Directions:

- Preheat oven to 350 degrees. Cut nori sheets into six squares using a sharp knife.
- Place nori on a baking sheet lined with parchment paper, and lightly brush the nori on both sides with oil with a pastry type brush. Sprinkle nori with your spices.
- Bake for 15 minutes until nori becomes crispy. Let cool and store in a glass jar.

BROADLANDS TENNIS PROGRAMS

LUIS ROSADO TENNIS ACADEMY

Voted Best of Loudoun 2017

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 -

1 HOUR JUNIOR CLINICS

Red Ball - ages 4-8: Mon & Wed, 5:00pm;

Sat 10:00am

Orange Ball - ages 8-10: Tues & Thurs, 5:00pm;

Sun, 10:00am

Green Ball Stage 1 - ages 10-13: Mon & Wed, 6:00pm; Sat 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: Mon & Wed, 6:00pm; Sat 11:00am

Yellow Ball Stage 2 - ages 12-17: Tues & Thurs, 6:00pm; Sun, 11:00am

1.5 HOUR ADULT CLINICS

Beg. & Advanced Beginner - Thurs, 7:00pm; Sun, 8:30am

Intermediate (3.00 and above) : Tues, 7:00pm; Sat, 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

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.

From Burglaries page 10

Nothing was reported missing from the home or the vehicle.

The first burglary in the series was reported around 3:26 a.m. on October 13 on Ashmere Square when a resident was alerted to a door alarm inside their home. A garage door was found partially ajar and it appears the suspect(s) used a garage door opener inside the victim's vehicle to open the garage. Nothing was found missing from the home. A resident on Glenmere Square later reported that around 4 a.m. they were awakened by a noise and saw an SUV backing out of a parking space outside of their home on Glenmere Square. They noticed their garage door was open and items were taken from inside the home.

A third incident was later discovered on October 13 Hampshire Station Drive. In this case it also appears unknown suspect(s) entered unlocked vehicles and used a garage door opener to open the garage and access the home. A work bag containing a wallet and keys were taken from the home. A fourth incident of a similar nature was reported on October 15 on Cedarhurst Drive. Again the suspect(s) appear to have entered a vehicle parked outside the home to gain entry into a garage. Inside the home a purse was stolen.

Detectives are working to determine if a larceny from a vehicle on Whitechapel Way reported on October 15 is related to the burglaries. The victims in the case reported their two unlocked vehicles were entered and rummaged through during the overnight and items were stolen.

If you have any information regarding these cases you are asked to contact Eastern Loudoun Station Detective K. Mitchell at 571-258-3138. You may also submit a tip through the Loudoun County Sheriff's Office app. The Loudoun Sheriff app is available on the iTunes App Store and Google Play.



MARK YOUR CALENDARS

Santa's Coming to Broadlands!

*Please join Us For Broadlands HOA's
Annual Visit with Santa*

Friday, December 8th

4:00pm - 8:00pm

*Due to the growing popularity of this event, the event has been extended
and Santa will begin seeing guests an hour earlier this year!*

at the Broadlands Clubhouse

43360 Rickenbacker Square

(Off of Waxpool Road just east of the Greenway)

Light refreshments and musical performances by

Broadlands Community students including:

Hillside Elementary School Chorus

Mill Runn Elementary School Chorus

*We will have a TOYS FOR TOTS box to collect new,
unwrapped toy donations.*

*Each year, it was wonderful to see the box
overflowing with your kindness and generosity.*

Please help us to do it again this year.

Please be sure to bring your camera for photos of your family.

If you have any questions, please contact

Barbara van der Biezen at

vanderbiezen@verizon.net





StoryCorps Hot Chocolate Sessions

Saturday, December 2, 5pm-8pm

*The Best Present Ever...Record Memories of a Loved One
(and have it archived in the Library of Congress as part of the folk history of the USA)*

StoryCorps gives people of all backgrounds, typically two at a time, the opportunity to record meaningful conversations and archives the recordings at the Library of Congress. Often these are grandchildren interviewing their grandparents, siblings skipping down memory lane or remembering a lost family member and their life well-lived, friends laughing about the old times, or neighbors interviewing one another. You invite a loved one, or anyone else you choose, to one of the StoryCorps recording sites. If you choose to publish your recording to the StoryCorps platform, you will make it public to the world and have the opportunity to share it with your family, friends and community. Publishing to Storycorps will also result in your story being archived with the American Folklife Center at the United States Library of Congress. Please note that you always have the choice to keep an interview private by choosing not to upload it to StoryCorps.

Register for a 30-minute slots. We provide the hot chocolate, some sample questions to get you started, and a quiet room to record. You provide the memories. Free for all ages.



So come to the Nature Center on Saturday December 2nd and make the best gift possible for the approaching holiday season: the gift of sharing humanity's stories to build connections between people while showing that someone else matters.

Register at: broadlandshoa.org/events/storycorps

AROUND TOWN

Join area businesswomen for the 9th ***Annual Virginia Women's Business Conference***, from 7:30 a.m. to 6:30p.m., on Friday, December 1, 2017 at Lansdowne Resort and Spa at 44050 Woodridge Parkway, Leesburg, VA. This is "the" one day event for visionary women who want to discover the tools for success, make strategic business connections and leave feeling empowered and inspired to take action. Tickets can be purchased at eventbrite.com/e/8th-annual-virginia-womens-business-conference-2016-registration-19790354483

"This year's conference features an amazing line-up of speakers and panel members. Women who attend will find this day to be transformative and inspiring, whether they are already leaders in their field or desire to be more successful. We offer eight personal or professional tracks to align with your personal and professional goals and help you grow," said Tina Johnson, president and CEO of JP Events & Consulting, organizer of the event.

Bringing together more than 600 women (and men) business leaders, diverse industries including the most energetic and dynamic thinkers in

business, marketing, retail, finance, philanthropy, education and media are represented.

The conference includes personal and professional tracks featuring engaging keynotes. New this year will be the Mastermind Roundtable Talks, an intimate discussion format featuring some of the area's most influential and successful women offering a mix of both presentation and open dialogue with attendees. Prominent women in the areas of personal health, lifestyle, business development, marketing, social media and personal development are chosen as speakers. Their



insights will help attendees find clarity in their career and personal life and will provide them with tools they need to achieve new levels of success.

The keynote speaker is Faye Lane, a New York-based writer

and performer who blends story and song in a unique way. Faye appears frequently around the country, performing regularly for standing room crowds at popular venues such as The Paramount Theater in Austin, The Fillmore in Detroit, and the 4,000 seat Arlene Schnitzer Concert Hall in Portland. Her stories have also been broadcast on public radio, both on NPR's Cityscapes and on The Moth Radio Hour.

JP Events & Consulting is a full service event management company with expertise in creating the region's most sought after corporate and private events. JP Events & Consulting's team produces quality events which reflect the vision, purpose and image of each individual client. More than 25 years of management and industry experience in providing turnkey solutions and unsurpassed events to a wide variety of clients make JP Events & Consulting the most sought after event planning company in the area.

AROUND TOWN

FRACTURED PRUNE OPENS; FIVE NEW DINING OPTIONS AT VILLAGE AT LEESBURG SINCE JUNE; COBB THEATRES EXPANDS AND ENHANCES

Press Release Provided by Rappaport

The highly anticipated recent opening of **Fractured Prune** is the fifth new dining option to open at the Village since June. Fractured Prune opened in the 1200 square-foot space located next to BodyBrite on Thursday, October 5. This specialty doughnut shop offers guests the opportunity to customize hot doughnuts with dozens of glazes and toppings from marshmallows to crumbled bacon.

Village at Leesburg continues to be Loudoun County's top dining destination with the recent openings of *Noku Sushi*, *Hibachi and Ramen*, *5 Tara*, *Bowlero* and *The Conche*, coupled with its already outstanding line up of restaurants.

Noku Sushi, Hibachi and Ramen offers traditional Japanese favorites and adventurous new creations. The 1,462 square-foot restaurant is located next to BonChon Chicken.

5 Tara serves upscale authentic Indian cuisine, focusing on the royal flavors of Northern India in a modern setting. The 2,904 square foot restaurant is located under Cobb Theatres.

Bowlero is the area's premier place to bowl, dine, party, and play. It offers a fresh spin on America's most beloved pastime, combining bowling, arcade

games, and inventive eats for the best in private events and casual family fun. The nearly 22,000 square-foot space is located across the street from Cobb Village 12 Theatres.

The Conche, a chocolate-themed restaurant from Celebrity Chef Santosh Tiptur ("*Halloween Wars*" *Champion*-- Food Network), serves sweet and savory dishes, decadent desserts, an assortment of handcrafted chocolates and chocolate-infused cocktails. It received the September Diner's Choice Award from OpenTable. The 2,864 square-foot space is located between Travinia and Spokes, Etc.

Shanghai Stations will open later this year in a +5,000 square-foot space near Cobb Theatres. This full-service restaurant specializes in French-inspired Asian cuisine.

The new openings bring the total number of dining options at the Village to more than twenty, including Firebirds, Travinia, Plaza Azteca, Smokehouse Live, Burgerfi, Noodles & Co., Flame Kabob, Bonchon Chicken, Eggspectation, Bean Bar and Rita's Italian Ice.

In 2018, **Cobb Theatres Village 12 Cinemas** will be enhancing the moviegoer experience by installing

all-new, all-reserved oversized and overstuffed electric reclining seats in conjunction with their full service restaurant and bar offering creative American Bistro Cuisine.

Village at Leesburg is located along Route 7 at the Crosstrail Boulevard/ River Creek Parkway exit in Leesburg, Virginia. It includes a roster of more than 75 national, regional and boutique retail shops and restaurants such as Wegmans Food Market, Cobb Village 12 Cinemas, LA Fitness, Bowlero, Ulta, Orvis, Charming Charlie, Smokehouse Live, Firebirds, and Travinia Italian Kitchen.

Rappaport, rappaportco.com, provides property management, marketing, asset management and oversees leasing strategy for Village at Leesburg. Melissa Welch of KLN Retail, klnbretail.com, provides retail leasing services for Village at Leesburg.

ASHBURN LIBRARY CORNER

Have you been toying with the idea of writing a novel or memoir? Maybe you have one underway that you haven't been able to complete? November is National Novel Writing Month, so what better time than now! Ashburn Library will be hosting NaNoWriMo Write-In with Author Vern James and The Secrets of Great Narrative Writing to help inspire you! If you prefer reading, then there are storytime and book club options for every age and interest.

Be sure to check out the LCPL PAGES (or visit online at library.loudoun.gov) for a complete list of programs and story-times at all Loudoun County libraries.

Library Closings:

Saturday, Nov. 11

Veterans Day

Thursday-Friday, Nov. 23-24

Thanksgiving

Programs

Graphic Novel/Comics Book Club

"Locke and Key: Welcome to Lovecraft," by Joe Hill

Following their father's gruesome murder in a violent home invasion, the Locke children return to his childhood home of Keyhouse in secluded Lovecraft, Mass. But all at Keyhouse is not what it seems, and not all doors are meant to be opened. Copies of the book will be available at the Ashburn Information Desk. Sponsored by the Friends of the Ashburn Library. For adults.

Wednesday, Nov. 1, 7 p.m.

ESOL: English Conversation Group

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

Tuesdays, 7:00pm & Thursdays, 10:00am (no program Nov. 23)

Art at the Library

Learn about neoplasticism and the painter Piet Mondrian. Explore your creative side and take your masterpiece home. For grades K-5.

Thursday, Nov. 2, 4:00pm

Sense-ational Storytime!

Explore the five senses of taste, sight, touch, smell and hearing through this sense-ational storytime. For preschool.

Friday, Nov. 3, 10:00am

STEM Buddies

Teens lead science and math learning activities and stories. For preschool. Saturday, Nov. 4, 11:00am

LEGO® Family Build

Build a LEGO® creation. For all ages.

Saturday, Nov. 4, 2:00pm

"Will Rogers' USA" presented by

Kaleidoscope Theatre Company

America's cowboy philosopher is brought to life with his folksy humor and philosophical observations by actor Rob Cork. For teens and adults.

Saturday, Nov. 4, 3:00pm

American Journeys

Celebrate the cultures that make Loudoun County wonderful as we explore the paths our families' took to America. For grades K-5.

Monday, Nov. 6, 3:00pm

Reading Buddies Storytime

Encourage your child's love of books and improve their reading development by pairing them with a teen buddy for one-on-one reading time. For preschool-grade 2. Mondays at 5:00pm

NaNoWriMo Write-In with Author

Vern James

November is National Novel Writing Month (NaNoWriMo). If you are writing a novel, come to one of our write-ins to work or to just exchange ideas with fellow writers. For teens and adults.

Mondays in November, 7:00pm

Craft Tales

An afternoon of themed stories and crafts. November theme: Fractured Fairy Tales. For grades K-2.

Tuesday, Nov. 7, 4:00pm

Adult Book Club

"The Readers of Broken Wheel Recommend," by Katarina Bivaldo
Sara arrives in the small town of Broken Wheel to visit her pen pal, Amy, only to discover Amy has just died. The tale of how she brings the love of books and reading that she shared with Amy to the residents of Broken Wheel is a lovely read. Tuesday, Nov. 7, 7:00pm

Teen "Chopped" Challenge

Compete to create the best dish using secret ingredients. Wednesday, Nov. 8, 4:30pm

Who Was ... ? Book Club

"Who Was Bruce Lee?," by Jim Gigliotti
Explore a different well-known person from the Who Was ... ? series every month. Discuss the book while enjoying themed crafts and activities. See the Children's Desk to reserve a copy of the book. For grades 2-3. Thursday, Nov. 9, 4:00pm

Tween Book Club" Ibook 1community

"Inside Out and Back Again," by Thanhha Lai is the 2017 selection for Loudoun County Public Library's Ibook 1community program. Through a series of poems, a young girl chronicles the life-changing year of 1975, when she, her mother and her brothers leave Vietnam and resettle in Alabama. See the Children's Desk to reserve a copy of the book. For grades 4-6.

Thursday, Nov. 9, 7:00pm

Homeschool Book Club

"Artistic Friends: Niko Draws

a Feeling," by Bob Raczka,

and "Masterpiece," by Elisa Broach

Explore different genres of picture and chapter books each month with games, activities and book discussions. See the Children's Desk to reserve a copy of the book. For grades K-5.

Friday, Nov. 10, 2:00pm

Modern Adult Programs: Strategy Gaming

Join strategy and Eurogame enthusiasts for friendly competition with games like "Settlers of Catan," "Carcassonne" and "Ticket to Ride."

Sunday, Nov. 12, 1:00pm

My First Book Club

"Little Bear's Friend," by Else Holmelund Minarik. Each month explore a different easy reader series. For grades K-1.

Tuesday, Nov. 14, 4:00pm

Rainbow Reading

A discussion of library materials and resources available for children and teens in the LGBTQ community. Talk about fiction and nonfiction titles and explore new additions to the Loudoun County Public Library's diverse collection.

This program is for teens and adults but children are welcome with a caregiver.

Wednesday, Nov. 15, 7:00pm

STEAM Club: Astronomy

Explore math and science concepts with hands-on activities. For Grades 3-5.

Thursday, Nov. 16, 4:00pm

Teen Leadership Council

Develop your leadership and teamwork skills in the Teen Leadership Council. Earn community service hours as you plan events and share ideas to make your library a better place for teens.

Saturday, Nov. 18, 2:00pm

STEAM Club Jr.: Coding

Explore math and science concepts with hands-on activities. For grades K-2.

Tuesday, Nov. 21, 4:00pm

TID BITS OF THIS AND THAT

SAFE NIGHTTIME DRIVING TIPS

Driving at night can be tricky—especially through neighborhoods or dimly lit landscapes—so it's important to keep in mind a few basic guidelines to make sure you and your vehicle both are well-prepared for the trip. Consider the following suggestions to help get you to your destination safely.

Ensure headlights are aimed properly. If you think your headlights are casting light too far above or below your line of vision on the road, you may need to adjust their aim. You can do this either by following instructions in your vehicle owner's manual or seeking help from a vehicle maintenance professional.

Dim dashboard lights. Most vehicle makes and models come with a dimmer for the instrument panel. Make sure it's set to the lowest brightness to limit distraction. Also turn off overhead or visor lights while driving, which also can limit visibility at night.

Beware of tinted glasses. Yellow lenses sold to enhance nighttime driving could actually decrease visibility instead of amplify colors and objects. If you wear prescription lenses, opt for an anti-reflective coating and clean them thoroughly and frequently to optimize effectiveness at night.

Learn how to spot animals and objects. While driving at night, be on the lookout for wildlife creatures' eyes, which can easily be spotted as pairs of glowing retinas. Animals' eyes—like raccoons or deer—typically will reflect the light from your headlights long before their true shapes come into view.

Don't focus on headlights in oncoming traffic. Keep your eyes on the road in front of you and avoid looking into the headlights of oncoming traffic—especially if you notice a car using the high-beam headlight setting. If the headlights on the car behind you cause a glare in your rearview mirror, adjust the mirror.

Clean your windshield. Use a clean microfiber cloth or newspaper to clean the windshield—inside and out. Make sure the windshield is streak- and smudge-free before driving at night, and try to avoid wiping window condensation with your hands. Fingerprints and oils from your skin can cause streaks that limit visibility in the dark.

Know when to use your fog lights. Many vehicles come equipped with fog lights, which typically are located underneath the front headlights and are aimed low, where fog usually appears on the road. Fog lights also can be useful on a particularly dark road to further illuminate your path.

Adjust your exterior mirrors. Pointing your side-view mirrors down slightly can help reduce glare from other drivers' headlights and still allow you to see by tipping your head forward a few inches.

Have your eyes checked. Your eyes' ability to keep moving and scan the landscape rather than solely focus on one spot is imperative for successful nighttime driving. Visit your eye doctor for regular checkups to determine whether prescription lenses could help you see better at night.

LOUDOUN SYMPHONY IS IN ITS 27TH SEASON

"Now in its 27th season as a cultural asset in Loudoun County, the 60 piece Loudoun Symphony Orchestra will perform next on Sat., November 4, at 7:30PM at the Broad Run High School in Ashburn. Come and hear the first of three candidates for LSO conductor- Nancia D'Alimonte - lead the symphony in a program of music by Mendelssohn, Saint-Saens, and Tchaikovsky. Programs by the other two candidates will be heard in February and April, respectively.

Ms D'Alimonte is well known in the Greater Washington Area, as the founder/leader of the NIH Philharmonia and as the conductor of The Arlington Chorale. She is vying to fill the position created by the death last year of longtime LSO conductor Maestro Mark Allen McCoy,"

For more details please visit loudounsymphony.org

GET YOUR SWAG ON... BROADLANDS GEAR AVAILABLE FOR PURCHASE

Broadlands gear can now be purchased 9:00am-5:00pm Monday through Friday at the Nature Center.

Prices are:

Fleece Ear Warmers: \$7.00

Blankets: \$15.00

Corkscrews: \$7.00

Solo cups: \$4.00

Lanyards: \$5.00

Baseball caps: \$7.00

Duffle bag: \$10.00

Soft cooler: \$8.00



ROOFING



SIDING, TRIM & GUTTERS



DOORS & WINDOWS



DECKS

**SERVING NORTHERN
VIRGINIA FOR OVER
30 YEARS**



**VIRGINIA LICENSED
AND INSURED
CLASS 'A' CONTRACTOR**



LIFE LESSON #88
**everyone
wins with
local banking**

You're Invited | Bank Local



Ashburn Branch

43330 Junction Plaza, #105
(Ashburn Farm Market Center)

Does your child struggle with reading? Does homework take forever?

One out of four children struggle with reading and learning because of eye coordination & eye movement problems

Symptoms of a Vision Problem:

- Doesn't like to read
- Skips or rereads lines
- Slow, difficult time reading
- Headaches
- Fatigue, frustration, stress with reading/homework
- Loss of place when reading
- Difficulty paying attention
- Complains that words move on page
- Behind grade level in reading



We get results!

Visit our website for
a comprehensive list of symptoms
www.CantwellVisionTherapy.com

Cantwell Vision Therapy Centers

Dr. Dennis R. Cantwell, OD, FCOVD

Over 35 years experience treating vision problems in children and adults

(703) 729-3545

44075 Pipeline Plaza #100, Ashburn



LOUDOUN DENTAL
ASSOCIATES

let your fears
FALL AWAY
with sedation dentistry

For years, we at Loudoun Dental Associates have been providing hundreds of patients with this safe & comfortable experience.

new patient special!

Cash Price for Cleaning, Polishing,
X-Ray, Dental Exam - \$89
Valid at \$375 Expires in 30 days

FREE
Consultation/Second Opinion
Valid at \$89

WE BELIEVE IN UNSURPASSED CARE
OPEN 7am- 7pm & Saturdays!

VOTED
TOP DENTIST

Northern Virginia
MAGAZINE

WASHINGTONIAN
Magazine

Dr. Theo Batistas, DDS • Dr. Faline Davenport, DDS • Dr. [Name obscured]

703-810-7061

LoudounDentalAssociates.com

24565 Dulles Landing Drive Suite 190, Dulles, VA 20166 | Next to the New Walmart

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.*



FROM YOUR SUPERVISOR

Dear Broadlands Residents,

As we move into Fall, we have many initiatives that we are working on and hope to accomplish before we start budget season.

County staff is working on my proposal to address the safety conditions of the intersection of Waxpool Road and Demott Drive. VDOT has determined that the intersection warrants a signal. County Staff is now looking at a signal design and other options to address the safety concerns.

I have also asked the County Attorney to investigate whether the County can legally take the Greenway by eminent domain without taking on the excessive debt that the Greenway owners have placed on the road. The road has been assessed at under \$400 million, however, the owners have packaged their debt from other projects and they now owe over \$1 billion on the Greenway.

If this does not work, we are still working hard on alternate roads to the Greenway, which include Shellhorn Road and Prentice Road. We are also working to accelerate Westwind Drive which will allow commuters to take Loudoun County Parkway to Rt. 606 without using the Greenway.

My office has received numerous comments about the walk zones to Eagle Ridge Middle School and the potential new school site at the intersection of Belmont Ridge and Waxpool. Traffic from the new school site will increase an already dangerous situation for students who are walking along Waxpool to the Middle School. We hope to have new signage and other improvements soon.



I am also pleased to announce the first Broad Run Art Competition. We are asking high school students to submit their art work on November 13th to be judged and awarded on November 14th at the One Loudoun Clubhouse. We hope to showcase many art pieces from our talented students.

Please feel free to contact me anytime with your questions at Ron.Meyer@Loudoun.gov

Ron Meyer
Broad Run Supervisor

ASHBURN VOLUNTEER FIRE & RESCUE NEWS

Pancake Breakfast: Sunday, November 5th, 8:00am - 11:00am in Founders Hall, Station 6, Ashburn Road. Bring family and friends and enjoy our great breakfast and no dishes! Eggs, cheesy eggs, pancakes, sausage gravy & biscuits, hash browns, bacon, juices, coffee. \$10 Adults, \$7 Seniors, \$5 children 3-8, Children under 3 Free. Craft table for kiddies. (*No parking at Mediterranean Breeze parking lot across from station.*) Parking on Stubble Road and W&OD parking lot next to station. Lots of gift ideas at our sales table: t-shirts, hats, thermal totes, travel mugs, Christmas ornaments and cards.

Christmas trees and wreaths for sale will be back starting the Friday after Thanksgiving at Station 6 and COMING SOON...Santa Breakfast! Visit <http://ashburfirerescue.org/> events for more information.

Gear up and join the action! **Volunteer Firefighters and EMTs needed (Admins too!).** Free training, Uniforms & Personal Protective Gear Provided; Benefits: tax savings, retirement benefits, tuition assistance, free training and more: (next meeting Nov 28th) see <https://ashburnfirerescue.org/> for more details.

DID YOU KNOW? - AVFRD is a designated CFC (Combined Federal Campaign) recipient. Our five digit code is 51688.

Look for us on: facebook.com/avfrd.

Your contributions are always appreciated.

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

The Ashburn Classics will meet at the Mills Recreation Center on November 11, 2017, at 10:30am. Entertainment to be announced and refreshments will be served. The 2018 officers will be elected. Contact Grace - 703-729-7044 or Carmen - 703-723-3724 for more information.

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 that began in September. We are studying various Women Bible Studies by Beth Moore, Priscilla Shirer and others. 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 at LoudounSAM@gmail.com.

TECHNOLOGY COMMITTEE

We meet the third Wednesday of every other month at 7:30pm in the Nature Center (Jan, Mar, May, July, Sept, Nov). For more information, visit broadlandshoa.org and click on Committees. Meetings are open to all residents.



NOVEMBER CLASSIFIEDS



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.

INSTRUCTION - ARTS/MUSIC

PIANO LESSONS AVAILABLE IN STERLING AND ASHBURN:

Piano teacher with 20+ years' experience. Lessons offered in my studio or your home. Please call 571-375-2653 or email judith.marcinko@gmail.com. Annual Recital, Local Piano Festivals, and National Guild participation. No contract required.

SAXOPHONE AND CLARINET LESSONS: Instructor has a Music Degree and 20 years' performing and teaching experience. Recipient of three awards from the DC Commission for the Arts. Lessons available in your home. References. Call 703-777-4352 or email NoteMagic777@gmail.com.

INSTRUCTION - TUTORING

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.

A-1 FORMER LOUDOUN COUNTY MATH TEACHER: Grades K to 12. Pre-algebra, Algebra (I & II), Geometry, Trigonometry, Pre-Calculus and Calculus. SAT prep and test taking strategies. Tutor at your home or Ashburn Library. Reasonable rates. Call Vincent Chu at 571-919-1674 or email vchu_911@yahoo.com. Please visit: A1mathtutor.weebly.com. Visa, Master Card, Discover and Amex accepted.

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; fitnesstogova.com.

JOYOGA: Are you grateful each day? In a book by Alex Korb, a neuroscientist, *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression*, One Small Change at a Time, he provides a scientific explanation of why the practice of being grateful is so important. To see what it is, please go to joy@joyoga.us under News. For questions regarding classes, call 703-850-8386.

HOME SERVICES

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

BELMONT CONSTRUCTION: Honey-Do List, Screen Replacement, Power Washing, Painting, etc. Call 571-209-0332.

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



NOVEMBER CLASSIFIEDS



HOUSE CLEANING

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

MARKETPLACE

WRAPPING ELF: HOLIDAY GIFT-WRAPPING SERVICE! Enjoy the season and let an Elf do your wrapping. Complete an inventory, drop off your gifts, then pick up your beautifully wrapped packages. All supplies included. Cost based on package size. Contact: WrappingElf@gmail.com or facebook.com/WrapElf/

HAVE A HEALTHY THANKSGIVING: Enjoy increased ENERGY, laser sharp FOCUS and better HEALTH and win a Weekend Getaway. Zeal For Life is clinically proven to help your body function at its best. Learn more at www.averilbernard.com. Contact Averil Bernard at (571) 293-6289 or averil@averilbernard.com.

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: Gift-giving greatness. Generic gifts got you down? Well, wake up your inner gifting genius! I have gift ideas that are anything but blah. Gifts girls adore. Gifts guys gotta have. Any budget. Any occasion. Any time. I'm here to make your life easier! Just ask! Contact Deborah Leben 703-217-4583 dleben@marykay.com, 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

THE CARE CONCIERGE: Would you like a walking companion? Do you need a ride to a medical appointment? Would you like someone to have tea with your senior parent? The Care Concierge LLC can help with all of these services and more. Call today or send us an email! 571-485-5091 info@thecareconciergellc.com

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

Monthly - \$10.00

Personal (For Sale) Ads \$0

Non- Resident Rates

Monthly - \$20.00

Payment and Ads:

Please email ads to: scollins@broadlandshoa.com

Checks, 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	28
Loudoun Family Dental	mid
Smilez.....	mid

EDUCATION

BeanTree Pavilion (Kindergarten – 2 nd Grade).....	mid
BeanTree Pavilion (Infant – Kindergarten)	mid
The Merit School of Broadlands	35
Open Arms.....	mid
Primrose School at Broadlands.....	36

FINANCIAL / PROFESSIONAL SERVICES

Apple Federal Credit Union	27
Lori Christ CPA, LLC	12

HEALTH

ACT Fast Medical Care	12
Cantwell Vision Therapy Center	28

HOME SERVICES

Augustine Roofing, LLC.....	mid
Climatic Heating and Cooling, Inc.....	2
Consumer Construction.....	27
P&D Plumbing.....	12
P&M Handyman Specialist	12
Zampiello Paint Contractors, Inc.	10

PETS

Canine Carousel, Boutique and Pet Salon	35
Caring Hands Animal Hospital.....	10
Stream Valley Veterinary Hospital.....	mid
Whole Pet	36
Wild Birds Unlimited.....	2

REAL ESTATE

Bonnie Selker, LivingRealty, LLC	36
The Greg Wells Team, Re/Max	12

RECREATION / INSTRUCTION/CAMPS

Broadlands Village Center - Sleigh Rides w/ Santa	2
Club Pilates Ashburn.....	35

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.



Canine Carousel
Boutique and Pet Salon



Your local pet retail, supply and grooming salon.

Canine Carousel is an award-winning pet salon and boutique with locations in both Herndon and Ashburn. Family owned since 1977, we offer a range of grooming services for dogs and cats, as well as a variety of pet supplies, toys, treats, and natural and holistic pet foods.

A one-stop shop for your pet!

CANINECAROUSEL.COM



CORE STRENGTH | MIND & BODY CONNECTION
FLEXIBILITY | FULL BODY WORKOUT & STRETCH



Club Pilates is for everybody.

We offer Reformer-based group Pilates classes with a modern approach to classical methods, at a price that makes membership attainable. Thousands of people are transforming their bodies and lives right now through energizing, fun, low-impact Pilates.



CLUB PILATES ASHBURN

43670 Greenway Corporate Dr., Ste 124 | Ashburn, VA 20147

(703) 828-0779 | ashburn@clubpilates.com

BOOK A FREE DEMO: CLUBPILATES.COM/ASHBURN

*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. [f](#) [t](#) [i](#) [i](#)



703-729-6000

www.meritschools.com

THE MERIT SCHOOL OF BROADLANDS

43190 Broadlands Center Plaza

Ashburn, Virginia 20148

broadlands@meritschools.com

Programs

Infant/Toddler

Preschools

Junior Kindergarten

Before/After School Program

Spring, Summer, Winter Camps

- ★ Safe and Secure Environment
- ★ Creative, New Play Areas
- ★ Trained, Experienced Teachers
- ★ Morning Programs Available
- ★ Well Equipped, Large Bright Classrooms
- ★ Focus on Literacy and School Readiness
- ★ Music, Art, Foreign Language, Computers
- ★ Hot Breakfast & Lunch, 2 Snacks Included

**Bring in this ad and receive a
FREE Enrollment Fee
Value \$100.00**

Broadlands Association, Inc.
21907 Claiborne Parkway
Broadlands, VA 20148

PRSRT STD
U.S. POSTAGE
PAID
GAM PRINTERS
PERMIT #379
DULLES, VA



EDUCATION MATTERS.

Now enrolling accredited programs for infants through private kindergarten & after school.

Voted BEST PRESCHOOL & BEST PRIVATE KINDERGARTEN



Primrose School of Ashburn
703-724-9050 | PrimroseAshburn.com
Primrose School of Ashburn at Broadlands
703-724-4200 | PrimroseBroadlands.com

THE MOST AWARDED PRESCHOOL IN NORTHERN VIRGINIA
SCHEDULE YOUR PERSONAL TOUR TODAY

2017 BEST of NOVA
Northern Virginia MAGAZINE

*Shedding a lot?
Not hungry?
Dry skin?*

Maybe it's the food.
Whole Pet Central has just what the doctor ordered!
We're different than national chains.
ALL of our foods are healthy and nutritious.

We are locally owned and operated

WHOLE PET CENTRAL
where healthy food comes naturally

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

LET'S TALK REAL ESTATE
Selling? Buying? Staging? Career?

LivingRealty, LLC
Welcome Home

Bonnie Selker
(703) 728-2292
www.BONNIE SELKER.com

LIVING REALTY, LLC: 20604 GORDON PARK SQ., #190, ASHBURN, VA 20147
ASHBURN OFFICE PHONE: (571) 207-6080

Meet Bonnie At Blend Coffee Bar
in Broadlands South
Mondays, 9-10 a.m.
(or by appointment)