



BROADLANDS

Our Neck of the Woods

FEBRUARY 2019



THE SIGNATURE AT BROADLANDS

ACTIVE ADULT CONDOMINIUMS — STARTING IN THE MID-\$300s

Nestled within a wooded enclave near shops, restaurants, and Dulles Airport, residents at The Signature will enjoy modern, single-level condominiums with elevator access, meeting rooms, private garages, and all the amenities Broadlands has to offer. Stop by before February 15th to learn more and get a free \$10 Lidl gift card*.

Van Metre

LET OUR FAMILY BUILD A HOME FOR YOURS

VanMetreHomes.com/Signature or 703-581-5844

*While supplies last



The Greg Wells Team Keller Williams - Loudoun Gateway

Recent Home Sales In Broadlands!

	List Price	Sold Price	Subsidy	DOM
21548 Field Station Ter	\$360,000	\$360,000	\$0	6
43110 Hunters Green Sq	\$439,900	\$420,000	\$0	52
43105 Forest Edge Sq	\$425,000	\$425,000	\$7,000	13
21436 Falling Rock Ter	\$429,900	\$428,000	\$3,575	27
21545 Field Station Ter	\$449,900	\$429,900	\$10,000	159
21185 Sundial CT	\$600,000	\$600,000	\$0	6
21991 Sunstone CT	\$649,000	\$637,000	\$0	56
21510 Awbrey PL	\$677,000	\$677,000	\$10,000	0

A Different Level of Service & Representation!!!



TheGregWellsTeam.com | 703.782.9094

20130 Lakeview Center Plz. #110, Ashburn, VA 20147
Each office is independently owned and operated.



BROADLANDS



Photo courtesy of Oya Simpson

IN THIS ISSUE:

Time to Remove Your Holiday Decorations	7
Tie Down Your Trash on Windy Days	8
Broadlands Solar Project	9
Pet Mobile Adoptions in Loudoun County	9
Broadlands and Southern Walk Association Functions	11
Parking in Broadlands	12
Loudoun Board of Supervisors Sets 2019 Meeting Schedule	13
Safety Tips for Winter Road Trips	16
Raising a Kid With Grit	19
Tennis - Winter/Spring Session	23
Behavioral Change - the Missing Link	26

EVERY MONTH

Board Meeting Highlights	3
This Month's Calendar	4
Manager's Message	5
Modifications Information	6
Covenants Corner	8
Recipe Page	21
Clubs & Groups	29
Helper List	30
Classifieds	32

Board of Directors Meeting

Tuesday, February 12th - 6:00p.m.

The Clubhouse

43360 Rickenbacker Square

Board of Directors Meetings Information

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 of Directors Meeting Highlights

The following actions were taken by the Board of Directors at *their meeting held on January 8th, 2019*:

- Approved the amended minutes of December 11th, 2018 meeting
- Discussed the use of the Nature Center restrooms by tennis court users
- Directed management to obtain updated estimates for repairs to the Nature Center tennis courts
- Discussed late fees for furloughed government employees
- Approved 2019 rates for outside pool memberships, private swim teams, and summer camps
- Approved a request from Van Metre to annex section 202 into Broadlands Association
- Approved proceeding with obtaining final proposals to construct a recreation pool at the CC
- Directed management to keep Wander Society programming within Broadlands limits

These highlights are a summary only. To obtain copies of approved minutes, log into your account on FirstService Residential Connect. Owner access to the site is by registration at <http://dcmetro.fsrconnect.com/residentwelcome>. Owners will need to enter their account number, which can be found on their monthly coupon stubs.

FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Potions Class 11:00am-NC
3	4	5	6 Events Committee Meeting 6:30pm - CH	7	8 Newsletter Submissions Due by Noon	9
10	11 Conservation Landscape Committee Meeting 7:00pm - NC	12 HOA Board Meeting 6:00pm - CH	13 Modification Subcommittee Submissions Due 12:00pm - NC	14	15	16 Nature Center Open 10:00am-2:00pm
17	18 NC and HOA Offices closed for Presidents Day Holiday	19	20 Modification Subcommittee Meeting 7:00pm - NC	21	22	23
24	25 SW Board Meeting 6:30pm - CC	26	27 Modification Subcommittee Submissions Due 12:00pm - NC	28 Untamed Reads 5:30pm - NC		

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

We Want You!

Broadlands Association relies heavily on volunteers and nowhere is that more apparent than in the development and implementation of the wonderful community events that we have throughout the year. More than 50 volunteers devote hundreds of hours into the planning of and hosting events. Programs like **Flicks in the Sticks** provide a wonderful free movie night and is wholesome fun for the whole family. **Broadlands Live!** is one of the few free concerts in the region where you can bring your own food and adult beverages and not get gouged by vendors charging an arm and a leg for a drink. The **Events Committee** hosts numerous adults and kids events through all seasons, with effort made every year to revamp or improve things.

Why should I volunteer for a committee, you ask?

Without our volunteers, we would not be able to offer all of the wonderful programs you have come to expect from us. We would be forced to either pay for the time and talent that normally would have been contributed by our volunteers, which would drive up the cost of attending the events and of the HOA fees, or we would have to cut events from our budget and our community.

Whether you are a single person living alone, a couple with no children, a growing family with young kids, or empty nesters, we have events to fit your lifestyle. Concerned that you will be underutilized, you lack the necessary skills, or that you may be asked to work on events that do not capture your interest? Fear not, we have needs for all skill sets and interest levels. Being a part of the planning committees for the events will ensure that we have activities that you and your loved ones will enjoy year after year. While some of the committee positions require considerable time in planning and organizing, the level of commitment can be up to you. Some committees meet once a month, while others are on a more flexible schedule and may meet quarterly or conduct much of their business via email. Some committees need volunteers to assist with setup or assisting in activities during an event, but do not require routine attendance at committee functions. I am confident that you will find whatever time you have to devote a most rewarding experience.

Each individual who gave time or talent to the organization in the last year is deserving of a round of applause from the community. I am honored to host the Annual Volunteer Appreciation Party, an elegant evening celebration which is just a small token of the appreciation for the hard work and hours of those who selflessly give their time.

Read on to get a full list of committees and their responsibilities.



The Broadlands Live! Committee organizes the summer concert series held at Hillside Park next to the Stone House. 2019 marks the 16th year of concerts. Funding of the concert series is provided by the Broadlands Association, Inc. as well as sponsors and food vendors. These free concerts are BYOB for adults over 21 years of age, with water, sodas, and food available for purchase. Look for information on the 2019 schedule in the coming months.

The Events Committee hosts an array of community wide events for adults, teens, and children alike, including past hits like Mardi Gras, St. Paddy's Day Block Party, Casino Night, Eggstravaganza, Yoga and Wellness Days, Comedy Hour, Dog Swim, Holiday Appetizer and Wine Pairing, Halloween Parties, Diwali, Visit with Santa, as well as coordinating community semiannual yard sales. Speaking of new events, we are also planning the St. Paddy's Day Block Party to include a cornhole tournament, two craft events in 2019 and maybe a monthly game night!

The Conservation Landscaping Committee works to keep Broadlands actively engaged in its Community Wildlife Habitat projects and promote Broadlands' recognition by the National Wildlife Federation as the nation's 25th "Certified Community Wildlife Habitats." They provide recommendations to the Board on native plant selections for integration throughout the community, maintain educational demonstration gardens, and create programs and workshops to provide information on site sections, design ideas, plant selections, and sourcing of native plant materials.

Continued on page 7

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 afterhours 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.

How Am I Notified of My Results?

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. 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.

Modifications Subcommittee Submission and Meeting Dates

Submission Deadline	Meeting Date
February 13th.....	February 20th
February 27th.....	March 6th
March 13th	March 20th
March 27th	April 3rd
April 10th.....	April 17th
April 24th.....	May 1st
May 8th	May 15th

Are You Selling Your Home?

Save yourself time and aggravation by ensuring you have approved applications for all exterior changes or additions made on your property before listing your home. 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.



Continued from page 5

The Modifications Subcommittee is responsible for reviewing all applications for changes to the exterior of your unit as well as reviewing the existing Design Guidelines and making recommendations for changes to the Board of Directors. This committee reviews each application in detail to confirm compliance with our Declaration and Design Guidelines. The committee meets 20 times per year to review applications. In 2018, the committee reviewed nearly 800 applications for your exterior home improvements. They certainly deserve a round of applause!

The Technology Committee is responsible for the design and maintenance of the BroadlandsHOA.org website as well as hosting the Flicks in the Sticks outdoor movie series. The Committee is made up of resident volunteers from the Broadlands community and includes web designers, graphic designers, content managers, database administrators, programmers and web hobbyists. Membership is open to anyone that would like to help work on the design and content of the site or help with programs or seminars on computer hardware, software, or usage for residents. Tech experience not required!

The Tennis Committee organizes tennis ladders, acts as the liaison between the Tennis Pro and the association, and makes recommendations for court maintenance and improvements.

Perhaps your interest revolves more around the Nature Center and educational activities or animal care. ***Our Naturalist is always looking for help with our many nature programs.*** We offer Youth Naturalist programs and opportunities for obtaining volunteer credit hours to meet high school honor and other society requirements. Our educational offerings are vast, potions programs, star gazing, overnight campouts, and scout certifications.

The association does not currently have active Neighborhood Watch or Recreation/Pool committees.

If I have piqued your interest at all, please contact the HOA office to discuss volunteer options that we have available. You may also contact the committees directly. Contact information for each committee is provided in this newsletter as well as on our website at broadlandshoa.org.

Take care,

Sarah

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

Modifications Subcommittee Seeking Volunteer

The Modifications Subcommittee is seeking a volunteer to join their dynamic group of individuals. As a member, you will help maintain aesthetics and encourage consistency throughout the community. If you are interested in joining this committee please email Robin Crews at rcrews@broadlandshoa.com.

Please Clear Your Walkways

Both Virginia and Loudoun County Codes require that the occupant – whether an owner or a tenant – remove all snow and ice from any walkway adjoining any part of their property within 6 hours after the snowfall has ceased. If the snow or ice fell during the night, it must be removed by noon the following day. Should the storm occur on Sunday, the accumulation must be removed by Noon on Monday.

Failure to comply with the Code can result in a fine of: \$250.00 imposed by the county. Complaints should be reported to the County Department of Building and Development, (703) 777-0635. Please be a good neighbor and a good citizen. Clear your walkways and keep Broadlands a safe environment for all our residents. If you know someone physically unable to keep their walkway clear, please consider giving them a helping hand

Time to Remove Your Holiday Decorations

What a wonderful holiday season it was! Sparkling lights, prancing reindeer, smiling snowmen and lovely green wreaths; we all enjoyed the show! But now it is time to pack up the decorations and enjoy your holiday memories.

The Broadlands Design Guidelines require that holiday lighting and decorations be removed in a timely manner. Please plan to pack yours away by February 1st.

Looking to Connect With More People in the Neighborhood?

Do you like having fun and meeting new people? Then join the Events Committee! We are a great group of gals and guys who plan the awesome events that the HOA hosts year 'round.

All you need to do is show up and be ready to have fun! Email events@broadlandshoa.com for more information.

Events Committee Meeting Wednesday, February 6th

6:30 pm at the Clubhouse
43360 Rickenbacker Square

Please Tie Down Your Trash on Windy Days

Please be sure to bind newspapers with twine or place loose papers in paper bags before setting out at your curb. Weigh down your bottles, plastics and cans by placing heavier recyclables on top. Ensure that the lid of your trash can is tightly secured. Put smaller lightweight bags of trash together in a larger heavyweight bag. Don't put trash out early and PLEASE no loose "peanuts" or other packing materials. Lastly, if the trash does blow over, or you see a bin out of place, please pick it up even if it isn't yours. Your HOA assessment provides for curbside trash removal. There is no budgeted amount for litter removal. The Association relies on homeowners to keep their neighborhoods free of litter and their assessments reasonable.

Covenants Corner

Light the Night

During the winter months, one of the items the covenants inspectors will focus on is homes whose pole lights in their front yards are burned out. In the dead of winter, it is more important than ever to keep your exterior pole light functioning both for security and safety purposes. Please be sure that your pole light is in working order. Your neighbors may be out walking and appreciate all the light they can get.

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 or a town home. Should replacing the light bulb not resolve the problem, you may have tripped a 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 processes, or have corrected the violation(s), or if you would like to request an extension on a maintenance violation, please contact the Covenants office at covenants@broadlandshoa.com or Suzan Rodano, Covenants Manager at 703-729-9704, option 2.

Need a More Secure Recycling Bin?

Residents who currently have the smaller, open recycling bin through Patriot may swap out for the larger, lidded recycling toter at no additional cost. Please contact Patriot Disposal at 703-257-7100 to make this request. You are encouraged to keep a record of the serial number of your Toter(s) should you need to identify it in the future.

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

This helps preserve the property values for home ownership, promotes community harmony and ensures the high standards of living that our residents have come to expect are maintained.

Pet Mobile Adoptions in Loudoun County

Did you know there is more than one location to adopt pets from the county animal shelter? Loudoun County Animal Services operates a brick and mortar animal shelter in Waterford, VA and provides compassionate and humane care for Loudoun's homeless pets. The department strives to be a resource for pet owners in need. Included in the department are Officers who specialize in assisting residents with animal related complaints, enforce local and state animal laws and investigate reports of animal cruelty.

In order to reach the most people and bring available pets to convenient locations, the department makes weekly excursions into the community using a 33ft long adoption bus designed for the safe transportation of pets. Since it is heated and air conditioned, the adoption bus is able to travel year round. Most often, adopters can visit the bus at community events and farmers markets on the weekends. Cats and small mammals, like rabbits and guinea pigs, are the most common type of pet but other species are able to travel on the bus as well.

Interested adopters can view a current schedule of dates, times, and locations to find the adoption bus online at www.loudoun.gov/animals. Additionally, the LCAS animal shelter hours of operation and all available pets are listed on the website. Look for the mobile unit at the Truck and Pony Show in April!

Struggling Families in Loudoun Benefit from the Pet Pantry Program

Although Loudoun County is frequently mentioned on national news sites as one of the wealthiest counties in the country, there are still many families in need of assistance. In response to the local need, Loudoun Hunger Relief set up a food pantry for people and partnered with Loudoun County Animal Services and the Humane Society of Loudoun County to create the Pet Pantry. The Pet Pantry program strives to help keep pets in loving homes by providing pet food supplies for families in need.

In 2017, the three organizations worked together to create and distribute 14,410 lbs. (totaling 2,450 kits) of dog and cat food. The program is solely dependent on donations from the public and all brands of unopened and unexpired cat and dog foods are accepted. While the number from 2017 may seem like a lot, a recent study conducted by Loudoun Hunger Relief showed there was a community need for twice as much food than the three groups were able to pack and distribute last year.

With this new information in hand, the organizers of the Pet Pantry program are doubling their efforts in an attempt to prevent families in need from having to give up their beloved pets. Individuals wishing to help can contribute small bags, under 10 pounds, of kibble and canned wet food for dogs and cats at a number of convenient donation drop-off locations across Loudoun County. The greatest time of need for food donations are February through October. Find more information about the Pet Pantry program and donation drop-off sites at loudoun.gov/petpantry.



Broadlands Solar Project

This winter, Broadlands Association and MTV Solar are proud to present a solar installation on the Nature Center, producing nearly 50 MWh annually. We'll have over 125 North American-made SilFab Solar Panels - a system size of 39,680 Watts. This energy production has the Pollution Reduction Equivalencies of:

- 84,606 miles driven by an average passenger vehicle
- 3,894 gallons of gasoline burned
- 37,830 pounds of coal burned (Source: EPA)

Check the March issue of the newsletter and the HOA website for details on our Solar Festival, coming in April. We'll have tours of the new system, solar information and activities for all ages.

Broadlands Mobile App

Visit your app store to download the Broadlands App on your mobile device to stay updated and informed on important community announcements and events.

Some of the features include:

- Important HOA announcements
- Push notifications (i.e. pool closings, trash collection changes, etc.)
- Ability to store your family's pool passes on your phone
- Access to our calendar of events



2019 POTIONS CLASS SERIES

Thanks to the crowds that have come to our potion's events for the last 4 years, we are beginning a monthly potion (herbal preparations) series for the entire year of 2019. This will allow us to focus on specific herbs for specific needs: digestion support, sleep aids, stress reducers, emotional balance, immune-support, two outings gathering and preparing our herbs that grow here in our own backyard, and two fun potions classes where we will make gifts toward the end of the year.

You may purchase this series of classes as a package for \$150, which is a \$50 savings, or purchase individual classes for \$20 each. Purchasers of the Potions Class Series will be given the potions of any classes missed included in their tuition for the year. This is a perfect gift for your little chemist, Harry Potter enthusiast, or anyone wanting to reclaim their health with a little more knowledge of what is available in plant formulas. Gift Certificates are available.

REGISTER: Broadlandshoa.org/potions2019

LIMITED SPACE SO REGISTER NOW!

A Closer Look of What Will Be Concocted Each Month:

- ♦ **JANUARY 12:** If Snape had not been food for Nagini he would be teaching this **POTIONS LAB ON HERBS FOR DIGESTION**
- ♦ **FEBRUARY 2ND:** If Snape had not been bullied by James Potter he would be brewing **POTIONS FOR HEART SUPPORT** with all of us
- ♦ **MARCH 2ND:** Snape will somehow make an appearance at this month's potions lab as he is the specialist on keeping calm (even when dancing with the Dark Lord Mr. V proud owner of terrible nostril plastic surgery). **HERBS FOR ANXIETY AND STRESS REDUCTION**
- ♦ **APRIL 6TH:** Even a bachelor like Snape must do spring cleaning. **HERBS FOR THE HOME** for those of you muggles lacking a working wand to zap it squeaky clean
- ♦ **MAY: No Potions Class**
- ♦ **JUNE 1ST: WILD HERB FORAGING AND PREPARATIONS SPRING/SUMMER** (for when you get stuck in the forest hunting down the unicorn blood suckers)
- ♦ **JULY: No Potions Class**
- ♦ **AUGUST 3RD: MEALS AS MEDICINE AND IMMUNITY BOOSTING** aka Potions to sneak into folks who think potions are fun to make but ne'er to enter their mouths. (This month will feature what herbalists call "Adaptogens")
- ♦ **SEPTEMBER 7TH: WILD HERB FORAGING AND PREPARATIONS SUMMER/FALL** for when you go searching for Grawp with Hagrid
- ♦ **OCTOBER 5TH: Our yearly COME IN COSTUME IF YOU DARE! HARRY POTTER THEMED POTIONS**
- ♦ **NOVEMBER 2ND:** This is a set of potions Snape never mastered...**HERBAL OPTIONS FOR EMOTIONAL LOWS**
- ♦ **DECEMBER 7TH:** Snape's bizarre secret passion...**MAKING HERBAL GIFTS FOR THE HOLIDAYS**

Broadlands and Southern Walk Association Functions

Submitted by: **Greg Stone, SWHOA President**

The Southern Walk areas are located in the southern portion of Broadlands, South of Waxpool Drive (with the exception of Broadlands Station, Villages, and Condos, to the east of Claiborne Parkway). The Southern Walk HOA is a sub-association of Broadlands Association, Inc. If you live in Southern Walk, you are automatically a member of two HOA's. The Broadlands HOA office frequently receives inquiries from residents regarding their Southern Walk accounts or telecommunications-related inquiries, however, any questions relating to Southern Walk must be handled through the Southern Walk HOA. There are frequent misunderstandings regarding the roles of each HOA, so the purpose of the information below is to discuss these differences.

Broadlands Association, Inc., established in 1995, is currently comprised of 3,704 units, which includes single family units, townhomes, villas, condominiums, and apartments. The purpose of the Broadlands Association is to provide for the upkeep for all of the Common Areas, which includes three pools, the Nature Center, Community Center, Clubhouse, fitness center, Stone House, tennis courts, basketball courts, tot lots, bridges and tunnels, nature trails, mutt mitt stations, private roads and sidewalks, and Covenants enforcement of all Broadlands residences, including Southern Walk. Contracts are in place via Broadlands for maintaining items such as the grounds, ponds, pools, buildings, streets and sidewalks, lighting, trees, financial management, security, and snow plowing. Broadlands produces the monthly newsletter, maintains the broadlandshoa.org website, publishes the Broadlands Blast email, and maintains and distributes notices via the Broadlands app, (available on GooglePlay and iTunes). The Broadlands HOA committees and staff organize all of the events ranging from the Nature Programs to Flicks in the Sticks, Broadlands Live Concert Series, Halloween events, Summer Celebration, and Visit with Santa to name a few. The HOA staff at the Nature Center is comprised entirely of employees of Broadlands Association. All of the 3,704 units are members of the Broadlands Association and are required to pay assessments to cover the \$100M+ in assets owned by the association.

Southern Walk at Broadlands Homeowners Association, established in 2001, (known by many as the SWHOA) consists of 1,112 units located in the southern section of Broadlands. Related to Article IV of the Articles of Incorporation for Southern Walk at Broadlands Homeowners Association, the specific purpose of this association is to provide for the installation and maintenance of a private utility system within the Property. In more concrete terms, this means the association was originally established to originate and oversee the telecommunications contract with OpenBand to provide phone, cable television, and broadband internet to the 1,112 residences in Southern Walk. However, in 2015 this contract was amended, with an option to purchase the exclusivity provisions of a blanket telecommunications easement covering the entire Southern Walk, that was granted to OpenBand

at Broadlands in 2001. Subsequently, the resident-elected Southern Walk Board of Directors collected fees from the 1,112 residents to pay OpenBand the "Exclusivity Option Price". In 2018, in order to bring a third-party provider into the neighborhood, the Southern Walk Board of Directors signed a contract with Verizon, to establish a contract for broadband internet service to the 1,112 residents of the Southern Walk. In July 2018, the Option Price was paid to OpenBand. In September 2018, the Easement to Verizon was granted by both Broadlands Association, as the "Master" Association, and owner of real property, and the Southern Walk Association. In October 2018, Verizon construction commenced. The first series of 304 homes in Southern Walk will be eligible to

order their service through the Southern Walk HOA Community Ordering Center (expected February-March 2019); service will be delivered through the remainder of 2019.

If you own a home in Southern Walk, you are automatically a member of two separate associations. The master association is Broadlands Association, whose responsibilities are outlined above. The Southern Walk HOA sub-association does not oversee any of the common areas, facilities, contractors, or employees for Broadlands. Southern Walk is governed by a separate Board of Directors and has a separate Community Manager.

All Broadlands residents are invited to contact the Broadlands HOA office at the Nature Center for any issues concerning the roles of the Broadlands Association, as outlined above. Southern Walk-related telecommunications questions should be directed to the Southern Walk FirstService Residential Community Manager or to the Southern Walk Board of Directors, whose contact information may be found at: <https://www.broadlandshoa.org/contact-us/southern-walk-hoa/>. If your question is about Verizon FiOS in Southern Walk, Southern Walk fees, or schedules of upcoming Southern Walk Board meetings, then the FirstService Southern Walk Community Manager is your point of contact. Coincidentally, FirstService Residential manages HOA payments for the Broadlands Association, however, separate contact numbers and emails are established for interfacing with FirstService Residential for any Broadlands Association matter. Neither association handles any OpenBand inquiries. Questions pertaining to any OpenBand service are best addressed to OpenBand Customer Service, directly.

Since the Southern Walk Articles of Incorporation reference the relationship between the two associations, the Broadlands Association allows the Southern Walk Association to conduct business using some Broadlands facilities, such as use of the HOA internet forums to post meeting notices and other important information in the Southern Walk Announcements section, space to publish news in the Broadlands Monthly Newsletter, Broadlands Blast, updates via the Broadlands App, and use of the Community Center for Board of Director Business meetings and the Southern Walk Annual meeting.

If you own a home in Southern Walk, you are automatically a member of two separate associations.

Parking in Broadlands

We would like to take this opportunity to remind residents of some of the parking rules and regulations governing our community. New residents may be unfamiliar with some of our policies, and the more seasoned residents may benefit from the reminder. A complete version of the parking regulations is available on the website at www.broadlandshoa.org under For Residents>Rules and Regulations.

Following are general restrictions on the parking and storage of vehicles. These rules are applicable to common areas, common area parking lots, private streets, and roadways. For VDOT maintained roads, specific restrictions can be found in the Loudoun County Codified Ordinances.

Prohibited Vehicles

The following are examples of the types of vehicles that are prohibited in open view of residential property (including vehicles parked in an open garage), on residential streets, and on any open space or other common area in the association, except for authorized association owned or contracted vehicles.

1. **Recreational vehicles.** For this purpose, “recreational vehicle” is defined as follows:
 - Any boat or boat trailer, jet skis, rafts or inflatables and the like.
 - Any motor home or camper, camper slip-on where the camper back is 12 inches or higher than the roofline of the cab of the truck.
 - Any mobile home, trailer or fifth-wheel trailer.
 - Any pop-up camper/tent, trailer or other similar recreation.
 - Any other vehicle not defined above which could not normally or regularly be used for daily transportation, including non-operative automobile collections or other automotive equipment not licensed for use on the highways of Virginia.
2. **Commercial vehicles.** For this purpose, “commercial vehicle” is defined as follows:
 - Any vehicle that is defined in a State Code or County Ordinance as commercial. The county definition includes: (1) any vehicle with a registered gross weight of 12,000 pounds or more; (2) any vehicle in which food or beverages are stored or sold; (3) any vehicle used for transporting landscaping or lawn-care equipment; (4) any vehicle licensed for use as a contract carrier or limousine; (5) any vehicle more



than 21 feet in length or more than eight feet in height or with a width of 102 inches or more, or with a gross weight of 12,000 or more pounds; (6) any trailer; or (7) any vehicle of any size that is being used in the transportation of hazardous materials; or (8) any vehicle with three or more axles.

- Any vehicle with exterior racks, compartments or the like will not be permitted.
- Any private or public school or church bus.
- Motorized vehicles, other than Association or Association contracted vehicles are not permitted on the trails or Common Areas within the community.

*Passenger vehicles, pick-up trucks not exceeding ½ ton, or passenger vans used for commercial purposes and having the name of the business written on the front doors in an area not exceeding two square feet are permitted.

3. **Junk or derelict vehicles.** A junk or derelict vehicle is described as follows:
 - A vehicle which does not display valid state license plates/registration.
 - A vehicle which does not display current state inspection sticker.
 - A vehicle missing any necessary parts, such as, but not limited to, tires, wheels, engines, door, truck, hood, wrecked or smashed body parts, etc. that are necessary for the operation of the vehicle on public or private streets.
 - A vehicle with flat tires.

Parking continued on page 13

Parking continued from page 12

Parking Regulations

The following regulations exist with regards to the parking of vehicles.

1. Vehicles shall not obstruct the safe, free-flow of moving vehicular traffic or other vehicles or pedestrians into or out of parking spaces on Public Streets, or Private Roads.
2. No vehicle shall be parked in violation of any posted sign.
3. All vehicles shall be parked wholly within space lines, as applicable.
4. No vehicle shall be parked on any grassy or landscaped area.
5. Vehicles may not be parked within 10 feet on either side of a mailbox.
6. No vehicle may be parked in a manner which blocks any portion of a sidewalk. Even partial obstruction of the sidewalk is considered obstruction and is prohibited.
7. No vehicle may be parked in a fire lane. Even partial obstruction of the fire lane is considered obstruction and is prohibited.

Enforcement

Any vehicle that is parked in violation of the applicable state and local laws or in violation of the parking regulations is subject to ticketing, towing or other enforcement as provided by applicable State and County law or the parking resolution. The Loudoun County Sheriff's Department has full authority to patrol, ticket, and tow on both public and private roads within Broadlands for all violations.

Additionally, any vehicle parked on private roadways and parking lots maintained by Broadlands Association, Inc. in violation of these rules may be issued a Violation Notice by the Association or the authorized towing contractor. If the violation is not remedied, the vehicle may be towed at the sole expense and liability of the owner. Violation notices may be posted on the vehicle if the vehicle is parked in a common area or mailed to the lot owner if a vehicle is parked on a homeowner lot.

Any vehicle parked in a fire lane or which blocks the sidewalk may be towed without warning. A vehicle will be considered to have been parked in a fire lane when any portion of the vehicle overhangs or blocks any portion of a fire lane. A vehicle will be considered to be blocking a sidewalk when any portion of the vehicle overhangs or blocks any portion of a sidewalk.

Loudoun Board of Supervisors Sets 2019 Meeting Schedule

The Loudoun County Board of Supervisors has set its meeting schedule for 2019 and has re-elected Ashburn District Supervisor Ralph Buona as Vice Chairman. In the absence of Chair Phyllis Randall, Buona will perform the duties of the Chair.

Under the rules of order adopted Wednesday during the Board's first meeting of 2019, the Board's monthly schedule of business meetings and public hearings will remain unchanged from 2018:

- **Business Meeting:** held on the first Tuesday of the month at 5:00pm.
- **Public Hearing:** held on the Wednesday of the week following the first business meeting of the month at 6:00pm.
- **Business Meeting:** held on the Thursday during the week following the monthly public hearing at 5:00pm.

Public input at the Board's business meetings will continue to begin as early as 6:30pm and be limited to a one-hour time period. At the second business meeting of the month, an additional time of public input limited to eight speakers will be included at the beginning of the agenda.

The Board also made appointments to regional and county boards and appointed members to the Board's standing committees: the Finance/Government Operations and Economic Development Committee, the Joint Board and School Board Committee, and the Transportation and Land Use Committee.

In addition, the Board made adjustments to its meeting schedule due to religious holidays and Election Day:

- Moved the October 1, 2019, (Rosh Hashanah) business meeting to October 2, 2019
- Moved the October 9, 2019, (Yom Kippur) public hearing to October 10, 2019
- Moved the November 5, 2019, (Election Day) business meeting to November 7

The Board's full schedule of meetings will be posted at loudoun.gov/mastercalendar. Meeting documents are posted at loudoun.gov/bosdocuments.

Board of Supervisors meetings are held in the Board Room of the Loudoun County Government Center, 1 Harrison Street, S.E. in Leesburg. The meetings are available for viewing on television on Comcast Government Channel 23, Open Band Channel 40, and Verizon FiOS Channel 40, and online at www.loudoun.gov/webcast.

More information about the Board of Supervisors is available on the Loudoun County Government website at loudoun.gov/bos.



SATURDAY, APRIL 6TH



10:00 AM - 12:00 PM



HILLSIDE PARK, 43051 WAXPOOL ROAD

Please walk or park at the Community Center and KinderCare parking lots



BROADLANDS

SPRING EGGSTRAVAGANZA

The parade will begin promptly at 10:00am on the path next to the Community Center. Follow Peter Cotton Tail as he makes his way through the tunnel to Hillside Park where there will be eggs to hunt. Stick around afterwards to enjoy attractions.



LIMIT EGGS TO 10 PER CHILD so everyone gets some.



IN THE EVENT OF INCLEMENT WEATHER visit our furry friend at the Community Center to take photos and collect eggs.

THIS FREE EVENT IS FOR BROADLANDS RESIDENTS ONLY

Spend Valentine's Day With Your Loved One Going to...

CHOCOLATE AND CABERNET TASTING

February 9th, 10th or 14th

(540) 668-6299

Breaux Vineyards

36888 Breaux Vineyards Ln, Purcellville, VA 20132

Time: 11:00am to 4:00pm

Price: \$40.00 per person (\$35.00 for Club Members)

<https://breauxvineyards.com/events/>

Looking for a great way to celebrate Valentine's Day? Whether you come alone, as a couple, or a group, we have the perfect tasting experience for you. Enjoy a delicious variety of truffles in a romantically decorated area at Breaux Vineyards, paired with our Breauxmance (sparkling wine) and four samples of our award-winning Cabernet. The 30-minute seated tasting will be guided by our expert wine educators, and questions are welcomed as we take you through your flight. Tastings on the hour from 11:00am - 4:00pm. Reservations are highly recommended. Limited seating, space fills up quickly!

VALENTINE CAKE DECORATING WORKSHOP AT AMPHORA BAKERY

February 13, 2019 at Amphora Bakery, 294 Sunset Park, Herndon, VA 20170

Do you adore cake? Join Amphora Bakery on February 13, 2019, for a light-hearted holiday cake decorating workshop. Guided by Amphora Bakery's pastry chef extraordinaire, you will be introduced to cake decorating techniques. Dive right in, using professional tools, to learn essential tips of the trade, sculpt delicate rose petals, scroll icing, and incorporate themed decorations. This workshop is designed for adults and supervised teens. For Event Details Visit: http://amphorabakery.com/vday_1day_deco_class/

VALENTINE'S DAY WINE DINNER

February 14th

540-822-3825

Creek's Edge Winery

41255 Annas Ln, Lovettsville, VA 20180

Time: 6:00pm to 9:00pm

Price: \$99.00/person

<http://creeksedgewinery.com/cew-or-upcoming-events-february>

Join us for a special evening with our award winning wine paired with six excellent courses prepared by our Executive Chef Derek Paulus!

VALENTINE'S AT GRANDALE

February 14th

Grandale Vintner's Table

14001 Harpers Ferry Rd, Purcellville, VA 20132

Time: 5:00pm to 9:00pm

Price: Varies depending on menu choice

https://grandalerestaurant.com/event/valentines-day-at-grandale/?instance_id=4537

Two wonderful options for the wonderful two of you! Make your reservation now to enjoy Valentine's Day at Grandale and choose from either the Chef's Table menu or selections from our regular menu. The Chef's Table menu is an

indulgent 5-course tasting menu, selected by Chef Author, and presented in the "omakase" tradition, where the guest entrusts the Chef to select exemplary expressions of his creativity and the freshest ingredients of the day. The Chef's Table meal is \$250.00 per couple, each course carefully paired with wine by the chef and our sommelier. Or choose from our Regular Menu... celebrate your love with fresh farm-to-fork favorites and features from the Grandale menu and choose from our extensive wine and craft beer selection to pair with your meal.

WEEKEND OF LOVE & JAZZ

February 15th

(850) 668-2222

Salamander Resort & Spa

Time: Various times throughout the weekend

Price: Events Ranging from \$20.00-\$100.00

<https://salamanderresort.com/play/seasonal-offers>

Salamander Resort & Spa hits all the right notes this Valentine's Day with jazz legend Marcus Johnson, together hosting a Weekend of Love & Jazz – a series of events centered on a love of food, libations, and – of course – jazz music. Hearts will beat a little faster Friday, February 15 – Sunday, February 17, 2019, as music jives throughout the luxurious resort and couples tune into one another.

VALENTINES CUPCAKE AND WINE PAIRING

February 16th

(540) 338-1144

Bogati Winery

35246 Harry Byrd Hwy, Round Hill, VA 20141

Time: 1:00 PM to 5:00 PM

Price: \$18 per person

<https://shop.bogatibodega.com/res-416921/Valentines-Cupcakes-And-Wine-Pairing.html>

You and your sweetheart go together like cupcakes and wine. This February 16th, fall in love all over again as you experience a self-guided pairing of Virginian wine and decadent mini cupcakes by the warm glow of the fireplace! Savor the romance of indulgence with your honey and discover life's greatest pleasures. These sinfully delicious pairings will start your Valentine's Day weekend off right! Reservations are required in advance. Tickets are \$18.00 per person and include a pairing of four mini cupcakes and a four healthy tastings, complete with a pairing guide.

VALENTINE'S WINE & COOKIE PAIRING!

Sunday, February 17, 2019

Willowcroft Farm Vineyards

38906 Mt Gilead Road, Leesburg, VA, 20175 USA

Phone: (703) 777-8161

Looking for a fun Valentine's Day outing? We are delighted to announce that we are having another Cookie and Wine Pairing event with 3 Friends Bakery! From 1:00pm to 2:00pm. The event will be a limited seated tasting, reservations required. Cost is \$20.00 per person (\$15.00 for wine club members) and includes a pairing of 5 gourmet cookies with 5 wines. Contact Kim@willowcroftwine.com to reserve your spot!

Turn it On!

As one of six essential nutrients, water is necessary for survival. But drinking it from disposable plastic bottles may not be the best idea. A better choice for your personal health, and the health of the environment, is to drink tap water.

Tap water might be healthier than bottled water—which often *is* tap water—because it is more highly regulated and monitored for quality. For more information about our community's water source, visit the U.S. Environmental Protection Agency's website at <http://water.epa.gov/drink/local>.

Better for the Environment

Manufacturing, transporting and disposing of plastic water bottles adds to our carbon footprint in a big way. More than 17,000,000 barrels of oil are used annually to manufacture plastic water bottles. That's enough oil to fuel one million cars for a year. It also takes three times the amount of water a plastic bottle actually holds to manufacture the bottle itself. Nearly 80 percent of empty plastic water bottles—as many as 140 million per day—end up in U.S. landfills. It will take centuries for those plastic water bottles to decompose, and during that time, the oil and other chemicals used to manufacture the bottles will leach into and contaminate the groundwater.

Better for Your Health

Reusing disposable plastic bottles isn't a good idea either, because many formulas for those plastics include phthalates or Bisphenol A, substances that are potentially harmful. Repeatedly washing bottles made from #1 plastics (polyethylene terephthalate, or PET) in hot water, for instance, breaks down the plastic compounds and releases toxic substances into the contents.

A stainless steel water bottle is safer and more durable choice for portable water when you're away from a faucet. And programs like Tap It and Back 2 Tap can help you find merchants in our area who offer tap water refills when they're needed.

For more information, visit back2tap.com and <http://tapitwater.com>.



Safety Tips for Winter Road Trips

Preparedness is paramount when it comes to road trips year-round, and hitting the road for a long drive during winter months is no exception. With an increased risk of potential driving hazards like sleet, snow, strong winds and frigid temperatures, it's a good idea to think about ways to ensure you'll travel safely.

Consider the following tips when preparing for your winter road trip:

- **Invest in an emergency kit for your vehicle.** Available at most major retailers, these kits are relatively inexpensive and contain items like flares, booster cables, flashlights, ponchos and first aid supplies for minor injuries.
- **Develop a contingency plan.** Create a strategy for dealing with a flat tire, vehicle accident, dead battery or other potential travel delays. Keep a hard-copy list of people or businesses to contact for help should you need it.
- **Stay in touch.** Check in with a designated contact during your journey with updates on your location, delays encountered or unexpected situations that require longer travel time. When driving, remember always to pull off the road before using your cell phone.
- **Check the local weather report before heading out.** Winter weather can be tricky and forecasts aren't always accurate. You can double check your destination's weather history on a variety of websites to determine typical conditions to expect in that area during your travels.
- **Store warm clothes and blankets in your vehicle.** Be prepared to stay warm if you're stuck for extended periods by keeping a blanket or two in your car. Also, pack a small travel case with snow boots, socks, gloves, a scarf, hat and heavy sweater in case you need to leave your vehicle.
- **Review your travel route without GPS.** Read through detailed driving directions, including alternate routes, so you know your options. Also consider keeping a map handy in case your navigation system is compromised during your trip.

- GARDEN DESIGN WORKSHOP - WORKING WITH NATIVE PLANTS

- BROADLANDS COMMUNITY CENTER - 43008 WAXPOOL RD, ASHBURN, VA 20148 -



SATURDAY

APRIL
27

4:00 PM - 6:00 PM

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

44031 Pipeline Plaza #225, Ashburn

Winter Safety Tips: Preventing Falls From the Loudoun Sheriff's Office

Cold, wet winter weather can bring treacherous roadways, sidewalks and parking lots. Each year, Loudoun County emergency medical personnel respond to numerous calls for injuries due to slips and falls during icy conditions. Injuries from falls can lead to long-term health problems as well as time away from work and family. Loudoun County Fire, Rescue and Emergency Management officials remind residents of the dangers that bad weather brings and offer a few tips on how to stay safe in the winter.

Prevention

- Wear proper foot gear with good traction; rubber soles work best
- Take smaller steps when walking
- Walk slowly and never run on icy ground
- Keep both hands free for balance rather than in your pockets
- Use handrails if available
- Test potentially icy spots by tapping the area with your foot
- Step carefully, don't jump out of vehicles
- Keep walkways clear
- Avoid carrying large loads that limit your line of vision

Safe Winter Walking

- Plan ahead; allow sufficient time and plan your route
- Walk in designated walkways
- If the walkway is covered with ice, travel along grassy areas for traction
- When entering buildings, remove snow and water from shoes to prevent slipping

When It's Icy

- Take short steps or shuffle
- Bend slightly, walk flat-footed with your center of gravity over your feet
- Be prepared to fall
- If you fall, avoid using your arms to protect against breaks
- Roll with the fall; Try to twist and roll backwards, rather than falling forward
- Toss your load; Protect yourself instead of the objects being carried.

Cold Weather Safety Tips From the Loudoun Sheriff's Office

As cold weather has moved into the area, Loudoun County's Department of Fire, Rescue and Emergency Management has experienced an increase in cold weather related emergencies. It is important to remember that in inclement weather you must take additional safety precautions for your home as well as your personal safety. The more prevalent types of winter weather emergencies we have responded to are vehicle accidents, broken water pipes, inside gas leaks related to carbon monoxide and falls.

Some critical safety tips to remember during extreme winter weather include:

- Be aware of current road conditions and plan accordingly. If travel is absolutely necessary, slow down, travel in the day; don't travel alone; keep others informed of your schedule; stay on main roads and avoid back road shortcuts and keep a disaster supplies kit in your vehicle.
- During cold weather to prevent your pipes from freezing, allow a faucet to drip cold water slowly. The faucet you choose should be the one that is the greatest distance from your main water shut off valve.
- Open kitchen and cabinet doors to allow warmer air to circulate around the plumbing. Always remove any toxic substances first if there are small children in the home.
- Install CO alarms and smoke alarms in a central location outside sleeping areas and on every level of the home.
- Have fireplaces and heating equipment serviced annually.
- Use caution when disposing of fireplace ashes or any flammable materials in or around your home. Fireplace ashes, cigarette butts, and grill or fire pit remnants should be placed outside in a closed metal container, a safe distance away from any structures.
- To avoid slips and falls in icy conditions, keep walkways clear and treated, wear proper foot gear with good traction and step slowly and carefully.
- Also remember to avoid overexertion when shoveling snow. Overexertion can bring on a heart attack or other medical emergency. If you must shovel snow, stretch before going outside, take frequent breaks and stay hydrated.



10 Tips to Raising a Kid With Grit

Submitted by: **Dr. Mike Oberschneider, Psy.D.**

In the 1984 movie *The Karate Kid*, a teenage boy becomes disheartened when his karate teacher has him doing chores to exhaustion day after day. Instead of teaching the boy fighting techniques for his upcoming competition, the master instructs the boy to paint his house and fence, sand his floors, and wax his many old cars. The boy listens to his teacher but eventually grows impatient and expresses strong negative feelings.

When the master commands the boy to show him the moves the boy learned to complete the myriad of boring and laborious chores—sand the floor, wax on/wax off, paint the fence, and so on—the boy realizes that he was actually being trained all along. He is then able to easily learn the formal karate moves that he wants and needs for the competition.

The take-home message for me from the movie is that committing to hard work leads to growth and success. Sure, the boy finally learned karate, but more importantly, he learned the importance of patience, delaying gratification, concentration, self-discipline, perseverance, being in the moment and selflessness.

As loving parents, we want our children to grow up to be happy and do well professionally. Certainly, early academic and cultural enrichment opportunities, tutoring and other after-school social, educational and athletic activities can all contribute to our children's happiness and success. But we also need to remember to spend time teaching our children how to “wax on, wax off.”

Here are nine helpful tips to consider:

1. Teach your child the value of a dollar
2. Give your child age appropriate chores

3. Encourage your child to go beyond their comfort zone and to take risks
4. Let your child scrape their knees and get hurt
5. Send your child to an away camp
6. Reward your child for hard work, good behaviors and accomplishments
7. Praise your child's efforts more than the outcome
8. Encourage your child to be selfless and to do good deeds
9. Manage and limit technology/screen time; make sure your child is spending the majority of his or her time in reality and not in virtual reality or with gaming or social media
10. Model resilience for your child

At the end of *The Karate Kid*, the boy wins the competition, and he even wins over the girl he likes and wins respect from some of the bullies in his life. That doesn't all just happen to him by chance, but rather it happens by pushing through his physically and emotionally upsetting and painful moments. Through perseverance and passion to be the best, he learns the importance of “wax on, wax off.”

Michael Oberschneider, Psy.D., is a clinical psychologist and the founder and director of Ashburn Psychological and Psychiatric Services, a private mental-health practice located in Northern Virginia. He's the author of the children's book, *Ollie Outside: Screen Free Fun*, and he's has been featured as a mental-health expert on CNN, Good Morning America, and other popular media outlets. He lives in Leesburg, Virginia, with his wife Liz and two children, Ava and Otto.



Broadlands HOA Events Committee



CASH ONLY
100% ID CHECK

and Cornhole
Tournament

Saturday, March 16th • 12:00pm - 3:00pm

Cornhole Tournament registration at broadlandshoa.org/events/cornhole2019



IRISH BEER



HOT CHOCOLATE



S'MORES



FIRE PIT

Simple Recipes That Won't Keep You From Spending Time With Your Valentine!

Healthy Skillet Lasagna

Cook time: 25 mins, Serves: 6

1 tbsp olive oil
1 onion, chopped
3 cloves garlic, diced
salt and pepper
½ tsp red pepper flakes
1lb lean ground beef (93% lean)
8 lasagna noodles, broken
1 8oz can tomato sauce
1 28 oz can diced tomatoes
⅓ cup water
6 oz part skim mozzarella cheese
1 cup 1% cottage cheese
Parmesan cheese & basil for topping

Heat the olive oil in a large skillet over medium-high heat. Add the chopped onion and cook until translucent (4-5 minutes). Stir in the garlic and ½ tsp salt, pepper, and red pepper flakes. Add the ground beef, breaking the meat into pieces and cooking until no longer pink. Layer the lasagna noodles over the meat and pour the tomato sauces and water over the pasta. Cover and bring the dish to a simmer, then lower the heat to medium and cook, stirring occasionally, for about 20 minutes or until the pasta is done. Season the lasagna well with more salt and pepper to taste. Take the lasagna off the heat and roughly stir in the cottage cheese. Top with big chunks of mozzarella and let sit covered for 5 minutes or until cheese it melted. Top with parmesan and basil. *Appleofmyeye.com*

Pomegranate, Kale, & Wild Rice Salad with Walnuts & Feta

Cook time: 15 mins, Serves: 4, as a side

For the salad

1 cup pomegranate seeds
2 cups chopped baby kale
2 cups cooked wild rice
1/4 cup toasted walnuts
1/4 cup feta cheese

For the dressing

1/2 cup minced onion or shallot
2 tablespoons olive oil
2 tablespoons water
2 tablespoons honey
1/2 tablespoon apple cider vinegar
1/2 teaspoon salt
1 squeeze lemon or orange juice

Prep the salad ingredients (chop, rinse, toast, etc.). Chill the ingredients in the fridge while you're making the dressing. Mince the shallot or onion and sauté in 1/2 tablespoons olive oil to reduce the bite. When soft and fragrant, remove from heat and transfer to a food processor. Pulse the onions or shallot with the remaining olive oil, water, honey, apple cider vinegar, salt, and orange juice until smooth and creamy. Taste and adjust. Add additional olive oil or water to keep the mixture moving through the food processor. Toss the salad ingredients together with the dressing just before serving. *PinchofTum.com*





OPEN ARMS SUMMER CAMP

School Age Camp: JUNE 10 - AUGUST 16 2019

- For completed KG - SA
- Care available: 6:30am-6:30pm
- Camp activities: 9:00am-4:00pm
- This years theme: Summer *Inspirations*
- Weekly field trips
- Weekly swimming trips
- Weekly chapel
- Daily devotions
- Open House: Feb 26, 2019 @ 6:30pm
- Priority Enrollment: March 4, 2019
- Open Enrollment: March 11, 2019



OUR SAVIOR'S WAY
LUTHERAN CHURCH

43115 Waxpool Rd, Ashburn | 3) 729.9144
Weekly themes is available online at www.openarms-cdc.org



a great dental experience
for your child!



NEW PATIENT SPECIAL! FREE

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

Consultation/Second Opinion
Valued at \$85

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: 703-542-7300

big smiles for little kids

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

SKIP THE TRIP TO THE CLEANERS

With FREE PICK UP & DELIVERY
we are the CLOSEST cleaner to YOU!

Say YES to convenience!
Make the switch to **WASHLY** - we come to you!

The **Best Dry Cleaning** in Town delivered!

Shirts
\$2.29
Laundried & on hanger

Dry clean
\$2.99
Most Items

Call / Text / Schedule Online
WWW.WASHLY.NET | (571) 210-0450



Here's something to get you started.

\$10
towards your first order
New Customers only.

\$5 OFF
on orders \$50 or more

• OFFERS EXPIRE 03/31/2019 •
Limit one per household.



Loudoun County Custom Painting Expert Since 1999



- **Free Estimates**
- Custom Interior Painting
- Faux Finishing
- Epoxy Garage Floor Coating
- Drywall Hanging/ Refinishing/Repair
- Tiling
- Interior & Exterior Carpentry Work
- Wallpaper Removal
- Exterior Painting
- Power Washing Decks & Homes
- Exterior Carpentry Work
- Color Matching and Consulting
- Licensed & Insured #2705073306



571-220-0749

www.krispaintingservice.com krispaintingserv@aol.com



Tennis - Winter/Spring Session

Official Broadlands tennis pros Don Barker and Jeet Bhide are ready for High School Tryout Training and the "Winter/Spring" Session!

SIGN-UP TODAY!

- All lessons taught by PTR Professional level coaches
- Low student to pro ratio
- All lessons taught at the Broadlands Nature Center courts

HIGH SCHOOL TRYOUT TRAINING:

February 16th and 23rd 12:00pm-1:30pm

Email pro@PrimeTimeTennisAcademy.com to register or for more information.

4 WEEK GROUP WINTER/SPRING SESSION:

March 9- March 31, 2019

1 HOUR JUNIOR LESSONS

- Red Ball (Ages 4-8):
Sunday 12:00pm-1:00pm
- Orange Ball (Ages 8+):
Sunday 1:00pm-2:00pm

1.5 HOUR JUNIOR LESSONS

- Green Ball (Ages 10+):
Saturday 11:00am- 12:30pm
- Yellow Ball (Ages 12+):
Saturday 12:30pm- 2:00pm

PRIVATE/GROUP LESSONS: email pro@PrimeTimeTennisAcademy.com for more information.

ADULT AND JUNIOR SPRING SESSION STARTS APRIL 1ST!

Visit broadlandshoa.com or PrimeTimeTennisAcademy.com for more information or to register for classes. Please contact Jeet Bhide at pro@PrimeTimeTennisAcademy.com if you have any questions.

Be a Cyber Hero with Girl Scouts

Make new friends, learn about Girl Scouts and earn two new cybersecurity badges! Girls will learn about online safety, how the internet works, and how to investigate cybercrime.

Who: Girls in K-5th grade who are not currently Girl Scouts

When: Tues, March 26th; Wed, March 27th; and Thurs, March 28th

Time: 6:30pm - 7:30pm

Where: Mill Run Elementary School Library

Cost: \$25 per girl, financial assistance available

To RSVP or learn more, contact Lindsay Cowett (703-840-2071, lcowett@gscnc.org)



MAID SERVICE



**\$30 OFF
YOUR FIRST
CLEANING**

*New customers only
Cannot be combined
with any other offers*

Ashburn's Boy Scout Troop 997

2019 Mulch Drive: Feb. 1 – Mar. 19

Delivered and stacked neatly
on your driveway

Limited spreading services available on
April 6 - 7

Prices for premium, double-shredded
hardwood mulch (15 bag minimum):
(3 cu. Ft. Natural or 2 cu. Ft. Black)
15 – 45 bags: \$5.00/bag
46+ bags: \$4.75/bag
Spreading: \$4.00/bag

Placed on your driveway on 3/29 – 3/31
Order by 3/19 and pay online at:

www.ashburnmulch.org

Or send order and check payable to
St. Theresa Church to:


Troop 997 Mulch
P.O. Box 4306
Ashburn, VA 20148



Questions? mulch@troop997.org

CREATING POLLINATOR SANCTUARIES
ANNUAL
YOU ARE INVITED TO PARTICIPATE

... { HOST FAMILIES
WILL RECEIVE
ASSISTANCE IN
HOW AND WHERE
TO CREATE
THEIR GARDEN }



Butterfly GARDEN

... HOST FAMILY PROGRAM ...

HOST FAMILY PACKAGE WILL INCLUDE AT NO CHARGE



ASCLEPIAS SYRIACA
Common Milkweed



VERNONIA FASCICULATA
Ironweed



SOLIDAGO SPECIOSA
Showy Goldenrod

REGISTER ONLINE BY MARCH 31, 2019



TO REGISTER PLEASE FOLLOW THE LINK
BROADLANDSNATURALLY.ORG/HOST-BUTTERFLY-GARDEN
... OR ...
SEND US AN EMAIL WITH YOUR NAME, ADDRESS, PHONE NUMBER TO
REGISTER@BROADLANDSNATURALLY.ORG



... PROGRAM IS LIMITED TO 20 BROADLANDS RESIDENTS ONLY ...

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

Lori Christ, CPA LLC

- ✓ 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

Lori@LoriChristCPA.com ♦ 703-304-5173

Certified Public Accountant Serving Northern Virginia
Enrolled to Practice before the IRS

P&M CONTRACTING

Your Local HandyMan Specialist

Honey-Do-Lists, Projects, and Much, Much More

Free Estimates

Contact Mike 703-862-0415

Mike.Rosario@verizon.net

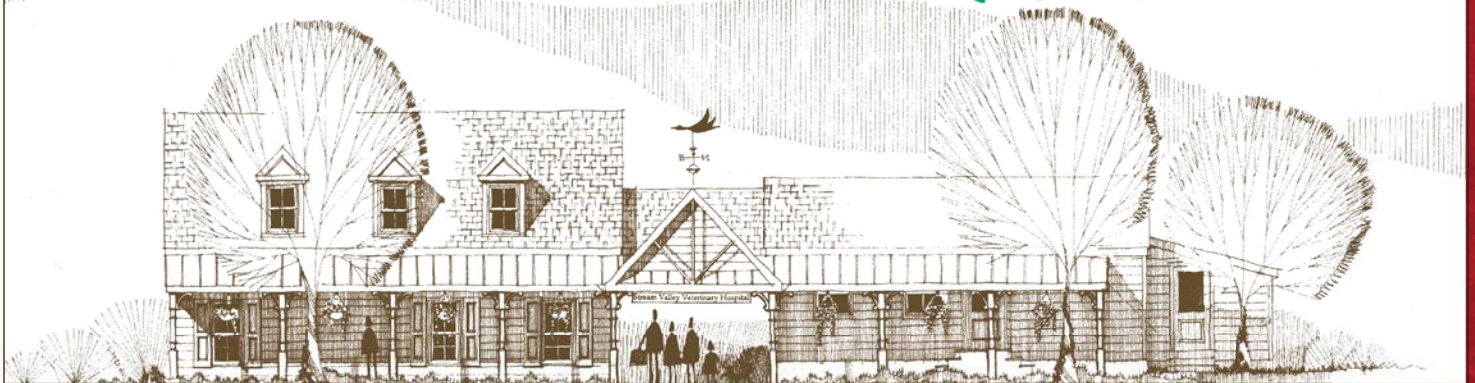
Broadlands Resident Since 1999

Class A License and Insurance



Modern Medicine • Hometown Hospitality

Stream Valley Veterinary Hospital



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

Dr. Mary Corey

We're just a few feet away
42902 Waxpool Rd. • Ashburn, VA 20148 • 703 723 1017

www.streamvalleyvet.com



Behavioral Change: The Missing Link

By: Katie Herbert, CPT, knherbert13@gmail.com

Do you ever feel like a hamster constantly running on a wheel? You know, you go to the gym, you watch your calories (kind of), and you try the latest diet, maybe you lose a few pounds but it never sticks. It can be so frustrating and deflating. It doesn't make it any easier that every time you check social media there is some new "breakthrough" diet or exercise plan followed by plenty of pics to tout the amazing results. So, what gives? Why are some people so successful at reaching their goals while others struggle? I believe it has to do with the missing link: **behavioral change**.

Of course exercise and nutrition are necessary and important for health and fitness goals, but if you want the big payoff, you have to combine all of the parts: exercise, nutrition and behavioral change. You can think of this like the Power Rangers: each ranger is strong, but when you combine them all they are unstoppable!

Fitness - fitness is my favorite part of the equation! I love to work hard, test my limits and push to new goals. The bad news for me? Exercise is not the biggest part of the equation when talking about weight loss - maybe that is the good news for other people that don't love a good set of burpees like I do. Exercise plays a very important role in cardiovascular health, muscle hypertrophy and strength, metabolic changes and mental health. So exercise is fantastic, but this alone will not likely get you to your ultimate goal.

Nutrition - in recent years, we have learned more and more about nutrition. Sometimes that feels like a problem as there is so much conflicting advice and so many wacky "diets." The bottom line is this: nutrition plays a major role in weight loss and health. The exact numbers can be debated. Is it 80% nutrition or 90%? That number doesn't matter so much as just knowing that nutrition is a huge factor in this equation. Beyond just our weight goals we are learning more and more that what we put into our body has an impact on all aspects of our health. I tend to lean towards the mindset that if I'm mostly filling my diet with plant-based, whole foods and avoid loads of processed stuff then my nutrition picture will look pretty good. Strong nutrition is good but on its own it is still not enough.

Behavioral Change - ah, the secret sauce! This is where it all comes together but, unfortunately, behavioral change is lacking from many programs. How many of us go to the gym, do our routine, leave and then move on with the day? Don't get me wrong, it's better than nothing but can your 60 minutes there outrun the rest of your day? So, how do we make it stick?

I like to use little reminders for my bootcampers to keep them linked to me and each other to create behavioral change. In the beginning it might feel like a bit of effort to complete our little tasks, but over time it just becomes a part of something that they do. What was once a task has now become a new behavior. It's different for everyone, creating new behaviors and the time it takes depends on the task. For example, getting into the habit of drinking

8 - 8 ounce glasses of water each day will be much easier to achieve than to stop smoking.

I find that making too many changes at once is overwhelming and it can lead to frustration. Usually, I will give out one challenge per week to my class. This gives them time to work on the new behavior without overloading them with a billion tasks. It is important to note again that it takes some people longer to develop some changes and that's okay. Lock down one change and when you are ready work on the next.

Quick Ideas for Behavioral Change:

1. **8-8 ounce glasses of water per day** - another debatable topic, how much do you really need. In the grand scheme of things though, getting 8 ounces of water 8 times will be better than drinking sugary drinks and soda so I like this challenge and it is pretty easy to start with. I usually give my bootcampers 8 jelly bracelets during this challenge. They put all of the bracelets on the left wrist to start the day. Every time they finish 8 oz they move 1 bracelet to the right wrist. At the end of the day they should have all 8 bracelets on the right wrist to show that they did the "right" thing. You can use any cue that you like but having something tangible really help to keep people going.
2. **Nutrition Ninja** - this is one of my favorite challenges. I have purchased little ninja figures from Amazon to give out to my bootcampers to use them as visual reminders to make smart choices. I currently have my ninja placed on my wine rack to remind me that I'm not drinking wine this month. Some people will place them in the refrigerator or pantry. It is just a quick cue, but it is powerful and over time you naturally make smarter choices even without the visual.
3. **Smaller portions** - most of us eat whatever is put in front of us, or we order based on habit. What if instead of ordering a medium or large latte you opted for a small? It will feel weird at first, but imagine the amount of calories and sugar you will cut out by that small change.
4. **What's your order?** By this I mean, what order do you eat your food? By simply switching up the order to get the most nutrient dense foods in first you can greatly reduce unwanted calories while still filling up on healthy foods to fuel your body. It's so easy! When you sit down for a meal (more on this next) first eat your greens, then grains, then the rest, which will usually be the protein.
5. **Sit down for meals.** Sitting forces us to slow down and make choices instead of just grazing and snacking on whatever is around.

These are just a few ideas to get the ball rolling. They might not seem like much, but these small changes can create incredible, lasting results. For more tips on fitness, nutrition and behavioral change, you can visit my facebook page: Forward Fit Loudoun County.



Van Metre
**5 MILE
RUN**

— SAVE THE DATE —
APRIL 6, 2019



BENEFITING

Children's National™

Broadlands Marketplace
ASHBURN, VA

ADULTS, KIDS, TEAMS!

CASH AWARDS & PRIZES

FOR MORE INFO OR TO REGISTER, PLEASE VISIT:

www.VanMetre5MileRun.org



New Broadlands CSL Piranhas Head Coach Hired!

We are pleased to announce our new Head Coach Kyle Gallo! Kyle is bringing over 20 years of coaching experience at all levels—from summer league and high school, to collegiate and Olympic trials qualifiers. Prior to becoming the Coach for Broadlands, he was the Coach for the Ashburn Farm Barracudas—winning 2 division championships in the 3 years he was there. You can reach Kyle at cslheadcoach@broadlandsswimteam.org

Please keep an eye on our social media accounts for our Meet the Coach event by visiting Facebook @broadlandspiranhas, Instagram @broadlands_csl_piranhas and Twitter @csl_piranhas

Sponsors Needed

The CSL Broadlands Piranhas Swim Team is headed into our 11th summer swim season—and we're going strong as ever. We are a competitive, but fun, neighborhood summer swim team that typically consists of 220-230 swimmers, ranging in age from 5-18 years old. We are part of the Colonial Swim League (CSL) in the top 'Red' Division.

We are a 501(c)(3) nonprofit organization, and we rely on corporate sponsorships to keep our annual dues affordable to members in our community. Sponsorships can be in the form of cash donations, approved product/service donations, or a combination of both.

When you invest in our team, you are investing in the lives of our athletes. Swimming teaches our children important life lessons, such as the importance of exercise, discipline, respect, and time management. Plus, swimming is a lot of fun! Depending on the level of your investment, your organization could receive advertising space on our banners at our community pool. We also offer sponsorship opportunities on our 2019 team tee shirts provided with each registration. Please contact us at cslsponsorshipchair@broadlandsswimteam.org, or reach out to our president, Joe Kilty, at CSLBoardPresident@broadlandsswimteam.org for more details.

Tentative Registration Dates—Save the Date!

CSL Piranhas registration for the 2019 summer swim season starts soon! Below are the tentative dates for CSL swim team registration for all groups. For those families who do not reside within the Broadlands HOA, please ensure you that purchase your pool pass BEFORE you register.

- Returning families - 2/25/19
- New Broadlands Families - 3/11/19
- Non-HOA families (returning and new, space permitting) - 4/8/19

Check the CSL Piranhas website for more details!



Ashburn Volunteer Fire & Rescue February News

Pancake Breakfast – February 10th - 8:00am-12:00pm at Founders Hall, Station 6, Ashburn Road. Bring family and friends and enjoy our great breakfast and no dishes! \$10 Adults, \$7 Seniors, \$5 children 3-8, Children under 3 Free. Craft table for kiddies. See <https://ashburnfirerescue.org/events> for more details. (No parking at Mediterranean Breeze parking lot.)

Volunteer Firefighters and EMTs needed.

Gear up and join the action! Admins needed too! Free training, Uniforms & Personal Protective Gear Provided. Benefits: tax savings, retirement benefits, tuition assistance, free training and more. The next meeting at the firehouse will be at 7:00pm on February 26th. For more details visit: <https://ashburnfirerescue.org>

Speaker Series - February 28th - 7:00pm - AVFRD, Station 6, Founders Hall, Ashburn Road. The topic will be Suicide Prevention - Donation \$10.00. Visit our website for more details.

Save the Date: Martini Matters - March 9th - River Creek Club. Join your friends for this fun evening that benefits AVFRD. Special AVFRD martini, raffle, auction. For more details go to: ashburnfirerescue.org/events.

Broadlands Area 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

We will meet at the Mills Recreation on February 9 at 10:30am and celebrate the Chinese New Year (referred to as the Spring Festival in modern China). For more information, please call 703-726-8191.

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 www.brambletonladiesgolf.org or call Sara Carlin at 703-723-3000.

CONSERVATION LANDSCAPING COMMITTEE

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 how the committee works, visit BroadlandsNaturally.org.

ASHBURN/BROADLANDS WOMEN'S BIBLE STUDY

We are studying various Women's Bible Studies by Beth Moore, Priscilla Shirer and others. This is an interdenominational group that meets Tuesday mornings from 9:00am to 11:15am in a local home. Please contact Grace at 703-724-0995 for more information.

GRIEF SHARE SEMINAR/SUPPORT GROUP

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

HAPPY HATTERS OF ASHBURN

We will hold our annual membership meeting on March 16, 2019. We are a member of the National Red Hat Society and would love to have you join us. For more information, please contact Maryjane, 703-729-0308.

INDIAN SOCIAL CLUB

This group of local Asian Indian families play cards for fun once a month by rotation. Please contact Saleshe Gupta 571-435-3192 or email SalGup20@yahoo.com.

MOMS CLUB OF ASHBURN

Broadlands & Brambleton resident moms who organize weekly activities for us & our kids. Monthly Member Social every 2nd Thursday of the month at 10:00am at Broadlands Community Center. Contact membership.momsclub.broadlands@gmail.com.

MOMS IN PRAYER – BRIAR WOODS

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

MOMS IN PRAYER – EAGLE RIDGE

Eagle Ridge moms are invited to join us to pray for our children and staff at this school. We meet on Tuesdays 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. For more info email musicontheheights@gmail.com.

PRE-TEEN AND TEEN ASPERGER'S SOCIAL SKILLS GROUP

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 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 & MOTHERHOOD (SAM)

SAM is a diverse women's group that explores a variety of modern holistic practices and ancient wisdom traditions. We meet monthly on Sunday evenings. For more info email Shea or Erin 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 info, visit broadlandshoa.org and click on Committees. Meetings are open to all residents.



Broadlands Helper List

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.*

Broadlands Helper List

Not Available on
Website Edition



In Case You Need a Hand . . .

NON-EMERGENCY

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

BROADLANDS COMMUNITY

Mailbox (Main Street Mailboxes)	1-571-379-8454
---------------------------------------	----------------

Snow Removal:

• VDOT Streets	703-383-8368
• HOA Streets	703-729-9704
Trash Pickup (Patriot Disposal)	1-703-257-7100

Southern Walk Association – OpenBand/Verizon:

Billing – Katie Halfhill, FirstService Residential katie.halfhill@fsresidential.com	571-234-5475
OpenBand Customer Service 24x7	866-673-6226
OpenBand Trouble Tickets.....	703-961-1110
Towing (Battlefield Towing)	703-378-0059

PUBLIC INFORMATION

Animal Control/Shelter.....	703-777-0406
Building Permits & Dev.....	703-777-0397
County Landfill	703-771-5500
DMV (VA).....	800-435-5137
DISH	888-656-2461
DirectTV	800-531-5000
Health Department.....	703-777-0236
Library (Ashburn).....	703-737-8100
Loudoun Ride On	703-777-2708
Loudoun Hospital	703-858-6000
Miss Utility.....	800-552-7001
Metro.....	202-637-7000
Parks and Recreation	703-777-0343
Ridesharing	703-771-5665
Road Conditions	800-367-7623
School Board.....	571-252-1000
Street Signs/Storm Drains.....	703-771-5666
VDOT	703-383-8368
Van Metre Homes	703-348-5800
Verizon Fios	888-553-1555
Xfinity/Comcast	800-934-6489
Wildlife Hotline (local)	703-440-0800

SCHOOLS -BROADLANDS

Briar Woods High School.....	703-957-4400
Eagle Ridge Middle School.....	571-252-2140
Hillside Elementary School	571-252-2170
Mill Run Elementary School	571-252-2160

ARTS/MUSIC

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.

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.

EDUCATION/PRESCHOOL

GROWING MINDS PRESCHOOL: A home based, state licensed preschool located in Broadlands will be holding an open

house for the 2019/2020 school year on Wednesday, February 6th at 7:00 p.m. We offer programs for 2 1/2, 3 and 4-year olds. Open registration will also begin on February 6th. For more information or to schedule a tour, please contact Judi Ratcliffe at judi.gminds@gmail.com or (571) 216-4663.

EDUCATION - 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.

FORMER LOUDOUN COUNTY MATH TEACHER: Grades K to 12. Pre-algebra, Algebra (I & II), Geometry, Trigonometry, Statistics, Pre-Calculus and Calculus. SAT prep and test taking strategies for strategic placement tests such as the ASVAB, and nursing. Tutor at your home or Ashburn Library. Reasonable rates. Call Vincent Chu at 571-379-3074 or email vchu_911@yahoo.com. Please visit: A1mathtutor.weebly.com.

FITNESS/WELLNESS

SWEETHEART OF A DEAL! DISCOUNTED RATES! Give the gift of fitness & well-being to yourself or a loved one! *Affordable certified personal fitness training in you home: lost the 'love' handles! Special intro package* (February only). Pay for three, get one free! Great as a gift certificate! Individualized programs; weight loss/nutritional guidance; pre-natal/post-partum; Yoga/Pilates; all ages/fitness levels. Equipment provided. FREE phone consultation. 29 years' experience. Stephanie Gotfried 703-542-2595; stephaniegotfried@gmail.com; fitnessdogova.com.

FOR SALE/CONSIGNMENTS

ASHBURN ELECTRIC: *The largest non-profit children's consignment sale in Loudoun County - Saturday, March 9th & admission is free.* Little Flower Consignments offers new & gently used baby & children's clothing, accessories, toys, books, videos, games, baby gear, furniture, maternity & much more. All proceeds donated back to the community via our charity, Divine Mercy Outreach. Over \$49,000 raised in 2018! One-day only at St. Theresa's Catholic School in Ashburn. New consignors & volunteers welcome! Visit www.lfcsale.org for details or like our FB page @ LittleFlowerConsignments for sale giveaways, tips, & photos.

BROADLANDS

HOW TO PLACE A CLASSIFIED AD

1. Submit a completed Classified Insertion Order Form which can be found on our website at broadlandshoa.org/newsletter.
2. Classified ads are limited to 40 words maximum and the text should be emailed to ads@broadlandshoa.com.
3. Payments can be made on our website at broadlandshoa.org/newsletter by selecting Classifieds and using the Buy Now button, OR a check made payable to Broadlands Association, Inc. can be submitted to 21907 Claiborne Parkway, Broadlands, VA 20148.
4. DEADLINE: Form, ad and payment must be received by the 5th of the preceding month (i.e. Jan 5th for inclusion in Feb's issue).

MONTHLY RATES:

- **Resident Rates** - \$15.00 per ad (For Sale ads are free for Residents only)
- **Non-Resident Rates** - \$25.00 per ad

No cancellations are permitted after the deadline. For more information, contact the Advertising Manager, Stassa Collins at ads@broadlandshoa.com or 703-729-9714.

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.

HOME SERVICES

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

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.

HANDYMAN SERVICES: For repairs in your home. Small jobs and odds & ends. Free estimates. Call 571-426-2126.

HOUSE CLEANING

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

MARKETPLACE

GET MORE ENERGY, BETTER FOCUS AND IMPROVED HEALTH SO YOU CAN CRUSH YOUR 2019 GOALS. Details, plus nutrition facts to help you live better, stronger and longer at www.FocusedOnNutrition.com. Contact Averil Bernard at (571) 293-6289 or averil@averilbernard.com.

MARY KAY: TimeWise® Miracle Set 3D™ - New Release! Your three-dimensional approach to skin aging. This antioxidant powerhouse, featuring the exclusive, patent-pending Age Minimize 3D Complex, helps interrupt the triggers that can cause your skin to look older before its time. Contact me to give this product a try! Independent Beauty Consultant Deborah Leben, debatmarykay@gmail.com, 703-217-4583, website marykay.com/dleben.

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.

CPA SERVICES: 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.

Broadlands Community Info . . .

BROADLANDS ASSOCIATION, INC.

21907 Claiborne Parkway Broadlands, Virginia 20148

Main: 703-729-9704 Fax: 703-729-9733

broadlandshoa.org ♦ info@broadlandshoa.com

HOA & Nature Center Office Hours: Monday – Friday, 9:00am to 5:00pm

General Mailbox: info@broadlandshoa.com

Nature Center Hours: First & third 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

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 703-362-6727

Directors:

Heidi Eaton ♦ 571-232-1830

Cliff Keirce ♦ 703-729-7320

William Kolster ♦ 703-858-2459

Tania Marceau ♦ 571-331-4381

Todd Parsons ♦ 703-936-9309

Joseph T. Wagner ♦ 571-333-0821

COMMITTEES

Broadlands Live Concerts: Tammy Wells, Angela Rabena ♦ broadlandslive@broadlandshoa.com

Conservation Landscape: Oya Simpson ♦ osimpson@broadlandsnaturally.org 703-725-8040*see Clubs & Groups

Events: events@broadlandshoa.com

Swim Team: broadlandsswimteam.org

Technology: Dawne Holz ♦ deholz@icloud.com*see Clubs & Groups

Tennis: Brad Marcus ♦ bradmarcus@gmail.com

Advertising Directory

EDUCATION

Primrose School at Broadlands36

FINANCIAL / PROFESSIONAL SERVICES

Lori Christ CPA, LLC25

HEALTH/DENTAL

Ashburn Allergy35

Ashburn Family Medicine36

Cantwell Vision17

Loudoun Dental Associates35

Smilez Pediatric Dental Group22

HOME SERVICES

Kris Painting Services, Inc.22

Mulch Drive, Boy Scout Troop 99723

OC Cleaning23

P&M Contracting25

Washly Cleaners - Pick Up & Delivery22

Zampiello Paint Contractors, Inc.25

PETS

Stream Valley Veterinary Hospital25

Wild Birds Unlimited35

REAL ESTATE

Bonnie Selker, LivingRealty, LLC36

The Greg Wells Team, Re/Max 2

Van Metre 2

RECREATION/INSTRUCTION/CAMPS

Open Arms - Camp Glow22

Van Metre 5 Mile Run.....27

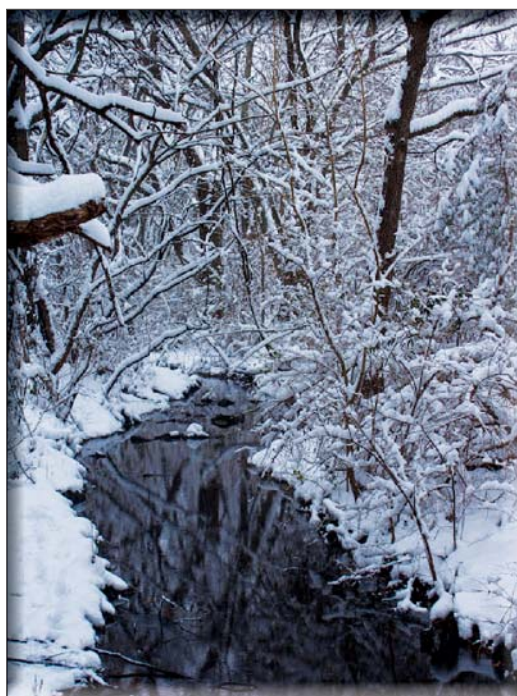


Photo courtesy of Oya Simpson

BROADLANDS

Newsletter Advertising Rates and Sizes

COLOR DISPLAY ADS

Size & Location • Rates are per issue

All ads will be full color (if provided in color)

INSIDE PLACEMENTS:

	PRICE Month to Month	PRICE 6+ Months Prepaid Discount	PRICE 12+ Months Prepaid Discount
• Eighth Page (3.75" wide x 2.41" tall).....	\$125	\$100	\$75
• Quarter Page (3.75" wide x 5.00" tall)	\$225	\$215	\$200
• Half Page.....	\$430	\$400	\$375
Horizontal: 7.66" wide x 5.00" tall without bleed or 8.5" wide x 5.5" tall with .125" bleed			
Vertical: 3.75" wide x 10.16" tall without bleed or 4.16" wide x 11.0" tall with .125" bleed			
• Full Page.....	\$1000	\$900	\$850
7.66" wide x 10.16" tall without bleed or 8.5" wide x 11.0" tall with .125" bleed			

INSIDE COVER PLACEMENTS (Contact for Availability):

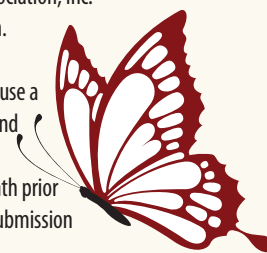
• Quarter Page (3.75" wide x 5.00" tall)	\$250	\$225	\$210
• Half Page.....	\$450	\$425	\$400
Horizontal: 7.66" wide x 5.00" tall without bleed or 8.5" wide x 5.5" tall with .125" bleed			
Vertical: 3.75" wide x 10.16" tall without bleed or 4.16" wide x 11.0" tall with .125" bleed			
• Full Page.....	\$1050	\$950	\$900
7.66" wide x 10.16" tall without bleed or 8.5" wide x 11.0" tall with .125" bleed			

OUTSIDE COVER PLACEMENTS (Contact for Availability):

• Quarter Page Horizontal Banner.....	\$275	\$250	\$240
7.66" wide x 2.75" tall			
• Quarter Page (3.75" wide x 5.00" tall)	\$275	\$250	\$240
• Half Page.....	\$475	\$455	\$435
Horizontal: 7.66" wide x 5.00" tall without bleed or 8.5" wide x 5.5" tall with .125" bleed			
• Full Page.....	\$1050	\$950	\$900
7.66" wide x 7.50" tall without bleed or 8.50" wide x 8.25" tall with .125" bleed			

SUBMISSION INFORMATION FOR DISPLAY ADVERTISERS

- Visit our website at broadlandshoa.org/newsletter to obtain an Insertion Order Form and email to ads@broadlandshoa.com or mail to Broadlands Association, Inc.
- Email camera ready ad in PDF format to ads@broadlandshoa.com. Ad must be in our specs shown above.
- Make payment on our website by clicking on the Buy Now button to use a credit card or your Paypal account. Checks should be made payable and mailed to Broadlands Association, Inc.
- Ad, Payment and Insertion Order Form are DUE by the 1st of the month prior to the month of publication to guarantee insertion. Example: Total submission requirements due January 1st for placement in February's issue.
- **Newsletter is printed in full color.** Rates shown are monthly. No cancellations after the initial deadline are permitted.



Broadlands Homeowners Association

21907 Claiborne Parkway • Broadlands, Virginia 20148

703-729-9704 • broadlandshoa.org •

ads@broadlandshoa.com

20955 Professional Plz Ste 300
Ashburn, VA 20147



(571) 246-6323
www.ashburnallergy.com

We are super excited to announce that Ashburn Allergy is open and accepting new patients of all ages. Dr. Yoon has 18 years of experience with the last 8 years practicing in the Metro DC area. He started his own practice, Ashburn Allergy, in April 2018.

Diagnoses/Conditions

Allergic Rhinitis ☞ Food Allergies ☞ Anaphylaxis
Asthma ☞ Atopic Dermatitis ☞ Contact Dermatitis
Immunodeficiency ☞ Urticaria/Angioedema ☞ Drug Allergy

Services / Procedures

Allergy Skin Testing (Environmental and Food) ☞ Food Challenge
Asthma Eval/Testing ☞ Immunotherapy (Allergy Shots)
PCN Testing/Challenge ☞ Patch Testing ☞ Biologics

CALL NOW TO SCHEDULE YOUR APPOINTMENT!



Jiun Yoon, MD FACP FAAAAI
BOARD CERTIFIED, ALLERGY AND IMMUNOLOGY

(571) 246-6323

20955 Professional Plz Ste 300
Ashburn, VA 20147

www.ashburnallergy.com

22nd Annual Great Backyard Bird Count

February 15-18, 2019



Red-breasted
Nuthatch

It's easy as 1-2-3! Count birds in your backyard, local park, or wherever you spot a bird, and submit your observations online.

Learn more at gbbc.birdcount.org

The GBBC is sponsored in part by Wild Birds Unlimited, your source for all of your bird feeding needs.

44110 Ashburn Shopping Plz, Unit #174
Ashburn, VA 20147
(703) 687-4020 | www.wbu.com/ashburn



BIRD FOOD | FEEDERS | GARDEN ACCENTS | UNIQUE GIFTS



LOUDOUN DENTAL
ASSOCIATES

OPEN 7am- 7pm & Saturdays!

CARING DENTISTRY
You Can Trust & Afford

**ONE TRUSTED OFFICE FOR ALL OF
YOUR FAMILY'S DENTAL NEEDS**

MOST INSURANCES ACCEPTED

*Excellent Care with the Latest
Procedures, Instruments & Techniques*

- Warm, Caring Staff
- 3D Imaging for Precise Implant Placement
- Implants
- TMJ Treatment
- No Mercury Fillings
- Root Canals
- Oral Cancer Screening
- Veneers
- Crowns
- Digital X-Rays with Less Radiation



Dr. Theo Batistas, DDS • Dr. Feline Davenport, DDS • Dr. Andrew Pham, DDS

703-542-7600

LoudounDentalAssociates.com

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

BROADLANDS

21907 Claiborne Parkway
Broadlands, VA 20148

EDUCATION MATTERS.

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

Voted Best Preschool & Best Private Kindergarten



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

Primrose School of Ashburn

703-724-9050 | PrimroseAshburn.com

Primrose School of Ashburn at Broadlands

703-724-4200 | PrimroseBroadlands.com

Accepting
New
Patients!

AFM



ASHBURN
FAMILY MEDICINE

43150 Broadlands Center Plaza, Suite 184
Ashburn, VA 20148
(703) 723-7110

HOURS

Monday thru Thursday:

8:30 am—4:30 pm

Closed for Lunch:

12:00 pm—1:30 pm

Friday:

8:30—1:30

Saturday & Sunday:

Closed

- ✓ Same-Day Appointments
- ✓ Annual and Sports Physicals
- ✓ Community Centered
- ✓ Top Rated Dr. Yusuf Khan



ashburnfamilymedicine.com



info@ashburnfamilymedicine.com

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



LivingRealty, LLC
Welcome Home



Bonnie Selker
(703) 728-2292

www.BONNIESELKER.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)

