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JULY 2020



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# BROADLANDS



Photo Courtesy Natalie Ihanainen

## IN THIS ISSUE:

Community Center Pond Receives Facelift .....	7
Summer Fun .....	10
A Note From Supervisor Glass .....	11
Class of 2020 .....	12
Bicycle Rules of the Road .....	13
Water For Wild Birds .....	14
Summer Fun For You and Your Pets .....	16
Fireworks Safety .....	19
Lightening Safety Tips .....	20
Sun Exposure .....	21
Water Safety .....	22
Feeling Anger .....	24
AVFRD News .....	26

## EVERY MONTH

Board of Directors Meeting Info .....	3
This Month's Calendar .....	4
Manager's Message .....	5
Modifications Information .....	6
Covenants Corner .....	8
Recipe Page .....	17
Clubs & Groups .....	25
Classifieds .....	28

## Upcoming Board of Directors Meeting

Tent. Tuesday, July 14th - 6:00p.m.

The Clubhouse/virtual likely

43360 Rickenbacker Square

## Board 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. If virtual, the link will be posted to the HOA website.

## Board of Directors Meeting Highlights

The following items were reviewed by the Board of Directors at *their virtual meeting held on June 9th*:

- Approved the minutes of May 19<sup>th</sup>, 2020 meeting
- Tabled a resident appeal for a deck application
- Approved the revised guidelines for Swimming Pools
- Denied a resident request for a speed bump on Hunters Green Terrace
- Postponed the reopening of the Fitness Center due to our inability to comply with Phase Two Guidelines
- Approved the 2019 Draft Audit
- Approved the opening of Southern Walk Pool for lap swimming only with management recommendations in accordance with Phase Two Guidelines, pending ability to reconcile indemnification clause requested by pool management
- Approved a resident request to host a Briar Woods High School 2020 Senior Car Parade

*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.*

## JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Modification Subcommittee Meeting 7:00pm - applications may be processed electronically and meetings held virtually	2	3 HOA Offices and Nature Center Closed for Independence Day	4 Independence Day
5	6	7	8 Modification Subcommittee Submissions Due 12:00pm - NC Events Committee Meeting 6:30pm - NC Back Patio	9	10 Newsletter Submissions Due by Noon	11
12	13	14 Tentative HOA Board Meeting 6:00pm - CH or virtual	15 Modification Subcommittee Mtg. 7:00pm - applications may be processed electronically and meetings held virtually Tech Committee Meeting 7:30pm - NC	16	17	18
19	20	21	22	23	24	25
26	27 Tentative SW Board Meeting 7:00pm - CC	28	29 Modification Subcommittee Meeting 7:00pm - applications may be processed electronically and meetings held virtually	30	31	

Key: CH=Clubhouse; CC=Community Center; HP=Hillside Park; NC=Nature Center



# General Manager's Message - Pools

Under normal - non COVID-19 - circumstances, by this point in the year, summer would be in full swing with pools open and in heavy use. But little, if anything, has resembled normal for the past several months. And truthfully, we don't know when or if things will go back to the normal we once knew. As of the date of this note, we have been actively working to jump through a number of hoops to determine if it is reasonably possible to open our pools in any capacity. A normal pool season is complicated and stressful. COVID-19 has added a whole new level of complexity to the situation.

## Cost:

While the pools are the most visible amenity or service offered by the association, they by no means account for

a significant portion of the monthly HOA assessment. The 2020 budget collects \$10.30 per unit per month to fund the operating and reserve expenses of the three pool facilities.

COVID-19 has made it so that the possibility of opening increases costs to the operation of the pools, while also significantly decreasing the number of people who can utilize the facility. Additional expenses are incurred to provide extra cleaning, supplies, staffing, and signage to comply with state law and the advice of our insurance and legal counsel. Add to this, our inability to open to private rentals for lane line usage, sell guest passes, or offer outside pool membership also creates a deficit in our budgeted revenue. The Board has prioritized Broadlands residents' time and ability to use facilities over outside entities use.

## Phased Approach:

The phased guidelines have spelled certain things out very specifically: Phase One allowed for lap swimming with one person per lane. The reasonability of opening a facility for six to eight persons at a time simply wasn't there. Phase Two allows for three lap swimmers per lane, diving, exercise, or instruction only. While normal Social Distancing measures mandates six feet of distance between patrons, this is increased to ten feet due to forced exhalation that comes with physical exertion. All seating must be sanitized between use. The reality of implementing the various measures is incredibly complicated. Reservation systems, capacity limitations, screening of patrons have all added to the complexity of the situation. We have yet to see

what limitations will be implemented during Phase Three, nor when we are likely to transition to that Phase.

## Liability:

It's no secret that the pools pose a large exposure of risk for the association. Diving boards, slides, swim teams, outside members, and guests all add to the possible exposures the association and our insurer absorb as risks. But communicable diseases add to the risk. While we have a comprehensive insurance policy, we are all treading in uncharted waters here. Coverage is limited in some areas, so the association has to assume a level of self-insured risk if taking a chance on opening. The safety of our residents, contractors, and employees must remain the top priority, which includes the financial security of the association.

*The safety of our residents, contractors, and employees must remain the top priority, which includes the financial security of the association.*

## The reality of the situation:

If we are fortunate enough to open, we ask for patience and kindness as we work through

this together. And if we are unable to get around the many obstacles in our way, we hope that you understand the complexity of the situation and that we have done everything possible to try to get some pool time in.

Cheers,

*Sarah*

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



## 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 in July may be viewed electronically and meetings held virtually.*

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](mailto: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](http://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](mailto: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 By Noon	Meeting Date
June 24th .....	July 1st
July 8th .....	July 15th
July 29th .....	Aug 5th
Aug 12th.....	Aug 19th
Aug 26th.....	Sept 2nd
Sept 9th .....	Sept 16th

*Only applications with complete documentation received by the deadline will be reviewed at the next subcommittee meeting.*

## Scoop the Poop...

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

Dog poop is not natural, especially in the quantities that are generated by pets. It harms the environment and threatens public health.

Forgot your waste bag? No worries! The Broadlands HOA has 78 mutt mitt stations to offer residents. Don't want to carry it with you? No problem, most of our mutt mitt stations have trash cans attached.

*Even if your dog poops in the woods, you still need to clean it up. Not only is it unsightly, it can get into streams and into the water supply.*

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

## Prime Time Tennis

We are looking forward to getting back to business! With the opening of courts, we are looking forward to resuming classes but, given the continued concerns for the health and safety of our coaches and students, as well as securing appropriate pandemic liability coverage, we have pushed back a potential start date to August 1st. We hope to be a part of your new activities as soon as we search for the "new normal" following a difficult spring for all of us.

Look for an email from Prime Time Tennis about reopening. In addition, all of our updates will be posted on our web page [primetimetennisacademy.com](http://primetimetennisacademy.com) and our Facebook page.

We would like to thank the HOA at Broadlands for their cooperation and compassion during this time. We also want to thank our students for their patience and kind words while we are waiting to return. We look forward to seeing you soon!

## The Prime Time Tennis Academy Team





# Your Taxpayer Dollars Hard at Work , CC Pond Receives Facelift

**By: Karl Evans, Senior Stormwater Engineer, Loudoun County**

Stormwater facility # DB2434 receives significant flow from a large upslope wooded area that brings in significant organic material, debris, leaves, etc. The small natural marsh area does catch and retain some of this material. There is also a large amount of flow that enters the pond as a result of impervious surfaces to the west of the pond. This flow contains more debris and road grit. As a result, the control structure was often obstructed which caused standing water for extended periods.



Our goals for the recent maintenance work was 1) to get the pond operational again where water wasn't standing for long periods, 2) complete the work while minimizing the disturbance to vegetation and trees and 3) making upgrades to extend the time before maintenance is needed again.

Prior to the work, the onsite sediment was laboratory tested to confirm the absence of over 40 types of chemicals, toxins and petroleums. The tests were negative which allowed the material to be safely removed and transported for disposal.

The contractor removed 300 tons of sediment and debris which was causing the obstruction. We installed additional gabion baskets in an attempt to catch leaves that would cause blockages. We installed a new "church stack" pipe with new stone bedding. We also re-shaped the inlet channel and lined in completely with new rip rap to eliminate erosion. In addition, all disturbance was re-graded and stabilized with new grass. We also planted 10 new native trees to add even more vegetation to the area. We now have a direct path to the control structure for

any needed future maintenance. And last, the existing marsh flowers and vegetation remained in place and were not disturbed.



## Board of Directors Meeting Highlights

The following items were reviewed by the Board of Directors at their virtual meeting held on May 19th:

- Approved the amended minutes of March 10<sup>th</sup>, 2020 meeting
- Approved a resident request for a senior parade for Briar Woods High School, pending LSCO route approval
- Denied an apartment request to reduce/suspend assessments due to increased COVID-19 related expenses
- Denied a resident request for a dog park
- Denied a resident request to provide all owners with yard waste toters
- Approved a traffic signal easement at Demott Drive and Waxpool Road
- Approved the purchase of new lifeguard chairs
- Approved a September 20<sup>th</sup> reschedule date for the Thalassemia Care Walk
- Thanked the county for the work on the Community Center pond
- Noted issues with the quality of the sidewalk work performed by VDOT on Chickcoan Trail
- Denied a request for lap lane rental from SNOW Swimming and NCAP for the 2020 season
- Discussed Design Guidelines for Temporary Pools (seasonal, portable pool, inflatable, above ground, etc.) directed the Modification Subcommittee to create a guideline
- Commended Eagle Scout Colin Lewis on his project to build additional seating for the Nature Center patio

*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.*



***Don't miss out on important HOA news  
and amazing community events in  
between newsletters.  
Staying connected is easy...***

### **Broadlandshoa.org**

*The Broadlands website gives you access anytime to find answers to most of your questions. Updates and reminders are posted to the main page as well.*

### **Broadlands Blast**

*This weekly email is a great way to receive important reminders on HOA news and upcoming events in between receiving the newsletters. To sign up, just visit our website and enter your email address(s).*

### **Broadlands App**

*Download this app to your mobile device from your app store to receive HOA and event notifications and have the ability to store your pool passes.*

### **Landscaped Homes**

*Courtyard Homes and Park Glen Villas residents please submit email(s) along and address to [landscape@broadlandshoa.com](mailto:landscape@broadlandshoa.com) to receive email notices for seasonal landscape services.*

### **Facebook & Instagram**

*Join these groups to check out scenes from our past events and see what's coming up: [BroadlandsHoeEvents](#) & [BroadlandsNatureCenter](#)*

### **Broadlandslive.com**

*Visit this website for details on this popular summer concerts series including bands, vendors and sponsors.*

### **Broadlandsnaturally.org**

*Visit the Conservation Landscape Committee's website for information on community landscaping, gardening and learning about native plants.*

## **Covenants Corner**

### **Residents, Help Us Continue to Keep Your Community Beautiful!**

While it's undoubtedly crucial to maintain a beautiful front yard to enhance curb appeal and preserve the value of your home, it is equally important to care for and properly maintain the rear yard. During inspections, it's often noted that the rear yard has not been maintained to the same standard with turf and weeds overgrown and branches, trash, and junk scattered about the area.

Properties kept in this manner may deter prospective home buyers and possibly cause home values to decrease. Owning a home can feel overwhelming with a lot of upkeep requirements; however, owners have an obligation to maintain the entirety of their lots, which can also positively impact their neighbors and community around them. Simple things like routine mowing of the turf, weeding landscape beds and lawns, pruning or removal of dead branches, trees, and shrubs and putting trash/recycling bins out of sight on non-trash days make a big difference in the appearance of your home and your community.

One of the many benefits of living in an HOA community is having regulating authority that provide for the upkeep of individual properties to ensure they are maintained. Our goal is to keep the community that you live and raise your families in safe and beautiful and to maintain home values. Remember, the Covenants Office is here for you to help with any covenants issue.

We do not see everything as there are over 3000 homes in the community to watch over, so if you see something amiss, please say something. We are only a call or email away. Thank you for all your help in maintaining the beautiful Broadlands community.

Suzan Rodano,  
Covenants  
Manager  
Covenants Office:  
703-520-9903,  
[covenants@broadlandshoa.com](mailto:covenants@broadlandshoa.com)





## Show Your Broadlands Pride With a Community T-Shirt

Cheers Sports is operating a Community Tee Project to support small business and non-profit organizations. Resident and Cheers operations manager Joe Donatella put together Broadlands t-shirts. Purchase a Broadlands t-shirt for \$19.00 and ***\$10.00 of each sale will be donated to Comfort Cases***, a non-profit organization supporting children in foster care.

Foster kids have been greatly impacted by circumstances caused by COVID-19 and Broadlands Community Outreach have been supporters of Comfort Cases for years now so help us help them - Buy a t-shirt and support our efforts to assist Comfort Cases! Purchases can be made directly through Cheers: <https://cheerscommunityteeproject1.itemorder.com/product/14325023>.

***100% of the proceeds from the sale of the Broadlands shirt will be donated to Comfort Cases, a non-profit organization which supports children entering the foster care system.***

## SWHOA Meeting Update

The July Southern Walk HOA Board meeting will be held tentatively on July 27th starting at 7:00pm virtually or at the Community Center, 43004 Waxpool Road.

For additional details or general information about Southern Walk HOA, please visit [swhoab.com](http://swhoab.com).

## Canceled Events Due to COVID-19/Coronavirus

- Broadlands Live!
- Middle School Pool Party
- Flicks in the Sticks

## Do You Like Giving Back to Your Community, Having Fun and Meeting New People?

Then join the Events Committee! We are a close knit group of social gals and guys who brainstorm then come up with, schedule and plan the awesome events that the HOA hosts year 'round.

All you need to do is show up and be ready to have fun! The next meeting will be on Wednesday, July 8th, 6:30pm at the Nature Center back patio, 21907 Clairborne Parkway. For more information, please email Natalie Ihanainen at [events@broadlandshoa.com](mailto:events@broadlandshoa.com).

## 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, 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](http://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 (press 3) or [rcrews@broadlandshoa.com](mailto:rcrews@broadlandshoa.com).





## Summer Fun! Put Together Your Plan

Submitted by Jennifer Snodgrass, Home Organizer & Owner of The Styled Sort LLC, [jenn@thestyledsort.com](mailto:jenn@thestyledsort.com)

Welcome to summer! This summer sure is looking a little different than others. Camps have been cancelled, trips revised and as I write this in early June, we don't know if the pools will open, but that doesn't mean we won't have fun. If you put together a plan and are prepared, it can be a great, stress free summer! Below are some of the items I use to build my summer toolkit and prevent the "I'm bored" from happening.

### 1. Ask Your Kids

At the beginning of every summer, I ask the kids what they want to do over summer break. We put together our "summer list" and post it in the kitchen. This year's list will include more stay-at-home activities. Maybe a campout in the backyard? Or learn how to make ice cream. The ideas are endless.

### 2. Stay Cool

Now is the time to refresh your water toys! Water balloons, water guns, inflatable pools & slides and sprinklers are a lot of fun on hot days. I like to keep ours tucked away so that I can surprise the kids on a sweltering Virginia day.

### 3. Stock up

My kids have been baking a lot lately so I make sure I have all the supplies they need stocked in the pantry. Are your kids into crafting? Create a craft center or update your current one with new materials. If you have some builders in your house, keep a few extra LEGO sets stored away.

### 4. Use our Local Resources

The library may be closed to visitors but their curbside pick up service is available. We already have a long list of books on hold to pick up throughout the summer. Visit the Beaverdam Reservoir and other NOVA parks for hiking and fishing.

Even though this summer may be a bit different, it can be full of fun if you are organized and prepared.



# A Note from Supervisor Glass:

Dear Broadlands Residents,

The owners of the Dulles Greenway (TRIP II) have filed an application with the Virginia State Corporation Commission (SCC) for an increase in the maximum level of tolls on the Greenway. In the application, TRIP II request year-over-year increases in the toll rates for the next five years, beginning in 2021. As shown in the chart, TRIP II wants to raise rates between 6% - 7%, for each of the next five years.

The SCC is taking public comments for this application through August 24, 2020. Comments can be made online through the SCC's website (SCC.Virginia.Gov/CaseComments/Submit-Public-Comments). Once on the page, scroll down until you reach the 8/24/2020 deadline, where you will view and read the TRIP II application and submit your comments. When submitting a comment, you are required to provide your name, address, and phone number.

## Should you desire to comment online, the following is a list of points you may want to consider.

- TRIP II's request amounts to over 30% rate increases for a five-year period.
- TRIP II's high rates already unreasonably discourage travel on the Greenway. The Northern Virginia population has steadily increased while traffic on the Greenway has steadily decreased.
- While traffic on the Greenway has decreased, traffic on the surrounding roads has increased dramatically,

as drivers who cannot afford the high rates of the toll road use alternate routes.

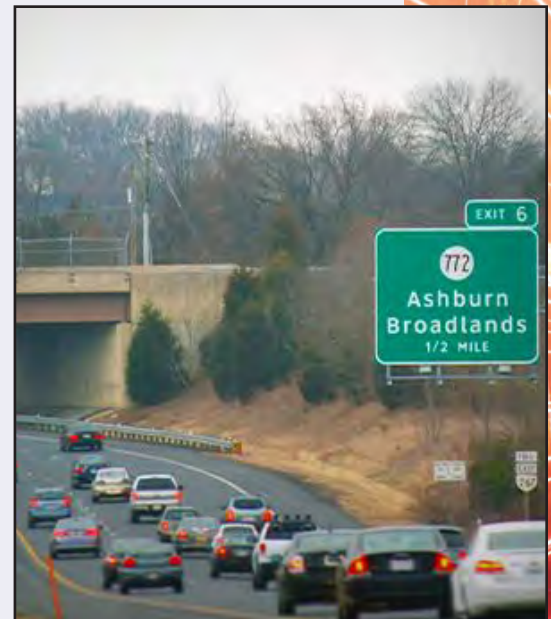
- Drivers have determined that any benefits offered by the Greenway are not worth the high tolls.
- Increasing traffic on nearby roads creates a burden on the surrounding communities and VDOT, as maintenance costs for these roads must be passed on to the taxpayers of Northern Virginia.

I hope that you will consider making your thoughts about the proposed increase of Greenway tolls known to the SCC. Please reach out to my office with any questions regarding the Greenway toll increases, or any other matters in the Broad Run District, at [Sylvia.Glass@Loudoun.gov](mailto:Sylvia.Glass@Loudoun.gov).

Sincerely,  
Sylvia



	January 1, 2021	January 1, 2022	January 1, 2023	January 1, 2024	January 1, 2025
Maximum two-axel toll for all off-peak traffic	\$5.00	\$5.25	\$5.55	\$5.85	\$6.15
Implied % increase	5.3%	5.0%	5.7%	5.4%	5.1%
Maximum two-axel toll for peak traffic (weekday traffic in peak time and direction)	\$6.15	\$6.55	\$6.95	\$7.40	\$7.90
Implied year-on-year increase	6.0%	6.5%	6.1%	6.5%	6.8%



# Congratulations Graduates!



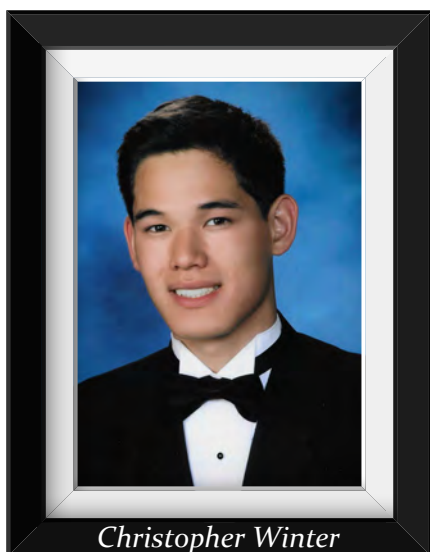
Nicole Beaulieu

Nicole - you grew up in this fantastic community. Now, as you face your new adventures, remember Mom, Dad, Christopher and friends love you.

Congratulations, Courtney! VCU CLASS OF 2020! Magma cum Laude, International Studies! We are so proud of you! Love, Mom, Dad and Chris



Courtney LaTourrette



Christopher Winter

May God's grace be with you as you begin your greatest journey. Fair winds and following seas - GO NAVY! Beat Army!



## The Ashburn Library is Going Digital This Summer

**The Ashburn Library Summer Reading Program is here!**

Starting Thursday, June 11th, sign the whole family up online to read this summer and earn prizes!

**Hint:** Hit a home run of prizes! For more information, visit [library.loudoun.gov/SRP](http://library.loudoun.gov/SRP)

### On-line Story Time

Monday, Wednesday & Friday @ 11:00am

Join the LCPL librarians as they read stories for all ages.

[Loudoun.library.gov](http://Loudoun.library.gov)

### On-line programming

Check daily for a multitude of different upcoming summer events and programs for adults, teens and children.

[Loudoun.library.gov](http://Loudoun.library.gov)

### Need to place a book on hold for pick-up?

Curbside pick-up is available! Contact your local branch for details and times. Utilize your library card to access thousands of books! Search by title, author, subject and more. So many to choose from and easy drive-thru pick-up! Visit [Catalog.loudoun.library.gov](http://Catalog.loudoun.library.gov) to access books.

### On-Line Resources open 24/7

So many streaming services and databases available at your fingertips! Visit [Loudoun.library.gov/online](http://Loudoun.library.gov/online) or search for age specific resources:

[Library.loudoun.gov/Children](http://Library.loudoun.gov/Children)

[Library.loudoun.gov/Teens](http://Library.loudoun.gov/Teens)

[Library.loudoun.gov/Adults](http://Library.loudoun.gov/Adults)

Enjoy resources such as Hoopla, Overdrive, Mango Languages, Freegal, RB Digital, Consumer Reports Online & many more!





## Bicycle Safety - Bicycle Rules of the Road

Source: Virginia Department of Motor Vehicles

Bicycles are subject to the same laws as motor vehicles. When passing a bicyclist, motor vehicles must proceed at a reasonable speed and travel at least three feet to the left of the overtaken bicycle.

### Riders should practice safe and legal bike operation:

- Ride with traffic.
- Stop and look both ways before entering the street.
- Stop at all intersections.
- Before turning, use hand signals and look all ways.
- Ride defensively - anticipate the actions of other road users and watch for road hazards.
- Pass vehicles with extreme care - turning vehicles may not see you.
- Be aware of motor vehicle blind spots while riding or when stopped at an intersection.
- Walk your bicycle when you get into traffic situations beyond your cycling abilities.
- Exercise great caution when riding in bus traffic - watch out for buses pulling to and from curbs and passengers getting on and off buses.
- Park your bicycle so you do not block sidewalks, disabled accesses, building accesses or emergency lanes.

### Dress for Safety

Stay safe by making sure that you are visible to motorists:

- Wear a helmet, wear bright colored clothing, and secure loose pant legs.
- Maximize your visibility at night - wear reflective clothing and apply reflective tape to your bicycle.

### Parent Information

Learning to ride a bicycle is an exciting accomplishment for a child. Making sure that riding is a safe and enjoyable experience for your child is important:

- Provide your children with helmets approved by the Consumer Product Safety Commission. Teach them to wear the helmets correctly on every ride.
- Ensure young children are properly supervised and never allow them to ride their bicycle in the street.
- The decision to allow older children to ride in the street should depend on traffic patterns, individual maturity, and an adequate knowledge and ability to follow bicycle rules.
- Your children should never ride at dusk or in the dark.
- Teach your children how to keep their bikes in good repair, and to check the tires, brakes, and seat and handlebar height annually.





## Water Critical for Wild Birds in Summer

**By: Sherri Bartlett, Owner of Wild Birds Unlimited**

Feeding birds can be both enjoyable for people and helpful to the birds. However, did you know that during the hot, dry conditions of summer offering water can be even more important than offering food? Birds need clean, reliable water sources throughout the year, but particularly in the summer, as water is crucial for drinking, bathing and preening their feathers.

Water is vitally important when it is extremely hot because birds do not sweat and must remove excess body heat through their respiratory system. When temperatures rise, a bird's respiration rate increases, sometimes causing it to pant like a dog. This activity can dehydrate birds quickly.

A reliable source of water also allows birds to bathe regularly, a critical part of feather maintenance which keeps them in top-flight condition. Offering water does not have to be difficult or expensive. Everyday household items such as garbage can lids and shallow pans can become instant bird baths. Of course, birds can be attracted by offering water in a traditional bird bath as well. These water sources should be elevated and away from dense hedges to protect birds from natural predators. Bird baths with sloped sides permit visitors to move from shallow to deeper water, and they accommodate different sized birds that need to drink or bathe. The water level should be no deeper than about a half inch at the edge to a maximum of two inches in the center. Try adding stones and rocks to the bird bath to give small birds places to perch and allow birds to stay dry while drinking.

Some people use misters to provide birds with water. When located near foliage, misters give birds the opportunity to "leaf bathe." Birds exhibiting this behavior will flutter against wet plants or leaves to release droplets onto their feathers. Drippers are also great for attracting birds. Try punching a small hole in a bucket and allowing water to slowly drip into a bird bath. Commercial varieties are also available.

It is important to consider mosquitos anytime there is an open source of standing water, such as in a bird bath. For this reason, many people use a Water Wiggler, an agitator that creates ripples in water (mosquitoes cannot do not lay eggs in moving water). Also, water in motion is far more attractive to birds than a stagnant pond. Bubblers and fountains are great additions to a bird bath, too, since they not only move the water but also have an appealing sound as well.

Don't forget to clean your bird bath regularly – every day or two preferably, especially if green algae forms. A good old-fashioned scrubbing is the best way to clean. Dedicate a scrub brush for bird bath use only and avoid algacides and other additives as they could be harmful to wildlife.

Water is essential to birds' survival. Adding a bird bath to your yard will bring birds closer for your enjoyment and provide great benefits during the summer and throughout the year.



## POOL REGISTRATION & NEW PHOTO PROCESS

Beginning this year, Broadlands Association, Inc. is using an online registration and virtual ID process for access to our pools – this means **NO MORE PHYSICAL CARDS** to carry or lose! **ALL RESIDENTS**, including existing pool pass holders, must complete the new online registration through the Cellbudge portal and come in for new photos in order to gain access to our pools this season. **DON'T WAIT, REGISTER NOW AND AVOID LONG LINES:** <https://cellbudge.com/broadlands/register>



### REGISTRATION REQUIRES THE FOLLOWING MULTI-STEP APPROVAL PROCESS:

**STEP 1 – CREATE HOUSEHOLD ACCOUNT:** Upon accessing the registration site, [cellbudge.com/broadlands/register](https://cellbudge.com/broadlands/register), under **Initial Add Request**, please enter the information as a primary resident in order to create a master household account. This initial add request will be forwarded to HOA staff who will validate your residency and account status. Please allow 2-3 business days for the initial approval to be processed. Once validated, you will receive a text/email indicating that your registration has been added but will remain pending until the registration is updated with household members (STEP 3).

**STEP 2 – ACQUIRE PIN:** After you have received a text/email that your registration has been added, please return to the same registration page and follow the instructions under **Enter or Update Household Members**. Enter your credentials to get your unique PIN via text/email to continue the process.

**STEP 3 – ADD HOUSEHOLD MEMBERS:** Enter PIN to access the **Household Members** page to add all household members, ages 5 and older, including childcare providers that live with you. Once finished, check the box to verify you have agreed to the facility terms and click **Complete Registration**. Please allow 2-3 business days for approval, upon which you will receive a text/email indicating that **your Broadlands HOA registration has been accepted**, however, you must complete STEP 4 (pictures) to gain access to the pools.

**STEP 4 – PICTURES – NEW PROCESS:** Once your registration is complete, new photos are required for everyone. Photos from the old system will not transfer. Due to Covid-19, the HOA will accept electronic copies of photos. **Please review the following process to email your photos to the HOA:**

1. Email acceptable photo(s) (jpg or png format) of each registered member in your household to [info@broadlandshoa.com](mailto:info@broadlandshoa.com). New headshots may be used, or you may scan or take a picture of an existing ID/photo.
2. Subject line must be written as: **pool photos – Registered Last Name (i.e. pool photos – Smith)**
3. **IMPORTANT:** Each photo file name must have the following naming convention: **address.firstname (i.e. 42001Ridgeway.Susan).**
4. All names must correspond with the registered names in your Cellbudge pool account so they can be imported to the proper record. Photos received that are not in the proper format will be rejected.

#### What are acceptable photos? (copy of valid ID's or current headshots only please)

- Adults aged 18 and over are **required** to show proof of residency, so emailing a **copy of a driver's license would be sufficient**. HOA staff will only need to see the picture, address, name and date of birth on these ID's. For security reasons, ID numbers and any other information may be crossed out prior to emailing.
- If the adult's license does not reflect the registered address, then additional documentation should be emailed along with your photo showing proof of residency. Acceptable documents would be settlement papers, utility bills or a change of address card.
- For children aged 5 and older, please email a **current** headshot. For teens, a copy of their driver's license/permit may be emailed.
- Photos for children aged 4 and under are not required.

### ADDITIONAL INFORMATION:

**ACCESSING THE POOL:** Once your photos have been added to your account, your process is complete, and access to the pools is simple since no pass is required – just check-in with the lifeguard by providing your name and address and they will be able to access your “virtual ID card” and photo in the system to allow access.

**GUEST VISITS:** 10-visits will be added to your household account each year. You may purchase additional visits through the HOA office in increments of 10 for \$20. Visits do not roll over to the next season.

**TENANTS:** You must have a current Absentee Owner Statement (AOS) and lease on file with the HOA before you register at the link above. Please see our website at <https://www.broadlandshoa.org/tenant-information> for full details.

*We appreciate your patience as we move everyone into the online portal this year. Once registered, no further action is needed for future pool seasons. For questions, please contact the HOA office by emailing [info@broadlandshoa.com](mailto:info@broadlandshoa.com) or calling 703-729-9704.*

# Summer Family Fun for You and Your Pets

**By: Lauren Sanger, Communications Intern with Edits by Kelsey Glass,  
Marketing Director of Stream Valley Veterinary Hospital**

Keep kids, pets, and yourselves engaged at home this summer by trying something new! Summer fun is a top priority for everyone during these times of social distancing and staying home, so we're here to help with the following tips. Children have the ability to learn important skills through caring for their pet including responsibility and empathy. By trying out these activities, you and your family will find new ways to have a blast bonding with your furry friends.

For families with canine companions, there are countless bonding activities to try. Many household items make for great DIY agility equipment. Cardboard boxes can be used as tunnels for your dog to run through. Placing laundry baskets upside down and resting a broom on top creates a simple jumping obstacle. Using your arms as a hoop also makes for a great hurdle jump, or you can try out a hula hoop if that's easier. Setting up these obstacles will allow your kids and dogs to get their energy out while learning to master the basics of agility training.

Does your dog prefer to take it easy instead? There are plenty of leisurely activities you and your family can enjoy. Try your hand at making frozen dog bone treats using peanut butter, fruit, and plain yogurt, or frozen banana bites! Even better, let them do a taste test to find out which healthy ingredients they love the most. Use fun bone or paw print-shaped molds to give them the gourmet style treatment. Your pup will be sure to love them. Bring these treats along for a picnic when nearby parks have opened up!

Continue your DIY work by making a homemade bandana to give your dog stylish flair. Find old clothes or scraps of fabric to cut and customize. Tie-dye is very much on trend this summer, so add a bit more fun with non-toxic dye for even more cool designs. With any leftovers, make matching bandanas for your kids to wear with their furry friends. Put on a fashion show to show off your creations.

Next, if your kids love to read or have summer reading to complete, make it more fun by encouraging them to read to your pet. This is a great opportunity for your child to continue practicing their reading skills with a patient, non-judgmental furry listener. They'll love the extra special attention to pause and enjoy a good book.

Of course, we can't forget our feline friends. Cats enjoy climbing and jumping on furniture, so why not add a fort to the mix? With materials found from around your home, you can create a maze for your cat. Laundry baskets, storage bins, cardboard boxes, pillows, and more will do the trick. Placing your feline's favorite toys and treats throughout the maze will keep them entertained

while staying active.

Playing fun activities with your cat not only stimulates the brain but encourages a healthy body too. Fetch can be an entertaining game for cats as well! Toss a small item back and forth such as a milk lid or crumpled up piece of paper and watch your cat's reaction. Some cats may just play with the toy independently, but repetition overtime will help your cat understand the game.

Additionally, bring your crafty skills into play by creating an interactive puzzle with a shoebox and your cat's favorite toys. Cut a variety of different sized holes in a shoebox and fill it with your cat's favorite goodies. Tape the lid to the box and watch your cat work its way to reach inside. Be sure to watch for any signs of frustration to prevent overstimulation.

As a reminder, we want to help make sure everyone under your roof remains safe this season. Please remember to maintain a fresh, cool water supply and watch closely for ticks and fleas. To avoid overheating, be sure to limit outdoor games for early morning and dusk during hot days. Keep your pets out of the direct sun during peak hours if possible and set up a wading pool for both kids and pets to stay cool.

We hope these activities will make for wonderful memories. Life may be different this year, but there are ways to make the most of it. Get out there and enjoy having a constant companion to lean on. Beyond all the amusement your summer will provide, please be sure to call us with any questions or concerns you may have regarding your pet's health. All of us at Stream Valley Veterinary Hospital hope everyone has a safe, healthy, and exciting summer season!







# Ways to Worship Watermelon



## Watermelon Moscow Mule

- 2 ounces vodka
- 1 ounces fresh lime juice
- 8 mint leaves
- 4 oz watermelon juice (About 2.5 cups watermelon chunks)
- 4 ounces ginger beer
- 2 lime wedges

Cut watermelon into chunks and blend in a high-powered blender until smooth. Pour through a strainer to remove pulp or seed chunks and discard. Fill a copper mug or glass with ice and add vodka, lime juice, mint leaves, and strained watermelon juice. Then add the ginger beer and stir. Garnish with a mint sprig and lime wedge. **TIPS:** Use a seedless watermelon; Triple recipe to fill full pitcher; Don't add ice to the pitcher to prevent watering down; Substitute other fruit (strawberries, blueberries, peaches) instead of watermelon; Use popsicle molds to make boozy frozen watermelon popsicles: Omit vodka and make it a mocktail. [Staceyhomemaker.com](http://Staceyhomemaker.com)

## Watermelon Salad with Feta & Cucumber

- 8 cups cubed seedless watermelon (8 lb watermelon)
- 2 mini cucumbers or 1/2 English cucumber (1 cup sliced)
- 2 ounces Feta
- Zest of 1/2 lemon
- 4 basil leaves
- Sea salt, for garnish

Chop the watermelon into cubes. Slice the cucumbers (cut English cucumbers into halfmoons). Chop the basil. Zest the lemon. Mix watermelon and cucumbers on a platter. Sprinkle with feta crumbles, lemon zest, and sea salt. Taste and adjust flavors as desired. Add freshly ground black pepper or a drizzle of olive oil if preferred. Serve immediately. If making ahead, refrigerate the cubed watermelon separately—it releases a lot of water after it is cut. Then assemble the salad directly before serving. [Acouplecooks.com](http://Acouplecooks.com)

## Grilled Watermelon with Blue Cheese and Prosciutto

- 3 (1/2-inch-thick) watermelon rounds quartered
- 1 tablespoon olive oil
- Kosher salt Freshly ground pepper
- 4 ounces thinly sliced prosciutto

- 4 ounces blue cheese, crumbled
- Fresh basil leaves
- 2 teaspoons bottled balsamic glaze

Preheat grill to 350° to 400° (medium-high) heat. Brush both sides of each watermelon quarter with olive oil, and season with desired amount of salt and pepper. Cut prosciutto into thin strips. Grill watermelon quarters, without grill lid, 1 minute on each side or until grill marks appear. Transfer watermelon to a serving plate; top with blue cheese, prosciutto strips, and fresh basil. Drizzle watermelon with balsamic glaze. Serve immediately. [Myrecipes.com](http://Myrecipes.com)





## ***Uncertain about school this fall?***

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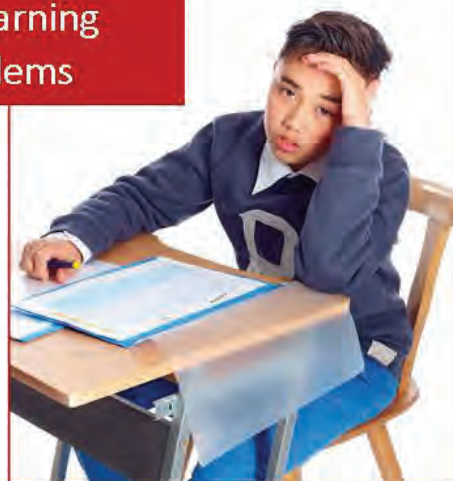
## ***Does your child struggle with reading?***

### ***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



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## Fireworks Safety

Submitted by Loudoun Fire and Rescue, Public Education Division

Each year, as Fourth of July festivities approach, the Loudoun County Fire Marshal's Office reminds residents to start planning for a safe holiday. According to the Consumer Product Safety Commission, in 2017, U.S. hospital emergency rooms treated an estimated 12,900 people for fireworks related injuries and children younger than 15 accounted for more than one-third of those injuries.

### REMEMBER, THE SAFEST WAY TO ENJOY FIREWORKS THIS YEAR IS TO WATCH A VIRTUAL DISPLAY.

If you choose to use fireworks, **PROCEED WITH CAUTION** and follow these safety tips:

- Purchase legal consumer fireworks from a local business or roadside stand possessing a fireworks retail permit from the Loudoun County FMO.
- In Loudoun County, permissible consumer fireworks, namely sparklers and ground based fountains, are legal to possess and use on private property. These fireworks have been tested to ensure they meet the Consumer Products Safety Commission's requirements.
- Consumer fireworks that rise into the air, explode, travel laterally on the ground or emit projectiles

are illegal to possess or use anywhere in Virginia. Possession and/or use of these materials is a Class 1 Misdemeanor.

- For backyard displays using legal permissible consumer fireworks, wet down the area. Ground based fireworks should be placed on open, stable, flat surfaces, keeping onlookers 20ft. away.
- Only competent adults should ignite and supervise the use of fireworks. Adults should supervise the use of sparklers as they burn at a temperature of more than 1,200 degrees, hot enough to cause severe burns and ignite clothing. Keep children from running while using sparklers.
- Used fireworks should be placed in a metal container, soaked with water, and allowed to cool overnight in a location that is at least 15 ft. away from any building or structure. Re-check the container in the morning to ensure nothing is smoldering, then properly dispose of the wet materials.
- Never pick up fireworks that were "duds" or did not fire, as they may still be active!
- Wait 20 minutes and treat as spent fireworks, soaking overnight and placing in a metal container with a lid, away from any structure.



# Lightning Safety Tips

Centers for Disease Control and Prevention, [cdc.gov/disasters/lightning/safetytips.html](https://cdc.gov/disasters/lightning/safetytips.html)

## Outdoor Safety Tips

The best defense is to avoid lightning. Here are some outdoor safety tips that can help you avoid being struck:

### DO

#### Be aware

- Check the weather forecast before participating in outdoor activities. If the forecast calls for thunderstorms, postpone your trip or activity, or make sure adequate safe shelter is readily available.

#### Go indoors

- Remember the phrase, “when thunder roars, go indoors.” Find a safe, enclosed shelter when you hear thunder. Safe shelters include homes, offices, shopping centers, and hard-top vehicles with the windows rolled up.

#### Crouch close to the ground and separate

- If you are caught in an open area, crouch down in a ball-like position (feet and knees together) with your head tucked and hands over your ears so that you are down low with minimal contact with the ground. Do NOT lie down. Lightning causes electric currents along the top of the ground that can be deadly over 100 feet away. Crouching down is the best combination of being low and touching the ground as little as possible.

#### Separate

- If you are in a group during a thunderstorm, separate from each other. This will reduce the number of injuries if lightning strikes the ground.

### DON'T

#### Stay in open vehicles, structures, and spaces

- During a thunderstorm, avoid open vehicles such as convertibles, motorcycles, and golf carts. Be sure to avoid open structures such as porches, gazebos, baseball dugouts, and sports arenas. And stay away from open spaces such as golf courses, parks, playgrounds, ponds, lakes, swimming pools, and beaches.

#### Stay near tall structures

- Do NOT lie on concrete floors during a thunderstorm. Also, avoid leaning on concrete walls. Lightning can travel through any metal wires or bars in concrete walls or flooring. Please follow this guideline for both outdoor and indoor safety.

## Indoor Safety Tips

Even though your home is a safe shelter during a lightning storm, you may still be at risk. About one-third of lightning-strike injuries occur indoors. Here are some tips to keep safe and reduce your risk of being struck by lightning while indoors.

#### Avoid water

- Do NOT bathe, shower, wash dishes, or have any other contact with water during a thunderstorm because lightning can travel through a building's plumbing.

#### Avoid electronic equipment

- Do NOT use your computers, laptops, game systems, washers, dryers, stoves, or anything connected to an electrical outlet. Lightning can travel through electrical systems, radio and television reception systems, and any metal wires or bars in concrete walls or flooring. Equip homes with whole-house surge protectors to protect appliances.

#### Avoid corded phones

- Corded phones are NOT safe to use during a thunderstorm. Do NOT use them. However, it is safe to use cordless or cellular phones during a storm.

#### Avoid windows, doors, porches, and concrete

- Do NOT lie on concrete floors during a thunderstorm. Also, avoid leaning on concrete walls. Lightning can travel through any metal wires or bars in concrete walls or flooring. Please follow this guideline for both outdoor and indoor safety.





## Sun Exposure

**Source: Centers for Disease Control and Prevention, cdc.gov/travel/page/sun-exposure**

You are at an increased risk of the sun's harmful ultraviolet (UV) rays when traveling near the equator, during summer months, at high altitudes, and between 10:00am and 4:00pm. You can even be exposed to UV rays on cloudy days! Reflection from the snow, sand, and water increases sun exposure, so protect yourself from the sun during outdoor activities, including skiing (snow or water), spending time at the beach, swimming, and sailing.

### Protect Yourself from the Sun

- Stay in the shade, especially during midday hours (10:00am to 4:00pm).
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Drink plenty of non-alcoholic fluids.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen.
  - Use SPF 15 or higher.
  - Look for "blocks UVA and UVB" or "broad spectrum" on the label.
  - Apply sunscreen liberally (minimum of 1 ounce) at least 20 minutes before sun exposure.
  - Apply sunscreen to all exposed skin. Remember to apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
  - Reapply at least every 2 hours and each time you get out of the water or sweat heavily.
  - If you are also using insect repellent, apply sunscreen first and repellent second. Sunscreen may need to be reapplied more often.
  - Throw away sunscreens after 1–2 years.
- Avoid indoor tanning. Getting a "base tan" before your vacation damages your skin and doesn't protect you from sun exposure on your trip.

### Treating a Sunburn

- Take aspirin, acetaminophen, or ibuprofen to relieve pain, headache, and fever.
- Drink plenty of water, and soothe burns with cool baths or by gently applying cool, wet cloths.
- Use a topical moisturizing cream or aloe to provide additional relief.
- Don't go back into the sun until the burn has healed. If skin blisters, lightly bandage or cover the area with gauze to prevent infection. Don't break blisters (that would slow healing and increase risk of infection). Apply antiseptic ointment if blisters break.

### Seek medical attention if any of the following occur:

- Severe sunburn, especially if it covers more than 15% of the body.
- Dehydration.
- High fever (above 101°F).
- Extreme pain that lasts more than 48 hours.

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## Loudoun County Officials Issue Water Safety Reminders

Submitted By: Loudoun County Public Affairs Office

The COVID-19 pandemic has delayed the opening of public pools and as a result, many residents may seek relief from the summer weather and recreation in naturally occurring waters, such as the Potomac River and area creeks and lakes. Loudoun County officials urge residents to use caution while swimming in naturally occurring waterways, human-made bodies of water, and private pools as they can pose a variety of health and safety risks, especially to children.

“With pools still closed after Memorial Day, a time when residents would normally already be enjoying them, more children are swimming in local waterways,” noted Loudoun County Health Director Dr. David Goodfriend. “The Health Department wants to remind parents to monitor children who may go into Loudoun’s creeks, ponds and other nearby waters and to encourage all families to take the necessary precautions around water this summer.”

Many communities in Loudoun County strictly prohibit swimming in ponds. Residents should observe all posted signs and follow the directions on the signs.

“If you live near a waterway, we ask that you remain watchful for children attempting to venture into the water to swim,” said Loudoun County Sheriff Mike Chapman. “These waters can be treacherous.”

In addition, parents and anyone swimming in natural waters should be aware of recreational water illnesses, which are caused by germs and chemicals found in the water. Natural waters can be susceptible to pollution that can cause health risks to people. Bacteria and algae can be dangerous and cause illness in people and pets.

### To help prevent illness:

- Avoid swimming in natural waters for a few days after a heavy rain event.
- Avoid swallowing water when swimming.
- Avoid getting water shot up your nose when swimming, especially in warm shallow water.
- Avoid swimming or wading in with open wounds or cuts.



- Don't swim in areas where there are dead fish present.
- Don't swim if you are ill.
- Shower with soap and clean water after swimming.
- Avoid swimming in muddy water of lakes, ponds and rivers.

"Bodies of water such as lakes, rivers and ponds have many hidden dangers, such as underwater debris, sudden drop-offs, vegetation and unpredictable currents," said Loudoun County Combined Fire and Rescue System Chief Keith H. Johnson. "Before you get in the water, survey the area and be aware of the potential dangers."

It is also important to be aware of local weather conditions prior to recreational activities in the water. Residents should use extra caution following heavy rainfall because additional debris may be in the water and the strength of currents may increase. To help prevent injury or drowning:

- Avoid swimming in unfamiliar ponds, streams, creeks, ditches and canals.
- Avoid consuming drugs, alcohol and any substances that can impact alertness, judgment, coordination and reaction time.
- Ensure that children wear life jackets in and around natural bodies of water even if they know how to swim.
- Children should only swim when they are being actively supervised at all times by adults, without distractions.
- Never swim alone; always have a buddy.
- Get out of the water right away if you hear thunder or see lightning.
- Have the means to call for help, such as a cell phone, if necessary, and be aware of your location so you can provide that information to emergency personnel.

The Virginia Department of Health and Loudoun County also remind the owners of private pools to take measures to ensure safe swimming for all who may use them. The Centers for Disease Control and Prevention (CDC) recommends:

- Take steps to prevent drowning, which is the leading cause of injury-related death in children 1 to 4 years old.
- Ensure adult supervision of children and that pool users have basic swim skills.
- Ensure proper fencing around private pools.

- Handle pool chemicals safely and ensure proper disinfection procedures.
- Do not swim when sick with diarrhea.
- Know how to recognize a swimmer in distress and learn CPR.

The CDC also recommends that you take steps to protect yourself from the sun during all outdoor activity, including putting on broad spectrum sunscreen with SPF 15 or higher before going outside.

Loudoun County encourages residents to stay informed about COVID-19.

- Visit [loudoun.gov/coronavirus](https://loudoun.gov/coronavirus) for more information about how to protect yourself and your family and to sign up for email and text updates on COVID-19.
- Text LCCOVID19 to 888777 to receive text alerts from Loudoun County about COVID-19.



# Feeling Anger

By: Carol Williams-Nickelson, PsyD, Psychologist,  
Atlantic Counseling Group, [cwilliams-nickelson@atlgr.com](mailto:cwilliams-nickelson@atlgr.com)

Many things can cause or provoke anger in people. The feeling of anger is an acceptable emotion. The expression of anger is where we can get into trouble if it is done in an unhealthy, destructive manner.

When we are angry, we often have a false sense of strength, energy, authority, control, or power. Anger-prone individuals can easily become caught in a downward spiral as a result of their outbursts. Lashing out in anger can feel temporarily redemptive, but this type of release is usually fleeting because hurtful words and actions don't produce positive outcomes for anyone involved.

Anger provides a brief false feeling of freedom and power that is lacking, but it also blocks out logical thought processes and produces a sense of being absolutely right. Anger also provides a sense of justification, but it erodes self-control. Negative thoughts and feelings that are usually better left unsaid are blurted out. Of course, after the surge of anger passes, it's impossible to take the words and actions back. The damage is done. Even if there's an apology, the after-effects remain and take time to repair.

## Underlying issues that may fuel anger include:

### Attention:

Some people use their anger to be noticed. If a person craves or lacks attention, it doesn't matter whether that attention is positive or negative, as long as someone notices them.

### Avoidance:

Anger can be used as a tactic to avoid responsibility. Whether conscious or unconscious, if a person doesn't want to do something, anger can be used to get out of it.

### Conditioning:

Anger may be an automatic response that has been conditioned over time. Something happens, anger is expressed in response, and the person gets what he or she wanted – a temporary feeling of relief, power over someone or a situation, or something else. Through conditioning, some people feel as if they must respond in anger, otherwise they will be taken advantage of. For example, the automatic thought process might be "If I don't respond in anger to exert control over the situation, others will think I am weak and then I will be hurt or manipulated."

### Feeling Insignificant:

Some people feel small and unimportant inside. Anger works to provoke, awaken, or build-up the courage to do something that they wouldn't normally do.

### Frustration:

Some people become mad or angry when they are unsatisfied, annoyed, or exasperated. Frustration happens for many reasons, such as not being able to do something you wish or as you intended, when other people do things that bother you, when circumstances are out of your control, and more. Instead of thinking through the situation and dealing with it in a reasoned manner or working out the energy physically, anger escalates to a point where it explodes, resulting in a wide range of negative consequences.

### Genetics:

There are some people with a biological predisposition towards anger and aggression. While non-hereditary (environmental) factors, such as growing up in a troubled family, contribute to how someone expresses anger, hereditary (genetic) factors also play a role in how someone is inclined to behave and express emotions.

### Intimidation:

Some people use anger to frighten, threaten, bully, pressure, and coerce others to get what they want. They use intimidation to control other people.

### Irritation:

Being impatient, annoyed, and inconvenienced can prompt anger. Daily incidents such as regular interruptions or constant reminders can cause a person to become irritated. When the irritations are persistent, they can grow and turn into a sudden fit of rage, causing harm to self or others.

### Unfair Treatment:

When someone is blamed for things or believes they have been treated inequitably or unjustly, it can trigger

*Anger continued on page 27*





# 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](mailto:nihanainen@broadlandshoa.com).

## 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.

## ASHBURN TOASTMASTERS

Holding Online Meetings until June 1  
Please contact our VP of Membership [vpm-703053@toastmastersclubs.org](mailto:vpm-703053@toastmastersclubs.org) for the URL to join our meetings  
Check our website to learn when our next meeting is, [ashburn.toastmastersclubs.org/](http://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](http://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](http://BroadlandsNaturally.org).

## DBT TEEN SKILLS GROUP

Run by Dr. Maggie Avedisian. If you have a teenager who is struggling to manage their behaviors, mood and social life, "Dr. Maggie's" group may be a great fit and help. For more info, we invite you to call the practice at 703-723-2999.

## GIRL SCOUTS

Girl Scouts provides leadership training through STEM, outdoor experiences, skills badges, community service and entrepreneurship. For information on joining a Girl Scout troop please call the Loudoun County Girl Scout office at 703-777-5644 or go to [girlscouts.org](http://girlscouts.org).

## 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](http://griefshare.org).

## 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](mailto:SalGup20@yahoo.com).

## MOMS CLUB OF ASHBURN

MOMS Club stands for Moms Offering Moms Support. Ashburn resident moms that organize events for us and our young kids. For more info, please contact us at [ashburnmomsclub@yahoo.com](mailto:ashburnmomsclub@yahoo.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](mailto:musicontheheights@gmail.com).

## PRE-TEEN AND TEEN ASPERGER'S SOCIAL SKILLS GROUP

Run by Dr. Michael Oberschneider and Dr. Douglas Lipp. Group members work on coping and social skills development with Dr. Oberschneider. Dr. Lipp runs a parent group simultaneously that addresses various topics on parenting children and teens with Asperger's disorder. For more info, we invite you to call the practice 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](mailto:ashburnrotary@gmail.com) if you're interested and want to find out more.

## STRESSBUSTERS & MOTHERHOOD (SAM)

SAM is a diverse women's group that meets monthly to explore activities that boost our mind, body and spirit. We get together to discuss our parenting journeys and learn about holistic practices that reduce stress. Email Shea or Erin at [LoudounSAM@gmail.com](mailto:LoudounSAM@gmail.com) for more details.

## 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](http://broadlandshoa.org) and click on Committees. Meetings are open to all residents.





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## AVFRD July News

**Covid-19 Virus:** The following is the best information we have at the time of publication. Please see our website <https://ashburnfirerescue.org> for any updates on the restart of our Pancake Breakfasts and other event plans for phased reopenings in Northern Virginia. For general updates on the virus county-wide go to [loudoun.gov/5307/Coronavirus](https://loudoun.gov/5307/Coronavirus).

**Food Donations for Firefighters:** We want to thank many local restaurants and individuals for their generosity in supplying dinners for our firefighters and EMTs during the pandemic. They have allowed the crews to train and limit the exposure to the duty crews. Thank you Ashburn, we appreciate the Ashburn community support!

**Donations:** Donations such as PPE and other equipment must go through the Central office for Loudoun County [loudoun.gov/5330/COVID-19-PPE-Donations-and-Requests](https://loudoun.gov/5330/COVID-19-PPE-Donations-and-Requests).

**Prospective Members Meeting on July 28th at 7:00pm, Station 6, Ashburn Road:** Come to our information night to learn more about opportunities for volunteering. Many benefits, [ashburnfirerescue.org/volunteer/](https://ashburnfirerescue.org/volunteer/).

**Save the Date for the Love Loudoun Wedding Showcase**  
**Sunday, August 30th from 1:00pm - 5:00pm at West Belmont Place**  
**18980 Upper Belmont Place**  
**Leesburg, VA 20176**

Look for our booth at this new, day long event that brings together all that makes Loudoun County the "Go-To" destination for weddings, creating lifelong memories. Join us for this high-touch showcase featuring a VIP Hour, Fashion Show, The Lounge and much more.





*Anger continued from page 24*

anger that leads to negative consequences. Even when blame is warranted or correct, angry-prone people can still feel that they have been wronged and seek retribution against those who have challenged them to rectify an injustice.

### **Stress:**

Feeling stressed or in distress is often associated with anger. It's hard to feel angry when one is calm. Many people use the term stress for any situation involving the slightest difficulty or challenge, but this dilutes the seriousness of the condition for those who are genuinely stressed. Persistent stress can lead to distress which is mental or emotional tension associated with feelings of anger, frustration, or anxiousness caused by adverse or demanding circumstances, situations or thoughts (collectively referred to as stressors). Ongoing stress can ignite anger responses.

### **Medically-related Factors:**

Certain neurological conditions, such as Alzheimer's, seizure disorders, brain tumors, concussions, chemical imbalances or structural brain abnormalities can contribute to anger. Substance abuse, post-traumatic stress disorder, paranoid or personality disorders, schizophrenia, bi-polar, mood disorders, medication interactions and even attention deficit hyperactivity disorders can all be additional risk factors for anger.

### **Gender-related Issues:**

Adult and adolescent males comprise nearly 80% of people diagnosed with severe anger issues, such as intermittent explosive rages. Women commonly associate their anger with pre-menstrual syndrome (PMS). Social norms and expectations impact how men and women express their anger and what is considered to be acceptable and unacceptable.

*Feeling angry is a normal human emotion, but if you or a loved-one displays their anger in a manner that emotionally or physically hurts oneself or others, it may be time to talk to a professional to develop healthier outlets.*



## **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
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#### **Snow Removal:**

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

#### **Southern Walk HOA – Verizon FiOs Gigabit Internet Contract:**

• Billing – Laura Goguet, FirstService Residential	
• laura.goguet-@fsresidential.com .....	703-385-1133
• Verizon Activation (SWHOA Only) .....	1-800-501-1172
• Verizon FiOS Bulk Technical Support 24x7 .....	1-888-553-1555
SWHOA FiOS Contract General Information .....	SWHOAB.COM
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****PIANO TUNING:**

Ashburn Piano Service, Jeff Bishop, RPT. Contact at 703-786-6248, Jeff@ashburnpianoservice.com, ashburnpianoservice.com.

**FAMILY MEDIA DIGITIZING AT SHOEBOX SOLUTIONS, LLC:**

Ever wanted to digitize your family photos, movies (VHS & 8mm films), color slides, film negatives, audio cassettes, & more? Shoebox Solutions LLC in Broadlands offers digitizing services for all your "shoeboxed" media. Delivered on USB memory stick for easy viewing, sharing & fade-free storage. I have 50+ years of

professional photography & video production experience in the DC metro area & would love to discuss your family media project with you. Check out: shoeboxsolution.com, contact middhunt@comcast.net or 703-623-9850.

**TUTORING & EARLY EDUCATION  
GROWING MINDS PRESCHOOL:**

A home-based, state licensed preschool located in Broadlands is currently enrolling for all of its programs for the 2020/2021 school year. Growing Minds offers part-time programs for 2 ½, 3 and 4-year olds. For more information or to schedule a tour, please contact Judi Ratcliffe at judi.gminds@gmail.com or (571) 216-4663.

**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.

**ON-LINE TUTORING:**

Writing, Reading, Math, Test Prep. Broadlands resident with Ph.D. and extensive experience teaching and tutoring writing, reading, and mathematics (Grades 3-8, Algebra 1 and 2, Geometry), SAT and ACT Prep. Information: myincisivelearning.com or call Bill Bajusz at 703-505-1505.

**FITNESS/WELLNESS****EXERCISE WHILE YOU ISOLATE:**

Don't let social distancing sidetrack your fitness! Join me through FaceTime for private personal training sessions in your home. No special equipment needed! Get ready to sculpt, tone, strengthen and increase flexibility with my 30+ years' experience to be your healthiest in 2020 and beyond! Individualized programs; weight loss/nutritional guidance, pre-natal/post-partum; Yoga/Pilates; all ages/fitness levels. Safe and effective. Free phone consultation. Stephanie Gotfried 703-542-2595 or stephaniegotfried@gmail.com; Fitnessstogova.com.

# 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](http://broadlandshoa.org/newsletter).
2. Classified ads are limited to 40 words maximum and the text should be emailed to [ads@broadlandshoa.com](mailto:ads@broadlandshoa.com).
3. Payments can be made on our website at [broadlandshoa.org/newsletter](http://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](mailto: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).

### BRIAR WOODS BROS:

Two motivated, hard-working teenagers need work to pay for college! We know how to use our equipment. Available on short notice. Services include pressure washing, landscaping, pet stuff, snow removal, and odd jobs. Pricing available upon request. Call/email at mgt@briarwoodsbro.com, (703) 659-1196.

### 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. Plumbing, electrical, water heater replacement, bathrooms, and more...Free estimates. Call: 571-426-2126.

## MARKETPLACE

### MARY KAY:

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

## PROFESSIONAL SERVICES

### 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

broadlandshoa.org

#### HOA & Nature Center Office Hours:

Monday – Friday, 9:00am to 5:00pm

**General Mailbox:** info@broadlandshoa.com

**Nature Center Hours:** Suspended due to COVID-19/Coronavirus.

Normally open first & third Saturdays, 10:00am to 2:00pm

### ASSESSMENT INFORMATION OFFICE

#### FirstService Residential: Payments and Resale Docs

Assessments: 703-667-5987 Fax: 703-591-5785

fsresidential.com ♦ ar.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 & Resident Services Director:

Stassa Collins ♦ scollins@broadlandshoa.com

#### Secretary to the Modifications Subcommittee:

Robin Crews ♦ rcrews@broadlandshoa.com

#### Community Outreach Coordinator, Pool Liaison:

Julie Holstein ♦ julie@broadlandshoa.com

**Reception:** Joanne Hang ♦ joannehang@broadlandshoa.com

**Naturalist:** Rachel Merino ♦ naturalist@broadlandshoa.com

### BOARD OF DIRECTORS

**President:** David Baroody ♦ dm.cmb@outlook.com, 703-729-6785

#### Vice President:

Dawne Holz ♦ holz.d@icloud.com, 703-362-6727

#### Secretary/Treasurer:

Heidi Eaton ♦ eaton.h@icloud.com, 571-232-1830

#### Directors:

Eric Bazerghi ♦ 571-207-6505

Cliff Keirce ♦ 703-729-7320

William Kolster ♦ 703-858-2459

Tania Marceau ♦ 571-331-4381

Joseph T. Wagner ♦ 571-333-0821

John Zuccaro ♦ 571-271-7345

### COMMITTEES

#### Broadlands Live Concerts:

Jason Pualoa ♦ broadlandslive@broadlandshoa.com

#### Conservation Landscape:

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

**Events:** Natalie Ihanainen ♦ 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

Bean Tree Learning .....	18
Primrose School at Broadlands .....	32

### FINANCIAL / PROFESSIONAL SERVICES

Lori Christ CPA, LLC .....	26
----------------------------	----

### HEALTH/DENTAL

Ashburn Allergy .....	2
Cantwell Vision Therapy .....	18
Loudoun Dental Associates .....	31
Smilez Pediatric Dental Group .....	21

### HOME SERVICES

Augustine Roofing .....	21
Looney's Tile & Grout Restoration.....	26
S&K Roofing, Siding & Windows.....	2
Zampiello Paint Contractors, Inc. ....	2

### PETS

Stream Valley Veterinary Hospital .....	31
Wild Birds Unlimited .....	32

### REAL ESTATE

Always Ask Alison, Pearson Smith .....	32
--	----



# BROADLANDS

## Newsletter Advertising Rates and Sizes

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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 Vertical: 3.75" wide x 10.16" tall			
• Full Page .....	\$1000	\$900	\$850
7.66" wide x 10.16" tall			

#### 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 Vertical: 3.75" wide x 10.16" tall			
• Full Page .....	\$1050	\$950	\$900
7.66" wide x 10.16" tall			

#### 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			
• Full Page .....	\$1050	\$950	\$900
7.66" wide x 7.50" tall or 8.50" wide x 8.25" tall			

#### SUBMISSION INFORMATION FOR DISPLAY ADVERTISERS

- Visit our website at [broadlandshoa.org/newsletter](http://broadlandshoa.org/newsletter) to obtain an Insertion Order Form and email to [ads@broadlandshoa.com](mailto:ads@broadlandshoa.com) or mail to Broadlands Association, Inc.
- Email camera ready ad in PDF format to [ads@broadlandshoa.com](mailto: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](http://broadlandshoa.org) • [ads@broadlandshoa.com](mailto:ads@broadlandshoa.com)





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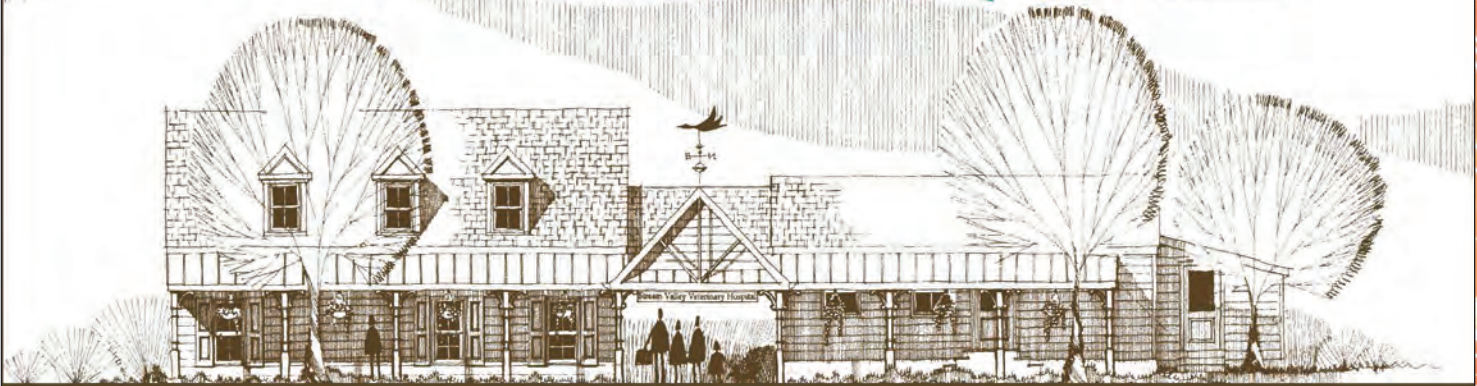
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# BROADLANDS

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### Primrose School of Ashburn

ASHBURN NORTH: 44830 Lakeview Overlook Plaza | 703.724.9050 | [PrimroseAshburn.com](http://PrimroseAshburn.com)  
BROADLANDS: 21367 Shale Ridge Court | 703.724.4200 | [PrimroseBroadlands.com](http://PrimroseBroadlands.com)

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