

AUGUST 2020

# BROADLANDS

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# BROADLANDS



Photo Courtesy Julie Holstein

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**Upcoming Board of Directors Meeting**  
**Tuesday, August 11th - 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 July 14th*:

- Approved the minutes of June 9<sup>th</sup>, 2020 meeting
- Denied a resident request for extending tennis court hours past 11:00pm.
- Denied a resident request to permit sitting in parked cars in HOA facility parking lots after 11:00pm
- Denied a request from a church to use Hillside Park and electric hookup
- Approved management negotiating a new tennis professional agreement, pending recommendation from the Tennis Committee
- Denied an Eagle Scout request to install an outdoor message center near Hillside Park. Directed management to work with scout to develop alternative projects
- Discussed a resident request for food composting. Directed management to work with homeowner to organize
- Upheld the denial of the Modifications Subcommittee for a shed appeal
- Approved a common area landscaping application, pending recommendation from landscape contractor
- Approved a proposal from SmartWebs to provide Work Order and Residents Communications Portals
- Confirmed the continued closure of Summerbrooke Pool during Phase 3
- Wrote off a delinquency, per legal recommendation

*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.*

## AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 Modification Subcommittee Meeting 7:00pm - meeting held virtually	6 Events Committee Meeting 6:30pm - NC Back Patio	7	8
9	10 Newsletter Submissions Due by Noon	11 HOA Board Meeting 6:00pm - CH or virtual	12 Modification Subcommittee Submissions Due 12:00pm - NC	13	14	15
16	17	18	19 Modification Subcommittee Meeting 7:00pm - meeting held virtually	20	21	22
23 30	24 SW Board Meeting 7:00pm - Virtual or CC 31	25	26 Modification Subcommittee Submissions Due 12:00pm - NC	27	28	29

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

# General Manager's Message - New Normal

As I'm writing this column, we've reached the midpoint of the summer. Normally by this time, we're well under way with pool season and things are slowing down as people are heading out on vacations and camps are in full swing. But this year has been unlike any other in our lifetime, and our new normal is anything but. I feel we are extremely fortunate to be in a position where we were able to open two of our three pools without extreme financial hardship. Most associations were not as lucky and many were forced to keep pools closed for the duration of the summer. The cost savings of keeping one pool closed nearly offsets the additional expenses incurred from the various extra measures required to open the other two facilities. Recreation income will still be significantly under budget due to reduced sale of outside memberships, guest passes, and private swim club rentals, but overall, the association should fare reasonably well, despite the otherwise dire situation the pandemic has presented. Our inability to comply with the Phase 3 Guidelines for opening our Fitness Center means that facility remains closed, as well as our beloved Nature Center and the rental of the Community Center. But HOA business otherwise continues as usual with trash collection, landscaping and tree maintenance, architectural modification processing, covenant inspections, newsletter publication, and concrete and asphalt maintenance. Employees are accessible via phone, email, and socially distant in person meetings when necessary. The Nature Center animals are doing well but missing their daily visitors. Board Meetings have been taking place virtually. We have reopened tennis courts, tot lots, and basketball courts.

As for 2020 projects, we resurfaced three more of our tennis courts so all nine courts are in like new condition. We completed the conversion of the Community Center Wading Pool to a Recreational Pool for basketball and volleyball and we saw more activity in day one of the pool opening than the wading pool had been used in prior years. We spent the spring inspecting the trail system, private streets, and associated curb and gutter and are preparing for a large asphalt and concrete project this fall. We will be replacing a few more tot lots as well. We intended to begin a phased in upgrade of pool furniture and renovation of the Southern Walk bath house, but these projects have been delayed due to COVID-19.

*It's great to see so many residents utilizing the lawn and patios at the Nature Center. Residents gather for corn hole, picnics, painting, and just to socialize with a change of scenery from their own yards.*

It seems unlikely that there will be a return to unrestricted socializing in 2020. While the virus is deadly and the actions implemented to slow the spread are unprecedented, I hope that you can take an opportunity to find appreciation in some of the positives that have developed out of the situation; less traffic, more time with family, finding new ways to connect with people virtually, and developing new hobbies or embracing those long forgotten since the immersion of technology into our everyday lives. Maybe you picked up knitting or puzzling, perhaps you binge watched NetFlicks or helped your child learn a new language. While the indoor and group gatherings are unlikely to be held any time in the near future, I see many people taking advantage of our lovely outdoor spaces. We have an extensive trail system, complete with tree shaded canopies, wildlife to observe, and many lit trails for late night and early morning enjoyment. Walkers, joggers, dog walkers, parents with strollers, and kids on bikes all seem to be finding delight in this wonderful amenity.

It's great to see so many residents utilizing the lawn and patios at the Nature Center. Residents gather for corn hole, picnics, painting, and just to socialize with a change of scenery from their own yards. With the help of Eagle Scout Colin Lewis, we have placed additional seating at the facility. We have added more refuse containers and ask for your assistance in proper disposal and removal of trash in order to keep it beautiful for years to come.

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
July 29th .....	Aug 5th
Aug 12th .....	Aug 19th
Aug 26th .....	Sept 2nd
Sept 9th .....	Sept 16th
Sept 30th .....	Oct 7th
Oct 14th .....	Oct 21st

*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. *Please be a good neighbor and do not dispose of dog waste in your neighbors' trash cans during your walks.*

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.

## Fire Lane and Fire Hydrant Parking Reminder

Please remember that it is illegal to park in a fire lane or within 15 feet of a fire hydrant regardless of whether there is signage, or a yellow curb painted at the hydrant. The fire marshal's office and sheriff's department are patrolling the community and issuing tickets for violators. Vehicles may be towed without warning.

## Important Service Announcement From Patriot Disposal

In accordance with Loudoun County's Sound Ordinance 654.02(d), the collection of refuse, waste, or recycling in residential areas or within 100 yards of a residence is allowed beginning at 6:01am.

Patriot Disposal was not notified of the change in this regulation until recently. The ability to begin providing trash and recycling collection services at 6:01am instead of 7:00am will have a positive effect on our productivity. ***Patriot Disposal will implement this time change beginning August 17, 2020.*** All items for pickup must be out at the curb for collection the night before the scheduled collection day, and not later than 6:01am on collection day.

Thank you for your patience throughout this process. If you have any questions concerning this notice, please contact us at (703) 257-7100 or by email at [customerservice@patriotdisposalservices.com](mailto:customerservice@patriotdisposalservices.com). Additional information can be found on our website at [patriotdisposalservices.com](http://patriotdisposalservices.com).

## Community Center Recreational Pool Now Open

We are excited to announce the opening of the Recreational Pool located at 43008 Waxpool Road adjacent to the main pool at the Community Center. The Rec Pool replaces the wading pool to accommodate water sports play. Basketball and volleyball are available. The rec pool measures 20' x 40' with an average dept of 4'.

Due to COVID-19 restrictions, the current max capacity is 10.

Please read the Rec Pool Rules on page 14 prior to use.



## Residents Must Apply for Tree Removal!

It has been reported that tree companies are driving through Broadlands looking for trees to remove from resident properties claiming that their company was referenced on the HOA website as an approved company for executing tree removal. The HOA does not endorse or give blanket approval for tree removal companies.

Approval is required to remove any tree either dead or alive whose trunk measures 4" or more in diameter when measured at the height of 4' from the ground.

Please review the guidelines at <https://broadlandshoa.org/wp-content/uploads/2013/03/049-Tree-Removal-approved-6-14-16.pdf>.

## SWHOA Meeting Update

The July Southern Walk HOA Board meeting will be held tentatively on August 24th 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).





***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)





## Give Back to Your Community, Have Fun and Meet New People By Joining 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 Thursday, August 6th, 6:30pm at the Nature Center back patio, 21907 Claiborne Parkway. Please wear a face mask and bring a cold drink to help keep yourself hydrated. For more information, please email Natalie Ihanainen at [events@broadlandshoa.com](mailto:events@broadlandshoa.com).

## Loudoun County Launches Pilot Glass Recycling Program

Loudoun County has launched a pilot glass recycling program at three of the county's recycling drop-off centers. Glass bottles and jars are now being collected separately at the:

- **Central Western Loudoun Recycling Center:**  
38159 Colonial Highway, Hamilton
- **Landfill Recycling Center:**  
21101 Evergreen Mills Road, Leesburg
- **Sterling Park Recycling Center:**  
400 W Laurel Avenue, Sterling

The program is designed to increase recycling opportunities for glass. Glass that is commingled with other materials in the recycling process is often contaminated after the sorting process, limiting the extent to which the glass can be recycled. The glass collected in the Loudoun pilot program will be sent to Fairfax County to be used in construction projects and may also be sent to other facilities that are able to recycle glass bottles into new products.

Visitors to the recycling center will see large purple bins labeled "Glass Recycling," where glass bottles and jars are to be placed. Please follow these guidelines:

- Only glass bottles and jars are accepted
- The glass bottles and jars must be empty and rinsed out
- No lids or caps
- Deposit bottles and jars loosely in the recycling containers provided, not in bags

Officials expect the alternative collection program for glass to expand to the county's other recycling centers in the next several months. Until that time, glass bottles and jars will continue to be accepted commingled with other materials at those recycling centers. *For more information, visit [loudoun.gov/recycling](http://loudoun.gov/recycling).*

## 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.

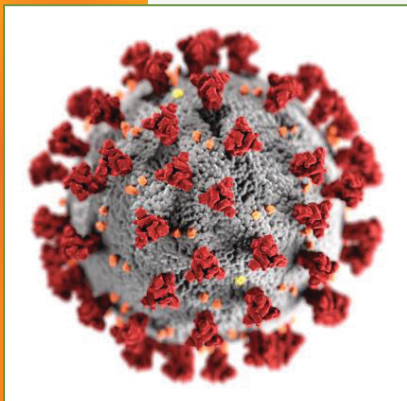
The Design Guidelines provide a framework to maintain design quality and encourage consistency throughout the community. If you have any questions about architectural modifications or questions about your resale inspection results, please contact Robin Crews, Secretary to the Modifications Subcommittee, at 703-729-9704 (press 3) or [rcrews@broadlandshoa.com](mailto:rcrews@broadlandshoa.com).



# COVID-19:

## The Pandemic, the Science and Possible Solution

Submitted by Vasudha 'Sue' Sundram, [vasudhasundram@yahoo.com](mailto:vasudhasundram@yahoo.com)



The COVID-19 pandemic that is currently sweeping the entire world is the first major pandemic since the Spanish influenza in 1918. It has upended our lives and has caused unparalleled damage to life, livelihood and the world economy. Herein, I review information on this new disease, its symptoms, its transmission, the possible remedies and what we can do to protect ourselves

and prevent further spread of the disease.

### What is COVID-19 and why is it called COVID-19?

The acronym COVID-19 stands for Corona Virus Disease 2019 (COVID-19). This is a new respiratory disease that was first recorded in Wuhan, China in December 2019 and has, since then, rapidly spread across the world infecting around 13.3 million individuals and causing the death of over 570,000 people. As of July 15th, 2020, in the US alone, over 3.5 million people have been afflicted with COVID-19, resulting in the death of over 138,000 people with Loudoun county, Virginia, witnessing about 4,400 cases and 99 deaths.

### Why did COVID-19 become a pandemic?

This new disease became a deadly pandemic because (1) Humans have never been exposed to this virus before and hence do not have any immunity against it; (2) It is a respiratory virus and therefore spreads broadly and very easily through respiratory droplets; (3) It takes about 4-5 days for an infected person to exhibit symptoms resulting in spread of the disease before people begin to self-isolate to prevent transmission; (4) Over 40% of the infected individuals remain asymptomatic causing inadvertent spread of the disease; (5) The world is now a highly interconnected place enabling people to quickly travel from one part of the world to another, making it difficult to geographically contain the disease and; (6) No medical treatment or vaccines are currently available to treat the disease.

### What is the causative agent of COVID-19?

COVID-19 is caused by a corona virus, the Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-CoV-2), resulting in respiratory problems and in extreme cases, death. The corona virus gets its name from the spike protein on the surface that gives it a

crown like appearance (Corona is Latin for crown or wreath). Of the seven types of corona viruses that infect human, four cause upper respiratory tract infection and exhibit mild cold like symptoms, whereas the other three (SARS-CoV; MERS-CoV and the current SARS-CoV-2) infect the lower respiratory tract, leading to severe pneumonia and high mortality rates. These severe disease causing corona viruses are zoonotic in nature i.e. these are viruses that primarily infect animals but mutated to acquire ability to infect humans.

### What is the origin of the virus?

The exact origin of SARS-CoV-2 virus still remains unclear. It is thought to have originated in a 'wet' market in Wuhan, China, where both dead and live animals are sold. Genetic analyses suggest that the new SARS-CoV-2 virus is a bat virus that jumped into a pangolin, recombined with the pangolin corona virus to acquire strong cell-receptor binding capacity and formed the new SARS-CoV-2 virus that is capable of infecting humans. This new virus then jumped into humans in the wet market and became highly infectious due to its very strong receptor binding capacity.

### How is the disease transmitted?

The disease is primarily transmitted through respiratory droplets released by the infected individual while coughing, sneezing, talking or singing and enters the human body through the nose, mouth, or eyes. The droplets could also land on surfaces and be picked by a person's hand and infect her/him when they touch their mouth, nose, or eyes. Preliminary research suggests that the virus might also be transmitted through aerosols, which are very small droplets that remain suspended in air for up to 8 hours. But further research is needed to confirm this.

### What are the symptoms?

The symptoms in infected individuals are varied and may include one or more of the following: dry cough, fever, chills, muscle or body ache, fatigue, diarrhea, nausea, difficulty breathing, headache, and dizziness. Some people have reported reversible loss of the sense of smell and taste while a few severe cases have also displayed psychological symptoms like delirium and hallucination. It is interesting to note that up to 40% of infected individuals remain asymptomatic i.e. they show no symptoms or very mild symptoms.



## How does SARS-CoV-2 cause the disease?

The pathology of SARS-CoV-2 virus is being actively investigated. The virus uses its surface spike protein to bind to the ACE-2 receptors on human cells and enter it. Once inside, it hijacks the cell's machinery to create many copies of itself to spread and further infect other cells. Many cells in the human body, including the respiratory cells, epithelial cells, and endothelial cells are infected by the virus, eventually causing damages to many organs including lungs, intestine, kidneys, and brain. Covid-19 seems to enhance blood clot formation leading to stroke and cardiac arrest. Severe COVID-19 cases progress to acute respiratory distress syndrome (ARDS), which is characterized by difficulty in breathing, low blood oxygen level, and might lead to respiratory failure. 70% of COVID-19 death occur due to ARDS. In addition, in some severe cases, the body tries to quell the virus by invoking a very strong immune system response, called the 'cytokine storm'. This severe, uncontrolled immune response inflicts injury to various organs of the body, eventually resulting in multi-organ failure, sepsis, and death. About 28% of death has been attributed to cytokine storm.

## Who is affected by COVID-19?

COVID-19 affects people of all age groups. The two primary risk factors are age and underlying medical conditions like obesity, diabetes, heart disease, lung disease and compromised immune system. Among adults, the likelihood of severe infection increases with increase with age. However people of any age with underlying condition are more prone to infection than healthy individuals. Kids and young adults are less prone to the infection and usually exhibit mild symptoms.

## What is the treatment strategy?

No effective drugs or vaccines are currently available for treatment of COVID-19. The treatment primarily involves supportive care including providing oxygen to ease difficulty in breathing and providing ventilators in severe cases. Blood plasma isolated from recovered COVID-19 patients (convalescent plasma) has been effectively used in treating severely ill patients. Many existing drugs, including anti-viral, anti-inflammatory drugs and other drugs with potential anti-viral effect (including hydroxychloroquine, chloroquine, Ivermectin, and Azithromycin) are being investigated to treat COVID-19. The drug Remdesivir has shown promising results in decreasing both the duration of the viral disease and mortality among severely ill patients. Dexamethasone, a steroid that decreases inflammation, has also been shown to decrease death. Favipiravir is another antiviral drug that has shown

favorable results in treating COVID-19.

Many groups, the world over, are actively involved in developing a vaccine against SARS-CoV-2 and these are in various stages of clinical trials to evaluate their efficacy. It is likely that in the year 2021, we might have a vaccine for COVID-19. AstraZeneca, Johnson and Johnson, Moderna, Inovio, and Pfizer are some of the early developers of anti-Covid-19 vaccine.

## What can we do to keep ourselves safe and prevent the spread of the virus?

The best way to deal with a pandemic is to be scientifically well informed and follow health guidelines issued by the county/State/Federal Health officials that is based on evolving scientific research. (1) Wearing face mask in public places and crowded areas (2) Maintaining social distancing i.e. keeping at least a 6 feet distance between individuals, and (3) Washing hands often with soap and water for at least 20 second or using hand sanitizer after one has been to public places are very important and scientifically proven steps to protect ourselves and prevent the spread of the virus. Cleaning frequently touched surfaces with disinfectant and traveling only when absolutely necessary are additional ways to decrease our exposure to the virus until we have an effective drug or vaccine. Let's all do our part in getting this pandemic under control.

## Where can I read more relevant information?

Here are some excellent sources to keep abreast of COVID-19:

**CDC website:**

<https://cdc.gov/>

**NIH website:**

<https://nih.gov/coronavirus>

**World Health Organization:**

<https://who.int/>

**Virginia State Department of Health**

<https://vdh.virginia.gov/coronavirus/>

**John's Hopkins data website:**

<https://coronavirus.jhu.edu/>

## About the author:

**Vasudha 'Sue' Sundram** has over 16 years of active research experience in biological sciences. She has a Masters in Microbiology, PhD in Biotechnology and specialization in Cancer Research. She is very interested in everything biology and is currently a freelance science journalist, exploring her artistic interests in writing and painting.







## Native Plant Landscaping: Three factors for success

Source: Plant NOVA Natives

For anyone who wants to help the birds and butterflies but is not an experienced landscaper, a few design concepts can help make the difference between a random collection of native plants and a beautiful but manageable landscape that supports our local ecosystem. Three major considerations come into play.

The first is the understanding that basic garden design principles apply to any garden, whether using native plants or not. For example, the human eye has trouble with randomness and will rove around seeking meaning and a place to rest. You can control that process by adding repetition, lines and focal points, which can be provided by plants and also by human-made objects such as pots, walkways, or benches. Since most plants only bloom for a short while, for consistent beauty it helps to choose plants with contrasting size, form, and foliage and not just interesting flower colors.

The second consideration is maintenance. Some people are allergic to weeding while others find it a relaxing pleasure. Either way, no one has infinite time to put into it. When adding new planting areas, there is a lot to be said for starting small. For maximum ecological benefit for a minimum of work, you could simply add a small

grove of native trees or swap out the non-native shrubs for native ones. Gardening in the shade is always easier than in the sun where plants and weeds grow so much faster.

The third consideration is the needs of the critters you are trying to help. They don't care how your property looks, but they do have other strong preferences. For example, the more plant diversity, the more biodiversity in general. It is also useful to provide clusters of the same plant species since that will increase the foraging efficiency of the bees. A diversity of plant height is also important - from the canopy trees to the ground - for critters such as birds that nest at different levels. The closer you can come to reproducing the original plant communities, the more your home habitat will contribute to a functioning local ecosystem.

The above examples are just a few of the many helpful tips you can find on the new Plant NOVA Natives, <https://www.plantnovanatives.org/garden-design-tips>.





## The Ashburn Library is Digital This Summer

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

Currently through August 23rd, sign the whole family up online to read this summer and be eligible for great prizes when you complete the program like Nats tickets and free books! 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 easily obtained with our 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!



## LOUDOUN VALLEY HOMEGROWN MARKETS COOPERATIVE

The markets are open during the COVID-19 outbreak with the following guidelines:

- Pre-orders are Encouraged
- Mask or Face Coverings are Required
- Must be Symptom Free and Do Not Enter if Sick
- Send Only 1 Person into the Market Per Household
- Maintain 6 ft. Distancing
- Do Not Touch Vendor Products
- No Linger
- No Pets at this Time

The LVHMC markets “producer-only” concept means our vendors must raise, grow, and produce what they sell. No crafts, other than agriculture-based crafts, are permitted at LVHMC Farmers Markets, except for the Special Winter Craft Market presented in conjunction with the Leesburg Winter Market, between Thanksgiving and Christmas.

All products sold at our markets are grown, raised or made from scratch within 125 miles of market, by the vendors who stand behind their products 100%. Your purchase of our fruits, vegetables, meats and eggs supports local agriculture. When it comes to produce, we offer the freshest possible for your table, as most crops are brought to market within 24 hours of *LVHGM continued on page 21*



## Rules for the Broadlands Rec Pool 43008 Waxpool Rd

- 1) Lifeguard must be on duty during all pool use. If Rec pool is unoccupied, notify a lifeguard prior to using it.
- 2) Basketball and Volleyball games will have priority over free swim.
- 3) Patrons may schedule use of the rec pool by request at the guard office.
  - a. The Rec pool is available for games on a first come, first served basis.
  - b. Patrons may request to play basketball or volleyball; however, staff reserves the right to determine the schedule and when the volleyball net can be installed or removed each day.
    - i. Patrons may not install or remove the volleyball net or basketball goals. Lifeguards will relocate equipment upon request and if necessary.
  - c. If the rec pool is not in use, patrons may use it for free swim; however, if another patron requests the rec pool to play basketball or volleyball, free swim patron forfeits use of the rec pool to the game playing patron.
- 4) Basketballs and volleyballs provided by the pool will be the only acceptable balls in use. NO outside balls may be used.
- 5) Upon completion of games, volleyballs and basketballs must be returned to the guard office.
- 6) Only one ball in play at a time; either volleyball or basketball, but not both.
- 7) No other pool toys are allowed in the Rec pool.
- 8) No goggles shall be worn during game play.
- 9) Any person not able to reach the bottom of the pool and easily stand with their head above water in the deepest section (4.6 ft) shall be subject to a swim test prior to playing games in the rec pool.
  - a. Lifeguards may ask members to take and pass a swim test in order to participate in game play. This may be requested if a swimmer does not appear strong enough to sustain game play.
  - b. Lifeguards reserve the right to remove swimmers from the Rec pool if the swimmer's safety appears to be or is at risk.
  - c. Any child wearing water wings or U.S.C.G. approved flotation devices MUST be accompanied by an adult in the water and within arm's reach.
- 10) No rough play, dunking, or pulling or holding players under the water.
- 11) No hanging on basketball goals and rims.
- 12) No hanging on or grabbing any part of the volleyball net.
- 13) No bouncing basketballs or volleyballs on pool deck, including the Main pool and Rec pool areas.
- 14) Basketballs and volleyball shall be used ONLY in the Rec pool.
- 15) No towels or clothing shall be hung on the fencing that separates the Main pool and the Rec pool so lifeguards may maintain an unobstructed view of both pools and pool decks.
- 16) Pool management, including lifeguards and HOA staff, retain the right to ask anyone who is not following the above guidelines to vacate the Rec pool. Any patron not following the rules listed above may lose their pool access privileges. If non-compliance with these rules is particularly prevalent, Broadlands Association or High Sierra pool staff may close the Rec pool at their discretion.
- 17) Due to the evolving nature of the use of the new Rec pool, these rules are subject to change.

21907 Claiborne Parkway • Broadlands, Virginia 20148 • 703-729-9704 • [info@broadlandshoa.com](mailto:info@broadlandshoa.com)



## 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 Cellbadge 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://cellbadge.com/broadlands/register>



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

**STEP 1 – CREATE HOUSEHOLD ACCOUNT:** Upon accessing the registration site, [cellbadge.com/broadlands/register](https://cellbadge.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 Cellbadge 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.*



## Out with the Old, In with the New!

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

Have you noticed any birds in your yard looking particularly scraggly and unkempt lately? Perhaps they are even completely bald? It is likely that they are going through a normal process called molting. Molting is the natural way for a bird to replace its feathers. Because feathers (like hair or fingernails) are not alive, they cannot be repaired or healed if damaged and must be replaced. This typically occurs once a year after the busy nesting season and before migration or the cold temperatures of winter. The timing is important as it requires a great deal of energy to grow feathers and is a process that can take weeks or months to complete.

Most common backyard birds molt between July and September. However, some birds like Downy Woodpeckers, Mourning Doves, and Eastern Bluebirds will molt through October. The American Goldfinch is one of the last species to nest in the summer and can molt through December. American Goldfinches molt twice a year. In the spring during what is known as a partial molt, they replace only their body feathers and the males become bright yellow to attract a mate. In the fall they replace all their feathers during the full molt.

Feathers are composed of mostly protein (over 90%) and are an extremely important part of a bird's anatomy. They provide structure for flying and are critical for insulation. The brightly colored feathers of male birds can also play a big role in attracting a mate. A male Red-

winged Blackbird with vibrant red patches on his wings has a higher likelihood than one with dull colors of wooing a female Red-winged Blackbird. Colors such as red, orange, yellow, black, brown, and violet in feathers come primarily from different pigments found in lipids. (Blue and white colors are not caused by pigments and are actually reflections of light off of the structural elements of the feathers.)

There are also environmental and nutritional reasons that can cause birds to lose all or most of their head feathers or patches of body feathers. Feather mites and lice are common explanations. Studies of banded birds have shown that no matter the cause, most birds grow back their feathers and recover within several weeks.

For thousands of years, molting has been an important cyclical process for birds' plumage renewal. However, due to extreme loss of habitat it has become increasingly difficult for native birds to thrive particularly during stressful seasons. You can help birds by replacing non-native trees and plants in your yard with native ones that provide fruit, berries, insects and shelter. Some examples include oak, serviceberry, and coneflower. Offering foods high in protein and fat like peanuts, black oil sunflower, sunflower chips, suet, and dried mealworms will be welcomed treats and supplements to their natural diet.



# Easy Home-Made Snacks for the Kiddos



## Homemade Pretzels

Total time: 50 minutes

Servings: varies

3/4 cups of warm water

1 1/4 tsp yeast

2 cups of flour

1/2 tsp salt

1 egg

1 tsp water

Sea salt

Soften yeast in warm water for 2-3 minutes. Mix in flour and salt then cover and let rise for 10-15 minutes. Break dough into small pieces and form into letters, numbers, shapes or pretzels.

Beat egg and water together then brush tops of the pretzels with egg mixture. Sprinkle with sea salt. Let dough rise until doubled in size, about 15-20 minutes. Preheat oven to 375 degrees and bake for 12-15 minutes. [Fortheloveofcooking.com](http://Fortheloveofcooking.com)

## Fried Honey Bananas

Total time: 5 minutes, Servings: 12 slices

1 tablespoon coconut oil or olive oil

1 slightly under-ripened banana

1 tablespoon honey

1 tablespoon water

1 teaspoon cinnamon

Heat oil in a skillet over medium heat. Slice banana into 1/4 inch thick slices. Fry bananas for 2 minutes on each side, occasionally lifting to prevent sticking. Whisk together honey and water. Remove pan from heat and pour honey and water over bananas. Top with cinnamon. [Rachelschultz.com](http://Rachelschultz.com)

## Healthy Chocolate Hummus

Total time: 10 minutes, Servings: 6

2 cup chickpeas (garbanzo beans)

4 tablespoon cocoa powder, unsweetened

2 tablespoon peanut butter, all-natural

1/4 cup maple syrup, pure

1 teaspoon vanilla extract

Add all ingredients into the cup of a large food processor, and puree until smooth. Serve with fresh fruit, crackers, or pita chips. [Superhealthykids.com](http://Superhealthykids.com)



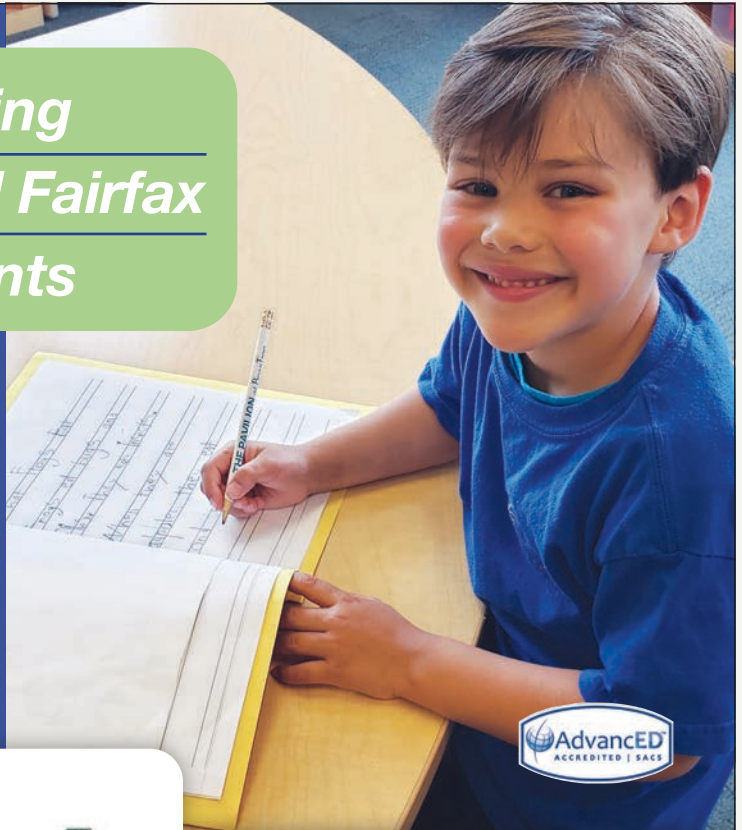
## ***BeanTree Distance Learning Program for Loudoun and Fairfax Elementary School Students***

We will be offering the following options at  
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- 5-Day Per Week Distance Learning | 8am - 3pm\*
- 2- or 3-Day Per Week Distance Learning | 8am - 3pm\*

*\* Before and after school options available at The Pavilion and Westfields, with transportation provided between campuses*

We will continue to offer our Full Day Kindergarten Program at both campuses.



### **Ashburn Campus**

43629 Greenway Corporate Dr. Ashburn, Virginia  
571.223.3110



[www.BeanTreeLearning.com](http://www.BeanTreeLearning.com)

### **Westfields Campus**

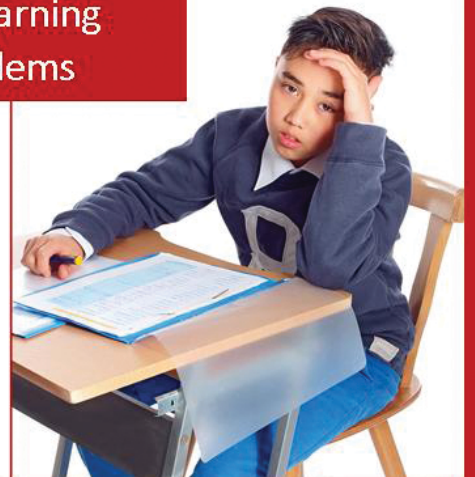
5003 Westone Plaza, Chantilly, VA  
703.961.8222

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

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- Headaches
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- Loss of place when reading
- Difficulty paying attention
- Complains that words move on page
- Behind grade level in reading



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## Hiking For Beginners: 11 Essential Tips

Source: [HikingGuy.com](https://www.hikingguy.com)

Hiking for beginners can be intimidating, but there's really not much to it. You don't need any special skills to hike; you just have to be able to walk and know where you are. It's a great way to immerse yourself in nature, get a good workout in, and recharge your batteries. This guide will give you some essential hiking for beginners tips to make your hike safe and fun.

### Leave No Trace, If you read nothing else, please read this.

Whatever you do or don't do, please have respect for the hike and other hikers. In a nutshell that means:

1. Don't litter or throw fruit peels.
2. Don't leave the official trail.
3. Don't disturb the environment around you (breaking branches, etc.).
4. Be considerate of other hikers (no loud music, etc.)

The outdoors is experiencing a resurgence, which is great, but there are also some ugly downsides. Be a champion of the outdoors and a steward of nature. If we can all use the trails responsibly and vote for those who support the outdoors, it means more funding for parks and trails, which means more hiking options for all of us. If we leave more empty water bottles and

poop bags on the trail, trails will close.

### 1. Pick A Hike for Beginners

The biggest mistake beginners make is overdoing it. They pick a hike that's either too long or has too much climbing. If you're just starting out, pick a hike under 5 miles with minimal climbing. If you want to do a longer hike, make a training plan in advance. Do an extra mile or two each week and build up to your target distance. Don't forget to look at the total climbing on your hike. A flat 5 miles is much different than 5 miles straight uphill.

There are a ton of great resources to find a trail. This website has many beginner-friendly, <https://hikingguy.com/hike/hiking-trails/>. You can also visit sites like [GaiaGPS.com](https://www.gaia.com), or [AllTrails.com](https://www.alltrails.com). If books are your thing, there are great hiking guidebooks out there as well. You're going to want to get familiar with the hike before you go. Read the trail guide, know what to expect, where the turns are, and how long it should take you. You don't have to memorize anything. You should just have a good idea of what to expect.

### 2. Pick Hiking Gear for Beginners

The nice thing about beginning hiking is that you don't really need any special gear, you can probably get away with things you already have.

*Hiking for Beginners continued on page 20*



***Hiking for Beginners continued from page 19***

Let's start with clothing. A typical mistake hiking beginners make is wearing jeans and regular clothes, which will get heavy and chafe if they get sweaty or wet. Wear wicking workout clothes, which are designed for being active. Long pants or tights are good for making sure your legs don't get scraped up on bushes along the trail. Likewise, long sleeve shirts will protect you from the elements, but you can roll up the sleeves when it's hot.

Shoes are also important. A good pair of sneakers or trail runners is usually your best bet. If you have an old pair of hiking boots in your closet, it might be better to leave them behind if you haven't worn them in a while, they could cause blisters.

Next on the list would be a backpack, water (bring more than you need), snacks, and extra layers. Be prepared for rain, or for the temperature to go up or down.

**3. Understand Your Map**

Understanding where you are and where you are going is key to enjoying your hike. A combination of electronic navigation and paper is a good route for hiking beginners.

To start, print out the hiking guide and map. If it's raining, throw them in a Zip-Lock bag. Read over the guide, study the map, and have a good idea of what to expect. I like to know what my next landmark is as I hike. For example, I'll read the guide and know that say, in a mile, I make a right turn at the junction. Having this in my head keeps me aware of the next move.

I also load a GPX file onto a GPS device. A GPS can pinpoint your location using satellites. The good news is that most smartphones have GPS built in these days. The bad news is that most smartphones are easy to drop, shatter, get wet, etc. so you can't rely on them. But they are good to have as a backup. Here's what I do:

I download a GPX file (basically a file that has a line on a map) load it onto my GPS units (yes, I have more than one). An easy way for a hiking beginner to do it is by downloading an app such as GaiaGPS.com or AllTrails.com. These apps have many hikes already shared and loaded by other hikers. You can also upload a GPX file to them (which you can download for all the hikes on my site).

When you use an app, you'll also want to make sure you download the maps for offline use. This ensures that you have the map even when you don't have a cell phone connection. And here's one last tip. Put your phone in flight mode before you hike. When a phone goes out of cell tower range, it drains a ton of battery by searching for a signal. Putting it in flight mode (with GPS or location services on) saves your battery. The help pages for the apps I mentioned will show you

how. So, how should a hiking beginner use the GPS? Use it as a backup. Try to use your guide and maps to navigate, and then confirm your location by making sure you're on the GPX line on your app.

**4. Time It Right**

First, I highly recommend that you start your hike as early as possible. The later you leave it, the more crowds there will be. Conversely, if you're scared to hike alone and want other people on the trail, leave at a popular time. It might be harder to park, etc. but you'll have company.

**5. Two-Minute Prep Session**

Every hike requires a little prep work, even if it just takes a few minutes. A few trails require a permit (always mentioned in my guides). If you're not sure whether you need one, a call to the park office will clear it up. They're often free and obtainable before your hike.

And this might seem like common sense, but you need to check the weather before your hike. If the weather looks bad, wet, crazy, you should do the hike on another day. And be aware that the weather conditions on mountains can be drastically different than the closest town. For example, it can be 72F in Mt Baldy Village with a blizzard on the summit of Mt Baldy.

It doesn't hurt to give the park a call before you leave as well. Just call, tell them what hike you're doing, and ask if all the trails are open. I've made the mistake of driving a few hours to a hike, only to find the trails closed for repair. Sometimes trail work or bad weather can change conditions.

**6. Tell Someone**

Here's another great tip that's easy and could save your life. At the very least, tell someone where and when you'll be hiking. It can be as simple as sending a text message with the hike webpage and note that you'll be back at a certain time. If something bad happens, this will increase your chances of being found dramatically. You can also get very detailed with this nice worksheet that the LA County Sheriff's Department put together. You can find it at [http://file.lacounty.gov/SDSInter/lasd/163961\\_LosAngelesCountySheriff-HikingPlan.pdf](http://file.lacounty.gov/SDSInter/lasd/163961_LosAngelesCountySheriff-HikingPlan.pdf).

**7. Hiking Is Not a Race**

Remember the story about the turtle and hare? In hiking, steady is better than quick. I often see beginners starting a hike with a really fast pace, only to blow up later. Conserve your energy, especially on a long hike. You never know what situation you'll have to use your energy on later. For example, if you get lost or take a long trail, you'll need energy to correct it. It's a matter of safety. Plan on finishing with some juice in your tank.

***Hiking for Beginners continued on page 23***



## Preventing Tick Bites on People

**Source: Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases (NCEZID), Division of Vector-Borne Diseases (DVBD)**

*Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).*

### Before You Go Outdoors

- Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.
- Treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.
- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. EPA's helpful search tool can help you find the product that best suits your needs. Always follow product instructions. Do not use products containing OLE or PMD on children under 3 years old.
- Avoid Contact with Ticks
  - Avoid wooded and brushy areas with high grass and leaf litter
  - Walk in the center of trails

### After You Come Indoors

Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. **Check these parts of your body and your child's body for ticks:**

- Under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- In and around the hair
- Between the legs
- Around the waist

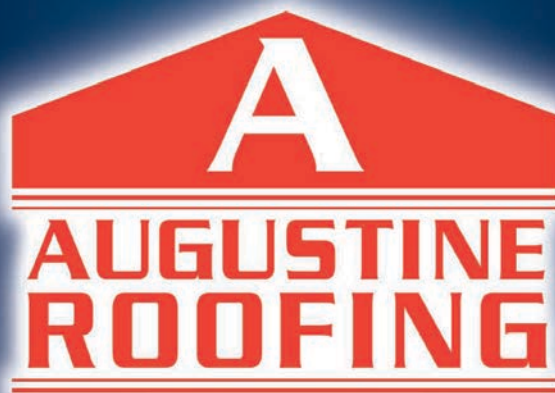
*LVHGM continued from page 13*

picking. \*Our vendors undergo inspection from time-to-time and, if they are found to be re-selling products, they do not produce themselves, they are terminated from our markets.

For many in the community, our market has become a weekly destination. At each market you meet the farmers and learn why they choose to farm, how they grow their crops, what is in season, and how far from market they come. On your trips, you also get to know local artisans, bakers, food purveyors, and our market managers. We believe a day spent at the farmers market will get you excited about making healthy food choices by building a sense of connection to the people who grow your food.

The Spring / Summer Market season begins the first week in May and continues through October. The only winter market is the Leesburg market, where the winter season begins the first weekend in November and continues through April. We ask that you please do your part to eliminate plastic from the farmers market by bringing reusable bags in which to bring home, your market treasures.

Please visit our website for details on locations and hours at <http://loudounfarmersmarkets.org>.



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## Staying Hydrated During the Summer

Source: Behavioral Nutrition, <https://behavioralnutrition.org/>

Summer is here and so are the warmer temperatures. The warm weather might seem like all sun and fun, but when it's hot outside, it's important to stay hydrated. Staying healthy in the summer requires drinking more water than at other times during the year, which is especially important as you age.

As you get older, your body's water percentage, or proportion of fluid in your body reduces, putting you at higher risk for dehydration. Water is essential for body temperature, maintenance of circulation, ingestion and digestion, role of acting as a lubricant, flushing out urinary tract, removal of waste products from cells and the body, eye health and other important organs. According to research, you have a higher risk of death due to dehydration than to the absence of any other nutrient.

Common signs/symptoms of dehydration include dry mouth, dry tongue, thirst, headache and feeling lethargic. Other symptoms include feeling dizzy, not urinating, having dark yellow urine, dry skin, sunken eyes and rapid heartbeat or breathing.

Anything that is caffeinated will act as a diuretic and dehydrate you. Replacing coffee, caffeinated tea, or soda you normally have with a glass of water is one of the best ways to stay healthy and hydrated.

For an average adult, the recommended fluid intake is 30 ml per kg of body weight, or 1 oz. of fluid per kg of body weight. This means you should be drinking half of your weight in ounces of non-caffeinated beverages

to stay properly hydrated.

Tips On How To Increase Fluid Intake:

- Add lemon slices to your water
- Add a decaf herbal tea bag to your water
- Buy a new water bottle that will help increase intake
- Drink seltzer water
- Take off an elastic band from your water bottle each time you finish a bottle until you finished 4 water bottles – this is usually equivalent to about 64 oz. or 8 cups of water
- Infuse with berries, pineapple or your favorite fruit
- Infuse with cucumbers and ice for a refreshing drink
- Try to drink half of your intake before lunch and half after lunch
- Set small goals – if you're used to only drinking a few cups of water, start by drinking one more and slowly increase

Drinking water should be a part of your daily routine, not something you have to go out of your way to do. Behavioral Therapy Services at Behavioral Nutrition put an emphasis on making drinking water regularly a habit because it can go a long way towards maintaining good health. Practicing good habits to make sure you stay hydrated is an important part of how you look and feel all year long but it's especially important for your health during the summer.



*Hiking for Beginners continued from page 20*

Likewise, if you're hiking in a group, stay with the group. I've led hiking groups where a few people just took off from mile 0. If you're hiking together, stay together. If you do decide to split up in groups, plan on intervals (such as trail junctions) where the group will reform. There's nothing worse than not knowing where some of your party are on the trail. It's a sure-fire way to not make it to your destination or turn a day hike into a night hike.

Hiking at a comfortable pace is also a great way just to soak it all in. Enjoy the outdoors, enjoy the fresh air, keep your eyes open for wildlife, and have fun.

**8. Watch Your Feet**

This one might sound obvious but you'd be surprised at the number of people who need to be rescued because of a twisted ankle. The biggest risk you generally have on an easy hike is stepping in the wrong place. This could mean twisting your ankle, slipping on a rock, tripping on a root, or worse, stepping on some poisonous wildlife. Just be conscious of where you are walking, especially if you are chatting, tired, or wearing headphones.

**9. Don't Fear Getting Lost**

If you think you're lost, the first thing you need to do is stop. Take a look at your guide and see if anything sounds or looks familiar. If not, just backtrack until your surroundings match what's described in your guide. Getting lost hiking is something that happens to the best of us all the time, and is not a big deal. Backtracking solves the problem 99% of the time. However, if you backtrack for a while and still don't recognize anything, stop. See if you have a cell phone signal and try calling 911. You can also try texting to 911, which is available in some areas. If you have a [GPS rescue beacon](#), now's the time to hit the button. You can also try yelling HELP at regular intervals. If you are in an area that's open, hang any bright clothing for aircraft and spell out HELP with sticks and rocks on the ground. If you're cold, simply piling dead leaves on top of you will keep you warm. People have lasted 7-10 days without water, 60-70 without food. Again, a [GPS rescue beacon](#) is a wise investment.

**10. Learn Hiking Etiquette for Beginners**

Here are some tips on how not to be a bozo out on the trail.

- A hiker going uphill has the right of way. If you're on a flat section, just be courteous and move to the side allowing the hiker(s) to pass.
- Say a simple "hello" when you pass other hikers. On more remote trails, or when hikers are few and far between, a quick chat about what conditions to expect is pretty common. However, if you don't feel comfortable around another hiker, just keep moving



and play it safe.

- If you're with a friend or group of hikers, keep conversations down so that the hiker who is 100 yards behind you (that you can't see) doesn't have to hear about how bad your work week was. And if you're talking loudly on your cell phone, just expect other hikers to consider you a jerk.
- Music is okay if you use headphones. Music is not okay when you play it from your phone's speaker. People hike to connect with nature, not the Billboard pop charts.
- Keep your dog leashed and under control. I love dogs but some people have a legitimate fear of them, especially larger ones. Respect other hikers right to enjoy the trail without fear.
- Stay on the trail. Sometimes you will see short cuts. Unless they are official trails, stay off of them. Same goes for puddles and mud. The proper thing is to go through puddles (wear hiking boots), and not widen the trail by going around them. This helps protect the fragile habit around the trail.
- Take your trash out with you. I just stuff my wrappers in my back pocket. You'd be amazed at how many CLIF bar wrappers, water bottles, and banana peels that I have seen on the trail. Just because a banana peel can decompose does not give you a reason to leave it on the trail. BTW - banana peels take about a month to decompose.
- Yield to bikes and horses. Technically bikers are supposed to yield to hikers, but usually bikes are moving quickly and it's easy enough to stop and let them pass. When it comes to horses, that one is pretty much common sense, just step to the side and let them pass.

**11. Share Your Experience**

First, let someone know that you're back and safe. Then share your pictures on social media. The more folks that are outside enjoying the outdoors, the more support and awareness there is. Use popular hashtags like #hiking, #hike, #trailchat, #hikerchat, and #52hikechallenge to connect with other hikers. Make hiking a habit and see your life improve. The 52 Hike Challenge, [52hikechallenge.com](http://52hikechallenge.com), is a great place to start.

# The Fun and Games of Breath Holding - What you never knew about Shallow Water Blackout



- On Wednesday, September 17, 2014, at a YMCA pool, a 24-year-old man blacked out after repeatedly holding his breath underwater for long periods of time. A lifeguard recovered him from the pool, but the man never regained consciousness. He died in the hospital the following day.

- On Saturday, December 26, 2015, at a YMCA pool, a 21-year-old man blacked out after holding his breath for an extended period of time while swimming laps. A lifeguard and bystanders recovered him from the pool, but the man never

regained consciousness. He was pronounced dead on the pool deck.

- On Sunday, March 20, 2016, at a YMCA pool, a 43-year-old man blacked out after repeatedly holding his breath underwater for long periods of time. A lifeguard recovered him from the pool, but the man never regained consciousness. He was pronounced dead that evening.

Many of our residents (frequently children) enjoy seemingly innocent games of holding their breath underwater. These are normally done either to play/swim underwater or to compete against one another to see who can hold their breath the longest. Whether playing with friends or challenging themselves, people young and old take on the challenge. While this age old pastime may seem perfectly harmless, it can easily turn into a deadly game. The problem is that swimmers take several deep breaths quickly in succession and forcefully exhale to try to extend the amount of time their breath can be held. This may result in hyperventilation. This is an extremely dangerous practice that can easily lead to shallow water blackout, or the unexpected passing out of someone underwater because there isn't enough oxygen

in the blood. Hyperventilation and breath holding trick the body into thinking that it has more oxygen than it does and anyone can blackout. Most blackout victims have no prior medical conditions, they are physically fit, and there is no warning. Swimmers will not struggle to reach the surface; they will simply go unconscious. For these reasons, our guards are trained to put a stop to these games by whistle blowing and speaking to those partaking in this type of activity.

Shallow Water Blackout, also known as Hypoxic Blackout, is killing swimmers all over the country. At least 5 swimmers have died since 2008. At least 18 more have been successfully rescued after losing consciousness following extended breath holding—incidents which could easily have ended in a fatal result had they not been identified in time. During this same amount of time, 5 children who could not swim died from drowning in YMCA pools—the equal number of deaths seen from Shallow Water Blackout.

For more than a decade, the aquatic safety community has been highlighting the dangers of Shallow Water Blackout. Broadlands Association and High Sierra Pools have banned this practice in our swimming pools. It is important to note that USA Swimming, the largest competitive swimming organization in the world with more than 360,000 participants now bans hypoxic training for competitive swimmers. So does the American Red Cross and the YMCA. The reason why many people are unaware of this particular problem is that when someone dies of Shallow Water Blackout the Coroner simply states “drowning” as the real cause and the problem is swept under the rug. Genetic Drowning Triggers like Long Q-T, RyR2, and seizure disorders are all precipitated by prolonged breath-holding that is competitive and repetitive. As Dr. A.J. Craig stated more than 50 years ago after having watched his Princeton Swim Team Co-captain kill himself, “One breath, One Time; One Length, One Time.”

- Never swim alone. Even when lifeguards are present, swim with a buddy.
- Do not attempt long underwater swims or timed breath holding.
- No breath holding competitions, either for time or distance.
- Never hyperventilate prior to swimming.
- Don't resist the urge to breathe: always come up for air when your body tells you to.



## 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.

### 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 August News

**Covid-19 Virus:** The following is the best information we have at time of publication. Please see our website <https://ashburnfirerescue.org> for any updates on restart of Pancake Breakfast and other events. Thanks to many local restaurants and individuals for their generosity in supplying dinners for our firefighters and EMTs during the initial stages of the pandemic. We are always appreciative of the Ashburn community support.

### Prospective Members Meeting on August 25th

**at 7:00pm:** Learn more about opportunities for volunteering. Many benefits. See our website for details for virtual participation <https://ashburnfirerescue.org/volunteer/>.

### Help Support the AVFRD by Purchasing a 2020

**AVFRD Christmas Ornament:** The 1st Annual Ashburn Volunteer Fire & Rescue Department (AVFRD) 2020 ornament honors The Hahn, the ceremonial fire truck purchased in 1980 from the Hahn Company of Hamburg, Pennsylvania. It was specially designed by five operational members. Hurry, quantities are limited. For more details and how to order go <https://ashburnfirerescue.org/2020/07/07/help-support-the-avfrd-purchase-a-2020-avfrd-christmas-ornament/>.

### Save the Date for the

**Love Loudoun Wedding Showcase** - due to COVID-19, this event has been postponed until Spring 2021. Stay tuned for updates.



# Virginia Tax Free Weekend August 7-9, 2020

Source: Virginia Tax,

The 3-day sales tax holiday starts the first Friday in August at 12:01 am and ends the following Sunday at 11:59 pm.

## What is it?

During the sales tax holiday, you can buy qualifying school supplies, clothing, footwear, hurricane and emergency preparedness items, and Energy Star™ and WaterSense™ products without paying sales tax.

## What items are eligible?

### School supplies, clothing, and footwear

Qualified school supplies - \$20 or less per item

Qualified clothing and footwear - \$100 or less per item

### Hurricane and emergency preparedness products

Portable generators - \$1,000 or less per item

Gas-powered chainsaws - \$350 or less per item

Chainsaw accessories - \$60 or less per item

Other specified hurricane preparedness items - \$60 or less per item

### Energy Star™ and WaterSense™ products

Qualifying Energy Star™ or WaterSense™ products purchased for noncommercial home or personal use - \$2,500 or less per item

Detailed lists of qualifying items and more information for retailers can be found in the 2019 Combined Sales Tax Holiday Guidelines, <https://tax.virginia.gov/virginia-sales-tax-holiday>.



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

## 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.

**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.

**FITNESS/WELLNESS****CORPORATE WELLNESS:**

Mindfulness Meditation sessions offered virtually via Zoom video for 30 and 60-mins. Benefits: Stress reduction, resiliency to change, mental clarity and numerous health benefits! Practical approach with humor and compassion. Free 20-min. consultation. Heather Gwaltney heather@heathergwaltney.com or (510) 520-5486. Bewellservices.net.

**DISTANT REIKI DURING COVID-19:**

30 and 60-mins. distant Reiki sessions for individuals. Japanese tradition, meaning: "Rei"/"Higher Power" and "Ki"/"life force energy". Benefits: Stress reduction and promotes wellness and the body's natural ability to heal itself. Relaxing, safe, non-invasive. Heather Gwaltney heather@heathergwaltney.com. (510) 520-5486. Bewellservices.net.

**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; Fitnesstogova.com.

**HOME SERVICES****ASHBURN ELECTRIC:**

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# BROADLANDS

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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).

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- **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.*



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For repairs in your home. Small jobs and odds & ends. Plumbing, electrical, water heater replacement, bathrooms, and more...Free estimates. Call: 571-426-2126.

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**PROFESSIONAL SERVICES****CPA SERVICES:**

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**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**

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**Secretary to the Modifications Subcommittee:**

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**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**

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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

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# BROADLANDS

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