



# BROADLANDS



## Contact Information

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### Board of Directors

David Baroody - President  
& Resident Member,  
(703) 729-6785, david.baroody@mobile-audit.net

Brian Beahm  
Vice President & Resident Member,  
(703) 726-6360, brian.beahm@gmail.com

Eric Bazerghi - Secretary &  
Treasurer, Resident Member  
(703) 723-1046, eric@thehouse.net

Cliff Keirce - Resident Member,  
(703) 729-7320, shevcoo@yahoo.com

Dawne Holz - Resident Member,  
(703) 349-1095, dawne@holzfamily.net

Michael D. Simpson - Resident Member,  
(571) 333-3365, michael.d.simpson@gmail.com

Joseph T. Wagner - Resident Member,  
(571) 333-0831, JTWagner@smartneighborhood.net

Roy Barnett - Member at Large,  
Van Metre, (703) 425-2600, rbarnett@vanmetrecompanies.com

Denise Harrover - Member  
at Large, Van Metre,  
(703) 425-2600,  
dharrover@vanmetrecompanies.com

### HOA Office and Website

21907 Claiborne Parkway  
Broadlands, VA. 20148  
(703) 729-9704 Fax: (703) 729-9733  
Open Monday - Friday 9:00am - 5:00pm  
www.broadlandshoa.org

### Armstrong Management Services

Assessment Information Office:  
Direct Phone: (703) 679-1541  
FAX: (703) 591-5785  
Email: broadlands@armstrong.net

Mail Payments to:  
Armstrong Management Services  
P.O. Box 7778  
Philadelphia, PA 19101-7778



### Southern Walk Board of Directors

(Open Band Contract Administration Only)

Erika Cotti - President  
(703) 554-9269, erika\_cotti\_sw@yahoo.com

Vacant - Vice President

Douglas Granzow - Treasurer  
(240) 499-4323, gunzour@gmail.com

Shawn Williams - Secretary  
(703) 968-5295, smarcuswilliams@aol.com

Charles Salas - Resident Member  
(703) 967-8150, charlessalas@yahoo.com

Jason Chautin - Resident Member  
(571) 333-4472, jason@chautin.com

Jim Ward - Resident Member  
(703) 407-4196, jimward.b12@gmail.com

Sangram Deshmukh - Resident Member  
(571) 333-0670, sangramd@yahoo.com

### HOA Management

Maureen Burns - General Manager,  
(703) 729-9714, mburns@broadlandshoa.com

Lisa Matthews - Audubon Naturalist, (703)  
729-9726, naturalist@broadlandshoa.com.  
See page 12 for August hours

Natalie Ihanainen - Newsletter Editor  
(703) 729-9704, nihanainen@broadlandshoa.com

Stassa Collins - Newsletter Classified &  
Display Ads Manager, (703) 729-9704,  
scollins@broadlandshoa.com

Robin Crews - Secretary to the  
Modifications Subcommittee,  
(703)729-9704, rcrews@broadlandshoa.com

## One Person's Junk is Another One's Treasures

The Fall Community Yard Sale will Be held on **Saturday, September 17<sup>th</sup>, 2011** around the Broadlands from **8:00a.m. to 2:00p.m.**

Please think about going "green" and bring along a reusable shopping bag. Check out the list of participants to see what's for sale and see the community map to find each street at [www.broadlandshoa.org/yardsale](http://www.broadlandshoa.org/yardsale).

Residents do not have to be on the list of participants to be part of the community yard sale. If you are a Broadlands resident, and would like to be included in the list of participants, please visit the Yard Sale Submission Form on the website.

It is the resident's responsibility to check the list of participants for inclusion and accuracy.



Cascades Home Owners Association will be hosting a

## Battle of the Bands

as part of the annual **Fall Festival on Saturday October 22<sup>nd</sup>, 2011** at Potomac Falls High School



**(SOLO ACTS ALSO WELCOMED)**

Each act selected will be given 10 mins performance time.

\*7 mins set-up

\*10 min performance; up to 3 songs to include at least one original song

- Performers should be attending high or middle school
- Only a limited number of acts will be accepted as finalists to perform at the festival
- Deadline for applications: Sept 22<sup>nd</sup> 2011

For details on how to apply email: [cascadesfestival@gmail.com](mailto:cascadesfestival@gmail.com)



# Adult Halloween Costume Party

Saturday, October 29<sup>th</sup> at the Community Center

8:00 pm to Midnight

Prizes for:

- Most Original Costume
- Best Dressed Couple or Group
- Most Provocative



*All drinks will be provided, to include the infamous Caldron of Truth.*

Music by DJ and dancing by you.

Please bring an appetizer to share with your neighbors.

Better yet, bring a neighbor to share with your appetizers.

*Sponsored by your Event's Committee.*

Trick or Treat !



## Playground Assessment

Recently it was determined that the playground next to the tennis courts at the Nature Center and the Tot Lot near Field Thorn Terrace had become unstable. They were removed and the Board of Directors is evaluating new equipment at both locations.



## THE FIRST ANNUAL Broadlands Green Halloween Costume Swap\*

Date: **Sunday, October 16, 2011** Time: **1pm - 4pm**  
Location: **Broadlands Nature Center**

### HOW DOES IT WORK? Drop off...

One or more clean, gently-used, children's costumes in marked bin at the Broadlands Nature Center, and get a swap ticket per costume before the event date. **Bring your swap ticket/s...**to the Costume Swap on Oct. 16 and trade your ticket for a "like-new" costume!

Don't have a ticket? Purchase costumes for \$5 each.

*\*Swapping half the costumes kids wear at Halloween would reduce annual landfill waste by 6,250 tons, equal to the weight of 2,500 mid-size cars!*

Any proceeds from this event will go towards the purchase of native trees to plant in Loudoun County common areas.



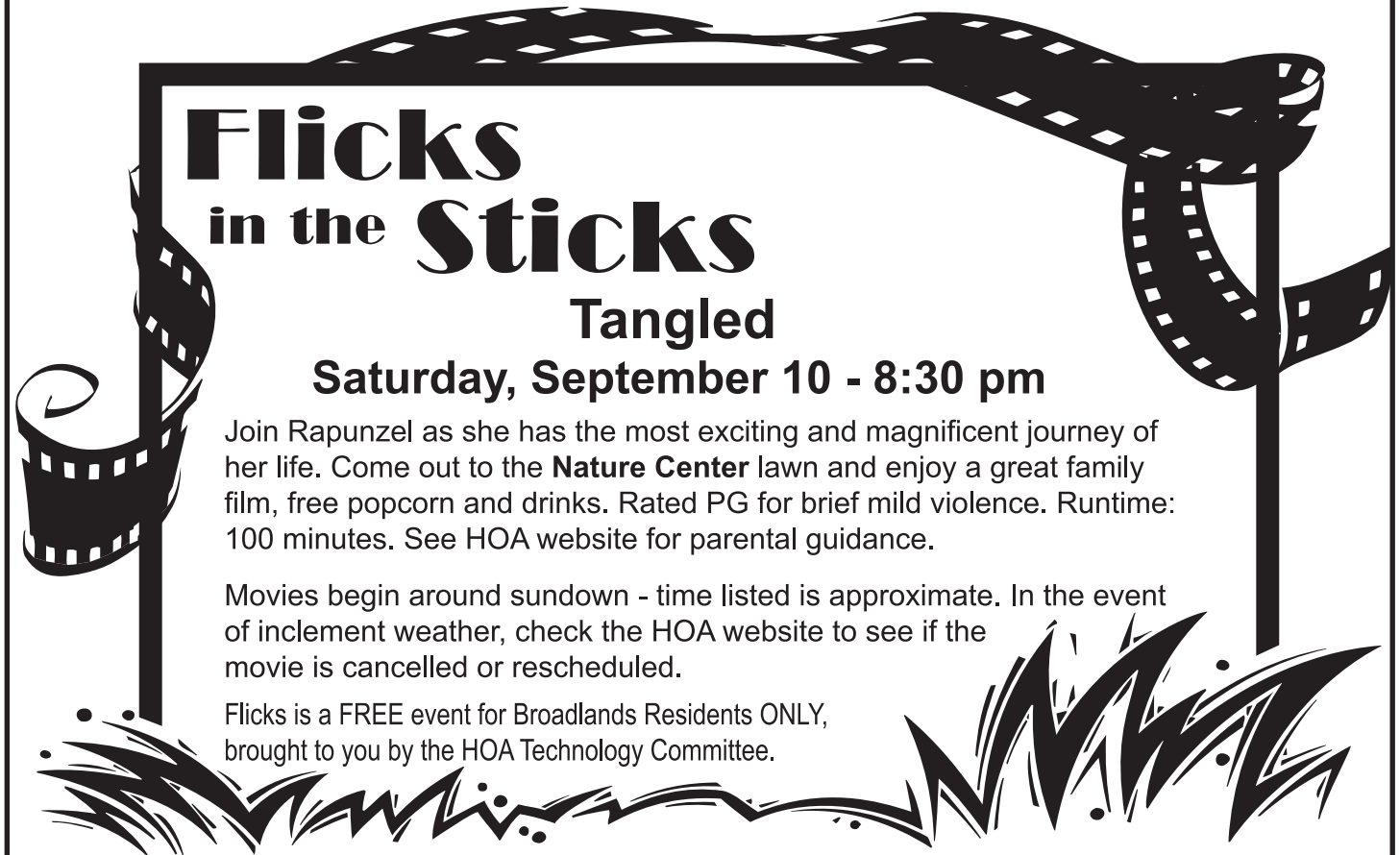
## Flicks in the Sticks Tangled

**Saturday, September 10 - 8:30 pm**

Join Rapunzel as she has the most exciting and magnificent journey of her life. Come out to the **Nature Center** lawn and enjoy a great family film, free popcorn and drinks. Rated PG for brief mild violence. Runtime: 100 minutes. See HOA website for parental guidance.

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

Flicks is a **FREE** event for Broadlands Residents **ONLY**, brought to you by the HOA Technology Committee.



**Patriot Disposal  
Collection Schedule**

**Mondays:**

Trash and Yard  
Waste

**Thursdays:**

Trash and Recycling



*Please have trash and recycling at the curb no later than 7:00a.m. Thank you.*



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**BROADLANDS LIVE! Season Eight Continues**  
**We Be Jammin' This Month**  
**Friday, September 9, 2011**




School's back in session, but the heat and beat go on. Sept. 9 is reggae night! Get ready to jam with Johnstone and Jah Works. These bands put the F in fun. Broadlands Live! will continue the fun from 5:30p.m. – 9:30p.m. The local bands selected to perform will appeal to all ages. Our September show will mark the end of another great season. Come ready to have a good time!

While enjoying the cool tunes, have dinner outdoors with your family and neighbors. Support local vendors Domino's Pizza and Hawaii's Best Shaved Ice Company. Pick-up your dinner at the show.

All Broadlands Live! concerts are **BYOB**. If you choose to consume alcohol, **you must present your ID - NO EXCEPTIONS** and stay in the designated alcohol area due to ABC regulations. Smoking is prohibited in the beer garden.

The 2011 Broadlands Live! concert series is proudly presented by Van Metre Companies. Bronze sponsors of this event are OpenBand, Stream Valley Veterinary Hospital, Broadlands Family Practice, 1757 Golf Club, Ashburn Rental, Wiger Orthodontics and Patriot Disposal. Special thanks also goes out to Armstrong Management, Broadlands HOA, Costco and Wegmans. Thank you for your support!

Watch for information in our future newsletters, visit the Broadlands Live! website at [Broadlandslive.com](http://Broadlandslive.com) or call the Broadlands Live! hotline at 571-333-4FUN for more information or to volunteer. Broadlands rocks and so do you!



presented by  
Van Metre Companies


**Second Fridays**  
**5:30 PM to 9:30 PM**  
**at Hillside Park on Waxpool Road**  
**See website for map.**

**For more information call**  
**571-333-4FUN or visit**  
**BroadlandsLive.com**

## 2011 FREE Summer Concerts

June 10 >>>>>	<b>Full Mesh</b> • with <b>Yosi</b>
July 8 >>>>>	<b>Tom Principato</b> • with <b>Duffy Kane</b>
August 12 >>>>	<b>Pebble to Pearl</b> • with <b>A+ Dropouts</b>
Sept. 9 >>>>>	<b>Jah Works</b> • with <b>Johnstone</b>


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open  
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AR  
Ashburn Rental

**BYOB – bring ID • No glass bottles • Food & non-alcoholic beverages sold at event**  
**Food Vendors: Foster's Grille, Domino's Pizza, & Hawaii's Best Shave Ice Co.**  
**Special thanks to the Broadlands HOA, Wegmans, Costco, and Armstrong Management.**

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*Southern Walk*   
AT  
**BROADLANDS**

August 12, 2011

TO: All Southern Walk Homeowners

RE: Invitation to September 15 Town Hall with SWHOA lead attorney

Dear Homeowner,

The Southern Walk Homeowners Association (SWHOA) Board of Directors (BoD) continues to exercise every available option to improve our service, reduce our rates, and modify the terms of the OpenBand (OB) Agreement to which our community is bound. Our goal is to bring competition to Southern Walk.

As we have communicated previously, SWHOA filed a claim in June 2011 in the federal 4th District Court based on three claims: That the OpenBand contract and ancillary agreements are illegal and unenforceable according to the FCC Exclusive Access Ban dated 2007, that the agreements were the product of self-dealing by the developer and are unconscionable, and that the agreements create an unenforceable servitude.

On August 6, 2011, the court dismissed our filing without prejudice. "Without prejudice" means that the filing can be amended and resubmitted in order to be reconsidered. The other possibility would have been "dismissed with prejudice", preventing SWHOA from resubmitting based on the same claims. Although a dismissal was not our desired outcome, we considered this an opportunity to strengthen and resubmit our claim. On August 10, 2011, SWHOA filed an amended claim detailing additional information and including documentation requested by the court. We currently expect a ruling on whether or not the case will move forward on September 9, although this date could change.

We continue to work with our legal counsel and solicit their advice on the best actions to take while minimizing any unnecessary costs. Although we cannot predict the future course of any legal action and therefore cannot estimate of our total legal costs, we do not currently anticipate any future special assessments.

In an effort to keep our membership informed and up-to-date, we are taking the following actions:

- On September 15, 2011, we will conduct another Town Hall meeting. All homeowners in Southern Walk are invited. We will have our lead attorney present who will be able to provide a status update and answer questions.
- We have posted some legal documents online at <http://www.swhoa.net>, including legal filings and transcripts from the initial ruling of August 6. Please keep in mind that the content on this site is only available when accessed from your home within Southern Walk.

**We cordially invite Southern Walk homeowners to attend a Town Hall meeting:**

**September 15<sup>th</sup>, 2011, 7:00 PM**  
**Broadlands Nature Center**  
**21907 Claiborne Parkway**  
**Broadlands, VA 20148-4535**

Should you have any questions, please contact Erika Cotti, SWHOA President at 571-222-4205.  
Thank you in advance for your time and consideration. We look forward to your participation at the Town Hall.

Sincerely,



Erika Cotti, President  
Southern Walk Homeowners Association Board of Directors

### **Modifications Subcommittee**

The Subcommittee meets at 7:00p.m. in the Nature Center on the first and third Wednesdays, March through October, and only the third Wednesday, November through February. Applications must be submitted by Noon on the Friday before the meeting. Please review the Design Guidelines manual or look online for information to be submitted with your application, as failure to include all information will delay review of your project.

### **MODIFICATIONS SUBCOMMITTEE MEETINGS**

<b>MEETING DATE</b>	<b>SUBMISSION DATE</b>
September 07, 2011	September 02, 2011
September 21, 2011	September 16, 2011
October 05, 2011	September 30, 2011
October 19, 2011	October 14, 2011

*Updated Design Guidelines are on the Broadlands HOA website at [www.broadlandshoa.org/node/49](http://www.broadlandshoa.org/node/49).*

Submit complete applications by Noon on the submission date to the Secretary Robin Crews, [rcrews@broadlandshoa.com](mailto:rcrews@broadlandshoa.com), to the Modifications Subcommittee, at the Association office in the Nature Center, 21907 Claiborne Parkway. There is a drop box available for after-hours submissions. A response to your application is generally mailed within one week of the meeting.

### **Get Connected @ ArmstrongConnect**

ArmstrongConnect™ is a customized communication tool specifically designed for Broadlands. By registering, you will be able to access your assessment history, email management, and update your account information 24 hours a day. You will also be able to receive community wide emergency emails and phone notices.

To register, send an email requesting your registration code to [mburns@broadlandshoa.com](mailto:mburns@broadlandshoa.com). Please include your name and address. Your code will be sent to you via return email. Then visit [www.armstrongconnect.net/register](http://www.armstrongconnect.net/register) and enter your registration code. Follow the on-screen prompts to complete your registration. Remember to choose a numeric 4-digit Personal Identification Number (PIN) for your new log-in code. You can then access your account at [www.armstrongconnect.net/broadlandsassociationinc](http://www.armstrongconnect.net/broadlandsassociationinc). Have more questions about dues and assessments? Contact Armstrong Management by phone 703-679-1541; fax 703-591-5785 or email [broadlands@armstrong.net](mailto:broadlands@armstrong.net).

## **Homeowners Association Board of Directors Meeting**

**Tuesday, September 13, 2011  
at 6:00 p.m.**

*in the  
Nature Center conference room*

### **Broadlands Association Board of Directors Meetings**

Meetings are held in the conference room of the Nature Center usually on the 2nd Tuesday of the month at 6:00pm. Residents are welcome to observe the public portion of meetings, and to address the Board during the 'Owner Comments' section of the meeting. A request to be placed on the agenda must be submitted to Management no later than 7 days prior to the meeting.

### **NO MORE LATE FEES!**

Did you forget to mail your HOA assessment? Couldn't find a stamp? Ran out of checks? With so much to do it's easy to forget to get that check in the mail in time, and you never know how long it will take the post office to get it delivered. Who needs the worries and no one needs late fees. Armstrong Management offers automatic electronic funds transfer to pay your monthly assessment. Your payment is taken out of your personal account on the same day each month and automatically applied to your HOA account...no worrying if your check arrived on time and NO MORE LATE FEES!

You can pick up an application at the HOA office at the Nature Center or online at <http://www.broadlandshoa.org>. Click on 'HOA Forms' in the directory and then on 'Auto Pay Application'.

**Southern Walk HOA  
Board of Directors Meeting  
Thursday, September 8, 2011  
at 6:00 p.m.**  
*in the  
Nature Center Conference Room*



## Saturday Family Days at the Nature Center

### Family Programs at the Nature Center Second Saturday of Every Month

10:30a.m. - 11:30ish

June thru September

Welcome to All Ages

\$10/Family up to 5 members, \$2.50/additional family members

\$5/1 Adult + 1 Child

September 10th  
at 10:30 a.m.

### Our Nocturnal Nighttime Friends

Who are the critters who come out at night? Who snacks on our garbage, nibbles on our vegetables, and calls out in the dark? We will hunt for evidence in our surroundings and learn about the creatures that might go bump in the night!

October 8th  
at Noon  
Spiders!



Creepy crawlers? Man's friend? Come learn about the fascinating spiders and make a craft for Halloween. We will learn about the spiders you can find in Virginia by sight AND by the kind of web they weave. We will also learn about the spiders that aren't really spiders at all!

November 12th  
at Noon  
Talkin' Turkey!



Benjamin Franklin wanted the turkey to be the national bird. Come and find out why this majestic bird was once considered to be glorious enough to be recognized as a symbol of our country. Stories and crafts will round out our explorations.

## The 3<sup>rd</sup> Annual Children's Carnival Was a Huge Success!

We'd like to thank all of our volunteers who helped run our carnival games! We'd also like to thank the following local businesses for either providing games or supplies:

Wiger Orthodontics  
McDonald's  
Curiosity Zone  
Stream Valley Vet  
Giant – Ryan Park  
Harris Teeter- Southern Walk Plaza



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August 15, 2011

Dear Loudoun Water Customer:

Soon, contractors working for Loudoun Water will begin repainting one of the Broadlands water tanks located near your neighborhood. This work is necessary to preserve the overall quality and integrity of the tank, thus ensuring the continued high quality of the water that you receive every day. This letter is intended to explain the painting process and a general schedule.

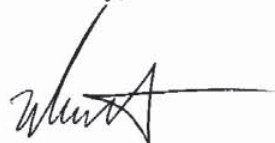
The painting will likely begin as early as the week of September 6 and be completed this fall. The project will take about 12 weeks and is dependent on the weather. Painting cannot be done on rainy, humid, windy, or cold days.

The painting will be done in phases. The contractor will begin with sandblasting the interior of the tank. Then, the interior and exterior of the tank will be painted, with the final coat to match the existing tanks. Work will be done from 7:30 am until 7:00 pm on weekdays so the crew can complete painting as soon as possible. Depending on weather, the painters may perform some of the work on weekends; however, work will not start until 8:30 am in that event.

Both blasting and painting are noisy and will have a temporary visual impact. Blasting and painting require the use of large equipment that makes noise similar to what you would expect on a construction site. While the existing paint, blasting material, and new paint are safe to use in open air, the contractor will be required to minimize dust and prevent paint overspray from affecting your property.

If you have any questions or concerns about this project, you may contact me by phone at 571.291.7942 or by email to: [mpeterson@loudounwater.org](mailto:mpeterson@loudounwater.org). Thank you for your understanding.

Sincerely,



Mark Peterson  
Director of Community Relations

Cc: Maureen Burns, Broadlands HOA



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## Candidate Forum Scheduled

The Broadlands HOA will sponsor a Candidate Forum for the Broad Run District Candidates for Loudoun County Supervisor on Thursday, October 6, 2011, at 7:00p.m.

The Forum will be held at the Broadlands Nature Center, 21907 Claiborne Parkway, Broadlands, Va.



Cliff Keirce



Andrea McGrimsey



Shawn Williams

## Scouting at Broadlands

Audubon Naturalist Society at Broadlands provides an easy, fun-filled way to earn your nature and wildlife badges. We offer a variety of programs led by our Naturalist. Come and explore our nature center, pond, creek and experience nature up-close!

Participation is \$5.00 per scout for a one hour program. Programs are held 3:45p.m. - 4:45p.m. at the Broadlands Nature Center.

### Daisy Petal Program

Nov. 29: Using Resources Wisely

### Tiger Cub Program

Nov. 17: Let's Go Outdoors Achievement

### Brownie Try-Its:

1<sup>st</sup> Thursdays and 4<sup>th</sup> Tuesdays

Oct. 6<sup>th</sup>: Water Everywhere

Oct. 25<sup>th</sup>: Eco-Explorer

Nov. 3<sup>rd</sup>: Earth and Sky

Nov. 22<sup>nd</sup>: Watching Wildlife

Dec. 1: Plants

### Wolf Cub Programs:

2<sup>nd</sup> Thursdays

Oct. 13<sup>th</sup>: Your Living World

Nov. 10<sup>th</sup>: Your Living World

Dec. 8<sup>th</sup>: Birds Elective

### Bear Cub Programs:

3<sup>rd</sup> Tuesdays

Oct. 18<sup>th</sup>: Share Your World with Wildlife

Nov, 15<sup>th</sup>: Take Care of Your Planet

### Webelos Programs:

1<sup>st</sup> Tuesdays

Oct. 4<sup>th</sup>: Forester

Nov. 1<sup>st</sup>: Naturalist

Dec. 6<sup>th</sup>: Geology

**To Register or for more  
information contact:**

Lisa Matthews  
(703) 729 9726

Naturalist@broadlandshoa.com

## From the Naturalist, Lisa Matthews

This month, I received many calls about birds flying into windows! Unfortunately, even if a bird should recover from being stunned, often they die hours later of hematoma of the brain. The best way to help them is to make your windows less attractive.

Birds are confused by the reflective images they see through the windows and think that they can fly right through or fight themselves! Today, houses are being fitted with very large picture windows. Because of this, more birds are getting injured than before. If you have opposing windows, they can lead the bird into thinking that they can fly right through your house. If your windows are super reflective, the males may think that there is another invading their territory and they will attack.

To prevent these tragic mistakes you can do any of the following to the windows that seem to have the most problems:

- Turn your window into a work of art with stained glass décor and even children's art. There is special paint that makes plastic type pieces that stick to glass.
- Put bird feeders and baths near the windows (within a half meter). Ones that are farther away allow them to get momentum which can injure them more.
- Put potted plants near the windows or close blinds or drapes.
- Hang ribbons or other material strips no more than 5cm apart.
- Suspend tree branches in front of the window
- Commercial stickers on the windows may help.
- A Mylar Balloon will keep away most birds and they last quite awhile. Some can even be pumped up again and again.
- String bird feathers 8 inches apart on fishing line (rumored to work the best and for some reason may make the bird fear that there is a predator).
- Soap streaks across the window may also help.

Helping the injured bird is tricky. First, observe the bird where it is. If it doesn't come around and there is danger from predators then take action. You can put it into a shoebox and let it rest in the dark. Take it back outside and open the box to check it. You do not want to let a wild bird loose in your home. If it hasn't recovered, give it another 15 minutes and try again outside. Try not to peak at it during the covered times, the darkness will calm the bird. Repeat till the bird flies away. If it doesn't, then please call an animal rehabilitator.

Warning: It is illegal to handle a migratory bird without a permit. It is illegal to keep a bird in captivity that is protected by the Migratory Bird Act. Call a rehabilitator to find out the best course of action.

Prevention is always the best course of action so explore your creative side and save the birds!

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## House Rules

By: Shannon M. Pecora, MA  
Stream Valley Veterinary  
Hospital

School is back in session, and many kids will spend their afternoons in after-school playdates. Such afternoon arrangements can help busy parents keep their kids occupied and entertained. These might even be study groups where kids get support and encouragement with homework. Hopefully, your children and their friends are savvy and dependable enough to limit television, use the internet wisely, and not drink every can of soda in the house, especially if you aren't home from work yet while they have visitors. But have you thought of setting up ground rules for interactions with your family pets as well?

Different families have different pets, and many have different rules and routines when it comes to pet care. Make it clear to your children what is acceptable and what is not when they have friends over, whether your family has dogs, cats, birds, lizards, hamsters, or whatever. Your kids should be aware that these rules are for the health and safety of your pet and that breaking the rules may very well be dangerous. For example, to prevent illness, you might prohibit feeding your pets when you are not home, particularly table scraps or other "people food". Rough play may be out of the question, such as wrestling with the puppy or chasing the cat throughout the house. Also, is it okay with you if your pets are on the couch, in the kitchen, or in the yard when you aren't there? Additionally, a great rule, for any type of pet, is that kids must thoroughly wash their hands after handling or petting.

It may help to have a written list posted on the fridge or in some other conspicuous area. Maybe you'd like to let your kids help designate the rules, too. And it's also a good idea to let other parents know what's expected at your house, just to make sure that everyone is on the same page. No matter what, stay clear and firm in your rules so that your pets can enjoy these visitors just as much as your kids do!



## 19 Holes for Hospice

The 6th Annual

Scott A. Vivian Memorial  
Tournament

Westpark Golf Course, Leesburg, VA

Saturday, September 24, 2011

1:00 pm start \$75/golfer

includes golf, cart, range balls,  
BBQ banquet

For Registration Forms:

email [savgolf19@gmail.com](mailto:savgolf19@gmail.com)

Tournament website:

[www.19holesforhospice.com](http://www.19holesforhospice.com)

*All proceeds benefit Capital Caring*

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- Angela Clarke, DVM
- Pansy Lee, DVM
- Bev Hollis, DVM
- Jana Baxter, DVM

**703-729-0700**

**Proudly treating Ashburn pets for over 12 years!**

# Doggie Swim Day!!!!

**Ashburn Village  
Animal Hospital  
and Broadlands**

**invites you to come splash  
around with your dog at the 4th  
annual Doggie Swim Day.**



**ASHBURN VILLAGE  
ANIMAL HOSPITAL**



September 10, 2011 from 9:00am-11:00am  
Broadlands Community Center Pool  
Cost: \$10.00-Proceeds to be donated to a local shelter or rescue foundation  
For more information or to sign up please contact us at:703-729-0700  
All dog owners must provide proof of current vaccinations and Loudoun County dog license to participate.  
All male dogs **MUST** be NEUTERED.



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## Nature Center Programs

The Audubon Naturalist Society and the Broadlands HOA have partnered to provide Nature programs for the community. To register, call the Broadlands HOA office at 703-729-9704 or email [naturalist@broadlandshoa.com](mailto:naturalist@broadlandshoa.com) to reserve your place in the program. We go outside for most programs so please dress appropriately and wear sturdy shoes.



Our Audubon Naturalist offers programs for Scouts, Families, Birthday Parties, After School, PreK and K, and Parent and Toddler Programs. Check our website for upcoming programs.

### Fall Program Schedule 2011

#### Mammal Mania

**Grades: 1st – 4th**

**Day and Time: Wednesdays, 3:45p.m. - 4:45p.m.**

**Duration: October 5th - November 30th, \$40.00 for 8 weeks**

Why are mammals such a successful group of animals? We will explore this question and learn about the mammals we can find in our own backyards. We'll discover how their adaptations have led to their success in living with humans and how we can see or find evidence of them around our homes.

#### Marvelous Mammals

**Grades: Pre-K and K**

**Day and Time: Fridays, 9:30a.m. - 10:30a.m.**

**Duration: October 7th - December 2nd, \$40.00 for 8 weeks**

Fuzzy, furry, cute and cuddly, bristly and snarly are the mammals of our world. We will learn about the mammals of Broadlands through stories, games, crafts and hikes.

#### Wee Hikers...Fall!

**Ages: 18 months - 3 years**

**Day and Time: Fridays 10:45a.m. - 11:45 a.m.**

**Duration: October 7th - December 2nd, \$40.00 for 8 weeks**

Your little hiker and you will enjoy walking through the woods exploring the colors of Autumn and experience the textures, sounds and smells of nature. We will explore several child friendly trails in and around Broadlands and the Nature Center.

**Note:** *Additional program dates may be scheduled if there is enough interest. For example, an early afternoon PreK and K class might be scheduled if the other classes fill up. Please contact: [naturalist@broadlandshoa.com](mailto:naturalist@broadlandshoa.com)*

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**DAY OF SERVICE AND REMEMBRANCE—  
September 11, 2011  
Our Savior's Way Lutheran Church to Host  
911 10<sup>th</sup> Anniversary Commemoration**

Our Savior's Way Lutheran Church and ACT! FOR AMERICA invite the Loudoun community to commemorate the tenth anniversary of 911 on Sunday, September 11, 2011.

A dinner is planned for 12:30p.m., followed by the opening ceremony at 1:30 p.m. At 2:00p.m., featured speaker, Julian Dobbs, will present on the origin of Islam, complacency in the church and society, and the challenge in the church for 911 and beyond. Julian Dobbs is an internationally known humanitarian who has traveled and worked across 6 continents including Laos, Malaysia, Syria, Egypt, Nigeria and North Korea. Following the 2004 Indian Ocean Tsunami, Julian's work was recognized by the government of New Zealand who awarded him the New Zealand Special Services Medal.

Due to the nature of the program we will have a separate event for children, beginning at 1:30p.m. The children's event will include crafts and making care packages for soldiers.

"We welcome everyone in the community and encourage the public to join us for this very important anniversary of 911," said Rev. Bill Mann, Senior Pastor at Our Savior's Way Lutheran Church. "Although it has been ten years since the horrific events of that day, the pain is still very fresh for many. For others, the significance of the day has faltered. We want to take this opportunity to honor those impacted and to educate the public on what we, as Christians can do to help."

Our Savior's Way, along with the Open Arms Christian Child Development Center, has provided a caring atmosphere for children and families in the Ashburn area for over 10 years. Open Arms is available to children from 6 weeks to 12 years old and offers preschool, full daycare, after-school programs, and summer camp. They are located at the intersection of Waxpool Road and Claiborne Parkway (1 mile south of Exit 5 of the Greenway).

For Church and Open Arms Information:  
<http://www.oswlc.org>  
Contact: Debbie Justice (debbiejustice09@gmail.com)  
Phone: 443-255-3324

**Kritters for Kids....**

**By: Broadlands Naturalist, Lisa Matthews**

**Surprise!**

How do you know when a bird is a boy or girl? Some birds have obvious coloring; such as, for some species a boy might have a different colored eye than a girl or a boy has brighter plumage (feathers) than a girl. For a lot of birds, especially domesticated birds, you can't tell the difference unless a veterinarian checks them or, you could wait and see if they lay some eggs.

Which Marshmallow did.

Marshmallow is our fancy pigeon. She laid two eggs in July. So we know.... Marshmallow is a girl! We always wondered.

After she laid the eggs, she became sad and started pulling her feathers. We thought that maybe she would be happier if she had a friend so we found her a companion through Petfinder.com. It worked! Her new friend is also a girl and has also laid two eggs since she arrived here on August 10<sup>th</sup>. We adopted her from the Washington Humane Society. She was a rescue. She is a fancy dove, much smaller than Marshmallow and she is also white with brown specks so we have named her "Mini-Mallow".

Come and visit soon and meet our new friend...but quietly! She is still a little shy.

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**Naturalist and Nature Center Hours**

**September 1st - 16<sup>th</sup>**

Tuesdays 10-1pm, Wednesdays 10-5pm,  
Fridays 9-1pm

**Week of September 19<sup>th</sup>**

Tuesday 9-5pm, Wednesday 9-4pm

**Week of September 26<sup>th</sup>**

Tuesday 12-3pm, Wednesday 12-4pm, Friday  
9-5pm

**The Nature Center will be open:**

Saturday, September 3rd  
Saturday, September 10th  
Saturday, September 24th



# 2011 Broadlands Family Recycling Contest

America Recycles Day is November 15 and we invite you to tell us your inspirational stories.

## How Can You Participate?

Submit a one page written entry telling us about your personal experiences with recycling.

The entry may include photos, drawings or other creative medium.

### Prizes

#### First Place

64-gallon Toter  
from Patriot Disposal  
\$100 Gift Basket

#### Second Place

64-gallon Toter  
from Patriot Disposal  
\$75 Gift Basket

#### Third Place

64-gallon Toter  
from Patriot Disposal  
\$50 Gift Basket



## Title: "How My Family Changed Its Habits and Started Recycling"

### Here are some examples of what to include in your entry...

- Recycling, while a noble concept, requires a change in the habits of families, for example, finding a place for the recycling bin, learning to separate the recycling from the trash and only putting the correct items in the bin and remembering to put out the bin on the right day.
- How did you get started recycling? What have the challenges been? How did you overcome them? What would you tell others that are thinking about recycling? How would you inspire them? What inspired you?
- Please share some of the tips you used to get everyone in your family to change how they treat trash. How do your family members remind each other about recycling? Did you have a family member who was reluctant to recycle or often "forgets"? Please tell us how you handled that situation.
- Other families may be having problems implementing recycling in their households. Your experiences and tips might be able to help another family get all their family members up to speed on the importance of recycling.

### Criteria

- Originality and specificity. We are not looking for generic tips, but tips you used in your family, even tips that did not work out well.
- Please don't copy tips off of a website, but tell us how you used any internet tips.
- Personal experiences, thoughts, and lessons learned. We want to hear about what worked and what did not work.

### Applicability

- We are looking for tips that other families can easily implement in their households. Tips that did not work can also help other families find out what may or may not work in their household.

### Humor and Human Interest

- No one is perfect and mistakes happen. If you have any experiences that others would enjoy reading about, please include them.

### Judging

- Entries will be judged on creativity, uniqueness and imagination in both how your family does recycling, your story and perspective on how you recycle and what it means to you.
- Entries will be judged by member of the Broadlands Wildlife Habitats Committee and a Recycling Specialist from the Loudoun County Department of Construction and Waste Management.  
*BWH Committee Members and former winners may not participate in this contest.*

**The Applications must be dropped off at the Nature Center or received by:**

**Monday October 3<sup>rd</sup>**

Send your entry to:

**Broadlands Association, Inc.**

**21907 Claiborne Parkway, Broadlands, VA 20148**

**Attn. Recycling Contest**

**For additional details please visit: [www.BroadlandsNaturally.org](http://www.BroadlandsNaturally.org)**



# BROADLANDS SCHOOL DIRECTORY

Hillside Elementary - Home of the Hawks  
Hand-In-Hand @ Hillside  
43000 Ellzey Drive  
Broadlands, VA 20148  
Main Office: 571-252-2170  
Fax: 703-858-0504  
Absentee Line: 571-252-2171  
<http://cmsweb2.loudoun.k12.va.us/hillside/site/default.asp>



Mill Run Elementary - Home of the Mountain Lions  
Where Children Always Come First  
42940 Ridgeway Drive  
Broadlands, VA 20148  
Main Office: 571-252-2160  
Fax: 703-779-8932  
Absentee Line: 571-252-2162  
<http://cmsweb2.loudoun.k12.va.us/millrun/site/default.asp>

Eagle Ridge Middle School - Home of the Eagles  
Our High Expectations Work Magic  
42901 Waxpool Road  
Broadlands, Virginia 20148  
Main Office: 571-252-2140  
Fax: 703-779-8977  
Absentee Line: 571-252-2142  
<http://cmsweb1.loudoun.k12.va.us/erms/site/default.asp>



Briar Woods High School - Home of the Falcons  
22525 Belmont Ridge Road  
Ashburn, VA 20148  
Main Office Phone: 703-957-4400  
Fax 703-542-5923  
Guidance Office Phone: 703-957-4402  
Athletics Office Phone: 703-957-4408  
Absentee Line: 703-957-4409  
[www.falconfever.org](http://www.falconfever.org)

# NO FUMBLE FINGER FOOD RECIPES FOR GAME DAY



## HAM AND CHEESE FOOTBALL SPREAD

In order to get a uniform shape, chill the spread in a bowl. Turn it upside down to release the spread and then mold into a football shape, creating the laces with some pimento strips.

- 2 – 8 oz. pkg. cream cheese softened
- 1 – 10 oz. pkg. extra sharp Cheddar cheese, shredded
- 1 – 4 1/2 oz. can deviled ham
- 2 tsp. onion, grated
- Chopped nuts (your favorite)

Combine cream cheese and Cheddar cheese, mixing at medium speed until well blended. Add ham and onions. Mix well. Put into a bowl and chill for at least 15 mins. Remove from bowl. Put chopped nuts on some wax paper and roll the cheese in the nuts. Serve with assorted crackers. Makes 3 1/2 cups. [Finger-food-recipes.com](http://Finger-food-recipes.com)

## BACON BLUE CHEESE DIP

This yummy dip can be served with your favorite chips or used as a dipping sauce for wings.

- 7 slices cooked and crumbled bacon (microwave pre-cooked for ease)
- 2 cloves garlic, minced
- 8 ounces cream cheese, softened
- 1/4 cup half and half
- 4 ounces blue cheese, crumbled (1 cup)
- 2 tablespoons chopped fresh chives
- 3 tablespoons chopped smoked almonds (1 ounce)



Sauté garlic and bacon in pan. Let cool and crumble the bacon. Preheat oven to 350 degrees. Beat cream cheese until smooth. Add half and half and mix until combined. Stir in bacon and garlic mixture, blue cheese, and chives. Transfer to a 2-cup ovenproof serving dish and cover with foil. Bake until thoroughly heated. about 30 minutes. [Finger-food-recipes.com](http://Finger-food-recipes.com)

## TOUCHDOWN PUFFS

Touchdown puffs are a great football party appetizer. You can make a lot of them in a short amount of time. It's as easy as baking cookies. They have a wonderful flavor combination and are great lunches for the kids also. Goes well with honey mustard or your favorite dipping sauce.

- 1 (10 3/4-ounce) can condensed cream of chicken soup
- 1/4 cup melted vegetable shortening
- 3 cups biscuit mix
- 3/4 cup chopped pepperoni
- 2 tablespoons finely chopped green onions

Preheat oven to 400°. In bowl, combine soup and shortening; stir in biscuit mix; mix well. Fold in pepperoni and onions. Drop by rounded tablespoons onto ungreased baking sheet. Bake 15 minutes or until puffed and golden. Makes about 30. [Finger-food-recipes.com](http://Finger-food-recipes.com)

## Win a \$25 Gift Certificate to *Bonefish Grill!*

Solve the following **NFL Scramble**, and you could win. Winner will be chosen at random from all correct entries. Entries must be received at the Nature Center HOA office no later than **September 9, 2011**. *Be sure to include your name and telephone number.* Good Luck!

1. tcoowduhn \_\_\_\_\_
2. mleithfa \_\_\_\_\_
3. sbpowuler \_\_\_\_\_
4. iksdenrs \_\_\_\_\_
5. frneeaegt \_\_\_\_\_

### CONTACT INFO:

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_



***Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life.***  
**-Ralph Waldo Emerson**

## **Relaxation and Exercise**

Summer is often a time for serious play, time off and deep relaxation. Many of us use the summertime to rebuild our reserves for the rest of the busy year. In our work-crazed society we can lose sight of the benefits of slowing down and taking time to rest. Now that summer is in full swing, it's time to enjoy the restorative powers of reconnecting to your body through movement and relaxation.

The body loves to move. Even though our body is healthiest when it is getting appropriate physical activity, we often feel dread and boredom when we hear the word "exercise". Think for a moment of what type of movement you would consider fun as opposed to torturous. Perhaps you loathe the idea of a gym, but miss taking dance classes. Maybe you secretly want to try yoga or rollerblading. You could play touch football with your kids, walk with a neighbor in the mornings or go for a swim. The summer offers so many choices – it's simply up to you to choose which style of movement excites you. Your heart will thank you, your soul will be gratified, your limbs will be more fluid and you'll sleep better at night.



Summer is a unique time of year when we can do both our relaxation and our movement out in nature. Take a nap in a hammock and enjoy the smell of freshly cut grass. Go to the park and meditate or read under a favorite tree. One of the greatest places to rest in the summertime is by the water. There is something magical and restorative in water, and we naturally crave to be near it, by it or in it. Heading to the water, whether it is the beach, a lake or a kiddie pool, can be relaxing and rejuvenating.

Whether you are relaxing, exercising or both, notice that being outside in nature has a profound way of quieting the mind and reconnecting us to ourselves. Often this relaxation and peace of mind are what our bodies crave the most. So while summer is with us, strap on your sandals and enjoy the rich elements of sun, wind and water and the nourishment that they bring.



## **Food Focus: Water**

Most of us are aware of the importance of drinking enough water. Getting our daily dose of water helps our organs perform their functions, keeps our skin clear and hydrated, and allows physical action in our bodies to flow smoothly. Even with this knowledge, it can still be challenging to drink all the water our bodies deserve daily. In the summer, when we tend to play hard, sweat and spend prolonged time in the sun, drinking plenty of water is critical. Those who are not drinking enough may experience poor digestion, sluggish thinking, skin breakouts, headaches, bad breath and general fatigue.

To start your day right, set a large glass of water by your bed each night and drink it when you wake up. Drinking water first thing in the morning pulls out toxins from the previous day and freshens your system for the day ahead. Keep a bottle of water accessible throughout the day, whether you are on the go or at a desk. Having a bottle of water close by will remind you to take a sip when thirsty. The first sip will usually let you know how much more water you need. A sip or two may be enough, or you may need a big glass. If you drink most of your daily water before early evening, you most likely will not be thirsty before bed. This is good, because drinking before bed and then waking to use the bathroom disturbs your peaceful night's sleep.

What about quality? Some people like bottled water, while others prefer filtered water, or ionized water or living water (coconut water). The key is to like the taste of the water you are drinking, and the water should agree with your body. If the taste of plain water is unappealing, experiment to see how you can make it tasty and drinkable. Try adding a few mint leaves, a wedge of lemon, a sprig of parsley, slices of cucumber, a twist of lime or a squeeze of orange to make water more tempting, or to jazz up your routine. Also, drinking tea or juice and eating raw fruits and vegetables contribute to the hydration process. So, splash in the waves, swim in the sun, drink plenty of water and enjoy the summer fun!

*Kayholistics recipes of the month can be found on page 31*

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## Back to School and Back on Track

By, Katie Herbert, Certified Personal Trainer  
Fitness.innovations@gmail.com



Hard to believe it but summer 2011 is now on the books and the school buses are waking us up again bright and early. While I am sad to see my summer fun come to an end there is one part of summer that I am happy to say good-bye to, my schedule, or lack of schedule I suppose. During the school year most of us have our schedules laid out so clearly. We know just when the kids have to be at school, when to pick them up, when various practices are held, when we have a minute of 'me' time, many of us have it all pretty well mapped out. Often, this leads us into some sort of routine.

Just as we are getting that schedule perfected, the school year comes to an end and scheduling becomes a little more difficult. With camps starting and ending at different times every week along with swim team, tennis lessons and vacations, well, the routine goes out the window. Unfortunately, one of the first things to go is an exercise routine. For some people, the "normal" time conflicts with kid's activities. For others, weather can play a factor. No matter what caused you to fall off the wagon this summer, have no fear, there is hope, and it's just in time to reveal your 'Best Fall Bod Ever!'. Sorry about that last line, I've always wanted to use one of those cheesy titles somewhere in an article, now back to business.

So what now? First of all, get the planner back out. While you are busy jotting down kids after school activities and work meetings, find a slot in the day to get your workout in. Putting it down in ink makes it official and you are less likely to break the appointment with yourself. If you are having a hard time navigating an already packed fall schedule, start small. Remember, something is always better than nothing. If you can only find 30 minutes then take it and mark it as sacred time for you.

Another common summer issue is the heat and humidity. Many people love to workout outside but, as many of us found out this summer, weather is not always conducive to a great workout and it can even be dangerous. Problem solved: if your issue was the weather, you no longer have that excuse. Fall is the perfect time to get out and break a sweat. Find a friend to join you on a morning jog through the neighborhood or a buddy to walk with in the evening, you'll get to exercise and discuss whose kids have the worst homework already.

By the fall, vacation time generally dies down a bit so travel doesn't hamper too many people. However, if you are traveling with family or just travel for work, planning ahead can make a huge difference. When choosing hotels, look for an exercise room. It doesn't have to be like your gym around here to work, a little cardio equipment and a few weights and you can make do. If you are at a location that just doesn't have that option, bring a deck of cards and do the 'card workout'.

Lastly, many people also fall off the deep end when it comes to diet and nutrition in the summer. Sure we may eat a little more watermelon and corn, but it does not make up for the increased amount of adult beverages that many people consume in the summer or the pigging out at cookouts. Often times this issue rights itself in some ways because with a schedule in place people tend to plan meals a little more carefully and we don't usually have quite as many winter cookouts to look forward to.

It can be hard to re-motivate and find your workout groove again. If you are having a tough time getting back into routine, enlist a friend for help or try a new class at the gym. You could even look outside of the gym and try to find a new activity. Never signed up for those tennis lessons you were thinking about? It's not too late; there is plenty of daylight left to check out what is going on at our local courts. If you need to start smaller, consider walking the kids to school instead of busing or driving. No matter what path you take just hop back up on the wagon; the view is great from here!

\*the 'card workout' is a really simple, fun, quick booty kickin' workout that I wrote about a year or so ago, if you want it just send an email.

*Virginia Natives*  
*Plants & Trees Sale*  
**Saturday, October 1<sup>st</sup>**  
**10:00am – 3:00pm**

Broadlands Nature Center  
 21907 Claiborne Parkway  
 Broadlands, VA 20148

For more information:  
[www.BroadlandsNaturally.org](http://www.BroadlandsNaturally.org)  
 Or e-mail:  
[osimpson@broadlandsnaturally.org](mailto:osimpson@broadlandsnaturally.org)

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- Taekwondo for All Ages
- Afterschool Taekwondo
- Summer Camps

CONFIDENCE RESPECT  
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Join Our Family &  
 Experience the  
 Difference



Friendly & Respected Staff

## Broadlands "Boys Night Out" Doubles Tennis Ladder

**Description:** We have reserved the Nature Center courts on **Sunday Nights** for a Men's Doubles Ladder.

**Participants:** Men with NTRP ranking of 3.0 or higher.

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

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

**Ranking:** A winning percentage for each player is calculated dividing total games won by total games played. A grand total winning percentage will be calculated week by week and the highest percentages will be at the top of the ranking. The courts will be assigned based on the rankings. Court 1 would have the 4 highest winning percentage players, court 2 with the next 4 highest, and so on.

**When:** Every Sunday night at 7:00p.m. rounds ongoing through September 2011.

**Where:** Broadlands Nature Center Courts

**Contact:** To join the ladder or to get further information, contact [broadlandstennis@gmail.com](mailto:broadlandstennis@gmail.com)

**Broadlands Tennis Website:** [www.BroadlandsTennis.org](http://www.BroadlandsTennis.org)



## Broadlands Tennis Ladies Night Out

Ladies with NTRP ranking of 3.0 and above only.

Come out and play doubles tennis at the Nature Center tennis courts every **Monday night** from 7:00p.m. until 9:00p.m. until the weather is too cold.

**Fee:** Free for residents  
\$5.00 for non-residents  
**Please bring a can of balls**

*Email: [uncrdh95@gmail.com](mailto:uncrdh95@gmail.com) to reserve your space or to be a substitute player.*



## Broadlands Tennis Programs

### Enrollment Now Open!

Visit [www.broadlandstennis.org](http://www.broadlandstennis.org) for details and registration forms for all programs. Contact **Luis Rosado** if you have any questions at (301) 221-7917 or email [broadlandstennis@yahoo.com](mailto:broadlandstennis@yahoo.com).

### Clinics - 8 Week Sessions

#### JUNIOR CLINIC (ages 4-5)

Tue – Fri, 4:30p.m. - 5:00p.m.

(½ of the price stated below)

#### JUNIOR CLINIC (ages 6-16)

Tue – Fri, 5:00p.m. - 6:00p.m. & 6:00p.m. - 7:00p.m.

Sat & Sun, 10:00a.m. - 11:00a.m.

#### ADULT CLINIC – All levels

Sat & Sun 9:00a.m. - 10:00a.m.

Tue – Th, 7:00p.m. - 8:00p.m.

### Broadlands Residents/Non-Residents

(As low as \$13.00 per class)

\$120/\$135 per session (8 weeks)

1 class a week

\$224 / \$254 per session (8 weeks)

2 classes a week

\$312 / \$357 per session (8 weeks)

3 classes a week

### Clinics Drop In Fee:

\$20 members; \$22 non-members

### Weekday Morning Clinics

Mon, Wed, Fri, 9:00a.m. - 10:30a.m.

\$20 residents; \$22 non-residents / per class

### Weekly Junior Tournaments

11 years and over – every Sunday 11a.m.-1p.m.

\$15.00 per tournament

### Private Lesson Prices Per Hour Lesson:

#### Resident/Non-Resident

**1 player:**

\$60/\$65

**2 players:**

\$35/\$38 each

**3 or 4 players:**

\$25/\$27 each

**5 or + players:**

\$20/\$22 each



---

**Notes from Your Neighbors....**  
**Ashburn Volunteer Fire & Rescue Department**  
**www.ashburnfirerescue.org**



**Poker Run, Saturday, September 24**  
**Starting at Ashburn Firehouse, 20688 Ashburn Rd.**  
Registration: 8:00am to 9:00am last bike out at 9:15am

Take a drive through the scenic countryside on your motorcycle, trying to earn the best poker hand as you go. All bikes should be back by 3:00p.m. when there will be refreshments and raffle prizes. Join us and help support the Ashburn Volunteer Fire and Rescue Department. Motorcycles, cards, prizes and a party all in one event!

**Fall Open House, Sunday, October 9th Noon to 3:30pm - Ashburn Firehouse, 20688 Ashburn Road**  
Get your "Passport to Safety" stamped as you learn fire safety and prevention at our FREE Open House and Family day. This is also the week we celebrate our Fire Fighters and Fire Prevention week. We packed the afternoon with fun for the whole family.

- Ambulance and fire engine tours
- Fire truck rides
- Shoot the hose
- Vehicle Extrication
- Arson dog demonstration
- Face painting
- Balloon artist
- And much, much more!

**AVFRD's Photo Fund Drive** continues daily between the hours of 9:00am through 9:00pm. Representatives from Twin Photos, our authorized fund raiser, will be visiting each home. Each representative will have an identification card from Twin Photos, but please feel free to call either Station 6 or Station 22 to confirm the rep's validity. In return for a donation made to AVFRD, you will receive a gift certificate for a free 10X13 professional photograph. They will also provide each home contacted with a magnet detailing all AVFRD's planned activities for 2011. If you have any questions regarding this program, please contact us at 703-729-0006.

### **Volunteer Opportunities**

The Ashburn Volunteer Fire & Rescue Department is always looking for dedicated and hardworking members. We not only have opportunities for firefighters and EMTs, but for administrative members who support our firefighters and EMTs. **Come join our team and discover the volunteer in you!** Visit our website for more details or contact us at [recruitment@ashburnfirerescue.org](mailto:recruitment@ashburnfirerescue.org).

**Upcoming Events – For full details, please visit <http://www.ashburnfirerescue.org/events/>**

**Pancake Breakfast–Ashburn Firehouse, 20688 Ashburn Rd. 8:00am until Noon.**  
**September 4th, October 2nd, November 6th and December 4th**

Are you interested in becoming a sponsor at one of our pancake breakfasts? We routinely serve more than 500 of your neighbors – a great way to promote your business and support AVFRD. **Contact us at [sponsor@ashburnfirerescue.org](mailto:sponsor@ashburnfirerescue.org)**

Receive our monthly online newsletter, the Dispatch. Subscribe by sending an email to [publicity@ashburnfirerescue.org](mailto:publicity@ashburnfirerescue.org) and type 'Subscribe' in the subject line. You can include your name and zip code, but it's not required. Your email address will only be used to receive newsletters, and you can opt out at any time.

## 5k Walk Planned for Murder Victim



**No Woman, No Cry**  
STOP THE SILENCE OF DOMESTIC VIOLENCE

On **Sunday, September 18, 2011**, from 8:30am to 11:30am, hundreds of supporters will walk the **1st Annual 5k in memory of Jenny Vaughn-Bates**, a victim of domestic violence. You can read more about her tragic story at [examiner.com](http://examiner.com).



This walk will take place at the **Forest Park High School located at 17721 Forest Park Drive, Woodbridge, VA 22193**. Those who are interested can pre-register at [www.nwnc.org](http://www.nwnc.org).

If you are unable to make this event, please consider giving a donation which will benefit the Jenny Vaughn Bates Memorial Trust Fund and The National Network to End Domestic Violence. Donations can be made at online or by mail: NWNC, P.O. Box 1664 Herndon, VA 20172.

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## You've Got Questions, We'll Get the Answers Wildlife Habitat Committee's All New online Feature

Ask the gardening expert, Debbie Dillion and the tree expert, Jeremy Baker all your gardening and tree questions. Please send your questions online, visit [www.BroadlandsNaturally.org](http://www.BroadlandsNaturally.org)



## Cub Scout Packs 1483 & 1484 want you to join our fun...

- Cub Scouts
  - Camp under the stars
  - Are in the 1<sup>st</sup> through 5<sup>th</sup> grades
  - Hike, fish, and study wildlife
  - Give back to our community
  - Race Pinewood Derby cars and Cub Mobiles
  - Make new friends
  - Wear cool uniforms
  - Launch soda bottle rockets
  - Safely build fires and whittle
  - Spend awesome time with their families
  - Have fun!
- The Cub Scout program teaches *citizenship, compassion, cooperation, courage, faith, health & fitness, honesty, perseverance, positive attitude, resourcefulness, respect, and responsibility.*
- Pack 1483 @ Hillside Elementary & Pack 1484 @ Mill Run Elementary are sponsored by Our Savior's Way Lutheran Church.

New program  
year starts  
September 2011



Join us for **Join Scouting Night**  
at your elementary school on  
Tuesday, 20 September from 7-8pm

For information about Pack 1483, email [info@pack1483.org](mailto:info@pack1483.org).  
For information about Pack 1484, email [rickyhoybach@msn.com](mailto:rickyhoybach@msn.com).



# Andrea McGimsey

Board of Supervisors  
Broad Run District

Friends of Andrea McGimsey • P.O. Box 126 • Ashburn, VA 20146

Dear Broadlands Neighbors,

Thank you so much for your support during the early stages of my campaign for Board of Supervisors!

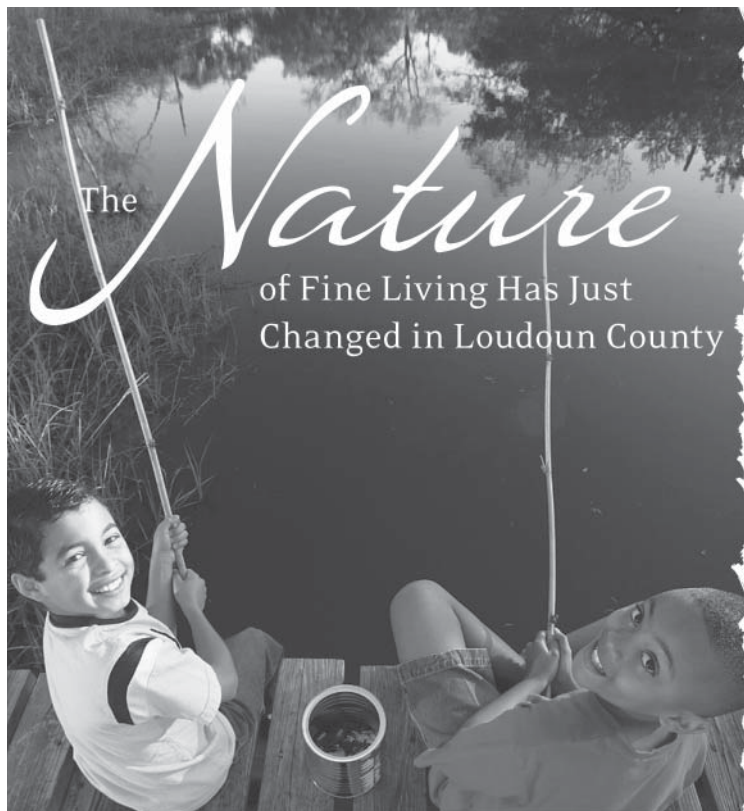
I am excited to continue my hard work on the Board for another four years, to continue to foster our future while preserving our past.

**Over the last four years I have fought to keep our county moving in the right direction every day.** My fiscally responsible leadership has earned Loudoun a AAA bond rating and ensured that Loudoun remains a great place to live and do business. As a graduate of Virginia public schools, I know how important education is our children's and our community's future, and my leadership has reflected that value. Finally, I have led the effort to complete road improvements and create transportation options.

Check out my website: **McGimseyforSupervisor.com** and  
My Facebook page: **Facebook.com/McGimseyforSupervisor** to read more.

I look forward to seeing everyone out on the campaign trail!

Andrea McGimsey  
McGimsey for Supervisor



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**Brookfield  
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540-446-8000

Visit [ThePreserveAtGooseCreek.com](http://ThePreserveAtGooseCreek.com) for more information!



Prices and availability subject to change without notice. Planned community features and amenities subject to change in conjunction with developer's continuing plan enhancements. Copyright © 2011 Lennar Corporation. All rights reserved. Lennar and the Lennar logo are registered service marks or service marks of Lennar Corporation and/or its subsidiaries. 9/11

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# BROADLANDS HELPER LIST

The Broadlands Helper List is being updated - If you would like to be added to the list, please call the HOA office at 703-729-9704 Monday through Friday from 9:00a.m. to 5:00p.m. or send an email to [scollins@broadlandshoa.com](mailto:scollins@broadlandshoa.com).

## Not Available on Website Edition

**Key:**

- (B) Babysitter's Course**
- (C) CPR**
- (R) Rescue Breathing**
- (F) First Aid**

*All area codes are 703 unless noted. For additions and/or changes to the Broadlands Helper List send an email to [scollins@broadlandshoa.com](mailto:scollins@broadlandshoa.com).*

**Ronald Ray D.D.S. P.C.  
and Associates  
703-858-0045**

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

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- Orthotics, Diabetic shoes
- Sports Medicine
- General Podiatric Care
- Geriatric Care
- Laser treatment for Nail Fungus

Dr. Richard S. Mendelsohn D.P.M. F.A.C.F.A.S.  
Dr. Deena L. Charney D.P.M. F.A.C.F.A.S.  
Dr. Gary J. Scheib D.P.M.  
Dr. Stanley Idiculla D.P.M.

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Fairfax 703-273-9818**

**1445 Dolley Madison Blvd  
Melean 703-556-8637**

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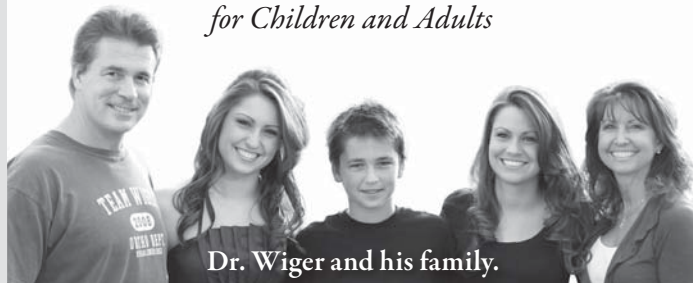
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Dr. Wiger and his family.

# USEFUL NUMBERS

Can also be found at <http://broadlandshoa.org/node/117>

## NON-EMERGENCY

Ashburn Fire	(703) 729-0006
Fire Marshall	(703) 777-0333
Loudoun County Sheriff	(703) 777-1021
Washington Gas	(703) 750-1000
Poison	(703) 625-3333
Loudoun Water - Customer Service	(571) 291-7880
Loudoun Water - After Hrs./Wk.ends	(571) 291-7878
State Police	(703) 771-2533
Dominion Virginia Power	(888) 667-3000

## PUBLIC INFORMATION

Abused Women's Shelter	(703) 777-6552
Animal Control/Shelter	(703) 777-0406
Building Permits & Dev.	(703) 777-0397
Comcast	(703) 430-8200
Child Protective Services	(703) 777-0353
County Landfill	(703) 771-5500
CPR Class Info	(703) 444-1155
DMV (VA)	(800) 435-5137
Drug Abuse	(703) 771-5100
Dulles Airport Hotline	(703) 572-2700
Health Department	(703) 777-0236
Library (Ashburn)	(703) 737-8100
Loudoun Ride On	(703) 777-2708
Loudoun Hospital	(703) 858-6000
Main Street Mailboxes	1(703) 753-5521
Miss Utility	(800) 552-7001
Metro	(202) 637-7000
OpenBand 24x7 Customer Service	(866) 673-6226
OpenBand Trouble Tickets	(703) 961-1110
Parks and Recreation	(703) 777-0343
Patriot Disposal	1(703) 257-7100
Ridesharing	(703) 771-5665
Road Conditions	(800) 367-7623

Social Services	(703) 777-0353
School Board	(571) 252-1000
Street Signs/Storm Drains	(703) 771-5666
VDOT	(703) 383-8368
Van Metre Homes	(703) 723-2800
Verizon	(703) 954-6222
Verizon Fios	(888) 553-1555
Voter Registration	(703) 777-0380
Weather	(703) 936-1212

## LOUDOUN COUNTY PUBLIC SCHOOL

Briarwoods HS	(703) 957-4400
Eagle Ridge MS	(571) 252-2140
Hillside ES	(571) 252-2170
Mill Run ES	(571) 252-2160

## PUBLIC OFFICIALS COUNTY SUPER.

Stevens Miller	(703) 777-0204
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## SCHOOL BOARD REPRESENTATIVE

Robert Dupree	(571) 233-4610
---------------	----------------

## VIRGINIA HOUSE OF DELEGATES

Robert G. Marshall (13th)	(703) 361-5416
Richmond Office	(804) 698-1013
Thomas A. Griesen (district 32)	(703) 421-6899
Richmond Office	(804) 698-1032

## VIRGINIA SENATE

Mark Herring (district 33)	(804) 698-7533
District Office	(703) 729-3300
Constituent Hotline	(800) 889-0229

## U.S. HOUSE OF REP. 10<sup>th</sup> DISTRICT

Frank Wolf	(703) 709-5800
------------	----------------

## U.S. SENATE

Jim Webb	(202) 224-4024
Mark Warner	(202) 224-2023

## VIRGINIA STATE GOVERNOR

Bob McDonnell	(804) 786-2211
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*Kayholistics continued from page 22*

## Recipes of the Month:

### Sun Tea

Prep time: 2 minutes  
Cook time: 24 hours  
Yield: 2 liters

### Ingredients:

3-4 tea bags of your choice  
water

### Directions:

1. Fill an extra-large mason jar with water, add 3 or 4 of your favorite tea bags and cover with lid.
2. Place in sun for one full day and let the shining rays pour in heat and energy, bringing out the wonderful tea flavors.
3. Sweeten if so desired with natural sweetener and serve at room temperature or cold over ice.

*Note: Garnish with mint leaves or lemon wedge.*

### Ginger Drink

Prep Time: 7 minutes  
Cook Time: 24 hours  
Yield: 6-8 servings

### Ingredients:

1 pound fresh ginger root  
2 quarts water  
juice of 2 limes  
maple syrup or agave nectar to taste

### Directions:

1. Thinly peel the fresh ginger, grate and mix with water in a large saucepan.
2. Bring to a boil and simmer for 4 minutes. Cover the pan and turn off the heat; leave for 24 hours.
3. Strain the liquid through a fine mesh sieve.
4. Add the lime juice and maple syrup or agave. Stir until dissolved. Serve chilled.

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**Dr. Diana J. Slavin**  
**Dr. Paul Colbourne**  
**Dr. John M. Dresely**  
 (Doctors of Optometry)

**New location!** **Ashburn**  
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**(703) 726-0005**

**Chantilly**  
 Chantilly Professional Building  
 3910 Centreville Road, Suite 100  
**(703) 830-6380**

**Ashburn's only FULL SERVICE eyecare facility! Just look at what we offer!**

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- Glaucoma/Cataract Screenings Using Advanced Technology
- Contact Lenses – All Types (Even Bifocal and Keratoconus Contacts)
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**CASH PRIZES for runners**

**September 17th**  
**Race at 8:30 a.m.**  
**Free Festival: 9-1**

**RACE & FEST ADDRESS:**  
 Broadlands Community Church  
 43673 Catton Place  
 Ashburn, VA 20147  
[www.broadlandscommunitychurch.com](http://www.broadlandscommunitychurch.com)

**RACE SIGNUP:**  
<http://pracing.racebx.com>

- 110' obstacle course
- Climbing rock wall
- TONS of children's sponsors with free activities
- Free games & raffles
- Visit with "Fetch" of the Loudoun Hounds
- Delicious FOOD!

# 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@broadlands-hoa.com.

## ASHBURN AREA WOMEN'S CLUB

The General Federation of Women's Clubs is dedicated to community improvement through volunteer service. The Ashburn Area Women's Club meets the 1st Thurs of each month at 7:00p.m. in the Broadlands Comm. Ctr.

## AMERICAN HERITAGE GIRLS

AHG is a God-centered scouting program for girls ages 5 to 18 that emphasizes leadership, patriotism, and community service. For info, contact Deena Lanier at 703-723-0113.

## ASHBURN TOASTMASTERS

Welcomes those interested in developing communication, leadership and presentation skills. For info, please contact us at info@ashburn.freetoast-host.ws or visit www.toastmasters.org to learn more.

## BROADLANDS BICHON FRISE CLUB

Anyone interested that are Bichon owners currently please contact JoAnn Conroy at jfc27@smartneighborhood.net.

## BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

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

## BROADLANDS NEIGHBORHOOD BIBLE STUDY

Come join us in September for a study on Revelation by Beth Moore. We meet Tuesday mornings in neighborhood homes. Contact Karen at 703-723-4341 for more info.

## CUB SCOUTS & BOY SCOUTS

The Cub Scout program is designed for boys grades 1-5 and Boy Scouts grades 6-12. Boy Scout Troop 2970 meets at Our Saviors Way Lutheran Church on Thurs nights. Cub Scout Pack 1483, www.pack1483.com, meets at Hillside and Cub Scout Pack 1484 meets at Mill Run. For info, contact Ed Yarbrough at 703-724-1064.

## FEDERAL GOVERNMENT EMPLOYEES - ACTIVE/WORKING AND RETIRED

National Active & Retired Federal Employees Association(NARFE) will host day & evening seminars at Loudoun libraries in the months ahead for active/working government employees and retirees. Did you know changes are in the wind which could affect your benefits? Email: vicky.narfemembership@verizon.net for dates and to learn more.

## GRIEF SHARE SEMINAR/SUPPORT GROUP

GriefShare recovery seminar and support group meets at Our Savior's Way Lutheran Church in Broadlands on Monday night beginning September 12th. GriefShare features nationally recognized experts on grief and recovery topics. Seminar sessions include "The Journey of Grief", "The Effects of Grief", "When Your Spouse Dies", "Why" and many others. For more information, please call Beth Anton at 703-470-8821 with any questions or visit our website at www.griefshare.org.

## GIRL SCOUTS

Adventure, educational activities, cookie sales, friends. If you can think it, you can do it! Join the Girl Scouts. Now forming troops at all age levels: K-12th grade. For more info, contact Tania Marceau at trooporg@gmail.com.

## INVESTMENT CLUB

Meets in the Community Center on the 3rd Thursday of each month at 8:00 p.m. Review personal investments, consider and purchase new investments, learn about investing and socialize! Contact Sylvia Thomason 703-327-2474 or Laura Bechtold 703-729-6074 for information.

## LOUDOUN WOMEN'S NETWORKING GROUP

For women who own home based small businesses. We focus on growing our businesses while giving back to the Loudoun community. We meet the 1st and 3rd Thurs of the month. For more info please visit our website at www.Loudoun WNG.com.

## MOM'S CLUB OF BROADLANDS

A national club made up of Moms and kids from the Broadlands. We meet in the Community Center every 2nd Friday at 10:00am. For info, contact Katina Wilberger at kp\_wilberger@yahoo.com.

## MOMS NEXT MEETINGS

Mothers of elementary aged children, join us the second Thursday evening of the month, 6:45-8:45 to be encouraged and inspired. A typical meeting includes dinner, a speaker and small group discussion. For more information, please visit our web site at www.cfellowship.com/momsnext. Questions can be sent to CFCMOMSnext@gmail.com.

## MOMS IN TOUCH

Hillside Elementary and Eagle Ridge Middle School Moms are invited to join us to pray for our children and the school they attend. We meet Tues mornings 9 - 10a.m. during the school year, Please contact Rebecca for more info at 703-858-7379.

## PET LOSS SUPPORT GROUP

We are a free support group that meets every 3rd Tues at 7:00p.m. at Ashburn Psychological Services. Contact Robin Norris 571-278-9162 or robin@sashaheart.com for more info.

## TECHNOLOGY COMMITTEE

We meet the second Wednesday each month at 7:30 p.m. in the Nature Center. For info, visit broadlandshoa.org and click on Committees. Meetings are open to all residents.

## Reach Your Top SAT or ACT Score!

- \* Private Tutoring - \$60 per hour
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I know I am getting the best deal in town."*

Just give us a chance and we will make sure to beat any written offer - Stop by today!  
We cannot be beat by any discount shop, membership warehouse or online tire discount stores - **DO NOT PAY MORE** than you need to! We also offer **FREE** Nationwide Road Hazard on your purchase of 4 tires!

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- Services Include:**
- Home Exterior Washing
  - Fence Cleaning
  - Walkway, Patio Cleaning
  - Deck Washing
  - Staining, Sealing
  - Deck Sanding

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(not combined with other offers)  
Expires 9/30

**Elite Pressure Cleaning**  
**703.583.9274**  
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Protect, beautify, and preserve your investment for years of future enjoyment.

# ADVERTISING DIRECTORY

## AUTOMOBILE

Ashburn Service Tire Center ..... 34

## DENTAL / ORTHODONTIA

Apt Orthodontics ..... 2  
 Ashburn Pediatric Dental Center ..... 32  
 bloo dental ..... 39  
 Dackowski, T. Wesley, DDS ..... mid  
 greenway smiles ..... mid  
 Dr. Ann N. Hebda ..... 34  
 Ronald Ray DDS & Associates ..... 30  
 Wiger Orthodontics ..... 30

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 Collegiate Sealers & Paving ..... 12  
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 Elite Pressure Cleaning ..... 34  
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 Kris's Painting Service, Inc. .... 10  
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 The Mosquito Authority ..... 15  
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## ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to over 3300 homes and businesses in the Broadlands community. The Newsletter Committee reserves the right to reject any advertisement that is not in the best interest of the Broadlands Community or the Broadlands Association. **Advertising orders cannot be cancelled after the initial deadline.**

### ADVERTISING INFORMATION

Advertiser provides copy design and format. Electronic format is required in PDF, TIFF or JPEG's. Ads not sent in this format will be returned. Although every effort is made to provide a professional look to your ad, the association is not responsible for ad quality. Insertion Order Forms are available at [broadlandshoa.org](http://broadlandshoa.org) on the newsletter page.

**DEADLINE: Ad and payment submissions are due the first day of the month prior to the issue.**

### MONTHLY PRICING

#### BLACK AND WHITE:

1/8 pg (3.625" W X 2.25" H) \$90 /\$72\*  
 1/4 pg (3.625" W X 4.875" H) \$160 /\$135\*  
 1/2 pg (7.5" W X 4.875" H) \$295 /\$266\*

#### COLOR (INSIDE COVERS) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$220 /\$209\*  
 1/2 pg (7.5" W X 4.875" H) \$425 /\$404\*  
 Full pg (8.5" W X 11" H) \$1050 /N/A

#### COLOR (OUTSIDE BACK COVER) LIMITED AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$250/ \$239\*  
 1/4 pg horizontal banner (8" W X 3" H) \$250 /\$239\*  
 1/2 pg (8" W X 4.875" H) \$475/ \$453\*  
 Full pg (8" W X 8"H) \$1050/ N/A

Add 10% to base price above for preferred placement

\*Discounted price if 6 or more months are prepaid

#### **PAYMENT IS DUE IN FULL WHEN AD IS SUBMITTED.**

Make checks payable to Broadlands Association. Checks only accepted. Changes to prepaid ads may be submitted before each deadline.

#### MAIL ADS and PAYMENT TO:

Broadlands Association  
 ATTN: Newsletter Ads  
 21907 Claiborne Parkway  
 Broadlands, VA 20148

For more information or questions regarding advertising, contact Ad Manager Stassa Collins at 703-729-9704 or [ads4broadlands@yahoo.com](mailto:ads4broadlands@yahoo.com).

**Please Note:** Advertisers in the Broadlands Newsletter are not endorsed by the Homeowner's Association, the Board of Directors or HOA Management

### EDITORIAL INFORMATION

The deadline for editorial submissions is **noon on the 15th of the month**, or noon on the last business day before the 15th should it fall on a weekend or holiday. Editorial submissions should be emailed to [nihanainen@broadlandshoa.com](mailto:nihanainen@broadlandshoa.com). A message may be left for the editor at 703-729-9704 ext.101.

## SEPTEMBER CLASSIFIED ADS

### BEAUTY SERVICES

**MASTER HAIRSTYLIST/COLORIST:** Love going to high-end salons, but hate the hassle and prices? Will come to you. Experienced/licensed. Great for stay at home moms, families or groups of friends. Contact Luz at 703-431-4437 or email [inurhairbyluz@yahoo.com](mailto:inurhairbyluz@yahoo.com).

**ROYAL BARBER SHOP:** Come in for our Customer Appreciation Promotion. Monday – Friday between 9:30am and 3:00pm and receive a \$12 Men's haircut. Includes hot towel service. 42882 Truro Parish Dr, Broadlands (703) 858-9008. Monday – Friday 9:30am–7:00pm, Sat. 9:00am–6:00pm, Sun.10:00am–5:00pm.

### EARLY EDUCATION/DAY CARE/ SUMMER PROGRAMS

**KINDERDANCE:** Returns to the Community Center on TUESDAYS this fall! Classes begin 9/13/11. Education through dance, fitness, floor gymnastics and creative movement with Mrs. Nichole! Registration forms available in the Nature Center or at [KDofLoudoun@aol.com](mailto:KDofLoudoun@aol.com). Contact 703-728-7862 for more information.

**GROWING MINDS PRESCHOOL:** A home based, state licensed preschool located in Broadlands has limited openings in its 2 ½ year old class. The class meets on Tuesdays and Thursdays from 8:30 – 11:00a.m. For more information or to schedule a tour, please contact Judi Ratcliffe at (703)858-7966 or [gminids@verizon.net](mailto:gminids@verizon.net).

**LITTLE SPROUTS PRESCHOOL:** Sign up now for Fall Fun! Next year we will be offering 3 year old preschool on Tues/Thurs and Mom's Morning Out on Mon/Wed/Fridays. Children 24 months – 5 years, potty training NOT required! Check out our website or call for a tour, Karlene 408-750-7349. Website <http://LittleSproutsPreschool.clubsplaces.com>.

### ENTERTAINMENT/PARTY

#### RENTALS

**MOONBOUNCE RENTAL IN BROADLANDS!** Fully insured, stress free entertainment for your child's birthday party, etc. \$125 per day (10am-7pm). We do not deliver. Payment required at time of pick up. Call early, we book quickly! Linda, ALL ABOUT PARTIES, 703-298-1370.

### FOR SALE/FUNDRAISER

**BRIAR WOODS HS BAND FUNDRAISER:** TAG DAY is September 10<sup>th</sup>. Band students will be coming to your neighborhood passing out the BWHS football schedule and telling you about the upcoming band competitions. Donations to support this outstanding program are appreciated.

**ANNUAL CITRUS SALE STARTS SEPTEMBER 16<sup>TH</sup>:** The Briar Woods High School Band Program Citrus sale runs through October 21<sup>st</sup>. Get your orders in to your local band student or go to [www.FruitOrder.com](http://www.FruitOrder.com) input ID # 322826 to place your order.

**MATTRESS SALE FUNDRAISER:** One Day Only – SATURDAY, SEPTEMBER 24<sup>TH</sup>, 10am – 5pm, at Briar Woods High School, 22525 Belmont Ridge Road in support of the BWHS BAND PROGRAM. Big discounts on top quality mattresses, come and test one out for yourself.

**HOUSEHOLD/CHILDREN ITEMS FOR SALE:** Girls' Riedell figure skates, like new, size 7--\$45 obo; Bundy clarinet, very good condition, perfect for students--\$40 obo; Thule Evolution locking roof cargo carrier(silver and black), Excellent condition--\$150 obo; Whitewash bunk beds (or 2 twins) with ladder and removable side rails, very solid, yet simple to assemble--\$125 obo. Call Robbie @ 703-740-7868.

### INSTRUCTION

**MATH TUTOR IN BROADLANDS!** I am a Broadlands resident, and have 20 years tutoring experience helping students in: Math 8, Algebra 1, Geometry, Algebra 2, and SAT and ACT math sections. Call Dan Harris at: 703-909-4438, or email me: [aplustestprep@verizon.net](mailto:aplustestprep@verizon.net).

**LOUDOUN COUNTY MATH TEACHER:** Pre-algebra, Algebra (I & II), Geometry, Trigonometry and Pre-Calculus. Tutor at your home or Ashburn Library. Reasonable rates. Call Vincent Chu at 571-379-3074 or email [VChu\\_911@yahoo.com](mailto:VChu_911@yahoo.com).

**HIGH SCHOOL MATH TEACHER:** Specializing in Geometry, able to do K-Algebra II, SAT, and ACT. Tutor at Ashburn Library. Flexible Hours. Call Tally at 703-727-6270 or email [dimplewink@hotmail.com](mailto:dimplewink@hotmail.com).

**ST. MICHAEL SHOTOKAN KARATE—** Ashburn's leading and acclaimed Japanese Style Martial Arts School for CHILDREN and ADULTS. Home of local, regional, national CHAMPIONS! Training days: Mondays, Tuesday, Thursdays. Venue: 43895 Grottoes Drive, 20147. CONTACT: Majal Florence Cammack-703/606-1974. E-mail: [colonmc@yahoo.com](mailto:colonmc@yahoo.com).

**MUSIC LESSONS:** 703-723-1154. HERE IS WHY WE HAVE BECOME THE AREA'S LARGEST MUSIC ACADEMY: 1. We offer the greatest selection of Convenient Times 2. We provide optional, fun, low pressure Recitals for Students 3. We have fun! Visit us at [www.mintonmusic.com](http://www.mintonmusic.com).

**VIOLA & VIOLIN LESSONS:** Offered out of my private studio conveniently in Broadlands. All ages and levels welcome! Please call Catherine at (703)598-4708 or email me at [CatherinePalusci@aol.com](mailto:CatherinePalusci@aol.com). References available.

**GUITAR LESSONS IN BROADLANDS!** Private lessons for kids and adults available in your home. Excellent references from Broadlands residents. Instructor is friendly and professional with 20 years' experience, Music Degree, Master's Degree. Please call 703-777-4352 or email [blueridgestudio@verizon.net](mailto:blueridgestudio@verizon.net).

### HEALTH/FITNESS/WELLNESS

**AFFORDABLE CERTIFIED PERSONAL FITNESS TRAINING IN YOUR HOME:** Get fit NOW with my 20+ yrs experience to make you your best! Sculpt, tone, strengthen, promote flexibility! Individualized programs; weight loss/nutritional guidance; pre-natal/post-partum;

yoga/Pilates; all ages/fitness levels. Safe/effective. Equip provided. Free phone consult, special intro offer! **Stephanie Gotfried 703-542-2595;** [stephaniegotfried@verizon.net](mailto:stephaniegotfried@verizon.net); [fitnesstogova.com](http://fitnesstogova.com).

**ASHBURN PILATES:** Private Pilates Studio located at the corner of Farmwell Road and Ashburn Village Blvd. (Behind IHOP) Improve posture, flexibility and core strength through Classical Pilates. Private, Duet and Mat Class options. Call 703-729-1669 or visit [www.ashburnpilates.com](http://www.ashburnpilates.com).

**NOT YOUR AVERAGE BOOT CAMP!** Go from ordinary to extraordinary! You be the judge. Try a week for **free** with Fitness Image Results' Boot Camp instructed by Jeff Strahan. Register online or just show up for any of our three 1-hour classes @ 5:45AM (M,W,F); 9:30AM (starting 8/29) (M,W,F); or 7:30PM (M,T,TH). Classes held outdoors at Brambleton Community Pool parking lot. For directions or more details, go to [www.firesults.com](http://www.firesults.com) or email [Jeff@firesults.com](mailto:Jeff@firesults.com).

**THERAPEUTIC MASSAGE:** Nationally certified and experienced Registered Nurse. Offering deep tissue, sports, medical and pain management. Therapeutic spa treatments. Certified in Pregnancy Massage with L & D and Doula experience. Gift certificates available. Claudette Plater, RN, CMT 703-724-4210, Ashburn. [www.tranquilmoment.com](http://www.tranquilmoment.com).

### HELP WANTED

**PART-TIME ADMIN POSITION:** Home based business seeks a part-time administrative assistant. Candidate must demonstrate excellent customer service skills, verbal and written communication skills. Computer skills necessary. Position available ASAP. Qualified applicants forward resumes to [nimiphillips@diyadesigns.com](mailto:nimiphillips@diyadesigns.com). Contact Nimi 703-858-0396.

### HOME SERVICES

**MAINSTREET MAILBOXES.** Your mailbox is the hood ornament of your home. You wouldn't drive a rusty car, why have a rusty mailbox. Improve the curb appeal of your home and community with a new mailbox post. [www.mainstreet-mailboxes.com](http://www.mainstreet-mailboxes.com) 703-753-5521.

**PROFESSIONAL POWERWASH:** Does your outside look old and grey? Make it look new again with Dominion Powerwash. We provide expert cleaning services for a wide variety of outdoor surfaces: Decks, Fences, Sidewalks, House Siding/Brick, Residential and Commercial Cleaning. Please visit [www.dominionpowerwash.com](http://www.dominionpowerwash.com) for service specials. Dominion Powerwash is licensed and insured. For an estimate, contact 703-994-4445 or [info@dominionpowerwash.com](mailto:info@dominionpowerwash.com).

**LARRY MILLER INC. WINDOW CLEANING SERVICE:** Residential Specialist. Free screen cleaning, free estimate. Also offers power washing, gutter cleaning and Christmas lighting services. Licensed & insured. Resident of Broadlands. Call Larry at 703-723-7770.

**ALL AROUND GLASS INC:** Herndon, VA Patio Door Glass, Broken Windows, Insulated Glass, Mirrors, Tub & Shower enclosures, Tabletops, Re-screening, Auto Glass, Commercial and Residential, 30 years experience, mobile service 703-481-8557, fax 703-481-1883. Licensed and Insured.

**ACKERMAN SECURITY SYSTEMS:** We monitor all systems. No charge to switch or equipment to buy. Monthly rate \$18.95! Free \$500 insurance deductible program. Allowance for contractual obligation. One call...we do it all. You own the system, Wireless Monitoring, Virtual Keypad, Remote Video Access, Fire/Access/Video. Receive 3 month free basic monitoring with this ad. Joe Moinipanah, 571-437-6445. Ackermansecurity.com.

**LOONEY'S TILE AND GROUT RESTORATION:** Patented Technology that surgically extracts dirt & odors from floors. Surfaces: Tile & Grout, Concrete, Brick, Travertine & many other natural, hard surfaces. Other services: Restore Patios & Walk-ways, Deck power-washing and clear sealing, Molded Caulk Removal/Re-caulking, Shower refurbishing & minor grout repair. Locally owned. Ashburn resident. Licensed, Bonded & Insured. [www.Lcleantileandgrout.com](http://www.Lcleantileandgrout.com) 703-999-1933.

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

**BANE ELECTRICAL SERVICE LLC:** Residential & Commercial Electrical work. **Specializing in Home Generator Systems- Certified (Briggs & Stratton Dealer).** We can handle any of your Residential or Small Commercial Electrical needs. Trouble Shooting Experts!!!! Licensed and Insured Electrical Contractor in VA/MD. Call 703-723-6501 (Ashburn Resident)

**PROFESSIONAL PAINTING:** Residential interior & exterior. Licensed & insured. Quality workmanship. Reasonable. Free estimates. 25 yrs experience. "You can't afford not to call." Please call Gary's Painting, 703-971-4016.

**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. Free estimates. Please call Mike at P&M General Contracting, 703-862-0415. MikeRosario@comcast.net.

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

**SHANTZ'S HOME SERVICES:** Has new email: Shantz1966@gmail.com. For all your home improvement needs, Honey Do's; specializing in Bath Room, Kitchen and Basement remodeling. Contact Shantz Darling at 571-221-4940 or email Shantz1966@gmail.com. Licensed and Insured. Free estimates. Broadlands resident.

**WISE GUYS ROOFING & SIDING IMPROVEMENT LLC:** FREE ESTIMATES – Roofing & Siding Installation & Repair – Gutters Installation & Cleaning – Windows – Insulation – Trim – Painting – Attic Ventilation & more...Call us for your free Solar Panel Vent or free Gutters! Lowest Price & Satisfaction Guarantee! [www.WiseGuysRoofingSiding.com](http://www.WiseGuysRoofingSiding.com). Contact us: 571-722-5543 or info@WiseGuysRoofingSiding.com.

## **HOUSE CLEANING**

**GLAMOROUS CLEANING, LLC:** We offer residential cleaning services. Free In-Home Estimates. Licensed, Bonded & Insured. References available, excellent prices & flexible schedule. SAVE \$20 OFF IN SECOND CLEANING! Call at 571-426-2484.

**K.M.S. CLEANING SERVICES:** Residential homes. Move out, Move in, Weekly, Bi-weekly, Monthly or a Special one time. Licensed and Insured. Free estimates and references. Call Ketty at 703-554-2487 and 703-297-1934.

**MAID IN VIRGINIA- RESIDENTIAL CLEANING:** We clean the best so you have time to rest! We are known for having Great People! Friendly- Hard Working- Honest- Consistent. Great Communication Skills, offering an opportunity to customize your cleaning. You can expect the same team cleaning your home routinely. Locally owned and operated- Ashburn Resident. Licensed, bonded and insured including Workers Comp. [www.maidinvirginia.com](http://www.maidinvirginia.com), 703-338-4606

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

## **LANDSCAPING**

**GRASS MOWING "CHEAP":** Excellent service for end unit town homes, single family, absentee landlords and real estate agents handling vacant home sales. Mow, edge, trim and blow plus Scott's seasonal application available. A great gift idea! Retired Professionals Lawn Service. Contact jackthedecker@aol.com, 703-470-3003.

**THE CARE OF TREES:** Need trees and shrubs beautifully pruned? Well maintained trees add value to your property. Call certified arborist Bonnie Deahl for an appointment. 703-661-1700 [www.thecareoftrees.com](http://www.thecareoftrees.com).

## **MARKETPLACE**

**H INTERIORS, LLC:** Bored with your surroundings? Looking to add some style to your home? **Home Interior Stylist**, specializing in accessorizing, shopping, color consulting and room layout. For a free consultation, call Heather at 703-728-5665.

**Mary Kay:** DISCOVER A MIRACLE! Get More from your Anti-aging skin care program with the miracle set! Enjoy softer, younger-looking skin in as little as 8 weeks! Call me to try the Miracle Set today! Contact: Deborah Leben, 703-217-4583 Shop Anytime [www.marykay.com/dleben](http://www.marykay.com/dleben).

**TASTEFULLY SIMPLE:** Introduces our brand new fall/winter line! Host a taste-testing party by inviting some friends over to eat, and I'll reward you with FREE PRODUCTS. Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, [www.tastefullysimple.com/web/Lsvendsen](http://www.tastefullysimple.com/web/Lsvendsen), FoodFromLisa@comcast.net.

**PINK PIGGY SWEETS:** Specializing in cakes, cupcakes, cookies & classes! We also feature Doggie cakes & treats. For party classes, we come to you. We would love to be a part of making your next celebration a sweet success! Visit [www.pinkpiggyweets.com](http://www.pinkpiggyweets.com) or call 571-333-7477.

## **PETS**

**AROUND MIDNIGHT PET SERVICES, LLC:** Provides midday walks, vacation visits and overnight companionship in your home for your pets. We also provide house sitting services and plant care. Call us today at 703-726-9218, [www.aroundmidnight.net](http://www.aroundmidnight.net), Pet Lovers Providing Care.

## **PROFESSIONAL SERVICES**

**GGGGRRRRR!!!!** Computer crashed? Network down? Kid installed a game and killed your computer? Computers confuse you? Email an enigma? Internet incomprehensible? Call Less Silberberg, your local Ashburn computer guy. 703-304-1130. PCs, Macs, Networks - Maintenance, installation, problem solving. Daytime, weekend, evening appointments.

## **HOW TO PLACE CLASSIFIED ADS**

Classified Ads (Limited to 40 words maximum) must be received with payment by the 10<sup>th</sup> of each month for the next month's issue.

### **MONTHLY RATES:**

#### **RESIDENT**

Month to Month \$9  
6 months prepaid discount \$8  
12+ months prepaid discount \$7  
Personal (For Sale) Ads \$0

#### **NON-RESIDENT**

Month to Month \$18  
6 months prepaid discount \$17  
12+ months prepaid discount \$16

### **PAYMENTS and ADS:**

Please email ads to: [scollins@broadlandshoa.com](mailto:scollins@broadlandshoa.com). Checks only please, made payable to "Broadlands Association". **No cancellations after the initial deadline.** Payments can be mailed or dropped off at:

Broadlands Association  
21907 Claiborne Parkway  
Broadlands, VA 20148

### **CONTACT:**

Ad Manager: Stassa Collins, 703-729-9704

# Broadlands Committees and Events

## September Activities

### Date Activity

3rd	Nature Center Open 10:00a.m. - 2:00p.m.
7th	7:00p.m. Modifications Subcommittee Meeting(NC)
8th	6:00p.m. Southern Walk Hearing Committee Meeting(NC)
9th	10:00a.m. Broadlands Mom's Club(CC) 5:30p.m. Broadlands Live! at Hillside Park
10th	9:00a.m. Dog Swim(CC Pool) Nature Center Open 10:00a.m. - 2:00p.m. 10:30a.m. Family Program - Our Nocturnal Night-time Friends(NC) 8:00p.m. Casino Night(CC) 8:30p.m. Flicks in the Sticks(NC)
13th	6:00p.m. Board of Directors Meeting(NC) 7:30p.m. Tech Committee Meeting(NC)
15th	7:00p.m. Southenwalk HOA Town Hall Meeting(NC) 8:00p.m. Investment Club(CC)
17th	8:00a.m. - 2:00p.m. Broadlands Community Wide Yard Sale
21st	7:00p.m. Modifications Subcommittee Meeting(NC)
24th	Nature Center Open 10:00a.m. - 2:00p.m.
28th	7:30p.m. Book Club(NC)

## Committees

**Broadlands Live! Summer Concert Committee**  
**Chair:** Open.

**Community Events Committee**  
**Chair:** Tammy Wells, tammy@jwells.us

**Community Wildlife Habitat Committee**  
*Provides information about wildlife habitats and promotes environmentalism within the National Wildlife Federation's goals.* **Chair:** Oya Simpson, (703) 725-8040, osimpson@broadlandsnaturally.org.

**Neighborhood Watch Committee**  
**Chair:** Open

**Recreation Committee**  
**Chair:** Open. Contact Staci Kapinos, ssdkapinos@yahoo.com, (703) 728-5849 for more information.

**Swim Team**  
Website: www.broadlandsswimteam.org

**Technology Committee (broadlandshoa.org)**  
*Will meet the 2nd Wednesday of each month at 7:30 pm in the Nature Center. Open to all residents.*  
**Chair:** Dawne Holz, dawne@holzfamily.net

**Webmaster:** webmaster@broadlandshoa.org

