

BROADLANDS

A photograph of a football field at sunset. In the foreground, a brown leather football with white laces lies on a grassy field scattered with fallen autumn leaves. In the background, a football goalpost stands against a backdrop of trees with vibrant orange and yellow foliage. The sun is low on the horizon, creating a warm, golden glow across the entire scene.

Are You Ready For Some Football?

- Come out and support your local high school football team! Briar Woods High School's first home game is on September 10th at 7:00pm. See page 19 for more fall sports schedules.
- Join us for the next Broadlands Live concert on September 4th, featuring headliner Scott Kurt & Memphis 59! More info is on page 6.



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BROADLANDS



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Board of Directors Upcoming Meeting

Tuesday, September 15th - 6:00pm

Board Meeting Information

Monthly meetings are generally held on the second Tuesday of the month at 6:00pm. Residents are welcome to observe the public portion of meetings and to address the Board during the 'Homeowner Forum' section of the meeting. Check website for details.

Board of Directors August 11th Meeting Highlights

- Approved the minutes from the July 14, 2026 Board Meeting, as amended
- Discussed a proposal for Gaga ball and directed management to obtain additional information
- Reviewed a zoning determination letter provided by the county
- Reviewed a pool management bid analysis and directed management to obtain references and additional information
- Discussed the performance of Patriot Disposal Services
- Reviewed the setup of the Broadlands Commercial Association and subject properties
- Approved a land acquisition offer from VDOT to purchase property for a shared use path on Wynridge Drive
- Approved a proposal from Wetland Studies and Solutions for invasive plant species management, to be reimbursed through the Loudoun County Invasive Species Management Program
- Approved the execution of the bond release letter and wet pond agreement for section 23-2
- Approved the execution of the stormwater management responsibility letter for section 202
- Approved a proposal for turf renovation from HLS
- Conducted hearings and assessed charges for outstanding violations
- Reviewed delinquency reports
- Denied a request for the reversal of violation charged
- Reviewed pool incident reports

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

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Modification Subcommittee Meeting 7:00pm - Virtual	3	4 College Colors Day Broadlands Live! 5:30 pm - HP	5 International Bacon Day
6 Read A Book Day	7 Labor Day Last Day of Pool Season HOA Offices Closed for Labor Day	8 International Literacy Day Star Trek Day	9 Modification Subcommittee Submissions Due 12:00pm Events Committee Meeting 8:00pm - Virtual	10 Newsletter Submissions Due - 12:00pm	11 Rosh Hashanah (Begins)	12 Dog Swim 9:00am (SB)
13 Rosh Hashanah (Ends) Grandparents Day	14	15 HOA Board Meeting 6:00pm - CH and Virtual	16 International Day for the Preservation of the Ozone Layer Modification Subcommittee Meeting 7:00pm - Virtual	17	18	19 Oktoberfest (Start)
20 Yom Kippur (Begins)	21 Yom Kippur (Ends)	22 National Voter Registration Day	23 Start of Fall (Autumnal Equinox)	24	25 National Comic Book Day National Daughter's Day	26 National Pancake Day Yard Sale 8:00am throughout the community
27 National Chocolate Milk Day	28 National Son's Day	29 National Coffee Day	30 Modification Subcommittee Submissions Due 12:00pm			

Key: AO=HOA Administrative Office; CC=Community Center; HP=Hillside Park; SB - Summerbrooke Pool

Broadlands Receives County Grant for Invasive Plant Removal

I am thrilled to announce that Broadlands has received a \$26,750 Loudoun County Invasive Plant Species Management Program (IPSMP) grant to support invasive plant removal and long-term restoration efforts in key common areas here in our community.

This effort began with an invasive-plant site survey completed in February 2025, by Blue Ridge PRISM. The survey identified invasive vegetation in priority common areas and helped establish the basis for a targeted management plan. The initial assessment and project development were coordinated by Jennifer Crane, Chair of the Conservation Landscaping Committee.



Tree-of-Heaven Branch



Amur Honeysuckle Leaves

The survey documented a wide range of invasive plants, including invasive trees such as tree-of-heaven, royal paulownia, and white mulberry; shrubs including autumn olive, Amur honeysuckle, multiflora rose, and winged euonymus; and vines such as English ivy, Japanese honeysuckle, and Oriental bittersweet. These plants can crowd out native vegetation, diminish wildlife habitat, and weaken the long-term health of wooded areas.

The IPSMP is part of a countywide initiative approved by the Loudoun County Board of Supervisors in

2025. The program provides funding for high-impact invasive plant removal projects while encouraging public education about the effects invasive plants have on local ecosystems, public safety, and the local economy.

Work will focus on two priority locations:

- The wooded area south of the Broadlands HOA office, excluding the pond; and
- Common areas along Claiborne Parkway, from Waxpool Road to Vestals Gap Drive, including the wooded area bounded by Claiborne Parkway and Vestals Gap Drive.

Wetland Studies and Solutions, Inc. will complete the project's initial treatment and provide continued monitoring and maintenance over a three-year period. The initial work will include mechanical cutting and targeted treatment of priority invasive vegetation. During the first year of maintenance, the contractor may conduct up to two growing-season treatments while monitoring for native revegetation and new invasive growth.

The County's program is designed as a partnership between Loudoun County and private property owners. In exchange for grant support, recipients conduct outreach activities
GM Message continued on page 12



English Ivy Vines



Japanese Honeysuckle Leaves



White Mulberry (Morus alba) Branch

Free Concert Series

Hillside Park 🎵 43051 Waxpool Road

August 7th & September 4th - 5:30-9:00pm

October 2nd - 5:30-8:00pm



2026
LINE UP

AUGUST 7th

5:30 - DJ Audio AJ

6:45 - Cumberland Road

Faithful renditions of the biggest 90's country hits from Brooks & Dunn, Shania Twain, Garth Brooks, Alan Jackson, and more.

SEPTEMBER 4th

5:30 - DJ Brian

6:45 - Scott Kurt & Memphis 59

90's and classic rock with heartland country, crafting a high-energy sound that honors tradition while staying fresh and turning every show into a celebration.

OCTOBER 2nd

5:30 - The Reflex

They'll rewind the clock and take you "back in time" by recreating the sounds, looks, and intensity of the best songs of the 80's.

BROADLANDS LIVE! offers the enjoyment of listening to cool tunes in our very own natural amphitheater. Bring your dancing shoes and enjoy the awesome vibes of all the performers! Bring your own picnic or let our

food truck vendors make your evening that much easier with a stress-free night of fun. Don't forget your blankets & folding chairs! In addition, there will be face painters and balloon animals from 5:30-8:00pm.

GOLD SPONSOR



Food Trucks at Concerts:

August 7th: Four Guys Food Truck
Bruster's

September 4th: Two Smooth Dudes
Hershey Mobile

October 2nd: A Southern Fish Fry
Robeks

BYOB, but no glass permitted. Alcohol must be consumed in the beer garden.
Must be 21 years of age to consume alcohol - 100% ID check

This event is for Broadlands residents and their guests.

NO PETS ALLOWED | NO SOLICITING

Find us on Facebook, Instagram and

Broadlandslive.com



SILVER SPONSORS



ENTERTAINMENT SPONSOR:



First Day of School Photos

Got some great pics of your kids on their first day of school?

Send them in for publication in Our Neck of the Woods, Broadlands HOA's official newsletter. *Please email photos to newsletter@broadlandshoa.com by close of business, 5:00pm, Thursday, September 10th.*

We look forward to receiving photos of all our young residents to show off in the October newsletter!

Join Us for the 2026 Jingle Bell Bazaar!

Formerly known as the Holiday Market, the **Jingle Bell Bazaar is coming to Broadlands on Saturday, December 5, 2026, from 10:00am – 2:00pm!**

We're looking for talented crafters and vendors to share their unique creations and products with our community. Do you make art, knit, paint, bake, bead, woodwork, or create something special? We'd love to have you join us!

Location: Broadlands HOA Administrative Office parking lot

Date: Saturday, December 5, 2026

Time: 10:00am–2:00pm

Vendor registration is now open!

Register at: <https://firstserviceresidential.myeventscenter.com/broadlands>

Questions? Please contact Crystal Boswell, Events Manager, at events@broadlandshoa.com.



Come showcase your talents, connect with the community, and help us make this year's Jingle Bell Bazaar merry and bright!

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Dog Owner Etiquette

As a responsible dog owner, it's important to manage your pet's behavior and follow certain rules of etiquette to ensure that you and your furry friend(s) are courteous members of the community. Following these guidelines can help you maintain good relationships with your neighbors and keep your dog safe and happy.

AS A RESPONSIBLE DOG OWNER...

SCOOP THE POOP

It is important to remember to always scoop the poop and properly dispose of it. Not only is it the courteous thing to do for your community, but it also helps keep public spaces clean and safe for everyone. So the next time you take your dog for a walk, be sure to bring along a bag or use one of our many Mutt Mitt stations to pick up and properly dispose of your pet's waste.

CALM YOUR BARK

It is important to be mindful of your pet's barking. Excessive barking can be a nuisance to your neighbors and disrupt the peace of the community. Avoid leaving them alone for extended periods as this can lead to boredom and excessive barking. If your dog does bark, be sure to address the issue promptly and consider using a bark collar or try seeking professional help if necessary. Remember, being a considerate dog owner means being mindful of your dog's impact on others.

DON'T UNLEASH THE HOUNDS

It is important to keep your dog on a leash when in public spaces. This not only ensures their safety but also the safety of others around them. Always keep your dog on a leash while walking them in public areas such as parks, sidewalks, or trails. Also, make sure to choose the right leash length for your dog's size and strength. Remember, keeping your dog on a leash is not only a matter of following the rules and a safe practice but also a matter of being courteous to others.

R-E-S-P-E-C-T

It is important to respect people who do not like dogs or are afraid of them. Even if you believe that your dog is friendly and harmless, not everyone may feel comfortable around them. It is important to be mindful of other people's feelings and avoid bringing your dog too close to them. If someone expresses their discomfort or fear around your dog, it is best to keep your dog at a safe distance or move away from them altogether. Remember, being a considerate dog owner means being respectful of others, even if they do not share your love for dogs.



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3rd–5th Grade Halloween Party!

Get ready for an evening of spooky fun, games, and great memories! We're excited to invite all 3rd–5th graders to our annual Halloween Party! There will be food, drinks, candy, games and plenty of Halloween fun!

Date: Friday, October 23rd

Time: 6:00pm – 8:00pm

Location: Broadlands Community Center

Register: You must register to attend. Use the QR code or visit broadlandshoa.org/kids-halloween-party

Please note: *This is a kids-only event. Parents/guardians may attend only if they have signed up to volunteer.*

Come dressed for Halloween, bring your best party spirit, and get ready for a frightfully fun night! We can't wait to see you there!



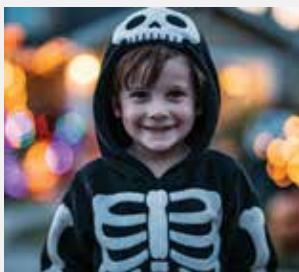
Mark Your Calendars for Our Halloween Costume Contest!

Get ready for an afternoon of **Halloween fun for the whole family!**

Join us on **Sunday, October 25, 2026, from 12:00pm – 3:00pm** at the **HOA Administrative Office**. There will be a costume contest for a chance to win a prize, a DJ, games and much more.

Come dressed in your spookiest, silliest, or most creative costume and show off your Halloween spirit! No registration necessary.

We can't wait to see everyone's amazing costumes!



Girls' Night Out Paint & Sip

Date: Friday, November 6, 2026

Time: 6:00pm - 8:30pm

Location: Broadlands Community Center, 43004 Waxpool Road

Register at: firstserviceresidential.myeventscenter.com/event/Paint-Sip or scan the QR code

Your registration includes:

- Small bites
- One non-alcoholic beverage
- A fun evening of painting and socializing
- BYOB (Bring Your Own Beverage)
- \$45.00 per person

Please Note:

- *Must be 21 years of age or older to attend*
- *Event is for Broadlands residents only*

Gather your friends and join us for a creative, relaxing evening filled with art, laughter, and great company! Registration open.



Stay tuned for our October issue, where we'll feature another exciting event for kids!

Patriot Disposal Trash, Recycling, and Yard Waste Collection Schedule

Trash, Recycling, and Yard Waste Collection:

- Place containers out the night before collection day after 6:00pm or before 6:00am the day of pick up.
- Containers should be out of sight by 9:00am on the day following collection.

Trash Collection:

- Trash is collected on Mondays and Thursdays.

Recycling Collection:

- Recycling is collected on Thursdays.
- Recyclable materials can be co-mingled.
- Plastic bags CANNOT be recycled.
- Scrap metal – Please call Patriot Disposal to set pick-u day 1-703-257-7100: i.e. foil, pie tins, trays, pots and pans, small car parts, grills, bicycles, swings, etc.

Yard Waste Collection:

- Yard waste is collected on Mondays from March through December 24th.
- During January & February, yard debris (leaves, grass clippings, brush) may be mixed with trash. Yard waste may not be mixed with recycling.
- Grass clippings and leaves must be set out for pickup in lawn paper bags or in a bin.
- Brush must be less than 4 inches in diameter, cut into 4 foot lengths, and tied in small bundles or bagged.
- Food waste mixed in with yard waste will be accepted, as it can be composted.

Special/Bulk Pick-ups:

- Please contact Patriot Disposal, 1-703-257-7100 or customerservice@patriotdisposalservices.com, to arrange pickup of special/bulk items.
- Expect additional charges for special/bulk items.
- Special/Bulk items will be collected weekly.
- Examples of Special/Bulk items include appliances, mid to large furniture, and other large items.

Trash Containers Notice:

- *If trash containers are left in public view outside these approved times, violation notices may be issued, and continued noncompliance could result in a hearing before the Board of Directors.*

Exterior Modifications



Per Article 7, Section 7.5

(a) Additions, Alterations, or Improvements by the Owners -

“No person shall make any addition, alteration, or improvement in or to any Lot or any portion of the Property which is visible from the exterior of the Lot or such portion of the Property, without the prior written consent of the Covenants Committee.”

If you are unsure if approval is required for your project, contact Robin Crews, Modifications/ Resale Manager at rcrews@broadlandshoa.com or 703-520-9902. The Committee meets virtually at 7:00pm on the first and third Wednesdays of the month March-October and the third week of the month November-February. *If you wish to attend a meeting, contact Robin Crew, rcrews@broadlandshoa.com.* Applications must be submitted by noon on the Wednesday before the meeting by emailing them to rcrews@broadlandshoa.com or delivering them to the HOA Office drop box at 21907 Claiborne Parkway.

Please review the Design Guidelines and submission requirements at broadlandshoa.org. *Failure to include all required information will delay review of your application.* Once the Committee has reached a decision, the results will be delivered via email. If an email address is not provided, results will be mailed. Emails will be sent from no-reply@email.smartwebs.com should you wish to add this email address to your contact list to ensure prompt delivery. Please check your inbox and junk/spam folders or contact the HOA office at 703-520-9902 if you have not received your results within 10 days following the meeting.

Modifications Subcommittee Submission and Meeting Dates

Submission Deadline By Noon	Meeting Date
August 26th	September 2nd
September 9th	September 16th
September 30th	October 7th
October 14th	October 21st
November 11th	November 18th
December 9th	December 16th

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

Are You Selling Your Home?

Save yourself time and aggravation by ensuring you have approved applications for all exterior changes or additions made on your property before listing your home. Walk around your home and look for any maintenance violations such as siding repair, exterior trim maintenance, deck/fence repair, fresh coat of paint or stain maintenance, mailbox unit repair, removal of any mildew, screen window repair or roof repair. Refer to your property plat to locate your property lines because you may have accidentally placed something in the common area that will need to be removed before settlement.

When you sell your home, you are required to request a resale disclosure package for the buyer.

Once the request has been executed, it notifies the HOA to come to your property to perform a resale inspection. The inspectors will look for any structures that have not been approved by the Modifications Subcommittee, that are not in compliance, and for maintenance violations. The results of the resale inspection are embedded in the resale disclosure package that is provided for the buyer. It is the seller's responsibility to rectify all violations found on the property before settlement of the home. If any violations are not rectified before settlement, then the new owner will be responsible.

There are submission procedures on the HOA website, broadlandshoa.org, to help guide you through the application process. Please refer to the online Design Guidelines for detailed information.

The Design Guidelines provide a framework to maintain design quality and encourage consistency throughout the community. If you have any questions about architectural modifications or your resale inspection results, please contact Modifications and Resale Manager Robin Crews at 703-520-9902 or rcrews@broadlandshoa.com.



Covenants Corner

We certainly hope that everyone is having a wonderful summer. I want to thank everyone for taking such good care of their properties—our entire community has benefited from your efforts.

Below are a few reminders regarding ongoing issues that occasionally arise within the community:

Landscaping:

Landscaping is one of the first things people notice about a home, and it plays a big role in the overall look of the neighborhood. Mowing the lawn, keeping landscape beds maintained, and making updates to plantings are all part of that. Regular upkeep like mowing, trimming, weeding, edging, and new mulch makes a big impact in keeping properties looking neat and well cared for. Consistent maintenance helps keep everything looking refreshed.

Pets:

Pets are a big part of our lives as well as the community. The recurring concern we receive, however, is related to pet waste. Please remember to clean up after pets and dispose of waste properly, and to keep pets always leashed and under control.

Parking:

With summer activity, visiting guests, multiple drivers in a household, and late-night arrivals, parking conditions can change quickly throughout the community. A little extra attention can help prevent vehicles from creating access issues for neighbors or making neighborhood streets more difficult to navigate. Please remember not to block sidewalks, driveways, mailboxes, or fire lanes. Keeping these areas clear ensures safe access for pedestrians, mail and service providers, and emergency vehicles.

Trash and Recycling:

Trash and recycling are among the most common concerns we hear about, and they are also among the easiest to address. Place trash and recycling bins out only on collection days, then store them out of sight after pickup is complete. Wind and storms can scatter loose trash throughout the neighborhood, so closing lids and securing items helps keep the community clean and free of litter.

As we look ahead to the fall season, thank you for helping keep our community a great place to live.

Suzan Rodano,
Your Covenants Manager



HOME CHECKLIST

Clean and Keep Free of Mildew/Build-Up:

- ☐ Siding
- ☐ Basement walk-ups and surrounding areas
- ☐ Front stairs and sidewalks
- ☐ Decks, fences, sheds

Damaged Exterior Trim/Rotting Wood

- ☐ Trim around doors, windows, garage & corners
- ☐ Roof line (fascia and rake boards) trim and wrap
- ☐ Soffits are properly secured
- ☐ Windows (dormer, bay, etc.)
- ☐ Bump-out areas
- ☐ Porches, decks, sheds
- ☐ Mailbox post

Fresh Coat of Paint/Stain

A fresh coat should be uniform and consistent in appearance.

Application is required for color changes or new stains.

- ☐ Trim (exterior trim should have a consistent color throughout)
- ☐ Shutters, front doors, railings
- ☐ Fences, sheds, trash enclosures
- ☐ Mailbox post

Repair & Replace

- ☐ Falling/damaged lattice on decks and fences
- ☐ Fence/gate repairs such as warped, cracked, missing, and peeled (splintered) boards, including top rails

Home Exterior

- ☐ Missing shutters
- ☐ Loose siding or wrapped trim
- ☐ Crooked, missing, and broken light fixtures
- ☐ Damaged mailboxes (i.e. rusted, missing flags)
- ☐ Trash and recycling containers stored out of sight
- ☐ Garage doors in good condition (i.e. no dents/broken panels)

Landscaping

- ☐ Neat appearance of the lawn, free of weeds, and edged
- ☐ Landscape beds free of weeds, fresh mulch applied (no red)
- ☐ Bags of mulch, dirt, etc. properly stored out of view
- ☐ Remove dead bushes and trees (may need approval)

Exterior Modifications

*The following items require approval from the Modifications Subcommittee before starting these projects. This list includes common projects but is **not a complete list** of all projects needing approval:*

- ☐ Decks, fences, sheds, trash enclosures
- ☐ Paint/stain color changes
- ☐ Addition of storm/screen doors
- ☐ Play equipment, including trampolines and basketball goals
- ☐ Changes to light fixtures – if style/color/size are not the same as the originally installed fixtures
- ☐ Patios, walkways, retaining walls, pools
- ☐ Addition of lattice/privacy screens and change in building materials

GM Message continued from page 5

that help residents recognize invasive plants and understand the value of native alternatives. Broadlands will support this effort with educational signage in project areas, articles and updates in community communications, and social-media outreach.

I want to extend special thanks to board member Bill Kolster, who performed the substantial behind-the-scenes work to prepare and submit the grant application. His efforts ensure Broadlands secures this funding and advances a project that will improve the health, appearance, and ecological value of our common areas.

Residents may also have an opportunity to participate in a follow-up invasive removal workday event planned for approximately two months after the initial treatment. The event is expected to involve members of the Conservation Landscaping Committee and will provide an opportunity for residents to support the project directly. More details will be shared as project dates are confirmed.

For more information about the County's Invasive Plant Species Management Program, residents may visit <https://www.loudouninvasives.com/ipsmp-grant>.

Sarah

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

Exhibits A and B



Exhibit A



Exhibit B

E-Bike and Micromobility Safety in Our Community

Electric bicycles and other micromobility devices are becoming increasingly common throughout our community, offering a convenient and eco-friendly way to travel short distances. Micromobility devices include e-bikes, electric scooters, hoverboards, and electric skateboards, and while they are a great alternative to driving, they also come with important safety responsibilities.

Recent events here in Loudoun County serve as an important reminder of these risks. In early June, a teenager riding an e-bike was seriously injured in a collision with a vehicle, prompting the Loudoun County Sheriff's Office to urge parents and riders to take e-bike safety more seriously. Officials emphasized that although these devices may look like traditional bicycles, they can accelerate quickly and reach higher speeds, which can lead to dangerous situations if riders are not fully attentive or experienced.

Because of this increased speed and limited physical protection, riders are considered vulnerable road users and must exercise extra caution. All riders should obey traffic laws, follow posted signs, and yield to pedestrians at all times. E-bikes and similar devices should be used in appropriate areas such as bike lanes or low speed roads, and sidewalk riding should be avoided where not permitted. Riding too fast or failing to watch for vehicles and pedestrians is a leading cause of accidents, and slowing down in busy or low visibility areas can make a significant difference.

Safety equipment is essential every time you ride. Wearing a properly fitted helmet is strongly encouraged and, for younger riders, may be required by law. Visibility is equally important, particularly during early morning or evening hours. Riders should use front and rear lights and consider wearing reflective or brightly colored clothing to ensure they can be seen by others. The increase in injuries associated with micromobility devices underscores how important these basic precautions are in preventing serious harm.

Parents and guardians play a critical role in keeping younger riders safe. The Loudoun County Sheriff has specifically urged parents to closely supervise children using e-bikes and to understand the capabilities of the devices before purchasing them. Many e-bikes can reach speeds that younger or inexperienced riders may not be prepared to handle, and without proper guidance, they may not fully understand traffic rules or safe riding behavior.

We have also seen an increase in damage to community property associated with improper

e-bike use. Riding off designated paths has led to torn and worn turf, and misuse of tot lot areas has caused damage to safety surfacing that is intended to protect children at play. In addition, there have been growing concerns about excessive speeds on our trail system, where riders are coming too close to walkers, joggers, and pets, creating unsafe situations and near collisions. These shared amenities are meant for everyone to enjoy, and their safety depends on responsible use. Parents are strongly encouraged to speak with their children about riding safely, respecting community spaces, and being courteous to others. Slowing down, staying on appropriate surfaces, and showing consideration for neighbors will help preserve our community and prevent accidents.

Proper parking, storage, and charging are also important parts of responsible micromobility use. Devices should be parked upright and kept clear of sidewalks, entrances, and accessibility ramps so that pathways remain safe and accessible. Batteries should only be charged with manufacturer approved equipment and should not be left unattended for extended periods. Storing devices in a dry, safe location away from exits helps reduce potential safety hazards in the home.

Finally, courtesy and awareness help create a safer and more enjoyable environment for everyone. Riders should signal when turning or passing, provide a warning when approaching others, and always be respectful of shared spaces. These small actions can prevent accidents and promote a sense of community.

Micromobility devices are a valuable and growing part of modern transportation in Loudoun County, but as recent incidents have shown, they must be used with care.

By following these guidelines and staying informed, we can all help ensure that our community remains safe for riders, pedestrians, and drivers alike.





Girls Night Out

PAINT & SIP

Party

November 6th

6:00pm - 8:30pm

Broadlands Community Center
43004 Waxpool Rd

\$45 Includes: Small Bites and
a Non-Alcoholic Beverage

Must Register In Advance

firstserviceresidential.myeventscenter.com/event/126072



Must be 21 and Over

BYOB

Broadlands Resident's Only





FALL PROGRAMS ARE OPEN

Tennis and pickleball programming for every age and skill level

WELCOME

Meet Coach Evan Katz



Director of Tennis & Pickleball

With nearly a decade of experience leading successful racquet sports programs and as Vice President of Blue Chip Sports Management, Evan is passionate about creating engaging, high-quality programming that is fun for participants.

GET IN TOUCH

broadlands@bluechiptennis.net
202-792-2860
broadlandshoa.org/lessons

REGISTRATION

Find your game this fall.

Registration is now open for Broadlands Fall Tennis & Pickleball programs. Whether you're looking for instruction, competition, or court time with friends, there is a program for you.

JUNIOR CLINICS

For developing players

ADULT CLINICS

Level up your game

LEAGUES + LESSONS

Learn or compete

PICKLEBALL

Play, practice, connect

COURT REMINDER

PICKLEBALL COURT RULES

Pickleball is not permitted at the Claiborne Courts (21970 Claiborne Parkway). Players will be asked to leave. Pickleball courts are available at Hillside (Stonehouse) and the Villages courts on Stillwater.

REGISTER TODAY • SAVE YOUR SPOT • SEE YOU ON THE COURTS



SUNDAY, OCTOBER 25TH

Walk, run, roll, stroll or cheer with us on a certified course through Broadlands, timed by Potomac River Running. Racers receive a t-shirt, post-race lunch, and awards at Clyde's Willow Creek. Every step supports Sprout Center, a 501(c)(3) nonprofit providing hope, healing, empowerment, and community through partnerships with horses.

REGISTER: <https://runsignup.com/Race/VA/Ashburn/Sprout5K>

LEARN MORE ABOUT SPROUT: www.sproutcenter.org



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Discount applied when you schedule with a neighbor!

The Sprout 5K - A Race That Ends in a Barn

By: Brooke Waldron

Before hundreds of runners ever stood at the starting line of the Sprout 5K, there were a lot of “NO’s.”

In 2013, Sprout Therapeutic Riding & Education Center had an idea for a community 5K. The small Aldie nonprofit began looking for a place to hold it—and was turned down time and time again.

But at Sprout, a “NO” has always been a reason to find another way.

The organization is built around people it affectionately calls “Possibilitarians”—people who see opportunity in challenge, believe there is always a way forward, and work together to make things happen.

So, Sprout kept asking. Then they asked the Broadlands community and Clyde’s Willow Creek Farm. For the first time, the answer was “YES!”

That YES became the beginning of a Loudoun County tradition. Over the past 13 years, approximately 5,000 people have crossed the Sprout 5K finish line, each with a different reason for being there and, in many cases, an incredible story.

A runner celebrating a 200-pound weight-loss journey. Riders cranking wheelchairs, using walkers and supported by service dogs. Ty Nichol森 (who grew up in Broadlands) began running the race at 13 and still returns—and wins every year—as an adult. And Bud, who completed the race barefoot in 2023.

“I run barefoot because I realized it’s more fun!” Bud said. “The Sprout 5K route is my ideal.”

Timed by Potomac River Running, the race brings together competitive runners chasing personal bests, families walking together, school groups, sports teams, local businesses and neighbors who simply want to spend a fall morning doing something good in their community.

But while the Sprout 5K begins on pavement, it really ends in a barn.

Just down the road in Aldie is Sprout Therapeutic Riding & Education Center, serving approximately 185 individuals each week through partnerships

with horses. Riders come with different abilities, challenges and goals, but each arrives deserving the same things: opportunity, belonging and the chance to discover what is possible.

Sprout’s mission is to provide hope, healing, empowerment and community in a farm setting. Remarkable horses carry and connect with riders, instructors help them discover new abilities, and volunteers walk beside them—sometimes literally—one step at a time. Together, they create a community where riders are supported, challenged and celebrated for what they can do.

The 5K has helped sustain and grow that mission while creating a community of its own.

On October 25, the Sprout 5K returns to Broadlands, starting at Clyde’s Willow Creek Farm. Some participants will be there for the first time. Others have returned so many years that the race has become a family tradition. All will become part of a story that began with a series of “NO’s,” one important “YES,” and a group of people who refused to stop believing in what was possible.

The Sprout 5K may start and finish in our neighborhood, but it really ends just down the road—in a barn where horses and people are changing lives together. Check them out at www.sproutcenter.org and become a Possibilitarian too!





Shop and sell
at private
residences
throughout
the
Broadlands
neighborhood

**RAIN OR
SHINE**

Fall Yardsale



SATURDAY, SEPTEMBER 26TH 8:00AM-2:00PM

**If you would like to be included in the online listing
of addresses, complete the online
Yard Sale Submission Form at:
<https://broadlandshoa.org/yard-sale/>**



**Residents are RESPONSIBLE for checking the
website to ensure inclusion and accuracy. Residents
do not have to be on the list of participants to be
part of the community yard sale.**

**Check out the list of participants to see what's for sale and
view the Community Map to find each location at
broadlandshoa.org/yard-sale**

Back to School Safety Tips from the County Sheriff's Office

Loudoun County Public Schools started a new year on Monday, August 17th, and private schools are starting again too. Now is the time to review important safety information with your children so they are best prepared. The checklist applies to all school children, whether they walk, ride a bike, or take a bus, and is also relevant for parents and drivers during the school day. The Loudoun County Sheriff's Office (LCSO) is here to help keep our children and communities safe, and we ask for your help as essential partners.

WALKERS

- ☐ Parents: Practice walking to school with your child, crossing streets at crosswalks when available.
- ☐ Walk on the sidewalk. If there is no sidewalk and you must walk in the street, walk facing traffic.
- ☐ Before crossing the street, stop and look left, right, then left again to see if vehicles are coming.
- ☐ Never step out into the street in front of a parked vehicle.
- ☐ Never walk while texting or talking on the phone.
- ☐ Never walk while using headphones.
- ☐ Pay close attention to crossing guards.

BIKE RIDERS

- ☐ Parents: Teach your child the rules of the road. Ride single file on the right side of the road, come to a complete stop before crossing a street, and always walk your bike across.
- ☐ Watch for open vehicle doors and other hazards.
- ☐ Use hand signals when turning.
- ☐ Wear bright-colored clothing.
- ☐ Always wear a helmet that is properly fitted and secured.

BUS RIDERS

- ☐ Parents: Teach your child the proper way to get on and off the bus.
- ☐ Line up starting at least 6 feet away from the curb when your bus approaches.
- ☐ If seat belts are available, buckle up.
- ☐ Wait for the bus to stop completely before standing.
- ☐ If possible, do not cross in front of the bus when getting on or off, or walk at least 10 feet in front so you can clearly see the bus driver.

DRIVERS SHARE THE ROAD

- ☐ Do not block crosswalks.
- ☐ Yield to pedestrians in crosswalks and take extra care in school zones.
- ☐ Never pass a vehicle stopped for pedestrians.
- ☐ Never pass a bus loading or unloading children.
- ☐ The 10-foot area surrounding the bus is the most dangerous for children. Provide sufficient space to allow children to safely enter and exit the bus.
- ☐ Comply with speed limit signs, avoid distractions, and be mindful of the rules in school zones.

Loudoun Wildlife Conservancy's Fall Native Plant Sale

Loudoun Wildlife Conservancy will hold its Fall Native Plant Sale on Saturday, September 12th from 9:00am-2:00pm in the Morven Park main parking lot located at 17195 Southern Planter Lane in Leesburg. For more information, visit loudounwildlife.org

There will be:

Plants from local native plant nurseries, partner table spotlights, special guests & presentations, local community partners and so much more!

Ashburn Volunteer Fire and Rescue News

- September 26th, 9:00am - 7th annual Harvest Blaze 5K & Kids Spark Sprint. Starts & ends at Route 7 Brewing located at 20051 Riverside Commons Plaza #148, Ashburn. Stay at the after party and enjoy live music, food and more!!

Save the Date For:

- October 5th - Open House - 12:00pm - 4:00pm
- For more info visit: ashburnfirerescue.org/events/

Come Out and Support Briar Woods High School Athletes!

Football:

- Thursday, September 3rd — 7:00pm at Brentsville District HS
- Thursday, September 10th — 7:00pm at Briar Woods HS
- Friday, September 18th — 7:00pm at Briar Woods HS

Golf:

- Tuesday, September 8th — 3:00pm at Freedom HS (South Riding)

Boys Varsity Volleyball:

- Tuesday, September 1st — 7:00pm at Broad Run HS
- Tuesday, September 8th — 5:30pm at Briar Woods HS
- Tuesday, September 15th — 5:30pm at Potomac Falls HS
- Thursday, September 17th — 7:30pm at John Champe HS
- Tuesday, September 22nd — 7:30pm at Briar Woods HS
- Tuesday, September 29th — 5:30pm at Briar Woods HS

Girls Varsity Volleyball:

- Tuesday, September 1st — 5:30pm at Broad Run HS
- Tuesday, September 8th — 7:30pm at Briar Woods HS
- Thursday, September 10th — 7:15pm at Millbrook HS
- Tuesday, September 15th — 7:00pm at Potomac Falls HS
- Thursday, September 17th — 5:30pm at John Champe HS
- Tuesday, September 22nd — 5:30pm at Briar Woods HS
- Tuesday, September 29th — 7:30pm at Briar Woods HS

Broadlands Area Clubs and Groups

Includes **Broadlands** and surrounding **Ashburn** area clubs and groups. To be included on this list or if your club has an announcement or an event you would like published, please email Newsletter@broadlandshoa.com.

ASHBURN JUGGLERS

The Ashburn Juggling Society meets monthly. Meetings are open to jugglers of all skill levels and ages. We can teach anyone! For more info about meeting dates, locations and times, visit ashburnjuggling.wixsite.com/site. Questions? email info@ashburnjuggling.club.

ASHBURN TOASTMASTERS

Are you interested in improving your public speaking and leadership skills? We meet in the Broadlands Community Center, 43004 Waxpool Road, on the second and fourth Wednesdays of the month at 7:15pm. Guests are welcome. For more info, contact our VP of Membership at vpm-703053@toastmastersclubs.org or visit our website at ashburn.toastmastersclubs.org. No holiday meetings.

BROADLANDS CONSERVATION LANDSCAPE COMMITTEE

We are responsible for maintaining Broadlands' engagement in the National Wildlife Federation's Community Habitats Program. Join us to learn how you can help wildlife in and around Broadlands by contributing to greater biodiversity. Help us build a beautiful and more resilient future. Email BroadlandsWildlifeHabitats@gmail.com.

BROADLANDS EVENTS COMMITTEE

Broadlands hosts numerous events throughout the year that require volunteers. Simply show up and be prepared to have fun! Plus, volunteering is a fantastic way to meet your neighbors. *This month's meeting will be on September 9th.* Meetings are virtual unless otherwise noted. For more info and the Zoom link, email Crystal Boswell, Events Manager, at events@broadlandshoa.com or go to <https://broadlandshoa.org/our-community/events/>.

BROADLANDS LIVE! COMMITTEE

There are two Broadlands Live Concerts left this season, September 4th and October 2nd. To ensure these concerts are a success, the Committee relies greatly on volunteers. For volunteer opportunities, reach out to Jason at BroadlandsLive@broadlandshoa.com.

BROAD RUN DEMOCRATS

We are a group of like-minded, civically engaged neighbors who care about our community. We meet on the last Monday of the month. For more information, email Cory Brunet at cbrunet2@yahoo.com.

CUB SCOUTS & SCOUTS BSA

The Cub Scout program is designed for children grades KG-5, and Scouts BSA from grades 6-12. Troop 2970 (<https://troop2970.com>) meets at Our Savior's Way Lutheran; Troop 1154 (<https://ashburntroop1154.trooptrack.com>) meets at Eagle Ridge MS; Cub Scout Pack 1483 (Pack1483.org) meets at Hillside ES and serves the following elementary schools: Hillside, Mill Run, Waxpool & Moorefield Stn. To learn more about us, please visit: BeAScout.org.

EASTERN LOUDOUN 4-H CLUB

We are a local community club for kids ages 5 - 18. A variety of activities are offered throughout the year. Join the club to learn new skills, meet new friends, and have fun. Members attend monthly meetings in Ashburn, and we look forward to welcoming new families! Visit <https://easternloudoun4h.wixsite.com/club> or email loudoun4hleaders@gmail.com.

GIRL SCOUTS

Girl Scouts provides leadership training through STEM, outdoor experiences, skills badges, community service and entrepreneurship. For more information, please visit girlscouts.org.

GRIEFSHARE SEMINAR/SUPPORT GROUP

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

JUNIOR WOMAN'S CLUB OF LOUDOUN (JWCL)

Make a Difference. Make Friends. Join JWCL! The Junior Woman's Club of Loudoun is comprised of women (average ages 25-45) dedicated to serving our community through volunteer projects, fundraising, leadership opportunities, and friendship. Whether you have a few hours a month or a passion for community service, there's a place for you. Learn more at jwcl.org.

MOMS CLUB OF ASHBURN

MOMS Club stands for Moms Offering Moms Support. Ashburn resident moms who organize events for us and our young kids. For more information, please contact momsclub.ashburn@gmail.com.

MOMS IN PRAYER – BRIAR WOODS

Broadlands Christian moms are invited to join us to pray for our children and Briar Woods HS and feeder schools. We meet in person every other Friday at 8:00am. Contact Jocelyn for more information at 909-561-8560 or go to momsinprayer.org.

PRE-TEEN AND TEEN ASPERGER'S SOCIAL SKILLS GROUP

Run by Dr. Michael Oberschneider and Dr. Douglas Lipp. Group members work on coping and social skills development with Dr. Oberschneider. Dr. Lipp runs a parent group simultaneously that addresses various topics on parenting children and teens with Asperger's disorder. For more info, we invite you to call the practice at 703-723-2999.

REPUBLICANS FOR A BETTER WORLD

Join us for many different activities including service, conservation, politics and community. Lots of different projects on the agenda. For more information, please email especial417@gmail.com.

VENTURING – TEEN GROUP FOR ADVENTURE SEEKERS

Crew 2970 is new to Broadlands. Venturing is a different kind of Scouting America program geared towards boys and girls 14-21 years of age. The program develops leadership, citizenship and character through a youth-led program which allows them to plan and execute their own adventures and activities. For more info on our upcoming activities, please contact Thomas.Price3@verizon.net or visit: BeAScout.org.



Protect Your Pup's Paws from Hot Asphalt

Sources: **FOUR PAWS International** and **Wiggle Butt & Whiskers**

The high heat of summer can become extremely hazardous for your dog's paws. There is a simple test that you can do to check whether the pavement is too hot for your pet's paws by doing the “seven-second test.” Simply touch the pavement with the back of your hand for seven seconds. If you can't hold out for the full seven seconds because the surface is too hot, then it's also too hot for your dog's paws.

When is it too hot for dog paws?

If the air outside is pleasantly warm, you may think there's no risk that your dog's paws will get burnt. But the ground can get much hotter than the surrounding air and absorbs heat fast. The table below compares the temperatures of the air and asphalt under similar conditions:

Air temp.	Concrete temp.	Asphalt temp.
80 °F	95 °F	125 °F
85 °F	105 °F	130 °F
90 °F	125 °F	140 °F
95 °F	140 °F	155 °F

What's more, some surfaces get hotter than others. A study by Frostburg University has shown that when concrete reaches a temperature of 105°F, under similar conditions brick can get as hot as 110 °F and asphalt 130 °F.

Symptoms of Burns

- The affected area is reddened and swollen (1st degree)
- Clear blisters are visible (2nd degree)
- The skin is charred (3rd degree)

First Aid for Burnt Paws

If your dog's paws get burnt, you must always consult a vet as soon as possible, but in the meantime you should cool down the affected paws. The following first-aid measures are recommended by vets:

1. Cool the affected paws under running water (the water should not be ice-cold).
2. Bandage each affected paw or, failing that, protect it with a clean sock.

Take special care if using ice on your dog's burnt paws: *improper handling of ice can cause tissue damage.*

How to Avoid Burns

- Do the “seven-second test” before walking your dog.
- Walk your dog on grass or in meadows.
- Walk your dog at times when the ground is cooler – early in the morning or late in the evening.
- Invest in a pair of dog booties (Wagwear, PetSmart, etc.) to protect your canine's paws.

Navigating the Back-to-School Transition: A Parent's Survival Guide

Submitted By: Dr. Michael Oberschneider, Founder and Director of Ashburn Psychological and Psychiatric Services

The transition from summer's loose, unstructured rhythms to the rigid choreography of the school year is a major adjustment for the entire family. New classrooms, unfamiliar teachers, shifting social dynamics, and early alarms can bring a mix of excitement – and let's be honest -- a non-trivial amount of dread.

Children and adolescents experience this transition differently at each developmental stage. Understanding what is typical for their age helps us offer the right balance of structure, reassurance, and independence. After all, few diplomatic negotiations are more ambitious than trying to convince a teenager whose summer day routinely began at 3:00 p.m. that waking up at 7:00 a.m. is once again a reasonable human expectation. It is the biological equivalent of forcing a night owl to perform open-heart surgery at dawn.

Below is a clinically informed, parent-tested guide to navigating the return to school without losing your sanity.

1. Elementary School (Ages 5–10): Safety, Routine, and the After-School Collapse

For elementary-aged kids, school is a high-demand environment. They are building early executive-functioning skills, learning classroom etiquette, managing separation from caregivers, and navigating friendships; all while trying not to lose their water bottles for the third time in a week.

At this stage, the primary needs are predictability, emotional safety, and co-regulation.

Common Challenges

- **Separation Anxiety:** Particularly in kindergarten and first grade, saying goodbye at the school gate can trigger genuine distress, even in children who seemed entirely confident the night before.
- **Somatization (Physical Complaints):** Children often experience stress in their bodies before they have the emotional vocabulary to put it into words. Morning stomachaches, headaches, or sudden fatigue are often anxiety wearing a physical disguise.
- **End-of-Day Exhaustion:** Following directions, sharing space, sitting still, and managing big emotions for six hours requires monumental effort. Your child may hold it together beautifully at school, only to completely unravel the moment they cross your threshold.

Survival Strategies

- **Create an After-School Decompression Zone:** This post-school meltdown is often called "after-school restraint collapse." Think of your child like a shaken

soda bottle; they've been under pressure all day, and home is the safe space where they can finally let the fizz out. Before asking about homework, spelling tests, or why their lunchbox returned untouched, offer a snack, some water, and 30 to 60 minutes of unstructured downtime.

- **Make Routines Visual:** Young children respond far better to visual prompts than to a parent repeating the same instruction like a broken smart-speaker. A simple picture-based morning checklist (get dressed, brush teeth, pack backpack, shoes on) reduces power struggles. It means you will find yourself saying "check your chart" more times than you ever thought humanly possible, but it beats yelling.

- **Validate the Body, Calm the Mind:** If your child reports a stomachache before school, take the feeling seriously without letting it derail the morning. Try connecting the physical to the emotional: "I believe your tummy hurts. Sometimes our bodies feel tight or uncomfortable when we are nervous about school. Let's take three slow breaths together and see if we can help it settle." (Note: If physical symptoms are frequent, severe, or consistently interfere with attendance, consult your pediatrician).

2. Middle School (Ages 11–13): Identity, Autonomy, and the Social Microscope

Middle school is a developmental hurricane. Students are managing puberty, shifting friendships, growing academic demands, and a fierce desire for independence — all while possessing organizational skills that are still very much under construction. At this stage, peer acceptance is the currency of the realm. What looks minor to an adult — who sat with whom at lunch, an unanswered text, a group-chat exclusion — can feel like a catastrophic event to a middle schooler.

Common Challenges

- **Hyper-Sensitivity to Peer Evaluation:** Middle schoolers are highly attuned to status and perceived embarrassment. Their social world can feel like a high-stakes reality TV show where they are constantly at risk of being voted off the island.
- **Organizational Overload:** Managing multiple teachers, lockers, homework portals, and extracurriculars requires planning skills that their prefrontal cortex is not yet fully equipped to handle.
- **The Push for Autonomy:** A child who once welcomed your help may now respond to a gentle reminder with an eye-roll and a sharp, "I know!" This is developmentally appropriate, though admittedly difficult to appreciate before you've had your coffee.

Survival Strategies

• **Shift from Manager to Consultant:** Rather than taking over their backpack organization or micromanaging their planner, guide them toward self-reliance. Ask open-ended, collaborative questions: "What's your game plan for keeping track of assignments this week?" or "What support do you need from me to make sure this project gets done?" This keeps them in the driver's seat while keeping you close enough to grab the steering wheel if they head for a ditch.

• **Listen Before You Fix:** When your child shares a peer conflict, resist the urge to immediately solve it, call the school, or assure them that those kids "aren't real friends anyway." Start with validation: "It sounds like you felt really left out when they sat at the other table. That hurts." Often, simply feeling heard allows them to regulate enough to figure out their own next steps.

• **Establish Digital Boundaries Early:** Group chats can amplify daytime drama into late-night anxiety. Keep phones and tablets out of bedrooms overnight. This supports essential sleep hygiene and prevents midnight investigations into why someone viewed — but did not "like" — a social media post.

3. High School (Ages 14–18): Autonomy, Pressure, and the Long Game

High schoolers are preparing for the launchpad. They need room to make decisions, make mistakes, and build resilience — while still needing parents who serve as a steady, non-judgmental anchor. The primary challenges here center on chronic sleep deprivation, achievement pressure, and mental health.

Common Challenges

• **The Delayed Sleep Phase:** Adolescents are biologically wired to stay up later and sleep in later. Unfortunately, high school start times have missed this biological memo. Re-establishing a school-year sleep schedule can feel like negotiating a complex international treaty.

• **Performance Anxiety:** The pressure of grades, standardized testing, sports, and college admissions can lead teens to feel that every single quiz carries life-altering consequences.

• **Mental Health Vulnerability:** Anxiety and depressive symptoms often peak during these years, exacerbated by academic stress, social media saturation, and chronic exhaustion.

Survival Strategies

• **Treat Sleep as a Non-Negotiable:** Sleep is not a luxury; it is the foundation of adolescent mental health, emotional regulation, and cognitive function. Help your teen gradually shift their sleep schedule in the days leading up to school, and encourage them to wind down without screens. A manageable course load and Back to School continued on page 25

In Case You Need a Hand . . .

NON-EMERGENCY

Ashburn Fire	703-729-0006
Dominion Virginia Power	888-667-3000
Fire Marshal	703-777-0333
Loudoun County Sheriff	703-777-1021
Loudoun Water (customer service)	571-291-7880
Loudoun Water (after hours)	571-291-7878
Poison Control	800-222-1222
State Police	703-771-2533
Washington Gas	703-750-1000

BROADLANDS COMMUNITY

Mailbox (Main Street Mailboxes)	571-379-8454
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Snow Removal:

VDOT Streets	703-383-8368
HOA Streets	703-729-9704
Towing (Battlefield Towing)	703-378-0059
Trash Pickup (Patriot Disposal)	703-257-7100

Southern Walk HOA – Verizon FiOs Gigabit Internet Contract:

Customer Care Team	eastsupport.fsresidential.com or 800-870-0010
Verizon Retail Center	800-837-4966
SWHOA	info@swhoab.com or swhoab.com

PUBLIC INFORMATION

Animal Control/Shelter	703-777-0406
Building Permits & Dev.....	703-777-0220
County Landfill	703-771-5500
DMV (VA).....	800-435-5137
Health Department	703-777-0236
Library (Ashburn).....	703-737-8100
Loudoun Transit.....	703-771-5665
Loudoun Hospital	703-858-6000
Miss Utility.....	800-552-7001
Metro.....	202-637-7000
Parks and Recreation	703-777-0343
Loudoun County Commuter Services.....	703-771-5665
Road Conditions	800-367-7623
School Board.....	571-252-1000
Street Signs/Storm Drains.....	703-771-5666
VDOT	703-383-8368
Van Metre Homes	703-348-5800
Wildlife Hotline (local)	703-440-0800

SCHOOLS -BROADLANDS

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

MUSIC LESSONS

MINTONS ACADEMY OF MUSIC – STUDIO M Your Neighborhood Music School Since 2002:

Looking to bring more music into your child's life? Mintons Academy of Music, located just minutes from Broadlands, offers year-round private lessons in piano, guitar, voice, drums, strings, woodwinds, and more. Our instructors work with students of all ages and skill levels—from beginners to advanced performers. Visit MintonsMusic.com to explore our newest updates, view our programs, and schedule your first lesson. Mintons Academy of Music... Building musicians, one note at a time since 2002.

HOME SERVICES

CLEANING SERVICES:

Maria's Star Residential Cleaning has been servicing Loudoun and Fairfax counties for over 30 years with a small, dedicated team. Offering competitive rates and great references. Call Maria for a free estimate: (703)687-7628. Biweekly and monthly.

HOME REPAIRS AND SERVICES:

To include your needs for issues with: plumbing, electrical, water heater replacement, spigots, faucets, toilets, disposals, mailboxes, bathrooms, and more. Free estimates. Call or text: 571-426-2126.

MARKETPLACE/PROFESSIONAL SERVICES

MARY KAY:

Back-to-school beauty routine: Fall back into a simple yet effective skincare routine with the *Mary Kay Clear Proof® System* to fight breakouts and maintain clear, glowing skin. Ideal for all ages, this acne system helps balance oil and soothe your skin. For a complimentary skincare session or samples, contact Deborah Leben at 703-217-4583, deborahlebenmk@gmail.com or visit marykay.com/dleben.

REAL ESTATE

PRIVATE OFFICES FOR RENT:

Broadlands/Ashburn. One Page Lease. Month-to-Month or Longer. \$300 to \$495 per Month. One Month Security Deposit Required. Landlord is an Associate Real Estate Broker in Virginia. Contact Lonnie Stock at 703-201-8579 or llsre@aol.com.

BROADLANDS

HOW TO PLACE A CLASSIFIED AD

- 1. COMPLETE ONLINE SUBMISSION FORM:** Visit broadlandshoa.org/newsletter. Select "Classified Ads" under the "Advertising Opportunities" tab and complete the online "Classified Ad Submission Form".
- 2. PAYMENT:** Select the "Classified Payments" button and input the full amount and credit card information. An HOA staff member will confirm receipt of the submission form and payment.

OTHER INFORMATION

- **TEXT LIMIT:** Classified ads are limited to 40 words maximum.
- **DEADLINE:** The online form and payment must be received by the 5th of the preceding month (i.e. Jan 5th for inclusion in Feb's issue).
- **CANCELLATIONS:** Refunds are permitted if cancelled before the deadline date.
- **QUESTIONS?** Please email info@broadlandshoa.com.

MONTHLY RATES:

- **RESIDENT RATES:** - \$15.00 per ad (\$15.00 per ad - "For Sale" ads are free for Residents only - limit 1 month)
- **NON-RESIDENT RATES:** - \$25.00 per ad

Please Note: Advertisers in the Broadlands Newsletter are not endorsed, supported, or vetted by the Homeowner's Association, the Board of Directors, or HOA Management. All advertisements are subject to approval of Broadlands Association, Inc., which reserves the right to reject or cancel any ad at any time.

Broadlands Blast

Interested in getting up to date community news in between monthly newsletters? Sign up for our e-bulletin, the Broadlands Blast or online at broadlandshoa.org/stay-connected.

Broadlandshoa.org

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

Go Paperless

Go Paperless and Opt Out of hard copies of this monthly newsletter. If you would like to receive electronic copies only of this newsletter, please email OptOut@broadlandshoa.com and be sure to include your property address. You will no longer be mailed a hard copy, but will be emailed a link to the online version. This option saves money and valuable natural resources such as trees. We encourage all residents to enroll in paperless newsletters.

Back to School continued from page 23

a rested brain will always serve them better than an overloaded schedule that leaves them running on fumes.

• **Decouple Achievement from Worth:** Teens need to know they are valued for who they are, not just what they achieve. Make a conscious effort to notice and praise their character — their kindness, humor, persistence, and resilience — rather than just their report card. "I saw how hard you studied for that chemistry test. I'm incredibly proud of your work ethic, regardless of what grade comes back."

• **Know When Stress is Something More:**

Occasional moodiness and withdrawal are normal parts of the adolescent experience. However, keep a close eye out for persistent changes lasting two weeks or more, including:

- o Withdrawal from friends, family, or activities they used to love.
- o Significant changes in sleep, appetite, or personal hygiene.
- o A sudden, sharp decline in academic performance.
- o Frequent panic attacks or intense, uncharacteristic irritability.
- o Statements reflecting hopelessness or self-harm.

A Final Note: Your Regulation is Their Anchor

Children and teens are incredibly perceptive. They read our tone, our pacing, and our facial expressions like seasoned detectives. They know when we are calm, and they certainly know when we are stressed.

We do not need to be perfectly composed -- an impossible standard during the first week of school when someone has inevitably lost a shoe, a laptop charger, and the permission slip that was "definitely in my backpack yesterday."

What matters most is modeling repair and self-regulation. Take a breath before you react. Acknowledge your own stress out loud ("I'm feeling a bit overwhelmed by the morning rush, so I'm going to take a second to breathe"). By keeping your own nervous system anchored, you provide a secure base from which your children can confidently navigate the choppy waters of the new school year.

"Prepare the child for the path, not the path for the child."

~Tim Elmore

Broadlands Community Info

BROADLANDS ASSOCIATION, INC. ADMINISTRATIVE OFFICE:

21907 Claiborne Parkway
Broadlands, Virginia 20148
Main: 703-729-9704

Website: broadlandshoa.org

STAN AI, 24x7 assistance, text and voice: 877-390-2462

General Mailbox: info@broadlandshoa.com

HOA Office Hours: Monday-Friday 9:00am to 5:00pm.

ASSESSMENT INFORMATION OFFICE

FirstService Residential: Payments and Resale Docs

Assessments: 800-870-0010 Fax: 703-591-5785
fsresidential.com ♦ ar.help@fsresidential.com

Mail Payments To:

FirstService Residential P.O. Box 30403 Tampa, FL 33630-3403

BROADLANDS ASSOCIATION STAFF & CONTRACTORS

General Manager: Sarah Gerstein ♦ sarah@broadlandshoa.com

Covenants Manager:

Suzan Rodano ♦ covenants@broadlandshoa.com

Modifications and Resale Manager:

Robin Crews ♦ rcrews@broadlandshoa.com

Modifications and Resale Assistant & Pool Registrar:

Amy Streater ♦ amy@broadlandshoa.com

Director of Resident Services:

Stassa Collins ♦ stassacollins@broadlandshoa.com

Newsletter Editor:

Natalie Ihanainen ♦ Newsletter@broadlandshoa.com

Aquatics Director and Community Outreach Coordinator:

Julie Holstein ♦ julie@broadlandshoa.com

Events Manager:

Crystal Boswell ♦ events@broadlandshoa.com

Receptionist & Community Center Rentals:

Joanne Hang ♦ joannehang@broadlandshoa.com

BOARD OF DIRECTORS

President: Eric Bazerghi ♦ eric@thehouse.net, 571-207-6505

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

Secretary/Treasurer: Robert Webb ♦ rew222@gmail.com, 410-245-2632

Directors:

Shashi Aadipudi ♦ 240-786-2323

Sean Burgess ♦ 240-397-0697

Michelle Frank ♦ 703-868-7937

John Horner ♦ 703-723-2333

Cliff Keirce ♦ 571-246-2415

William Kolster ♦ 571-438-2556

COMMITTEES

Broadlands Live Concerts:

Jason Pualoa ♦ broadlandslive@broadlandshoa.com

Conservation Landscaping Committee: Jennifer Crane ♦

BroadlandsWildlifeHabitats@gmail.com

Events: Crystal Boswell ♦ events@broadlandshoa.com

Modifications: Robin Crews ♦ rcrews@broadlandshoa.com

Swim Team: broadlandsswimteam.org

Technology: Dawne Holz ♦ deholz@icloud.com

Racquet Sports: BroadlandsTennis@gmail.com

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