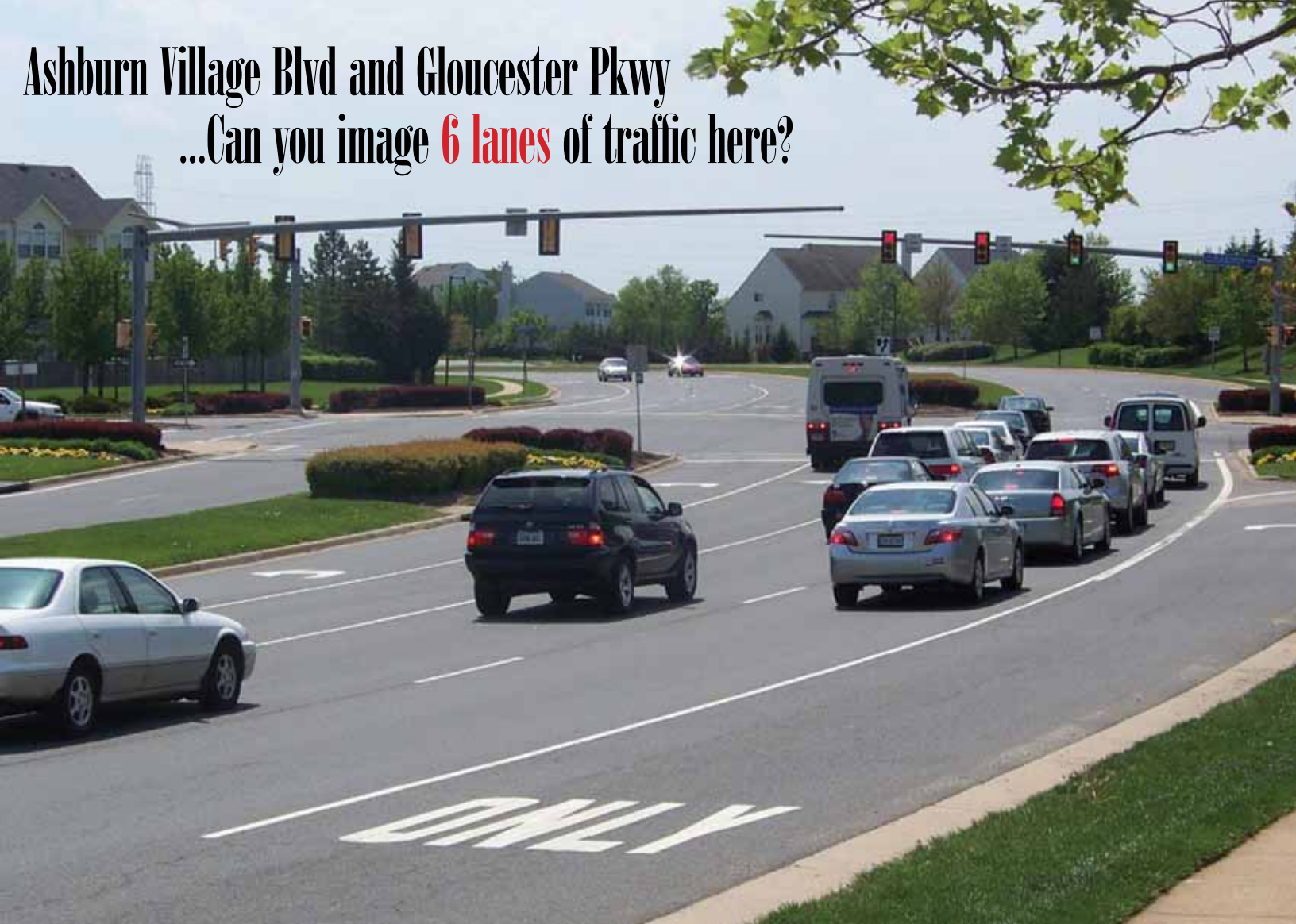


The Villager

www.ashburnvillage.org

Ashburn Village Blvd and Gloucester Pkwy
...Can you image **6 lanes** of traffic here?



Inside This Issue...

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Live Fit and Sore • page 14



Tennis Expo Days • page 18



Volunteer Editor: Meg Carlson

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Board of Directors

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Mark “Doug” Carlson
dcarlson@ashburnvillage.org
2008-2010 Term

VICE PRESIDENT

Bob Graham
bgraham@ashburnvillage.org
2008-2010 Term

SECRETARY

Jennifer Horvath
jhorvath@ashburnvillage.org
2009-2011 Term

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2009-2011 Term

David Austin
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2008 – 2010 Term

Samantha Bailey
sbailey@ashburnvillage.org
2009-2011 Term

Richard Nutwell
rnutwell@ashburnvillage.org
2008 – 2010 Term

*Need to contact the Board? Email messages
can be sent to bod@ashburnvillage.org*

Board Meeting Information

The next regularly scheduled meeting of the Board of Directors will be held at 6:00 p.m. on May 25, 2010 at the Lakes Recreation Center, 44078 Cheltenham Circle.

An agenda is posted on the website, www.ashburnvillage.org and at both the Ashburn Village Sports Pavilion and AVCA office on Courtland Drive at least 48 hours in advance of the meeting.

Homeowners with Board business should arrive in time to sign in and will be asked to adhere to a 3-minute speaker's limit. Contact the AVCA office at (703) 723-7910 if you have any questions.

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The Villager is published monthly by the Ashburn Village Community Association, Inc., for the residents of Ashburn Village.

Ashburn Village Community Association, Inc.

Monday thru Friday from 8:30 a.m. to 5:30 p.m.
(703) 723-7910 Direct • (703) 478-8583 Fax
www.ashburnvillage.org

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Facilities & Grounds Assistant

Neil Puffinburger

Facilities & Grounds Assistant

Darren Phares

Facilities & Grounds Assistant

Committee Meetings

Check Village message boards and our website for any last minute changes and for important information.

Message boards are located on Ashburn Village Boulevard at the Farmwell entrance of the Village near Fultonham Circle (northbound lane) and at the Rt. 7 entrance to the Village at Courtland Drive (southbound lane), as well as near the pool areas of the Mills, Lakes, and Woods Recreation Centers.

Upcoming Meetings

Board of Directors (BOD)

Tuesday, May 25, 6:00 p.m.
Lakes Recreation Center, Cheltenham Circle

Architectural (AERC)

Tuesday, May 4, 6:00 p.m.
Tuesday, May 18, 6:00 p.m.
AVCA Office, Courtland Drive

Budget & Finance (B&FC)

Monday, May 17, 6:30 p.m.
Lakes Recreation Center, Cheltenham Circle

Competitive Swimming Committee (AVCSC)

Thursday, May 13, 7:30 p.m.
Lakes Recreation Center, Cheltenham Circle

Facilities & Grounds (F&GC)

Monday, May 10, 6:00 p.m.
Mills Recreation Center, Grottoes Drive

Lakes & Ponds (L&PC)

Wednesday, May 19, 7:00 p.m.
Mills Recreation Center, Grottoes Drive

Recreation and Community Events (R&CEC)

Wednesday, May 5, 7:00 p.m.
Sports Pavilion

Tennis (AVTC)

Tuesday, May 4, 7:00 p.m.
Woods Recreation Center, Louisa Drive



Greetings, fellow Villagers!

Loudoun County Transportation Plan

Some of you may have either read or heard anecdotally that Loudoun County's Transportation Plan is currently under review. It has come to my attention and many other residents that the County has future plans to widen both Ashburn Village Boulevard and Gloucester Parkway to six lanes. We must act now to preserve our home values and our community!

The County Board of Supervisors (BOS) is presently in the process of reviewing the CTP (Countywide Transportation Plan) and will vote sometime in the summer on the plan. If the stipulation for Ashburn Village Boulevard and Gloucester Parkway as six-lane roads is retained in the document, this will spell the eventual demise of Ashburn Village, period. Our community would basically be divided into four parts. Our ability to walk from one end to the other would be cutoff and our children would no

longer be safe walking or riding their bicycles. On behalf of our community, I have sent a letter to the BOS outlining our opposition to this idea, as the plan is arbitrary and was developed without serious thought for the people of Ashburn Village. However, we are not alone in this fight. The plan would also effect our sister communities of Ashburn Farm and the Courts and Ridges. In Ashburn Farm two of their primary roads, Claiborne Parkway and Ashburn Farm Parkway would be widened. The Courts and Ridges would be affected by the widening of Gloucester from Belmont Ridge Road to Rt. 28 along with our community.

I have made arrangements for Supervisors Waters and Miller, Broad Run and Dulles Districts respectively, to meet with our community on Tuesday, May 25th at 6:00 pm. This community meeting will take place prior to the regular monthly meeting of the Board of Directors. It is imperative that you and your neighbors come and voice your opposition to this terrible plan. Even if the County does not have the money now or even five years from now to build these improvements, if these ideas are retained in the plan, they will build it one day. In order to preserve our community we need to work together to have these plans stricken from the overall CTP once and for all. Please join me and show the BOS you are opposed to the demise of Ashburn Village.

Sports Pavilion Renovations – Update

The BOD voted during our April Business Meeting to change course on the renovation/expansion of the Sports Pavilion. Instead of holding a community referendum on the measure to approve the renovation and the financial obligation, we will instead build a comprehensive multi-year plan of enhancements and renovation. The goal is to proceed with changes that will be paid for over the course of any given fiscal year or years and not to exceed an annual amount of 10% of that year's budget, as authorized by the governing documents. Additionally, the BOD has authorized the exploration of new operational models for the facility. The current AVSP Renovation/Expansion Committee will be retained and several community input sessions will be planned to solicit feedback for a phased multi-year facelift. These sessions will be communicated on our web site and through articles in *The Villager* within the next month.

See you around the Village!

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Important Numbers

Ashburn Library	(703) 737-8100
Ashburn Volunteer Fire Department	(703) 729-0006
AVCA Office Direct Dial	(703) 723-7910
Fax Line	(703) 478-8583
E-mail	avca@ashburnvillage.org
Website	www.ashburnvillage.org
Dominion Virginia Power	(888) 667-3000
DMV	1(866) 368-5463
Loudoun Co. Animal Control	(703) 777-0406
Loudoun Co. Board of Supervisors	(703) 777-0204
Comment Line	(703) 777-0115
Loudoun Co. Chamber of Commerce	(703) 777-2176
Loudoun Co. Crime Solvers	(703) 777-1919
Loudoun Co. Game Warden	(703) 777-0445
Loudoun Co. Health Department	(703) 777-0236
Loudoun Co. Parks, Recreation & Community Services	(703) 777-0343
Loudoun Co. Public Schools	(703) 771-6400
Ashburn Elementary	(571) 252-2350
Broad Run High School	(571) 252-2300
Dominion Trail Elementary	(571) 252-2340
Farmwell Station Middle School	(571) 252-2320
Loudoun Co. Senior Center, Cascades	(703) 430-2397
Loudoun Co. Sheriff's Department	
Administration	(703) 777-0407
Emergency	911
Non Emergency	(703) 777-1021
Community Policing	(703) 729-0581 x123
Loudoun Co. Traffic Hotline	(703) 771-5798
Loudoun Hospital Center	(703) 858-6000
Loudoun Co. Library Administration	(703) 777-0368
Loudoun Co. Planning Department	(703) 777-0246
Building Permits	(703) 777-0220
Miss Utility	1 (800) 552-7001
New Vision Trash and Recycling	1 (703) 331-0600
Saddle Ridge Apartments	(703) 729-0090
Sequoia Realty-Lakeshore Condos	(703) 723-7960
Sports Pavilion	(703) 729-0581
Virginia State Police	1 (800) 572-4510
Washington Dulles Int'l Airport	(703) 572-2700
Washington Gas	(703) 750-1000
Wingler House Apartments	(703) 858-9507
YMCA of Loudoun County	(703) 777-9622

50th Anniversary



David and Geraldine Austin, Ashburn Village residents since 1988, will celebrate their 50th wedding anniversary on May 21, 2010. Dave and Gerry were married in Erie, PA at St. Patrick's Catholic Church on May 21, 1960. Both graduated from East High School in Erie and Dave went on to get his bachelor's degree from the University of Nebraska and his MBA from the University of Dayton.

They have three children and eight grandchildren. All live in the local area except for one granddaughter and one grandson who attend the University of Arizona. Gerry retired from the National Council Teachers of Mathematics and Dave retired from the USAF, NASA and private industry. Dave also served six years in the USMC prior to joining the USAF. Dave has been a member of the Ashburn Village Board of Directors since 1993. While they spend time traveling in both the U.S. and internationally, Dave volunteers with Traveler's Aid at Dulles Airport and participates with the local Marine Corps League where he devotes much time to the Toys 4 Tots Program.

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March Meeting

The March 23, 2010 regularly scheduled monthly meeting of the 2009-2010 Board of Directors was called to order at 6:01 p.m. by President M. Doug Carlson.

Among other business:

- Received the monthly Community Policing report.
- Approved the minutes of the February 23, 2010 Board of Directors meeting.
- Gail Ogle, Finance Manager, and Ann Mattiucci, Pavilion Member Services Coordinator, outlined the Aphelion online reservation system available to residents for classes and court times at the Pavilion. The new system will go live on May 1, 2010.
- A resident expressed concerns regarding bank-owned and foreclosure properties being sold in the Village.
- A resident expressed concerns regarding the Sports Pavilion Expansion project.
- Received the President's Report.
- Received the Treasurer's Report.
- Received the Finance Manager's Report.
- Received the General Manager's Report.
- Received the Facilities and Grounds Manager's Report.
- Received the Resident Services Manager's Report.

Old Business consisted of the following items:

- The Board took no action regarding the assessment forgiveness request from the homeowner of 44107 Rising Sun Terrace.
- The Board authorized the General Manager to proceed with the recommended plantings along the Cedar Lake fence, not to exceed \$8K.

New Business consisted of the following items:

- The Board denied the towing refund request from the homeowners of 20413 Cool Fern Square.
- Received the AVSP Management Report.
- The Board approved the use of the Outdoor Pavilion pool for a BWST Swim Clinic on Sunday, July 11, 2010 from 11:30 a.m. to 4:30 p.m.
- The Board approved the use of the Pavilion Outdoor Pool from 4:00 p.m. to 6:30 p.m. for Aqua Jets practice from June 1st through June 18th.
- The Board approved the use of the Lakes Pool until 12:00 p.m. on June 12th or June 19th in the event of rain for the Aqua Jets time trials.
- Received committee reports and minutes.

The following property was denied reinstatement of recreation center rental privileges through March 2011:

- 20928 Fowlers Mill Circle

No action was taken for the following properties regarding recreation center rental privileges:

- 20919 Killawog Terrace
- 21075 Mossy Glen Terrace
- 44240 Suscon Square

The following properties were assessed for lawn and landscaping violations. Assessments will be waived if properties are brought

into compliance by the compliance deadline:

- 21098 Mossy Glen Terrace
- 21100 Mossy Glen Terrace

The following property was assessed for property maintenance violations. Assessments will be waived if the property is brought into compliance by the compliance deadline:

- 44480 Watertown Terrace

The following property was assessed for trash and recycling violations. Assessments will be waived if the property is brought into compliance by the compliance deadline:

- 44187 Paget Terrace

The following property was assessed for an unapproved architectural improvement. If application for the improvement is received by the compliance deadline, the assessment will be waived:

- 44136 Mistletoe Terrace

The Board went into Executive Session at 8:59 p.m.

The Board came out of Executive Session at 10:46 p.m.

The following decisions were taken during Executive Session:

- The Board denied the exterior change request submitted by the homeowner of 44030 Cheltenham Circle as defined in the March 18, 2010 MFR.
- The Board authorized the Association's General Counsel to pursue court action to remove the unauthorized structures at 44030 Cheltenham Circle.
- The Board authorized the President and General Manager to replace the current trash contractor with American Disposal Services, Inc.

The meeting adjourned at 10:46 p.m.

Pancake Breakfast

at the Ashburn Firehouse, 20688 Ashburn Rd.

The first Sunday of every month from 8 am until noon. The next dates are May 2 and June 6, 2010.

Join us for "Kid's Corner" Every month will feature a new surprise, a visit by a special guest, a craft project, etc. As always there is an opportunity for child and adult to tour the fire engines and ambulances that protect you every day.

We continue our diesel fuel fundraising at the Pancake Breakfast. It takes 312 gallons of fuel to fill up 3 fire trucks and 3 ambulances. You can buy a gallon (or more) and if that gallon fills one of those tanks, you get to ring a fire bell!

Notes From Your Neighbors...

My name is **Terry the Traumasaurus**, and I am a paramedic dinosaur whose job it is to help promote the well being and safety of not just children, but everyone in the Ashburn community.

I am big, and friendly and green. My friends say I am cuddly, too! I will be bringing you safety tips all year long. After all, accidents are preventable!!

May Is National Electrical Safety Month.

Safety officials warn that counterfeit electrical products could put you at risk of injury or death. Counterfeit products can cause fires, explosions, shocks and electrocutions. Often, manufacturers of counterfeit products skimp in the process to save money. Fake consumer products are **not tested** for compliance to relevant safety standards.

Counterfeits can be hard to spot. They could be a knock-off of a name brand product or have an unauthorized certification marking. The following tips can help you to avoid counterfeit hazards:

- Carefully examine the product, the packaging and the labeling.
- Look for a certification mark from an independent testing organization, such as Underwriters Laboratories (UL) and if the manufacturer's label looks different than usual it may be a counterfeit.
- Trust your instincts. If the price is "too good to be true," it could be because the product is unsafe.
- Be extra careful when buying from a street vendor, non-authorized dealer, dollar store, online retailer or an individual.
- Ask about the return policy. Get a receipt and look for missing sales tax. Businesses selling counterfeit goods often don't report their sales.
- Report safety-related incidents to the manufacturer or CPSC.

For additional electrical safety information about counterfeit products, visit the Electrical Safety Foundation International's web site at www.electrical-safety.org.

May 16th is AVFRD's Spring Open House

Join us at the Ashburn Firehouse, 20688 Ashburn Rd. from noon to 4 p.m. and **Get on the Road to Safety!**

Our Spring Open House is one way we show our thanks to you, our neighbors, for all your support. We've packed the afternoon with fun for the whole family with:

Ambulance and Fire Engine Tours, Fire Truck Rides, Be a Firefighter, Rescue Helicopter Landing, Face Painting, Balloon Artist and Much More!



Our **"Road to Safety"** offers a fun educational environment for kids to learn safety measures. Visit 4 of 6 safety stops to receive an event t-shirt: Call 911, Poison Control, Stranger Danger, Water Safety, Bike Town and First Aid "Boo-Boo" Station.

All this activity will be sure to work up an appetite. Our food court provides free hotdogs, lemonade, popcorn and cotton candy.



Golf Tournament
Monday, September 20th Join us at the Belmont Country Club and spend the day on an Arnold Palmer signature golf course. His name is synonymous with championship golf and a love for the game. His golf course at Belmont Country Club is no exception.

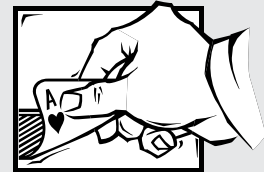
We are currently accepting sponsorship for all our events. For further information on how you or your company can support AVFRD, contact sponsor@ashburnfirerescue.org.

Karleen Hagan
Chair (703) 729-2103

Pat May
(571) 215-7519

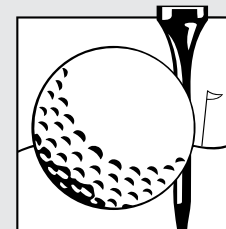
www.ashburnfirerescue.org

Mark your calendar
for these upcoming events:



Second Annual Poker Run Saturday, June 19th

Join us for a day of fun on our 2nd annual Poker Run. This year's ride will be a leisurely 150 mile ride through the country. Don't ride? You can still participate - all cards can be drawn at Ashburn Volunteer Fire and Rescue Department beginning at 3:00 p.m.



Board of Directors Meeting

44190 NATALIE TERRACE

ASHBURN, VA, 20147

Office Telephone: (703) 723-7960

Office FAX: (703) 723-7961

Site Manager: Susan Londos

E-Mail Address: Lakeshoreoffice@verizon.net

The May 2010 Board of Directors Meeting is scheduled for Thursday, May 27, 2010 6:30pm in the Lakeshore Clubhouse

Board of Director Members

Claude Gianino – President

Calvin Coolidge – Vice President

Kay O’Sullivan – Treasurer

Melissa Spedden – Secretary

Robert Ollen – Member at Large

Windows and Sliding Glass Doors

When replacing windows and sliding glass doors, please ensure that you call the office at 703-723-7960 to arrange for an application form to present to the Board for their approval on design of the window and/or sliding glass door you may be purchasing.

SUMMER REMINDERS

Air Conditioners

As summer approaches and the weather begins to warm, air conditioners will be turned on and used for several months before the weather cools again. **PLEASE ENSURE THAT YOU ARE CHECKING THE DRAIN TUBE IN YOUR AIR CONDITIONING UNIT ON A REGULAR BASIS TO ENSURE THAT IT DOES NOT BECOME CLOGGED. ALSO, PLEASE CHANGE OUT YOUR FILTER REGULARLY AS WELL. IF THE DRAIN TUBE BECOMES CLOGGED, WATER WILL OVERFLOW OUTSIDE THE AIR CONDITIONING UNIT TO YOUR FLOOR, CAUSING WATER TO INTRUDE INTO**

(CONTINUED ON NEXT PAGE)

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3rd Floor Hallway Windows

If you open the 3rd floor hallway windows, please be sure to close them again. When 3rd floor hallway windows are opened, this allows birds to get into the hallways. It also allows for rain to get in the hallway area as well.

Front Porches

Please refer to Policy Resolution #5 regarding front porch furniture and plants: one heavy park bench made of wood, wrought iron or a combination of the two; no cushions, two matching non-folding, outdoor wrought iron or white mesh chairs in cream, white or green; no lawn ornaments, no fences or borders. Please call the office if you have questions. 703-723-7960.

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Gas Grills, Charcoal Grills and Tiki Torches
Per the Loudoun County Fire Marshal - **Propane tanks used on any grills regardless of their size are prohibited on the property at Lakeshore.** If you happen to have one on your grill it must be removed immediately and disposed of properly. The Ashburn Fire Department will receive these tanks at their facility on Ashburn Road. No charcoal grills are allowed on the decks or patios when in use. You must pull your grill out 15 feet from the building when in operation. Violation of this Fire Code is a class one misdemeanor, punishable by law. Please keep everyone safe. Tiki torches are not allowed on decks and patios as they are a fire hazard.

Fireworks

Fireworks are not allowed on Lakeshore property. If you see someone lighting fireworks please call the Loudoun County Sheriff's office at 703-777-1021.

Bird Feeders

Please do not put bird food in bird feeders. The bird food not only will attract birds making nests but the food will also attract other rodents such as mice.

Dogs

As the weather is getting nicer and you are out walking with your dog, please be sure to pick up after your dog. Also, please remember that dogs must be on a leash.

Patios and Decks

Please do not use your patios and decks as a storage area. Refer to your by-laws regarding decks and patios. Store bicycles in your storage bin or in your unit.

No Car Washing

Hoses are allowed to water plants. Please wind the hose back up after use. Car washing on the property is not allowed.

WWI Flanders Field Poppy

The Poppy grew on Flanders Field where many service members died during World War I; therefore we use the Poppy to symbolize the sacrifices that the military has made during the many wars and conflicts that they fought to ensure our liberty. The Ashburn American Legion Post 2001 will be distributing Poppies in the Ashburn area on Saturday, May 22nd and again on Friday, May 28th. With the Poppy giveaway, we ask you to wear them to support those who have served and those still serving. All contributions received will be distributed to veteran organizations.

You Can Grow Anything in a Container!

Townhomes, condominiums, or apartments don't give us much room to grow plants. We may have only a small area to garden or perhaps just a balcony. Some of us just like to grow plants in containers! I have heard Karen Rexrode (local perennial expert and photographer) speak to our Master Gardener Volunteers several times about Chanticleer Garden in the Philadelphia area and what beautiful containers they have planted throughout their gardens. A couple of years ago I had the opportunity to visit Chanticleer and they did have some of the most beautiful containers I have ever seen. For more information, check out their website: <http://www.chanticleergarden.org/>.

You can grow anything in a container. You can be very creative with your plant combinations. Some plants may require special soil mixes, but most will do fine in a high

quality potting mix. There are many types of containers that you can use. You can purchase concrete containers, several types of lighter weight materials that look like concrete, terra cotta, ceramic, wooden barrels cut in half, and plastic. If you are a little more eclectic, you can use items that you might have around your home as containers for growing plants. Old dishes, old wooden baskets, old wheel barrows, watering cans, old buckets, old cast iron pots, or even old boots or shoes are some examples. My grandmother was a little disappointed with me when she discovered that I had taken the old cast iron bean pot she had given me and turned it into a container full of impatiens! Just make sure any item you may use as a container has drainage holes in the bottom and have fun gardening.

For more information on container gardening, check out these two Virginia Cooperative Extension publications: <http://pubs.ext.vt.edu/426/426-336/426-336.pdf> and <http://pubs.ext.vt.edu/426/426-020/426-020.pdf>. The Master Gardener Volunteers include container plantings each season as a part of their Demonstration Garden. The Demonstration Garden is located in Ida Lee Park, 60 Ida Lee Drive, Leesburg. For more information on the Demonstration Garden or the Loudoun County Master Gardener Volunteer program, go to www.loudouncountymastergardeners.org

May Tips for the Garden

When planting a new shade tree, consider whether it is messy or neat in appearance, weak- or strong-wooded, and long- or short-lived. Resist the temptation to plant a fast-growing, weak tree for quick shade.

Some trees that are messy and weak-wooded include silver maple, hybrid poplar, mimosa, weeping willow, black cherry, and Eastern cottonwood. Better choices are Chinese elm, Japanese zelkova, pin oak, red maple, river birch, tulip poplar, and willow oak.

Rough or careless handling of balled-and-bur-lapped trees can break the soil ball, damaging or breaking off most of the roots, and result in the death of the tree. Never pick up a B&B tree by its trunk; instead, carry it by the root ball, being gentle when putting it down.

Regularly water newly planted trees and shrubs during the first three to four years after planting to help establish a good root system. They need at least 1 inch of water each week. It is better to water deeply once a week than to water lightly every day; the former practice encourages deep, drought-resistant roots while the latter practice encourages surface roots that may suffer during dry spells. Apply an organic mulch to conserve moisture and control weeds.

Most evergreens have many roots near the soil surface. Avoid deep cultivation, which might wound roots.

Prune out winter-killed wood on trees and shrubs by cutting back to green wood after new growth begins.

Watering with soaker hoses or drip irrigation will reduce the spread of blackspot in roses.

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Spring Time!!!

Some people will be planning to take a well deserved holiday during this time of the year. When you wish to take a vacation, plan on doing some basic crime prevention to help protect your property.

The Loudoun County Sheriff's Office would like to offer citizens a few safety tips to make the Spring Break a bit safer.

- Tell a trusted neighbor when you will be away. Have them pick up your mail, newspapers, and keep an extra eye out on your property.
- Make your home look as if it is occupied. Have your lights on timers that have random on-off switches.
- If you have an automatic garage door opener make sure you lock, unplug, or turn the power off to it. Also a good idea would be to use the manual lock.
- You can call the Sheriff's Office nonemergency number and ask for a patrol unit to check on your house while you are away.
- Secure all vehicles that will be left at home and remove all small electronics, garage door openers, and money from those vehicles.
- Make sure the yard is taken care of (grass mowed and yard cleaned) as this can be a good indicator of whether or not the owner is away.

Walking, Jogging, and Running Safety

Loudoun County Sheriff's Office Crime Prevention Unit has been getting questions about how to keep safe when outside running, jogging and walking.

- One of the main things would be to pay attention to your surroundings and don't get complacent.
- Stay in groups.
- Tell people where you are going and when to expect you back.
- Carry a cell phone and an ID with you.
- Try to only go out in the daylight hours.
- Walk, jog, or run on well lit and well traveled pathways.
- Vary your walking/ running paths.
- Report any suspicious activity.

Frequently Asked Questions

If you would like to have a question answered, please e-mail the question to

Nathaniel.Payne@loudoun.gov or James.Spurlock@loudoun.gov.



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Spring Cleaning and Residential Security

With warmer weather upon us, soon we will be tasked with the weekly yard work and maintenance. Please remember the following tips to help keep your home safe from burglars.

- Bushes and shrubs should not be allowed to grow higher than 24 inches or higher than the lower ledge of a first floor window.
- Check outside lights to make sure they are working properly.
- Keep larger tree limbs from hanging below six feet from

the ground. You want your house to be visible by your neighbors so they can call in suspicious persons they may see around your house.

- A well-kept yard is a deterrent for burglars. Try to keep grass mowed and bushes trimmed.
- Lastly and most important, get out and get to know your neighbors. A trusted relationship with a few neighbors goes a long way in keeping your community safe.

Warm up

As the weather gets warmer normally the crime rate picks up. Also as the economy gets worse the crime rates will increase. Loudoun County Crime Prevention wants all citizens to be aware of this and be extra vigilant in the coming months. Please call in any suspicious activity to the Sheriff's Office. Let's all plan on having a fun and safe summer.

Home Security Inspections

As a reminder to everyone, Loudoun County Sheriff's Office offers home security inspections for free. The inspection will consist of a deputy walk through of the residence. After the walk through, a deputy will provide a report that will give you recommendations about improving the security in your residence. This can be scheduled by calling Deputy Specialist Payne at 703-777-0477 or Deputy Specialist Spurlock at 703-771-5749.

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Live Fit and Sore

Because spring is here, I thought I would devote this month's article to exploring ways the Internet can help get you on the right path in your fit and healthy journey. There is just so much information out there to sift through, and it can become overwhelming to find the stuff that speaks to you. It's helpful to focus on 2 particular paths - where to find health and fitness information and how to find the activities that fit your particular interests and goals.

When I started getting serious about living a healthier life, the first thing I did was get on the web and do some reading so I could set myself up for success. I wanted to know about the latest fitness trends, the information I should know before I got started, and what advice was out so I could set some reasonable personal goals. I found out that there is a wide array of websites that can give you the needed tools and information in many different ways.

If you are the type of person who prefers reading health-related news only, most major news sites, like AOL, CNN, ABC, NBC, and CBS, have a section that is focused solely on health. I personally like the New York Times health section (<http://www.nytimes.com/pages/health>). They offer a great assortment of articles, information and opinions on varied health-related topics, so there is bound to be something in there that focuses on your interests.

If you are looking for websites that focus on the health and fitness lifestyle, there are a few stand-outs I have found that offer really relevant and helpful resources.

Livestrong.com (<http://www.livestrong.com>) is a one-stop resource for many tools you can use to successfully launch your journey. Livestrong.com was created in part by Lance Armstrong's foundation to help "people take action to make the most of their life, their time, their body and their world." It features a lot of information on cancer and cancer-related health news and combines that with tools like a daily calorie/exercise tracker and a BMI calculator. They also have exercise-related advice and demos that are easy to follow. You can even become a member of their support community, which for some people can be that one major thing that helps you reach your goals.

Sparkpeople.com (<http://www.sparkpeople.com/>) is one of the largest free diet and health-related sites in the world. It also has a huge assortment of tools including recipes, diet plans, calorie trackers and a support community that is pretty active. I also like that Sparkpeople offers a modified version of its website just for teens, who as we know have their own specific needs when it comes to living fit and healthy.

That's Fit (<http://www.thatfits.com/>) gives you the latest diet and fitness content on the web. What sets this website apart from the other two is that it also focuses on the celebrity aspect of getting fit. They offer health & fitness news and research, inspiring stories and advice, but you also get information on celebrity trends and fitness-related fashion.

Now that you are armed with all the tools and information you need to begin, the next step is to get out there and be active! I bet you are thinking, *Easier said than done!* But finding information about your activity options, what's the right activity for you and your family, and where you can find the right activities is made so much easier using the Internet. There are literally hundreds upon hundreds of websites out there that will provide you with the information you need to get moving - no matter what your level and interests are.

Active.com (<http://www.active.com>) is an online community for people who want to discover, learn about, share, register for and participate in hundreds of local activities. They have training advice and diet & nutrition tips, as well as a directory of activities, facilities, venues and classes covering over 80 sports and 5,000 cities. You can also sign up for a weekly newsletter that gets delivered to your email with tips, reviews and local race information. Health and fitness

(CONTINUED ON NEXT PAGE)

Ronald Ray, D.D.S., P C and Associates

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newsletters that arrive weekly in your email can be a great way to receive a constant reminder of the commitment you have made to be fit and healthy!

If you are looking for fun activities, events and ideas to do with your family, two websites have recently been developed targeting our local area.

Dulles Moms (<http://www.dullesmoms.com>) provides families with family friendly events and activities in the local Dulles area. This site highlights all sorts of activities including fun bounce times and local fitness classes. They also have a very easy-to-follow and regularly updated calendar of events located on their main page.

Fun Things to do with Kids (<http://washingtondc.funthingstodowithkids.com>) is a website that gives reviews and ideas about fun places to go and things to do in the Washington, D.C. metro area including our local Dulles area. This site is great because it is not just limited to our immediate area. It also gives you information on things happening in D.C. and Maryland – because quite frankly, it's important for us suburban dwellers to branch out on occasion! They offer giveaways and non-biased information on all types of places to visit and events to attend with your family.

Looking for a great way to incorporate fitness with your family that doesn't require any out of the norm scheduling? Visit the many parks we have in our area. The

National Park Service (<http://www.nps.gov/findapark/index.htm>) has a great feature on their website where you can search for a park by the type of activity you are looking to do. I love taking my kids to local and national parks. Not only is it an inexpensive option, we also get to spend some family time together and best of all, the kids come home exhausted.

These recommendations are just a few of the many different types of websites and blogs popping up daily that focus on living a healthy and fit life. I have links to these sites and more at my blog Live Fit and Sore. Stop by <http://www.livefitandsore.com> for daily inspiration, support and information to help you succeed in your own journey.

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Hot Fun in the Summertime

With the advent of spring, Village residents can look forward to another summer at the pools. We plan to open the three outdoor pools on the Saturday preceding Memorial Day and close them after Labor Day.

Prior to the end of the Loudoun County school year, the following schedule will apply to the three outdoor pools: the Mills pool will be open at 11:00 AM daily and will close at 8:30 PM daily while the Lakes and Woods pools will open at 4:30 PM and close at 8:30 PM Monday through Friday. On Saturday and Sunday before school closes, the Lakes and

Woods pools will be open from 11:00 AM until 8:30 PM.

After school closes for the summer, the Lakes and Woods pools will be open from 11:00 AM to 8:30 PM. Please check the Pavilion web site for the hours of the Pavilion pools.

Also please take a minute to familiarize yourself and your children with the rules for the pools. If you do not have IDs for your children, please stop into the AVCA Office and we will be happy to create them for you.

(CONTINUED ON NEXT PAGE)



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References

Swimming Pool Rules

Ashburn Village Community Association (AVCA) Swimming Pool Rules

The Lifeguards and Manager-on-Duty (MOD) have the authority to enforce more stringent rules than those listed here to ensure the health, safety, and comfort of all participants.

Participants not abiding by these rules may be asked to leave the facility and may also be subject to suspension or termination of facility privileges.

Identification of Residents

All residents and guests 6 years of age or older must provide either a valid AVCA Membership Card or a valid AVCA Guest Pass to gain entry to any AVCA pool.

Pool Closings

In addition to Loudoun County and State of Virginia Health Code Standards, the pool will be closed for the following reasons:

- Operational and mechanical difficulties affecting pool water quality.
- During severe weather conditions (heavy rain, lightning, and thunder) and warnings, especially when visibility to the pool bottom is compromised (deck also closed).
- For 30 minutes following the last occurrence of thunder or lightning (deck also closed).
- For a period of time following any mishap that results in feces or vomit in the pool water.

Appropriate Behavior

- All swimmers **MUST** shower before entering the pool.
- Proper swimwear is required, which does **NOT** include jeans, cutoffs, or thongs.
- **NO PETS** are allowed in the pool or on the pool deck.
- **NO GLASS, ALCOHOL, or TOBACCO** is permitted anywhere in the pool area. Possession of alcohol will result in immediate expulsion.
- Food is **NOT** allowed in the pool area except in designated eating areas. Non-alcoholic drinks in non-glass containers are permitted.
- Audio equipment must be used with personal headphones in pool and locker room areas.
- Swimmers **MUST** stay off lap lanes, ropes, safety lines and lifeguard stands.
- Please refrain from distracting the Lifeguards while on duty; they are here for your safety.
- Inappropriate behavior such as running, pushing, wrestling, excessive splashing, standing or sitting on shoulders, or spitting of water is **NOT** allowed and may result in expulsion from the pool area.
- Children, ages five and older, **MUST** use their gender appropriate changing room.
- Private parties cannot be accommodated.
- Swim aides, floatable objects, and pool toys will be allowed at the Lifeguard's discretion.
- All children who are not toilet trained **MUST** wear approved swimmers' diapers while in the pool.
- A 10-minute Safety Break for Adult Swim will be held at 50 minutes after the hour, every hour. Only adults (18 years or older) and infants accompanied by adults are permitted in the pool during Break.
- Admission will be refused to any person having a skin disease, inflamed eyes, nasal or ear discharge, or any communicable disease.

Health and Safety

- **DIVING IS NOT PERMITTED**, except in designated areas.
- All children 4 years of age or younger must be supervised by an adult (16 years of age or older) within arm's length at all times when on the pool deck or in the pool.
- All children regardless of age using inflatable armbands (i.e., water wings) or any approved Coast Guard flotation device **MUST** be supervised one-on-one by an adult who is in the water and within arm's length of the child.
- Children under age 12 **MUST** be directly supervised by a responsible individual age 16 or older.

Rotary Club

There's a new Club in Town...The Rotary Club of Ashburn.

Meetings are held at Noon on Thursdays at the 1757 Golf Club (45120 Waxpool Road Sterling, VA 20166-6923) beginning April 22nd.

Visit the web at <http://rotaryclubofashburnva.weebly.com> or contact Nancy Pav, Membership Director by e-mail at nancy.pav@longandfoster.com.

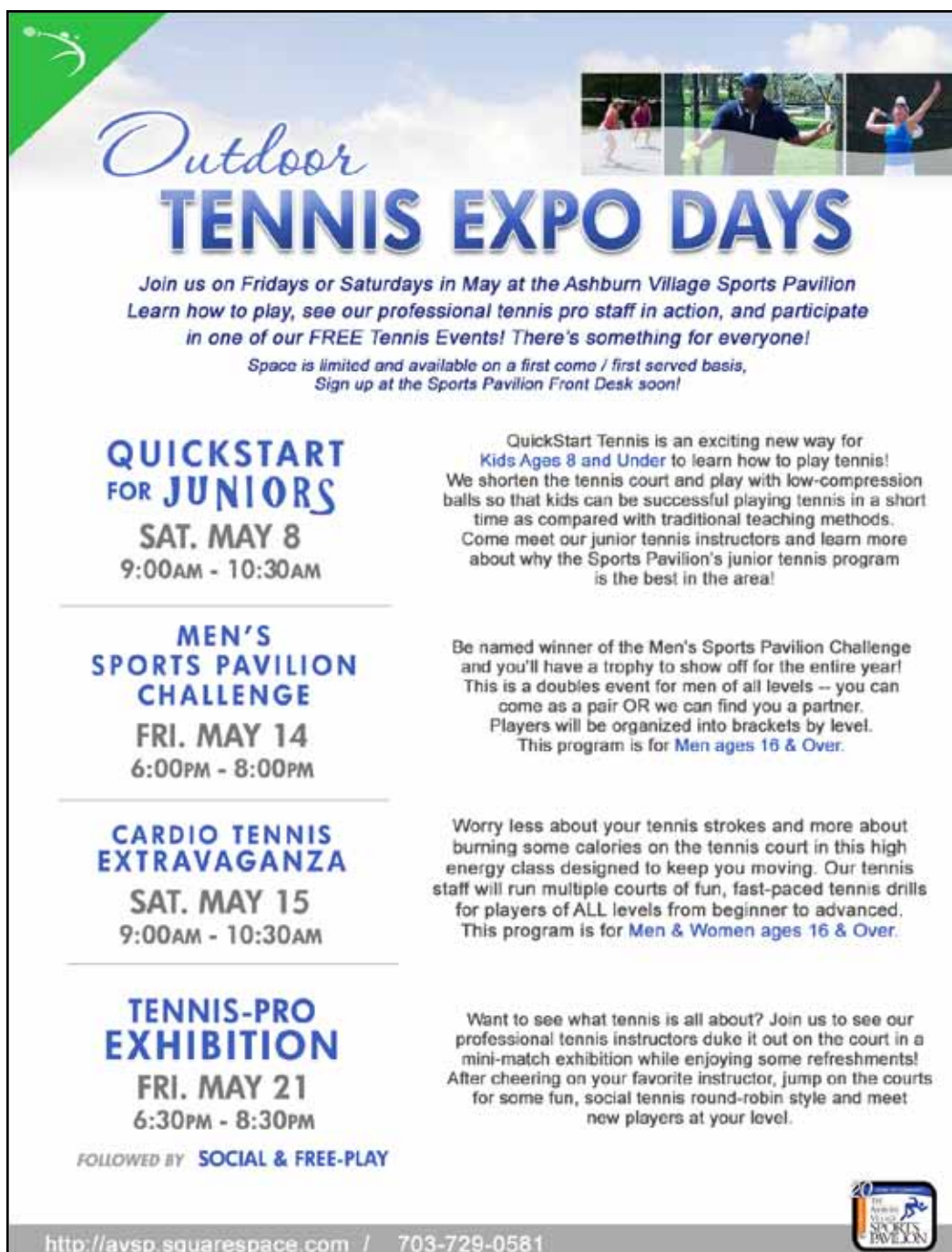
Ashburn Ruritan Club Sponsors Community Blood Drive

The Ashburn Ruritan Club in conjunction with the Inova Loudoun Hospital Blood Donor Services will sponsor a drive to help ensure an adequate blood supply is available to meet local urgent requirements. The drive will be conducted on the 11th of May 2010 at the Ashburn Public Library from 3:00 - 8:00 pm. Area residents over the age of 17 including high school students are eligible to become donors. Students 16 years of age can donate but must have parental consent.

In order to create a friendly competition among local high schools (Briarwoods, Broad Run and Stonebridge), the Ruritans will donate \$200 to the student activity fund of the high school that provides the most donors. In addition all donors will receive a free entry into a raffle that will provide gift cards good for meals or other prizes donated by community-oriented restaurants and other businesses.

Demonstrate your support of our community by participating in this event. While walk-ins are welcomed, donors may reserve a specific time to donate by calling 1-866-256-6372.

For more information on the Ashburn Ruritans and our activities, see our web site at www.ashburnruritanclub.org.



Outdoor TENNIS EXPO DAYS

Join us on Fridays or Saturdays in May at the Ashburn Village Sports Pavilion
Learn how to play, see our professional tennis pro staff in action, and participate in one of our FREE Tennis Events! There's something for everyone!
Space is limited and available on a first come / first served basis, Sign up at the Sports Pavilion Front Desk soon!

QUICKSTART FOR JUNIORS
SAT. MAY 8
9:00AM - 10:30AM

QuickStart Tennis is an exciting new way for Kids Ages 8 and Under to learn how to play tennis! We shorten the tennis court and play with low-compression balls so that kids can be successful playing tennis in a short time as compared with traditional teaching methods. Come meet our junior tennis instructors and learn more about why the Sports Pavilion's junior tennis program is the best in the area!

MEN'S SPORTS PAVILION CHALLENGE
FRI. MAY 14
6:00PM - 8:00PM

Be named winner of the Men's Sports Pavilion Challenge and you'll have a trophy to show off for the entire year! This is a doubles event for men of all levels -- you can come as a pair OR we can find you a partner. Players will be organized into brackets by level. This program is for Men ages 16 & Over.

CARDIO TENNIS EXTRAVAGANZA
SAT. MAY 15
9:00AM - 10:30AM


Worry less about your tennis strokes and more about burning some calories on the tennis court in this high energy class designed to keep you moving. Our tennis staff will run multiple courts of fun, fast-paced tennis drills for players of ALL levels from beginner to advanced. This program is for Men & Women ages 16 & Over.

TENNIS-PRO EXHIBITION
FRI. MAY 21
6:30PM - 8:30PM

Want to see what tennis is all about? Join us to see our professional tennis instructors duke it out on the court in a mini-match exhibition while enjoying some refreshments! After cheering on your favorite instructor, jump on the courts for some fun, social tennis round-robin style and meet new players at your level.

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Ashburn Village Sports Pavilion

MAY 2010



Pavilion Outdoor Pool & Marina Opening Soon!

The AVSP outdoor pool and marina are scheduled to open Saturday, May 29th.

Pool Hours of Operation: May 29– June 18

Mon-Fri: 6:30-8:30pm

(Outdoor pool closed to the public from 4:30-6:30pm. Aqua Jets use only.)

Weekends: 11am-7:30pm

June 19– Sept. 6

Mon-Fri: 11am-8:30pm

Weekends: 11am-7:30pm

Marina Hours of Operation: May 29– June 18

Mon-Fri: 4:30-7pm

Weekends: 11am-7pm

June 19– Sept. 6

Mon-Fri: 11am-7pm

Weekends: 11am-7pm

Aqua Jets Registration

Aqua Jets registration is now open. Deadline for registration is May 28th. For more information, please check the Aqua Jets website at www.avaquajets.com or contact Aquatics Director, Marti Schenck at 703-729-0581 ext. 116.

Group Swim Registration Dates

Registration dates for the May and June Group Swim Sessions are as follows:

May Session:

- Resident registration opens on Wednesday, May 5th @ 7pm
- Non-Residents registration opens on Sunday, May 9th @ 7am

June Session:

- Resident registration opens on Wednesday, June 2nd @ 7pm
- Non-Residents registration opens on Sunday, June 6th @ 7am

If you are new to the swim program or are not sure in which level to place your child, don't forget to take advantage of the free monthly swim assessments at the Sports Pavilion indoor pool. The next assessment is May 5th at 5:30pm.

Lifeguard Certification Class

AVSP will be offering a Lifeguard Certification Course beginning Saturday, May 22nd. This course consists of several hours of practical training spread over the course of 5 days and a written exam. **Cost for the course is \$175.00.** Registration is required in advance. If you have interest in attending the class, please or contact Aquatic Director, Marti Schenck at 703-729-0581 ext. 116.

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Saturday & Sunday
7AM - 8PM

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Personal Training Special!

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Come in and make an appointment with one of Trainers to discuss how we can motivate you.

May Personal Training Special:

Mother/Daughter Partner PT

Cost: \$415 for 5 Sessions; \$780 for 10 Sessions

June Personal Training Special:

Let one of our Personal Trainers help you access your level of fitness. Cost is only \$69 and includes:

- Polar Basic Body Age Assessment
- ½ hour training session

Contact Fitness Director, Tracy Faber at tfaber@ashburnvillage.org or by phone at 703-729-0581 ext. 114.

***Nutrition Seminar:
 Bringing Color into your Diet***

Join Registered Dietician, Alison Sonak as she discusses the benefits of eating the rainbow. Alison will demonstrate some colorful foods and make samples for seminar participants.

Date: Saturday, May 22

Time: 10-11am

Location: AVSP Racquetball Court #2

Cost: \$10 Residents; \$15 Non-Residents

**Registration is required.
 Please sign up at the AVSP Front Desk.**

Fitness Tip from AVSP Fitness Director & Personal Trainer, Tracy Faber:

Bone HealthWe all experience bone loss as we age, not everyone develops Osteoporosis. Bone mass typically begins declining in both men and women in their mid-30s. Risk factors include:

- Being female - women are four times more likely to develop osteoporosis than men
- Thin or small frame
- Family history
- Estrogen deficiency as a result of menopause, especially early or surgically induced
- Low lifetime calcium intake
- Advanced age
- Inactive lifestyle
- Smoking and alcohol use

Osteoporosis is preventable and treatable. Maintaining a healthy lifestyle, regular weight-bearing exercise and strength training can help.

Congratulations to our March Madness Group Exercise Participation Challenge Winner: Peggy Garcia

Peggy increased her workouts from once a week to 5 days benefiting from the variety of classes offered. She will use the increase in strength to keep up with her busy schedule and family.

Peggy won a Home Trainer package and is already on her way to performing workouts in her home.

Fit Camp

This fast paced, high intensity course combines resistance exercises, cardio-vascular training, and core work into one heart-pounding class.

Instructor: Kristin Tan

Day/Time: Tuesdays 5:30am

Date: May 19– July 7

Cost: \$65 Residents; \$87 Non-Residents

Drop in: \$10 Residents; \$15 Non-Residents



Boot Camp

Boot Camp is a four-week, comprehensive fitness and weight-loss challenge that provides the tools and inspiration to get in shape, shed extra pounds and adopt a healthier lifestyle.

It is important to note that Boot Camp is a time commitment. To achieve optimal results, your participation will be encouraged in all aspects of the program.

Session 1:

Days/Times: Mon., Wed. & Fri. @ 5:30am

Dates: May 24–June 18

Session 2:

Days/Times: Tue., Thurs. @ 5:30am & Sat. @ 7am

Dates: May 25–June 19

Session 3:

Days/Times: Class runs Mon-Thurs @ 7pm
Participant may choose 3 of the four days and days can change week by week.

Dates: May 24–June 17

Cost: \$90 -12 Sessions Residents
\$110 -12 sessions Non-Resident

Drop in: \$12 Residents
\$15 Non-Residents

Instructor: Chris Peterson

Belly Dance

Belly dancing, which originated in the Middle East, has become a phenomenon in the fitness industry. Belly Dance is a cardiovascular and strength workout. It teaches participants how to isolate muscles and work them independently. Participants of Belly Dance may also experience improved self esteem and a better sense of well being.

Days/ Times: Level 1-Wednesdays @ 8:30pm
Level II- Mondays @ 8:30pm

Dates: June 7- July 26

Cost: \$65 Residents; \$87 Non-Residents

Drop-In: \$10 Residents; \$15 Non-residents

Instructor: Stephanie Niday

Teen Weight Training

This course gives a general introduction to the “do’s and don’ts” of fitness and weight training, emphasizing safety, proper technique, weight selection and frequency, as well as gym etiquette. This is a two-day course and teens must demonstrate competency on the equipment and pass a written quiz. After completing this course teens aged 12-15 may use the fitness center with parental supervision. Please note, participation in both days of the session are required.

Course is offered each week at the following days/times:

Session 1:

Days/Times: Tuesday & Thursday @ 4:30pm

Dates: On-going

Session 2:

Days/Times: Wednesday & Friday @ 4:30pm

Dates: On-going

Cost: \$15

Instructor: Susan Strisik

Core Conditioning

Join this 45-minute class with an emphasis on strengthening and stretching the muscles of the abdominal, pelvic and lower-back regions. Core training is helpful in sustaining the ability to perform the activities of daily living. This class will help you improve both your physical form as well as your ability to function.



Instructor: Laura D’Agostino
Day/Time: Tuesdays 5:15pm
Date: May 25- June 15
Cost: \$40 for 4 Classes
Drop In: \$15

Fitness Tours

Day/Time: Tuesdays @ 6:30 pm & Thursdays @ 9 am
Dates: On-going.
Cost: FREE. *Advance registration required.



Racquet Sports



Junior Tennis Summer Camp

Junior Tennis Summer Camp registration is open now at the AVSP Front Desk. For 2010 there will be 10 weeks of camp. Sign up for one, two or more weeks. Camps run Monday-Thursday with Friday used as a "make-up" day should inclement weather cancel a day of camp.

Price:

Tots (4-5yrs): \$50 Resident; \$62 NRTM.

Beg./Adv. Beg (6-12 yrs): \$130 Resident; \$157 NRTM

Int./Adv. (10-16 yrs): \$130 Resident; \$157 NRTM

For more information, please contact
Jennifer Douglas, Racquet Sports Director
at jdouglas@ashburnvillage.org.

Cardio Tennis

Men's & Women's All Levels

Worry less about your stroke and more about working hard and burning some calories. This DROP IN class is the ultimate, high energy workout designed around tennis drills that keeps you moving for the entire hour.

Days/Times: Tuesdays 9-10am
Thursdays 12-1pm

Cost: \$18 per class Resident; \$20 per class NRTM

For more information, please contact
Jennifer Douglas, Racquet Sports Director
at jdouglas@ashburnvillage.org.

AVSP Racquetball Challenge Nights

Meet new players! All players, all ages and all skill levels are welcome. Test your skills in a relaxed, social environment or just come to watch.

Day: Every Monday in April

Time: 7-9pm

Cost: Free for AVSP Members; \$5 for Non-Members

For more information, please contact
Melissa Miller, Racquet Sports Coordinator
at tennis@ashburnvillage.org.

Summer Tennis Guide Now Available!

Stop by the Ashburn Village Sports Pavilion and pick up the Summer 2010 Outdoor Tennis Guide. Resident registration for adult programs is the 15th of each month/ NRTM registration on the 20th of each month. Sign up is available in person at the AVSP front desk for monthly programs. Junior Tennis registration occurs at least one month prior to the first class (residents get at least one week priority registration). Download the Summer Tennis Guide online at <http://avsp.squarespace.com/adult-tennis>

AVSP Hours of Operation for Memorial Day Weekend, May 29-31

Saturday, May 29th 7am-8pm

Sunday, May 30th 7am-8pm

Monday, May 31st 7am-8pm

Check with the Pavilion regarding class and program cancellations for the holiday weekend.



Shred



Ashburn Village Community Association Spring 2010 Shred Event

Saturday, May 22, 2010

8:00am – 12:00pm

Ashburn Village Mills Recreation Center
43895 Grottoes Drive, Ashburn Virginia

- Come to recycle your old paper documents & confidential files safely and securely
- Removal of staples or paperclips is not necessary, you can bring your paper in boxes or bags.
- Documents are shredded on site into particle- sized paper
- Residents are limited to five (5) bags or boxes. No businesses please.

This **FREE** event is sponsored by Ashburn Village Community Association. Questions?
Email Crishana Loritsch, Resident Services Manager, cloritsch@ashburnvillage.org, or call (703) 723-7910 ext. 102



**3RD ANNUAL
Jazz on the Lake**

**THURSDAY, 6:00PM
MAY 20TH**

Lakes Recreation Outdoor Amphitheatre

Broad Run High School's Jazz Ensemble, Jazz Lab, & Farmwell Station Middle School's Jazz Band will present their Spring Concert on Thursday, May 20th at the Lakes Recreation Outdoor Amphitheatre. (Located at Ashburn Village Blvd. & Cheltenham Cr.) BRHS Booster Club will be selling refreshments starting at 5:30pm. Please bring a chair or blanket to enjoy the experience and support BRHS!
* **ADMISSION IS FREE!**

For more information, please contact Cam Miller at cmiller@ashburnvillage.org.

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Spot On

The EPA made an announcement on March 17, 2010 concerning their investigation of topical flea and tick products. They announced that new labeling requirements, public education, and monitoring for adverse events will become part of increased regulatory efforts to combat the rise in reactions seen with these “spot on” products.

This comes after a year of investigations following an increase in the number of reactions (nearly double) from 2007 to 2008. Though the majority of reactions reported were minor, a small percentage of them included seizures and rarely death. The more severe reactions were mostly from inadvertently placing canine spot-ons to cats, or from small dogs receiving too much product (say from a vial meant for a larger dog).

EPA spokesman Steve Owens said, “These products are safe and effective, but the labeling is inadequate.” Of note, products sold through veterinarians had a much lower percentage of cat incidences compared to dog incidences. The reason for this relatively low occurrence may be that since this product is sold through veterinarians, there is a higher compliance rate for proper use and/or the product has a lower percentage of the active ingredient.

It is good to know that the overall reaction percentage in these cases was about 1.6 incidences per 10,000 doses.

These products are meant to repel and kill fleas and ticks, and they do a good job. Still, they have to be used with caution and understanding. If a cat accidentally receives a permethrin-based topical preventive, it can have seizures and possibly die. Also, if a small dog receives too much product, it can cause a local irritation or possibly burn.

The alternatives are few. You can try mild, safe products like Avon Skin-So-Soft, but those are only somewhat effective in protecting against fleas and especially ticks. You can try oral products that protect against fleas and vaccinate against Lyme Disease. Or you can do nothing and hope that your dog doesn't get bitten by a tick and contract Lyme Disease (which is currently an epidemic in Loudoun County). Personally, I use the spot-ons that we sell on my dogs and am totally confident that they are doing their job in a safe and effective way with no side effects.

I hope this helped answer some of your questions, but if you have any more, please feel free to contact us!

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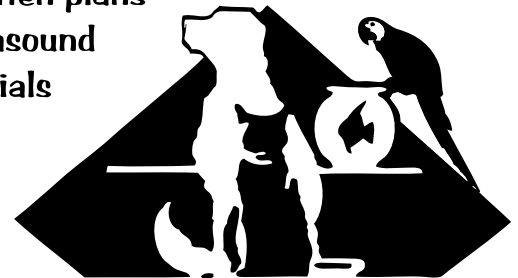
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Estella Jones, DVM

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ANIMAL HOSPITAL**

Jazzercise Partners with Back in the Swing USA to Empower Breast Cancer Survivors

Ashburn Jazzercise will Host Fundraising Class on May 22

Jazzercise, the world's leading dance fitness program, is proud to announce its partnership with Back in the Swing USA®, a grassroots nonprofit organization exclusively dedicated to providing awareness, access and financial support for breast cancer survivorship programs and academic medical research in the field of breast cancer survivorship. The organization's goal is to empower breast

cancer survivors to get back in the swing of life physically, emotionally and spiritually.

Jazzercise at Williams Martial Arts & Fitness will host a special Back in the Swing fundraising class and shopping event from 8:00 AM - 12:00 PM on May 22, during National Fitness and Sports Month. A \$15 donation will be requested to participate in this special Jazzercise class. All proceeds from Jazzercise/Back in the Swing fundraising classes will be donated to the Back in the Swing organization. Vendors for our shopping event - Mary Kay, Nutrilite, Silpada, Southern Living at Home, Tastefully Simple, Wickless Candles, and more - will be donating a portion of their sales from the day's event.

For more information, contact Karen Mouser at 703-407-3183. For further information and worldwide class information, go to jazzercise.com or call (800) FIT-IS-IT.

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Trash And Recycling Summary

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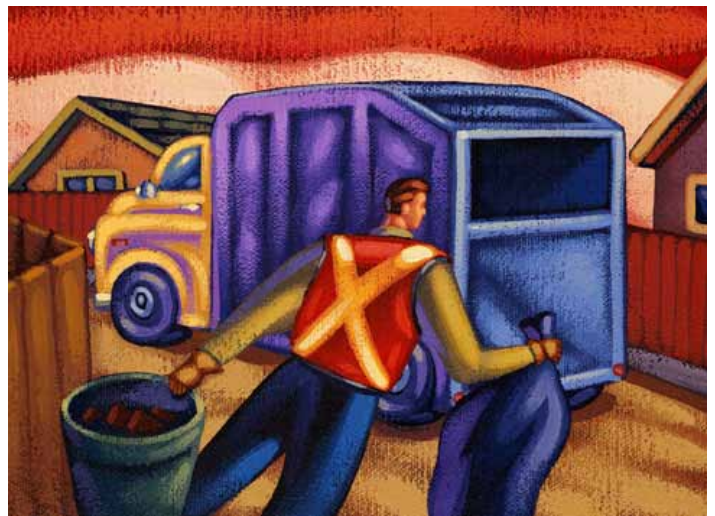
- Trash Pick-ups will occur on Monday and Thursday each week
- Yard waste will be collected on Monday along with trash
- Recycling will be collected on Thursday along with trash
- Bulk item collection will be once a week by appointment. Bulk items include furniture, extra yard waste, mattresses and other large non-metallic household items less than 2 cubic yards in volume. There is no charge for these items. Ferrous metals/white goods such as stoves, refrigerators, etc will be picked up for an additional charge. Please call **703-368-0500** to make the specific appointment.

Please remember that all pickups are curbside in front of each townhome or single family home. Containers, totes, yard waste, etc. may not be placed at mailboxes or parking islands.

For trash you may use any toter or container that you have used in the past. If you have rented a toter from New Vision, you may keep that toter and continue to use it. Toters are no longer available for rental. When you need a new trash container you may purchase them from a local store such as Home Depot or Lowes. Alternatively you may purchase a 96 gallon trash toter through the Association for \$85.00; just stop by the office, make the payment and we will deliver the toter to your home within 14 days.

For recycling you will have some new choices. First you may continue to use the bins delivered to all homes in 2009. If you are missing a 16 gallon recycling bin, just stop by the office and we will give you one during the month of May. If you have more recycling than fits in 1-2 bins and you live in a single family home or a townhome with a garage, please call the office and give us your address. We will deliver a 64 gallon recycling toter within three weeks. All recycle items may be placed in the same container.

Yard waste should be placed in the paper yard waste bags available at Giant, Lowes, Home Depot and many other stores or clear plastic bags. Branches and limbs must be less than 4 inches in diameter and must be cut to less than four feet in length. Bundle them together with string or rope so that they can be more readily collected.



Prohibited items will not be picked up. These include but are not limited to dead animals, oil, paint, stains, batteries, construction and remodeling materials, manure, tree stumps, mulch, soil, dirt, stone, rocks, cement, bricks, poisons, acids, caustics, explosives or other similar materials.

Christmas trees will be collected with yard waste on the first two Mondays in January. Please remember to remove all decorations and lights.

Holiday Pickups will take place on all holidays except New Years Day, Christmas and Thanksgiving Day. If a service day falls on one of these three, the next pickup will be the next scheduled pickup day.

Inclement weather such as blizzards or ice may preclude the safe collection of trash and recycling on the regular schedule. The next pickup will be the next regularly scheduled pickup day.

Residents of Ashburn Meadows Apartments, Saddleridge Apartments, Wingle House (East and West), Lakeshore Condominiums and Four Season Condominiums are not affected by this change and will continue to have trash and recycling services provided through their management company.

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May

I would like to thank everyone who found a way to communicate with the Board of Supervisors in defense of the Loudoun County Library FY2011 Budget. As a result of everyone's hard work, the Board of Supervisors voted to restore \$1.0 million to the Library budget, which allows us to continue all the programs you have become accustomed to, keep the doors open seven days a week, and not fire anyone. We do have to cut all of our unfilled vacancies, and will be instituting late fees for overdue books to assist

the County in offsetting expenses. Thank you all for your efforts. It worked!

Examining the upcoming month at the Ashburn Library, I see we have the traditional movies and book discussion groups, as well as a workshop for aspiring authors on tips for getting published! Other happenings include Wii night, graphic novels for adults, and lots more! Check out the details, below:

STORYTIMES – NO CHANGE

Baby Storytime (0-18 months)

Mondays, 10:00 am & Saturdays, 11:00 am

Toddler Storytime (18-24 months)

Tuesdays & Thursdays, 10:00 am

Terrific 2s

Tuesdays & Thursdays, 10:45 am

Preschool Storytime (3s to 5s)

Tuesdays & Thursdays, 11:30 am

Wednesdays, 1:30 pm & 7:00 pm

Musical Storytime (2 & up with a caregiver)

Fridays, 10:00 am

Family Storytime (2 & up with a caregiver)

Saturdays, 10:00 am & Sundays, 1:00 pm

Babygarten – Registration required

Wednesdays, May 5, 12, 19 & 26 and June 2, 2:30 pm

A fun, exciting and informational program that focuses on how nursery rhymes, songs and books can enrich your children's lives and promote later learning success.

For ages 0-18 months with a parent or caregiver.

Rhythm, Rhyme & Tune Time Registration required (by lottery)

Mondays, March 1, 8, 15, 22 & 29 and April 5, 11:15 am

Wednesdays, March 3, 10, 17, 24 & 31 and April 7, 11:15 am

Mondays, April 26 and May 3, 10, 17 & 24, 11:15 am

Wednesdays, April 28 and May 5, 12, 19 & 26 and June 2, 11:15 am

Sing, chant, play instruments and move creatively as we explore the sounds, rhythms and patterns that make up our language. For ages 0-4 with a parent or caregiver.

BOOK CLUBS

Mother-Daughter Book Discussion – Registration required

For girls, aged 7-9, with a parent or guardian.

Tuesday, May 4, 4:00 pm *The Secret Seven* by Enid Blyton

Ashburn Kids Book Club – Registration required

For ages 8-11.

Thursday, May 6, 7:00 pm

No Talking by Andrew Clements

Junie B. Jones Book Club – Registration required

For ages 6-9. Books by Barbara Parks.

Thursday, May 20, 4:00 pm

(CONTINUED ON NEXT PAGE)

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Junie B. Jones Has a Peep in Her Pocket Day

Guys Read – Registration required

For ages 8-11.

Thursday, May 27, 7:00 pm *Soup* by Scott Newton Peck

PROGRAMS

Teen Reading Buddies Storytime

Mondays, 4:30 pm (closed May 31)

Encourage your child's love of books by pairing them with a teen reading buddy for one-on-one reading time.

For ages 3-6.

Ashburn Peacemakers - Registration required

This year-long series of programs focuses on peace and peace-making. Stories, music, crafts and collaborative activities help to strengthen participants' understanding of tolerance and how working together benefits the larger community.

Sunday, May 16, 3:00 pm - Hana's Suitcase

Book discussion: *Hana's Suitcase* by Karen Levine

For ages 8-12.

Seasonal Storytime

For ages 2-6 with a parent or caregiver.

Thursday, May 13, 3:30 pm

Bugs, Bugs, Bugs!

Movies -- Not Just for Kids!

Family-friendly movies that have become classics! Mothers, fathers, sisters, and brothers: movies with something for everyone! For all ages.

Monday, May 3, 7:00 pm

The Adventures of Buckaroo Banzai Across the 8th Dimension, Rated PG, 103 minutes

Family Movie Matinee

Saturday, May 15, 3:00 pm, *Bambi*, Rated G, 70 minutes

Wii Nights - Monday, May 24, 7:00 pm

Come play popular titles with friends and family. Meet new people and play new games. Door prizes! For all ages.

Paws to Read with paws4people foundation

Registration required - Sunday, May 23, 2:00 pm

What do you get when you bring children, dogs and books together? You get happy, confident children who love to read! Register your child to come in and read to a Therapy Dog!

Mad Scientists' Club – Registration required

Explore scientific topics through activities. For ages 8 - 11.

Tuesday, May 25, 7:00 pm - Sweet Science & the Sense of Taste.

Ashburn Library's Talent Show – Talent Needed!

Thursday, April 1 – Sunday, May 9


Can you dance, sing, tell jokes? Stop by the Information Desk to sign up your act by Saturday, May 1.

Sunday, May 2, 2:00 pm – Dress Rehearsal

Sunday, May 9, 2:00 pm – Performance

For all ages.

(CONTINUED ON NEXT PAGE)



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LIBRARY CORNER (CONTINUED)

Todd Parr-ty! - Children's Book Week – Registration required
Tuesday, May 11, 4:00 pm
Celebrate Children's Book Week with the books of Todd Parr.
For ages 4-8.

Children's Book Week: Writing Workshop with Lezlie Evans
Tuesday, May 11, 7:00 pm
Author Lezlie Evans will inspire you to write your own stories. Some of her books include: *The Bunnies' Picnic*, *The Bunnies' Trip* and *Who Loves Little Lamb?*

Dance Like a Chicken - Children's Book Week
Registration required - Friday, May 14, 3:30 pm
Chicken stories and dancing.
For ages 4-8.

TEENS FOR AGES 12-18
Poetry & Short Story Group with Shannyn Snyder -
Try Poetry 2010 – Registration required
Saturday, May 1, 1:00 pm
Share ideas and get tips on writing poetry and short stories. Meet fellow writers and poets.

ADULTS
One-on-One ESL Tutoring
May - June, by Appointment (sign up begins April 19)
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To Visit in Stephenson, VA: Take Rte. 7 W. to I-81 N. Proceed to Exit #317 (Route 11). Make a right on Rte. 11 N. towards Stephenson. Follow about 1.5 mi. to right on Old Charles Town Rd. Turn right on Snowden Bridge Blvd. and continue to right on Sawtooth Dr. to sales center on left.

Phone: (866) 347-7755.

Open 10 a.m. - 6 p.m. Daily. Brokers Welcome.

SnowdenBridge.com

Find us on Facebook! Brookfield DC Metro.



*Prices and terms are subject to change without notice. Offer not valid with any other offer. See salesperson for details.



BROOKFIELD
HOMES

Design Is The Difference

For Sale: Mega-Byte the "hound Droid" with follow me technology has a full range of motion, eight special functions, and two built-in functions! The ultimate 21 century pet! Costs \$50. Yours for \$25.00. In box, excellent condition. Call 703-444-4247.

For Sale: Baby items, 2 1/2 years old- Medela Breast Pump Black backpack (\$30), Baby Jogger red (\$40), two bottle warmers \$3/each. 703.728.6851.

For Sale: Antique side board, draw-leaf table, 4 chairs \$500 OBO. Mahjong table and chairs, \$700 OBO. 703-973-0201.

For Sale: Speaker- Roland CM-30 cube monitor. 30W of audio punch through a high quality 6.5" coaxial 2 way speaker with stereo preamp. For home studio and live onstage. Connects to microphone, keyboard, rhythm machine and CD player. Sells for \$175. Brand new. Yours for \$100. Call 703-309-7400.

For Sale: Panasonic OmniMovie VHS video recorder (PV-602) with tripod and manual. Great working condition. Both items \$40 obo. Call 703-444-4247

For Sale: Computer games for Windows 98/95. Mathblaster 2nd grade, Groovy Games, Disney Villian's Revenge, and Myst. All 4 games in original boxes - \$10. 703-444-4247.

For Sale: White, Black and Decker coffee pot, excellent condition-\$10.Call 703-444-4247.

For Sale: Boy's twin wooden bunkbeds, w/drawers, matching nightstand, \$200. Air hockey table, full size, 88"x 44", \$100 -obo. Call 571-215-3982

For Sale: Beautiful Dutaillier/EG six drawer chest in natural wood finish. Highest quality in perfect condition. Orig. \$1200, we are selling for \$300. Good for any age but can be used as dresser/ changing table combo. Call Keri 703-723-3852

For Sale: Surround Sound Receiver \$100, DVD Player \$25, color printer/scanner \$20, PC \$100, Fax, Router, Cable modem \$25. Call 703-858-7897

For Sale: Tools - Wet saw \$45 Black & Decker Band Saw \$150 Table Saw \$150 call 703-220-8060.

For Sale: Junior set of golf clubs, good condition. Assorted brands \$70, call 703-729-2453.

For Sale: Air hockey table good condition 66 inches by 38 inches - extra motors \$60 or best offer. Call 703-729-2315.

For Sale: White, strapless, ballgown wedding dress, size 5/6 by DaVinci for sale. \$400 for dress and ballgown slip! Call Bethany. 571-225-9098

For Sale: Solid redwood deluxe play set. Four swings, slide, clubhouse, sandbox, separate monkey bars, and climbing rope. \$1500 call 703-858-3745.

For Sale: Antique style living room/family room furniture. One sofa, two chairs, and marble coffee table. Excellent condition. \$650 OBO. 703-858-0867

For Sale: Oversize easy chair elegant paisley pattern rich golden olive hue a real bargain at \$150 please call 703-858-2896.

(CONTINUED ON NEXT PAGE)

Water You Thinking?®

Thinking of installing a permanent underground sprinkler system this year? Make sure you use a contractor that's Loudoun Water Preferred. That way, you can be sure your system is well designed, it protects your water supply from backflow, it saves water, and saves you money.



*View our growing list of
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Irrigation Contractors*

www.loudounwater.org/Residential-Customers/Loudoun-Water-Preferred/

LOUDOUN  WATER

For Sale: Moving sale, everything must go, TV/with ENT/CTR, double stroller, toys, formal chair, formal sandals size 8.5/9, decoration and house/h pieces, and a lot more. Email htfuad@hotmail.com

For Sale: IMPEX multi-station weight set with weight bench and arm pulleys to workout entire body. IMPEX Marcy Platinum Model MP3100 barely used \$150.00 or best offer. Call 703-723-3679.

For Sale: Famous name gorgeous cut aquamarine loose stones appraised at \$1100 only \$250. Cardio Glide \$25, some Pampered Chef pieces varied prices, Afghan prayer rug authentic \$200. 703-723-6321-H or 703- 927-5031 Cell. Leave message & call back. Speak clearly.

For Sale: 9-ft Pre-lit Kirkland Signature Christmas tree. 1800 constant-on lights, hinged branches pre-attached to center of tree, on-off foot pedal, stand included. Sells for \$300+ at Costco. Like new! Your price \$150 OBO. 703-858-1171 or 703-303-6072.

For Sale: Cargo bunkbeds with mattress, matching nightstand with draws, desk w/chair, two book shelves, matching winter / summer bedding. \$800 OBO. 703-729-9224 or 703-851-2200.

For Sale: 2 – 23” Pier 1 woven wicker counter chairs. Dark brown wicker with black legs and arms. \$25. Call 703-858-9453.

For Sale: Attention Hockey Players! Used PowerSkater (powerskater.com) Dryland Training System for sale. This system

teaches proper skating technique, stride power, and speed. \$300. Call 703-729-5926.

For Sale: Thomasville entertainment center French Country Style – tall with doors and slide out shelves on top and bottom. \$399.00. 703-723-3679.

For Sale: Dog crate (wooden) that can be used for the house or airline travel. Dimensions 44 1/2 lg x 31 ht x 24 w. Good condition \$30. Call 703-726-0288.

For Sale: Pali crib caramel color. Gently used, excellent condition. Includes toddler side rail. \$200 OBO. Call 571-216-8138.

For Sale: Toddler racecar bed, blue, Little Tykes, good condition \$50. Call 571-216-8138.

For Sale: Infant 0-3 month's boys clothing large selection, gently used. Priced per item. Call 571-216-8138.

HOME IMPROVEMENT

A-1 Home Services: Small jobs honey do lists. Basements, decks, plumbing, elec., drywall, paint, roof repairs, odd jobs. 540-454-5024.

Home Improvement Specialist: Low rates for basements, drywall, fences, decks and small jobs. 25 years carpentry experience. Member Loudoun County Chamber of Commerce. Excellent Ashburn Village references available. Licensed/insured. Call Chris 703-771-9004.

(CONTINUED ON NEXT PAGE)

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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 water-proofing wet basements. 30 years experience. Free estimates. For all your home improvement needs, call Marc at 703-724-0772.

Handy Guy: Painting, window washing, minor plumbing and electrical, new light fixtures, shelves and closet organizers installed AND everything in between. Free estimates. Call 703-729-0184 evenings, 925-548-1725 days.

Full Circle Home Improvement: Kitchen and bath remodeling-flooring, installation hardwood tile etc. Finish trim moldings-lighting-decks-finished basements-painting and more. Licensed and insured. Call Rich at 703-723-4268 email full_circlehome@yahoo.com

Let's Roll Painting: Leading Ashburn-based company providing the following services: (1) Interior painting; (2) Exterior painting; (3) Deck refinishing; (4) Trim installation; (5) Power washing. Call 703-723-9313 or 571-276-5758 or visit www.letsrollpainting.com to schedule a FREE estimate. Licensed and Insured.

Master Improvement Painting: We specialize in interior/ exterior painting, carpentry, powerwashing, sealing decks and repairing rotten wood. References available. Call for a free estimate. 703-731-9651. www.masterimprovementpainting.com

LAWN/LANDSCAPING

Grass Mowing "Cheap": Ashburn Village Residents only –

for town home and single family, now accepting new residential clients for 2010; mow, edge, blow and seasonal applications. Fence power-wash and re-stain, Retired Professionals: email jackthedecker@aol.com 703-858-0103.

PROFESSIONAL SERVICES

Affordable Carpet Cleaning & Restoration: Whole house special – 7 rooms/areas only \$147. Carpet stretching/repair. 24 hour emergency water damage. Mold experts. Pet odor/spotting, scotchguarding, upholstery cleaning, oriental rug cleaning. 30 years experience, including The White House. Please call 703-978-2270

Ashburn Electric: Specializing in Recess Light Installation & Service. Licensed/Insured. Call Craig at 703-858-7332. Ashburn resident.

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, evening, weekend appointments.

T.W.A. Irrigation: Sprinkler irrigation systems, new installation spring turn on winterizations service repairs. Ashburn Village resident Licensed Contractor. Please call 703-723-9253. Ashburn residents free estimates and 10% off any service.

T.W.A. Electric: Ashburn Village resident Licensed Contractor. Electrical repair fixture installation ceiling fans recessed lights

(CONTINUED ON NEXT PAGE)

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Students can earn an A+ rate on savings balances up to \$1,500.



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Students & Families are Eligible to Join!

*APY = Annual Percentage Yield as of 4/10/10 on balances up to \$1,500 and is subject to change without notice. Account only available for students up to 23 years of age. Membership eligibility requirements apply.



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703-788-4800

Ashburn
Ashburn Farm Town Center
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panel upgrades outdoor lighting. Please call 703-723-9253. Ashburn residents free estimates and \$25 off any service

Use Garneski: For your A/C and heating needs. Garneski Air Conditioning and Heating Company is your local Carrier dealer. 10% off any service up to \$150 for Ashburn Village residents. Visit us at info@garneskiac.com or Call 703-880 2770

Camann Painting: Interior and exterior. Powerwashing, rotten trim replacement, drywall repairs, crown/chair rail installation. No job too small. Call Dave for free estimates. 703-444-4442. Licensed/insured, serving Ashburn since 1987. Check us out on the web camannpainting.com.

Concrete Flatwork: Lead walks, patios and driveways. New, remove and replace. Caulking. Bobcat services. 703-729-3225 or Cell: 703-309-1037.

New Garage Doors: Replace your old garage door with a new insulated door. Models by Amarr and Clopay. Licensed and insured. Free estimates. Call Pat at 703-955-6389. ryanpjon@aol.com

REAL ESTATE

Giving You More for Less! 4.5% full service listings. Cash back to homebuyers! Aggressive marketing strategies. Call Kristine Price 703-328-1025 or email kpricehomes@aol.com Northern VA Resident for over 30 years. The difference is experience and dedication. Samson Properties.

Myrtle Beach Condo: Weeks for rent July 2-9 and August 22-27. Condos are one bedroom with sleeper sofa, full kitchen and in new phase at Sheraton Broadway Plantation. Call 703-431-6765 for details. Awesome family resort!

Weather Update: Naples, FL had no snow this winter. And you? Sorry. Tropical Naples continues to be a favorite year round, warm weather get-a-way. Many quality properties under \$300k. Information? Contact John Schroeder, Naples's Realtor. Web site: NaplesUnder300.com. Email: SunnyNaplesGulf@aol.com.

Room For Rent: Ashburn Village, family home. Utilities included plus internet available now. For information call Giselle at 703-930-8831. Owner RE Agent

SPECIAL INTEREST

Moms Club of Ashburn Village area offers fun and support to mothers through playgroups, field trips, Moms' Night Out, and more. Meetings held the third Thursday of each month are open to prospective members. Email ashburnmomsclub@yahoo.com or visit <http://avmomsclub.50webs.com/>.

Piano Company Warehouse Clearance Sale: Pre-owned pianos of all types and sizes, trade-ins, consignments, new floor models, over 30 brands from Steinway to Baldwin, Yamaha, Kawai, etc. Bring the joy of music into your home. Call 703-771-8119.

There's a new Club in town: The Rotary Club of Ashburn. Meetings are held noon on Thursdays at the 1757 Golf Club (45120 Waxpool Road, Sterling, VA 20166-6923) beginning April 22nd. Visit the web at <http://rotaryclubofashburnva.weebly.com> or contact Nancy Pav, Membership Director by e-mail at nancy.pav@longandfoster.com

VILLAGE HELPERS

In an ongoing attempt to provide the best service to our residents, we will no longer be listing the ages of the Village Helpers. Parents are encouraged to closely monitor any correspondence directed at their children as a result of these advertisements.

Pet Sitting: Rachel Clements will take care of your pet when you are away. Enjoys all different types of animals. Very responsible. References available. If interested, please call, 703-729-9585.

Babysitter and/or Tutor: Ty Sheedlo, great with kids. Babysitter training course and experience. All honors classes and Spectrum. Very patient and good at entertaining kids. Please call 703-729-2182.

Babysitting: Brice Pinson, Will baby-sit 6 months on up. 3 years experience (can provide references) Please call 703-729-5642.

Babysitting/Pet Sitting/Tutoring: Mackenzie Scofield, 4 plus years of experience as a Village Helper, with significant repeat business. Babysits for ages newborn – 12 years of age. Contact Mackenzie at 703-858-9707.

Pet Sitting and Babysitting: Pet sitting and babysitting Neil Hartman very responsible. Please call 703-729-2453.

Pet Sitting: Jessica Feddersen Loves animals, very responsible. Call 571-271-9002 or email me at jessicaf_dancer_11@hotmail.com.

Pet and Babysitting: I have taken a Red Cross babysitting course which included CPR training for infants and older children. I love and own/worked with animals of all sorts. Will babysit for newborn-10 years. Contact 571-277-0402.

Flute Lessons: I have eight years of flute playing experience and am offering lessons for beginner and intermediate level flute students. The fee will be \$15 per half hours session. Contact 703-729-1591.

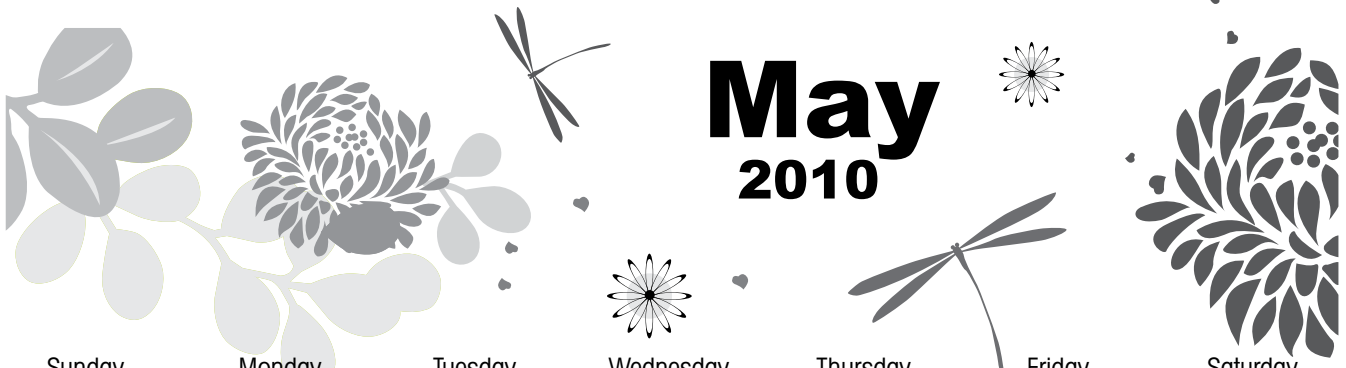
Babysitting and Pet Sitting: Caris Cole, two + years experience. Loves kids and animals. Very responsible and dependable. 703-729-2162 or helenhc2@gmail.com



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Expert Workmanship at Affordable Rates

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May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 AERC Meeting 6:00 pm AVCA Office Tennis Committee 7:00 pm Woods Rec Center	5 Recreation & Commu- nity Events (R&CEC) 7:00 pm Sports Pavilion	6	7	8
9	10 Facilities & Grounds 6:00 pm Mills Rec Center	11	12	13 Competitive Swim Committee 7:30 pm Lakes Rec Center	14	15
16	17 Budget & Finance Committee 6:30 pm Lakes Rec Center	18 AERC Meeting 6:00 pm AVCA Office	19 Lakes & Ponds Committee 7:00 pm Mills Rec Center	20	21	22 Ashburn Village Shred Event 8:00 am Mills Rec Center
23 30	24 31 AVCA Office Closed Memorial Day Holiday	25 Board of Directors 6:00 pm Lakes Rec Center	26	27 Lakeshore Condo Board of Directors 6:30 pm Lakeshore Community Center Bldg	28	29 Pools Open

MAY Advertisers

11	American Power Clean
16	Animal Medical Centers of Loudoun
35	Apple Federal Credit Union
12	Apt Orthodontics
2	Ashburn Academy of Ballet
13	Ashburn Eye Care Associates
28	Ashburn Foot and Ankle Center
28	Ashburn Ice House
24	Ashburn Village Animal Hospital
9	Belly Rubs Pet Care
15	Bowman's Heating A/C
15	Brian Wright Personal Training
32	Brookfield Homes
12	Climatic Heating and Cooling
40	Creative Dance Center
39	Creative Windows
30	Daczkowski Orthodontics
29	Echeandia Lawns & Landscapes
28	Ellington Hulbert
30	ENT & Allergy Specialists of Virginia
23	Gary J. Weiss
25	House Doctors
5	Husbands For Hire Inc
25	Jazzercise
36	Kris' Painting
6	Leading Edge Testing
23	Lori Christ
26	Loudoun Exteriors Inc.
33	Loudoun Water
31	McCarthy Services
34	Moss Building
29	Ocean Breeze
16	Olde World Painting
25	Premier Dermatology
14	Ronald Ray DDS
15	Spirit Construction Company
28	Whole Pet Central
10	Wiger Orthodontics
31	Wise Guys
9	Zampiello Paint Contractors

2010 Advertising

The Villager is published the last week of each month by the:

Ashburn Village Community Association, Inc.
44025 Courtland Drive
Ashburn, Virginia 20147

Advertising space is limited.

All advertising must be paid for in advance or at the time of ad placement. Absolutely no advertiser refunds will be made on missed copy due dates!

Contact us at avca@ashburnvillage.org to confirm ad deadlines.

Advertiser prepayment is not refundable when "reserved space" advertising copy is not submitted by the due date.

An Insertion Order (IO) is required for Display and Classified advertisements and can be obtained at the office, by fax, or on our website at www.ashburnvillage.org.

Camera-ready artwork, properly sized, is required.

No changes will be made by AVCA.



Neither the AVCA, its members, Board of Directors, or the Ashburn Village Development Corporation (AVDC) recommends or endorses any advertiser. The AVCA reserves the right to decline any advertisement for any reason it deems appropriate. Submitted articles are the opinion of the author and do not necessarily reflect the opinions of the AVCA or the Board of Directors. Articles may be edited for the sake of clarity or length.

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Half Day Camps available at both Studio Locations
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Summer Camps



Auditions

To register for auditions, call our studios.

Competition Team

Saturday May 8th, 2:00 pm
at our Chantilly Studio

All*Stars Dance Team

Saturday May 8th, 6:00 pm
at our Chantilly Studio

Performing Troupe

Friday, May 14th, 7:30 pm
at our Ashburn Studio

Nutcracker in a Shell - All Jazzed Up

Sat., June 19 from 10:00 am until noon
at our Ashburn Studio

Sat., August 21 from 10:00 am until noon
at our Ashburn Studio

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Saturday, June 12th, 6:00 pm
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