



# The Villager

www.ashburnvillage.org



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Volunteer Editor: Meg Carlson

# **Four Things Every Parent Should Know Before Choosing A Dance Studio**

**The Ashburn Academy of Ballet  
Visit our website at: [www.ashburnballet.com](http://www.ashburnballet.com)**

If all dance studios in the area seem to have friendly teachers, experience teaching children and a big performance at the end of the year, aren't they all pretty much the same? Does it really matter which school you decide to choose? Yes, it does! There are 4 main things that can make a huge difference in the quality of instruction that your child receives. Here are 4 things that all parents should consider before deciding on a dance studio for their child.



recreational to professional dance. A marley floor allows the dancer to "slide" without slipping. Few studios use professional marley floors in their studios and take one to their performance site and usually opt for a slippery wood floor.

All three of our studios are 1200 sq ft each equipped with floating floors that have over 700 high density foam blocks under the floor surface and a marley top surface. An additional marley floor is taken and laid for our school performances.



## **1. EDUCATION OR COMPETITION?**

It is important to ask the question of a studio, is your emphasis on education or competition? Dance originated as an art form, and when dance schools compete for trophies and "places" then it becomes a sport.

Our dancers' classical training is showcased in performances for the community as artistic entertainment. This allows our students to gain confidence through personal and physical growth. At our school, competitions do not define our students as "winners or losers".

Our dancers are equipped with the technique and knowledge to continue their study of dance at a higher educational level if they so choose.

## **2. WHAT TYPE OF PERFORMANCE DO YOU HAVE AT THE END OF THE YEAR?**

Is the emphasis of the recital the technique that has been taught over the year or is it a dance that has been practiced for the entire year? We don't start our recital dances until the beginning of February, with an emphasis on technique throughout the year. We choose tasteful and age appropriate costumes and choreography for all of our dancers. We want parents to feel comfortable and proud of what their children are presenting on stage. We feel the focus of the performance should reflect what the students have learned throughout the year.



## **3. WHAT TYPE OF DANCE FLOOR IS USED?**

Dance is a physical activity that requires a lot of jumping, which can put stress on bones and joints. Most dance footwear does not provide any cushioning or support, so the shock of dance movement can put a lot of pressure on the dancer's back and knees. The best way to prevent against a potential injury is by choosing a studio with a professional "floating floor". A floating floor is a dance floor that rests on high density foam blocks to absorb the shock of jumping.

The top layer of a dance floor is also an important factor. A vinyl composite "marley" floor is accepted worldwide as the best surface layer for

## **4. WHAT ARE YOUR TEACHERS' QUALIFICATIONS?**

It is important to ask what training and background the instructors at the studio have. Dance instructors should have a college degree in dance or be pursuing one and/or professional experience. All of our instructors at the Ashburn Academy of Ballet either have a college degree in dance and/or professional experience.



**[www.ashburnballet.com](http://www.ashburnballet.com)  
703-723-8089  
21690 Red Rum Dr. Unit 172  
Ashburn, VA 20147  
Located in the Ashburn  
Technology Park**

## Board of Directors

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2008-2010 Term

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2009-2011 Term

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2008 – 2010 Term

***Need to contact the Board? Email messages  
can be sent to [bod@ashburnvillage.org](mailto: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 June 22, 2010 at the Lakes Recreation Center, 44078 Cheltenham Circle.

An agenda is posted on the website, [www.ashburnvillage.org](http://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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## 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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##### **McKane Goldizen**

*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, June 22, 6:00 p.m.

Lakes Recreation Center, Cheltenham Circle

#### **AVSP Renovation Committee**

Wednesday, June 2, 6:30 p.m.

Wednesday, June 9, 6:30 p.m.

Wednesday, June 23, 6:30 p.m.

Wednesday, June 30, 6:30 p.m.

Lakes Recreation Center, Cheltenham Circle

#### **Architectural (AERC)**

Tuesday, June 1, 6:00 p.m.

Tuesday, June 15, 6:00 p.m.

AVCA Office, Courtland Drive

#### **Budget & Finance (B&F)**

Monday, June 21, 6:30 p.m.

Lakes Recreation Center, Cheltenham Circle

#### **Competitive Swimming Committee (AVCSC)**

Thursday, June 10, 7:30 p.m.

Lakes Recreation Center, Cheltenham Circle

#### **Facilities & Grounds (F&GC)**

Monday, June 14, 6:00 p.m.

Mills Recreation Center, Grottoes Drive

#### **Lakes & Ponds (L&PC)**

Wednesday, June 16, 7:00 p.m.

Mills Recreation Center, Grottoes Drive

#### **Neighborhood Watch (NHWC)**

\* Meeting Date/ Location Change-

Meetings to be held every other month

Next meeting, Tuesday, June 8, 2010, 7:00 p.m.

Woods Recreation Center, Louisa Drive

#### **Recreation and Community Events (R&CEC)**

Wednesday, June 2, 7:00 p.m.

Sports Pavilion

#### **Tennis (AVTC)**

Wednesday, June 9, 7:00 p.m.

Woods Recreation Center, Louisa Drive



## Greetings, Fellow Villagers!

### Loudoun County Transportation Plan and Chesapeake Bay Act Legislation

WOW! Homeowner turnout for the joint meeting with members of the Loudoun County Board of Supervisors was incredible. I believe that Chairman York, Supervisor Waters and Supervisor Miller walked away with a strong sense of cohesiveness from our residents as well as those who attended from surrounding communities. If you have not read or heard by now, your strong voice has made a difference. We have been informed that the Loudoun County Office of Transportation Services has recommended to the BOS that the CTP be amended to exclude both Ashburn Village Boulevard and Gloucester Parkway from future widening to 6 lanes. This will not remove the County right of way in the median for future multi-modal options such as bike lanes or other possible transportation mechanisms. Nonetheless, this is a wonderful change and it is all thanks to the residents who sent emails and came to the meeting to voice your concerns.

The pending Chesapeake Bay Preservation Legislation currently under consideration is still very sketchy on many levels. After listening to the concerns and opinions from residents, I believe that Chairman York and Supervisors Waters and Miller understand our position. They too seemed to question certain elements and have promised to take a very hard look at the County Staff recommendation for the legislation. They have also promised not to rush to judgment without knowing the full impact that this very overburdening decision would have on property values, the association and more importantly you, the property owner.

We need to stay on top of both issues and see them through to the end. I will stay in touch with Supervisor Waters and report anything new to the association as quickly as I can. I would highly recommend if you are not signed up for our email blast notification system that you take a few moments and register. Simply go to our web site and navigate to the bottom of the home page, then click on the link and fill out a simple form. This is the most effective and timely method for us to communicate with residents. I would also recommend that you sign-up for email from the Sports Pavilion; important programming and events are conveyed through that system as well. Once again, I want to convey my sincere thanks to all who came out and showed your support for our community. Your voice and actions over the past several weeks certainly made a difference.

### Sports Pavilion Renovations – Update

The Sports Pavilion Renovation Committee met Wednesday, May 26 to affirm a list of proposed elements for a phased renovation plan of the Sports Pavilion. The committee will be working to produce a succinct plan of phased renovations that will change the very look and feel of the complex over the course of the next four to six years. Current plans call for a survey/feedback questionnaire to be made available on one or both of the community web sites (AVCA and AVSP) within the next few weeks. The information on the site will outline the proposed changes along with the link to the form. The draft proposal for the renovations will be presented to the BOD in July as part of the FY11 assessment and budget planning. A phased approach will allow the association to pay for elements within a given period that are financed on an

(CONTINUED ON NEXT PAGE)

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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	<a href="mailto:avca@ashburnvillage.org">avca@ashburnvillage.org</a>
Website	<a href="http://www.ashburnvillage.org">www.ashburnvillage.org</a>
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

annual basis and preclude us from entering into a long-term financial agreement. Instead, our goal is to make operational changes coupled with minimal annual assessment increases to fund the various phases. In the coming weeks as the phased plans develop, meetings will be held for the entire community to comment. Committee meetings are open to all who wish to attend, and a list of those meetings will be published in *The Villager* as well as our web site. We welcome the opportunity to show you the exciting ideas that have grown out of the many meetings and discussions within the committee and with homeowners. Please feel free to attend at any time.

### Pools are Open

Now that the pools are open, please remember to abide by the rules and regulations that govern their use. The association offers swim diapers to any member or guest with infants or young children who are not yet potty trained. Please help us keep our pools open by simply asking for a diaper. In addition, please remember that the guards are the final arbiters of the rules; do not challenge them on a decision. If you have a comment, complaint or issue, please send an email to [pools@ashburnvillage.org](mailto:pools@ashburnvillage.org).

Have a wonderful and safe summer!

See you around the Village.

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\*SAT is a trademark of the College Board

## April Meeting

The April 27, 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 March 23, 2010 Board of Directors meeting.
- Crishana Loritsch, Resident Services Manager, outlined the new Covenants Administration system AIMS.
- A resident expressed concerns regarding the association's policy against accepting cash for assessments at the AVCA office.
- A resident requested the association contact the appropriate owners of the stretch of property along Ashburn Village Blvd and Russell Branch Parkway to consider installing a sidewalk to Ashbrook Shopping Center.
- 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 accepted and approved the 2009 Final Audit.
- The Board took the following actions regarding the AVSP Expansion:
  - Cancel the homeowner vote for Pavilion expansion and the related borrowing.
  - Authorize within current funding contracting an appropriate consultant to create a five-ten year renovation plan. This plan needs to be designed to cost no more than the BOD's authorized project allotment of an amount no greater than 10% of a given fiscal period's budget. The amounts collected can be set aside in a capital improvement fund and accumulated until such time as the project's phased elements are to be started.
  - Direct the President to conduct an operational efficiency study of the Pavilion bringing the results to the Board for approval with the 2011 Budget.
- The Board took the following action regarding the deck compliance issue at 44466 Tyrone Terrace:
  - Denied the request to repair the wood or provide more than a 90 day warranty.
  - Give the owner 30 days in which to accept the final offer.
  - If the owner agrees, direct the staff to complete the work within 30 days.
  - If the owner refuses, direct the staff to begin normal violation processes.
- The Board authorized the staff to follow normal violation processes for the removal of an extended fence on common area.
- The Board authorized the Resident Services Manager to recall the owners of 20444 Cool Fern Square to a hearing for property maintenance issues at the May 2010 meeting.

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 Section 47 & 48 Lawn Maintenance Policy as submitted.
- Received committee reports and minutes.

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

- 20954 Glenburn Terrace

The following properties were denied variance requests:

- 43988 Clary Court- 6' privacy fence
- 43849 Delightful Place- second shed

The Board authorized the General Manager, in conjunction with the association's legal counsel, to take appropriate legal action against the following property owners for property maintenance violations:

- 43950 Kitts Hill Terrace
- 43984 Kitts Hill Terrace

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

- 44021 Laceyville Terrace
- 44026 Laceyville Terrace
- 44030 Laceyville Terrace
- 44066 Laceyville Terrace
- 21311 Lord Nelson Terrace
- 44258 Mossy Brook Square
- 21079 Pickerelweed Terrace
- 44177 Paget Terrace

The following properties were assessed for trash and recycling violations. Assessments will be waived if the properties are brought into compliance by the compliance deadline:

- 44005 Choptank Terrace
- 44052 Laceyville Terrace

The following property was assessed for a short-term/seasonal violation. Assessments will be waived if the holiday lights are removed by the compliance deadline:

- 44259 Sonora Lane

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

The Board came out of Executive Session at 9:05 p.m.

No decisions were made during Executive Session.



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# Notes From Your Neighbors...

**Erika Goedrich**

Chair (571) 439-6923

**Pat May**

(571) 215-7519

publicitywg@avfrd.net

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!!

## Grilling Safety

Every year, thousands of homes catch fire because of grills. Make sure your barbeque is risk-free:

- Before using, place your grill at least 10 feet away from other objects, including the house and any shrubs or bushes.
- Always stay by the grill when cooking.
- Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.
- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.
- Never use a match to check for leaks. If you detect a leak, immediately turn off the gas. Do not attempt to light the grill again until the leak is fixed.
- Never bring a barbecue grill inside your home or garage. This is both a fire and carbon monoxide poisoning hazard.
- Keep kids and pets away until grill equipment is completely cool.

## Second Annual Poker Run – June 19, 9 AM



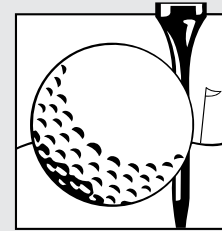
### Start and Finish at Ashburn Firehouse – 20688 Ashburn Road

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 AVFRD beginning at 3:00 p.m.

## Upcoming Events

For full details, please visit

<http://www.ashburnfirerescue.org/events/>



### Golf Tournament

**Monday, September 20**

**Join us at the Belmont**

**Country Club** and spend the day on an Arnold Palmer signature golf course.

### Fall Open House & Family Day

**Sunday, October 3**

Join us at the Ashburn Firehouse, 20688 Ashburn Road for an afternoon of fun for the whole family. Our "Passport to Safety" offers a fun educational environment for kids to learn fire safety and prevention.

### Slashburn Haunted House Weekends in October

**The Slasher returns** to the Ashburn Firehouse, 20688 Ashburn Road. Are you brave enough to venture through?

## Pancake Breakfast

at the Ashburn Firehouse, 20688 Ashburn Rd.

**8 AM until noon.**

**Jun 6 • Aug 1 • Sept 5 • Nov 7 • Dec 5**

**Note: No breakfasts in July or October**

**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!



We are currently accepting sponsorship for all our events. Sponsorship opportunities are detailed on our website, or contact us at [sponsor@ashburnfirerescue.org](mailto:sponsor@ashburnfirerescue.org).

Become our friend on Facebook – key word search: AVFRD



# Trouble-Free Daylilies – My Kind of Plant

If you have a bare spot or two in your garden in need of summer color, consider planting hardy, trouble-free daylilies. These herbaceous perennials give five or six weeks of abundant, reliable, midsummer bloom with a minimum of attention. Now there are new varieties available called re-blooming daylilies that will bloom over an even longer period of time.

The thought of daylilies may set you reflecting on masses of tall, orange wildflowers waving along the roadside. But your image need not stop there. Few plants are as easy to cross-pollinate and produce seeds as daylilies. Successful breeding efforts have resulted in a wide palette of colors and an expanded height range. With the number of varieties available, you should have no problem establishing a soothing swath of soft rose or violet or an

invigorating border in dazzling gold or bright red.

You must keep in mind though, that daylilies are a favorite food for the Loudoun County white-tail deer population. So if you have deer who visit your garden regularly, you may want to avoid planting daylilies.

The scientific name for daylily is *Hemerocallis*, a name coupling two Greek words meaning “beauty for a day.” True, each flower lasts only one day, but there are twenty or more buds per stem, each ascending over its own fan of gracefully arching leaves. Even with modest care, each fan doubles or triples each spring. A generous clump develops into a fountain of handsome foliage in a few years.

Not only are daylilies among the easiest, sturdiest

(CONTINUED ON NEXT PAGE)

## Free Buses for the Komen Race for the Cure

Register now for the FREE bus transportation to Washington, D.C. for the Komen Global Race for the Cure on June 5th. It is sponsored by the Loudoun Breast Health Network and the INOVA Loudoun Hospital Ladies Board. Buses will leave from INOVA Hospital Cornwall Campus in Leesburg and INOVA Hospital Lansdowne Campus at 5:45 am, returning at 12:30 pm.

For more information visit the Loudoun Breast Health Network at <http://www.lbhn.org>. Look under **EVENTS - Upcoming Events**.

Questions contact Renelda at [renelda@lbhn.org](mailto:renelda@lbhn.org) or 540-771-0381.

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perennials to grow, but the variety of sizes, forms and colors can provide attractive blooms in nearly every sunny garden spot. Daylilies perform best with six hours or more of full sun daily. The most popular of all daylilies are the tall, rounded, ruffled saucers in pure colors like pink, cream, lilac, peach, wine, copper, yellow and every other shade and tint (except blue). The silver dollar-size miniatures, fluffy doubles, and ribbon-petaled “spiders” all have their place in the landscape. These glamorous blooms bear little resemblance to their yellow-to-orange, Asiatic ancestors.

Two of the original species are still popular today. One, the old fashioned, lemon lily (*Hemerocallis flava*) is sweetly scented. The other, the orange *H. fulva*, blooms in such profusion on roadside banks in July that they are believed by many to be native plants. However, daylilies originally came from the Orient and were brought to the New World by early immigrants.

For more information on daylilies, visit the website of The American Hemerocallis Society at <http://www.daylilies.org/>. If you have questions about plants or pests in your garden, contact the Loudoun County Master Gardener Volunteers at their Help Desk at 703-771-5150 or [ex107mg@vt.edu](mailto:ex107mg@vt.edu) or visit them at a Gardening Clinic on Saturday mornings at Lowe’s in Sterling, or the Farmer’s Markets in Leesburg or Purcellville.

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## June Gardening Tips

- Use pliers to pull up woody seedlings and weeds. Grip the stem at the soil line, twist it around the pliers, and pull straight up. Watering deeply the day before pulling weeds will make the job easier.
- Determining whether you have Chinese or Japanese wisteria is not difficult. The blossoms on the Chinese variety open before the leaves appear. On the Japanese type, they develop with the unfolding leaves. Also, Chinese wisteria usually has 7 to 13 leaflets, while the Japanese type has 13 to 19.
- Alkaline soil can cause leaf yellowing (chlorosis) of some shade trees. If you suspect alkaline soil to be the cause of leaf yellowing on one of your trees, have a soil test done to determine soil pH. Pin oaks are especially susceptible to this condition. High soil pH limits the availability of micronutrients. You can pick up soil test kits at Loudoun County Libraries or at the Loudoun Extension Office.
- Lacebugs feed on azaleas, pyracantha and other woody plants, causing a gray, blanched or stippled appearance on the upper surface of the leaves. Take steps to control them as soon as you notice the damage. Check with Loudoun Master Gardeners for current pesticide recommendations.
- Plants wilt from a lack of oxygen as well as a lack of water. When the soil is compacted, the plant’s tender feeder roots and root hairs suffocate. The problem is compounded when the well-meaning gardener assumes that the wilting is a sign of water stress and immediately irrigates. Well-aerated soil, enriched with organic matter, allows both air and water to circulate freely about the root system for a vigorous plant.
- Make sure that newly planted trees and shrubs receive a thorough soaking each week, if rainfall is insufficient. Soak the ground; do not sprinkle it lightly. Apply organic mulch to conserve moisture. It is also helpful to make a shallow depression around plants to collect water.
- When dead or damaged branches are found on shade trees, prune them out immediately.



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# Master Gardener's Lunch & Learn Workshops

**Time** Noon - 1 pm  
No pre-registration required

**Location** Ida Lee Demonstration Garden  
60 Ida Lee Drive  
Ida Lee Park, Leesburg



Bring your lunch and join other gardeners in learning more about gardening in a beautiful garden setting underneath the shade of the garden pergola.

<b>June 1</b>	Composting	Dave Hellums
<b>July 6</b>	Harvesting Herbs for Flavored Vinegars	Becky Phillips
<b>August 3</b>	Shade Gardening	Carol Ivory
<b>Sept. 7</b>	Floral Arranging**	Elaine Hawn

Each topic will include a discussion of the positive impacts that the techniques & practices used have on the environment and water quality.

**\*\* PLEASE BRING YOUR OWN FLOWERS.** A small container will be provided, but if you would prefer your own, please bring one.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Debbie Dillion, Loudoun Office, at 703-777-0373 during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120.



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## Home Security/Alarm Sales Information

Recently the Virginia Department of Criminal Justice Services (DCJS) put out an alert to law enforcement agencies concerning non-licensed alarm system vendors operating in Virginia. DCJS provides all licensing and oversight for alarm companies, including sales and installation. DCJS conducts background checks on company personnel and ensures that only reputable employees are being utilized in this sensitive area.

Here in Loudoun we saw this problem last summer with a company operating from New Jersey and without proper licensing from DCJS. The public is reminded that should an alarm vendor appear at your residence or solicit at your residence for an alarm system installation or upgrade, residents should ask to see the following identifications:

- A solicitor license issued by the Loudoun County Sheriff's Office (required for all for-profit soliciting)
- An identification card issued from the Virginia Department of Criminal Justice Services (DCJS)

In addition to sales personnel being required to be registered with DCJS, all installation personnel are also required to be registered with DCJS. Residents are reminded to ask for DCJS identifications for any person who enters their home for the purposes of installation or upgrade of an alarm system.

Should a solicitor or installer not have these identifications, residents are asked to contact the Sheriff's Office so we can respond and identify the company and the employee. This reporting is critical so that DCJS can continue to protect citizens from unscrupulous alarm companies and employees.

### Frequently Asked Questions

If you would like to have a question answered, please e-mail the question to [Nathaniel.Payne@loudoun.gov](mailto:Nathaniel.Payne@loudoun.gov) or [James.Spurlock@loudoun.gov](mailto:James.Spurlock@loudoun.gov)

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# Burglary Prevention

The months of June, July and August are the three highest months across the US for burglaries. Remember a burglary is a crime of opportunity. The best way to combat this crime is by controlling the opportunities.

- Always ensure your windows and doors are locked if you are leaving your residence. Even a short trip to the store can be enough time for a burglar.
- Do not hide or store valuable jewelry in predictable locations, i.e., Jewelry Boxes/Drawers. Burglars know where to look and will head directly to those places.
- Make the would-be burglar work for what they may get. Burglars do not want to spend a lot of time in a home.

Store valuables in non-traditional locations and in non-traditional containers.

- When you leave home, look for any suspicious vehicles or persons in your neighborhood. They may be waiting for you to leave. Call and report them immediately.
- When in doubt let us figure it out. Make the call, do not approach, and be the best witness you can be.

If you go on vacation, have a trusted neighbor watch your home and report any suspicious behavior.

## Thefts from Vehicles...

Thefts from vehicles continues to be an ongoing problem in Loudoun County. Since January there have been **256** incidents and all of these were totally preventable. In most cases the victims do not believe that what they are leaving in their vehicle is of any value or they do not believe it could happen to them. This crime is totally an opportunity-based crime and if items of value were not left in vehicles, this crime could be eliminated completely. Residents are encouraged to take all items of value out of their vehicles. Residents are also encouraged to be watchful in their neighborhoods and report ANY suspicious persons regardless of time of day.

**Non-Emergency: 703-777-1021**

## Warming 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 Sheriff's Office Crime Prevention Unit wants all citizens to be aware of this and be extra vigilant in the coming months. Please report any suspicious activity to the Sheriff's Office at 703-777-1021. Let's all plan on having a fun and safe summer.

## Getting Involved...

Citizens regularly ask how they can get involved but fear that their identities will become compromised. To help citizens remain anonymous and still keep them involved, we have a few telephone numbers they can call and report information and remain totally anonymous:

- If you suspect narcotics (drug) use or sales you can call the Narcotics Tip Line at 703-779-0552
- If you suspect gang activity or gang participation you can call 1-866-NO-GANGS (1-866-664-2647)
- If you have information about a crime that is about to occur or has already occurred, you can call 703-777-1919. Working together, we can all help keep our community and families safe.

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## Finding A Fitness Program

Both Time Magazine and the New York Times have recently written about the relationship between diet and exercise. The realization who “*Without significantly changing their diets, few succeed [with their weight loss efforts]*” is something of a bombshell to all of us waging a fight against fat. We all have that friend who seemingly exercises like crazy, but hasn’t really seen a significant amount of weight loss. Even I have experienced this. Can you imagine giving it your all exercising and not seeing any real physical results? The lack of any downward motion on the scale would stop anyone in their tracks. The truth is that exercise *alone* isn’t going to cut it. We have to make the conscious effort to make healthier choices overall, including what we eat. For me, it was only after I made nutritional changes that expected results began to surface.

Rethinking how we approach fitness and weight loss can be a hard pill to swallow, but it does not mean that the benefits of getting regular exercise should be ignored. In fact, exercise can improve so many aspects of your life it can’t be ignored. So, with that, let’s talk about ways to incorporate regular exercise into your life so you can be that much closer to your healthy and fit goals.

How do you find the right type of program, you ask? I know from personal experience that there are many philosophies and approaches to getting fit. That fact alone can make it almost too challenging to even get started, but if you consider the following questions and use those

answers to guide you – I bet you can find a program that is right for you.

What sort of activity do you enjoy? Are you one of those people who prefer the type of equipment a local gym has to offer? Is running more your style? How about organized sports? Even gardening qualifies. There are so many types of fitness programs out there – fitness boot camps, Jazzercise, Zumba, cycling – the list goes on and on. But before you get overwhelmed, remember the idea is to be active regularly, even if it’s a 20-minute walk around the block with the family dog. Investing in a program that incorporates your interest will give you a greater shot at success.

What sort of time commitment are you willing to make? Be realistic with this one. If you have young kids at home, finding the time to leave the house, let alone finding someone to regularly watch your kids may not be possible. Maybe you could forgo a few hours of sleep in the morning to work on your fitness. You may just become that morning person you swore never to become! OK, maybe not. So you are not a morning person? There are loads of fitness programs available during the evening hours, but make sure to find one that holds you accountable in some way! After a long day at the office, it is way too easy to talk yourself out of [insert activity here]. Again, the key here is to find and schedule some time consistently to be active but it has to fit within your lifestyle or it just won’t work.

Lastly, what is your current level of fitness and activity level? It’s ok if it’s minimal. There are a ton of programs designed for people just like you. Like they say, “There is an app for that” – there is a program for you. Ask your friends what they do to stay in shape, talk with a trainer at a local gym, and by all means use the Internet to research your choices. Don’t let your current fitness level prevent you from taking action.

Answering the questions above will help you narrow down the choices that are right for you. And, once you find something that fits your style, make sure you create goals to help you measure your progress and reassess those goals regularly. You will see that over time they need adjusting based on where you are in your journey!

You can find even more information on fitness programs and trends in my blog <http://www.livefitandsore.com>. Stop by for daily inspiration, support and information to help you succeed in your fit and healthy journey. I enjoy the company!

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## Treat Your Cat Right

www.ashburnanimals.com

703-729-0700

People love to give their feline friends a snack, but when you pamper your pet too much, it can lead to a fat cat. Nearly 60% of all cats are either overweight or obese, according to the American Veterinary Association. But that doesn't mean that you can never give Shadow treats, only that you need to choose carefully, both what you give and when. Here are 7 tips for keeping your fluffy feline happy, healthy, and still feeling special.

- **Chubby isn't charming.** If your cat can't bend over enough to clean itself and if her belly drags on the ground, then she may be overweight. It may be time to see your vet so he or she can develop a weight loss program for your kitty. Overweight cats are prone to liver disease, diabetes, and arthritis, among other illnesses, so this is serious stuff.
- **Go Green.** Cat grass is a great treat for cats – easy to grow at home or to find at pet stores.
- **Train for treats.** Contrary to popular belief, cats actually can be trained to do tricks! Get Tiger to stand on his hind legs, or shake with his paw. You can also train a cat to hold still for things he wouldn't usually like such as nail trimming or being medicated. Rewards go a long way.
- **Keep treats a treat.** Offer treats 2-3 times a week, or maybe even every day. Just don't let the treats make up more than 10% of a cat's diet. And just because Milo won't eat his regular food but begs for his treats instead doesn't mean that you have to give in!
- **Don't treat to love.** Cats don't love you any more for treats. It's the playing, petting and holding that helps a cat bond with you.
- **Keep people food to a minimum.** Cat foods contain the vitamins, minerals, and amino acids needed to keep Princess healthy. Occasionally you can give her some tuna, cheese, chicken or fish, but try to limit what makes it into her Waterford crystal bowl.
- **Know what's safe and what isn't.** Raisins, grapes, onions, alcohol, and Macadamia nuts (just to name a few) – these may be tasty to us, but they can be toxic to a kitty. If you're not sure, give us a call or go to [www.asPCA.org](http://www.asPCA.org) for a very comprehensive list of toxic foods as well as plants.

Now go have fun with your frisky feline. Show him or her how much you care, and go ahead and give a treat, just not too many!

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ANIMAL HOSPITAL**

## 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.



# 4<sup>TH</sup> of JULY CELEBRATION

## 10:30AM PARADE

Decorate your bikes, wagons or strollers, dress in your patriotic best and come join the parade! Route starts at Fincastle Field and ends at the Sports Pavilion.

## 11:00AM - 4:00PM POOL PARTY AT AVSP

Party features inflatables, dunk tank, Live DJ, and concessions.  
\* Party is Free to residents and \$5 for guests.

## DARK FIREWORKS & MUSIC AT DARK!

Come enjoy Suburban Rush Band, who will be playing an hour before the fireworks and half an hour after! Suburban Rush band is made up of Ashburn Village Residents! Estimated start time for the music is 8:00pm. Fireworks will be set off at the Lakes Recreation Center.

### AVSP HOURS

FACILITY	7:00AM - 6:00PM
OUTDOOR POOL (POOL PARTY / 11:00AM - 4:00PM)	11:00AM - 5:30PM
MARINA	11:00AM - 5:00PM

# Ashburn Village Sports Pavilion

JUNE 2010



## CALENDAR OF EVENTS

### JUNE

- 6/2 Resident Registration for Group Swim Classes
- 6/12 2010 Jr. Round Robin-Session 1- 10am-4pm
- 6/19 Outdoor Pools Begin Summer Hours
- 6/19 Project Graduation
- 6/21 RISE & Jr. Tennis Summer Camp Begin
- 6/25 Movie Night: *Bedtime Stories* (Rain Date 6/26)

### JULY

- 7/4 4th of July Celebration  
10:30am- Parade  
11:00am- Pool Party (located at AVSP)  
Dark- Fireworks
- 7/5 Resident Registration for Group Swim Classes
- 7/9 Movie Night & Date Night: *Harry Potter and the Sorcerer's Stone* (Rain Date 7/10)
- 7/10 2010 Jr. Round Robin- Session 2- 10am-4pm
- 7/23 Movie Night: *Percy Jackson & The Olympians: The Lightning Thief* (Rain Date 7/24)

### AUGUST

- 8/13 Movie Night: *Cloudy with a Chance of Meatballs* (Rain Date 8/14)
- 8/27 Movie Night: *Up* (Rain Date 8/28)

For a full list of event days and times,  
please visit the AVSP website at  
[www.ashburnsportspavilion.org](http://www.ashburnsportspavilion.org).

## RISE CAMP SUMMER CAMP 2010



Space still available for RISE Camp. Ten weekly sessions available for your choice of half or full day camps. Registration is filled on a first-come, first-serve basis. Enrollment packets are available at the Pavilion Front Desk or online at <http://avsp.squarespace.com/rise/camp/>.

### Half-Day Camp

**Time:** Your choice of morning session (8am-12:30 pm)  
OR afternoon session (1:00- 6pm).

**Registration Fee:** \$35

**Cost:** \$115 a wk AVSP Members  
\$150 a wk for Non-residents.

### Full-Day Camp

**Time:** 8am-6pm

**Registration Fee:** \$35

**Cost:** \$190 a wk AVSP Members  
\$250 a wk for Non-residents.

### Extended Care

Need to drop off a little early? Extended care is offered, advance registration is required as space is limited! Rate reflects per week rate and registration for the entire week is required.

7:30-8am \$15 AVSP Members; \$20 Non-Residents  
12:30-1pm \$15 AVSP Members; \$20 Non-Residents

### Hours of Operation:

**Monday - Friday**      **Saturday & Sunday**  
5AM - 10PM                      7AM - 8PM

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<http://www.ashburnsportspavilion.org>





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**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

**Summer Personal Training Special:**

Work Out All Summer for \$95 per Week\*

- Offer runs July 1 - August 31
- 2- 1 hour sessions
- 2- ½ hour sessions \$65/week\*
- Pay on a weekly basis

*\*Registrant must commit to six weeks of training between July 1- August 31*

Contact Fitness Director, Tracy Faber at [tfaber@ashburnvillage.org](mailto:tfaber@ashburnvillage.org) or by phone at 703-729-0581 ext. 114.

**Polar Heart Monitors Now Available!**

Getting the most out of your training doesn't always mean working faster or harder. The best way to improving and seeing results is to train at the right intensity. With a Polar heart rate monitor, you can make sure you're not over or under training, and make each session count. Use your Polar Heart Rate Monitor to motivate you each and every time you train.



AVSP now offers a full line of Polar Heart Monitors. Stop by the pavilion and let one of our fitness professionals help you pick the watch that suits your workout needs.

**Pilates Reformer-All Levels**

Pilates Reformer class focuses on core strength and flexibility.

**Cost:** \$190- 8 Classes Residents  
\$285 -8 Classes Non-Residents  
**Drop in \$35 Residents; \$45 Non-Residents**  
**Instructor:** Olena Koloymiyets

Groups forming for the Summer. For available dates and times, contact Fitness Director, Tracy Faber at [tfaber@ashburnvillage.org](mailto:tfaber@ashburnvillage.org) or by phone 703-729-0581 ext. 114.



**Fitness Tip from AVSP  
Personal Trainer, Chris Peterson:**

**Goals are one of the most important things to have in a gym.**

Without goals there is no direction for our efforts and no motivation to keep us going. Now we all have goals, otherwise there wouldn't be gyms...Gaining, losing and maintaining weight and fitness levels are all different goals and require training differently.

So before you begin your workouts, set up your goals. Goal-setting ideally involves establishing specific, measurable, attainable, realistic and time-targeted objectives. Using these guidelines helps make the goals concrete rather than just a concept. Concepts are great but knowing where you are and how much further you need to go are important in keeping you motivated and consistent.



**BOOT CAMP**

THE CHALLENGE BEGINS  
JUNE 28<sup>TH</sup>

REGISTER TODAY!

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:** June 28–July 23

**Session 2:**

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

**Dates:** June 29–July 24

**Session 3:**

**Days/Times:** Class runs Mon-Thurs @ 7pm

Participant may choose three of the four days and days can change week by week.

**Dates:** June 28–July 22

**Cost:** \$90 -Residents

\$110 -Non-Residents

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

**Instructor:** Chris Peterson

**TEEN WEIGHT TRAINING**  
CERTIFICATION

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 is 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

**Fitness Tours**

Ever wonder how the machines work at AVSP or how to get the cardio equipment started? Join a Certified Personal Trainer for a fitness tour.

**Day/Time:** Tuesdays @ 6:30pm & Thursdays @ 9am

**Dates:** On-going.

**Cost:** FREE. \*Advance registration required.

**Belly Dance**

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 I-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

**CPR & First Aid Training**

AVSP will be offering a CPR & First Aid certification course.

**Date:** Monday, August 2

**Time:** 6:30-8pm-First Aid; 8-9:30pm- CPR

**Cost:** \$20 per course or \$40 for both

**Location:** Mills Rec. Center

**Instructor:** Larry Newell

Pre-registration is required for this course. Contact the Pavilion Front Desk to check class availability.



# Racquet Sports & Aquatics



## 2010 JUNIOR ROUND-ROBIN SERIES JUNE 12, JULY 10, AUG. 14

AVSP will host 3, one-day junior round robin events this summer! This is a great time for kids to have their first experience playing tournament tennis, or get more match play practice over the summer.

**Dates:** June 12; July 10; August 14

**Time:** 10am-4pm

**Who:** Boys & Girls, 10 & Under, 12 & Under, 14 & Under, 16 & Under

**Cost:** \$15 Residents; \$20 NRTM

**Play all Three:** \$40 residents; \$50 NRTM



**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.

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

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

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

**Sign up at the AVSP front desk!**

### 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 Residents; \$20 per class NRTM

**Sign up weekly at the AVSP front desk!**



## group swim lessons

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

### June Session:

- Resident registration opens on Wednesday, June 2nd @ 7pm
- Non-Residents registration opens on Sunday, June 6th @ 7am
- Registration closes June 6th @ 5pm
- Classes start week of June 6th

### July Session:

- Resident registration opens on Monday, July 5th @ 7pm
- Non-Residents registration opens on Wednesday, July 7th @ 7am
- Registration closes July 9th @ 5pm
- Classes start week of July 12th

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. Call the Ashburn Village Sports Pavilion for dates of the upcoming swim assessment.

### Lifeguard Certification Class

AVSP will be offering a Lifeguard Certification Course beginning Saturday, June 20th. This course consists of several hours of practical training spread over the course of 5 days and a written exam. **Cost for the full course is \$175.00 and recertification is \$95.00.** Registration is required in advance. If you have interest in attending the class, please contact Marketing & Program Manager, Diane Sohn at 703-729-0581 ext. 104.

### 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/Time:** Every Monday in April 7-9pm

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

## Believe... in the Community Spirit in Ashburn

Almost three years ago, our life changed in an instant. On June 22, 2007, we were on the beach in Rehobeth, DE celebrating our first full day of summer. Our two sons, Tyler (who was 11 years old) and Bryan (almost 9 years old) were just coming out of the water with their dad, Peter, when Tyler collapsed. He felt dizzy and strange and his right side crumpled under him. He had trouble speaking and his entire right side was motionless. The lifeguard called the ambulance, and upon arrival the ambulance summoned the medi-vac helicopter. We had no idea what was going on - was it his spinal cord, a strange jellyfish sting, a nerve? Tyler made it to the hospital in 20 minutes by helicopter; it took us over two hours by car.

In the meantime, worried calls were made to family and friends back in Ashburn. Something is wrong, something happened to Tyler... please pray. Before we even knew what had happened, the community in Ashburn started the spirit of belief and support. When we arrived at the emergency room at Christiana Hospital, we learned that Tyler had suffered a brain hemorrhage. He was in critical condition, on a ventilator, and had a large puddle of blood in his brain. We did not know if he would survive. We were soon transferred to DuPont Children's



Hospital where Tyler remained in intensive care for the next 10 days. Meanwhile, back in Ashburn, the community came together. A prayer service was called at the parking lot of Dominion Trail Elementary School, where I am a teacher and Tyler had just graduated from 5th grade. Our friends, neighbors, colleagues, fellow lacrosse families and players from Ashburn Lacrosse gathered together to hope for the best and pray for Tyler.

We spent the next month and a half living at Johns Hopkins and NRH (National Rehabilitation Hospital)

(CONTINUED ON NEXT PAGE)

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where Tyler slowly improved and worked hard on his recovery. We learned that he had an AVM in his brain that hemorrhaged and caused a stroke. His right side was paralyzed and he had to re-learn how to swallow, talk and walk. In Ashburn, my sister Alyson Kreitzman, the Ward Family, neighbors and friends were busy taking care of our son, Bryan. Our neighbors pitched in to mow our lawn and water our plants all summer long. We learned that many families tied green ribbons to their trees and mailboxes with prayers for Tyler, because green is Tyler's favorite color. Our lacrosse friends made tee shirts that said "The Comeback... One day at a time" with Tyler's name and lucky lacrosse number #9 on the back. These shirts and wristbands were sold to raise money for a medical fund that the Ruritans in Ashburn managed for us to help with Tyler's mounting medical bills. Dominion Trail's PTA hosted a movie night as a fundraiser for our family. In August, Tyler finally came home. For the next few months, many neighbors and friends in the community brought us meals several times a week.

Tyler is now in 8th grade at Farmwell Station Middle School. He is running around, playing lacrosse and is doing great. He is continuing to work hard on his recovery

from his stroke in physical and occupational therapy twice a week. A few months ago we celebrated after Tyler's angiogram revealed that his AVM is now gone from the gamma knife surgery (radiation) he received two years ago at UVA.

As we look back over the past few years, we are in awe of many things. Tyler's recovery is remarkable. Our family, friends, neighbors and colleagues all came together and have been an incredible support during this entire time. The entire staff, teachers, and nurse, Jeannie Kloman, at Farmwell Station Middle School have been wonderful in their care and accommodating Tyler's needs in school. Many people in Ashburn still ask about Tyler. They are still thinking of him and praying for him. We also hear people continue to comment on the impressive community support and coming together they took part in and witnessed during this difficult time. We believe... that Tyler will continue to recover. We believe the prayers and support from our family and the entire community carried us through. We believe that in this busy world, the spirit of community is here in Ashburn. We can never thank you all enough.

— *The Roth Family, Ashburn*

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## Ashburn 5K/10K Race

The crowd seemed almost sparse and they were all lined up on the wrong side of the ChronoTrack mats. Maybe they were still dizzy from the 85 degrees scorcher last year. This year hundreds of fingers all over the area were crossed hoping to avoid a weekend storm, "maybe even a terrible one," noted one news prognosticator the evening before. She was smiling almost gleefully in front of the weather map. Fortunately, she is almost always wrong, so you race directors can unclench.

Sure, the weather *looked* rainy with little pockets of spray bounding off the road as you drove to the race. And yes it was humid but nearly all the pre race comments from runners were fully positive that this was the kind of weather you want for a race.

The course is no Pike's Peek with a net downhill, but that is mostly because it is not point-to-point. There is nothing you can really call a hill on the course. Parts of the race are out on the main drag, the Ashburn Village Boulevard, but the lanes were well coned and "Smokey" was present at all the right places to keep the racers safe. When the event went into the neighborhoods, the curving, scenic route was on wide streets that gave the runners plenty of room even with cars.

The 5K and 10K both started together, on time at 8:15 a.m. Bless them for 15 minutes more of sleep. As usual it was hard to tell who was who in the opening mile. There were no super stars in either event. It can be noted: the 5K was only half as long as the 10K, but that did not mean the 5K turnaround was at its halfway point. It was well short, perhaps slightly more than a mile from the start. This may have confused one runner who appeared to go past the sign for a couple hundred meters before turning back. The course was not directly out and back. It had to sneak around through the side streets on the way back and finish by approaching the starting line from behind.

Just past seven minutes into the race, runners noted a man and a woman turning sharply around the cone. They were racing close together but by the serious looks on their faces, they were not running together. Katherine Hoenig, 41, of Ashburn, VA won the battle in 21:21 against runner-up and men's winner Stephen Barrett, 27, of Alexandria. It is becoming more and more common for a woman to take the overall title in smaller regional events. This was just such a race with the majority of the runners coming from Ashburn. In fact only 12 of the 261 finishers

(CONTINUED ON NEXT PAGE)

### Summer Camps At The Ashburn Ice House



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came from anywhere other than Virginia with a ten person contingency from Brandywine, MD.

Awards were not a big issue. Pike's Peek had as many awards in their overall division as this event had in their whole race with ten-years age groups stopping at 60 and older. There were plenty of refreshments after the race and the bold orange T-shirt looked pretty good.

In the 10K, six runners from out-of-state represented five other states. Even though the fire truck at the start blared its siren, nobody really busted a gut turning onto Ashburn Village Boulevard. Even with the slowish winning times in the 5K, only 10 runners were ahead of the 5K at their turnaround. Fabrice Guillaume, 33, defended the hometown with a solid 6:00 pace, 37:17, to win easily. Zac Andereck, 27, of Fairfax was runner-up in 37:55. Jhonny Cumacho, 47, came in from Torrington, CT and almost Bradley Wedemeyer, 33, of Ashburn for the third spot. Cumacho was top master in 38:58. Just 13 runners better the seven minute pace, the last was the grandmaster champion Dean Hanson, 54, of Ashburn in 43:23.

The dynamic duo of Bill Stahr, 49, from The Plains, VA and Karen Young, 41, of Boyds, MD just cannot pass up on a race especially if it is a 10K. In the last three years Stahr has run 386 races, with 43 more so far this year. Young has slightly more with 412 in 2007-09 and 37 so far this year. In 10K races, Stahr is still slightly behind during the three plus year period 153 to 160 but last year he ran a record 78 10K races to help close the gap. Before the race Young noted that she had already run two qualifying races for the Spring Runner Rankings. She was urged to push for

the 46:05 time she needed for her division today.

At the start of the race she moved quickly toward the lead in the first mile just off the 7:20 pace. By the halfway point, Jorie Dev, 28, of Leesburg launched herself on a sustained drive to pull away dramatically for the win in 44:42. Young kept pushing the whole way, settling for second overall as well as top master in 46:34, just off the qualifying mark.

Making the *Runner Rankings* is no walk in the park. Only two runners in both races combined had a qualifying time; the 5K overall winner was one. The other was the fourth woman in the 10K, Nancy Wallace, 50, of Ashburn who finished in 50:05.

This race largely leaves out one of the fastest growing groups of runners -- older ones, with its awards at one deep ending at 60 and older. There was only one runner 60 and older in the 10K and only three women 50 and older. If you have an award for them, they will come. In the 5K, there were three men duking it out for the single award in the 60 and older division. In the 50-59 division, none of the nine finishers was really battling with half of them slower than forty minutes. For the women, there were two walkers in the 60 and up division and at least half of the baker's dozen in the 50-59 division appeared to be walking as well.

Full race results can be found at [www.ashburnsports pavilion.org](http://www.ashburnsports pavilion.org)

### Ashburn Classics Meeting Information

The Ashburn Classics will hold its June 12 meeting at the Ashburn Firehouse starting at 11:30am. This will be a barbeque catered by Carolina Brothers and will cost \$15/person. Reservations are required and payment is due by June 8, 2010. The featured entertainer will be the very popular and talented Mary Ann Jung. Please contact Sherry Wise at 703-729-6591 or mail check to Sherry at 43404 Edgecliff Terrace, Ashburn, VA 20147.

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## Trash And Recycling Summary

**Go to [www.ashburnvillage.org](http://www.ashburnvillage.org) for more information**

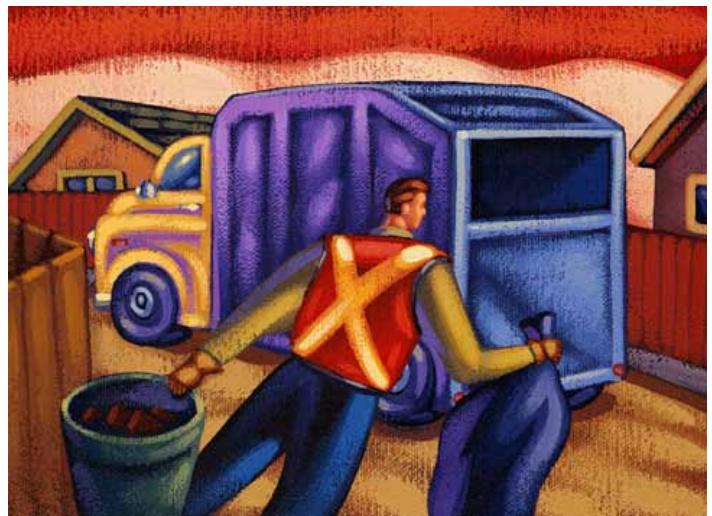
- Trash Pick-ups will occur on Monday and Thursday each week
- Yard waste will be collected on Monday along with trash
- Recycling will be collected on Thursday along with trash
- Bulk item collection will be once a week by appointment. Bulk items include furniture, extra yard waste, mattresses and other 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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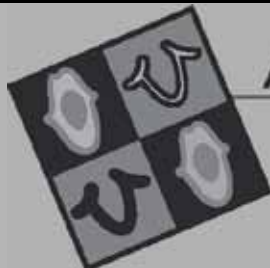
**Join us for Summertime Activities**

**Pool Party – June 18, 6:30pm, The Woods**

**4th of July Parade – Fincastle Field, 10am**

**Family Campout at Lake Fairfax – August 28**

**Cub Scout day-camp – July 12-16**



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## June

In just a week or two school will be out, and “real” summer will begin! For me, summer was never complete without some great books to read. I’ll bet many of you are no different. A great opportunity to pick up children’s books for the summer occurs just as school ends. Buy used children’s and teens’ books, videos, and music at the Ashburn Library Advisory Board (ALAB) sale on Sat, June 19th, from 10 am to 4:30 pm at the Ashburn Library (43316 Hay Rd). Prices range from 50 cents to \$2. ALAB supports all of the programs the Ashburn Library presents throughout the year and for the Children’s Used Book Sale to be a success, ***WE NEED DONATIONS!! Used books, CDs, DVDs, VHS tapes and software will be collected June 16-18 during normal library hours. Only children/teen materials, please.*** Just drop off your donations and your contributions will assist us all year long in presenting the programs we highlight here.

ALAB will also be holding our annual **Silent Auction** from June 19th to June 27th. Bid on a variety of items

generously donated by local businesses. All proceeds from both events support library programs. Over the past two years, this has become a very popular event, and we have managed to collect an impressive array of items from sports memorabilia to cooking lessons and spa treatments to bid on. Once again, all profits directly benefit the Ashburn Library and its programs. Contact Larry Stepnick at 703-858-9066 or [larry@severyngroup.com](mailto:larry@severyngroup.com) for more information. Call 703-737-8100 for library hours and directions.

### **ASHBURN LIBRARY ADVISORY BOARD’S CHILDREN’S BOOK SALE & SILENT AUCTION Book Sale: Saturday, June 19, 10:00 am – 4:30 pm**

Children’s and teens’ paperback and hardback books, CDs, DVDs and software all at great prices! Donations will be accepted June 16-18 during regular library hours.

**Silent Auction: Saturday, June 19 – Sunday, June 24**  
All proceeds will benefit the Ashburn Library.

### **STORYTIMES**

#### **Babygarten (0-18 months)**

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

#### **Toddler Storytime (18-24 months)**

Tuesdays & Thursdays, 10:00 am

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#### **Preschool Storytime (3s to 5s)**

Tuesdays & Thursdays, 11:30 am

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Wednesdays, 1:30 pm & 7:00 pm  
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\*Tickets are required and will be available half an hour before the program

#### **Teen Reading Buddies Storytime - Mondays, 4:30 pm**

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.

(CONTINUED ON NEXT PAGE)



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[contact@bw-pt.com](mailto:contact@bw-pt.com)

**BW-PT**

**Meet the Author: George Ella Lyon**

**Friday, June 11, 2:00 pm**

How feelings, thoughts and experiences become a book.  
For ages 4-7.

**\*Monday, June 21, 7:00 pm**

**"Snow White & the Seven Dwarfs"**

**presented by Kaydee Puppets**

See seven little guys, a helpful bunny and a handsome prince in this interactive fairytale with a modern twist! For all ages.

Sponsored by Loudoun Library Foundation, Inc.

**Story Inventing Workshops with author, Mary Amato**

**Wednesday, June 23, 4:00 pm**

Using theater games, learn how to construct a story—often with hilarious results. For ages 6-9.

**Beautiful Butterflies – Registration**

**Friday, June 25, 1:00 pm**

**Friday, June 25, 3:00 pm**

Learn about the amazing world of butterflies through stories, songs, and a craft. For ages 3-7.

**Paws to Read - Registration**

**Sunday, June 27, 2:00 pm**

**Sunday, July 25, 2:00 pm**

**Sunday, August 22, 2:00 pm**

Certified therapy dogs and their handlers will visit the library to read with your child. For ages 5-11.

In partnership with paws4people foundation, Inc.

**\*Science Rocks with Flumpa the**

**Frog and the Singing Scientist**

**Wednesday, June 30, 4:00 pm**

Interactive science experience. For all ages.

**TEENS AGES 12-18**

**Teen Film Competition**

**Saturday, June 15 – Saturday, July 31**

Enter your original short film then bring your friends to watch a selection of the films submitted at the Teen Film Finale at Cascades Library on Saturday, August 7, 2:00 pm. Prizes will be awarded.

Requirements:

Length - 5 minutes or less    Size - no larger than 40 MB

Format - Windows Media (.wmv) or Apple Quicktime

Submit your film, together with an entry form, between June 19 and July 31 at any branch. If you are under 18 your entry form must be signed by an adult. Entry forms will be available at the Information Desk. Films will not be returned. They will be posted on the library's webpage and YouTube Channel.

**Twilight Saga Party - Monday, June 29, 1:00 pm**


Get ready for Eclipse! Watch Twilight, Rated PG-13, 122 minutes, on our big screen, compete in trivia contests and enter for door prizes.

**Teen Reading Buddy Volunteers Orientation – Registration**

**Tuesday, June 29, 4:30 pm**

Earn community service hours by reading stories to children ages 3-6 on Mondays, 4:30 pm - 5:30 pm during July and August.

(CONTINUED ON NEXT PAGE)



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New Medical Practice! **Opening early-mid JULY '08** Call for an Appt.  
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**Children's Area Volunteers – Orientation - Register**

**Tuesday, June 29, 7:00 pm**

**Wednesday, June 30, 10:30 am**

Attend an orientation then spend an hour a week helping in our Children's Area during July and August. For ages 12-14.

**ADULTS**

**ESOL - English Conversation Group**

**Tuesdays, 7:00 pm, June – August**

**Thursdays, 10:00 am, June – August**

An informal conversation group for non-native speakers to practice speaking English.

**Graphic Novels Book Club**

If you think all comics are muscular men in tights, you may be surprised. Join us every first Wednesday of the month to discuss "graphic novels" for grown-ups. Copies of the book will be available at the Information Desk.

**Wednesday, June 2, 7:00 pm**

*Pyongyang: A Journey in North Korea* by Guy Delisle

**Adult Book Club**

**Monday, June 7, 7:00 pm**

*Little Bee* by Chris Cleave

**Documentary Film: Autism Unveiled**

**An Americans with Disabilities Act Anniversary Program**

**Saturday, July 24, 3:00 pm**

*Autism Unveiled* describes the discrimination experienced by the Deaf Community. This powerful documentary uses real life experiences from deaf people of varied social, racial and educational

boundaries, to illustrate how this form of oppression does lasting and harmful damage. The movie is silent, and narrated completely in American Sign language with subtitles. A sign language interpreter will be present for the discussion following the showing.

Presented in partnership with LEND (Loudoun ENDependence - Citizens with Disabilities Ending Dependence) a community-based resource and advocacy center, in recognition of the 20th anniversary of the Americans with Disabilities Act.

**Loudoun Library Foundation Annual Giant Book Sale - June 25,**

**9am – 7pm/ June 26, 9am - 5pm / June 27, 11am – 2pm**

**Smart's Mill Middle School, 850 North King St, Leesburg**

Free admission, plenty of parking, cash and checks only.

Over 100,000 used and like-new items for sale. All proceeds benefit the library. Volunteers needed. For more info call 703-779-2252 or email [lfbbooksale@live.com](mailto:lfbbooksale@live.com).

**Loudoun Health for Life Day, June 26, 11am – 3pm,**

**Rust Library**

In partnership with the Loudoun Health Council, the day will promote a healthy lifestyle for all Loudoun residents through good nutrition, physical fitness, and preventive healthcare. Activities, information, screenings and more for all ages.

**"Smart Stuff" for sale this summer!**

We're offering something new this summer – Summer Reading Program items for sale – you select the items you want.

Go to [www.cafepress.com/smartielcpl](http://www.cafepress.com/smartielcpl). All proceeds benefit the Loudoun Library Foundation.

See you at the Library!

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**CHILDCARE**

**Learn & Shine Home Daycare:** Learn & Shine home daycare has opening for children up to 3 years old. State licensed CPR & first aid certified. USDA meals provided. Call Tahira at 703-724-7756.

**Childcare:** Responsible stay-at-home mom of a 16 month child would like to provide in-home childcare. Can provide references. Please call 703-598-7174 for more information. Part-time or full-time.

**CLEANING**

**Ocean Breeze Cleaning Services:** We provide the highest quality residential cleaning service available. We take pride in our service and will exceed your expectations on every visit! Licensed/Insured/Bonded. Call for free estimate, (703) 729-0447. Visit us at [www.oceanbreezecleaning.com](http://www.oceanbreezecleaning.com)

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**Nilda's Cleaning Service:** Residential homes move out-in, weekly, biweekly, monthly or special one-time service. Good references, licensed, insured. Free estimates 50% off second cleaning. Ask for Nilda or Javier, cell 571-332-0467 or 703-272-3731.

**Anita's Home Services:** Residential, commercial cleaning, apartments, houses and offices. Painting. All work guaranteed. Excellent references. Free estimates. Please call 571-258-7829.

**Spring Maids:** Working in your neighborhood to provide you with the best cleaning service. Spring Maids working for more than 11 years, Licensed, Insured. Move in/out regular cleaning. Member BBB. Major credit cards 20% off the Villagers. 703-766-2097 [www.springmaids.com](http://www.springmaids.com).

**EDUCATION**

**Experienced Guitar Teacher:** With B.M. degree available to teach in your home guitar lessons. Teaches all levels and ages in jazz, classical, blues and rock. Contact 571-480-2968.

**FOR SALE**

**Ads will continue to run on a monthly basis until we are notified that the items have been sold. To update or inform that your item has been sold please contact the Association Office. Please call 703-723-7910 ext. 100.**

**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.

(CONTINUED ON NEXT PAGE)

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Phone: (866) 347-7755.

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



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**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:** 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:** 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:** Foosball table great condition. \$50. 571-225-1781.

**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.

**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:** 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:** Attention Hockey Players! Used PowerSkater (power-skater.com) Dryland Training System for sale. This system teaches proper skating technique, stride power, and speed. \$300. Call 703-729-5926.

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

(CONTINUED ON NEXT PAGE)

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

**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.

**For Sale:** Practically new Deluxe Thomas the Train set. Set includes: table, storage/bench, extensive accessories, full track, with many trains and extra pieces. \$200.00 (worth \$400). Please call Tina Fuller @ 703-858-0672.

#### 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.

**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](http://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](http://www.masterimprovementpainting.com)

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**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.

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**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.

**Elegant Stairs of Ashburn:** Wrought iron stair railing increase the WOW factor in your home by replacing wooden spindles on your stairs with wrought iron ones. Home builders charge \$7,000-\$10,000, you can have the model home look for 75% less! Free design consultation. 703-919-3479.

**Delivering Wellness:** Our company has been around for 25 years. All of our products are organic, natural & chemical free. Ask me how I can convert your chemically filled home to all natural and environmentally friendly. Please contact Andrea Galer at deliverswellness@yahoo.com or call 703-201-4620.

**UVA Nursing Grad:** Available summer 2010 for nannying, babysitting, tutoring, housesitting, etc. CPR certified, references available upon request. Call Cathryn at 703-627-3355 or email cag2w@virginia.edu.

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**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.

**Luxury:** 2BR with 2BA condo at the Four Seasons Active Adult Community in Ashburn. Contact Walt Sobie realtor MBA your active adult specialist at 703-989-4705 or walt.realestate@gmail.com

**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.

**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. Please be advised that "Village Helpers" is reserved for Ashburn Village adolescents who offer their various services.*

**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.



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**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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Dr. Wiger and his family are Ashburn Residents.



# June 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 AERC Meeting 6:00 pm AVCA Office	2 AVSP Renovation Cmte meeting, 6:30PM Lakes Rec Center  Recreation & Community Events 7:00 p.m. at the Sports Pavilion	3	4	5
6	7	8 NHWC 7:00 pm Woods Rec Center	9 AVSP Renovation Cmte meeting, 6:30PM Lakes Rec Center  AVTC Meeting 7:00 pm Woods Rec Center	10 Competitive Swim Committee 7:30 pm Lakes Rec Center	11	12 Ashburn Classics 11:30 a.m. Ashburn Fire House
13	14 Facilities & Grounds 6:00 pm Mills Rec Center	15 AERC Meeting 6:00 pm AVCA Office	16 Lakes & Ponds Committee 7:00 pm Mills Rec Center	17	18	19
20	21 Budget & Finance Meeting 6:30 p.m. Lakes Rec	22 Board of Directors 6:00 pm Lakes Rec Center	23 AVSP Renova- tion Cmte meeting, 6:30PM Lakes Rec Center	24 Lakeshore Condo Board of Directors 6:00 pm Lakeshore Community Center Bldg	25	26
27	28	29	30 AVSP Renova- tion Cmte meeting, 6:30PM Lakes Rec Center			

## June Advertisers

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

WINDOWS • DOORS • ROOFING • SIDING • TRIM



**DID YOU KNOW THAT TAX CREDITS ARE FOR BOTH WINDOWS & SIDING?**

- Save Money On Your Energy Bills
- Maintenance Free
- Lifetime Warranties
- Employee Installed



**SHOWROOM HOURS**  
M-F 8 AM - 5 PM SAT 9 AM - 1 PM



**703.433.0300**

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



**25% Off**  
Any Roof Replacement  
Over 1,200 sq. ft.

Must present ad at time of estimate.  
Not valid with other offers.

**\$150 Off**  
Any Installed Window or Door  
(Min. 5 Windows, Doors  
Must be purchased from Creative Windows.)

Must present ad at time of estimate.  
Not valid with other offers.

**\$2000 Off**  
Any Siding Job  
Over 1,500 sq. ft.

Must present ad at time of estimate.  
Not valid with other offers.



44025 Courtland Drive  
Ashburn, Virginia 20147

PRESORTED STD  
U.S. POSTAGE  
**PAID**  
Sterling, VA  
Permit No. 8

POSTMASTER, PLEASE DELIVER IMMEDIATELY. TIME SENSITIVE INFORMATION.



# Creative Dance Center

and THE INSTITUTE OF PERFORMING ARTS FOR YOUTH  
present the annual Spring performance

# Everybody Dance Now!

**Saturday, June 12th**

**10:30 am, 2:00 pm, 6:00**

**Sunday, June 13th**

**3:00 pm & 6:30 pm**

## Freedom High School

25450 Riding Center Drive  
South Riding

Tickets **\$10** (Seniors and Children 12 and under **\$8**)

Call Creative Dance Center for ticket  
purchase information and group rates:

Ashburn **(703) 724-4900**

Chantilly **(703) 378-1800**

**Award Winning  
Company Showcase**

**Sat., June 12th  
6:00 pm**



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

The Institute of Performing Arts for Youth, in residence at Creative Dance Center, is a non profit organization founded to promote the arts by providing performing opportunities for children in the community

**Register Now!** Summer Camps are Filling Fast  
Ask about performing opportunities:  
Performance Troupe • Jr & Sr All Stars • Competition Team  
Nutcracker in a Shell All Jazzed UP!

**Fall 2010 Early Registration Specials:**  
**June 14** for returning CDC students  
**June 21** for new students