

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**

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
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Located in the Ashburn
Technology Park**

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

Board Meeting Information

The next regularly scheduled meeting of the Board of Directors will be held at 6:00 p.m. on July 27, 2010 at the Lakes Recreation Center, 44078 Cheltenham Circle.

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

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

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



Ashburn Village Community Association, Inc.

Monday thru Friday from 8:30 a.m. to 5:30 p.m.
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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, July 27, 6:00 p.m.

Lakes Recreation Center, Cheltenham Circle

Architectural (AERC)

Tuesday, July 6, 6:00 p.m.

Tuesday, July, 20, 6:00 p.m.

AVCA Office, Courtland Drive

Budget & Finance (B&FC)

Monday, June 19, 6:30 p.m.

Lakes Recreation Center, Cheltenham Circle

Competitive Swimming Committee (AVCSC)

Thursday, July 8, 7:30 p.m.

Lakes Recreation Center, Cheltenham Circle

Facilities & Grounds (F&GC)

Monday, July 12, 6:00 p.m.

Mills Recreation Center, Grottoes Drive

Lakes & Ponds (L&PC)

Wednesday, July 21, 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, August 10, 2010

Woods Recreation Center, Louisa Drive

Recreation and Community Events (R&CEC)

Wednesday, July 7, 7:00 p.m.

Sports Pavilion

Tennis (AVTC)

Tuesday, July 6, 7:00 p.m.

Woods Recreation Center, Louisa Drive



Greetings, Fellow Villagers!

Thank You for Volunteering

Happy Fourth of July! I hope the start of the summer season finds you all well and that you will have the opportunity to enjoy the many events planned in the Village to celebrate July 4th. I would like to once again take the time to thank the many volunteers for their efforts over the past year. We have seen the numbers of volunteers increase over the past year and this is a great sign. This small group of dedicated people makes sure that many important tasks and programs are kept running in Ashburn Village. These homeowners sacrifice their precious family time to help support programs in our neighborhood, fill gaps where full-time staff or contractors would otherwise be needed and their efforts provide savings to the entire community. I want to personally thank each and every one of the Village Volunteers, veteran or rookie, as without your help, our neighborhood would not be the same. Volunteer Appreciation this 4th of July at the Lakes Recreation Center is our way of thanking

you for those efforts. Please join us with your family for wonderful food, conversation, entertainment and a front row seat for the annual fireworks show!

New General Manager

I would like to extend my sincere thanks and gratitude to one of our most important volunteers over the last 20 months, Jim Tracy. Jim volunteered to lead the staff at a critical time when we could not find a suitable General Manager candidate to replace the previous GM who resigned in August 2008. Jim has worked diligently with the staff and board during his tenure. Through his direction and leadership, many important projects were completed. We will never be able to fully repay Jim for his efforts but when you see him, please thank him for his service.

The Board of Directors has hired a new General Manager, Jeff Peak. Jeff lives locally in Loudoun County with his wife and two children. He comes to the association with a multitude of experience in property development, property management and sport club/country club management, including golf, tennis, aquatics, food/beverage and more. He worked for Toll Brothers in the early stages of their development of Dominion Valley and also at Belmont Country Club. Jeff's unique background and experience in not only property management but also club management made him the perfect fit for our community. Please stop in and say hi to Jeff and welcome him to our team.

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Pavilion Renovation Update

The Sports Pavilion Renovation Committee continues to meet most Wednesday evenings at the Lakes Recreation Center beginning at 6:30PM; please see the calendar in this issue of *The Villager* for those dates. An article regarding the status and future plans of the Pavilion renovations is also in this edition. Please take a moment and read this very important information regarding the proposed future plans. If you have questions or comments, please forward them to renovatepavilion@ashburnvillage.org.

Update

CTP and County Chesapeake Bay Legislation

The County Board of Supervisors has adopted the revisions to the County Transportation Plan (CTP).

(CONTINUED ON NEXT PAGE)

Important Numbers

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

Thankfully, the provisions to make Ashburn Village Boulevard and Gloucester Parkway 6-lanes have been dropped! Our combined efforts with our neighboring communities really made the difference. The turnout for our meeting with Chairman York, Supervisors Waters and Miller in May is a testament to everyone's deep concern and desire to keep our community from becoming divided and a casualty of poor planning.

The County's Chesapeake Bay legislation is gaining some momentum according to the local papers. Despite the multitude of back and forth rhetoric on the subject, one fact remains: there are no provisions for handling agricultural run-off or placing controls on the use of fertilizer and pesticides. The basic premise of this legislation should be to not only control development around perennial bodies of water; but also control what is unmistakably a primary root cause of water contamination. In order to preserve our home values and provide a modicum of hope for controlling pollution in our creeks, streams and rivers, this legislation needs to focus on the most important aspect of clean water and conservation, not arbitrary rules and restrictions on areas already developed. There is no doubt that we all want to do our part as a watershed area of the Potomac and Chesapeake Bay. However, we need to approach this in a smart and well thought out way.

Keep smiling and have a safe summer.
See you around the Village!

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May Meeting

The May 25, 2010 regularly scheduled monthly meeting of the 2009-2010 Board of Directors was called to order at 8:55 p.m. by President M. Doug Carlson.

Among other business:

- Approved the minutes of the April 27, 2010 Board of Directors meeting.
- Received the President's Report.
- Received the Treasurer's Report.
- Received the Finance Manager's Report.
- Received the General Manager's Report.

New Business consisted of the following items:

- Discussion ensued regarding Enforcement of Covenants on Public Streets. No action was taken.
- Received the AVSP Management Report.

The Board went into Executive Session at 9:55 p.m.

The Board came out of Executive Session at 10:55 p.m.

Executive Session Decision Item:

The Board took the following action regarding Condominium Notification to Withdraw from Pavilion Membership:

- Notify the Board of Directors of the two sub-associations of the options they now have about Pavilion membership.
- Require those Boards to submit a written notarized motion "electing to withdraw from sub-association membership in the Pavilion." The withdrawal must be submitted by September 15, 2010 and will become effective January 1, 2011. Individual homeowners will be able to purchase Multi-Family Memberships if they choose.
- In the absence of receipt of an election motion by the AVCA by September 15, 2010 as described in the paragraph above, the sub-association membership will continue as it is today.
- In the future, sub-associations may elect to change their options as they deem appropriate. These motions will be brought to the attention of the AVCA's Board at the next regularly scheduled meeting.
- All future changes will be effective on the first day of the calendar year following the year in which the AVCA receives the election notice.



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Notes From Your Neighbors...

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

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

July 4th

Any firework that explodes, rises into the air, moves across the ground or shoots projectiles into the air is illegal to possess in Virginia. These devices include firecrackers, roman candles and pop bottle rockets as well as shell devices used at public displays. For a list of approved fireworks and additional information on the use of fireworks, please go to the Fire Marshal's website at: <http://www.loudoun.gov/Default.aspx?tabid=1399>.

If you do use any of the approved fireworks, please follow these safety tips:

- Never allow children to play with or ignite fireworks.
- Read and follow all warnings and instructions.
- Be sure other people are out of range before lighting fireworks.
- Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.
- Never try to relight fireworks that have not fully functioned.
- Keep a bucket of water in case of a malfunction or fire.

Erika Goedrich, Chair (571) 439-6923
Pat May, (571) 215-7519
publicitywg@avfrd.net

Upcoming Events

For full details, please visit

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

Pancake Breakfast at the Ashburn Firehouse, 20688 Ashburn Rd. 8 AM until noon. No Breakfast in July. Upcoming dates: August 1, September 5, November 7, December 5

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!

American Red Cross Blood Drive – Tuesday, August 10, 3-8 pm

Ashburn Firehouse, 20688 Ashburn Road. Schedule an appointment online at <http://www.redcrossblood.org/gcp> or by calling 1-800-GIVE-LIFE. You are encouraged to schedule an appointment, but walk-ins are always welcome.

Golf Tournament – Canceled

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?

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

Become our friend on Facebook – key word search: AVFRD

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Spider Flower Adds Old-Fashioned Punch to the Garden

Spider Flower (*Cleome hasslerana*) or cleome is native to southeastern Brazil and Argentina, making it a great plant for hot dry areas once it is established. This 3-4 foot erect plant has numerous, rose-purple, or white flowers with petals about 1" long and stamens 2-3" long. The spider-like effect of the flower is created by the abnormally long stamens. It blooms all summer long until the first hard frost and flowers continuously.

Some cultivars to try include 'Cherry Queen' (48 inches tall, cherry-rose flowers), 'Helen Campbell' (48 inches tall, white flowers), 'Pink Queen' (48 inches tall, pink flowers), and 'Rose Queen' (48 inches tall, rose-pink flowers and more colorful than 'Pink Queen').

Cleome is a flower that my grandmother always had in her garden, so I grow it in my own garden because it brings back fond childhood memories for me. It should be grown in sun to partial shade. While it grows well in hot, dry conditions, it also responds well to abundant moisture. You can propagate cleome easily from seed. For best seed germination, utilize alternating temperatures of 85° days and 70° nights and cover seeds lightly. Cleome also readily self-seeds in the fall. Leave the seeds in your flower bed, and see what

colors come up next spring -- they may or may not be the same color as what you first planted! You may get more than you need from them self-seeding, but you can easily pull the ones you

don't want in the spring when they are small. Cleome is basically disease and insect-free. Uses for cleome include backgrounds, cut flowers or even a temporary shrub.

If you have gardening questions or need help with plant selections or problem diagnosis, contact the Loudoun County Master Gardener Volunteer Help Desk at 703-771-5150 or ex107mg@vt.edu, Monday – Friday, 9 am to noon, or stop by the Help Desk at the Extension Office at 30 Catocin Circle, SE, Suite B (Wachovia Bank Building), Leesburg.



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July Monthly Gardening Tips



- Flowering dogwood (*Cornus florida*) commonly is affected by a number of diseases, including the fatal dogwood anthracnose. Protecting your dogwoods from drought stress can go a long way toward keeping them healthy. Make sure they have been mulched in a wide ring with organic material, about 3 inches deep (do not use dogwood leaves or wood as mulch, and pull back from trunk). During prolonged dry periods, water dogwoods thoroughly.
- During dry spells, trees may shed up to 10 percent of their leaves. This leaf loss helps reduce water lost from the tree by transpiration and causes little or no harm to the tree.
- Tip die-back of redbud (*Cercis canadensis*) may be caused by saturated soil. Redbuds are very intolerant of “wet feet” caused by prolonged wet soil and high humidity.
- Some woody ornamentals attractive to hummingbirds are crabapple, hawthorn, albizia, Siberian pea shrub, tulip poplar, buckeye, and horse chestnut.
- Inner leaves and twigs of trees normally drop from lack of sunlight, but falling clusters of leaves attached to short twigs may result from insect or squirrel activity. Girdling insects make shallow, encircling depressions, while twigs broken by squirrels have diagonally severed ends.

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44031 Pipeline Plaza, Suite 225
Ashburn, VA 20147
(703) 729-3545

Can a **bright** child do poorly in reading, writing, spelling or math?

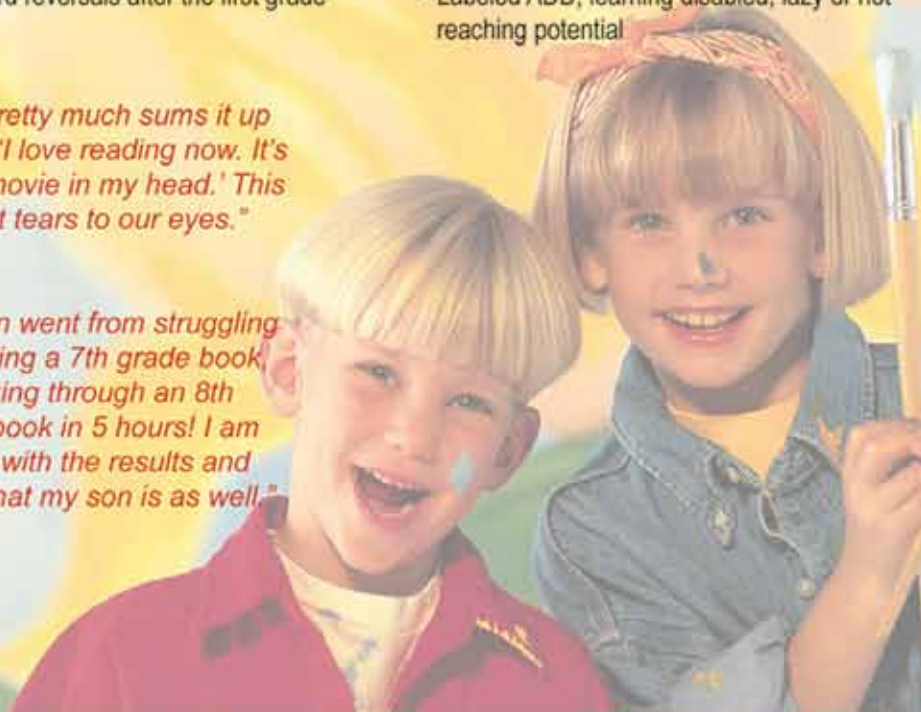
Yes...If the child has an undetected vision problem.

Symptoms of a Vision Problem

- Head tilting, closing or blocking one eye when reading
- Avoidance of near work
- Frequent loss of place when reading
- Red, sore or itchy eyes
- Omits, inserts or rereads letters and/or words
- Headaches, dizziness or nausea after reading
- Poor handwriting, mis-aligns numbers
- Slow, difficult line reading
- Behind grade level in reading
- Letter/word reversals after the first grade
- Jerky eye movements, or one eye turning in or out
- Failure to recognize the same word in the next sentence
- Difficulty copying from the chalkboard
- Confuses similar looking words
- Poor reading comprehension
- Short attention span
- Fatigue, frustration, stress associated with reading, homework, other near work
- Labeled ADD, learning disabled, lazy or not reaching potential

"This pretty much sums it up for us: 'I love reading now. It's like a movie in my head.' This brought tears to our eyes."
— SB

"My son went from struggling to reading a 7th grade book, to buzzing through an 8th grade book in 5 hours! I am thrilled with the results and know that my son is as well."
— LR



If your child has any of the above symptoms listed above, call and schedule an appointment today!

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Help Eliminate Auto Theft

H.E.A.T. is an acronym for Help Eliminate Auto Theft. This program is a cooperative effort of the Virginia State police, DMV, and local law enforcement.

H.E.A.T. pushes the Layered Approach to Protection. This is because the more time a thief has to spend stealing a car, the greater the chance of detection. That's why car thieves take the easy route--it's faster.

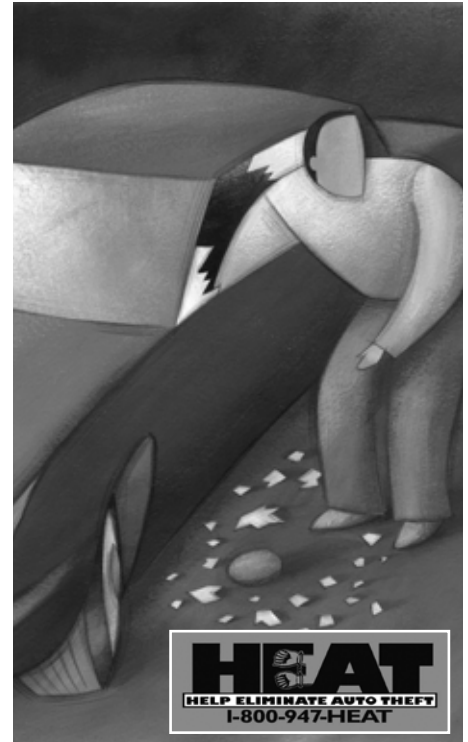
To make your vehicle a tough target, the National Insurance Crime Bureau recommends a "Layered Approach." The more layers of protection on your vehicle, the tougher it is to steal.

These Layers include:

- Common sense!
- Visible or Audible Deterrents
- A vehicle immobilizer.
- Tracking system

H.E.A.T. provides a 24-hour-a-day, seven-day-a-week toll-free number — 1-800-947-HEAT (4328) — for citizens to call and report information concerning the theft of vehicles, vehicle parts or chop shop operations. Callers may remain anonymous throughout the process.

Additionally callers who supply tips leading to arrests are eligible for rewards of up to \$25,000. For more information, please visit www.heatreward.com.



Providing caring, personal attention in a comfortable, professional environment, right in the heart of Ashburn.



Dr. Robert M. Allen
Dr. Diana J. Slavin
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 Chantilly Professional Building
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(703) 830-6380

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- Comprehensive Eye Examinations
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- Licensed, Professional Opticians With Over 60 Years of Experience
- Complete Fashion Optical – Over 1000 Fashion Frames in Stock
- Pediatric/Developmental Optometry
- Vision Training

Most Insurance Plans Accepted — Convenient Evening and Weekend Hours

Mcgruff Safety Camp

Every year Loudoun County Sheriff's Office Crime Prevention Unit and Loudoun Fire and Rescue hold a free week-long camp for kindergarten and first grade children. At this camp the children learn such things as fire safety, bike safety and stranger safety, among many other things. This camp has become so popular that Loudoun County Sheriff's Office has had to add 3 additional camps in the last 2 years. Even with this increase in class numbers the camp still fills up very quickly. This years camps will start the week of June 28th and continue until July 23th. During this time period no Neighborhood Watch classes will be held. Congratulations to all the children that have made it into the 2010 McGruff Safety Camp.



F.A.Q's

Q: Can I pass a school bus on a divided highway if I am going in the opposite direction of the school bus?

A: According to Code of Virginia section 46.2-859: If the road is divided by a median that is not paved you do not have to stop.

Q: What are the laws relating to Moped's and mini motorcycles?

A: This question comes up a lot in the summertime. First, a moped is defined as - a vehicle that travels on not more than three wheels in contact with the ground that has a seat that is no less than 24 inches in height, measured from the middle of the seat perpendicular to the ground and a gasoline, electric, or hybrid motor that displaces less than 50 cubic centimeters. A mini-motorcycle is defined as a motorcycle that has a gasoline engine that displaces less than 150 cubic centimeters; has a seat less than 24 inches in height, measured from the middle of the seat perpendicular to the ground; and has no manufacturer issued vehicle identification number.

Both have laws regulating their use on roadways. The moped rules are:

- No moped will be operated on a highway faster than 35 mph. If operated faster than 35 mph the individual will be considered as operating a motorcycle.
- No moped will be driven on a highway by anyone under the age of 16 and every person operating a moped shall carry some form of identification.

The mini-motorcycle rule is:

- No person shall operate a motor driven cycle on any public highway.
- If you would like to have a question answered, please e-mail the question to: Nathaniel.Payne@loudoun.gov or James.Spurlock@loudoun.gov

Mini Motorcycle



The Loudoun County Sheriff's Office would like to update the public with the laws concerning mini motorcycles, also known as pocket bikes. Manufacturers intended these vehicles to be operated on PRIVATE PROPERTY only, and not for use on a public street or highway.

Mini motorcycles can be powered by gasoline or an electric engine. While they are powered by smaller engines these vehicles can reach speeds of more than 35 mph.

Another thing to think about is safety. While on these vehicles the operators' head and chest are around the same level as a normal vehicle bumper. This would make even a smaller accident very serious.

A mini motorcycle is defined per the state of Virginia as a motorcycle that has a gasoline engine that displaces less than 150 ccs, has a seat less than 24 inches in height measured from the middle of the seat perpendicular to the ground and has no manufacturer-issued

VA state code 46.2-991.1. Operation of motor driven cycles on public highways is prohibited.

Frequently Asked Questions

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

Upcoming Events

June 12th, 2010

Vacation Safety and Planning 4:00 P.M. Lansdowne

June 12th, 2010

Child ID's 10:00 A.M. - 2:00 P.M. Dulles South Safety Center

June 21st, 2010

Intro to Policing 7:00 P.M. Belmont, Hunt Civic Center

The Dirty Dozen by Stephanie Hoaglund

There has been a lot of talk recently about pesticides and their effect on families. I recently watched a documentary called “Toxic America” on CNN and visited the related website which details the dangers of the chemicals that are used in our every day. From cleaning materials to the food we eat, they are everywhere.

Because my family has recently been changed by cancer, I now make a conscience effort to buy whole, fresh foods when possible and in particular, organic produce. The President’s Cancer Panel has recommended that consumers buy pesticide-free produce to reduce the risks of cancer and other diseases. Also, although the government says that small amounts of pesticides pose no measurable health risks, there are some studies that show a correlation between pesticides and many health problems like cancer, ADHD and weakened immune systems. Did you know that even washing produce before eating it doesn’t rid it of pesticides? Many times the chemicals are in the water, which can mean the pesticide is actually inside the fruit via the soil.

So, how do we, as the consumer, navigate through our local stores to figure out what to do? Organic and specialty food is usually expensive. I don’t know about you, but I am not made of money <can you hear your mother saying that?> and feeding a family of 4 can really add up. So here are some tips, which have helped me figure out how to make the best choices for my family.

What produce should you buy organic?

Focus on certain fruits and vegetables that have higher pesticide levels. I have learned that the thicker the skin of

the produce, the less of a pesticide concern there is. So when deciding which foods to buy organic, focus on the fruits and vegetables called “The Dirty Dozen” because they were found to have the highest level of pesticides per serving:

- | | |
|----------------------------------|-----------------|
| Celery | Peaches |
| Strawberries | Apples |
| Domestic blueberries | Nectarines |
| Sweet bell peppers | Cherries |
| Potatoes | Imported grapes |
| Lettuce | |
| Spinach, kale and collard greens | |

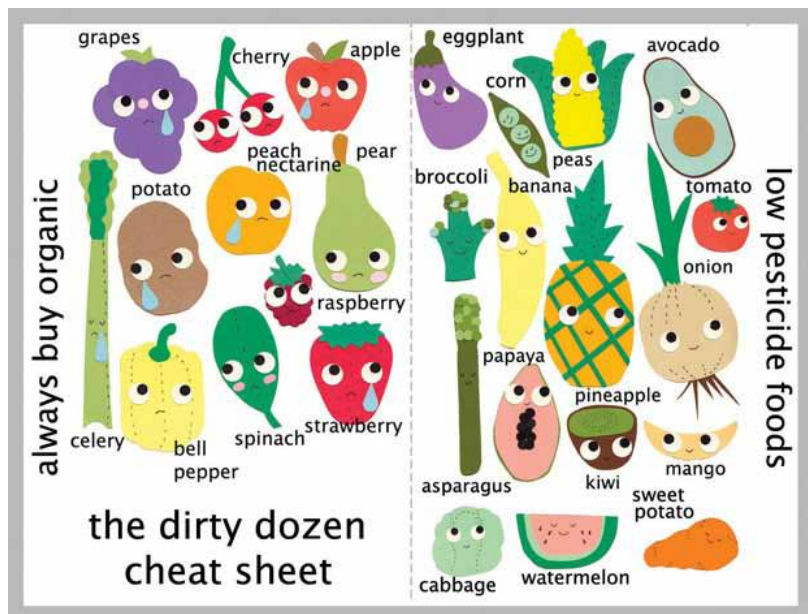
Then there are those fruits and vegetables that are considered “safe” and contain little or no pesticide contamination. You can be fairly confident when buying the non-organic option. These fruits and vegetables are known as the “Clean 15” and include:

- | | |
|--------------|----------------|
| Onions | Avocado |
| Sweet Corn | Pineapples |
| Mango | Sweet peas |
| Asparagus | Kiwi fruit |
| Cabbage | Eggplant |
| Cantaloupe | Watermelon |
| Grapefruit | Sweet potatoes |
| Sweet onions | |

One of the great things about living in Ashburn Village is that we have many farmers’ markets nearby. There are at least 5 markets every weekend that are

within reach. Farmers’ markets are a great place to buy organic fruits, vegetables and meat and support local farmers. Visit the Loudoun Farmers’ Market website (www.loudounfarmersmarkets.org) for information on location, times and what they have available each week.

You can find even more tips and information about nutrition and fitness in my blog, <http://www.livefitandsore.com>, including a cheat sheet to help you remember which fruits and vegetables are in the Dirty Dozen. Please make sure to leave me a comment when you visit my blog to let me know you are finding my information helpful. My hope is for you to find inspiration, support and information that can help you succeed in your fit and healthy journey. I enjoy the company!



Junk Food Dog

A woman called me the other day, frantic that her six month old Labrador puppy, Max, was choking. I asked her if Max could have gotten into anything. She said Max had been eating a rawhide bone a short while earlier. I told her to check in the pup's mouth, and I heard her shout, "Oh, my gosh!" She was able to get her hand down the dog's mouth and hook her finger behind a large piece of rawhide wedged in there. Luckily, she was able to dislodge it. This woman and Max were both very fortunate. What if that had happened while Max was left alone?

Dogs get into all sorts of stuff they shouldn't, but quite often they are given things they shouldn't have. Like every good dog owner, you want to make your dog happy, but how do you discern which toys and treats are safe? Some owners give their dogs just about anything under the sun - from worn out shoes and socks to steak and chicken bones left over from dinner. Others may pick out any toy that looks cute. Both groups unknowingly put their dogs at risk for choking, intestinal obstructions, or stomach and

pancreatic infections, any of which may cause death.

Stuffed toys, socks, towels, in fact anything that can be torn apart, can potentially be swallowed and cause problems. I've seen dogs swallow socks whole and need them surgically removed.

What about rawhides, pig ears, or Nylabones? Rawhides are usually well-tolerated, but they may cause stomach upset, or become a choking hazard as mentioned earlier. It is best to observe your pooch if you give him or her one. Pig ears are trouble. Although dogs seem to love them, I've seen far too many dogs become very ill after eating them. Nylabones can also be dangerous. Made from nylon, these knobby bones are supposed to stand up to chewing, but if a dog bites off a large enough piece, this indigestible material could spell danger.

What should you leave with your dog to keep him or her occupied while you are gone? Provide only sturdy toys that won't shred, break up or be swallowed whole. When it comes to dog toys, one size does not fit all.

P.S. Marrow bones are good, but make sure to boil them for 3-5 minutes to kill off any potentially dangerous bacteria.

www.ashburnanimals.com
703-729-0700



**Proudly treating Ashburn
pets for over 11 years!**

Located in the Ashburn Village
Shopping Plaza next to the
Ashburn Village Sports Pavilion.

**FROM DOGS AND CATS TO BIRDS
AND BOAS, WE SEE ALL PETS**

10% off exams

for new patients with this ad!

- Medical, dental and surgical services
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- Bathing



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Steve Velling, DVM
Katherine Skelly, DVM
Angela Clarke, DVM
Estella Jones, DVM

**ASHBURN VILLAGE
ANIMAL HOSPITAL**

The Medical Team opens Wellness Center at Wingler House

The Medical Team held a grand opening of the Wingler House Wellness Center on June 2. The Medical Team, led by Nurse Liaison, Mary Ellen Knecht, held an ice cream social event for Wingler House residents to introduce the program and entered their names in a drawing for a gift basket from Zazu in Ashburn.

Wellness services being provided to Wingler House residents include health screenings for blood pressure and blood glucose; “converse with a nurse” program for medical advice on health issues, medication side effects, or drug interactions; and educational programs or other health-

Wingler House, an affordable apartment community for 55 and over, is conveniently located off of Gloucester Parkway in Ashburn Village and has 1 & 2 bedroom apartments available. Homes can be leased by calling 703-858-9507. It is owned by Third St. Mary’s Corporation. It is professionally managed by Quantum Real Estate Management, LLC.

related activities. Residents specifically requested programs for Visual impairment, Tai Chi and Arthritis. Everyone who participated thoroughly enjoyed themselves and were very receptive to the opening of the wellness center.

“This is an added bonus to our community. We have enjoyed working with Mary Ellen and her staff so far and we hope this partnership continues,” added Property Manager, Denise Nick.

The Wellness Center will be open every Wednesday from 1-3 pm.

Ashburn Ruritans Honor Outstanding Student Citizens

Ashburn Ruritan Club President Barry Dwyer established the theme for the Club’s 15th annual “Outstanding Student Citizen Awards” night when he encouraged the awardees to continue the effort that had resulted in their selection for an award by their respective schools at the next educational level they pursue. “Continue to display the enthusiasm for learning, the cooperativeness with your teachers, the compassion and assistance to your peers, and the community service activities that have earned you these awards. The future of our nation depends on your continued outstanding performance.”

The event, hosted by the Assistant Principal of Broad Run High School, Douglas Anderson, was held in the school cafeteria in Ashburn on Tuesday, May 18th 2010 and attended by a crowd of some 140 persons including students to be honored, their families, teachers, school principals, Ruritan members, and honored guests including Ned D. Waterhouse, Deputy Superintendent of Loudoun County Schools.

Students from 21 Ashburn area schools who had been selected by their principals and teachers as the “Outstanding Student Citizen” of their respective schools received awards.

The awards consist of United States Savings Bonds for Elementary and Middle School student winners, cash scholarships for High School winners, and plaques engraved with the winning student’s name for display in each school. In addition, a Ruritan student member received a civic service award for her community service.

In his closing remarks, Ned Waterhouse thanked the students, their parents, school faculty, and Ruritan members for their collective effort in keeping the Ashburn area and Loudoun County an exceptional place in which to live and work. He pointed out that a primary reason for the growth in Loudoun County was the excellence of the families who lived here and the educators who taught in our schools. (Loudoun County’s current high school graduation rate is among the highest in the nation.)



The list of awardees follows:

- Ashburn ES - Maria Ovando-Aguirre
- Belmont Station ES - Maria Proano
- Cedar Lane ES - Alexandra Bencic
- Creightons Corner ES - Delaney Keller
- Dominion Trail ES - Antonio Fuller
- Hillside ES - Pauline Schnelzer
- Legacy ES - Catherine Kwitnieski
- Mill Run ES - Tyler Conway
- Newton-Lee ES - Drake Barlock
- Rosalee Carter ES - Megan Ladany
- Sanders Corner ES - Alexandra Pardue
- Seldens Landing ES - Tyler Kachadorian
- Steuart W. Weller ES - Jenny Fu
- Belmont Ridge MS - Alyssa Hembree
- Eagle Ridge MS - Mallory Garrison
- Farmwell Station MS - Robert Wang
- Stonehill MS - Whitney Leach
- Saint Theresa School - Jaimee Purcell
- Briar Woods HS - Nicole Ivey
- Broad Run HS - Gabrielle Clardy
- Stone Bridge HS - Sun Hye Park
- Ruritan Civic Service - Supriya Patel



ASHBURN VILLAGE SPORTS PAVILION **VOLLEYBALL CLINIC**

THESE 4 DAY CLINICS TEACH ESSENTIAL SKILLS AND EXERCISES WITH AN EMPHASIS PLACED ON PROPER TECHNIQUE AND FUN!

**Clinics run Monday- Thursday from 4:00-6:30pm
Cost (per session): \$80 Residents; \$95 Non-Residents
Ages: 11-14 (rising 6th, 7th and 8th graders)**

**Session 1: July 12-15
Session 2: July 19-22
Session 3: August 16-19**

Sign up for one or more!!!! Register at the Front Desk!



Ashburn Village Sports Pavilion

JULY 2010



CALENDAR OF EVENTS

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/Parent's Night Out- *HARRY POTTER AND THE SORCERS STONE* (Rain Date 6/10)
- 7/10** 2010 Jr. Round Robin- *Session 2*- 10am-4pm
- 7/23** Movie Night- *PERCY JACKSON AND THE LIGHTENING THIEF* (Rain Date 7/24)

AUGUST

- 8/2-8/4** AVSP Closed for annual maintenance
- 8/13** Movie Night- *CLOUDY WITH A CHANCE OF MEATBALLS* (Rain Date 8/14)
- 8/27** Movie Night- *UP* (Rain Date 8/28)

SEPTEMBER

- 9/6** Outdoor Pool & Marina close for the season
- 9/11** Doggie Pool Party

For a full list of event days and times,
please visit the AVSP website at
www.ashburnsportspavilion.org.

AVSP Annual Maintenance

The AVSP facility will be closed for annual maintenance Monday, August 2 – Wednesday, August 4. We anticipate reopening at our regular time of 5:00am on Thursday, August 5. The gymnasium will close on Friday, July 30 for floor replacement. It will remain closed until the floor is complete.

Note the following changes will take place during the annual maintenance period :

- All group exercise classes will be cancelled 8/2-8/4
- Boot Camp cancelled 8/2-8/7
- All tennis classes and camp will run as scheduled
- RISE Camp will be moved to the Mills Rec. Center for the week of 8/2-8/6

If you have questions regarding program locations during the annual maintenance period, please ask your instructor.

Parent's Night Out

AVSP will be hosting a night of fun for the kids, giving the parents a chance to have a night out. The kids will have fun making crafts and watching a movie. Pizza and drinks will be provided. Open to kids ages 6-11. *Please note: this event is located at the Lakes Recreation Center.*

Date: July 9
Time: 6:30-10:30pm
Cost: \$25 per child

Hours of Operation:

Monday - Friday
5AM - 10PM

Saturday & Sunday
7AM - 8PM

703 729 0581 ext. 0
703 589 1110 FAX

<http://www.ashburnsportspavilion.org>





PERSONAL TRAINING



Polar Body Age Assessments

Get the help and motivation you need to achieve your health and fitness goals!

All AVSP personal trainers are nationally certified to ensure they have the knowledge and expertise to develop a fitness program to best address your specific needs and interests. Come in and make an appointment with one of our trainers to discuss how we can motivate you.

Summer Personal Training Special: Work Out All Summer for \$95 per Week*

- Offer runs July 1 - August 31
• 2- 1 hour sessions
• 2- 1/2 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 or by phone at 703-729-0581 ext. 114.

The Polar BodyAge™ System is more than a fitness assessment. It's a whole new way of showing you how healthy you can be. The BodyAge™ analysis is an exclusive health assessment developed by Polar to quickly and simply provide you with a baseline measurement of your overall fitness level. Basic Assessment \$29 and Full Assessment \$59

Youth Volleyball Clinics

These clinics teach essential skills and exercises, hold scrimmages between players, run drills and more! Ages 11-14 (rising 6th, 7th and 8th graders). Clinics run Monday-Thursday.

Session 1: July 12-15, 4:00-6:30pm

Session 2: July 19-22, 4:00-6:30pm

Session 3: August 16-19, 4:00-6:30pm

Cost (per session): \$80 Residents; \$95 Non-Residents

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.

Polar Heart Monitors Now Available!

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



Fitness Tip from AVSP Fitness Director, Tracy Faber:

Monitor Your Heart

Keeping track of your heart rate is important because it helps you monitor how hard you are working and helps track your fitness progress. If you are not working in your target heart rate zone, which varies for everyone, then you are either working too hard or not enough. In addition, monitoring your heart rate helps you track your current fitness level and progress. The more "fit" you are the less time it will take to bring your heart rate down to resting level after a workout.

Ashburn Village - The Next Twenty Years

History

Twenty-two years ago the first homeowners of Ashburn Village settled on their homes and moved in. A few short years later the housing market crash of 1990 catapulted the original developer into bankruptcy and ushered in Chevy Chase Bank as the new owner/developer of the property. During the next seventeen years, the development of the community saw many collaborative endeavors among the homeowners and "The Bank". But more importantly, people within the community capitalized on opportunities to improve and enhance vital components and create new ones.

The development of Ashburn Village pioneered what is accepted today as the norm for new development in Loudoun County. The various amenities that dot our subdivision such as the schools, commercial property, recreation centers, pools, tennis courts, trails, parks, common spaces, ball fields, lakes and more define our landscape and provide us with shape. However, one additional amenity, the Sports Pavilion, truly sets Ashburn Village apart from our neighbors and makes us a different community. The Pavilion is not only an amenity that must be maintained, but also an integral community element that must keep pace and evolve with the changes our subdivision will continue to experience.

Research

Beginning in 2008 the Board of Directors authorized the formation of a committee to explore renovation and expansion of the Sports Pavilion, and solicited for homeowner volunteers to serve on the committee. Over the next fifteen months the committee worked with several consultants, other standing committees and interviewed many users of the Pavilion along with their neighbors and acquaintances. They reviewed the physical layout and design of the facility and the property. Analysis of current program offerings was completed in order to gain a full understanding of the inner workings of the facility and where improvements were warranted. Surveys were sent out to assist in identifying user pain points and to gain a perspective on what the participants of the facility wanted to see improved or changed. The facility and program review, coupled with user feedback, created a working list of not just renovation and expansion objectives but also areas of operational improvement:

- Improved method of entry
- Expanded cardio, fitness, weight and group exercise spaces
- Self check-in capabilities
- Better on-line access to information and program offerings
- More space for adults and equipment
- Family Locker Room facilities
- Dedicated Youth Activities space

- Expanded Indoor Pool space
- Tennis support facilities (bathrooms, controlled entry, storage)
- Additional Parking
- Interior facelift (fixtures, paint, flooring, etc.)

Simultaneously, the association's Finance team analyzed the income and expenses associated with programming, annual facility maintenance, utilities expenditures and our contractual obligations for the daily operations. This effort has created a solid foundation of the total financial picture within the facility and how we can implement and leverage a new operations model over the next few years. The subsequent operational savings and program profits will be reinvested to assist in financing the revitalization/renovation efforts.

Refinement of Scope

Throughout the later stages of the process, meetings with the community were held to solicit further input and gauge community reaction to several design ideas. As a result of those meetings and additional analysis, the project scope changed significantly. Original plans for a second gymnasium, a large community space and a permanent indoor tennis structure with a parking garage were removed. A concern of many meeting attendees was the impact on assessments and overall home values and resale potential with the long-term debt service associated with the project. While the practice of borrowing money by the association for long periods of time (20 years or more) is not new and is still in place today, the initial price tag for many homeowners was enough to create a moment of pause, especially during the economic times we recently faced.

The committee and our consultants used this input to further narrow and refine the scope and focus on the areas that would still provide core value within a renovated facility while simultaneously limiting the overall cost. These efforts have produced a phased approach to the renovations and will limit the annual capital expenditure for each phase until all renovations are complete. Effectively, this will eliminate the need to borrow money long-term and still provide the association's premier asset with a much-needed facelift. This phased approach for improving community assets is already in place for the landscape revitalization project that began in 2008.

By the Numbers

The association has spent approximately \$180,000 to date in the exploration and development of the available options to improve the facility. The money expended was used to professionally facilitate the process, develop conceptual drawings and floor plans, develop space planning models for equipment and conduct meetings with homeowners, consultants and the County. All of the intellectual capital

created during this stage of the effort will be reused as the project progresses. The monies that financed this portion of the project were a combination of equity reserves (contributions by the developer for each lot sold and developed) and homeowner assessments. This expenditure was part of both the FY09 and FY10 budgets.

In order to maintain a sustainable, fiscally sound approach to the renovations, each phase will be limited annually to no more than 10% of the association’s budget for that year. Based on the average budgets for the last two years, this would equate to roughly \$750,000 to \$800,000. Annual funding for this amount would be a combination of program profits, reinvestment of savings gleaned from operational changes within the facility, Reserve money set aside for the facility and homeowner assessments. Given the boundaries outlined, a granular breakdown of the direct cost to the average homeowner is in order.

A portion of the monthly HOA assessment paid by homeowners goes to support Pavilion operations. In 2010, this monthly amount is \$26.82. With a cap on each stage of the renovation not to exceed 10% of the annual HOA budget, current projections anticipate that the portion of the monthly HOA assessment supporting each phase of the Pavilion renovation will be \$5 - \$15 on an annual basis. These annual increases will not be cumulative; in other words, the increase in the portion of the monthly HOA assessment to support the Pavilion renovation will not exceed \$15. Initially the assessment increases to fund early phases will be somewhere in the middle to upper end of that scale. The assessment amount will be added to the Pavilion Capital Improvement budget every year through the entire renovation period. As we implement operational changes within the facility, the savings will also be directly invested into the project. Those savings, combined with profits from the program offerings and the homeowner contribution will provide the capital for each phase. Eventually, when all phases are complete, the savings will continue to be reinvested into the operations of the facility to keep assessment increases at a minimum.

An example of how a typical homeowner’s monthly assessment might be affected is as follows:

Year	Monthly Pavilion Operational Assessment	Monthly Assessment for Renovation	Total Monthly Assessment for Pavilion Operation and Renovation
2010	\$26.82		
2011	\$26.82 (2010 figure used for example; final 2011 amount may be decreased or held steady due to planned operational changes)	\$15	\$41.82
2012	\$26.82 (2010 figure used for example; final 2012 amount may be decreased or held steady due to planned operational changes)	\$15	\$41.82

Scope

The phased approach to the renovations is the most economically sensible method to implement the desired changes. Each phase has specific intentions and the timing of each will build upon the previous one and in some cases create the foundations for the next. While we cannot state unequivocally at this time what all of the phases will comprise, we do know the basic outline of the proposed renovations. Those proposed changes/enhancements are:

- Construction/relocation of a new parking lot-level entrance
- Construction/relocation of new racquetball courts
- Construction of family locker room facilities
- Construction of new indoor pool observation area
- Construction of a tennis support facility
- Replacement of the tennis bubble (funded through Reserves already in place)
- Reconfiguration/Additional parking
- Reconfiguration/Renovation of reclaimed interior spaces for youth activities, cardio, weightlifting, group exercise, childcare and existing locker room facilities

Optionally, the construction of a semi-permanent structure to cover the Pavilion outdoor pool is under consideration. The operational schedule of the indoor pool for open swim, swim lessons, group exercise and swim team practice, will be reviewed and overhauled with the goal of creating more opportunity for all levels of participation. The need for a second indoor facility will be carefully studied and implemented when warranted if operational changes cannot produce satisfactory coexistence of offered programs and homeowner desired use.

The order of implementing the changes has not yet been determined, but steps are being taken to begin defining the scope along with the sequencing of the various components. The committee is drafting an RFP to solicit design firms for the development of the required site plan and architectural and engineering drawings. While the design phase will take place in FY11, the RFP process to select a design firm will take place in FY10 between July and September. The goal is to limit this element’s cost to between \$200,000 - \$400,000.

With the reuse of the intellectual capital already developed, this amount is certainly achievable.

Ashburn Village has positioned itself as a sustainable forward-thinking community. The many decisions taken over the years have framed who we are and the type of community we will remain. Whether you examine our self-managed philosophy, our self-funded expansion of the Lakes Recreation Center, the self-funded purchase of the Visitor’s Center, the 5-year landscape revitalization plan and many other projects, the renovation of the Sports Pavilion is the next step in our community’s commitment to the future of Ashburn Village.



Boot Camp

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

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

Session 1:

Days/Times: Mon., Wed. & Fri. @ 5:30am
Dates: August 9– September 3

Session 2:

Days/Times: Tue., Thurs. @ 5:30am & Sat. @ 7am
Dates: August 10– September 4

Session 3:

Days/Times: Class runs Monday-Thursday @ 7pm
 Participant may choose three of the four days and days can change week by week.
Dates: August 9– September 2

Cost: \$90 -Residents
 \$110 -Non-Residents

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

Instructor: Chris Peterson



This course gives a general introduction to the “do’s” and “don’ts” of fitness and weight training, emphasizing safety, proper technique, weight selection, 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

Kidz Hip Hop

Learn new and hot dance moves just like you’ve seen in music videos, TV shows, and concerts. Benefits from hip hop dance include exercise, team building and creativity.

Date: Wednesday, September 1– October 20

Time: 4:30– 5:15pm

Cost: \$60 Residents

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: August 2-September 22

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 of \$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



Junior Round Robin Series

Don't miss the opportunity to be part of the AVSP Junior Round Robin Series. 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: July 10 & August 14

Time: 10am-4pm

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

Cost: \$15 Residents; \$20 NRTM

Men's Tennis Ladder

Men's Tennis Ladder is open to Ashburn Village Residents and Non-Resident Tennis Members. To join the ladder contact Melissa Miller at tennis@ashburnvillage.org

Starts June 7 with matches played on your schedule through August 30. Players can challenge every week up to 3 spots.

Cost: \$15 per player, one-time fee

USTA Combo & Single Leagues Summer/Fall 2010 Women, Men, Mixed & Singles

The Mixed Combo season will begin later this Summer and run through October. Registration is now open.

Women's & Men's Combo teams will begin play in late July, registration is open now. We hope to have teams at every level from 5.5-8.5.

The Singles League will begin shortly after the Women's & Men's Combo and also run through October. Registration for singles teams is now open.

If you'd like to join a team please sign up at the AVSP Front Desk or email Jennifer Douglas, Racquet Sports Director at jdouglas@ashburnvillage.org.



group swim lessons

Registration dates for the Summer Group Swim Sessions are as follows:

Session 1: July 19-29

- Resident registration opens on Wednesday, July 7 @ 7pm
- Non-Residents registration opens on Sunday, July 11 @ 7am
- Registration closes July 15 @ 5pm
- Classes start week of July 19
- Classes meet Monday-Thursday for 2 week.

Session 2: Aug. 9-19

- Resident registration opens on Wednesday, July 21 @ 7pm
- Non-Residents registration opens on Sunday, July 25 @ 7am
- Registration closes July 29 @ 5pm
- Classes start week of August 9
- Classes meet Monday-Thursday for 2 week.

Session 3: Aug. 23-Sept. 2

- Resident registration opens on Wednesday, August 11 @ 7pm
- Non-Residents registration opens on Sunday, August 15 @ 7am
- Registration closes August 19 @ 5pm
- Classes start week of August 23
- Classes meet Monday-Thursday for 2 week.

USTA Tennis Tournament

AVSP will host a USTA Tennis Tournament August 13-15. Tournament is for Men's/Women's 30's (singles, doubles and mixed) and Men's 60's (single and doubles).

Tennis Socials

Join us Fridays this summer! Bring your friends and adult family members to share in the fun. Get to know some new tennis players. AVSP will provide the food and drinks. **Space is limited! Sign up at the AVSP Front Desk.**

Dates/Time: July 17 & August 27 7-9pm

Cost: \$20 Residents; \$22 NRTM

Movie Under the Stars

LAKES REC. CENTER

SEATING AT 8PM

MOVIE STARTS AT DARK

FRIDAY, JULY 9
Parents' Night Out
"HARRY POTTER"

FRIDAY, JULY 23
"PERCY JACKSON"

FRIDAY, AUG. 13
"CLOUDY WITH A
CHANCE OF MEATBALLS"

FRIDAY, AUG. 27
"UP"



FREE EVENT!
BRING A BLANKET OR CHAIR

ALL CHILDREN MUST BE SUPERVISED ● CONCESSIONS AVAILABLE
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Brownie Troop 4294 Cleans Up Around the Village Apartments



As a service learning opportunity, Brownie Troop 4294 walked the loop around Pavilion Lake picking up litter. The girls learned about how cleaning up around their own community makes a big difference to everyone. Some of the interesting items the girls found included numerous tennis and golf balls, aluminum cans, the bottom of a shoe and a very smelly, wet and heavy dog bed! The girls filled up over 12 trash bags! The Ashburn-based Brownie troop consists of second graders from Dominion Trail and Ashburn Elementary Schools. For more information on other activities sponsored by Ashburn's Girl Scouts, please contact Joanne Poesch, Local Press Representative, atjimpoesch@aol.com or 703-858-9560.



(front to back) Mikayla Grady, Hannah Hoaglund, Mya Gonzales, Maya Grimm Sasha Thompson, Katie Bishop, Makayla Adams, Nicolete Kinney. (not pictured: Jacqueline Tenney, Katelyn Husted)

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Water You Thinking?®

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

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

LOUDOUN  WATER

Lineup of Performers: 2010 Free Summer Concert Series

Leesburg, VA – June 2010 – Lansdowne Resort kicks off the Summer Vacation Season today with the announcement of the 2010 lineup of performers for its free annual summer concert series. The 2010 *Sounds of Summer* concert series—sponsored by BMW of Sterling/MINI of Sterling—offers a variety of music genres including 80s, 90s and Best Hits, along with jazz, country, salsa, and new this year, Beatles and Motown bands. The *Sounds of Summer* free outdoor concert series takes place every Friday beginning Friday, June 18 and runs through September 3, the Friday night of Labor Day weekend. USO Metro has been named as the official charity of the event.

The performances will be held on the Lansdowne Resort terraces, from 7:00 – 10:00 p.m. each Friday night. Executive Chef Wes Rosati and the Resort’s culinary team will be offering a variety of local, fresh grilled menu options for outdoor dining on the Resort Terraces! *New this year*, Lansdowne is proud to announce its own wine label, *Lansdowne Reserve*. Through Tarara Winery, Lansdowne will be offering a crisp white blend and sassy red to accompany the culinary menu offerings. Costs start at \$5/glass for wine, beer, assorted beverages and food options.

For more information on the individual bands, please visit the Lansdowne Sensations website!

“This year’s concert series promises to be the best we have offered,” according to Warren Breaux, Director of Sales and Marketing. “The purpose of the series is to bring a complete entertainment experience to our guests – for the evening or for a longer vacation getaway. It is

perfect for families, couples, friends and our neighbors looking to enjoy a beautiful summer evening. Lansdowne is an affordable, convenient getaway, unlike anything else in the DC area.”

We are proud to be working with our sponsors, BMW of Sterling/MINI of Sterling, which recently won the prestigious “2010 Center of Excellence” award from BMW of North America, LLC. This year, 24 out of 338 BMW dealers nationwide won the award based on customer satisfaction, outstanding brand representation, operational excellence and profitability. “We’re proud to be working with Lansdowne Resort for we feel both companies strive to go the extra mile,” said Felix B. Bigham, Senior Client Advisor.

This year the resort has again selected a charity serving the men and women of the US Armed Forces. USO Metro (United Services Organizations of Metropolitan Washington, Inc.) will serve as the charity partner for the 12-week series. A portion of all “Sounds of Summer” packages will be donated to the USO; additionally there will be opportunity to make donations during the concerts.

Throughout the concert series Lansdowne will once again be working with Visit Loudoun, the Loudoun County Visitors Association, to promote Loudoun County as DC’s Wine Country. We are also proud to be working with the Virginia is for Lovers as one of our travel partners.

Lansdowne Resort has a special Sounds of Summer concert package, starting at \$189 that includes overnight

(CONTINUED ON NEXT PAGE)

The “Sounds of Summer” 2010 concert series lineup is:

July 2	Southern Persuasion	Country
July 3*	Backstreet Betties	Rock/Pop/Funk
July 9	Sharon Thomas Experience	Jazz
July 16	Esencia Tropical	Salsa
July 23	The Jack Diamond-Jim Steed Band	Today’s Best Hits
July 30	The Reflex	Ultimate 80’s
August 6	Abby Road	Beatles Cover
August 13	The Fabulous Dial Tones	Motown
August 20	The Monster Band	Funk/Rock/R&B
August 27	Gonzo’s Nose	80’s, 90’s, Today
Sept. 3	Beach Bumz	Jimmy Buffet Cover

*July 3 is a Saturday and includes free FIREWORKS!

For more information on the individual bands, please visit the Lansdowne Sensations website!

deluxe accommodations, four (4) food and drink tickets to use at the concert, concert admission, resort fee and a donation to the USO. Golf and spa treatments are also available for an additional charge. Go to www.LansdowneSensations.com to book now.

Along with the concert series package the Resort offers a host of family, golf, spa and music getaway packages including the "Family Staycation" Package, which starts at \$179. The Family Staycation package includes overnight deluxe accommodations; buffet breakfast for two adults and two children (age 6-12; children 5 and under are complimentary) in the Riverside Hearth (includes tax and gratuity); complimentary in-room movie; use of fitness center, five-pool aquatic complex with waterslide and hot tub **PLUS** Resort Rascals club for kids and family golf on our Shark Bite course are available for an extra fee. The resort offers special family rates on second rooms for \$89/night, so the stay can truly be a vacation for everyone!

About Lansdowne Resort

Lansdowne Resort, a AAA Four Diamond Award recipient, is the capital region's premier, full-service resort.

To learn more about all our summer getaways and to make reservations, go to www.LansdowneSensations.com or call 888 541-7947.

Managed by Benchmark Hospitality International, the resort is set on more than 500 acres of secluded countryside. Lansdowne Resort features 296 guest rooms and 14 suites, a multi-pool aquatic complex, 45-holes of golf, a 45,000-square-foot clubhouse, six dining facilities and Spa Minérale, a full-service spa. See www.lansdowneresort.com for details. Follow us on Facebook and Twitter.

About Benchmark Hospitality International

Benchmark Hospitality International is a leader in the management and marketing of resorts, conference centers, hotels, and Personal Luxury Hotels™. The independent company, launched in 1980, is a founding member of the International Association of Conference Centers. Benchmark Hospitality is a worldwide organization operating properties in major metropolitan and resort destinations. Benchmark's international headquarters is located in The Woodlands, Texas, near Houston. The company's north-east regional office is in New Jersey, with international offices in Tokyo, Japan, and Santiago, Chile. For the location of Benchmark's properties and additional information, visit www.benchmarkhospitality.com.



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Local Swimmers to Have Opportunity to Learn From Olympians

Ashburn area athletes will have a unique chance to enhance their competitive swimming skills by working with two swimming champions, Josh Davis and Lacey Nymeyer. The Blue Wave Swim Club is pleased to announce that they will host a Mutual of Omaha Breakout! Swim Clinic on Sunday, July 11, 2010 at the Ashburn Village Sports Pavilion located at 20585 Ashburn Village Blvd, in Ashburn, VA 20147.

The Mutual of Omaha Breakout! Swim Clinic is a unique experience developed by Olympic gold medalist Josh Davis and Mutual of Omaha to inspire and motivate a new generation of swim stars. As an official sponsor of USA Swimming, Mutual of Omaha actively supports the sport on all levels, from local clubs across the country to the National Team. Davis, who earned three gold medals in the 1996 Olympics and two silver medals in the 2000 Olympic Games, is a master



clinician and motivational speaker.

The event is a four hour in-water stroke technique clinic from 12:00 – 4:00pm for ages, 8 to 18 year olds. The cost is \$50 per swimmer. The swimmers will hear inspiring messages from Olympians Josh Davis and Lacey Nymeyer. Immediately following, they will hit the water with Davis and Nymeyer for in-water demonstration and instruction on swim strokes and techniques. Some participants may even have a chance to test their strokes in a race against the Olympic champions. Concluding the event, the swimming champions will be available for autographs and photos.

Registration for the Mutual of Omaha Breakout! Swim Clinic is currently open. To

register, contact Kira Oliver by phone at 703.729.0581 X108 or E-Mail coachkira@pvbluewave.com.

About Josh Davis

In 1996, Josh Davis made history as the only man in any sport from any nation to win three gold medals at the Atlanta Olympic Games. Davis made his second Olympic appearance in the 2000 Games in Sydney, where he was elected captain of the USA Men's Swim Team and took home two silver medals. He went on to break the American record three times in the 200-meter freestyle. After two Olympics and five medals, Josh has established himself as an ambassador for the sport and is pioneering the road for the next generation of professional swimmers.

About Lacey Nymeyer

In her first Olympics, Nymeyer earned a silver medal and set an American record swimming on the 400-meter freestyle relay team at the 2008 Games. At those same Games, she also placed twelfth in the 100-meter freestyle. Nymeyer continues to train in Tucson, Arizona.

About Mutual of Omaha

Mutual of Omaha is a full-service, multi-line organization providing insurance and financial products for individuals, businesses and groups throughout the United States. For more information about Mutual of Omaha, visit www.mutualofomaha.com.

For more information on the Mutual of Omaha Breakout! Swim Clinic, visit www.breakoutswimclinic.com. Photo and video opportunities will be available during the clinic. Josh Davis and Lacey Nymeyer will be available before/after the clinic for interviews.

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July

Summer is finally here! Baseball games, swimming pools, 4th of July fireworks and vacation days. It's the perfect time for some summer reading! Your library has just what you are looking for, and it's free! In addition, your library has plenty of programs to spark your interest and keep you mentally agile during the month of July! Don't forget to participate in the Summer Reading Program! Check out all the details of what your library has waiting for you, below:

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

Terrific 2s

Tuesdays & Thursdays, 10:45 am

Preschool Storytime (3s to 5s)

Tuesdays & Thursdays, 11:30 am

Family Rhythm, Rhyme and Storytime (2 & up with a caregiver)

Wednesdays, 1:30 pm & 7:00 pm
Saturdays, 10:00 am
Sundays, 1:00 pm

PROGRAMS

*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.
Sponsored by the Ashburn Library Advisory Board

*Monkey Tales presented by Story Tapestries

Thursday, July 1, 3:00 pm

An Asian version of Aesop's Fables. Dance like a monkey, slither like a snake and roar like a tiger! For all ages.
Sponsored by Loudoun Library Foundation, Inc.

Hawaiian Shark Tale – Registration

Friday, July 2, 1:00 pm & 3:00 pm

Learn about Hawaii, hear a Hawaiian Shark Tale and make a shark tooth necklace.
For ages 6-10. Sponsored by the Ashburn Library Advisory Board

Family Movie Matinee

Wednesdays, July 7, 14, 21 & 28, 3:00 pm

July 7: *Up*, Rated PG, 96 minutes
July 14: *March of the Penguins*, Rated G, 94 minutes
July 21: *Cars*, Rated G, 96 minutes
July 28: *Finding Nemo*, Rated G, 100 minutes
Sponsored by the Ashburn Library Advisory Board

*Dinosaurs - Digging Deep presented

by The Science Place – Registration Thursday, July 8, 3:00 pm – Ashburn Library

A workshop to learn about dinosaurs, their DNA, when they roamed the earth and how heavy they were. Make a fossil to take home.
For ages 5-11.
Sponsored by Loudoun Library Foundation, Inc.

123 Math for Children – Registration

Learn math concepts through hands-on activities and literature.
For ages 8-11.

Fridays, July 9, 16, 23 & 30 and August 6 & 13, 1:00 pm

Sponsored by the Ashburn Library Advisory Board

123 Science for Children – Registration

Learn science concepts through hands-on activities and literature.
For ages 8-11.

Fridays, July 9, 16, 23 & 30 and August 6 & 13, 3:00 pm

Sponsored by the Ashburn Library Advisory Board

*Didgeridoo Down Under

Monday, July 12, 7:00 pm

An interactive, high-energy, Australia-themed program, combining music, art, puppetry and comedy. For all ages.
Sponsored by Loudoun Library Foundation, Inc.

What's the BIG Idea? – Registration

Teens make books come alive by leading children in hands-on math and science activities.
For ages 4-7.

Tuesday, July 13, 4:00 pm

Recognizing Same and Different and Sorting and Collecting

Tuesday, July 20, 4:00 pm

Building and Shadows

Tuesday, July 27, 4:00 pm

Patterns and Relationships are Everywhere & Number Patterns

Naked Mole Rat Storytime - Registration

Thursday, July 15, 2:00 pm

Stories and activities related to Mo Willems' *Naked Mole Rat Gets Dressed*. For ages 4-7.
Sponsored by the Ashburn Library Advisory Board

(CONTINUED ON NEXT PAGE)

***Impressions Theatre presents Pirates of the Chesapeake**
Thursday, July 15, 7:00 pm
 Redbeard the Pirate and Inspector Clue search for missing treasure from the Chesapeake Bay. For ages 6 & up.

***Amazing Animals presented by Wildlife Ambassadors**
Monday, July 19, 7:00 pm
 Explore the fascinating and diverse habitats of the world and the amazing adaptations animals use to survive. For all ages.
 Sponsored by Loudoun Library Foundation, Inc.

***Live Music: Katie Brady the Music Lady**
Thursday, July 22, 4:00 pm
 Playful children's music concert. For all ages.

Funny, Loud, Quiet – Try Poetry 2010
Sunday, July 25, 2:00 pm
 Join actors Tim Jon and Stokes Tomlin as they celebrate the world of birds and insects in Paul Fleischman's poems for two voices. Hear excerpts from the award-winning Joyful Noise and I Am Phoenix. Participate in the creation of an original poem that will weave words in and out of each other and create a joyful noise.


***Mr. Brian and the Boppets**
Monday, July 26, 7:00 pm
 A high-energy rock concert!
 Sponsored by Loudoun Library Foundation, Inc.

Kids Super Smash Brothers Tournament - Registration
Thursday, July 29, 1:00 pm
 Think you're the best on the block? Test your skills at our tournament. For ages 7-10.
 Sponsored by the Ashburn Library Advisory Board

***Life in the Ocean presented by Under The Sea**
Thursday, July 29, 7:00 pm
 An introduction to the ecology of the ocean.
 For ages 4 & up.

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 web-page and Youtube Channel.

(CONTINUED ON NEXT PAGE)



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**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. Sponsored by the Ashburn Library Advisory Board

**What's the BIG Idea? Teen Volunteer Orientation – Registration
Tuesday, July 6, 4:00 pm**

Teens make books come alive by reading and then leading children in hands-on math and science activities. Community service hours available. Program dates: Tuesdays, July 13, 20 & 27, 4:00 pm Attendance is required at the orientation and all program dates.

**Teen ESOL Tutors' Orientation – Registration
Thursday, July 8, 1:30 pm**

Tutor ESOL students on Mondays, July 12 - August 16 and earn community service hours. Attendance at the orientation is required. For ages 14-18.

Campfire Legends

Thursday, July 8, 6:30 pm

Fake campfire. Real marshmallows. Urban legends. Come with your best stories that may or may NOT be true! Sponsored by the Ashburn Library Advisory Board

One-on-One ESOL with Teens

Mondays, 1:30 pm, July 12 - August 16

Join our teen tutors for one-on-one ESOL sessions. For teens and adults.

**Teens Super Smash Brothers Tournament - Registration
Thursday, July 29, 3:00 pm**

Think you're the best on the block? Test your skills at our tournament. For ages 12-16. Sponsored by the Ashburn Library Advisory Board

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. Sponsored by the Ashburn Library Advisory Board

One-on-One ESOL Tutoring

July - August, by Appointment

Starting June 21, come to the Information Desk to sign-up for English for Speakers of Other Languages tutoring during July and August. ESOL learners will be partnered with a volunteer for a 1-hour session each week for 2 months.

Sponsored by the Ashburn Library Advisory Board

One-on-One ESOL with Teens

Mondays, 1:30 pm, July 12 - August 16

Join our teen tutors for one-on-one ESOL sessions. For teens and adults.

Sponsored by the Ashburn Library Advisory Board

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, July 7, 7:00 pm

Ordinary Victories by Manu Larcenet

Sponsored by the Ashburn Library Advisory Board

Adult Book Club

Tuesday, July 6, 7:00 pm

The Glass Castle: a memoir by Jeannette Walls

Sponsored by the Ashburn Library Advisory Board

Blood Drives at the Library with INOVA Bloodmobile

Tuesday, July 13, 2:00-7:00 pm

Give blood at the library! For an appointment call 1-866-BLOOD-SAVES (1-866-256-6372). Walk-ins also welcome.

Film Noir Film Festival and Discussion

What is "Film Noir?" Come discover the genre with cinematic gems from the 1940's and 1950's, known as the "classic era of film noir." Discussion to follow.

Wednesday, July 14, 6:30 pm

The Maltese Falcon (Not Rated, 101 minutes)

Wednesday, July 21, 6:30 pm

Sunset Blvd (Not Rated, 110 minutes)

Wednesday, July 28, 6:30 pm

Strangers on a Train (PG, 101 minutes)

Sponsored by the Ashburn Library Advisory Board

Documentary Film: Audism Unveiled

An Americans with Disabilities Act Anniversary Program

Saturday, July 24, 3:00 pm

Audism 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.

"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. All proceeds benefit the Loudoun Library Foundation.

See you at the Library!



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.

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S M Cleaning Supply: We provide all necessary chemicals, equipment and supplies necessary to complete the cleaning tasks. We utilize EPA rated chemicals classified as green which are environmentally friendly and supply vacuum cleaners and all purpose steamer wand. 703-955-3645.

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.

FOR SALE

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

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

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

For Sale: 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

(CONTINUED ON NEXT PAGE)

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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: Panasonic OmniMovie VHS video recorder (PV-602) with tripod and manual. Great working condition. Both items \$40 obo. 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: 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: 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: 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: 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: Pali crib caramel color. Gently used, excellent condition. Includes toddler side rail. \$200 OBO. Call 571-216-8138.

(CONTINUED ON NEXT PAGE)



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

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.

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

For Sale: Attention Hockey Players! Used PowerSkater (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: 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: 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

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

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

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

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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.

T.W.A. Electric: Ashburn Village resident Licensed Contractor. Electrical repair fixture installation ceiling fans recessed lights panel upgrades outdoor lighting. Please call 703-723-9253. Ashburn residents free estimates and \$25 off any service

Use Garneski: For your A/C and heating needs. Garneski Air Conditioning and Heating Company is your local Carrier dealer. 10% off any service up to \$150 for Ashburn Village residents.

Ashburn Foot and Ankle Center



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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!

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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.

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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

Mother's Helper/Babysitter/Petsitter: Katelyn Leidy is very responsible, loves kids and animals. Competitive swimmer, willing to help at the pool. Pre-school experience and references. If interested call 703-729-6107.



July

2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 AERC Meeting 6:00 pm AVCA Office	7 Recreation & Community Events 7:00 p.m. at the Sports Pavilion	8 Competitive Swim Committee 7:30 pm Lakes Rec Center	9	10 Ashburn Classics 10::30 a.m. Mills Rec Center
11	12 Facilities & Grounds 6:00 pm Mills Rec Center	13	14	15	16	17
18	19 Budget & Finance Meeting 6:30 p.m. Lakes Rec	20 AERC Meeting 6:00 pm AVCA Office	21 Lakes & Ponds Committee 7:00 pm Mills Rec Center	22 Lakeshore Condo Board of Directors 6:00 pm Lakeshore Community Center Bldg	23	24
25	26	27 Board of Directors 6:00 pm Lakes Rec Center	28	29	30	31

July Advertisers

36	American Power Clean
10	Animal Medical Centers of Loudoun
32	Apple Federal Credit Union
2	Ashburn Academy of Ballet
12	Ashburn Eye Care Associates
35	Ashburn Foot and Ankle Center
6	Ashburn Ice House
15	Ashburn Village Animal Hospital
27	Bowman's Heating A/C
11	Cantwell Vision
34	Climatic Heating and Cooling
39	Creative Windows
7	Custom Colors LLC
30	Daczkowski Orthodontics
28	Ellington Hulbert
30	ENT & Allergy Specialists of Virginia
40	Fitwize 4 Kids
34	Kris' Painting
5	Leading Edge Testing
7	Lori Christ
25	Loudoun Water
33	McCarthy Services
7	Ocean Breeze
10	Olde World Painting
8	Ronald Ray DDS
35	Wiger Orthodontics
9	Wireless Savings Store
27	Wise Guys
9	Zampiello Paint Contractors

2010 Advertising

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

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

Advertising space is limited.

All advertising must be paid for in advance or at the time of ad placement.

Absolutely no advertiser refunds will be made on missed copy due dates!

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

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

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

Camera-ready artwork, properly sized, is required.

No changes will be made by AVCA.



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

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