

The Villager

www.ashburnvillage.org

SNOW, SNOW GO AWAY.
COME AGAIN
SOME OTHER DAY.



Inside This Issue...

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Healthy Living • page 13



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Board of Directors

PRESIDENT

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

VICE PRESIDENT

Bob Graham
bgraham@ashburnvillage.org
2008-2010 Term

SECRETARY

Jennifer Horvath
jhorvath@ashburnvillage.org
2009-2011 Term

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2009-2011 Term

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2008 - 2010 Term

Samantha Bailey

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2009-2011 Term

Richard Nutwell

rnutwell@ashburnvillage.org
2008 - 2010 Term

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

Board Meeting Information

The next regularly scheduled meeting of the Board of Directors will be held at 6:00 p.m. on March 23, 2010 at the Lakes Recreation Center, 44078 Cheltenham Circle.

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

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

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



Ashburn Village Community Association, Inc.

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

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Darren Phares

Facilities & Grounds Assistant

Committee Meetings

Check Village message boards and our website for any last minute changes and for important information. Message boards are located on Ashburn Village Boulevard at the Farmwell entrance of the Village near Fultonham Circle (northbound lane) and at the Rt. 7 entrance to the Village at Courtland Drive (southbound lane), as well as near the pool areas of the Mills, Lakes, and Woods Recreation Centers.

Upcoming Meetings

Board of Directors (BOD)

Tuesday, March 23, 6:00 p.m.
Lakes Recreation Center, Cheltenham Circle

Architectural (AERC)

Tuesday, March 2, 6:00 p.m.
AVCA Office, Courtland Drive

Budget & Finance (B&FC)

Monday, March 15, 6:30 p.m.
Lakes Recreation Center, Cheltenham Circle

Competitive Swimming Committee (AVCSC)

Thursday, March 11, 7:30 p.m.
Lakes Recreation Center, Cheltenham Circle

Facilities & Grounds (F&GC)

Monday, March 8, 6:00 p.m.
Mills Recreation Center, Grottoes Drive

Lakes & Ponds (L&PC)

Wednesday, March 17, 7:00 p.m.
Mills Recreation Center, Grottoes Drive

Neighborhood Watch (NHW)

* Meeting Date/ Location Change-
Meetings to be held every other month
Next meeting will be held in April 2010

Recreation and Community Events (R&CEC)

Wednesday, March 3, 7:00 p.m.
Sports Pavilion

Tennis (AVTC)

Tuesday, March 2, 7:00 p.m.
Woods Recreation Center, Louisa Drive



Greetings, fellow Villagers!

This edition of The Villager is once again late hitting your mailboxes this month due to my request. I wanted to not only get through the February BOD meeting but also the second Pavilion renovation/expansion community meeting before we went to press. I felt it was important to wait until after these meetings so we could capture any information about these two meetings that would be beneficial to all homeowners.

The Blizzards of December and February A Budget Perspective

The most difficult task in managing a homeowners association is that of the budget. Many people do not realize this simple fact but a homeowners association in the Commonwealth has many restrictions when assessing the membership. Primarily there are specific rules that govern annual increases, most of which are set forth in the approved governing documents of each association, and ours is no different. There are also rules when it comes to Reserve funding and the most important aspect, managing a zero-based budget.

Ashburn Village has done a good job over the last ten years preparing the annual budget, which equates to the assessment we all pay individually and collectively depending on the type of dwelling in which we live. I have said this many times and it has been echoed by most of my colleagues on both past and present boards, "we are not like most associations." This is a true statement given the amenity package our developer proffered initially and added during the many years of building our community. We have many unique elements that we are required to maintain and plan for future replacement. Add to that our other annual obligations and before you know it, we are priced slightly above other communities that surround us and below others.

One area in particular for which we are required to budget annually is snow removal. Within the association we maintain all of the townhome streets and many private circles within the single-family neighborhoods that border VDOT roads. This maintenance includes snow removal and road, curb, gutter and sidewalk repair. People often inquire as to why townhomes pay a higher assessment; it is for this reason specifically. The association plans for annual snowfall amounts of roughly 15-18" total. We certainly do not plan for multiple blizzards that hit back-to-back and produce in excess of 40" of snow. These types of events come to this area roughly every 7-10 years. Predicting which year specifically is impossible and therefore we cross our fingers annually as winter approaches. Some homeowners have asked why we do not simply put money aside each year for unanticipated snow events. While this sounds like a good approach,

we have always budgeted to a zero amount; in other words, we only spend as much as we need in order to run the business of the association. In years past when amounts taken in exceeded our spending, those amounts have either gone back into the operations of the next fiscal year to offset increases or they have been appropriated to Reserves or an account maintained as homeowner's equity. It is the homeowner's equity account from which we will draw the necessary funding to pay for the additional snow removal costs incurred this year. Our auditors and attorneys have recommended that we maintain an amount equal to or slightly greater than 10% of our annual assessments in this category. Over time, the association has kept this amount at roughly 7-8% of assessments. We will replenish this account in FY11 for the amount removed as a result of our need this winter.

I know that many people were left stranded and with a feeling of hopelessness during the back-to-back storms. The association's staff and contractors worked tirelessly during those two weeks to clear the streets and make them passable. We may not have done everything picture perfect, but please know that they did everything they possibly could to push the huge amounts of snow as far away as possible from travel and parking areas. We have learned some lessons from these two storms, that is certain. However, I hope that homeowners understand that not all of the issues many people complained about were the direct responsibility of the association. Many, I would estimate more than half, of the complaints received involved VDOT streets. We all need to understand that the association cannot plow any VDOT entity without placing the entire Village and all of our members at risk for future liability. We know it was frustrating to see our plows drive past streets untouched for days. But please understand that the association took the appropriate actions to avoid potential liability for damage to VDOT-controlled streets.

Sports Pavilion Renovations – Update

During the BOD meeting held on Tuesday, February 23rd the BOD voted unanimously to postpone the community proxy for the renovation and expansion of the Sports Pavilion by one month. The new date of the community meeting to decide the measure will be Thursday, May 27th. The primary driver for this decision was the need to provide homeowners with more time to comment and for the committee to work with our consultants to incorporate the desires of the community. So far, this has included scaling back the project as well as making other enhancements and changes. The community wants more details and the BOD and committee want to supply everything necessary for each individual homeowner to take their personal decision on this matter. In the next month the business plan will

(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

be published and then discussed during the March community input session. The April session, planned for Wednesday, April 28th, will detail the full program of renovation and expansion for the site and serve as a forum for discussing the business plan.

The second community input session was held Wednesday, February 24th at the Lakes Recreation Center. The meeting was once again well attended and the latest changes to the renovation and expansion plan were revealed. Earlier in the week a series of FAQs was published on the association's web site that was put together as a result from the first community meeting. This publication also includes the updated proposed site plan, the floor plans for the existing and proposed addition and a breakdown of existing and anticipated new space gained as a result of the project. A second FAQ update was published the last weekend in February and is also available on the association's web site. This update is a list of questions put forth by the community during the February 24th session. Please see page XXX for a full update of the current plan provided by the committee.

I encourage all homeowners to participate in the process and make recommendations regarding the renovations. The committee and BOD would like to hear your thoughts on not only whether this project should be undertaken, but also whether the plan of renovation or expansion does in fact meet the needs of the community. Please don't be shy, submit your comments or make suggestions by email at renovatepavilion@ashburnvillage.org.

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January Meeting

The January 26, 2010 regularly scheduled monthly meeting of the 2009-2010 Board of Directors was called to order at 6:03 p.m. by President M. Doug Carlson.

Among other business:

- Received the monthly Community Policing report.
- Approved the minutes of the November 24, 2009 Board of Directors meeting.
- The Board denied the extension request for compliance of the homeowners of 44030 Cheltenham Circle.
- Several residents affirmed the Lakes and Ponds Committee support of the Ringold Creek/Cove Revitalization project.
- A homeowner expressed concerns regarding the association's fees, specifically the \$25 check processing fee.
- Several homeowners in attendance expressed their concerns regarding the association's snow removal efforts during the recent snowstorms.
- Several homeowners in attendance from the Dubois Ct./Felicity Pl. area expressed concerns regarding the state of the fence that separates this portion of Ashburn Village from the Fields at Ashburn.
- A resident petitioned the Board to reinstate community center privileges to her family.


- A resident petitioned the board to reinstate his privileges to the Sports Pavilion.
- The Board discussed the possibility of implementing community gardens in the Village.
- Received the President's Report.
- Received the Treasurer's Report.
- Received the Finance Manager's Report.
- Received the General Manager's Report.

Old Business: None.

New Business consisted of the following items:

- The Board approved the use of the Pavilion indoor pool for the BWST Swim-A-Thon fundraiser on April 17, 2010 from 7:00 a.m. to 11:00 a.m.
- The Board reinstated the Pavilion privileges to the resident of 44133 Tippecanoe Terrace.
- The Board approved the Collections Policy Update as presented.
- The Board approved the Employee Handbook Update as presented.
- The Board approved the Surplus and Deficit policy as presented.
- The Board approved the scheduling of a Special Meeting of the Owners of AVCA to consider and vote upon the Sports Pavilion expansion.
- The Board approved the Snow Removal Policy as presented.
- Received the AVSP Management Report.
- The Board approved the USTA Team Practice Guidelines as presented.
- Received the Facilities and Grounds Manager's Report.
- Received the Resident Services Manager's Report.

(CONTINUED ON NEXT PAGE)




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- Received committee reports and minutes.
- The Board tabled decision to reinstate community center privileges to the owners of 21074 Tioga Terrace until the February 23, 2010 meeting.
- The Board tabled decision to grant a variance to the owner of 20981 Killawog Terrace to install a 3ft. board on board fence until the February 23, 2010 meeting.

The following property was granted an extension through April 30, 2010 to make property repairs as identified by the lot by lot inspection process:

- 44107 Tippecanoe Terrace

The following property was assessed for lawn and landscaping violations. Assessment will be waived if the property is brought into compliance by the compliance deadline:

- 43976 Kitts Hill Terrace

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

- 20915 Killawog Terrace
- 43976 Kitts Hill Terrace

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

- 43845 Chloe Terrace
- 43976 Kitts Hill Terrace

The following property was assessed for vehicle policy violations and the assessment will be posted to the homeowner's account immediately:

- 44051 Gala Circle

The Board went into Executive Session at 10:10 p.m.

The Board came out of Executive Session at 10:40 p.m.

The following decisions were taken during Executive Session:

- The Board authorized the General Manager to award the 2010 Swimming Pool Management Contract to Winkler Pool Management, Inc.
- The Board approved WTP's recommendations contained in their letter of January 19, 2010 with the following changes: recommend closing the account of the prior owner of 44204 Tippecanoe Terrace.

The meeting adjourned at 10:45 p.m.

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Dr. Diana J. Slavin
Dr. Paul Colbourne
Dr. John M. Dresely
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Five Myths About Snow That You Thought You Knew

1. If it is a parking lot, court or street within Ashburn Village, the association is responsible to plow, sand and service that stretch.

Certain roads within the Village are owned by the Commonwealth of Virginia, others are owned by the AVCA, and still others are owned by separate condominium associations. Finally some are owned by commercial enterprises. Each street, parking lot, and court is serviced by the owner. No street may be serviced except by the owners or contractors for them. See www.ashburnvillage.org for more information.

2. All roads will be plowed to bare asphalt.

The association starts plowing early in the storm so we can minimize build-up on our streets. With storms under 10 inches we usually can keep up in most areas. With storms in excess of 10 inches this may not be possible. Thus, as in the blizzards this year, ice and snow got packed into the road between plowings. Once that happens plow blades ride above the frozen pack and won't move it. From that point on we need to hope for warm weather to loosen the packed ice and snow so we can move it.

3. The street next to mine is clear but my street hasn't been plowed yet.

Some of this disparity derives from different owners setting different standards for their property. The association begins plowing once snow gets to 2-3 inches in depth; other owners may set different standards. A very common confusion arises, for example, when the association plows

a private court but VDOT has not yet plowed the main street, so the homeowners can move on the court but can't get out the main street. Some other differences come from different timing.

4. Trails and paths within the Village will be plowed within a day or two of the storm.

In ordinary storms this is a reasonable expectation and we will usually meet it. In storms that leave more than 10 inches on the ground, we may not be able to plow these trails and paths. In these instances our first priority will be trails around the schools and the Age 55+ sections. In the blizzards this year we began plowing the high priority trails and paths on Tuesday a week after the storm. We have completed very minimal plowing since our equipment is not able to move the weight of snow we have in place.

5. The association will clear all fire hydrants, mailboxes, and storm drains.

This myth is false. The association does not clear fire hydrants, mailboxes or storm drains. Like the rest of Loudoun County we depend on the nearby homeowners to perform these services.

Please remember that the Board of Directors set the policies for snow removal as representatives of the homeowners. They face a difficult balancing act between cost and level of service. Although the final costs are not yet in, we estimate the blizzards will have cost about \$2.75 per month for the townhomes and about \$1.10 per month for single family homes. The difference is that most single family

homes are on VDOT streets. So while the levels of service could be changed, the cost of change is a concern.

If you have any questions on this item, please contact the Office at 703-723-7910 or by email at jtracy@ashburnvillage.org



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Notes From Your Neighbors...

Karleen Hagan

Chair (703) 729-2103

Pat May

(571) 215-7519

www.ashburnfirerescue.org

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!!

March 14th through 20th is Poison Prevention Week

Poisons can make people sick or even kill them. You can find poisons inside and outside of your home. Poisons can be things you eat, breathe, touch or get in your eyes. Use poisons safely. Follow the directions.

Important: Young children are curious. They like to pretend to be grown-up. They try to do what adults do. Find the poisons inside and outside your home. Keep all poisons locked away from children so they won't try to use them. Use poisons safely. Follow the instructions. Don't forget that odorless, tasteless, invisible poison – Carbon Monoxide – be sure you have a detector on every level of your home.

If you'd like more information, come join us at our Open House on May 16th or go to: http://www.homesafetycouncil.org/SafetyGuide/sg_poison_w001.asp.

Thanks to you, our neighbors, members, families and friends, we won the Liberty Mutual Safety Pledge!



On Monday, Feb. 1st, Liberty Mutual presented AVFRD with a check for \$10,000. That amount really helps with our budget shortfall, but we still have a ways to go. We have some new and fun ideas where everyone can help us raise some more funds. See our pancake breakfast info below for one way to help.

Pancake Breakfast

at the Ashburn Firehouse, 20688 Ashburn Rd.

The first Sunday of every month from 8 a.m. until noon. THERE IS NO PANCAKE BREAKFAST IN APRIL. The next dates are May 2 and then June 6, 2010. Terry the Traumasaurus will be making an appearance for great picture taking.

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.

New to the Pancake Breakfast is our new diesel fuel fundraising. 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!

Mark Your Calendar for These Upcoming Events:



Grand opening of Station 22 – April 10th 10 a.m. – 2 p.m.

Join us as we open the doors to our new station, Station 22 - **Lansdowne Safety Center**

Ashburn Village Sports Pavilion 10K (which benefits AVFRD) – April 25th

Spring Open House – May 16th at the Ashburn Firehouse, 20688 Ashburn Rd.

Noon to 4 p.m. Get on the Road to Safety! Our featured safety stops will be: Poison Control, Call 911, Stranger Danger, First Aid, Water Safety and Bike Town.

Second Annual Poker Run – Saturday, June 19th

Join us for a new and longer course thru scenic Loudoun County.

Golf Tournament - Belmont Country Club on Monday, September 20th

More information to come.

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



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Lansdowne, Virginia 20176

Healthy Living

It's amazing how dealing with a family member's disease affects how you value your own health. Just after we got back from our tenth wedding anniversary at Disney World, my husband, Scott, got the diagnosis: the big "C" – stage II colon cancer. In a flash, we learned that our life was about to change drastically. We anticipated endless doctor's appointments and chemo sessions, fatigue and nausea, and new difficulties parenting our two young children. I knew that getting Scott healthy was going to take loads of work and dedication. But I never expected that the experience would so solidify my dedication to my own personal health.

Truth be told, I had already decided to make changes in my life before the diagnosis. That trip to Disney World made me realize that I

didn't feel healthy and, frankly, didn't look my best. There's nothing like going to a place that specializes in funnel cake, cotton candy and turkey



legs to make you feel sluggish and out of shape. On top of that, I hadn't exercised regularly in years and it just felt like it was time to get serious.

But how?

I'm an average person. I do not have a personal chef. I am not famous. I have the same pressures many others have – two young kids, a husband, a full time job. And to top it all off, we had a major health issue to cope with and no family nearby to offer help. Luckily, I ran into a friend of mine who had recently lost weight and she told me about something called fitness boot camp. She was doing it and encouraged me to give it a try. I emailed the trainer and learned that he offered a camp literally around the corner from my house. How could I argue with that? It was meant to be.

(CONTINUED ON NEXT PAGE)



Williams Construction and Meter Service

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AVCA will notify homeowners having outside gas lights that are not currently functional. These homeowners will be required to have these outdoor gas lights repaired.



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- * **Parts additional charge**

Terry can also conduct safety and carbon monoxide inspections for all gas appliances (furnaces, water heaters, gas logs, etc.) at additional charges.

My early morning trial class started in early summer 2008. The instructor told me that a lot of people quit after the first few weeks of working out, and after just one day I completely understood why. These boot camps are designed to push you to your limits physically and mentally, and it worked. I was in major pain and started to feel even worse about myself. How could I be in my 30s and this out of shape? How did this happen? I couldn't run a quarter mile without collapsing or lift a two-and-a-half pound dumbbell without feeling like I was going to split in two! Growing up, I was never athletic; *think the last one to be picked for any gym team.* I even told the boot camp trainer during that first week that I was the definition of "uncoordinated."

But, with time and effort all that changed...I have loads of boot camp stories to share, but for now, suffice it to say that I started out as a recruit and am now a full-fledged soldier. I am a strong, fit, *coordinated* athlete. I am 23 pounds lighter and have found a true passion for health and fitness.

What's more, my family survived colon cancer surgery and chemo and the overall prognosis is favorable. To be clear, I didn't commit to a healthy and fit life just because my husband was diagnosed with cancer. I started the journey before his diagnosis and I'm pretty certain I would have done it anyway. But I believe that life takes you places for a reason, and it's up to you follow. I needed to be mentally and physically prepared to overcome the threat that cancer presented to my family, and this path cleared the way. What's more, both journeys have taught me how strong I can be – physically, mentally and spiritually, and this has led me to find my passion.

And that passion has been contagious.

I now get questions from others who – like I once did – want to live healthier lives but aren't sure how. In response, I created Live Fit and Sore (www.livefitandsore.com), a blog that documents my path and offers support and inspiration to others who want to make positive changes in their lives. The blog is all about finding the fun and joy in life. It's about

eating well, looking your best, giving back and finding the information that makes your life easier. Yes, it includes lots of information about finding ways to incorporate fitness into your everyday life, but the intent is not to overwhelm. Our lives are busy enough and not everyone needs a fitness boot camp to be healthy. Keep in mind, I'm no doctor, nutritionist or therapist, I simply write about my own experiences – so use common sense and consult with the right people before you begin your own journey.

Even though the journey has been long and harrowing at times, my family and I are fit and healthy – and I've never been happier. Sometimes it takes dealing with hard times to find your true passion. And to share my passion even further, I am going to be regularly contributing to *The Villager* with all sorts of useful tips including:

- Small steps to take to lead a healthier life.
- Ideas on getting your kids interested and involved in leading a healthy and active life.
- Ways you and your family can give back.
- Ways Social Media and the Internet can help make your life easier

Whatever your path, I hope that Live Fit and Sore will give you the inspiration and support that you need to join me on the path to healthy living. I would love the company!

(To better understand how I got here, please also visit <http://colonc-thejourney.blogspot.com/>, a blog that focuses on my family's fight with cancer.)

BREAKING NEWS!!!!

Something SPECTACULAR is coming!

Attention Women: Looking for the PERFECT job? I'M HIRING!

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Seniors Support Soldiers

Wingler House residents supported a great cause during the month of January. The residents have made generous donations to the organization "Cell Phones for Soldiers." At the end of each year, the Wingler House residents choose a charity to support. In lieu of paying for the bus to their weekly grocery trips and other outings, the residents contribute to their chosen organization. Wingler House residents have collected over \$200.00 so far toward this cause.

Cell Phones for Soldiers, founded five years ago by two teenagers from Massachusetts, purchases pre-paid calling cards for American soldiers so that they can speak to loved ones while in combat zones. This charity takes some of the burden off the soldiers who are serving our country and

are enduring large phone bills while keeping in contact with their families. In addition to cash contributions, Cell Phones for Soldiers also accepts old cell phones, which they recycle for cash to purchase the calling cards.

In the past, Wingler House residents have generously donated to St. Jude's and the March of Dimes.

Wingler House, located in Ashburn Village, is an affordable community of 264 spacious apartments for adults 55 and older. Amenities on the property include a Computer Center, Beauty Salon, Exercise Room, Game Room, Craft Room, Library and Grand Terrace. The professionally land-scaped grounds include a gazebo, fish pond, water fountain, courtyards, putting green and elevated garden plots for residents.

Ashburn Boy Scouts

Ashburn Boy Scout Troop 1154's annual mulch sale is in full swing. The 3 cubic foot bags of shredded hardwood bark are just \$4.25 per bag and delivered free to your home in late-March by one of the 73+ helpful scouts of Troop 1154. Payment can be made by check or online using a major credit card or Paypal account. An optional mulch "spreading" service is also available for an additional fee. All proceeds from the sale are used to support troop operations and many of the troop's major annual activities including summer residence camp and high adventure program trips to New Mexico, Minnesota and Florida. For more information or to place an online order, visit www.ashburntroop1154.org. Order soon -- sales ends March 10!



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703-858-0300

C.A.R.E. Forming Committees

Here is your chance to put your ideas to work!

I can hardly believe that it has been over two years since CARE started with just an idea and a few friends in my kitchen. It has been very rewarding to see the small but significant changes we have brought to our neighborhood and hear the encouraging and supportive words from all of you about how CARE has improved your lives in some way. This is important work and I am more committed than ever to continuing the effort.

However, I have come to the realization that CARE will run more effectively if I delegate some of the myriad of tasks I have been attempting to accomplish. It has been an ongoing challenge to successfully write a monthly article, recruit new members, research questions such as water quality or eco-friendly appliances, start a community garden, sift through an abundance of information sent to me, set up websites, and schedule events and guest speakers - and all the while be a wife and mother and stay sane! We all need to work together to achieve our common goal of a better community and healthier and sustainable lifestyles because CARE is for the betterment of everyone.

Over these two years I have had the great pleasure of getting to know many individuals in this community who share my passion for a sustainable lifestyle and living in harmony with nature - people who share the same core values that are the foundations of CARE. I am very confident that the skills and expertise you possess will take CARE to the next level.

Please consider becoming involved in some capacity either by joining or chairing a committee. Bear in mind that we are all busy people and these positions would require a very low level of commitment. Committee chairs will be responsible for receiving ideas from committee members and sharing them with the group during the monthly meetings as well as keeping me posted with items your committee needs help with. Committee members will be responsible for sharing new ideas and/or working on the specific tasks that your committee is engaged in. It is worth noting that a large number of our members are not even in our local area. Please do not let that deter you - in our world of modern technology - from joining a committee and becoming actively involved. Many of you are also unable to attend our monthly meetings because they are held during the workday. I have heard your requests to change our monthly meetings to an evening time slot; however, it is my concern that the same number of people would then be unable to attend because of evening time conflicts. We will continue to search for

a resolution to this and in the interim I hope that you will choose a committee to join and let your voice be heard.

One area that is very time consuming for me, and that is well suited to those who may be out of our area or unable to attend our monthly meetings, is research! Very often people come to me with wonderful questions that beg to be answered and I am frustrated by my inability to address all of them. A seemingly simple question such as "What is the most energy inefficient appliance in my home?" or "How do I landscape my yard with energy conservation in mind?" or "How do I improve inside air quality in my home?" all take some digging and a few phone calls to answer satisfactorily. If committees are able to work through queries such as these we could post the new information on our website for all to benefit.

I will honor requests first come - first serve for committee chair positions.

Community Outreach Committee

This committee will keep a current list of members and try to invite new members by posting information flyers in the area.

Trash/ Recycle Committee

This committee will continue the work of trying to figure out what is recyclable in our area, how to inform residents of better methods of disposal, work on improving trash pick-up times, and improving our ability to recycle other materials.

(CONTINUED ON NEXT PAGE)

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I.T. Committee

This committee will manage our new website and keep information and postings current.

Community Garden Committee

This committee will work with the HOA to plan the location for the community garden and deal with many other details such as plot size and number, water source, determining participants, soil acquisition, compost location, sponsors, etcetera.

School Outreach Committee

This committee will work on involving our schools in our activities as well as keeping us involved with what the schools are doing environmentally. Also, the committee could improve upon our list of green recommendations and submit it to schools.

Green Broadcast Committee

This committee will keep CARE abreast of all local environmental news as well as inform the group about the farmers markets. Also, this committee could schedule our Loudoun Master Gardeners and our local farmers as guest speakers to our meetings.

SWAP/ Product Review Committee

This committee will choose a product to test and review each month and then report those findings to the

group as well as handle our monthly SWAP. This is a chance to bring anything in your home that you do not want that still has some use and swap it for someone else's unwanted treasures. All unloved items are then donated to the Goodwill after the meeting.

Some committees are obviously better suited to local participation, but many of our goals could be easily applicable to your local area as well. Please feel free to get involved and tailor your needs to your neighborhood – wherever that may be! Come and get involved and share in our journey towards a more eco-friendly world. Our next monthly meeting is March 26 at 9:15 a.m. at the Mills Recreation Center in Ashburn Village. Meet and greet over coffee (doughnuts provided) is from 9:15- 9:30 and the meeting runs until 10:30. For more information please contact Kelley S. Davidson at jrdksd@verizon.net.

CARE Mission Statement - By accepting responsibility for our daily activities, we believe that through our combined efforts we can create a more sustainable and healthy tomorrow.

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

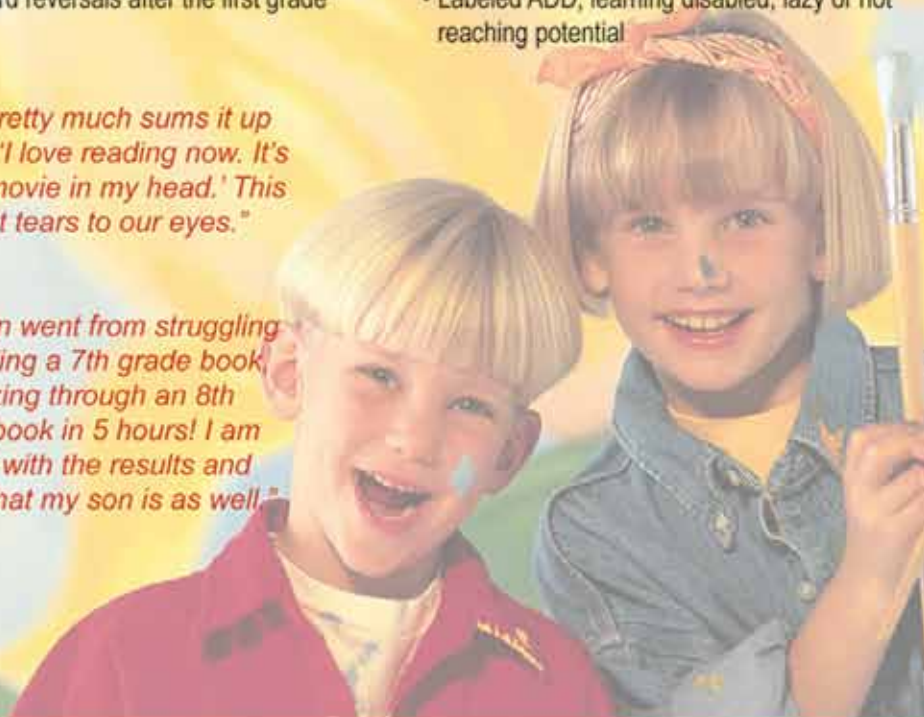
Yes...If the child has an undetected vision problem.

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!

www.cantwellvisiontherapy.com

These Bugs Really Bite!

Mrs. Washington's little girl Emily came home from preschool one day complaining that her head itched terribly. When her mom looked at her a little more closely, she noticed little white specks attached to Emily's hair, near her scalp, and then she saw one of the "specks" move. That's when she called us. I told her that it could be lice, but I'd have to see one to confirm it. Her immediate reaction was to blame her dog Bowzer, at which point I informed her that head lice is not passed from animals. "Really?" she said. "I always thought they came from pets!"

There are many different parasites that people can contract, but many of them don't usually come from pets. Parasites that seem to be on the rise, according to Dr. Bernard Cohen of Johns Hopkins Children's Center, include lice, bedbugs, scabies, pinworms, and fungi such as ringworm. Of these, only scabies and ringworm can be from pets. The others are contagious from person-to-person contact, or more often child-to-child contact, especially during the winter months when kids and adults spend more time indoors and have prolonged contact with one another.

Scabies, which is a mite that burrows under the skin, is

PS. There are many intestinal parasites that are zoonotic, or contagious, from pets to people, including roundworms, hookworms and giardia. Wash your hands after picking up after your pet or playing in the dirt!

more often seen in dogs with weakened immune systems, but they can transfer to people with skin-to-hair contact (such as petting!). These bugs not only burrow, but they feed on you, lay eggs on you, and leave their waste on you (are you itchy yet?!). This causes an intense allergic reaction, but fortunately there are some very effective creams to use. As for ringworm, this disease is actually a misnomer. It is really a fungus, and grows on the surface of the skin like a microscopic plant. It forms scaly, red circles, or rings, on the skin. They can be present on wrestling or gym mats, on goggles or bathing caps, and is spread by skin-to-skin contact. But it is also often spread from pets, especially puppies or kittens. Their long hair can hide the lesions on their body, and as with scabies, people can pick up this disease just by touching their pet.

Well, Mrs. Washington thanked me for my time, as well as my advice to use "RID" shampoo and to go through Emily's hair literally with a "fine-toothed comb." I hope you have a parasite-free house, but if you or your pet does come into contact with one of these pests, don't be too surprised. They've been around forever, and they aren't going away anytime soon.

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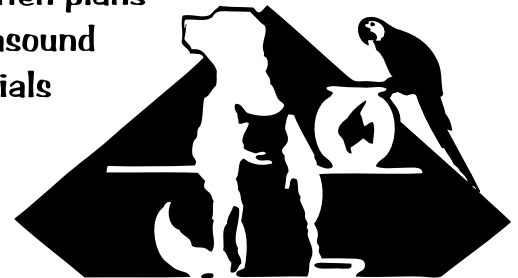
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Katherine Skelly, DVM
Angela Clarke, DVM
Estella Jones, DVM

**ASHBURN VILLAGE
ANIMAL HOSPITAL**

Found Money!

In these economic times isn't it nice to find money you didn't know you had – under the sofa cushions, in jackets, in the laundry basket. Many of us are owed money from government or corporate entities that we have simply forgotten about. Check these out.

Housing and Urban Development

If you've had an FHA loan, you may remember the prepaid mortgage insurance premium at closing (which has risen to 2.25% recently). If you sold or refinanced the property within a certain number of years, the unused portion of the premium is refunded. For a variety of reasons, many payments have not been cashed. I have located approximately 150 people in the area who are owed money. Some of the refunds have been quite substantial – in fact I just found someone in Brambleton who is owed more than \$3,000. Note – there are people and companies that will help you collect this money, for a fee. They are called "tracers." HUD prefers that you collect it yourself; it is really a simple process. Complete details are on the HUD site. Some hints if you need a copy of your settlement statement to process the claim:

- If sold through a real estate agent within the last 5 years, they should have a copy available
- Try the settlement company or lender
- Look at that year's taxes, if there were deductions you may have a copy

Go to www.hud.gov and search for "refunds." Click the link "Does HUD owe you a refund?" Or type this link: <http://www.hud.gov/offices/hsg/comp/refunds/index.cfm>.

Forgotten Savings Bonds

There is an estimated \$17B in unredeemed US Savings Bonds issued from 1941 – 1980. You can search online for Bonds issued after 1974. Bonds issued prior to that are

on microfilm, meaning that personnel from the Bureau of Public Debt need to conduct the search.

For bonds issued after 1973, go to www.treasurydirect.gov

For bonds prior to 1974, contact the Bureau of Public Debt

Other State Property and Unclaimed Paychecks

It may be worth the effort to search the web sites of the states you have lived in. Some will post lost property that has been identified, even commercial payroll checks that weren't cashed. I found my niece's payroll check from Maine; it was a nice Christmas bonus for her. Virginia has a site for found property: <http://www.tr.s.virginia.gov>.

Home Buyers Tax Credit

If you purchased a home last year or are purchasing the first part of this year, you may be eligible for a tax credit. Revisit last month's issue of *The Villager*. The title of the article doesn't reflect the actual write up (my apologies), but there are details about the credit. Could be worth \$8K!

Happy Hunting and Have an Amazing Month!

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---	---

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Ashburn Activity

(Zip Codes 20147, 20148 as of 2/10/2010):

Active listings 153
Under contract 248
Sold in November 58

More listings and more going under contract – but fewer closings. Likely due to short sale contracts and the slowing of contracts from December.



Run Fast. Run Smart. Run Hard.

Ashburn Village 10K, 5K, & 1 Mile Fun Run

Sunday, April 25th, 2010

EVENT REGISTRATION

On-line registration is available at http://www.active.com/event_detail.cfm?event_id=1833113. Online Registration ends April 22nd. Race fees increase after April 10th. Registration forms can also be turned in at or mailed to the Ashburn Village Sports Pavilion at 20585 Ashburn Village Blvd., Ashburn, VA 20147. Checks can be made out to AVSP. Send registrations c/o Ashburn Village Race.

PROCEEDS

All race proceeds will be donated to the Ashburn Volunteer Fire Department.

FEES

10K Ashburn Village Residents: \$30
10K Non-Residents: \$35
10K After April 10: \$40

5K Ashburn Village Residents: \$25
5K Non-Residents: \$30
5K After April 10: \$35

Fun Run Ashburn Village Residents: \$8
Fun Run Non-Residents: \$12
Fun Run After April 10: \$15

RACE SITE AND COURSES

The race site is at the Ashburn Elementary School at 44062 Fincastle Drive, Ashburn, VA 20147. The start and finish for all events is in front of the school. The 10K and 5K start together at 8:15 am and the fun run begins at 8:25 am. 5K and 10K courses are certified. The courses loop down Ashburn Village Boulevard and through scenic Ashburn Village. There is no more than a one percent grade incline at any time. Course maps are printed on the reverse side of this form and are also available for download at www.ashburnsportspavilion.org.

AWARDS

The fastest three men and women overall in both the 5K and 10K will receive awards. The first man and woman in both races in each of the following age groups will get an award: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, and 60 and over. Awards will be given to all children age 12 and under.

CHRONOTRACK TIMING AND SCORING

Transponder timing operated by Capital Running Company will be used to score the 5K and 10K races. The system uses a computer "tag" which must be tied to each runner's shoelaces and records the exact time a runner crosses the starting line and the finish line, resulting in a net time for each runner. The tag is disposable. Overall awards will be based upon clock time and age group awards will be based upon transponder times.

PACKET PICK-UP AND LATE REGISTRATION

Race packet, t-shirt pick up, and late registration will be 12-5 pm on Saturday, April 24th, at the Ashburn Village Sports Pavilion located at 20585 Ashburn Village Blvd. On race day, you may register and pick up race packets from 7 to 7:45 am. Please register in advance to avoid the lines.

DIRECTIONS FROM THE BELTWAY ROUTE I-495

Take VA Route 7 west towards Leesburg for nearly 16 miles. Turn left onto Ashburn Village Blvd and go about a mile and a half to the Ashburn Elementary School and another quarter mile to the Sports Pavilion. We are only 10 minutes from Dulles Airport.

ADDITIONAL INFORMATION

Sponsor, volunteer, parking and more information will be continuously updated on the web at www.ashburnsportspavilion.org.

First Name: _____ Last Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____ Telephone: _____

Email: _____ Age on Race Day: _____ Birth Date: _____ Sex: _____

T-Shirt Size (Adult): S M L XL Ashburn Village Resident* Non-Resident

T-Shirt Size (Child): S M L

Selected Race: 5K 10K Fun Run

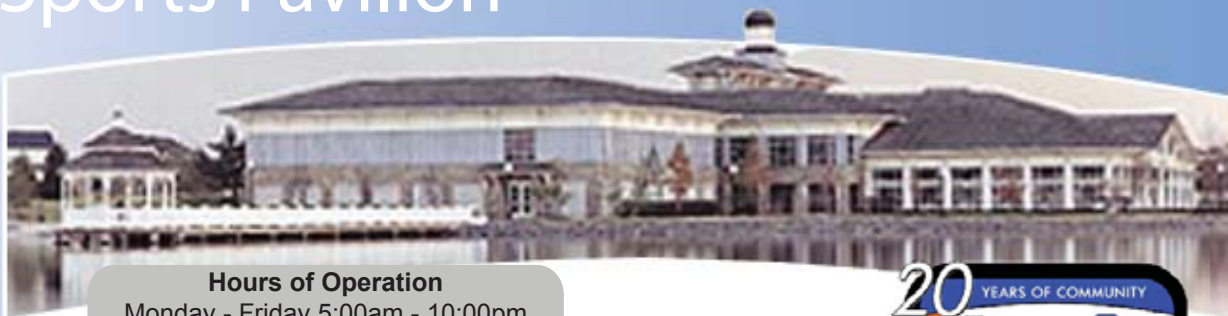
*Ashburn Village Residents must present their Sports Pavilion membership card or picture ID at check-in.

PARENT SIGNATURE IF UNDER 18: _____

Detach and mail along with payment or stop in at the Pavilion.



Ashburn Village Sports Pavilion



Hours of Operation

Monday - Friday 5:00am - 10:00pm
Saturday-Sunday: 7:00am - 8:00pm

20585 Ashburn Village Boulevard
(703)729-0581
AVSP@ashburnvillage.org
www.ashburnsportspavilion.org



Ashburn Village 10K, 5K, & 1 Mile Fun Run

Sunday, April 25th, 2010

Benefiting the Ashburn Volunteer Fire Department



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Race registration forms are available in this issue of the Villager, at the AVSP Front Desk or at www.ashburnsportspavilion.org. More information can be found on the web or you can contact Karen Parks, Program Manager, at kparks@ashburnvillage.org.



Ashburn Village Sports Pavilion

Spring Shape Up

Be amongst the first to experience Personal Training paired with Polar™! The Spring Shape Up combines Polar™ Cardio Coaching, Small Group Personal Training, and Polar Body Age Assessment. The challenge begins the week of March 22nd. Cost is \$600 and includes:

- Polar™ F60 Heart Rate Monitor (your choice of men's or women's).
- 8 weeks of small group personal training & Polar™ Cardio Coaching.
- Full Polar™ Body Age Assessment (beginning and end of program).
- Prizes will be awarded to participant with the greatest improvement in Body Age.

Contact Diane Sohn, Fitness Director at 703-729-0581 ext. 114 or email at dsohn@ashburnvillage.org to discuss program days and times.

Free Polar™ Body Age Assessments

Let the AVSP Personal Trainers help you determine your body's age verses your biological age. Assessments will be offered on the following days and times:

Monday, March 15, 9-11am
Wednesday, March 17, 5-7pm
Saturday, March 20, 10:30am-12pm

There is no cost, however registration is required.

Fitness Tip from AVSP Fitness Director, Diane Sohn:

Short on time? Need to get the most out of the time you have at the gym? Try a circuit workout. Circuit training is a great way to combine cardio and strength if you're short on time. An example of a circuit might include four to six strength/cardio exercises that are completed one right after the other, with little or no rest in between. Do each exercise for the specified amount of time (or as long as you can safely do so) and then move on to the next exercise. Once you complete all exercises, that is considered one circuit. Make sure you warm up with 5-10 minutes of light cardio and cool down with a stretch.

Polar™ Seminar: "The Importance of Heart Rate Training"

Your heart is the most important muscle in your body. Learn the importance of training in the correct zones and using a heart rate monitor to enhance your workout.

Date: Saturday, March 20th

Time: 9-10:30am

(Free Polar™ Body Age Assessments after the event)

Cost: FREE for Residents;
\$10 for Non-Residents

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

March Madness Group Exercise Participation Challenge

Are you up for the "Sweet 16" challenge? All you have to do is participate in 16 group exercise classes during the month of March!!

Stop by AVSP and take your favorite group exercise class, or better yet try a new class. Instructors will pass out stickers at the end of each class to validate your attendance. Fill out your participation card completely and your name will be entered into a drawing. Visit the AVSP Front Desk for your participation card. Participants must attend (7) cycle or cardio classes, (7) strength classes, (2) yoga or aqua classes.

Ashburn Village Sports Pavilion

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 doesn't matter if you are just starting out or if you have been exercising for some time, this fitness challenge allows you to participate no matter what shape you're in. Let Certified Personal Trainer, Chris Peterson guide you through four weeks of group workouts and provide the motivation and support to achieve your fitness goals.

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.

Instructor: Chris Peterson

Days/Times: Monday, Wednesday & Friday at 5:30 am or
Tuesday & Thursday at 5:30am
and Saturday at 7:00am

Dates: March 15- April 10

Cost: Residents \$90/12 Sessions
Non-Residents \$110/12 Sessions
Drop in \$12 Residents
Drop in \$15 Non-Residents

Fit Camp

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

Instructor: Kristin Tan

Days/Times: Wednesdays, 5:30 am

Dates: March 3-April 28
(No class March 31)

Cost: Residents \$65 for 8 weeks
Non-Residents \$87 for 8 weeks
Drop in \$10 Residents
Drop in \$15 Non-Residents

Pilates Reformer - All Levels

Pilates Reformer class focuses on core strength and flexibility.

Instructor: Olena Koloymiyets

Cost: \$190 8 Classes Residents
\$285 8 Classes Non-Resident
Drop in \$35 Residents
Drop-in \$45 Non-Residents

Groups forming for the Spring. For available dates and times, contact Fitness Director, Diane Sohn at dsohn@ashburnvillage.org or by phone at 703-729-0581 ext. 114.

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. Tour will include a demonstration of proper use of equipment as well as the benefits of cardio and strength training.

Tours Are Weekly:

- Tuesdays at 6:30pm
- Thursdays at 9:00am

Cost: FREE

Advanced Registration is Required. Spaces are limited.

USTA Virginia Men's 70, 75, 80 Indoor Championship

Tournament ID: 302989710

Dates: March 29 - April 2, 2010

Divisions: M(70-80)sd,SE

Entry Fee: \$45 Flat Fee

Location: AVSP Indoor Tennis Bubble

Register online at: <http://tennislink.usta.com/tournaments/TournamentHome/Tournament.aspx?T=93097>

Ashburn Village Sports Pavilion

Core Conditioning

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

Instructor: Laura D'Agostino
Days: Tuesdays 5:15pm
Date: March 16 – April 6
Cost: \$40 for 4 Classes
Drop In- \$15.00

Tennis Social

Join the AVSP tennis staff for an evening of social tennis with a hint of professional help! Register today at the Sports Pavilion Front Desk.

Date: Friday, March 19
Time: 8:00-10:00pm
Cost: \$20 Residents / \$22 NRTM

Raffle prizes available with your chance to win just for playing! No need to bring anything but your tennis racquet...We are providing the drinks (beer, wine, and soft drinks), refreshments, and all the FUN!

WOW- Women on Weights Free Weights Workshop

Learn how to design your own strength training routine using free weights. Participants will learn basic strength training form, technique, and principals for a safe and effective workout.

Cost: \$15 Residents; \$20 Non-Residents
Date: Saturday, March 20th
Time: 11:00am-12:30pm
Instructor: Diane Sohn, Fitness Director

Belly Dance

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

Instructor: Stephanie Niday

** Please note new meeting days and times**

Level I

Days: Wednesdays
Dates: March 10-April 28
Time: 8:30-9:30pm

Level II

Days: Mondays
Dates: March 8-April 26
Time: 8:30-9:30pm

Cost: Residents \$65 for 8 weeks
Non-Residents \$87 for 8 weeks
Drop in \$10 Residents
Drop in \$15 Non-Residents

Underwater Egg Hunt

Bring the kids out for a fun event in the pool!

Date: Saturday, March 12
Ages/Times: 7-10 years 9:00-9:30am
4-6 years 9:45-10:15am
3 months - 3 years 10:30-11:15am
Cost: \$5 per child / \$10 per family

Registration is open now at the AVSP Front Desk. For more information, please contact Marti Schenck, Aquatics Director, at martischenck@ashburnvillage.org.

AVSP Closed Easter Sunday

The Ashburn Village Sports Pavilion will be closed all day on Sunday, April 4th.

“Shoe Fit” Seminar & Video Gait Analysis
Performed by Ray Pugsley, Co-owner of the
Potomac River Running Store

Saturday, March 13th

11:00 AM – 11:45 AM

Seminar Topic: “Proper Shoe fit and Injury Prevention”

12:00 PM – 2:00 PM

On-site Video Gait Analysis

Shoe technology has come a long way over the years!
On 3/13, stop by the Ashburn Sports Pavilion to listen how proper footwear can improve comfort and reduce injury, whether you're running, walking or working out.

In addition, you will get a glimpse of how the staff at =PR= fit customers for shoes, using Video Gait Analysis.

Experience Video Gait Analysis, first hand!

Just bring your walking or running shoes and stop by Sports Pavilion to have your gait analyzed! Within minutes, you'll better understand what your feet are doing, and why, as you exercise!

Reserve your spot today... sign up with the Sports Pavilion Staff!

What is Video Gait Analysis?

The Gait Analysis process involves watching an individual run or walk on a treadmill with a video camera directed at his/her feet. The unique features of the runner or walker's gait/footstrike are then shown on the video screen. We are able to see and explain exactly what the person's foot is doing, and if/how any biomechanical inefficiencies might be corrected with equipment choice. Most chronic aches and pains from the hip down can be traced back to improper footstrike.

Snowed-In, Snowed-Under, Snowed-Away!

Can you tell I have had enough? Of the snow that is. I love the beauty and quietness that snow brings to the landscape but I prefer lesser amounts, say 4 to 6 inches!

As I look out my front door after the Blizzard of 2010, I see my beautiful magnolia with several limbs that have been broken as a result of the heavy snow and high winds. Regrettably I had too much shoveling to do so I never made it around to snow removal on any of my landscape plants. The snow was just too deep. The evergreens in my landscape have suffered the most damage, particularly my magnolia, loblolly and white pines, and Leyland cypress. Surprisingly the Norway spruce and Giant Arborvitae have not suffered damage. The hollies I have are less than 5' tall and have really tight growth, so no damage to these either. If you watched the news during and after the storm, you saw that deciduous trees and shrubs can also be damaged from snow and wind, often with large limbs breaking, trees splitting, or an entire tree coming down.

So what can you do to repair plants that may have suffered damage from the snow and wind? For large trees that may have a large amount of damage you must decide if the damage can be cleaned up and still have value in the landscape or if you may need to remove it. You can consult a



certified arborist to help you make this decision. To find an International Society of Arboriculture Certified Arborist visit www.treesaregood.org. For limbs that may have been broken off or still hanging but broken, you should use your pruning tools to make a clean cut back to the nearest side branch or at the point where the branch was originally attached. Make sure you stay just outside of the branch bark ridge and collar region when making your cut. For guidelines on proper techniques and tools go to <http://pubs.ext.vt.edu/430/430-455/430-455.pdf>.

Three other types of winter damage that may occur are winter burn to evergreens, salt and rodent damage.

Winter burn shows up as browning on the tips and edges of needles/leaves. Winter burn is usually a result of desiccation or loss of water via the leaves through transpiration. The winter sun and winds draw water from the needles and leaves. If the ground is frozen, the roots are not able to replace that water loss, causing the browning on leaf tips and edges. To reduce this damage in the

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<p>Gas Log Install \$50.00 Off <small>with installation of gas line</small></p>	<p>Gas Log Service • Clean Pilot Assembly • Check for proper operations \$130.00</p>	<p>Seasonal Checkup \$79.95</p>	<p>Any Size Water Heater Installed \$45.00 Off</p>

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future, make sure evergreens are well watered as they go into the winter months or apply an anti-desiccant before severe winter weather (these products typically only last about 6 weeks, so time your application appropriately).

Salt damage is a result of products used for deicing sidewalks and roads. Symptoms appear in spring/early summer when active growth begins and include browning of evergreens, leaf scorch and branch dieback. Upper parts of plants can be damaged from road spray and roots can be damaged from salt that may remain in the soil. In well-drained soils, salt will be leached away so damage will be minimal, but in poorly drained soils damage to plants can be extensive. Avoid the use of salts if possible by using sand, kitty litter, or sawdust to provide traction. If you must use salts, be mindful of the possible damage that may occur. Also consider using landscape plants in these situations that are more tolerant to salts.

Rodent damage can be a problem when we have prolonged periods of heavy snow cover and food is scarce. Mice and voles can girdle shrubs and trees by feeding on the bark at ground level. This is often a problem when plants are surrounded by heavy groundcover or mulch, and snow provides the same cover. Rabbits feed on the bark above the

snow line, I have seen rabbit damage to my apple trees in years past when we have had snow on the ground for an extended period and expect to see it again after this winter. If you can foresee the type of winter as we have had this year, you can take steps to protect plants by wrapping the trunk and low branches with screen wire or hardware cloth from below ground level to above the height that rabbits could reach branches or the trunk.

Virginia Cooperative Extension has a publication, "Winterizing Trees & Shrubs" that provides helpful information on how to prevent/reduce winter damage at <http://pubs.ext.vt.edu/426/426-500/426-500.pdf>. The Morton Arboretum has a helpful factsheet at <http://www.mortonarb.org/tree-plant-advice/article/691/winter-injury-to-trees-and-shrubs.html/>. Adrian Higgins, Garden Writer for the Washington Post, had an excellent article recently related to winter damage which you can access at <http://www.washingtonpost.com/wp-dyn/content/article/2010/02/09/AR2010020903061.html>.

Contact the Loudoun County Master Gardener Volunteer Help Desk * at 703-771-5150 if you have questions about winter damage, pruning, or any topic related to horticulture or the environment.

Department of the Treasury --- Internal Revenue Service

Form **1040 U.S. Individual Income Tax Return 2009**

For the year January 1 - December 31, 2009 or other tax year beginning _____, 2009, ending , 20__

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March Appointments

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Grow Your Own Vegetable Transplants

With all the snow we have had this winter, most folks have had ample time to look through the multitude of gardening catalogs and select vegetables they would like to grow in their garden this year. Home gardeners who plan on starting their own vegetable transplants should consider these four things: 1) the time the plants are needed (last frost date), 2) potting soil or soil mix considerations, 3) light and 4) temperature.

Most vegetable transplants, with the exception of the cucurbit family (cucumbers, cantaloupes, squash and watermelons), need about six weeks from seeding until transplant to the garden. Cucurbits only need three weeks and may even be seeded directly in the garden. Many home gardeners commonly start their seeds too early, perhaps as much as 12 to 14 weeks before the ideal garden planting date for that species. This results in plants that outgrow the cell pack root area and the top space available to the transplant, resulting in plants that are potbound with the roots throughout, plus completely encircling the outer edge of the potting soil in the cell pack, and tops that are spindly and weak due to crowded competition for light. It's not difficult to calculate the proper time to start seeds. In Loudoun County we generally recommend it is safe to plant your tomato plants after Mother's

Day (May 9 this year). Counting back six weeks, you should sow your tomato seeds sometime during the last week of March. This will provide a young, actively growing transplant, not overcrowded in the container and with a rootball still expanding and growing downward (not completely encircling the outer surface of the potting soil).

Never use soil from the garden to germinate your vegetable transplants. Many diseases are soil-borne and garden soil will not drain well when used in containers. The commercially prepared potting soils consist of peat moss, vermiculite, perlite, & pine bark and are lightweight, free from plant pests and soil-borne diseases, and drain very well. The result is far superior in performance compared to garden soil when placed in cell packs or other small transplant-growing containers.

During late winter in Virginia we generally don't have a lot of sunny days in a row, so efforts at producing home-grown or windowsill transplants result in far less than the gardener's expectations because of poor light. Shady or one-sided, cloudy light coming through a window just will not grow stocky vegetable transplants. To do the job well, fluorescent lights placed about 6 inches above the seedling tray are required. The lights should be on a timer to provide 16 hours of bright light each 24-hour period. Dual fluorescent tubes provide stronger and more uniform light than a single tube. One cool-white and one warm-white fluorescent tube provide an excellent balance of useable light for photosynthesis. As plants sprout and grow under lights, the tubes should be raised so as not to produce too much heat too near the tops of the plants.

Once the seeds germinate, keep the plants growing on the cool side to promote stocky versus succulent growth. The best results may be accomplished by turning off or down all other heat in the room where your plants are started to 55° F. A cool basement is an excellent area for starting plants under lights. If a warm room is used with its own heat source keeping normal air temperatures in the 70s,

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Ashburn Classics Announcement

The Ashburn Classics will hold their March 13 meeting at the Ashburn Firehouse starting at 11:30am. The meeting will consist of a St. Patrick's Day luncheon with corned beef, cabbage, potatoes, carrots, bread, dessert, and beverages at a cost of \$20/person. Our entertainment will be the wonderful Irish Dancers from the AARAA Dance School. Please contact our club treasurer at 703-858-1313 or 703-407-0179 for more details. The deadline for reservations is March 9.

the addition of fluorescent growing lights over seedling trays will provide too warm an environment. The only exception to this rule is the germination process. Temperature requirements for germination are quite different from “growing” temperature. After good germination at 80° F, 60° F is preferable for growing out most vegetable transplants to keep them stocky and healthy.

Remember to keep containers covered with plastic, clear glass, or even plastic wrap or waxed paper, until seedlings begin to sprout to keep in warmth and moisture. Another

March Gardening Tips

Once new growth begins on trees and shrubs, cut back winter-killed twigs to living, green wood.

- For more compact pyracanthas without the risk of losing berries, pinch back new growth now.
- Prune evergreen shrubs before growth starts.
- Boxwood should be pruned by thinning the outer foliage of the plant and cutting back the branches to retain the desired height.
- Prune spring-flowering shrubs after flowering is completed.
- Hedges can receive their first pruning this month. As you prune, be sure to leave the base of the plant wider than the top. This allows sunlight to get to the bottom of the plant, creating a full, dense hedge.
- Don't leave stubs when pruning; stubs usually die and are entry points for decay fungus. Cut just outside the branch collar, the slightly thickened area at the base of the branch. Pruning should never be done in damp or wet weather when the fungal spores and bacteria that infect plants through fresh wounds spread easily.
- When pruning or cutting roses, cut all flower stems 1/4 inch above a complete (5 leaflet) leaf, leaving two complete leaves below the cut bud. Always use sharp, pruning shears and cut on a slant.

fluorescent tube or a small lamp with a 75 watt incandescent light bulb, placed directly under the shelf supporting the flats provides perfect bottom heat to seeds without the bother and expense of a heat mat. This gentle heat source is turned off as soon as seeds begin to pop up. If not, the seedlings will stretch from too much bottom heat.

When plants are about four inches tall, they are an excellent size for the least transplanting shock and for faster re-growth in the garden, as opposed to plants that are 10 to 12 inches tall. When your plants have reached four inches in height and are well-branched and stocky, they should be “hardened-off” by reducing watering frequency and moving plants to an outdoor porch or cold frame for the final week or two before going into the garden. This will toughen them to the effects of wind and outside temperatures, and to the natural light/dark cycle. If an unexpected frost is forecast, move the plants back indoors under 16 hours of light, but keep the temperature at 55° to 60° F if possible.

To download a copy of the Virginia Cooperative Extension publication 426-331, “Vegetable Planting Guide and Recommended Planting Dates,” go to <http://pubs.ext.vt.edu/426/426-331/426-331.pdf>. If you have questions regarding growing vegetables or other plants contact the Loudoun County Master Gardener Volunteer Help Desk at 703-771-5150 or vcemg107@vt.edu.



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**“From Garden
to Table”**



Saturday, March 20, 2010

9:00 am—5:00 pm

And

Sunday, March 21, 2010

9:00 am—4:00 pm

Ida Lee Recreation Center

Ida Lee Park

Leesburg, VA 20175

Highlights include

- “Joe Gardener” host of DIY Network’s “Fresh from the Garden”
- Ellen Ogden from “The Cook’s Garden”
- “Dr Bug” from UMD
- Lunch both days and a Wine/Cheese tasting from local vineyards.
- And much more!

Ticket prices are \$35 for one day and \$55 for both days.

Price includes lunch.

For more information please visit our website www.loudouncountymastergardeners.org
or email lcmastergardener@aol.com

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



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February

There is no question about it, the Loudoun County Public Library is in trouble. The Supervisors are considering a budget for FY 2011 which will force us to eliminate 25 positions, close Sundays plus one other day, eliminate programs such as the Teen Center in Rust and Outreach to the elderly and shut ins, and severely impact the programs and services the library provides you. They are trying to save money and apparently believe that the libraries are the best way to do that.

I disagree. Your libraries consume less than one percent of the total County budget. The services the libraries provide are superb and win national recognition, the personnel are highly trained, highly motivated and irreplaceable. The impact of the cuts to the library will be devastating, and the savings miniscule. Any fractional savings is in massive disproportion to the damage and chaos

which will be caused by the cuts. Please let your Supervisors know that you support fully funding our libraries and object to the cuts which are on the table. Final decisions will be made by the end of March. NOW is the time to act. Write to the Supervisors at BOS@Loudoun.gov and voice your support for fully funding your libraries. If you don't, you will lose them.

PROM WISHES – PROM DRESS COLLECTION

Bring your gently used prom dresses and accessories to your local library throughout March. Your donations will go to Prom Wishes, an annual event organized by the Junior Woman's Club of Loudoun, who are committed to outfitting teens for the prom, free of charge! Loudoun County Public Library is proud to partner with JWCL in support of this program.

STORYTIMES

Baby Storytime (0-18 months)

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

Toddler Storytime (18-24 months)

Tuesdays & Thursdays, 10:00 am

Terrific 2s

Tuesdays & Thursdays, 10:45 am

Preschool Storytime (3s to 5s)

Tuesdays & Thursdays, 11:30 am
Wednesdays, 1:30 pm & 7:00 pm

Musical Storytime (2 & up with a caregiver)

Fridays, 10:00 am

Family Storytime (2 & up with a caregiver)

Saturdays, 10:00 am & Sundays, 1:00 pm (begins January 3)

Babygarten – Registration required

Wednesdays, March 3, 10, 17, 24 & 31 and April 7, 2:30 pm

A fun, exciting and informational program that focuses on how nursery rhymes, songs and books can enrich your children's lives and promote later learning success. For ages 0-18 months with a parent or caregiver.

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

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

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

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

BOOK CLUBS FOR KIDS

Mother-Daughter Book Discussion – Registration required

For girls, aged 7-9, with a parent or guardian. **Tuesday, March 2, 4:00 pm**

Toys Go Out: Being the Adventures of a Knowledgeable Stingray, a Toughy Little Buffalo and Someone Called Plastic by Emily Jenkins.

Ashburn Kids Book Club – Registration required

For ages 8-11. **Thursday, March 4, 7:00 pm**

A Crooked Kind of Perfect by Linda Urban

Virginia Readers' Choice Primary Book Club – Registration required

For ages 5-8. **Thursday, March 11, 7:00 pm** *Meerkat Mail*, by Emily Gravett.

Junie B. Jones Book Club – Registration required

For ages 6-9. Books by Barbara Parks. **Thursday, March 18, 4:00 pm**

Junie B. Jones is a Party Animal

Guys Read – Registration required

For ages 8-11. **Thursday, March 25, 7:00 pm** *The Secret Seven* by Enid Blyton

(CONTINUED ON NEXT PAGE)

PROGRAMS

Teen Reading Buddies Storytime

Mondays, 4:30 pm (closed May 31)

Encourage your child's love of books by pairing them with a teen reading buddy for one-on-one reading time. For ages 3-6.

Ashburn Peacemakers - Registration required

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

Monday, March 1, 4:00 pm - Share a Smile

Learn how you can change the world with a smile. For ages 5 - 8.

The Living Rainforest presented by The Learning Safari

Saturday, March 6, 3:00 pm

The Learning Safari of Leesburg Animal Park introduces the fascinating and vanishing world of tropical rainforests. For ages 5 & up.

What's the BIG Idea? – Registration required NEW

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

Tuesday, March 9, 4:30 pm

Recognizing Same and Different & Sorting and Collecting.

Tuesday, March 16, 4:30 pm

Building and Shadows

Tuesday, March 23, 4:30 pm

Patterns and Relationships are Everywhere & Number Patterns.

Seasonal Storytime

For ages 2-6 with a parent or caregiver.

Thursday, March 11, 3:30 pm

Let's celebrate St. Patrick's Day!

Movies – Not Just for Kids!

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

For all ages. **Monday, March 15, 7:00 pm**

The Wiz, Rated G, 134 minutes

Family Movie Matinee

Saturday, March 20, 3:00 pm, *Tale of Despereaux*, Rated G, 93 minutes

Wii Nights - Monday, March 22, 7:00 pm

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

Paws to Read with paws4people foundation

Registration required - Sundays, March 28, 2:00 pm

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

Introduction to the Piano with Piano Xpress

Registration required - Monday, March 29, 10:30 am

Thursday, April 1, 10:30 am

High-energy, interactive piano instruction. For ages 5 -11.

(CONTINUED ON NEXT PAGE)

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Mad Scientists' Club – Registration required

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

Tuesday, March 30, 7:00 pm

Mad Messages & Codes

What's the BIG Idea? Teen Volunteers Orientation

Registration required NEW - Tuesday, March 2, 4:30 pm

Teens make books come alive by reading to children and leading them in hands-on learning activities. **Program dates: Tuesdays,**

March 9, 16 & 23, 4:30 pm

For ages 14-18.

Poetry & Short Story Group with Shannyn Snyder

Try Poetry 2010 – Registration required

Saturday, March 13, 1:00 pm

Share ideas and get tips on writing poetry and short stories. Meet fellow writers and poets.

ADULTS

One-on-One ESL Tutoring

March - April, by Appointment (sign up begins February 15)

Come to the Information Desk to sign-up for English as a Second Language tutoring. ESL learners will be partnered with a trained Ashburn Library volunteer for a one-hour session each week for two months.

Adult Book Club

Monday, March 1, 7:00 pm

Living Frank by Nancy Horan

Workshops on Today's Challenging Real Estate Market with Vivianne Coutts, Realtor, Coldwell Banker & Accredited Staging Professional – Registration required

Monday, March 1, 7:00 pm – Buying Your Dream Home

Monday, March 8, 7:00 pm – Selling Your Home

ESL - English Conversation Group

Tuesdays, 7:00 pm and Thursdays, 10:00 am

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

Graphic Novels for Adults – NEW

Wednesday, March 3, 7:00 pm

Stitches: a memoir by David Small

If you think all comics are muscular men in tights, you may be surprised. Copies of the book will be available at the Information Desk.

Beyond Our Differences – Documentary Film

Sunday, March 7, 2:00 pm

Viewing and discussion of award-winning PBS documentary film, which explores the common threads that unify the world's religious traditions. In partnership with Loudoun Interfaith BRIDGES.

Adult Education Fair

Communities Thrive @ Your Library

Wednesday, March 10, 4:00 - 7:00 pm

Are you an adult looking to go back to school for your degree, or maybe to take a few classes? Representatives from area universities, schools and Loudoun County Government Departments will be available to discuss what they offer and how you can get started.

George Mason University, George Washington University, Marymount University, Strayer University, Northern Virginia Community College, Osher Lifelong Learning Institute and Shenandoah Workforce Resource Center will have booths to present their information and answer questions. Staff from Loudoun County Public Library will also showcase the collection and databases related to adult education.


Every Child Ready to Read: Early Literacy Workshop for Parents – Registration required. Monday, March 22, 7:00 pm -

For parents and caregivers of 0-2 year olds.

ART ON EXHIBIT

March/April - Oil Paintings by Denise Malakooti


Free Showing of the Award Winning Documentary
 Sunday, March 7, 2010
 2:00 p.m. Ashburn Library



BEYOND OUR DIFFERENCES
 a film by Peter Dinan

WINNER: WORLD ECONOMIC FORUM
 WINNER: MONTREAL WORLD FILM FESTIVAL
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ENTROPY FILMS PRESENTS BEYOND OUR DIFFERENCES. DIRECTED BY PETER DINAN. PRODUCED BY PETER DINAN AND VLADIMIR TRUBCHENKO.
 EXECUTIVE PRODUCERS: TORINO COLARCA, CAROLINE D'ARNO, AMBER GREEN & MICHAEL. EXECUTIVE PRODUCERS: JERRY BRASS.
 SPECIAL THANKS TO: PETER DINAN, PETER DINAN, PETER DINAN, PETER DINAN, PETER DINAN, PETER DINAN, PETER DINAN, PETER DINAN, PETER DINAN, PETER DINAN.



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Sports Pavilion – Strategic Renovation and Expansion Plan

Recent BOD Action

The BOD, during their February business meeting, unanimously approved moving the community proxy date for the Pavilion Renovation/Expansion to May 27, 2010.

The primary reasons behind this move were community requests for additional time to digest the ideas and the cost as well as the committee's continued efforts to scale back the program of change.

The first community meeting was well attended as we reported in the February Villager. The community feedback on the scale and cost of the original ideas was extremely helpful in further narrowing renovation and expansion ideas. A series of FAQs was developed and published as a result of the meeting. More importantly, several design refinements were made and a new site plan and program of change has taken shape. To view the current list of FAQs and the latest design changes, please visit the association's web site at www.ashburnvillage.org. If your question is not answered by this comprehensive document, please send it to renovatepavilion@ashburnvillage.org.

Comprehensive Changes

Following the first community meeting the committee worked with MTF, Inc. and our other contractors to revise the plans of renovation and expansion based on community input. Several proposed changes were made to the site plan as well as the overall renovation and expansion of the existing building.

Changes to the plan from the original proposal include removal of the permanent tennis pavilion, the new entrance addition and the multi-story lakeside exercise and indoor pool observation addition. The interior changes included removal of the new men's and women's locker rooms; adjustments to the group exercise spaces; new bathroom facilities for men, women and children; a new ground level entrance through the gymnasium addition; new placement of the nursery/childcare room; addition of a youth/teen and active adult rooms; and relocation of the racquetball courts. Additional multi-purpose rental spaces were added to accommodate parties and community rentals. The indoor pool observation area was added to the south side of the existing building along with new family locker/changing rooms.

The removal of the tennis pavilion required the committee to rethink the tennis complex. After discussions with consultants and the tennis committee, a new approach to enhance this vital program was devised. Specifically, the tennis courts will basically remain within the existing footprint: the two courts previously not under

bubble will be moved closer to the other four and a new six court year-round bubble structure will be erected. To compliment the facility a tennis support building will be built to provide check-in, bathrooms, office space and storage capabilities. The only costs supported by the proposed renovation/expansion project will be those of the support facility. The existing bubble has been part of the AVSP Reserve program and therefore is subject to replacement under that program, the funding for which is already allocated and scheduled for the near future. Additionally, the association has been reserving for the replacement of fences and the court surfaces of the tennis facilities on the AVSP grounds. These funds will be used to move the two western courts closer to the other four and provide a perimeter security fence for the new state-of-the-art air supported structure.

The other significant change is the location of a second seasonal indoor swimming facility. After reviewing the Lakes Recreation Center pool deck for either an air supported structure or semi-permanent one, the costs were far greater than originally anticipated. Attention was then turned to the Pavilion site once again. Currently the committee is working with consultants to review designs for either an air supported or telescopic structure to cover the outdoor pool seasonally. The footprint of this pool is much smaller and current discussions indicate covering this pool will be less expensive and provide a more seamless mechanism for operation and control. Costs for both options will be reviewed in early March and factored into the business plan to be presented prior to the March community meeting.

Business Plan

The committee is working diligently to complete the comprehensive business plan for the proposed project. The plan will be made available in its entirety prior to the third community meeting, currently planned for Wednesday, March 24th. Our consultants are presently working to provide updated construction and site cost estimates for the latest plan revisions. Once those figures are in hand, the increase in the amount of Pavilion assessment can be calculated. Anecdotally, cost estimates for the latest changes have the total cost between \$12-\$16 million for the entire project. This includes architectural, engineering and project management fees, turnkey renovations and additions, contingency fees and furniture & fixture costs. The construction estimates will be combined with the business operations plan, including the anticipated new and existing program revenues and expenses for an all-inclusive report detailing the entire financial picture.

Another Look on the Sports Pavilion Expansion

Dear Fellow Villagers,

I e-mailed Mr. Doug Carlson, our AVCA president, and asked him if it would be possible to have another view of the Pavilion project published in *The Villager*. I received his approval right away and he said that it would not be edited.

We all know that Mr. Carlson is a hard-working person who is dedicated to his job, and that is to provide the best service from his office to us Villagers. For example, he truly believes in going forward with the renovation of the Pavilion because it would be a significant improvement for all users.

That said, I do have some reservations on the proposed renovations. The first one is the cost of this work. I know that Mr. Carlson and the committee also have the cost in mind and have already reduced it from \$30,000,000 to \$22,000,000.

This cost to all AVCA members means that we will be required to pay off a loan with a normal commercial rate of 7 percent over 30 years. This would increase our monthly HOA assessment by about \$35 to \$40 each month. This does not seem like too much, but to me, it represents an

increase of about 35 percent more than I'm paying now. Also, anyone with a home mortgage knows that by the time this loan is paid off, it will have cost us Villagers something like \$60,000,000. These figures are approximate but close enough to see our upcoming debt. In other words, no financial institution will let us use \$22,000,000 dollars for nothing; it must be paid back with interest.

Secondly, but still considering the over-all cost of this project, if and when the Pavilion is renovated, upgraded, expanded and so forth, the new Pavilion will be significantly larger and so will the operating costs like, staff, heat, light, insurance, maintenance and incidentals. This is over and above the 30 year loan pay-off. We get double the Pavilion, we get double the cost to run it.


It's not the cost alone that diminishes my enthusiasm for the Pavilion expansion. Why should it double in size when the population of Ashburn Village is pretty much stable? I know it's irritating to have to wait in line for anything: restaurants, movie tickets, football, baseball, and so forth. This applies to all of us who must wait to use any of the sports equipment or other Pavilion facilities. This is not a problem of lack of adequate facilities, it is a problem of scheduling the use of the facilities. We cannot increase the quantity of the equipment so much that no-one will ever have to wait to use anything. The indoor swimming pool use is an example of time distributed in an equal way by the monthly schedule.

Another bump in the road to the renovation is time-of-use lost to the construction time. I know that all plans have been examined and out-of use time has or will be reduced to a minimum. It cannot be reduced to zero however, and the only way to reduce it to zero is not do any major renovation or construction.

In my opinion the Sports Pavilion is great just as it is. It was well-designed and built with quality material. It is ONLY 20 years old and is in great shape and needs no major repair. Maintenance of course; new roof if needed yes. Just consider the view of the front of the Pavilion from the street, it is not only impressive, it is architecturally beautiful. Leave it be. In this age of built-in obsolescence and a throw-away economy some people may consider 20 years as old. Seniors in their 70's and 80's who have grandchildren older than that, think a 20 year old building is just starting to mature.

We can always look into a permanent roof over the tennis court and the same for one of the pools. Lets just not jump in over our financial heads.

Paul J. and Fredericka A. Bernazani



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FOR SALE

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

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

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

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

For Sale: Boy's dream-:Radio control wireless cars including: The Insector-with rollover maneuver-new \$80; yours for \$35. Toy story 2 Tyco car -\$15. Other radio control cars: 6.0 Jet Turbo, The Rambler, ET on bike, Harley Davidson motorcycle, Expert racer car. \$10-\$15 each. Radica Baseball (with bat) plug and play on regular TV-\$10. Super Scooter Shannon wireless remote and Radical Rollin' Rachel with wireless remote. Both for \$25. 702-444-4247.

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

For Sale: Twenty-three 3.6 volt lithium batteries. Barely used-great charge left. Sell new for \$10 each. All for \$40. 703-444-4247

For Sale: Boy's blue step stool. Hand painted for a "Tyler" with sports shoes (cleats, skates, cowboy boots and more). Beautiful in perfect condition. New \$50 Cost \$25. Table lamp-light lavender base. 9" diameter/29" high. Off white shade. \$20-perfect condition. 703-444-4247

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

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

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

(CONTINUED ON NEXT PAGE)

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

For Sale: Infant and toddler girl clothing 0-3 thru 3T. 4 piece sectional sofa (neutral) fabric. Square oak table with 4 chairs. Call for details and pricing. 703-729-2883.

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

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

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

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

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

For Sale: Corian counter tops fits Thoreau model home kitchen. Color Maui brown speckled with molded white sink. Includes back splash. Great condition great price \$300. Call 703-723-8319.

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

For Sale: 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: Clarinet w/case \$60, set of boxing gloves & head pads \$20. Call 571-271-1827.

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

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

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

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: 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: Piano – Everett Studio Style excellent condition \$1200 OBO, Thomasville entertainment center French Country Style – tall with doors and slide out shelves on top and bottom. \$399.00. 703-723-3679.

(CONTINUED ON NEXT PAGE)

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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.

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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.

Will Mow your Lawn: Ryan Johnston will mow and trim your yard. Very dependable. I have my own equipment. Please call 703-723-1915.

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March 2010



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

March Advertisers

36	Animal Medical Centers of Loudoun
32	Apple Federal Credit Union
29	Apt Orthodontics
8	Ashburn Eye Care Associates
14	Ashburn Ice House
18	Ashburn Village Animal Hospital
13	Beth Holcomb/Southern Living @ Home
26	Bowman's Heating A/C
17	Cantwell Vision Therapy Centers
2	Carolina Brothers
19	Climatic Heating and Cooling
43	Creative Windows
35	Daczkowski Orthodontics
2	Dynamic Plumbing
33	Echeandia Lawns & Landscapes
7	ENT & Allergy Specialists of Virginia
44	Garrell Realty Group
28	Gaylon Swanson
7	House Doctors
13	Kris' Painting
11	Lansdsdowne
29	Lori Christ
40	Loudoun Exteriors
37	Loudoun Water
9	Mommy Bootcamp
39	Moss Building
26	Ocean Breeze
38	Olde World Painting
15	Ronald Ray DDS
27	Seth Enterprise
36	Testing Advantage
6	Whole Pet Central
16	Wiger Orthodontics
12	Williams Construction
14	Wise Guys
16	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.

WINDOWS • DOORS • ROOFING • SIDING • TRIM



- Save Money On Your Energy Bills
- Maintenance Free
- Lifetime Warranties
- Employee Installed
- *Additional Savings For 2 or More Neighbors*

**2009
TAX
CREDIT**

*** NEW LOCATION ***

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Sterling, VA 20166

703.433.0300

www.creativewindowsva.com

**0%
Financing
Available**



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

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

\$100 Off
Any Installed Window or Door
(Min. 5 Windows, Doors)
Must be purchased from Creative Windows)

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

\$1500 Off
Any Siding Job
Over 1,200 sq. ft.

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



44025 Courtland Drive
Ashburn, Virginia 20147

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

POSTMASTER, PLEASE DELIVER IMMEDIATELY. TIME SENSITIVE INFORMATION.

Ashburn Real Estate Sales - February 2010



ADDRESS	LIST PRICE	SOLD PRICE	ADDRESS	LIST PRICE	SOLD PRICE
21124 Stonecrop Pl	\$599,900	\$530,000	43351 Chokeberry Sq	\$300,000	\$305,000
20509 Comfort Ct	\$529,000	\$520,300	43882 Laburnum Sq	\$299,990	\$297,000
20847 Blythwood Ct	\$499,900	\$510,000	20905 Ivymount Ter	\$285,900	\$306,000
20989 Fowlers Mill Cir	\$400,000	\$405,000	44189 Tippecanoe Ter	\$285,000	\$290,000
21271 Victorias Cross Ter	\$339,900	\$371,000	43988 Choptank Ter	\$279,000	\$272,000
20945 Glenburn Ter	\$330,000	\$330,000	44256 Mossy Brook Sq	\$275,000	\$265,000
44422 Livonia Ter	\$329,900	\$331,000	21150 Winding Brook Sq	\$264,900	\$281,000
43138 Gatwick Sq	\$323,900	\$315,000	20732 Apollo Ter	\$254,990	\$275,000



- The spring selling season is here! Inventory is low and buyers are taking advantage of tax credits. . . Call the Garrell Group now for a free market analysis!
- The US Treasury has announced new incentives to avoid Foreclosure and save your credit! Call The Garrell Group for more information about options that are now available to you!



SOLD, by the Garrell Group



Jean K. Garrell
Direct: (703) 599-1178
www.garrellhomes.com



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