



## GM Corner

By: *Martha Kaczmarskyj, PCAM, General Manager*

Happy New Year! If one of your New Year resolutions is to stop the annoying barking of a dog in your neighborhood, I may have found a solution. At [www.solutions.com](http://www.solutions.com), a clever “birdhouse” is offered for sale and the company claims that it can silence a barking dog from up to 50 feet away. The birdhouse is a disguise for a device that uses safe, ultrasonic waves to deter a dog from constant barking. When the dog barks, the ultrasonic device hidden inside the birdhouse emits a high pitched sound that only dogs can hear. Startled by that sound, the dog should stop barking and soon he will associate the unpleasant noise with his barking. The dog will begin to change his behavior. Does it work? I don’t know but if you buy one, let me know if it works.

If your New Year resolution is to change your own behavior such as exercising more, eating healthy, or stopping smoking, there is no magic birdhouse. However, there are support groups available on the internet and at the local hospitals. Some helpful websites are as follows. You will find the American Dietetic Association at [www.eatright.org](http://www.eatright.org), Shape Up America at [www.shapeup.org](http://www.shapeup.org), and the American Lung Association at [www.lungusa.org](http://www.lungusa.org).

Did you make any resolutions to lower your carbon footprint? Consider setting your thermostat at 68 degrees during the day and 60 degrees at night. You can save 3% on your heating costs for every degree you reduce the temperature below 70 degrees for the entire heating season. Keep your curtains open during the day to let in the sunlight and closed at night to help keep the warmth in the house. Saving money is always a good resolution.

This month the large recycling bins on wheels and with covers will be delivered to all single family homes and to only the townhome owners that request it. Recycling will be so much easier with these new bins. No more lugging everything to the curb. No more separating various recycling. This is single stream recycling and all recyclable items can be comingled in the bin. No more fly away newspapers on windy days. Just roll out your new large recycling bin to the curb and know that you are lowering your carbon footprint every Thursday by recycling as much as you can!

## Inside This Edition:

<b>The Water Guy</b>	<b>Page 5</b>
<b>The Corner Lot</b>	<b>Page 7</b>
<b>Recycling Info.</b>	<b>Page 9</b>
<b>Landscaping Tips</b>	<b>Page 17</b>
<b>Bulletin Board</b>	<b>Page 20</b>
<b>Tree Recycling</b>	<b>Page 21</b>
<b>Snow Plowing List</b>	<b>Page 22</b>
<b>Calendar of Events</b>	<b>Page 23</b>

## New Newsletter & Recycling

Our newsletter is made of recycled paper and is completely recyclable. The glossy cover is no different than magazines or catalogues that also can be recycled. The cost of the color glossy cover is paid for by advertisement and association funds are not used to print the newsletter.

The newsletter is our main source of providing information to the homeowners and residents. It is considered a legal notification vehicle for all association communications and is mailed to each homeowner and resident. If you review the first few pages of the newsletter and the calendar each month, you will find out about any changes in policy, procedures and rules. Also, you can find out about events and meetings scheduled for the month.



## Christmas Tree Pickup!

**CSI (Single Family) - Jan. 5th and  
Jan. 12th**  
**American Disposal (Townhome) -  
Jan. 8th and Jan. 15th**

## Helping Hands

By: *Martha Kaczmarczyk, PCAM, General Manager*

The response from the community to the Helping Hands initiative was overwhelming. The photo to the right does not do justice in showing how much food and toys were donated. Every day, residents came in with bags and bags of goodies. Frequently, the residents brought their children with them to teach them community spirit and the act of giving to help others.

Thank you to each and everyone that made a donation. All the toys and food was picked up and will be delivered to the needy in Loudoun County. Their holiday season will be brightened by your generosity!

Recently, there have been reports in the media that some families are skipping meals because they cannot afford to buy enough food. The Helping Hands initiative will continue throughout the year for the food donations. Then in November of this year, we will also collect toys again for the holiday season

The Loudoun County Food Bank is always in need of food. As you shop each week, please remember to buy one or two additional items that you can drop off at the Administrative Office and it will be delivered to the Food Bank each month. Let's share our bounty with those that do not have enough!



## The Water Guy

By: John Lane, Board Member

Well, well, another year behind us, and a bright New Year ahead of us! Time to make those New Year Resolutions, take down the holiday decorations and look forward to the Super Bowl. Has the Water Guy got a great New Year's Resolution for you—"I'm only going to use the water I need—not a wasted drop in 2009!" So you're already filling the dishwasher and laundry washer with full loads before turning them on, and you are already turning the water off while you're brushing your teeth. What else can a person possibly do? A lot, actually, with only a little inconvenience.

For example, here's a really good water saving tip! When we take a shower, we all turn the water on and let it run until it warms up. We watch gallons of good fresh drinking water go down the drain. Catch that initial cold water in a bucket or two. When you need to flush, pour that saved water into the toilet, and let it do the job. "Whoa", you say, "Sounds good, but a bucket in the shower won't catch that much water. The shower head sprays it all over the place." True, so put your bucket in the bathtub, and turn the bathtub hot water on. Only one hot water line feeds your bathroom before it splits off into short pipe runs to your shower, tub, and vanity sink. So most of the water you'll be catching in the bathtub would have run down the shower drain. "Wait just a minute!", says the neat and orderly member of the household. "I don't want unsightly buckets sitting out in my bathroom." Okay, okay, I don't blame you. If you have a separate shower stall, set the buckets in there; if you have a combo shower and tub, set them in the tub, and close the shower curtains. Voila, the buckets are out of sight.

Now comes the biggest objection of all, "Your suggestion might save a little water, but how can it be worth all the time, inconvenience and effort it will take." It's worth keeping in mind that less than 1% of the world's fresh water is readily accessible for direct human use, and all the world's fresh water is only .007 percent of the water on earth. Further consider that a person needs four to five gallons of water a day to survive. The average American household uses over 100 gallons of water per day per person, while the average African family uses about five gallons per day per person, barely what it takes to survive. That full bucket of water you've saved from going down the drain is the full water ration for a person in many parts of the world. As for the inconvenience, well, everything is relative. For example, in the dry season

in Guatemala, many families must walk 45 minutes to find drinking water. That seems almost reasonable when compared to rural areas of Ethiopia, where women and children can walk up to six hours to collect water including carrying the forty pound load home. Somehow, taking a minute or so to save five gallons of water doesn't seem quite so onerous in comparison.

Cascades can, and does, make a difference!

## Water You Thinking Tips

*From Loudoun Water*

1. **Install covers on pools and spas and check for leaks around your pumps.**
2. **Collect the water you use for rinsing produce and reuse it to water houseplants.**
3. **Consider installing new appliances. They are more water and energy-efficient than older appliances. A new washing machine can save up to 20 gallon per load.**
4. **Install low-volume toilets.**
5. **When you clean your fish tank, use the water you've drained on your plants. The water is rich in nitrogen and phosphorus, providing you with a free and effective fertilizer.**
6. **Direct downspouts and other runoff towards shrubs and trees, or collect and use for your garden.**
7. **Use a commercial car wash that recycles water.**
8. **Listen for dripping faucets and toilets that flush themselves. Fixing a leak can save 500 gallons each month.**
9. **Cook food in as little water as possible. This will also retain more of the nutrients.**
10. **Washing dark clothes in cold water saves both on water and energy while it helps your clothes to keep their colors.**

*For more tips, visit Homepage Highlights at <http://www.cascadesva.com>.*



---

## The Corner Lot

### Answers to Your Real Estate Questions

By: John Lane Esq., Cascades Resident

[johnlane@weichert.com](mailto:johnlane@weichert.com)

Hi Folks, this is the first of a series of articles on Real Estate. Friends and Neighbors have been asking a lot of questions lately, as the economy impacts housing values and roils the housing market. The articles in this column will address some of those questions that may be of general interest to us here in Cascades. Please email your questions and I'll give you an answer. Selected answers will also be featured in future installments of The Corner Lot. So as Dean Martin used to say, "Keep those cards and letters coming!" – or at least, emails.

Today we'll take a look at one of the most frequently asked questions, "Is this a good or bad time to buy and sell a home?" Alas, there is not a "one-size fits all" answer. Let's take a couple of scenarios. First, suppose you are currently renting and have been thinking about moving up to a first home. Today's market is a dream for you. It's very much a Buyer's Market, and you will have many attractively priced alternatives from which to choose. All the traditional advantages of home ownership remain alive and well. The tax advantages of a mortgage deduction are obvious, and your monthly investment will build your equity and overall wealth. Interest rates are down and low-cost money is available for the qualified borrower. This is your opportunity! Strike while conditions favor you!

"OK," you say, "That's fine for the first time Buyer, but what about us? Our family has expanded to where we need a larger home, but the market is down, and we can't sell our house for as much as it was worth just a year ago. How can we afford to move up to that larger home?" Well, you're in luck also in today's market. Let's say your house's market value a year ago was \$250,000, and that larger home would have required an investment of \$500,000. For the sake of this example and ease of calculation, let's also say overall market values have dropped about ten percent since last year. That means your house has a current market value of \$225,000, and that larger home has a current market value of \$450,000. Last year, the move up to your larger home would have required your investment of an additional \$250,000. Today, that same larger home would require an additional investment of only \$225,000. You'd get that new home today for a net investment of \$25,000 less than you would have needed a year ago. Is this a great market for you, or what!

---

## Breathe Fresher, Cleaner Air In Your Home!

By: Cyndi Goldberg, Green Team Member

Air duct systems collect unhealthy amounts of lint, dirt, dust, pollen, moisture and other debris which provide an ideal setting for bacteria, mold, mildew, fungi, dust mites and insects to thrive in. Without proper cleaning, dust bacteria and germs are constantly circulated throughout the home. The average furnace filter is only 7% to 10% effective in removing airborne irritants.

Protect your family's health and comfort through preventive maintenance by cleaning your air ducts. The cleaning process involves the use of a mobile vacuum which removes the contaminants from every part of your home's air duct system. Having your air duct system cleaned every three years will help prolong the life of your heating and air system, because dust and dirt is the leading cause of breakdowns. Dirt and dust in the air ducts, coils and fans also reduces air circulation, which causes your heating and air system to run longer in order to heat or cool your home at a comfortable level.

Cleaning your air ducts gives you healthy air quality, fewer breakdowns, less maintenance and lower heating and cooling costs.





CON-SERV INDUSTRIES, INC. (CSI)  
703-444-3181

### ***RECYCLING GUIDELINES***

#### **PAPER AND CARDBOARD BOXES**

- Paper: office paper, magazines, phone books, newspapers, various colored papers, packing paper, folders without binding, and other mixed papers
- Boxes do not have to be broken down, but they must be free of trash.

#### **CANS, BOTTLES, AND PLASTIC CONTAINERS**

- Cans: aluminum and bi-metal (tin)
- Bottles: clear, brown, and green food and beverage containers
- Plastics: all plastic containers with the following recycling codes on the bottom:



***PLEASE CLEAN ALL CONTAINERS PRIOR TO RECYCLING***

#### **Items that should not be recycled include the following:**

- Paper towels, napkins, tissues
- Bound books or reports
- Beverage glasses or tempered glass, such as window glass
- Cellophane, shrink wrap, or packing materials such as styrofoam, "peanuts", or bubble wrap
- Any containers that held hazardous materials such as motor oil, paints or thinners, or household chemicals

#### **YARD WASTE**

- **This program runs from April 1<sup>st</sup> through December 31<sup>st</sup>.**
- During these months, please place yard waste into paper bags. Dirt, rocks, or sod will not be collected. Branches can be tied in small bundles, and should be no longer than 4' in length, and 2"-3" in width.

#### **SPECIAL ITEM PICK UP**

- CSI will recycle numerous metal items, such as bikes, tire rims, bed frames, metal pipes, etc.
- We will also accept bulk items such as dryers, stoves, dishwashers, etc. These items require special handling and need to be called into our Customer Service Department. There will be a separate charge associated with these items, so please call CSI to determine the service charge prior to placing them at the curb.
- Once scheduled, the items will be picked up on your recycling day.

**\* \* \* REMEMBER \* \* \***

**ALL ITEMS NEED TO BE AT THE CURB THE EVENING BEFORE  
YOUR SCHEDULED PICKUP DAY. THIS WILL ENSURE THAT  
YOUR PICKUP WILL NOT BE MISSED.**

**[www.csidisposal.com](http://www.csidisposal.com)**







## Low Light, Low Maintenance House Plants

By: Debbie Dillon, Urban Horticulturist

I must confess, I like to watch Home & Garden TV. You can pick up some useful ideas from many of the shows. An opinion held by many of the realtors on these shows who are appraising homes for their value or to put on the market is to get rid of any artificial plants and replace them with beautiful living plants. Of course this is TV you know, they are telling you how to stage your home to sell it and are not worried about the ongoing maintenance of a live plant!

Even though I am a horticulturist, indoor plants are not my favorites. I much prefer an expensive artificial look-a-like that you just need to dust a couple of times a year! I struggle with the potted plants that I over-winter inside each year. By the time spring rolls around, they are looking pretty sad and are in desperate need of light and some fresh soil & fertilizer.

That said, houseplants can be beautiful & can help reduce indoor air pollution. The best way to avoid problems is to select plants that are tolerant of interior conditions. Below is a short list of some houseplants that are pretty much foolproof.

**Janet Craig Dracena** - *Dracaena deremensis* "Janet Craig". All members of this genus have excellent tolerance to low light and humidity, but Janet Craig is absolutely the best. Its decorative dark green, strap-like leaves are 12-18" long and 2-3" wide and will fill the need for dark foliage in any interior.

**Heartleaf Philodendron** - *Philodendron scandens oxycardium*. This plant can survive for long periods under very low light conditions. For this reason, it can be found growing in almost any office. It's often planted in a jar of water or in a dish garden. Potting soil and a pot with a hole in the bottom to ensure good drainage would be better, but the fact that Heartleaf Philodendron does well even with adverse root environments indicates just how tough it is.

**Devil's Ivy** - *Epiprenum aureum*. This plant looks a lot like Heartleaf Philodendron and, in fact, is often called "Philodendron". To further confuse matters, it is also called "Pothos". But, whatever you call it, it is easy to grow. This plant can also be grown in water. The best variety of Devil's Ivy is "Marblequeen". The leaves of this variety are variegated and the variegation is more intense in bright light.

**Snake Plant** - *Sanseveria* (various species). Another common name for this plant is mother-in-law's tongue. This may be the toughest plant on the list. It, too, can tolerate low light and humidity. The leaves

are thick and leathery, so it is also able to withstand occasional dry periods. There are two common forms of Snake Plant -- one that makes a compact rosette of leaves and one that makes a tall erect plant. There are varieties with silvery horizontal leaf bands, entirely green leaves, or bright yellow leaf margins.

**Cast Iron Plant** - *Aspidistra elatior*. This plant earned its reputation for toughness during the Victorian Era. Its ability to survive cold, dimly lit rooms, and the fumes of coal gas made it a very popular plant. It is a slow grower with long dark green or green and white striped leaves. The variegated variety requires medium to bright light to maintain its variegation.

Remember, all plants must have some light; however, the above plants require low light and very little care. Over or under-watering is a major problem with houseplants. You should use the "finger method" to tell when the plant needs water. For a 8" container stick your index finger in the growing media up to the first joint. If the soil is moist, no water is needed. If it is dry you should add enough water so that about 10% comes out the bottom of the container. Houseplants should only be fertilized when they are actively growing. Those growing in very low light can actually be damaged from over-fertilization.







---

## Interval Workouts can make your Fitness Resolutions a Reality

By: Michele Kalin, Cascades Resident and Certified Personal Trainer. [mkalin@fitness20165.com](mailto:mkalin@fitness20165.com) or 703-404-4022.

Are you one of the millions who have resolved to lose your unwanted body fat in 2009? If so, now it is time to decide how to achieve this goal.

First, ask yourself what type of body style you want. Do you want a long, skinny, muscle-free look? Or, do you want a lean, tight look with some degree of muscle definition? Most people prefer the lean, tight look because it looks strong and healthy.

You are probably thinking that your genes determine your body type. To a certain extent they do. But, to a larger extent, you exercise most of the control over your body's shape. Deciding how to train is a determining factor.

Before you jump on the nearest elliptical, think about the results you are likely to see. Research shows that steady state cardio exercise is not very effective for fat loss. With this type of exercise your future physique will not look much different than it does today. And, in the long-term, steady state cardio breaks down muscle rather than building it. Picture the look of the last two winners of the Chicago Marathon, Evans Cheruiyot and Patrick Ivuti. Both men are amazing athletes, but their physiques are more likely to be categorized as skinny rather than strong.

Now picture the physique of Beijing Olympic-gold sprinters, like Veronica Campbell-Brown or Usain Bolt. Both look long and lean. They also look very strong and healthy. This is the physique that most fitness enthusiasts are really after. To get a body like a sprinter, you need to train like one.

Workouts consisting of intervals (exercise in short, intense bursts) are proven to produce strong healthy bodies. Intervals burn large amounts of calories both during and after exercise. Steady state cardio does not. Also, each calorie burned during intervals uses approximately nine times more fat than the same calorie in steady-state cardio.

There are also many health benefits associated with interval workouts. Maximal cardiac output and cholesterol levels are improved. Additionally, the levels of growth hormones are increased, which provides an anti-aging benefit. By training with strength and cardio interval workouts, you can make 2009 the year you develop a lean, strong healthy body.

---

## January Landscape Tips

By: Debbie Dillon, Urban Horticulturist

- Assess the energy efficiency of your landscape. Do you have evergreen trees or shrubs blocking a window where the sun's warmth would be welcome? Consider replacing them with a deciduous plant that would let sun in during the winter, but cast cooling shade in the summer.
- Examine the limb structure of your shade trees. Remove dead, diseased, and storm-damaged branches. If left on the tree, these weakened limbs can cause damage by falling on buildings or passers-by. For large shade trees needing removal of storm-damaged limbs, call an arborist or tree surgeon now to get on their schedule for pruning while the trees and underlying landscape plants are dormant.
- During winter thaws, irrigate fall planted and established evergreens, especially those on the south and west sides of the house.
- When using salt to melt ice on walks and drives, spread it carefully to avoid damage to nearby shrubs. Damage to needle-type evergreens will be evident next spring by copper and yellow tones. Damaged deciduous plants will have bronze or reddish leaves. Consider using sand, sawdust, or kitty litter instead.
- Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on the branches. Prop up ice covered branches and let the ice melt rather than try to remove ice from brittle branches.

---

---

## Swimming Upstream

By: Millie Betts, Personal Trainer, Life Coach, Weight Management Specialist. 703.421.4395, milliebetts@aol.com

Without getting bogged down with the unpleasant statistics about how many of us Americans are overweight, let's just note that because it constitutes the majority of us (last I read was 68% and rising), it is reasonable to say that this is not a culture that supports a healthy weight. Just take a look at how difficult it is to make healthy eating and activity choices, even when you have made a conscious decision to do so! You are surrounded by unhealthy choices. They are in front of you at every turn, no matter whether you spend many hours at an office, in a van full of kids, or in front of the computer or TV.

So what do you do?

You swim upstream. You make a decision that you have to live life differently and that this change in plan may make for a difficult road ahead. While the path may be bumpy and there may be a few wrong turns in there, in the end you will be living a much healthier life and feeling much better on the journey. Here are some suggestions to make the trip a little easier:

1. Be prepared. Take food and water with you: in the car, to the airport, office, road trip.
2. Choose where you eat out carefully. Pick restaurants where you know you can order something you enjoy that is reasonably healthy or that will modify entrée's for you.
3. Shop wisely. Fill your home with food that nourishes (body and mind). Don't bring junk home.
4. Just move. Great if you can get in your full workout and wonderful if you can do it consistently, but just being more active is the key. Stand, don't sit. Stairs vs. elevator. Walk when you can.
5. Get a buddy. Or two. Deciding to make different choices is easier if you have support. More fun to work out together, too. Find a group or class that works for you.
6. Make small changes. All or nothing rarely works for anyone for any length of time.
7. When you make lousy choices, forgive yourself. Move forward. You have lots of learning to do.
8. Ask for help. Living healthfully will take some work. Get the help you need.

## Healthy Habits Jump Start Challenge for the New Year!

By: Jessica Storm, Certified Master Personal Trainer & Nutritionist. 703-869-8376 or [Jessica@Stormfitness.com](mailto:Jessica@Stormfitness.com)

Your Mission: Incorporate one new healthy habit each week and stick with it. Each week you will build on your new habits so that within 12 weeks you will be performing all 12 healthy habits!

**Week 1:** Start Your Cardio Program - Anywhere from 10 minutes to an hour depending on your current fitness level. Work up to 45-60 minutes if possible even if you go slowly.

**Week 2:** Eat Every 3 Hours – That's 3 meals and 2 healthy snacks in one day. Each meal should contain a palm sized serving of protein, two fist sized servings of veggies and a fist size serving of healthy carbs.

**Week 3:** Prepare Healthy Meals – Choose out healthy meals for the week. Spend the next 1-2 hours preparing the meals and store them in airtight containers to take to work with you.

**Week 4:** Strength Train – Strength training will give amazing shape to your body. Begin with 1-2 sets of 12-15 reps of light to moderate weight twice a week on non consecutive days.

**Week 5:** Drink Water – Flush out bloat and puffiness from excess sodium.

**Week 6:** Take a Multi Vitamin – as a little extra insurance.

**Week 7:** Stretch – Start by doing 5 minutes of stretching after your cardio workout.

**Week 8:** Floss – Daily Flossing will increase your life span and reduce the risk of heart disease.

**Week 9:** Portion Size Check – Make sure you haven't been opting for white flour carbs instead of heartier choices that keep you feeling fuller longer.

**Week 10:** Get 7+ hours of Sleep – Your mind and muscles recover during this period and robbing them of this essential sleep time can lead to a breakdown in your body along with weight gain.

**Week 11:** Use Sunscreen – Find a moisturizer with SPF 15 or higher and put it on your face every day.

**Week 12:** Posture Check & Reflect – Remind yourself at least twice a day to stand and sit tall. Draw your shoulders down and back, lift your chest and pull in your abs. Reflect and add something restful to your life. Congratulations for having created a healthier you! Now keep up these great habits to continue experiencing the benefits over your lifetime!

## Cascades Community Bulletin Board

**Cascades Current** (circulation 5,300) is the monthly newsletter for the Cascades Community. The paid ad deadline is the 1st of the month for the following month. Advertisements are available on a first-come, first-served basis and must be in a PDF format. Payment is due upon submission with checks payable to the Cascades Community Association. Please send your ads or questions on the newsletter by email to [Nikki@cascadesva.com](mailto:Nikki@cascadesva.com).

<u>Ad Size</u>	<u>Dimensions</u>	<u>Black &amp; White</u>	<u>Color</u>
Half Page	7.5 x 4.25	\$ 300	\$450
Quarter Page	3.5 x 4.25	\$ 160	N/A
Eighth Page	Business Card Size 2 x 3.5	\$ 75	N/A
Full Page	7.5 x 9.5 (only 2 full pages available)	\$ 450	\$900

Listings in the Bulletin Board (Cascades residents only) must be 25 words or less. Residents may place 3 ads per issue. Ads must be submitted to the Lowes Island Community Center by the 15th of the month preceding publication. You may fax your ad to 703-406-0819, or email it to [Maria@cascadesva.com](mailto:Maria@cascadesva.com). There is no charge. In-home business ads and ads of a political nature are not accepted.

### VACATIONS

Colonial Williamsburg - take a walk through history while enjoying the colors of Fall at one of our all-inclusive timeshare resorts. 703-404-3919.

Carribbean Special - Aruba, Barbados, St. Martin, USVI. Your choice! Spend a week at any of our resorts strolling along sugar cane white beaches under radiant blue skies. 703-404-3919.

Canaan Valley, WV Pet-friendly vacation house on 5+ wooded acres in gated Timberline community. Sleeps 6, hot tub, large deck, minutes from State Parks and ski slopes. Details: [www.canaanrealty.com](http://www.canaanrealty.com), Unit #37; house name "K9 Valley". [K9Valley@gmail.com](mailto:K9Valley@gmail.com) or 703-421-7349.

### FURNITURE & HOUSEHOLD

For Sale: Jog Stroller, excellent condition \$50. Evenflo Toddler Bed w/mattress, excellent condition \$35. Various pregnancy and child care books. All in excellent condition \$3/each. Various children's games - like new \$2/each. Booster seat, excellent condition \$7. Girl's 14" bike w/training wheels, good condition \$10. Small walnut accent table, excellent condition \$10. Large, solid oak desk, good condition \$25. Men's dessert Army boots brand new, size 9R \$15. 703-855-1045 or [jwmisek@aol.com](mailto:jwmisek@aol.com).

GeoSafari Talking Globe, Jr. guides young children on an interactive learning adventure to introduce geography basics! Like new-sells for \$80. Yours for \$35. 703-444-4247.

Radio control wireless cars: The Insector (\$35), Toy story, Jet Turbo, The Rambler, ET on bike, Harley Davidson, motorcycle, and racer car. Most \$10-\$15/each. 703-444-4247.

Super Scooter Shannon and Radical Rollin' Rachel both w/wireless remote. Both \$25. Radica Baseball (w bat) plug and play on TV \$10. Bowling shoes. Brunswick size 5 - excellent condition - white (men's or women's). Black and Decker coffee pot (mounted or counter top w/timer - off white) excellent condition. 703-444-4247.

Take Along Thomas die-cast lots of used toys. Includes 15 trains (many retired) and 3 playsets: roundhouse, cranky, coal loader w/lots of track and 2 DVDs. Power Rangers lots of used toys. Great Variety; 8 regular, 3 vehicles, 3 deluxe, 4 megazoids, 3 large including red ranger and doggie krueger (rare). Asking \$25 for the Thomas lot asnd \$15 for the Power Rangers lot. 703-444-5776 or [jeanestraro1@aol.com](mailto:jeanestraro1@aol.com).

Great Toys! Kitchen by Fisher Price for \$15; Dishwasher by Step2 for \$5; Classic Alligator Teeter Totter by Little Tikes for \$10; Tinker Toys - 250 pieces for \$5; Timberlogs - playhouse park for \$5; Princess Fairytale tent by Backyard Discovery for \$5. 703-421-6262.

Books on Tape. Lots of 140 books on tape for \$75. 703-404-9210.

Slot Machine. Own and IGT Double Diamond or Red, White and Blue casino slot quarter machine w/bill acceptor \$975. Typewriter - electric self-correcting office quality typewriter \$30. 703-404-9210.

White Westinghouse freezer chest 34"H X 41"W X 23"D. Excellent working order - we just don't need the extra freezer space \$25. 703-404-8628.

Feast on delicious citrus and help support out wounded vets. Charity Citrus Sale Jan. 16-17 at American Legion Post 270, 1355 Balls Hill Rd. Mclean. Seedless grapefruit \$32/case; navel oranges \$32/case, half case \$16; tangerines \$22/half case; features the popular and very scarce honeybells \$29/half case. 703-356-8259 to preorder or [www.mcleanpost270.org](http://www.mcleanpost270.org).

My first Leap Pad (\$8 - no books); Chicken Elmo (\$5); Boys clothes, shoes, costumes, coats, 12 months to 5T \$1+; Maternity (18-22); lots of toys/books; Nursery Bedding Set (\$40). 703-444-2014.

Pride Sonic wheelchair motorized scooter - lightweight scooter w/ solid tires, tight turning radius, 17" wide foldable seat, rear bumper that serves as a lifting handle, "push too fast" safety slowdown featured - used 1 time - brand new condition: color blue \$600. 703-406-8403.

Free: First Horizon TSC-5 treadmill - gently used. Touch pad, pre-programmed settings, quick start, speed/elevation control. Unit folds/locks. 703-404-2614.

4 piece pink PB teen sofa set. Brand new \$500. Haverly's white girl's trundle bed w/mattress and storage. Vanity w/chair, TV hutch, regular hutch and lingerie chest. Brand new \$2,500. 571-277-5824.

For sale: 1 -S300i Health Rider treadmill, good condition, hardly used. Asking \$200. 703-404-3370.

Contemporary ceiling fan (\$25), black marble coffee table (\$50) and Armoire (\$100). Girl's bike (\$20). 703-404-1964.

Great Stress Reliever - Century Heavy Training Bag. Like new, paid \$129.99 - will take \$50/obo. 240-375-8716 or 703-444-0336.

King Size Mattress and Box Spring. Like new Shifman from Bloomingdales, paid \$3,300 - will take \$1,000/obo. 240-375-8716 or 703-444-0336.

GPS - Garmin 660 features Blustooth, FM Traffic, MP3 player, 3D maps (2008) all North America, 4.3" screen, paid \$699.99 - will take \$200/obo. 240-375-8716 or 703-444-0336.

Antique Blown Glass 50 liter Italian wine/olive oil jug 25" high. 18" diameter. Decorative. Unique \$120. Southern Living at Home Manchester Trivet Trio. New in box \$25. 703-579-6137.

Weslo CardioGlide: Total body motion, low impact exercise machine \$50. Mongoose R30 21 speed bike w/24" tires. Ballistic 105 shock absorbers, orange. Perfect for teen \$125. Martial Art Rhingo Pro Series shoes. White w/carry bag size 9T. 703-579-6137.

Taylor Made Burner and Golfworks Junior Golf set. Includes TM bag, TM Burner 1-3 driver, putter and 5-6 iron. Golfworks Junior Pro 3,5,6,7 and putter \$150. Sunbeam Blanket w/ a Brain. New in box. Full/Queen. Dual controls, 11 temperature settings. Light blue \$60. 703-579-6137.

### **AUTO**

2005 Chrysler Crossfire convertible, excellent condition - 6 speed manual transmission, black w/black interior, 15,200 miles, garage kept, asking price \$15,500. 703-404-1237.

### **WANTED**

Let's form a dog sitting co-op in Cascades. If you own a small non-shedding dog, then let's take care of each other's pets. Avoid kennel fees while you are on vacation and spend the savings on souvenirs for you and your pet. Vacation guilt free because your beloved pet will be the house guest of another family who will spoil your pet in your absence. 703-444-4247.

Babysitter needed from 5:00 p.m.-6:30 p.m. on Mondays and Wednesdays when our nanny is unavailable. Young teen who would enjoy playing w/my two kids, ages 4.5 (girl) and 7 (boy) for an hour or so twice/week. The kids are well behaved and like to watch DVD's, play Webkinz, or draw/color. We also have two dogs that won't require any care but it's helpful if you're used to being around dogs. Guaranteed \$10/day regardless of whether we get home at 5:15 or 6:30. 703-444-9190. Reference required.

## **Loudoun County Offers Christmas Tree Recycling Locations**

*By: Nancy McCormick, Loudoun County*

Loudoun County is offering five locations for residents to drop off their Christmas trees for recycling. Beginning Friday, December 26, 2008, and continuing through Tuesday, January 20, 2009, Christmas trees will be accepted for recycling free of charge at the following locations:

- Sterling: Claude Moore Park (use Loudoun Park Lane entrance, go to ball fields), 21544 Old Vestal's Gap Road, Sterling, 20164, Open daily 7 a.m. - 5 p.m.
- South Riding: Town Hall, rear parking lot next to tennis court, 43055 Center Street, South Riding, 20152, Open daily
- Leesburg: Loudoun County Landfill Recycling Dropoff Center, 21101 Evergreen Mills Road, Leesburg, 20175, Normal hours of operation: Monday - Saturday, 8 a.m. - 4 p.m. (Closed January 1, 2009)
- Purcellville: Franklin Park, 17501 Franklin Park Drive, Purcellville, 20132, Open daily, 7 a.m. - 5 p.m.
- Lovettsville: Game Protective Association, 16 South Berlin Pike, Lovettsville, 20180, Open daily

The Christmas tree drop-off program is not available to Christmas tree vendors or solid waste collectors with multiple trees to recycle.

Contact the Loudoun County Office of Solid Waste Management at 703-777-0187 for additional recycling options.

Residents who receive regular curbside recycling service should contact their homeowners association, Town Office, or curbside service provider for Christmas tree collection schedules and information.

Please remove all decorations, lights, tinsel, wire, tree stand, bag or netting so that the trees may be processed into a natural mulch product.

Free mulch is available year-round to Loudoun residents at the landfill at 21101 Evergreen Mills Road, Leesburg.

For more information please call 703-777-0187 or visit [www.loudoun.gov/oswm](http://www.loudoun.gov/oswm).

## Cascades Snow Plowing List

### CCA Private Streets 703-406-0820

Abigail Ter.  
Abington Ter.  
Aisquith Ter.  
Ashcroft Ter.  
Ashley Ter.  
Ashmere Sq.  
Avalon Ct.  
Banbury Sq.  
Bowline Ter.  
Breezy Point Ter.  
Brentmeade Ter.  
Briarcliff Ter.  
Bridgport Ct.  
Brisbane Sq.  
Broadspear Ter.  
Broadwater Ct.  
Burgess Ter.  
Burnley Sq.  
Cavendish Sq.  
Carlyle Ct.  
Cecil Ter.  
Cherokee Ter.  
Chester Terr.  
Cheyenne Ter.  
Collingwood Ter.  
Comer Sq.  
Cosworth Ter.  
Crestmont Ter.  
Deepwater Ter.  
Derrydale Sq.  
Dockside Ter.  
Doncaster Ter.  
Driftwood Sq.  
Fairchild Ter.  
Geneva Ter.  
Glenmere Sq.  
Graham Cove Sq.  
Grisdale Ter.  
Haven Ter.  
Inwood Ct.  
Island View Ct.  
Keswick Sq.

Kingston Ct.  
Lacroys Pt Ter.  
Lawnes Creek Ter.  
Longbank Ct.  
Lowland Ter.  
Lynhaven Sq.  
Manchester Ter.  
Marguritte Sq.  
Martingale Sq.  
Meanders Run Ct.  
Milthorn Ter.  
Morningside Ter.  
Muddy Harbour Sq.  
Oakmere Ter.  
Oak Spring Sq.  
Pitt Ter.  
Porter Ter.  
Primula Ct.  
Promontory Sq.  
Quay Ln.  
Reef Ter.  
Riptide Sq.  
Rivermeadows Ter.  
Riverwood Ter.  
Rockingham Ter.  
Sandbank Sq.  
Sandian Ter.  
Sandstone Sq.  
Serenity Ct.  
Sharpskin Is. Sq.  
Sheel Ter.  
Shoal Pl.  
Shoreline Ter.  
Solomons Ct.  
Sonoma Way  
Sound Ter.  
Stamoor Ter.  
Summerhill Pl.  
Sussex Ter.  
Tenfoot Is. Sq.  
Tilden Ct.  
Trinity Sq.  
Wales Ter.  
Walpole Ter.

Watermark Pl.  
Watkins Is. Sq.  
Welton Ter.  
Westover Ter.  
Whirlpool Sq.

### VDOT Streets 703-737-2011

Algonkian Parkway  
Allegheny Cr.  
Allsbrook Pl.  
Anchorage Cr.  
Arbor Ct.  
Ashleaf Ct.  
Bank Way  
Beaufort Ct.  
Bellwood Ct.  
Berwick Ct.  
Birchfield Pl.  
Blockhouse Point Pl.  
Bluestem Ct.  
Brandy Station Ct.  
Brandywine Ct.  
Brightwater Ct.  
Broadmore Dr.  
Buoy Pl.  
Canal Crossing Way  
Canberra Dr.  
Capelwood Ct.  
Carnwood Ct.  
Cascades Parkway  
Cedarhurst Dr.  
Chambliss Ct.  
Coldspring Pl.  
Colonel Young Way  
Compton Cir.  
Corkwood Dr.  
Cutwater Pl.  
Danforth Pl.  
Eastlake Ct.  
Esbridge Ct.  
Esterbrook Ct.  
Fairhills Ct.  
Fairwater Pl.

Fathom Pl.  
Fernbank Ct.  
Flatboat Ct.  
Garrett Pl.  
Glenaire Ct. P  
Grant Ct.  
Griffith Pl.  
Hammerstone Way  
Hampshire St. Dr.  
Hidden Cove Ct.  
Hollymead Pl.  
Iris Dr.  
Kingchase Ct.  
Lagrande Ct.  
Langford Ct.  
League Ct.  
Leechecker Ct.  
Levee Ct.  
Lock Ct.  
Longford Way  
Longpier Way  
Lowes Island Blvd.  
MacGill Ct.  
Major Beckham Way  
Mariner Ct.  
Marsh Ct.  
McGees Ferry Way  
Middlecreek Ct.  
Middlefield Drive  
Mint Springs Ct.  
Montgomery Pl.  
Nerine Ct.  
Newfield Pl.  
Oakhurst Ct.  
Palisades Parkway  
Parkside Cr.  
Pebblebrook Pl.  
Pembroke Ct.  
Potomac View Road  
Quarterpath Trace Cir.  
Quiet Brook Pl.  
Rafter Ct.  
Redfox Ct.  
Rhyolite Pl.

Rippling Dr.  
Riverbirch Pl.  
Riverland Pl.  
Rosemallow Ct.  
Rupert Island Pl.  
Saffron Ct.  
Shadow Woods Ct.  
Saulty Dr.  
Settlers Point Pl.  
Sky Ln.  
Smithfield Ct.  
Smithwood Ct.  
Snow Hill Way  
Southampton Ct.  
Southwick Blvd.  
Springwood Ct.  
Staples Way  
Stillhouse Branch Pl.  
Stillwood Pl.  
Stonehelm Ct.  
Swecker Farm Pl.  
Tappahannock Pl.  
Thornwood Ct.  
Tidewater Ct.  
Trailwood Pl.  
Waterbeach Pl.  
Westridge Dr.  
Wharf Ct.  
Whitewater Drive  
White Chapel Way  
Willowmere Ct.  
Willowwood Pl.  
Windmere Ct.  
Winfield Pl.  
Winterset Ct.  
Woodhaven Ct.  
Woodlake Pl.  
Woodthrush Ct.

Bennington Ct.  
Biltmore Ct.  
Brawner Pl.  
Chapin Ct.  
Cherrywood Ct.  
Chimney Ridge Pl.  
Coyote Ct.  
Fitzhugh Ct.  
Foxstone Pl.  
Hearth Ct.  
High Brook Ct.  
Jack Rabbit Ct.  
Kentwell Pl.  
Overton Ct.  
Peacock Hill Way  
Sinegar Pl.  
Sommersworth Pl.  
Stonehouse Pl.  
Straham Way  
Swan Creek Ct.  
Tanglewood Way  
Tupelo Ct.  
Winterwood Way  
Woodmere Ct.  
Woolington Rd.

### Batal Builders Streets 703-691-2500

**John Batal**  
Blossom Landing Way  
Channel Ct.  
Pennrun Way

### ICS Streets 703-327-5588

**Marcos Cruz**  
Blawnox Ter.  
Center Brook Sq.  
Dunkirk Sq.  
Mid Surrey Sq.  
Paulsen Sq.  
Potomac Landing Ter.  
Royal Burnham Ter.

### Greenvest Streets 703-442-8992, x145

**Lou Devenow**  
Antrim Ct.  
Bainbridge Pl.

## Cascades Community Association Offices

47620 Saulty Dr., Potomac Falls, VA 20165

Hours: Monday - Friday 8:00 a.m. - 5:00 p.m.

Phone 703-406-0820 Fax 703-406-0819

**After Hours Emergency Phone: 703-600-6000**

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

### Staff

Martha Kaczmarczyk, PCAM, General Manager, 703-406-0456, [marthak@cascadesva.com](mailto:marthak@cascadesva.com)

Josh Harber, Assistant General Manager, 703-406-0820, extension 103

Nikki Perrin, Accounts/Covenants Manager, 703-406-0820, extension 104

Teresa Campbell, Covenants Assistant, 703-406-0820, extension 106

JoAnne Criss, Maintenance Manager, 703-406-0820, extension 102

Thomas Colquitt, Maintenance Assistant

Maria Alyskewycz, Administrative Assistant, 703-406-0820, extension 105

Lindsay Perrin, Member Services Assistant, 703-406-0820, extension 101










### Board of Directors

**BoardofDirectors@cascadesva.com**

Tom Cooke, Vice President, Bob Robinson, Secretary, Martin Hurden, Treasurer, Julie Challis, Steve Olekszyk, David Tamayo, John Lane, Tammy Linskens, Richard Romero



# January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Office Closed	2	3
4	5 Single Family Tree Pickup (pickup on the 12 <sup>th</sup> also) 	6	7	8 Townhome Tree Pickup (pickup on the 15 <sup>th</sup> also)  	9	10
11	12 Finance Committee 7PM LICC 	13 50 Plus Club 7PM SFCC	14	15 Green Team 7:30PM LICC  	16	17
18	19 Martin Luther King Jr. Day Office Closed 	20	21 Covenants Committee 7PM LICC	22 Board Of Directors 6:30PM LICC	23	24
25	26 	27	28	29	30	31

LICC – Lowes Island Community Center  
 QTCC – Quarterpath Trace Community Center  
 SFCC – Stephen Frazier Community Center “Stonehouse”  
 WLCC – Westlakes Community Center

 Notes trash pick-up days     
  Notes recycle pick-up days

