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Board Meeting Highlights

By Martha Kaczmarczyk, PCAM, General Manager

The Board of Directors approved the Cypress Point Reserved Parking Plan at their May 28th meeting. Only Cypress Point residents and their guest with appropriate hang tags will be able to park in this neighborhood after July 1st. Cars parked without hang tags will be towed without notice. If your vehicle is towed, contact Battlefield Towing at 703-430-9007 to retrieve your vehicle. Besides a towing charge, Battlefield Towing also charges a storage fee. Therefore, it is advised to retrieve your vehicle as soon as possible to prevent storage charges.

After providing the Public Hearing on the proposed revision, the Board approved the amended Vehicle Policy Resolution #7. The revision states that golf carts may be parked at the new street parking spaces at the beginning of Watermark Place. This revision will automatically expire on October 22nd unless the Board reaffirms this revision at that time. The rationale for this stipulation is to ensure that the parking of these golf carts does not create any problems for the neighborhood.

A Cypress Point and Estates Committee was created to work on common issues in these neighborhoods. The committee members are Terry Grant, Noreen Powell, Jim Eisert, Julie Green, Dan McInnis, David Corby and Board Member Richard Romero. The board is working on selecting projects for this committee to review and provide recommendations to the Board.

The Board also approved Administrative Resolution #51 - Individual Assessment of Expenses of Collection of Delinquent Assessments. Prior to taking a case to court to collect delinquent assessments, our attorney has to obtain land records or other documentation required by the court. Now these expenses will be paid by the individual in the delinquent status. Such expenses will be attached to the assessment account to ensure payment.

A new recreation event was approved by the Board. It is a 5K Pink Paws Walk scheduled for October. Residents can sign up to walk with their dogs as a fund raiser for breast cancer research. Sponsors will provide refreshments, pet friendly activities, and freebees. October is breast cancer awareness month.

The Board approved the implementation of the Communilink Program with website and owner access to account information effective August 1st. Also, this program will allow the association to provide an option for resident to receive the monthly newsletter electronically effective October 1st. Another option

will be for residents to provide email addresses and sign up for email notifications of changes or important association information. This new program will improve communication in the community.

In other business, the Board approved the 2007 Audit and lighting repair for the Lowes Island tunnel under Algonkian Parkway.

June Gardening Tips

By Debbie Dillon, Urban Horticulturist

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

Cascades Community Association

2009 Pool hours



Potomac Lakes Community Center (Stone House)

20670 Fernbank Court -703-421-9820

11am-8pm

Lowes Island Community Center

47620 Saulty Drive-703-406-9252

11am-8pm

Quarterpath Trace Community Center

20430 Quarterpath Trace Circle-703-430-9195

4-8pm (5/26-6/19) Weekdays

10am-8pm weekends (daily after 6/19)

Westlakes Community Center

20903 Serenity Court-571-434-9810

4pm-7pm(5/26-6/19)

10am-7pm weekdays (daily after 6/19)

7pm-9pm lap lane use only(daily)

Estates Pool

11301 Stonehouse Place-703-430-9365

4-8pm weekdays(5/26-6/19)

11am-8pm weekends (daily after 6/19)

A Child's Place Preschool

Serving Loudoun County since 1969

3, 4 & 5 year olds
9-12 noon
2, 3, 5 days
per week



Located at Galilee UMC
Algonkian Pkwy at Winding Rd.

Call **703-421-2939**

for more information or
email from website:

<http://www.achildsplacepreschool.com>



**Thank you Boy Scout Pack 1152 (above)
and Pack 950 (below) for planting 150
seedlings on common ground.**



GM Corner

By Martha Kaczmarczyk, PCAM, General Manager

This year a new safety requirement was initiated for pools with the Virginia Graeme Baker Safety Act. The association expended \$12,285 to retrofit all the pools to meet this safety requirement. Now all our pools are safe from the suction risk.

The Center of Disease Control recommends the following steps to help keep our pools healthier. Always shower with soap before swimming, wash children's backsides with soap before swimming, and wash hands after diapering a baby or going to the bathroom. In addition, do not enter in the pool water if you have diarrhea or open wounds. Finally, do not swallow the pool water. Swimmers play a role in maintaining a clean and healthy pool by following the above recommendations.

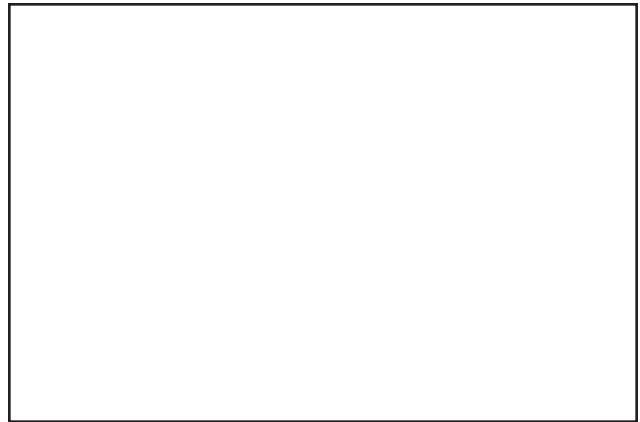
This month we had a few complaints about residents not being good neighbors. Parking on public streets in single family home areas is open to everyone. However, good neighbors do not routinely park or store their cars in front of other neighbors' homes.

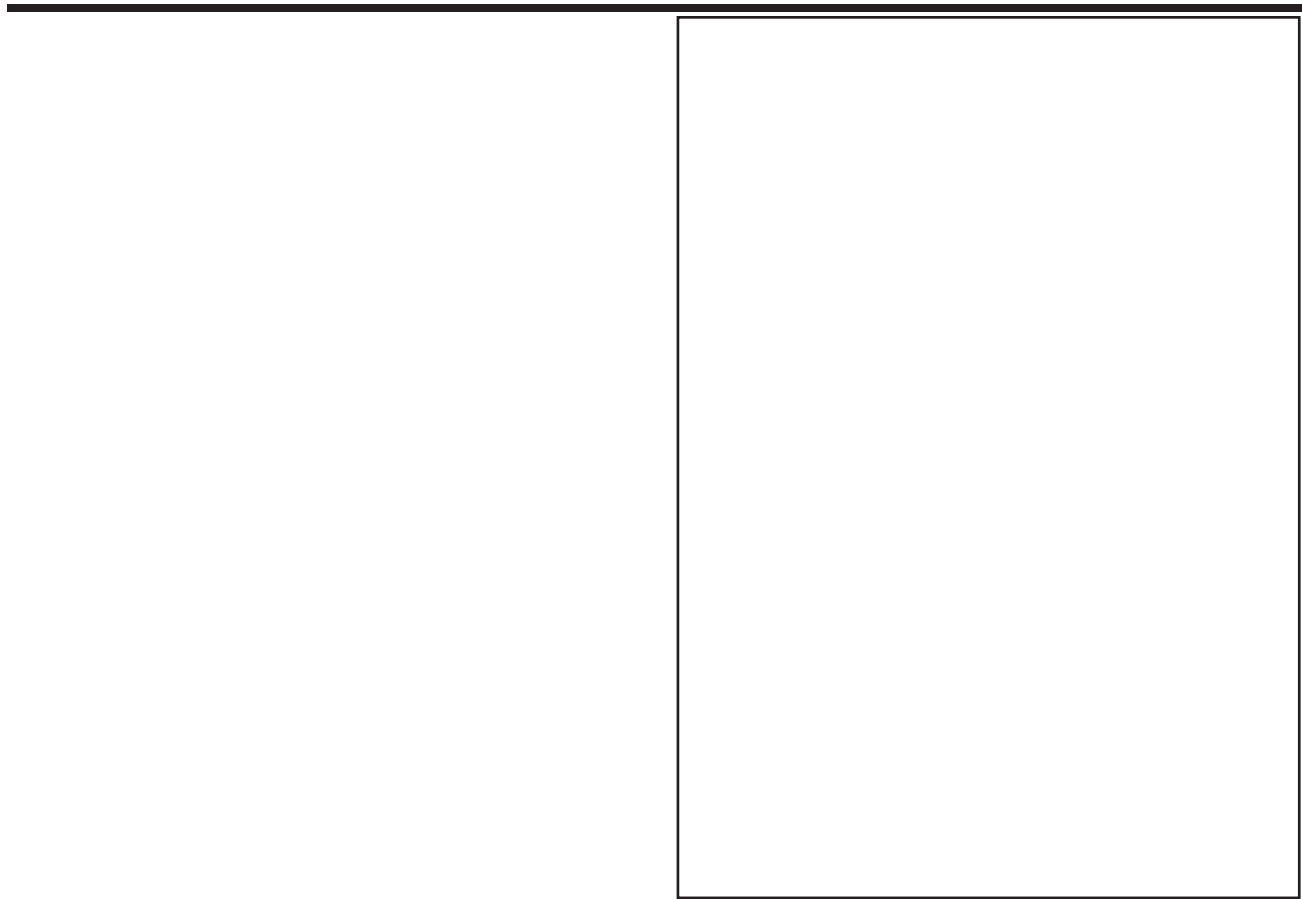
Good neighbors respect private property and teach their children to do the same. Playing ball in narrow townhome streets can lead to damage of private property. Landscaping has been trampled in retrieving balls and vehicles have been damaged with flying balls.

Loitering and littering on common area by teenagers is another example of lack of respect for our community in general and the residents adjacent to the common area in particular. Vandalizing anything is a crime and offenders will be prosecuted. Also, trespassing is a prosecutable offense and jumping the pool fence for after hour swims is considered trespassing. If caught by security or sheriff's deputy, the offender will be prosecuted. We can all enjoy our beautiful community if we follow the rules and exhibit good neighbor behavior.

Loudoun County Fire, Rescue and Emergency Management are now on Twitter.com. This social network allows residents to get the latest fire-rescue news including dispatched emergency calls, service information, public outreach events and an inside view of the fire services within Loudoun county. The Loudoun County Fire Rescue profile name is: LoudounFire. This can be found by utilizing the "Find People" icon on the Twitter website or using the trending topic search area on the website.

Due to the increased demand for electronics recycling, Potomac Metals will now be accepting all forms of electronic waste at their facilities. This includes anything that can be plugged into a wall outlet (<http://www.potomacmetals.com/electronics.html>). The long list of items on their site includes washing machines and dryers, televisions, toasters, Nintendo and Xbox game systems, and microwave ovens. There will be no charge for most electronic equipment with the exception of CRT monitors and TV's which will have 45 cents per pound minimum charge for most sizes. CRT monitors contain leaded glass and are harmful to the environment. Potomac Metals can also pickup items for a charge.





The Water Guy

By John Lane, Board Member

Hi Folks, well, the big question is, after the amazing water savings we generated in 2008, how could we possibly save even more in 2009? I mean, after all, we're already using much less water throughout Cascades than the average household in the entire Loudoun Water service area! That burning question has been extinguished by our first quarter results hot off the press. With over half of the Cascades meters read as this article is being written, we have not only beaten our first quarter 2007 results, we have even beaten our first quarter 2008 results! The average Cascades household (not that any household in Cascades can be called average) used only 173 gallons of water per day. In the first quarter of 2007, we used 203 gallons per day, and we reduced that to 181 gallons in 2008. Clearly, when the water savings get tough, tough Cascades residents get to saving water!

The bad news is that we're now entering the time of much higher water use, as the weather turns nice and we start watering lawns. By far, irrigation of lawns and plants is our heaviest water use. The good news is that we can have beautiful lawns and plants, and we can still save water. We just need to watch Mother Nature (I've always wondered whatever happened to Father Nature—we never seem to hear about him.) We don't need to water our lawns for at least a week after getting a nice heavy soaking rain of a half-inch or more. We have to help Mother Nature help us by not watering when we don't need to. For those who have automatic sprinkling systems, that means turning your control off when the lawn doesn't need the water. I'm an early morning jogger, and have been really happy to see far fewer yards being sprinkled the morning after a heavy rain, and almost no yards now being sprinkled in the middle of a downpour. (OK, so I'm not smart enough to come in out of the rain.)

To really reduce your water use, while keeping your yard happy and green, use your sprinkler controller. The typical controller has a button to turn it off when a rain is anticipated. Also, when your sprinkler system was originally installed, the technician probably set it to water in the early mornings on Monday, Wednesday and Friday. Two things are wrong with that approach. First, your yard doesn't need to be watered three times a week. Twice a week works just fine. Second, since most sprinkler systems are initially set for those three days, and everyone else tends to water on weekends, the water storage tanks do not have a chance to refill

completely. We need them full to ensure the reliability of the supply and emergency storage. To alleviate this challenge, Loudoun Water recommends a two-day per week watering schedule: odd-numbered houses water on Wednesday and Saturday. Even numbered houses water on Thursday and Sunday. Commercial and/or HOAs should water Tuesday and Friday and everyone takes Monday off. If we all use this schedule, we'll spread the load on the water system evenly throughout the week, and we'll all have greater pressure and better delivery of water. We should water in the early morning before sunrise. We should never water anything outside between 10 am and 4 pm, as most of the water and our money will evaporate into thin air. Many experts also recommend against watering in the evening, as the dampness over the nighttime hours may favor the growth of unwelcome mold and other fungi.

It's really important to know how to turn your sprinkler controller on and off, and to be able to set the days you water. Check our Cascades web site at www.cascadesva.com for instructions on how to set a typical sprinkler controller. Just click on the green gecko icon in the "Homepage Highlights" scroll, and then on "water sprinklers."

Irrigation Tips

- Adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.
- Minimize evaporation by watering during the early morning hours, when temperatures are cooler and winds are lighter.
- Use a layer of organic mulch around plants to reduce evaporation and save hundreds of gallons of water a year.
- Only water your lawn when needed. You can tell this by simply walking across your lawn. If you leave footprints, it's time to water.
- Adjust your lawn mower to a higher setting. Longer grass shades root systems and holds soil moisture better than a closely clipped lawn.
- Use the sprinkler for larger areas of grass. Water small patches by hand to avoid waste.
- Install a rain shut-off device on your automatic sprinklers to eliminate unnecessary watering.
- Remember to check your sprinkler system valves periodically for leaks and keep the heads in good shape.
- Don't water your lawn on windy days. After all,

(Continued on page 9)



Tick-Tock – its time to watch out for Lyme Disease

By Julie Challis, Board Member

As the summer arrives and we spend more time enjoying outside with friends and family, it is timely to remind ourselves that we might also be enjoying nature with some less welcome guests: Black-Legged Ticks (formerly called Deer Ticks).

Black-legged ticks are in all parts of Loudoun County. These are the ticks that can carry bacteria which causes Lyme disease.

Lyme disease is an infection transmitted by the bite of a black-legged tick after the tick has been attached for more than 30 hours. Last year over 500 cases were reported in Loudoun County making it the second most reported disease in our county.

Symptoms only occur in only about 70% of people and can start from 3 to 30 days after being infected. The symptoms (bulls-eye like rash, flu-like symptoms) clear-up on their own, but the infection needs medical treatment. The disease can spread to other parts of the body such as the nervous system, heart and joints and lead to more serious health issues.

Ticks do not jump or fly. Typically they wait on tall grasses and low vegetation to attach to hosts who walk by. Most cases of Lyme disease in Loudoun County occur to people infected on their own property. To reduce this risk:

- 1) keep grass cut and underbrush thinned
- 2) check pets for ticks
- 3) eliminate small rodents from your property
- 4) minimize deer visiting your property; grow plants less attractive to deer such as Achillea, Buddleia, Dogwood, Ferns, Forsythia, Sage and Thyme.
- 5) apply pesticide once each spring

To prevent your family becoming infected:

- 1) Check yourself and children daily for ticks (if you have been in places likely to have ticks)
- 2) Remove ticks as soon as they are found (grasp the tick with blunt tweezers as close to the skin as possible, firmly but gently pull the tick straight out)
- 3) See a doctor if a black-legged tick has been attached for more than one day
- 4) Return to the doctor if any symptoms do not improve

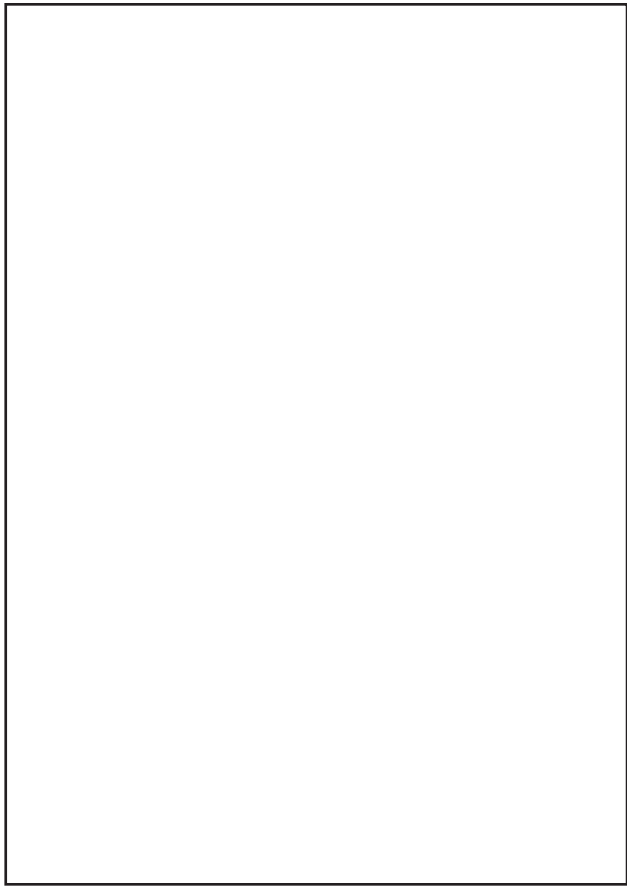
For more information on Lyme disease and staying safe this summer, download the brochure on Loudoun County's website: www.loudoun.gov/lyme.

(Irrigation Tips continued from page 7)

sidewalks and driveways don't need water.

- Water your plants deeply but less frequently to create healthier and stronger landscapes.
- When watering grass on steep slopes, use a soaker hose to prevent wasteful runoff.
- Teach your family how to shut off your automatic watering systems. Turn sprinklers off if the system is malfunctioning or when a storm is approaching.
- Set a kitchen timer when watering your lawn or garden with a hose.
- When the kids want to cool off, use the sprinkler in an area where your lawn needs it the most.
- Use sprinklers that throw big drops of water close to the ground. Smaller drops of water and mist often evaporate before they hit the ground.
- Aerate your lawn. Punch holes in your lawn about six inches apart so water will reach the roots rather than run off the surface.

For more tips, visit www.loudounwater.org.



TD ALL-DAY SPORTSCAMP/TENNIS CAMP at CASCADES REGISTRATION FORM -SUMMER 2009
www.tdsports.org Call Glenn at: **(703) 980-0516** Fax: **(703) 729-1883** admin@tennisdan.com

Camper _____ Date of Birth _____ Age _____
 Address _____ City _____ State _____ Zip _____
 Parent/Guardian Name _____ Telephones (H) _____ (W) _____ (Mobile) _____

All-Day Sports Camps- Monday-Friday

Summer Tennis Camps- Tuesday, Wednesday, Thursday for Two Weeks

Session Dates & Session #	Full Day 9:00am- 4:00pm Resident	Ext. care 8:00-9:00am Resident	Ext. care 4:00-5:00pm Resident	Session Dates & Session #	PEE WEE CAMPS 830-900AM (AGES 3-4) W/PARENT	LITTLE STARS CAMP 900-930AM (AGES 5-6)	JUNIOR STARS CAMP 930-1100AM (AGES 7-10)	JUNIOR STARS CAMP 1100AM- 1230PM (AGES 10-16)	Amount Due
June 22-26 (1)	\$280	\$40	\$40	June 23-July2 (1)	\$60.00	\$60.00	\$95.00	\$95.00	
June 29-July 3 (2)	\$280	\$40	\$40	July 7-16 (2)	\$60.00	\$60.00	\$95.00	\$95.00	
Jul 6-10 (3)	\$280	\$40	\$40	July 21-30 (3)	\$60.00	\$60.00	\$95.00	\$95.00	
Jul 13-17 (4)	\$280	\$40	\$40	August 4-13 (4)	\$60.00	\$60.00	\$95.00	\$95.00	Camp Total
Jul 20-24 (5)	\$280	\$40	\$40						
Jul 27-31 (6)	\$280	\$40	\$40						
Aug 3-7 (7)	\$280	\$40	\$40						
Aug 10-14 (8)	\$280	\$40	\$40						
Aug 17-21 (9)	\$280	\$40	\$40						
TOTALS									
TD CAMP	T-SHIRT	SIZE-							

Checks should be payable to "TD Sports". Credit card registration includes a \$5.00 processing fee. Credit card payments may be faxed to 703-729-1883. You may drop off the registration form and payment at the Association office or mail to TD Sports at the address listed at the top of the form.

(Office use only) Total Amount Paid: _____ Method of Payment: _____ ck#: _____ Date: _____ Rec'd by: _____

Waver: By submitting this registration I hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damage I may have against TD Sports LLC., Cascades Community Association, their respective agents, representatives, successors and assigns, for any injury which may be suffered by my child or myself in the connection with these camps.

Signature _____ Date _____ Credit Card Number (only if paying with c.c.) _____ Expiration Date _____
 You can mail you registration to: 43792 Stonebridge Drive, Ashburn, VA 21047 or drop off at the Association Office

TD Sports All-Day Sports Camp

Sign-up for a week of camp on or before June 10th and save \$20 off the camp price!!! We are offering an all-day sports camps for kids ages 6-12. The camp will run from 9:00 AM- 4:00 PM with before and after care. We will have instruction for sports ranging from basketball, baseball/softball, tennis/ soccer and many more. Team sports and activities are also included. The camp will center around the Quarterpath Trace Pool and will use the tennis courts, grass areas, and basketball courts.

Td Sports Tennis Program For 2009

TD Sports is excited for the upcoming 2009 tennis season. We have a great line-up of events and lessons lined-up for this year. Make sure to check the www.tdsports.org website for details of all the programming coming up.

Summer Clinics

The summer schedules are ready and available online at www.tdsports.org. There are (2) 4-week summer sessions for clinics, the first beginning June 22nd and the second starting July 27th.

Summer Junior Stars Tennis Camps

The Summer Junior Stars, Pee Wee Stars and Little

Stars Tennis Camps will begin June 22nd in two-week sessions throughout the summer. The camps will be held on Tuesday, Wednesday and Thursday for two weeks for

4 sessions. All campers will be given a camp T-shirt, so please specify size of shirt when you register. Check the website for specific times.

Td All-Stars Camps

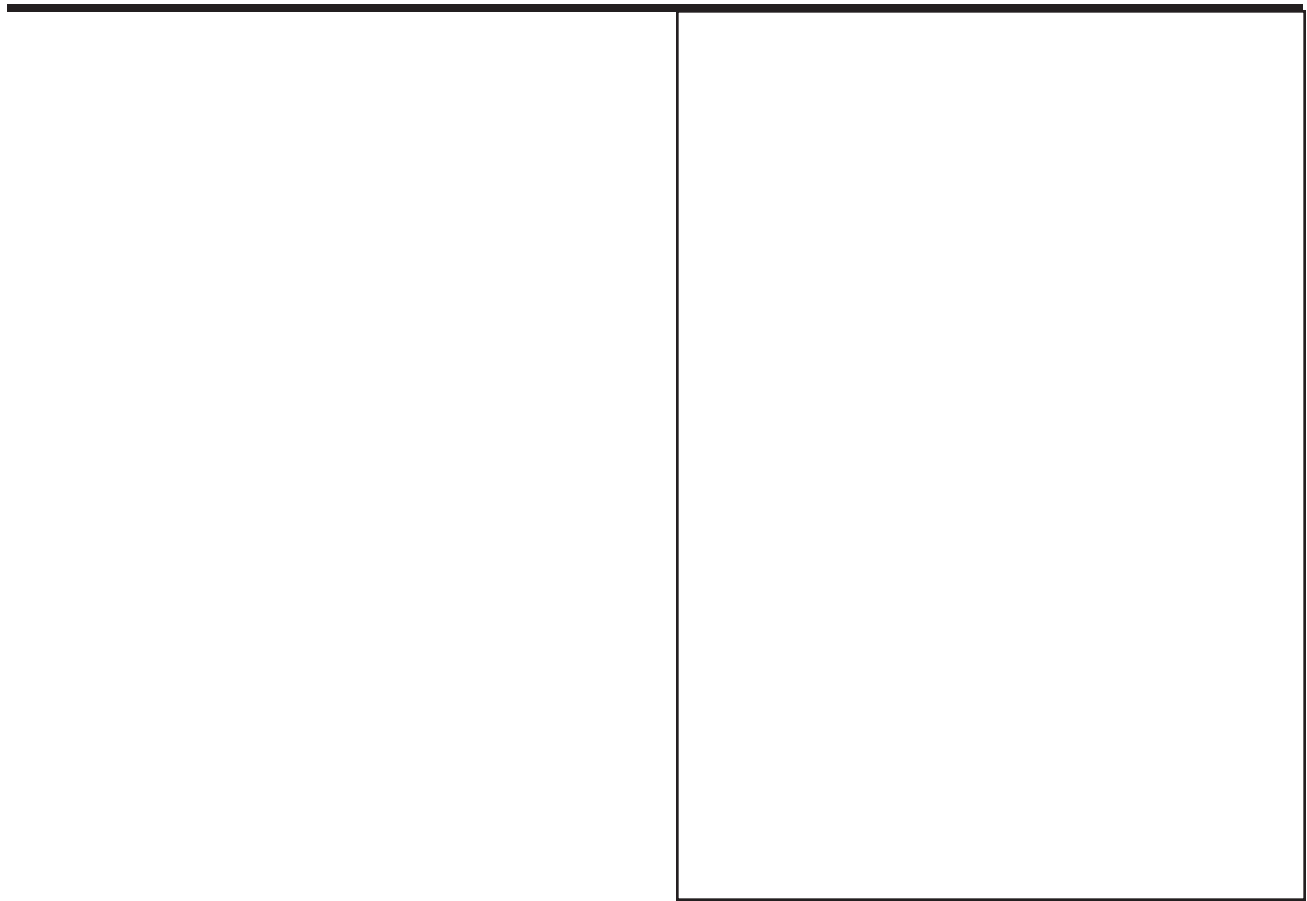
The TD All-Stars camp will be held Monday through Friday from 12:30-3:30 PM during the summer. There will be 9 sessions beginning the week of June 22nd. You can sign-up by week or by day.

For more details go to www.TDSports.org. You can access all program information under the community section.

Meet the Pro Day June 6th

Come out to the Quarterpath Trace courts to meet the Head Pro Raj Basappa. We will have registration forms to sign up for summer classes and camps and free lessons. The schedule for lessons will be:

- 1:00-1:15- Pee Wee Stars (3-4 yrs old)
- 1:15-1:30- Little Stars (5-6 yrs old)
- 1:30-1:50- Future Stars (7-16 yr old beginners)
- 1:50-2:10- Beginner Adults
- 2:10-2:30- Advanced Adults



Cascades 10k Firechase & 911 Fun Run

By: Josh Harber, CMCA, Assistant General Manager

The Cascades 10K Firechase and 911 Fun Run presented by Outback Steakhouse was held on May 23. The day was a big success, thanks to the many volunteers who helped with the event and the many runners and walkers that participated! We had over 1100 participants this year. The weather was sunny and beautiful and that helped the runners perform at their best.

I would like to thank Danielle Bischoff, Dave Carter, Alison Murray, and Stacey Perline, from the Sterling Volunteer Fire Department, for their assistance in organizing the race. As always, they were instrumental in ensuring it went off without a hitch.

And, again, as in the case every year, Kirsten Gloeckner deserves a very big thank you for her amazing assistance in finding sponsors and helping to organize the event. Without her, the race would not have been the success that it was.

Last, but certainly not least, thank you to all of the volunteers from the Cascades community and the Sterling Volunteer Fire Department. Your assistance and efforts were very much needed and appreciated! We hope you'll volunteer again next year!

We hope to see you there next year, as a volunteer or as a participant!





The Corner Lot

Answers to Your Real Estate Questions

By John Lane Esq, Board Member

Hello again. Last month I promised to look at whether we were now in a “Buyer’s Market” or a “Seller’s Market” in Cascades. So what’s the difference? As you would expect, if there are more eager Buyers than houses for sale, you’re in a Seller’s market, and if there are more houses for sale than eager Buyers, you’re in a Buyer’s market. Now that’s easy enough to say, but how do you really find out how many Bob and Betty Buyers are running around out there eagerly looking for a house to buy? After all, Bob doesn’t have “Eager Beaver Buyer” stamped on his forehead. Real Estate professionals get a sense of the number of Buyers in the current market by looking at two pieces of data. First, how many houses have actually gone under contract in the recent past, and second, how many houses are actually on the market right now. If you divide the number of houses for sale right now, by the number of houses which have gone under contract in the last month, you get a pretty good sense of how many months it will take to sell all the existing inventory. That’s an indirect way of getting at the number of Bobs and Bettys out there looking to buy. Of course, you’re also assuming the conditions in the very recent past will continue into the very near future. So if there are 20 homes currently for sale in the area, and 10 homes have gone under contract in the last 30 days, it should take about two months to sell off the existing inventory of homes. Obviously, the market is continually changing, and more homes will be coming onto the market while the existing 20 homes are being sold, but this is still a pretty good method of getting a handle on the current market.

Of course every simple concept has to have a fancy name. In this case, the number of months it will take to sell off the existing inventory is called the “absorption rate”. In other words, it’s the number of months it will take all the Betty Buyers to absorb all the homes currently for sale. A frequently used rule of thumb says that an absorption rate less than five indicates a Sellers Market favoring Sammy; a rate between five and six gives Betty Buyer and Sammy Seller fairly equal bargaining positions; and a rate greater than six indicates a Buyer’s Market favoring Betty.

OK, what kind of market do we currently have in Cascades? A very interesting one! The figures I’ll use are current for all of Cascades and its immediate vicinity as of the day I’m writing this article. There are 40 detached homes on the market, and 16 homes

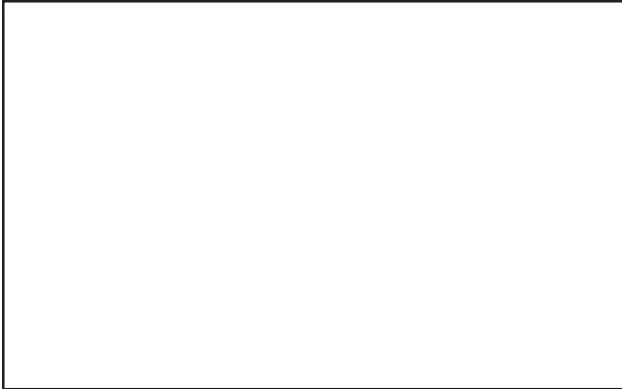
have gone under contract in the last 30 days. The absorption rate for detached homes is 2.5, definitely a Seller’s Market. There are 20 town houses on the market, and 26 have gone under contract in the last 30 days, an amazing Seller’s Market. There are 13 condos for sale, and 17 have gone under contract in the last 30 days, another amazing Seller’s Market. BUT....prices remain relatively low. This is odd. By the numbers, we’re in a Seller’s Market, but it feels as much like a Buyer’s Market because price levels are stable and not rising. We’re just not seeing the price increases normally expected in a Seller’s Market this strong. This is very likely due to the very unusual economic environment, where historically low interest rates and low prices are producing a lot of Betty and Bob Buyers, but Betty and Bob have sufficient concern about the future that they, to quote George Foreman, “are not going to pay a lot for this muffler.” Memory of the recent past and the depressed economic environment are keeping prices down, even in what would traditionally be a dynamite Market for Sammy Seller. The good news for Sammy is that if he prices his home appropriately to the current market, it will definitely sell, and he will be able to buy his new home at a relatively low price!

For the record, in addition to the homes under contract, in Cascades and its immediate vicinity, 23 detached homes have closed this year with prices ranging between \$399,900 and \$889,900 at an average price of \$615,700; 9 condos have closed with prices ranging between \$140,000 and \$344,900 at an average price of \$243,700; and 34 town houses have closed with prices ranging between \$242,900 and \$489,000 at an average price of \$330,694.

Next month we’ll take a look at contract contingency clauses and their impact on the price you can negotiate for your new home.

John is a Realtor with Weichert Realtors. Questions about this article and suggestions for future articles can be addressed to John at BoardofDirectors@cascades.com.





Muscle Matters

By Michele Kalin, Cascades Resident and Certified Personal Trainer. mkalin@fitness20165.com or 703-404-4022.

Building muscle is often an overlooked component in fat loss programs.

Muscle is highly metabolic tissue that burns approximately five times more calories than an equivalent amount of fat. This means that by increasing your muscle mass your metabolism will go up. A body with a faster metabolism is better at burning calories.

There are five muscle-building movements critical to your fat loss fitness regimen. When performed these movements build more muscle and burn more calories than exercises done in isolation on machine weights. If your program does not include these exercise types you are probably wasting your time, and money, trying to lose fat.

The five fat busting five movements are:

Squats. The squat is a compound exercise that originates at the hip joint uses some of the largest muscle groups in your body. Squatting movements are major fat burners that can be done with bodyweight, dumbbells, barbells or with the increasingly popular kettleball swings.

Pushing Exercises. Pushing exercises include any type of push-up, dumbbell or bench press, or standing shoulder press. Pushing exercises use large amounts of muscle which burn a lot of calories.

Pulling exercises. Pulling movements work your back, arms and your latissimus dorsi. Exercises include pull-ups and a variety of rows. Another great multi-muscle pulling movement is the deadlift.

Single leg exercises. This includes a variety of lunges, split squats and single leg squats.

Total body abdominals. Crunches are terrible for your spine and not very effective at strengthening your core muscles. You should do total body abdominals which work your abdominals as well as your arms, legs and torso. This means you are building muscle and burning more calories. Examples of total body abdominal exercises include mountain climbers, roll-outs and planks.

These five movements provide a total body workout that delivers a fat-burning, metabolism boosting training session.

Avoid the gimmicks and “magic” powders. Eat sensibly and base your exercise routine around these five movements. For even better results add cardio intervals to your routine. Results will follow. When it comes to fat loss muscle really does matter.



HELPING OTHERS

by Gloria L. Closset, Cascades Resident

I've been working as an Interpreter for therapists who provide speech, physical and occupational therapy, to children with cerebral palsy, Dawn syndrome and autism among other disabilities, at the child's home, for families living in difficult conditions. Many times these families lack basic household items and toys the therapists need and use frequently during the sessions.

Often these items are disposed or thrown away, not knowing that they could make the difference in someone's treatment. I would like to ask for your contribution with ANY ITEM IN THE LIST BELOW, which you may have in good condition to donate to these families.

A blue bucket will be placed at the entrance of the Lowes Island Community center with the title of 'INFANT AND TODDLERS' to receive your generous contributions. The bucket will be there on a constant basis. Cash contributions or items outside the list not accepted.

Thanks in advance for your help.

List of Items

- Pool noodles
- Carpet / Rugs
- Blankets and small pillows
- Balls – all sizes
- Heavy duty cardboard carpet rolls (can be donated from carpet stores)
- Hoola hoops
- Baby positioners (those things for heads, sidelying, etc.)
- Toddler bath rings (suction type)
- Washable markers
- Blocks—all sizes,
- Plastic lap trays—sometimes on sale at Target and CVS for about \$5
- Childs step stools
- Exercise steps
- Large pads of plain paper
- Play tunnels
- Push toys—very basic, as in wagons and grocery carts (no distracting bells and whistles!)
- Mylar balloons
- Easels—floor standing and table top
- Refrigerator magnets, child safe
- Round crayons (available from specialty catalogs and Lakeshore Learning stores)
- Clear plastic empty jars, all sizes, from small mayo

to large biscotti or jelly bean from Costco

- Toy vehicles, cars and trucks, for young children (not matchbox)
- Masking tape, 2 in wide
- Fisher Price animals and people
- Shoe boxes with lids
- Sticky back Velcro
- Toy buckets and shovels
- Play dough (homemade is the best, recipe available)
- Books, sturdy cardboard, best with photograph pictures, especially in Spanish
- Shoes—sneaker type, wide styles, lace up, mostly in size 5 through 7, to fit over plastic ankle-foot braces
- Sippy cups
- Wooden puzzles 6-8 pieces with pegs non connecting
- Color wonder paper plus markers (does not mark on walls etc, only on color wonder paper)
- Pretend play items (kitchen set, play food, farm animals, dolls, bottles, hand brushes, etc.)
- Bubbles
- Kooser balls (ball with different textures)
- Shape sorters

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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.

<u>Ad Size</u>	<u>Dimensions</u>	<u>Black & 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. There is no charge. In-home business ads and ads of a political nature are not accepted

VACATIONS

Virginia Beach/Williamsburg - enjoy a week in the summer sun at one of our fun-filled timeshare resorts. 703-404-3919.

Vacations Worldwide - select the destination & enjoy the comfort of a beautifully furnished timeshare anywhere in the world! Great rates! 703-404-3919.

OC MD Lux beach home - last chance, few weeks remain, vacation rentals! New home, 4 bdrm, all amen. incl. resort community. Wkly or Wknds. Early rate \$825/wk. Details/pics: <http://www.nancysplaceatthebeach.50megs.com> - klally@fec.gov or 202-694-1667..

OBX beach house, 6 bedroom, hot tub, pets welcome, walk to ocean, large pool, lake, July/August discounts, photos at www.villagerealty.com under "Southern Paws". 703-450-7789.

FURNITURE AND HOUSEHOLD

Mega-Byte the "Hound Droid" has a full range of motion w/10 functions! The ultimate 21st century pet! New \$50, yours for \$25 - in box, excellent condition. 703-444-4247.

Cherry wood chair w/o arm rests. Good for use at kitchen desk. Good condition \$10. 703-444-4247.

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

Free-Schwinn Exercise Bicycle (201). 703-444-2245

Free-Golds Gym Universal weight system. 703-444-2245.

Free-Sears self propelled lawn mower & bagger. Five yrs. old-needs engine work. 703-444-2245.

For sale: Antique Oak Dresser w/mirror \$350; Two Antique Roseback cane bottom chairs \$75 for both. Antique Roseback Rocker cane bottom \$100. 703-406-7724.

Drum kit for beginner learner, including sticks & boots \$25. 703-450-1443.

GE Profile microwave oven, white - Model JE2160WF01. Excellent condition. Not being used due to kitchen remodel \$40. 703-450-1443.

For sale: Armstrong "Liberty" Flute - great condition \$199. 703-450-4154.

ATTN: Knitters, crocheters, crafters - Huge inventory of yarn for sale, includes all types, colors, rug yarns, hooking supplies, needlepoint/embroidery kits/yarns, fabric remnants, and sewing supplies. 703-430-1067.

For rent \$1775 - HOA included! (No Smoking & No Pets) 3 level townhouse 3BR, 2FB, 2HB, 2 car garage. 703-597-8810.

Mid-size premier TV cabinet w/glass-enclosed shelves for DVD player & stereo. Great condition. Paid for \$500, asking for \$75/obo. 703421-4372 after 6pm.

Chest of drawer. Perfect for college students. Great condition, asking for \$30/obo. 703-427-4372 after 6pm.

Hannah Montana bedding set & accessories. Comforter, shams, decorative pillows, 63" curtains, light fixture, sheets, collapsible box. Purchased at Target for \$300, asking \$75 for all. 703-245-0229 or 703-956-9868.

Ethan Allen oval glass top coffee table. Pecan color. Classic design. Length 47" X Depth 29" X Height 17" \$145. 703-421-6555 - will email pictures.

Antique Scrubbed Irish Pine Hutch. Height 77-1/2" X Width 49" X Depth 17-1/2". Very charming piece. Exc. cond., \$1250. 703-421-6555 - will email pictures.

Beautiful upholstered light beige plaid, light wood frame chaise lounge. Length 75" X Depth 33" X Height 32" X Arm Height 27", like new \$450. 703-421-6555 - will email picture.

Boy's clothes (2-5), My First Leap Pad, Nursery Bedding, Maternity (18-20), children's books, small toys (Elmo, Thomas), wedding items and more. 703-444-2014.

Black Fender Starcaster electric guitar & black Starcaster 15G practice amp. Mint condition \$165. 703-404-0734 or susanengelmann@comcast.net.

Great Stress Reliever - Century Heavy Training Bag. Like new - paid \$129.99, will take \$50/obo. 240-375-8716 or 7-444-0336.

King Size Mattress & Box Spring. Like new Shifman from Bloomingdales - paid \$3,600, will take \$500/obo. 240-375-8716 or 703-444-0336.

Graco Pack 'n Play \$25, toddler TV watching chair \$15, toddler metal Super-trike \$20 (orig. \$60), set of 4 construction vehicles \$25. 703-338-8648.

Solid Oak Dining Room table - 48" X 66", 2-18" leaves, Double Pedestal, Bear Claw feet, 6 chairs, like new condition \$800. Additional chairs available. 703-444-2585.

Solid Oak Dining Room Hutch, 57"W X 79"H X 18"D, like new condition \$300. 703-444-2585.

La-Z-Boy 7' Sofa & Matching Swivel Reclining Rocker. Both ends of sofa fully recline \$450 for both, exc. condition. 703-444-2585.

Werner 24' aluminum extension ladder model D1224-2 225lb. load capacity Type II Duty rating Medium duty commercial rating \$150/obo. 703-430-4114.

Like new! Werner 24' fiberglass extension ladder model D6224-2 300lb. load capacity Type IA Heavy Duty rating \$250/obo. 703-430-4114.

Like new "Malawi" safari crib bedding set! 18 pieces - Quilt, valances, lamp, growth chart, picture frame & tons more... paid \$650, asking \$350/obo. 703-430-4114.

WANTED

Wanted used in good condition black or stainless steel kitchen appliances (stove, refrigerator) ready to buy & pick up anytime. 571-434-0459 or 703-463-0847.















Cascades Dog sitting group forming. Small non-shedding dogs only. Avoid kennel fee. Take care of a neighbor's dog as part of your family while they vacation and vice versa.

Need help for summer such as errands, dog walking/sitting, babysitting, housesitting, etc? 703-303-6627.

Mon's helper needed: 2 mornings (or afternoons)/week from June 1 - Sept. 1 for my 3 yr. old & 1 yr. old - \$40/wk. pay. Serious inquiries ONLY!!! For an interview, please call 703-444-2343.

Looking for someone to share my wonderful nanny PT or FT. Can either start in June or August. 703-444-0888 or jrbionda@yahoo.com.

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
				 		
7	8 Finance Committee 7PM LICC 	9	10	11 Cypress Point Parking Committee 6:30 LICC  	12	13
14 Flag Day! 	15 	16 50 Plus Club 6:30-8PM SFCC	17 Covenants Committee 7PM LICC	18 Green Team 7:30PM LICC  	19	20
21 	22 	23	24	25 Board Of Directors 6:30PM LICC  	26	27
28	29 	30				

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

American Disposal/Townhomes 703.368.0500

CSI/Single Family Homes 703.444.3181

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

Staff

Martha Kaczmarczyk, PCAM, General Manager, 703-406-0456, 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

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

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

