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**TD SPORTSCAMP at CASCADES REGISTRATION FORM – SPRING BREAK/SUMMER 2009**  
[www.tdsports.org](http://www.tdsports.org) Telephone: (703) 980-0516 Fax: (703) 729-1883 [admin@tennisdan.com](mailto:admin@tennisdan.com)

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

**Please check appropriate session blocks below:**

**For Office Use Only:**

Session Dates & Session #	Full Day 9:00am-4:00pm	Ext. care 8:00-9:00am	Ext. care 4:00-5:00pm	PAYMENTS Due	Payments		
					Descr.	Amount	Method date
June 22-26 (1)	\$280/\$300	\$40/\$50	\$40/\$50				
June 29-July 3 (2)	\$280/\$300	\$40/\$50	\$40/\$50				
Jul 6-10 (3)	\$280/\$300	\$40/\$50	\$40/\$50				
Jul 13-17 (4)	\$280/\$300	\$40/\$50	\$40/\$50				
Jul 20-24 (5)	\$280/\$300	\$40/\$50	\$40/\$50				
Jul 27-31 (6)	\$280/\$300	\$40/\$50	\$40/\$50				
Aug 3-7 (7)	\$280/\$300	\$40/\$50	\$40/\$50				
Aug 10-14 (8)	\$280/\$300	\$40/\$50	\$40/\$50				
Aug 17-21 (9)	\$280/\$300	\$40/\$50	\$40/\$50				
<b>TOTALS</b>							
<b>TD CAMP</b>	<b>T-SHIRT</b>	Circle size :	Youth S, M	L, Adult S,	M,L		

Payment for camp and memberships can be made by cash or check. 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 Tennis Dan, 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

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## The Water Guy

*By John Lane, Board Member*

Hi again, water-saving Cascades Neighbors. With a full year of water conservation under our collective belts, let's take a look at how much water we've actually saved during four full quarters of 2008 water use. Our HOA management introduced water conservation measures that resulted in saving over one half million gallons of water in 2008, for a savings to the HOA budget of over one thousand dollars! Collectively all of our Cascades households saved....are you ready for this? We all used almost fifty million gallons of water less in 2008 than we did in 2007, for a combined savings to our individual budgets of over \$90,000. Just to show you how a small savings in each Cascades household adds up to a big difference, let's look at the third quarter. In the third quarter, we had our smallest savings per household...we only saved three gallons a day per Cascades household. That three gallons a day, when multiplied by the force of our entire community for the full quarter, resulted in saving over six million gallons of pure clean drinking water! That's enough water to sustain life in the third world for a day for one and a quarter million people! Our actual water savings for the entire year would supply over 25,000 people with water for a full year. Now who says we can't make a big difference with a little effort, household by household. I hope each one of you is proud as punch over our year's effort! You should be!

We've driven our water use way down, so savings this year will be harder to come by. Most of us have picked the low hanging fruit. We're taking shorter showers, we're fully loading the dishwasher and the washing machine, we're only watering our lawns when its needed, etc. But let's redouble our efforts and see how much more we can save in 2009! Even if we only maintained last year's usage, we'd save another fifty million gallons of water in 2009! At the risk of breaking our arms patting ourselves on our backs, The Water Guy and The Water Gal must brag that the 2009 first quarter water use was under 100 gallons a day for our two person household. Can you top that?

Shifting gears on you, I'm happy to report that Loudoun Water received an ample number of Cascades volunteers for their test of the effectiveness of weather-based irrigation controllers. A number of Cascades households are receiving \$1200 controller systems free of charge and fully installed. The test will be on-going this year, and we thank Loudoun Water for choosing Cascades for this test.

Cascades Current 2009

As another example of recognition for our water saving ways and to celebrate National Drinking Water Week, May 4-9, Loudoun Water is conducting a contest just for Cascades residents. To enter this contest, just film an under five minute video of how your household is saving water, post it on youtube, and let Loudoun Water know. Contest details are on our website at [www.cascadesva.com](http://www.cascadesva.com). The winning household will receive free water for the entire month of May!

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## Cascades 10K Firechase & 911 Fun Run

*By: Josh Harber, CMCA, Assistant General Manager  
Josh@cascadesva.com*

On Saturday morning, May 23, an exciting event will be happening in Cascades. For some of you it will be right outside your front door. Volunteers will start arriving around 5 a.m. to begin setting up.

The Cascades 10k Firechase and 911 Fun Run, presented by Outback Steakhouse, will start at 8 a.m. at the Lowes Island Community Center. The course will take runners past some of the residences in Lowes Island. You may even hear sirens and horns signaling the start of the race.

We encourage you to participate as a runner, if you are so inclined; or just come out and encourage the racers as they pass. We expect a minimum of 1,000 runners! All proceeds will benefit the Sterling Volunteer Fire Department here in your community. If you would like to run, pick up a race brochure at the Lowes Island Community Center or visit [www.runwashington.com](http://www.runwashington.com) for all the information.

To volunteer on race day, call Lindsay at 703-406-0820, x101. On the day of the race volunteers will be needed to hand out water, direct the racers, clean up trash and many other jobs. This is a good community activity for local clubs.

We are looking forward to a great day!



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## On Our Mind

By Tom Cooke , Board Member

Today I would like to share an open letter to a fellow resident regarding our pedestrian crosswalks in Cascades:

Dear Blue Convertible Driver:

I'm the dog walker who, along with my son, shouted at you the other Saturday morning when you drove through the crosswalk at the intersection of Lowes Island Blvd and Saulty Drive. To refresh your memory, I was halfway across the clearly-marked crosswalk when you approached the intersection from the north, driving at what seemed to me to be a rapid rate (I didn't have a radar gun with me so I cannot verify whether you were exceeding the posted 35 MPH limit). I was about halfway across the intersection standing adjacent to the median as you approached, and since you didn't seem intent on stopping I waited for you to pass. As you drove by, I shouted, "You're supposed to stop."

I appreciated your wishing to continue the dialogue, particularly when you slammed your car to a stop and backed up, effectively blocking the right-hand lane. I also appreciated your desire to engage in conversation so quickly—in fact, if you recall you got out of your vehicle and ran up toward me so fast you ended up within three inches of my face.

I'm sorry you misunderstood my intent on shouting at you. I did not, as you loudly suggested, "want to get into it with (you)," nor did I want to "go at it right now, you and me." I only wished to convey to you what obviously was your misunderstanding of Loudoun County's laws regarding pedestrian crosswalks. I know this because you may recall you shouted at least three times, "I do not have to stop at this crosswalk." Also, please excuse my abrupt departure; your obvious excitement in wishing to debate the issue with me was misconstrued by my son as your imminent intent to strike me. Rather than continue our discussion you may remember I chose instead to note your license plate number and walk away.

Since our discussion was truncated, please permit me to clarify what I meant by "You're supposed to stop." Virginia Code 46.2-924 states: ***The driver of any vehicle on a highway shall yield the right-of-way to any pedestrian crossing such highway at any clearly marked crosswalk at any intersection on a highway or street where the legal maximum speed does not exceed 35 miles per hour.*** The crosswalk at Lowes

Island Blvd and Saulty Drive is indeed clearly marked by large diagonal white lines, supported by two sets of pedestrian crossing signs at both the northern and southern approaches to the intersection. I also note the posted speed limit on Lowes Island Blvd is 35 MPH. While later conveying our conversation with the Loudoun County Sheriff's Department, the Deputy with whom I spoke confirmed that you indeed should have stopped. In fact, he commented that if he had witnessed our meeting, you would have been guilty of a traffic infraction punishable by a fine of no less than \$100 or more than \$500.

I'm sharing my letter to you with the entire community because this particular intersection is heavily transited by children en route Lowes Island Elementary School and by all residents who use the Community Center on this same corner. Perhaps they will now be more comfortable in the knowledge they will no longer be "stranded" in the middle of a divided four-lane highway but will be allowed to safely cross to the other side. It is my fervent hope you and others read this letter and allow pedestrians to safely cross at all marked intersections within Cascades.

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### PUBLIC HEARING

Vehicle Parking Resolution Revision

Thursday, May 28th 6:30 pm

Lowes Island Community Center

Board is considering allowing the parking of golf carts

on the 15 new Watermark Place parking spaces.

Please attend the hearing or provide your input to [boardofdirectors@cascadesva.com](mailto:boardofdirectors@cascadesva.com).

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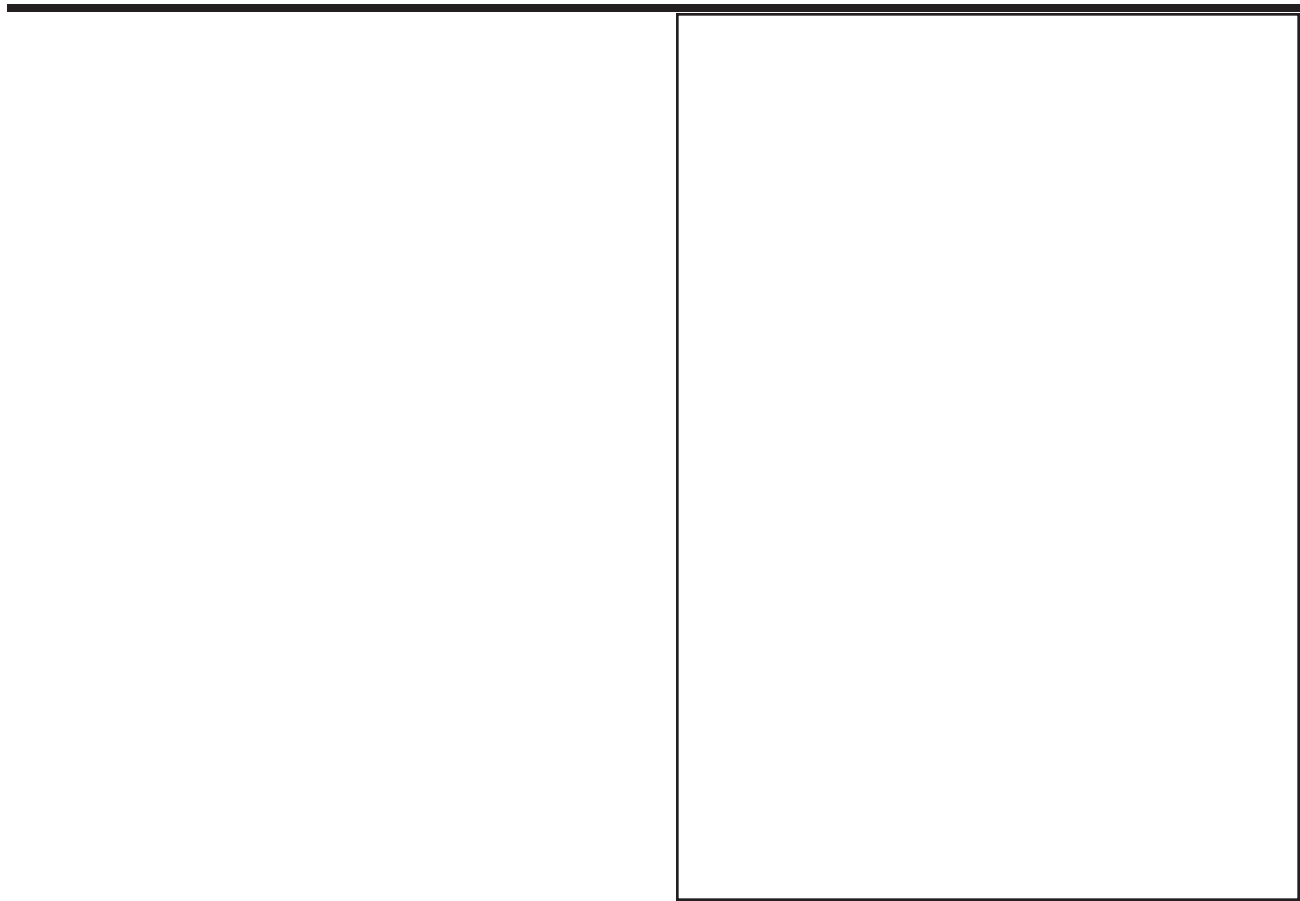
### Donate To animals in need

By Troup 4473

Hi! We are girl scout junior troop 4473. As part of our work towards our bronze award, we are collecting donations for homeless animals in Loudoun County. These donations will help animals waiting to be adopted into a family. Donations will be accepted during the month of April at Lowes Island Community Center (47620 Saulty Drive).

If you would like to donate here are some suggestions of what to give: cat litter, unopened cans or bags of food, clean blankets or towels, pet beds, crates or carriers, food or water bowls, leashes, collars, or toys of any type for animals.

Please help us and all of the animals in need of homes.



## GM Corner

By Martha Kaczmarczyk, PCAM, General Manager

The pool season is just around the corner. Where are the photo ID cards you will need to access the pools? If you do not have them, take advantage of the additional office openings this month to obtain your photo ID cards early. The week of May 4<sup>th</sup> through 8<sup>th</sup> the office will be open until 8:00 pm and Saturday, May 9<sup>th</sup>, the office will be open from 11:00 am to 2:00 p.m. Otherwise, you can come in to the office any week day between 8:00 am and 5:00 pm. Avoid the rush later in the month and come early.

If you have your photo ID card and your assessments are paid, you do not have to do anything else. In mid May, you will receive your 2009 pool sticker (or stickers if there are more than one person in your household) and a guest pass card in the mail. Attach the 2009 pool sticker to the photo ID card and you are ready to enjoy the pools this summer. Pools open on Saturday, May 23<sup>rd</sup>.

In these economic times, everyone is looking for ways to save money. One way is to seal air leaks in your home. This can be done in many ways. Insulate your attic floor or top-floor ceiling to a minimum of R-49 for these spaces. R-values or numbers indicate the resistance of an insulation material to heat flow. The higher the R-number the more effective the insulating capability. R-values appear on the packages of insulation materials. What R-value is insulating your home?



## A Healthy Sewer Line Makes for a Happy Homeowner

By Steve Olekszyk, John Lane and Loudoun Water

Have you ever thought about the health of your lateral sewer line? For that matter, do you know what a lateral sewer line is? Most people, like me, see the water drain from the sink, tub or shower and as long as the water goes down, assume that the wastewater system is working fine. Unfortunately there is more to the health of your sewer system than keeping Fido's hair from clogging your tub drain trap. Each one of our homes is connected via a 4-inch pipe running from the house to the Loudoun Water wastewater collector main in the street. The wastewater is then sent for treatment to either, the D.C. Water and Sewer Authority in Blue Plains, or Loudoun Water's water reclamation facility in Ashburn. The maintenance and care of your connection to the Loudoun Water's system is just as important as the maintenance and care of your household plumbing.

For inside pipe health, do not put caustic or toxic chemicals down the drains in your home. These items may damage your pipes, and perhaps more importantly, may damage the biological process that treats the wastewater before discharging it to the Potomac River and ultimately the Chesapeake Bay. A list of items you definitely should not pour or flush down your drain is located at [www.loudounwater.org/water/wastewater/customerrole.cfm](http://www.loudounwater.org/water/wastewater/customerrole.cfm).

For outside pipe health, you should be aware of where your lateral sewer line is located in your yard. Loudoun Water may have a sketch you can use to locate the line before doing any landscaping. Call 571-291-7700 and ask for the Engineer-on-Call. He or she will help you view a map showing the location of your lateral sewer line. Even though sewer lines are typically buried more than three feet underground, some landscaping decisions may pose a risk to them. When choosing shrub and tree species, understand what their roots will do underground. Trees in particular can cause serious problems. Are the trees you might choose, heavy water drinkers that may seek out any possible underground water source, including minute cracks in your lateral sewer line? Do you have enough distance between the planting hole you are about to dig and the position of the lateral sewer to ensure that you don't accidentally damage the pipe during the installation? If the lateral

*(Continued on page 11)*



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## Spring Flowers Bring Home Renovations

*By Nikki Perrin, Covenants Manager*

This is the time of the year that homeowners inspect their properties and decide to repair or enhance their homes and landscaping. Routine maintenance repair where the same material and color is used, does not need Covenant Committee approval.

All other changes to the exterior of the house and the property require the approval of the Covenants Committee. A completed Design Review Application (DRA) is needed. This application can be downloaded from [www.cascadesva.com](http://www.cascadesva.com) or through the office. Once submitted to the office, staff reviews the DRA. If the request is of a routine nature, staff can approve it after viewing the property. At this time of the year, this approval can be obtained in a few days.

If the ADR is of a non-routine nature, the Covenants Committee needs to review and take action on it. The committee meets every third Wednesday of the month. In order to be placed on the meeting agenda, the DRA must be submitted 8 days in advance of the meeting. Since the committee meets once a month, please remember to submit your DRA by the deadline. Assistance with the DRA can be obtained by contacting me at [nikki@cascadesva.com](mailto:nikki@cascadesva.com) or 703-406-0820, ext. 104.

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## Earth Week Activities

*By Martha Kaczmarczyk, PCAM, General Manager*

Scout Troops #950 led by Shawn Mallon and #1152 led by Kerry Kelly planted 150 tree seedlings on the common ground. They worked hard for many hours to enhance the locations chosen for this planting. Also, they cleaned up the common area while they were there. A big thank you goes to each of these scouts and their den leaders.

The Green Team organized a community wide clean up last month. With the help of resident volunteers, common ground area litter was picked up and disposed of properly. This year the Green Team was joined by volunteers from Falcon's Landing. The whole community benefits from the hard work of all the volunteers. Another big thank you goes to these volunteers. This is an annual event and all residents are encouraged and welcome to participate next year.

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## Delinquent Assessments

*By Nikki Perrin, Bookkeeper*

The collections attorney Cascades retained for many, many years has closed shop. In bidding out the collection work, it was ascertained that all other collection attorney s require higher payments for their services. Once an account is turned over to an attorney for collections and an attorney letter is sent to the homeowner, the homeowner is assessed a \$190 collection fee. In addition, once a court case is scheduled, there are additional legal and court fees.

To avoid these collection fees, do not ignore notices regarding unpaid assessments. Once you receive such a notice, please contact Nikki Perrin, Bookkeeper, at [nikki@cascadesva.com](mailto:nikki@cascadesva.com) or 703-406-0820, ext. 104 to explain when you will be able to make payment. If a reasonable agreement can be reached, your assessment account will not be forwarded for collection. This way you avoid additional collection fees on top of the outstanding assessments. In these difficult times, we have to work together to meet association and homeowners' needs. Help us help you!



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## Financial Seminar

Acts you can take in a volatile market

MAY 12TH, 7:00 PM

THE STONEHOUSE COMMUNITY CENTER  
20670 FERNBANK COURT

Whether you're saving to start a family, planning a major purchase, paying for college or enjoying a satisfying retirement, unsteady financial markets can make you wonder whether you're still on track to meet your financial goals.

Could you use some help to plan for your financial goals, even in today's volatile market? That's why the Cascades Association is co-sponsoring this seminar. The information will be presented by a knowledgeable Financial Planner. This seminar can provide you with the knowledge you need to identify your important financial options.

This seminar will cover issues such as:

- Why and how markets change
  - Why it's important to stay in the market
  - What opportunities can be gained from market downturns
  - Not allowing emotions to influence investment decisions.
  - Your expectations for financial performance in a volatile market
  - What market change may mean for your dreams
  - Steps you can take today
- 

*(A healthy sewer line continued from page 7)*

sewer line is invaded by roots, the waste backups are very unpleasant and the repair costs could be significant. If you suspect that you might have root intrusion in your lateral sewer, you should seek the advice of a plumbing professional. The solution may be as simple as using a root killer product that is added to your next flush, although this solution must be repeated on a regular basis. More serious situations may require that a video camera be run through your sewer line to "see" if there is a more serious blockage. Not all plumbers have this sophisticated equipment, but those that do can "track" the camera and determine accurately where, and how deep, your lateral sewer line is.

The more you know about where and how you are connected to Loudoun Water's system, and what to look for, the better able you will be to avoid backups and other types of problems.

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## Trailer Parking

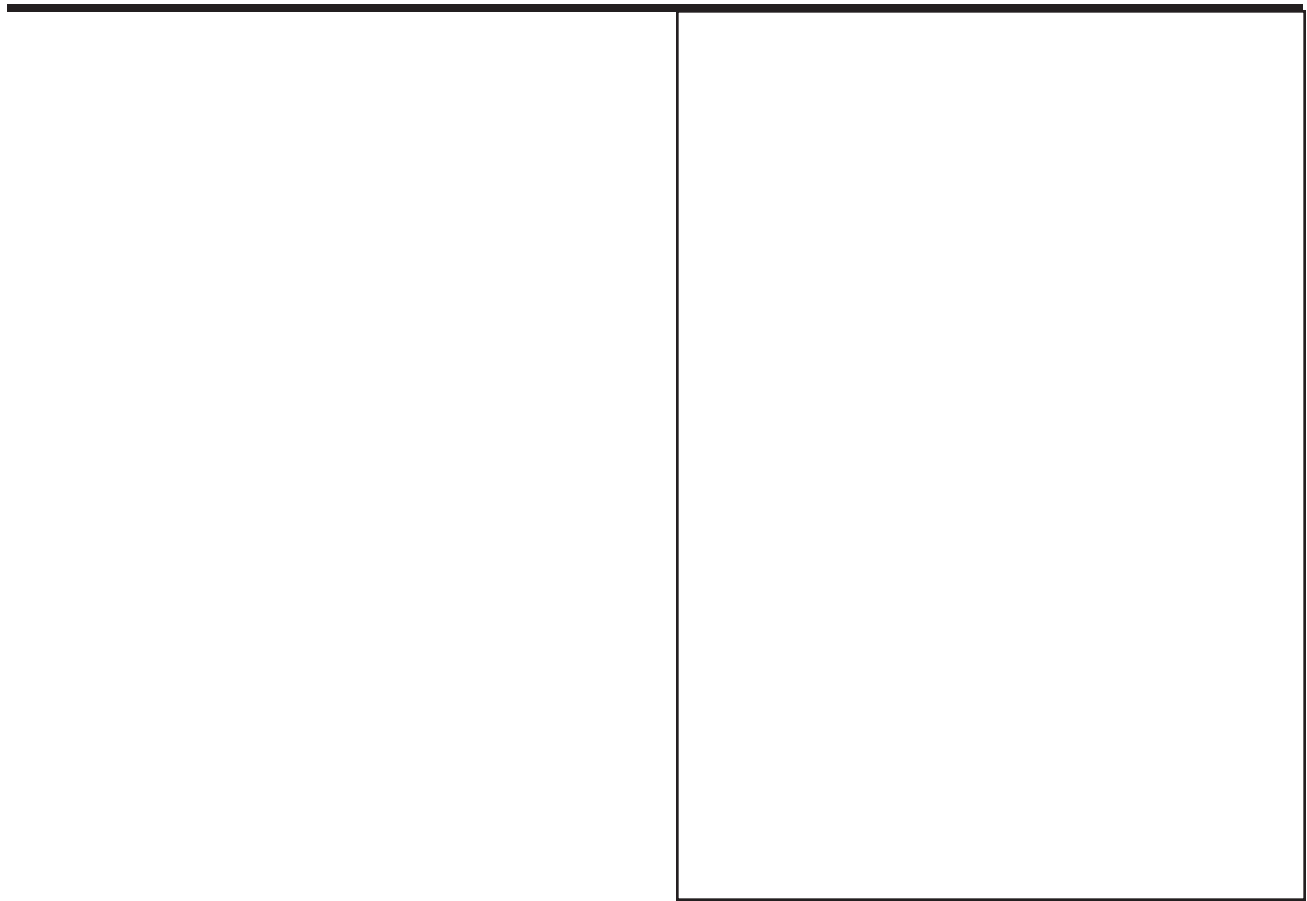
*By Teresa Campbell, Covenants Assistant*

Loudoun County has passed a new ordinance that does not allow the parking of trailers on public streets. If a trailer is parked on a public street in Cascades, the Sheriff's Department will ticket the trailer. If a trailer is parked on Cascades public streets, it will be tagged for towing. All trailers need to be parked out of site in Cascades.

The new Loudoun County ordinance 480.101 Parking Trailers in Residential Zones states the following: No person shall park a trailer or semi trailer, regardless whether such trailer or semi trailer is attached to another vehicle, except for loading and unloading for a period not to exceed 72 hours, within or along any public highway of the County where the land abutting such highway is classified as a Residential District under the Zoning Ordinance of the County."

Cascades is classified as a Residential District under the Zoning Ordinance of the County. Therefore, parking of trailer or semi trailer on any public street in Cascades is not permitted and will be enforced by





## The Corner Lot

### Answers to Your Real Estate Questions

By John Lane Esq, Board Member

So Betty Buyer, you're ready to buy a new home. You've been browsing on the Internet and have found a house you'd like to inspect in person. You call the agent shown on the Internet and begin to chat about the house. What do you need to know before you start talking? You need to know that the agent is representing Sally Seller, the owner of the house. As the "Listing Agent", Libby Lister is not representing you. Under Virginia law, Libby owes her loyalty to Sally, and she will do everything she can legally do to zealously represent Sally's interests. However, in her dealings with you, Libby must be honest, and at the proper point, she must disclose defects in the property that are actually known to her. Before talking seriously with you about the house, Libby will tell you that she is representing the Seller.

That stops you for a second, and you say, "OK, I understand, but I'd like to work with an agent who can represent me." "That's fine," says Libby, "Let me get Ben on the line with you. Ben is a fine agent and although he's in my office, he has not listed the house, and he can represent you." That sounds good to you and you are ready to talk to Ben. What do you need to know before you start talking? You need to know that under Virginia law, every agent represents the seller, unless and until the buyer asks the agent to represent him or her. Ben will answer your questions about the house, and he will take you to see it, but he is still representing Sally Seller. So, before you start telling Ben how much you can afford to pay for the property, and how important it is for you to move in the next ninety days, you need to ask Ben to represent you. Ben agrees, and asks you to sign a Buyer's Agent Agreement, authorizing Ben to represent you. You'd like to work with Ben a little bit to be sure you're comfortable with him, so you may limit the agreement to a couple of weeks or to the specific house you're interested in. If you feel comfortable with him right from the get-go, you may ask him to represent you for a longer term and for a wider property search.

That agreement you just signed converts Ben from a "Seller's Agent" to a "Buyer's Agent." Ben will now zealously represent your interests, including getting the house for you at the lowest possible price. Let me get a bit technical on you now. Both Libby and Ben are associated with the same Brokerage Firm. This is called "designated representation," because

the Broker supervising the Office has designated Libby as representing Sally and Ben as representing you. Ben and Libby are now working on opposite sides of the negotiating table, and may not share any information that could prejudice their client's position.

"Couldn't I get an agent from another firm to represent me?" You certainly can. Both designated representation and use of two separate firms are common practice. In either case, the agent representing the Buyer is the "Buyer's Agent", and the Agent presenting the seller is the "Seller's Agent." If two firms are involved, the terms "Buyer's Broker" and Seller's Broker" are used to designate the supervising Brokers.

"Can't I just ask Libby Lister to represent me as well as Sally Seller?" Well, you could. That arrangement is termed "dual representation." The challenge with dual representation is that it places Libby in the position of zealously representing both Betty and Sally in the same transaction. Although the arrangement is legal, and it is sometimes used, it places the agent in the position of getting the best price for the seller at the lowest cost for the buyer. That's a tough tightrope for an agent to walk. Kind of like a lawyer representing both spouses in a divorce. There are circumstances where it may be appropriate, but a path fraught with peril for all parties.

OK, cue the Casablanca theme: Betty Buyer, you must remember this... that an agent represents the Seller until you ask him or her to represent you! And also remember this...that the Seller typically pays the Buyer's Agent compensation. So Betty, Sally is paying YOUR agent to zealously represent YOU. Does it get any better than that?

Well, I promised last month to talk about why the difference between a Buyer's Agent" and a "Seller's Agent" should be important to you. Hope I've succeeded. Next month we'll look at whether we are moving from a "Buyer's Market" to a "Seller's Market" in Cascades in this rapidly changing Northern Virginia real estate environment.

*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](mailto:BoardofDirectors@cascades.com).*

### ADDITIONAL OFFICE HOURS

Obtain Photo ID Cards for Pool Access

Monday, May 4<sup>th</sup> through Friday, May 8<sup>th</sup>

8:00 am to 8:00 pm

Saturday, May 9<sup>th</sup>

11:00 am to 2:00 pm



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## Electronics Recycling Event

Loudoun County holds two electronics recycling collection events annually, one in the fall and one in the spring. The next event is scheduled for Saturday, May 16, 2009, at the Telos Xacta Corporation parking lot at 19886 Ashburn Road, Ashburn, VA 20147. From Route 7, use the exit for "South 901 - Claiborne Parkway - Ashburn", turn left at the intersection onto Russell Branch Parkway, and turn left at the next intersection onto Ashburn Road.

You can bring the following items: Computers and all peripherals; for example, processors, keyboards, mice, speakers and cables ,Laptop computers, UPS backups (\$5 fee charged per item), Microwave ovens (\$5 each), Computer monitors (\$8 fee charged per item), TVs (\$12 fee charged per item), Console TVs (\$20 fee charged per item), Big Screen TVs (fee depends on size), Stereos, VCRs and DVD players, Video game consoles, Digital cameras, camcorders, Cell phones, pagers, Tabletop copiers & scanners, Tapletop printers & fax machines, Electric typewriters, Adding machines, Surge protectors, and Power cords & cables.

Items that will not be accepted include kitchen, laundry, and bath appliances such as refrigerators, freezers, dishwashers, ovens, toaster ovens, clothes washers/dryers, clothes irons, hair dryers, curling irons, and electric razors, etc. Stereo speakers, stand-alone copiers, stand-alone printers, CDs and software will not be accepted either.

There is a limit of 15 items per vehicle. A computer monitor, keyboard, and mouse will be considered one item. If you have more than 15 items, call the Loudoun County Recycling Hotline 703-771-5318.

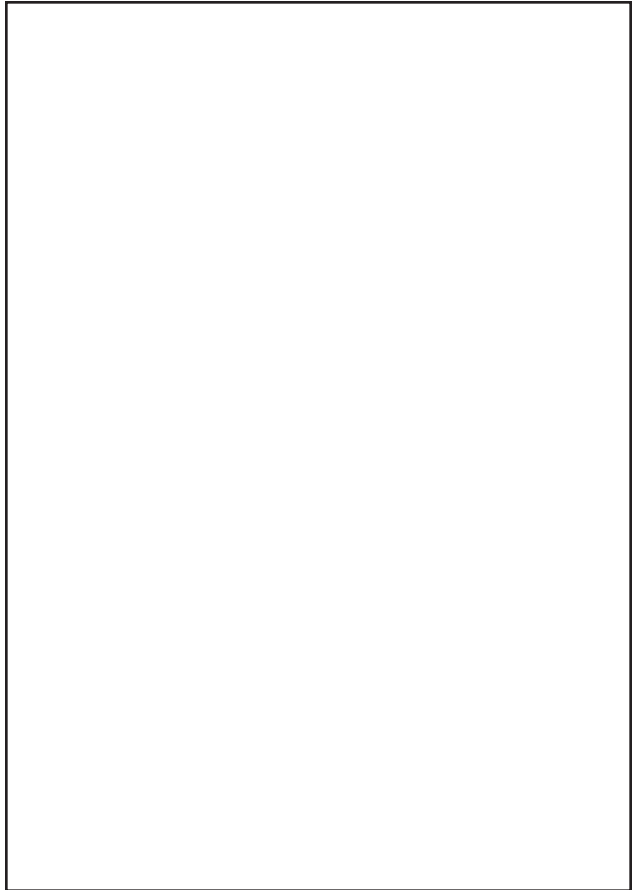
## Bike to Work Day

*By Martha Kaczmarczyk, PCAM, General Manager*

The annual Bike to Work Day is held on the third Friday of May across the United States and Canada that promotes the bicycle as an option for commuting to work. This is the 5th annual event. Bicycle commuting is a healthy and safe alternative to driving. Try it on May 15th.

## Bike and Gear Swaps

The Washington Area Bicyclist Association (WABA) organizes bike and gear swaps on the following Saturdays from 9:00 am to 1:00 pm: May 9th, June 13th, September 12th. The Swaps are hosted behind The Bicycle Place at 8318 Grubb Road, Silver Springs, MD. You can sell, buy, or donate bikes, gears and clothing. If you are selling something, 10% of the sales price benefits WABA. More information is available at <http://waba.org/events/bikeandgearswaps.php>.





## Spring Update for Village Green Day School at Lowes Island

By Brooke Kane, Director of Admissions

With our 10 year anniversary under our belt, Village Green continues to educate and cultivate the social and academic development of young children.

We recently unveiled our new Mission Statement:

Village Green's Mission is to provide our children and families with a loving home away from home by intertwining a compassionate, nurturing environment with a challenging curriculum that meets the needs of the whole child, thus creating a school community "Where learning feels like family."

In keeping with the mission, we have provided several special school events for our students and families over the past few months:

In February, we held a Family Education Night where the children participated with their parents in activities related to Space Science which included:

- Making rockets and learning how they fly
- Maneuvering vehicles on the surface of the moon
- Viewing the constellations

Our spring musical, held in March, was a great success. It included many wonderful "Go Fish" themed songs like, Oceans of Fun, We're Sharks and Round-Up Under the Sea. The students learned the valuable lesson that even "fish" who are different are special in their own way. It was clear that being part of such an organized event teaches the children to be both independent and how to be part of the greater whole.

As the temperature rises we are reminded that summer is right around the corner. With that in mind, our Summer Camp team is planning exciting weekly activities centered around themes like Wizards & Wands; Fitness, Food & Fun; and Bugs & Blooms.

For more information about our Summer Camp, please contact our Camp Director at 703-404-4200.

As you have read, we are an active school community with lots of great activities and learning going on. If you (or someone you know) are interested in having your child attend our school, we have limited spaces available in our Preschool, Kindergarten and After Elementary School classes. Please contact our Director of Admissions at 703-404-4200 and have a wonderful SPRING!

## Lowes Island Elementary School

*"Home of the Learning Leopards"*

By Kristin Rappe, PTO Vice President

Our school has been as busy as a beehive this past spring. In March, we welcomed our families to our traditional Bingo. Dozens of children took home door prizes, raffle baskets and game prizes. April welcomed Spring Break and warmer weather for outdoor recess.

Spring is also the season in which our teachers perform individual assessments with the children. We use these to learn more about our students and their academic needs.

The teachers in grades 3-5 have already started their benchmark assessments in several of the core subjects. These are designed to give the classroom teacher feedback on how well the children understand the core curriculum. The information helps the teachers see what concepts are solidly learned and what information may need to be revisited.

All children in grades K- 5 have been participating in the Developmental Reading Assessment (DRA). This is done periodically to chart and plan instruction for each child's specific needs. This identifies students' independent reading level and their reading strengths and weaknesses.

Most of the children in grades K-2 also take the Phonological Awareness Literacy Screening (PALS). This test identifies each child's literacy strengths and those areas that may need additional direct instruction or interventions. It also helps us to create and strengthen the relationship between phonological awareness skills to reading and writing.

Our Second Graders took the Cognitive Abilities Test (Cogat) in mid-April. This measures general and specific cognitive skills that allow a student to learn new tasks or solve problems. Our teachers are able to use this tool to interpret students' different learning styles.

The biggest assessment piece, the Standards of Learning Tests (SOLS), will be taken at the end of the month in grades 3-5. These standards were developed by a broad consensus as to what schools should teach and what students should learn. We incorporate this material as outlined by the Virginia Department of Education into our curriculum each year.

We look forward to sharing more Leopard news with you in the coming months!





# Lifesaver

Sterling Volunteer Fire Department Newsletter

APRIL 24, 2009

VOLUME 2009, NUMBER 1

*Man is the only creature that dares to light a fire and live with it. The reason? Because he alone has learned to put it out.*

*~Henry Jackson Vandyke, Jr.*

#### Upcoming Events:

May 16:  
Rescue Squad Open House  
10 am to 2 pm  
Station 18

May 23:  
7<sup>th</sup> Annual Cascades 10K Fire Chase



The 2009 **7th Annual Cascades 10K Fire Chase** and 9-1-1 Fun Run will be held May 23. This event has been a great success and a very good fund raiser for the Sterling Volunteer Fire Department. We have several great sponsors again this year including steak from Outback, smoothies from Robek's, and bagels and coffee from Starbucks just to name a few. For more information please go to [www.runwashington.com](http://www.runwashington.com) and click Featured Races to register today.

**Event Date:** May 23, 2009

**Event Time:** 8am

**Event Location:** Lowes Island Community Center Event Activities: Bring the family and the dog to see the fire trucks, ambulances, and support your local Volunteer Fire Company.

#### Interested in becoming part of our growing family?

##### Join us at our New Member Orientation

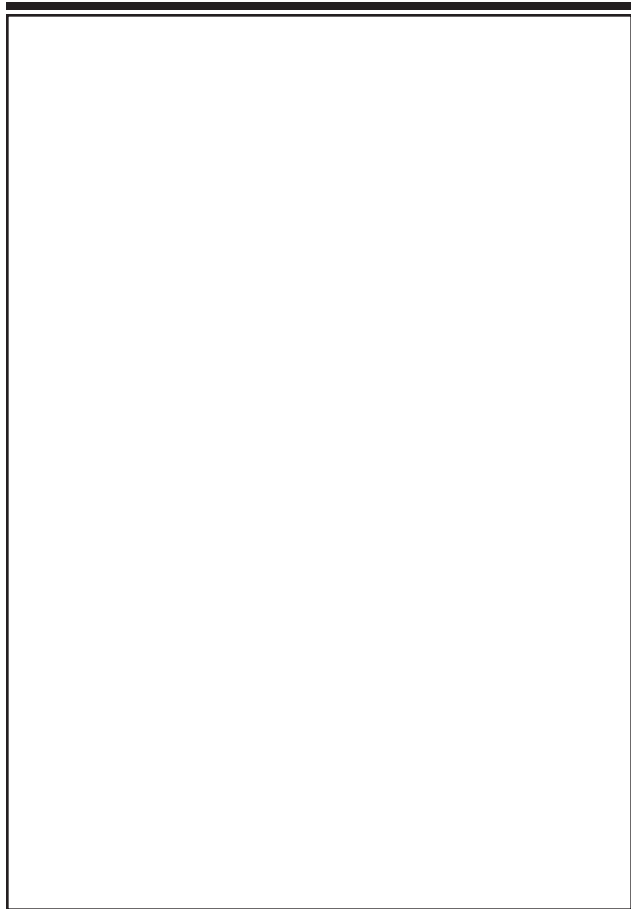
Sterling Volunteer Fire Company is always looking for new members to help staff our fire trucks and/or perform basic administrative functions around the station. No experience necessary and all training is FREE. Our next new member orientation is Thursday 4/16/2009 at 7pm held at Fire Station 18 (46700 Middlefield Drive Sterling VA 20165). For more information e-mail [membership@sterlingfire.org](mailto:membership@sterlingfire.org).

#### Making a difference in your community

We've responded to over 860 calls through March 2009. The Sterling Volunteer Fire Department operates out of three fire stations: Sterling Park, Sugarland, and Cascades. From these stations, we respond with three fire engines, three ladder trucks, a hazardous materials response unit and a command unit. For details or information on how we are making a difference in your community, please see our website.



[www.SterlingFire.org](http://www.SterlingFire.org)



## 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

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.

Beach House Corolla NC, 6 bedroom, 4 bath, pets welcome, walk to ocean, large pool, July & late August, photos at [www.villagerealty.com](http://www.villagerealty.com) under "Southern Paws". 703-450-7789

### FURNITURE AND HOUSEHOLD

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.

Eclips Salon gift card (Ashburn Village). Good for one child's haircut (valued between 25-40 dollars). Yours for only \$15. No exp. date or any other terms. 703-444-4247.

For sale - Peg Perego Prima Highchair- like new- just replaced seat cover worth \$48 - will sell for \$85/obo. Graco Babyswing, 3 speeds & music \$30/obo. 703-421-9714.

Fifty five (55 piece) Noritake China - pattern: NORMA. New never used: Currently sells for \$1500, will sacrifice for \$500. 571-221-4947.

Jobri Bed Wedge. New in box. Paid \$155 w/shipping. Can see at: <http://jobri.com/custom/prodview.php?action=prodview&id=63>. 571-221-4947 or [dee@antolik.us](mailto:dee@antolik.us).

Proform sightline treadmill, folds flat for storage. Used only for walking \$200/obo. 571-316-0606.

Wall Units, 2 bases w/drawers, 2 upper shelf units \$150. Table desk \$10. Single headboard, frame free. Beech w/light blue accents, from Ikea. 571-316-0606.

3 drawer dresser \$35. Bedside stand w/2 drawers \$20, Light Oak. White fiber glass Simmons bed w/blue cushions \$35. 571-316-0606.

Prom dresses & evening wear, each worn one time, cleaned & in exc. cond., in various colors, sizes 6, 8, & 10. Vera Wang, Jessica McClintock, BCBG, & other popular brands. 703-450-1443.

For sale: Honda-Troy-Bilt Lawn Mower. 21 inch cutting width. Can mulch or bag clipping. Used only 2 seasons. Asking \$175. 703-474-7434 & leave message if no answer.

14 carat gold diamond & emerald ring \$350. Stunning 14 carat gold ring, unique style, size 6.5 w/17 emeralds & 1 diamond. Asking \$350/obo. 703-406-3299.

Genuine Designer Handbags - Genuine Coach Hampton's Capacity wristlet, Coach Soho mini signature hobo white purse, brand new. Louis Vuitton petite bucket handbag. 703-282-2903.

Women's clothing, shoes & more. Long black wool/cashmere coat, Kenneth Cole black leather jacket, Women's clothing sizes 2-6, women's shoes (sizes 8-8.5, few 7.5 or 9), jewelry, etc. 703-282-2903.

P.B. Charleston loveseat w/oat velvet slip cover in exc., cond. (\$250); Chair & a half w/ottoman w/moss velvet slipcover in fair condition (\$50). P.B. Teen locker desk w/olive, orange navy, drawers \$75 like new (471/4w x 21d). 703-774-7838.

Airgo desk chair in navy (\$50). Retro Rocker in denim (\$45). Quad rug in olive, blue, orange & tan (\$50) like new. Magazine Rack (\$25); Accessories/bedding to be given away w/purchase. 703-774-7838.

### WANTED

A small company in Potomac Falls that operates 2 offices in the home needs IT support for its local area network, web site, office systems & computer (Macs & PCs) support on as needed basis. 571-434-9222.

Cascades Dog sitting group forming. Small non-shedding dogs only. Avoid kennel fees. Take care of a neighbor's dog as part of your family while they vacation & vice versa. 703-444-4247.

Seeking part-time nanny to take care of infant twin boys in our home. Morning hours on weekdays 20-24 hrs. wk. 703-430-5809.

Seeking active & responsible college-aged or older high school female to supervise 11 yr. old daughter this summer. Must have own car. Excellent pay, flexible schedule. 703-268-9505.

Looking for a summer mother's helper/babysitter in Lowes Island-6 & 4 yr. old boys & 7 month old girl. Flexible hrs. approx. 6-8 hrs. per week. 703-406-3794.

Dog walks - Your pal needs an afternoon break while you are stuck at work? 703-430-9041 for reliable after school dog walking in Lowes Island & River Creek.

Great job for a college student! Looking for a PT sitter 2-3 days/wk for 3 fun children ages 7, 5, & 1 yrs. old. Starting after Memorial Day. 703-728-6201.















### AUTO

2002 Corvette Coupe LT Pewter Black interior, exc., 9,025 miles, garaged kept, 5.7L V8, automatic transparent roof, body side molding, serious buyers only. 703-430-7686.

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# May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 	5	6	7  	8	9
10 	11 Finance Committee 7PM LICC 	12 Finance Seminar 7PM SFCC	13	14 Cypress Point Parking Committee 6:30 LICC  	15	16 YARD SALE! 
17	18 	19 50 Plus Club 6:30-8PM SFCC	20 Covenants Committee 7PM LICC	21 Green Team 7:30PM LICC  	22	23 POOLS OPEN!
24	25 Memorial Day OFFICES CLOSED! 	26	27	28 Board Of Directors & Public Hearing 6:30PM LICC  	29	30
31						

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](http://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](mailto: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

