



Summer 2020

# The FRONT PORCH

COMMUNITY NEWSLETTER





## ASSOCIATION MANAGEMENT

Community Manager: Sara Cruz  
703-640-3968 SCruz@cmc-management.com

Assistant Manager/Activities Director: Daiane Studzinski  
703-640-3967 DStudzinski@cmc-management.com

Covenants Administrator: Taylor Wagner  
703-640-3973 TWagner@cmc-management.com

CMC Corporate Office: 703-631-7200  
4840 Westfields Blvd, Suite 300 - Chantilly, VA 20151

## POTOMAC SHORES ENTITIES

The Fitness Barn 703-640-3970  
Tidewater Grill 571-383-3050, ext. 2  
Tidewater Sales Manager 571-383-3052  
Golf Shop, Tee Times 571-383-3050, ext. 1

## HOA COMMITTEES

Communications Committee: Trina Gonzalez, Chair  
CommunicationsPotomacShores@gmail.com

Greenhouse/Garden: Kiz Malin, Chair  
gardenspotomacshores@gmail.com

Social Committee: Yenny Alvarez, Chair  
SocialPotomacShores@gmail.com

Town Center Committee: Kurt Bodiford, Chair  
Kurtbodi@gmail.com

Trails Committee: Matthew Ratcliff, Chair  
TrailsPotomacShores@gmail.com

## PUBLIC SERVICE

American Disposal Trash 703-368-0500  
Electric- Dominion VA Power 888-667-3000  
Fire/Rescue Triangle Station #3 703-221-4242  
Fire/Rescue Triangle Station #17 703-680-3517  
Fire/Rescue PWC Station #23 703-441-6460  
Hospital-Sentara 703-523-1000  
Hospital-Stafford County 540-741-9000  
Hospital-Inova Healthplex 703-797-6800  
Police-Garfield Station 703-792-7200  
Police-Non Emergency 703-792-6500  
Verizon Bulk Service 800-501-1172  
Washington Gas Customer Service 703-750-1000  
Washington Gas Emergency 703-750-1400  
Water & Sewer-PWCSA 703-335-7950

## ADVERTISING/PRINTING/MAILING

Imagery Print & Promotions - Leesburg, VA  
703.723.3400 - imageryads@aol.com  
www.imageryprintandpromotions.com

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Have a voice in the community where you live. We welcome your ideas, photos, submissions. Also please let us know of any business you feel would benefit from advertising in "The Front Porch". If you use this vendor chances are your neighbors will want to as well. *Stay Involved! You have invested financially in this community - have a say in how it grows.*

## The Deadline for the Fall 2020 Issue of The Front Porch is SEPTEMBER 15

### EDITORIAL, PHOTOS ...

Please send all info to Sara Cruz, Community Manager  
scruz@cmc-management.com  
or Daiane Studzinski, Asst Manager/Activities Director  
dstudzinski@cmc-management.com

### ADVERTISING

Please contact Imagery - 703.723.3400  
MaryPat - Imageryads@aol.com or Melissa - Imagerymelissa@aol.com  
or Download contracts from www.imageryprintpromotions.com



Sara Cruz,  
Community Manager

Well, our world sure has been flipped around since the last time we put together the community's newsletter! Above all else, I hope you and your families are safe and healthy during this challenging time.

I know it has been hard to feel cooped up inside your homes. We have been lucky that the weather is nicer, and the days are longer, which allows for opportunities to enjoy the outdoors. It's no secret that the Potomac Shores community has several state-of-the-art amenities, to include the pools, fitness center and the golf course. However, I personally feel that the trails system is an underappreciated gem of this community. So, it is nice to see more community members enjoying the trails during quarantine. I hope you are finding them as peaceful and beautiful as I do. If you haven't had a chance to explore them yet, we certainly encourage you to do so! A copy of the trails map is found on page 11. Entrance signs are located at the beginning of each trail head along Potomac River Blvd. You may also e-mail our Trails Committee at [TrailsPotomacShores@gmail.com](mailto:TrailsPotomacShores@gmail.com) with any questions or concerns, as they are very familiar with the trails system.

In addition to the trails, the canoe launch, garden/greenhouse and golf course are still open. Tidewater Grill is also open for takeout and delivery.

You may find yourself wanting to get caught up on home improvement projects while spending more time at home. Just a friendly reminder that any exterior modification require approval from the Architectural Committee. They are still reviewing applications, so be sure to send your completed forms to Taylor Wagner for processing. Taylor's e-mail is [TWagner@cmc-management.com](mailto:TWagner@cmc-management.com).

Thank you for your patience and understanding during this unprecedented time. A special thank you to our own Potomac Shores doctors, nurses, first responders and all essential workers. As always, our focus remains on the health and safety of residents and staff members. I speak on behalf of the entire Shores Club staff when I say we miss seeing you all in person! Please be assured that as soon as the federal, state and local governments advise that we are safe to open the Shores Club, fitness center and pools, we will be ready. Be sure to monitor our website and blast e-mails for the latest information.

In the meantime, please continue to stay safe and healthy and I look forward to seeing you soon!

## Developer Update

The Spring Developer Update was cancelled due to COVID-19 but the Developer has provided the following updates. 1,183 homes in the community have been sold, 998 of which have settled or closed. The construction of Landbay 5, sections 2 and 3 are ongoing. Beazer Homes model building is complete and open. Potomac Shores Parkway is base paved to the Town Center, and the first and second phase of Thoroughgood Drive has been paved. Potomac Station Way construction is paused for plan revision processing.

For the Town Center, REVPAR International completed the hotel study and the results support a small upscale boutique hotel. The Developer has been working with Hart Howerton to develop illustrative marketing images and the marketing effort for Station House tenants is now moving forward.

The latest on the Virginia Railway Express (VRE) Station update reflected that a 60% design was submitted to VRE in October. Virginia announced agreement with CSX Right-of-Way (ROW) in late December that changed long range plan for tracks. These changes required revisions to be made to the 60% design. The Design Revisions were completed March 30<sup>th</sup> and submitted to VRE. Currently, construction is anticipated for a late 2020/early 2021 start.

For the Offsite Parkway (the 234 through-way), plan approval is still pending. Plan approval requires ROW acquisition to be complete, and these ROWs are ongoing. The timing of construction is also dependent on their ability to issue bonds.

The slide presentation for the Spring Developer's Update can be accessed on the community website:  
[www.PotomacShoresResidents.com](http://www.PotomacShoresResidents.com).

### Official Quarterly Publication of the Potomac Shores Residential Association

**THE FRONT PORCH EDITORIAL POLICY** - Neither the Potomac Shores Homeowners Association, the Potomac Shores Board of Directors, the Communication Committee, Staff, Publisher or Residents make any representation as to the validity or qualifications of any advertiser. The publisher reserves the right to decline any articles and/or pictures that are submitted or advertisements for any reason they deem appropriate. All submissions to "The Front Porch" are included or declined at the prerogative of the Community Management Staff. Submitted articles are the opinion of the author and do not reflect the opinions of the Community or Publisher. Articles submitted are subject to editing for clarity and length and should not be self-promoting or promoting a family member, friend, business, etc. The subject should be of general interest to our Potomac Shores Residents. "The Front Porch" is not an appropriate vehicle for the promotion of any political party, candidate or platform and/or religious affiliation. Articles appearing in "The Front Porch" may not be reproduced in any manner without the express permission of the Publisher.



By *Daiane Studzinski*,  
Assistant Manager/Activities Director

Well this isn't how I had planned to start the Summer! Due to COVID-19, unfortunately we've had to cancel/reschedule a lot of our fun planned events for you all. The Social Committee and I are looking forward to rescheduling them for further dates as soon as the federal, state and local governments advise that we are safe to hold events again!

In the meantime, our community residents were able to participate in a fun and safe activity called "Chalk the Walks". Chalk the Walks is all about spreading joy, optimism and inspiration through the magical power of positive messages and chalk art. Our residents participated and were able to spread hope and beauty throughout Potomac Shores. The beautiful chalk art pictures submitted are showcased on page 5. Thank you everyone for participating and helping spread joy through this challenging time!

I hope you all have been able to take this time stuck at home to spend quality time with your family and are all healthy and safe. I look forward to being able to hold events and seeing you all soon!

If you have any questions regarding events, activities or Social Barn rentals, please don't hesitate to contact me at [dstudzinski@cmc-management.com](mailto:dstudzinski@cmc-management.com) or 703-640-3967.

## Community Food Drives

Throughout this challenging time, Potomac Shores residents contributed and helped those in need with not one, but two Food Drives! The generous hearts of our community residents continue to shine through it all!

### Food Drive #1

During the week of May 4th, Marlon Howard and Jonar Johnson, members of the Casker's Club, organized a Community Food Drive through ACTS (Action in Community Through Service). Along with the Beer & Wine Club, Golf Club/Tidewater Grill and other community volunteers, the Food Drive was a success! Thank you everyone for your contributions!



*Thank you Volunteers:*

*Marlon Howard, Kelsey Howard,  
Jonar Johnson, Priyanka Prasad, Sinil Prasad, Tammy Fleming, Dan Fleming,  
The Fleming Children, Ian Becker,  
Abbie Grace Becker*

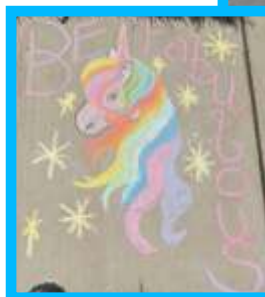


### Food Drive #2

The Prince William Resolves Chapter of The Daughters of the American Revolution completed its April "Service to America" by coordinating a food drive to benefit the ACTS Food Shelf. Potomac Shores participated in a huge way! Over \$275 worth of food, baby & hygienic items and cleaning supplies were donated to the Dumfries ACTS Pantry on May 5, 2020 on behalf of Potomac Shores and the DAR. An impressive way to help out our neighbors! If you are interested in learning more about the DAR or how to become a member, please contact Tiffany Alm at [tiffanyalm@hotmail.com](mailto:tiffanyalm@hotmail.com)



*Tiffany Alm, member of the DAR, and Kelly Dietrick of Takeaway Lane at the ACTS drop off center in Dumfries.*





Taylor Wagner,  
Covenants  
Administrator

Hi everyone!

Now that Summer has approached us, there are a few things to keep in mind.

- Please remember to keep your lawns mowed and reseed as needed. Flower beds must also be mulched, and dead plants removed.

- Trash and recycling containers must be stored out of sight during non-collection days. They must be stored inside of your garage or in a trash enclosure or screen that has been applied for and approved by the Architectural Board.

- An architectural application is required to be submitted and approved by the architectural board prior to any exterior modifications being done. That includes decks, patios, landscaping, and fences. You can find the architectural application on [potomacshoresresidents.com](http://potomacshoresresidents.com) or you can reach out to me at [twagner@cmc-management.com](mailto:twagner@cmc-management.com) to get one. Applications are due to me on the 1st and 15th of every month and completed applications can take up to 45 days to be reviewed for approval/denial from those due dates.

- Please remember to make sure that dogs are leashed when out walking the community and that you are not allowing your pets on other homeowner's property without their permission. Prince William County Animal Laws state "Dog running at large: It is unlawful for a dog owner/custodian to allow their dog to run at large within the county. "At large" means that the dog is off the property of its owner/custodian and not attached to that person by a leash. Please refer to PWC Code Sec. 4-23." It also states "Trespass by animal: It is unlawful for the owner/custodian of an animal to allow the animal to trespass on the property of another after being asked by the owner/tenant of the property not to allow the animal to trespass. Please refer to PWC Code Sec. 4-4." Also remember to clean up your pet's waste and to throw it away in the pet waste stations that are placed throughout the community. Prince William County Animal Laws state "Urinating or defecating on the property of others or public property: It is unlawful for the owner of a dog to allow it to urinate or defecate on the private property or on publicly owned property. Please refer to PWC Code Sec. 4-11." Please refrain from allowing your dog to urinate or defecate on other homeowner's lawns. Residents do work hard to maintain a beautiful lawn, and unfortunately pet urine does kill it.

I am truly grateful to serve all of you and do love hearing about the positivity, suggestions, and concerns regarding this wonderful community! Please reach out to me if you have any questions either through email at [twagner@cmc-management.com](mailto:twagner@cmc-management.com) or phone at 703-640-3973.

## 2020 ANNUAL GOLF PROGRAM

### Membership Options Resident



#### INCLUDED:

- Valid for one year from date of purchase
- 14-day advance tee time reservations
- Accompanied guests play at discounted rates
- Complimentary range use (member only) during times associated with membership level type
- Complimentary VSGA handicap
- Complimentary AGP Appreciation events (non-golf)
- Merchandise discount in the golf shop (does not apply to sale items or special orders)
  - 10% on hard goods & 25% on soft goods
- 15% off food from the Tidewater Grill (does not apply to guests paying separately or special events)
- Exclusive leagues and tournaments
- Guest Passes-X3 unrestricted use and 3 weekday use
- Discounted entry fees to special golf events

#### RED PASS

Unlimited golf, cart included (subject to course availability)

- \$4,500 Individual
- \$2,250 Additional family member
- \$7,500 Family\*

#### BLUE PASS

Unlimited golf, cart included; Mon-Fri anytime, Excluding Holidays (subject to course availability) and 30% off Best Available Rate outside time covered by the pass.

- \$3,500 Individual
- \$1,750 Additional family member
- \$6,500 Family\*

\*Family consists of the primary member, their spouse/partner and their children (under 26 years old), all living under the same roof.

**For more information or to sign up today contact the golf staff at 571.383.3150 or via email at [info@potomacshoresgolfclub.com](mailto:info@potomacshoresgolfclub.com)**



**Tidewater Grill at Potomac Shores Golf Club**  
**1750 Dunnington Place - Dumfries, VA**  
**571-383-3055**

Tidewater Grill posts all special event and food & beverage promotions on the Potomac Shores Golf Club Facebook page. Please like and follow us on Facebook for the most up to date info.

<https://www.facebook.com/PotomacShoresGC>

Our Menu can be found at:

[https://www.potomacshoresgolfclub.com/tidewater\\_grill\\_menu/](https://www.potomacshoresgolfclub.com/tidewater_grill_menu/)

**For Curbside pickup call 571-383-3055**

# Looking for a Change of Scenery? Let me help!

## Christine M. Weedon



**REALTOR, MRP**  
 Military Relocation Professional  
 • Potomac Shores Resident Since 2014  
 • Military Relocation Specialist  
 and Navy Spouse

**703.249.9743**  
[christine-weedon@kw.com](mailto:christine-weedon@kw.com)

Your neighbors and "best friends"  
 in Real Estate,  
 Christine & Daisy!

### About Christine...

"Once our son arrived we knew we needed more space, and the hunt for a new home was underway. Good friends of ours referred us to Christine and we are so grateful they did! Christine shepherded us through the process of not only buying a new home but also building our first home in Potomac Shores. She helped us navigate the process with such ease, she worked hard to communicate our concerns, and represented us with utmost professionalism. Looking back we are so glad we had Christine by our side."

~Justin and Coleen Gerber

"Christine Weedon's management of the entire process, from beginning to end, was unsurpassed, and made buying in Potomac Shores an entirely stress free experience. She handled all the details in ways that were transparent to us as buyers. Her intimate knowledge of the community was invaluable in making the right home choice for our family. We recommend her wholeheartedly!"

~Yaron & Bethany Rabinowitz

"In 2015 Christine sold a house for us in Springfield. I could fill a page and a half of small type on the hard work that she did to net us \$200K over what other realtors were recommending. On top of that, the buyer got a great, move-in ready house. Christine is the sole reason why this all worked."

In half a dozen realtor transactions in two decades, Christine was the absolute best realtor we have ever worked with. I cannot recommend her any more highly."

~Michael and Paulette Junge

**COMING SOON!**

### Potomac Shores Community Shred Event

Once again, I will be sponsoring a paper shred event for the Potomac Shores Community. With COVID-19 and the stay at home order, ProShred has had to postpone our Spring date. I am in talks with them now and will advertise the date through all of the Potomac Shores methods of communication. Keep that stack of paper going and keep your eyes open for the date. Soon you'll be able to just drive up and drop it off. Stay healthy!!



## Potomac Shores Real Estate

### CURRENT LISTINGS

Address	Bed	Bath	Original Price	Current Price	
17055 Belle Isle Drive	6	4/1	\$ 819,900	\$ 794,900	2/15/2020 - 5/15/2020  <i>Information obtained from BRIGHT MLS and is believed to be accurate but not to be relied upon without verification.</i>
17109 Gullwing Drive	5	4/1	\$ 760,000	\$ 750,000	
20666 Twin Six Lane	6	5/1	\$ 877,700	\$ 852,700	
17013 Silver Arrow Drive	5	4/1	\$ 759,750	\$ 759,750	
2412 Gloucester Pointe Drive	4	3/1	\$ 565,000	\$ 560,000	
17156 Belle Isle Drive	5	4/1	\$ 749,999	\$ 744,000	
17534 Spring Cress Drive	4	4	\$ 680,000	\$ 665,000	

### ACTIVE UNDER CONTRACT

Address	Bed	Bath	Original Price	Current Price
2361 Harmsworth Drive	4	3/1	\$ 560,000	\$ 550,000
17105 Sea Skiff Way	4	3/1	\$ 565,000	\$ 565,000
2274 River Birch Road	6	4/1	\$ 625,000	\$ 610,000
2308 Sweet Pepperbrush Loop	4	3/1	\$ 660,000	\$ 660,000

### PENDING

Address	Bed	Bath	Original Price	Current Price
17160 Belle Isle Drive	6	6/1	\$ 849,900	\$ 799,900

### PROPERTIES SOLD

Address	Bed	Bath	Original Price	Close Price	Seller Subsidy	Close Date	DOM
2192 Potomac River Blvd	6	5/1	\$ 775,000	\$ 714,000	\$ 10,000	16-Mar	219
2175 Potomac River Blvd	4	4/1	\$ 769,000	\$ 769,000		30-Apr	11
2031 Serviceberry Road	4	3/1	\$ 450,000	\$ 450,000	\$ 8,500	16-Mar	4
18056 Red Mulberry Road	3	3/1	\$ 530,000	\$ 520,000	\$ 10,000	30-Apr	133
17985 Woods View Drive	4	3/1	\$ 620,000	\$ 610,000	\$ 18,300	3-Apr	172
2451 Conqueror Court	3	2/1	\$ 499,900	\$ 500,000	\$ 5,000	1-May	76
17092 Belle Isle Drive	5	4/1	\$ 789,900	\$ 782,500		20-Mar	8
2432 Gloucester Pointe Drive	4	4/1	\$ 625,000	\$ 610,000		31-Mar	48
17072 Silver Arrow Drive	4	4/1	\$ 689,000	\$ 650,000	\$ 10,000	1-Apr	79

### IMPORTANT NOTICE:

Never trust wiring instructions sent via email. Cyber criminals are hacking email accounts and sending emails with fake wiring instructions. These emails are convincing and sophisticated. Always independently confirm wiring instructions in person or via a telephone call to a trusted and verified phone number. Never wire money without double-checking that the wiring instructions are correct.



*My Commitment is that you can TRUST me...  
 to listen, to guide, to make recommendations and to SELL your home!*

105 W. Broad Street, Suite 200 ~ Falls Church, VA 22046  
 (703) 533-1500 Office ~ VA License #0225214628



**By the way...I'm never too busy for your referrals. If you know of someone who is thinking about buying or selling a home, please let me know. I would be happy to help them.**

# THE SHORES CLUB NEWS

## Fitness Barn Activities

**\*PLEASE NOTE ALL FITNESS BARN ACTIVITIES ARE CANCELLED UNTIL THE FITNESS BARN REOPENS\***

### Zumba

Mondays 7:00pm

By Ebony Moss, ebonygoss@gmail.com

### Pilates

Mondays 10:00am, Thursdays 6:15pm and Saturdays 11:00am

By Vicki Burnett, 703-203-9380, vickiburnett10@gmail.com

### Kenpo Karate

Wednesdays 7:00pm and Saturdays 9:00am

By Sensei Bill Berry, 571-481-8703

### Cardio Kickbutt Kickboxing

Tuesdays 7:30pm

Antonio Wadley, 571-989-3005, fivestarfellas@gmail.com

### Bootcamp

Tuesdays 6:30pm

Laurie Smith Andrews, 252-702-1749

Laurieantraining@gmail.com

### Massage Therapy

Tuesday - Thursday 9am-8pm, Fridays 9am-4pm, Saturdays 9am-1pm and By Appointment Only

David Morris, 703-895-2214, www.escapemassaged.com

### Personal Trainers

Ryan Shepard 571-358-2422, contact@atwillfitness.com

Vicki Burnett, 703-203-9380, vickiburnett10@gmail.com

### Social Dance Classes

Twice a month on Thursdays 7:30pm

Cookie Bell, rbell127@comcast.net

### Children & Adult Art Classes

By Donna Merchant, donnamerchant.dm@gmail.com

Children's Art Classes Wednesdays 5-6:30pm

Adult Art Classes Wednesdays 2-4pm

Monthly Paint Parties are also held at the Social Barn once a month on Fridays

### Music Lessons

Offered by appointment only

Travis Alexander, travialexa1@hotmail.com, 703-595-3394

### Astrology Chart Reading Classes

By Astrologer Dave Shipman

astrologyathome@gmail.com, 703-508-5724



Hello Posho! This is Vicki, Owner and Operator of Fitness Solutions- Get Moving, LLC. I am a Personal and Group Fitness Trainer that has serviced your community for 3 years. It has been my honor and privilege to have serviced over 60 residents through PT and Classes! There is no challenge too arduous for me to guide you to your goals. I've worked with ALL populations: children, young adults, to mature adults. Diabetes, knee and hip replacements, back pain/surgeries, MS, high cholesterol, high blood pressure, low blood pressure, overweight, underweight, pre and post-natal...and more.

Contact me for a thorough free consultation with no obligation. Vbfitness.solutions@gmail.com or 703-203-9380.

Referrals available upon request.

NASM/AFAA/IFA/CPR/AED

Additional certifications: Yoga, Pilates, Strength Training, Cardio Vascular, Kids' fitness, Silver Sneakers, kettlebells, etc.

ALL FITNESS LEVELS ARE WELCOME

Your Health IS your Wealth!



## IMPORTANT UPDATE ON OUR POOLS

**We continue to focus on the health and safety of our residents and staff members during this challenging time. We plan to have a late pool opening in line with the Governor's orders. Our pool contractor has been preparing our pools for opening day and will continue to maintain the pools until we are able to open.**

**We will keep you all informed regarding the pool opening date/time via email blast and the Potomac Shores website.**

**As a reminder, we are not issuing 2020 stickers for pool passes this year. If you are a new homeowner or need to update your household registration form or emergency contacts, please visit the Fitness Barn front desk. All Potomac Shores residents ages 5 and older will need an access badge to enter the pool. Lost access passes have a \$25 replacement fee.**

**If you have questions regarding access badges, please email us at potomacshoresdesk@gmail.com and we will be happy to help!**



# INDEPENDENCE

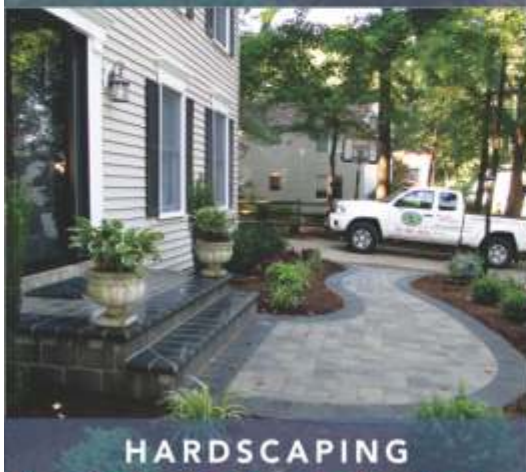
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# COMMUNICATIONS

By George Preston, Co-Chair

We hope each of you are well and safe over these past few months due to the COVID-19 crisis. We are here to help spread any good news that we can, and pass along any relevant information to keep you and your family safe. There is much to report and update you on.

As a result of COVID-19 and social distancing and quarantine requirements, we recognize that many in-person events have been cancelled. However, though many places closed down temporarily, including our own *Shores Club*, your neighborhood spirit has not! You have shown just how engaged and supportive you are! Check out these unique inspirations and celebrations from your neighbors in this issue:

- Celebrating **Graduating Seniors** (Who Missed their Last Semester of School)
- **Home Projects** (From Talented Neighbors)
- **Creative Learning Strategies** (Parents with Creative Solutions when Schools closed)
- **PoSho Life** during COVID-19 (Neighbors Helping Neighbors, To-Go Orders, Grocery Runs, Social Distancing, Homemade Masks, Trails, Walking)

Another update to make you aware of, is that we are making a change to the publishing schedule for the *Front Porch Newsletter*. This is to facilitate the flow of information and incorporate the best timing of reporting important events and updates within our community. As a result, the next issue will be distributed mid-October, and will cover information for the fall and winter season. Subsequent issues will follow quarterly.

Lastly, are you looking for ways to stay **connected** in Potomac Shores? There are many opportunities. First, are you on our email list and receiving monthly emails? That is the first line of important information. If you are not on the email list, please email Sara or Daiane to make sure you are on the list. There is also a Facebook group called "**Potomac Shores Residents**", which is a great space to communicate with your neighbors. In addition, "**Nextdoor**" is available, which is an app/website good for local discussions. Contact us with any questions, or with any ideas to better serve the community and stay tuned, as we look to share with you the exciting things happening at Potomac Shores!

# SOCIAL EVENTS

By Karen Bennett

The Social Committee generally meets on the third Tuesday of each month at 6:30pm. Due to the current COVID-19 impacts, the committee meetings may have some cancellations or will meet virtually. Information about the Committee meetings will be announced each month in the community emails and are posted to the Potomac Shores website. If you would like to participate in the Social Committee, you do not have to be a committee member — just come to the meetings, participate and provide your inputs.

The Social Committee is anxiously awaiting the moment it is safe for us all to gather together and enjoy all of our planned 2020 Events, and we are sure that you are as well. Due to COVID-19 and in the best interest of keeping us all healthy, our plans thus far have been adjusted. Our Easter Egg Hunt had to be canceled, unfortunately. We are hopeful that the remaining events will still occur, in some cases on a delayed schedule. As we receive further directions from the HOA and our Governor Northam, we will update you via Email Blast, Potomac Shores Website, and Social Media. We anticipate continuing with the following events; however, cancellations may occur and dates may change as we are directed.

↳ **Delayed Events:**

- Mother's Day Events, Spring Dance & Casino Night, Kentucky Derby, Pool Opening Night, Late Night Swims

↳ **Father's Day Event**

↳ **4th of July Celebration**

Stay alert and ready to hear more news about our planned Summer and Fall Activities! As we are all aware, the impact of COVID-19 may last longer than we expect, so we encourage your suggestions of creative activities that we can incorporate that will allow us to maintain social-distancing.

**Ross Tree Service**  
**RTS**  
 703.583.TREE

**Don't wait for that tree to fall ... to call!**

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- Stump Removal
- Crown Maintenance
- Pruning/Elevation
- Storm Damage

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TCIA, BBB, Licensed & Insured, Visa, Discover, Mastercard, **Angie's list**



# TRAILS

The Potomac Shores Trail System winds throughout the Northern Neighborhoods and is artfully intermixed with the golf course and adjacent neighborhoods. The system has four trailheads, each clearly marked by a sign like this one. The trails are natural, you should always wear appropriate footwear and stay on the lookout for roots, rocks and other tripping hazards. Jogging strollers are recommended. With the weather warming up, it's a perfect time to get out and enjoy one of the hidden gems of Potomac Shores living.



# Garden News

By Kiz Malin

One of the beauties of having a garden is that during this time of social distancing we can still plant and grow our own vegetables, herbs or flowers. The gardeners of Potomac Shores did not let Covid-19 deter us from getting outdoors and planting in our private spaces. We had compost delivered for everyone to share and use in April/May and each plot is starting to come to life with signs of what is to come.

This community garden is the result of lots of planning and hard work on the part of the garden committee members. We have to give a special thanks to Tanner Fain for planting the rose bushes around the plots to attract pollinators this year as this was quite labor intensive.



# Homeowner Yard Maintenance & Watering Tips

By Kerri Pagel

Spring is upon us and you are likely seeing life returning to your lawn. If your house is like mine, odds are that lawn care and landscaping are seen as one of the “joys” of homeownership. However, it is an opportunity to show pride in your home and maybe even add a little color to your corner of the neighborhood. So tune up the lawn mower and sharpen your hedge trimmer! Info is below regarding lawn and landscape responsibilities for all homeowners, as well as some watering tips.

1. All portions of a lot that are not improved by an impervious surface or a structure must be maintained with grass or other vegetation installed by the builder or approved by the Board of Directors, as required. No bare earth may be exposed on a lot, except for flower beds and shrubs with appropriate approvals.
2. All turf areas on a lot must be kept neatly mowed during the growing season. Grass should not be permitted to exceed 6 inches in height. It is highly recommended that sidewalks and driveways be edged regularly during mowing season.
3. Homeowners are responsible for caring for the grass strip between the street and sidewalk to include mowing, weeding, edging, and raking.
4. Turf areas should be kept as weed free as possible. At no time should weed cover exceed more than 25% of the total turfed area.
5. Turf areas and other vegetation should be watered during dry periods. Any dead plants, shrubs or trees shall be removed immediately. This includes removing dead vegetation from trellises, landscaping, vegetable gardens, and arbors at the end of each growing season.
6. All hedges, trees, shrubs and plants must be neatly trimmed and maintained and their size maintained in proportion to the lot, home and Design Guidelines through pruning.



Watering your lawn can encourage the growth of your turf and discourage weeds. You should water deeply several times a week so that roots are encouraged to penetrate deep into the soil which should result in a hardier lawn. Frequent shallow watering will not encourage deep root penetration and can result in a weak lawn that is not resistant to the hot temperatures of summer, which we all know are right around the corner. Contrary to what you might think, too much water can be a bad thing since it can encourage fungal growth and harm your lawn. Be sure to water in the early morning so that water has the opportunity to evaporate from your lawn. If water sits on your lawn overnight, it can increase the likelihood of damaging fungal growth.

**To get more information on lawn and garden care, Virginia Cooperative Extension is offering educational videos such as “12 Steps to a Greener Lawn” on their Youtube Page: VCE-Prince William. You can also reach out to VCE by email at [mastergardener@pwcgov.org](mailto:mastergardener@pwcgov.org) should you have questions pertaining to your lawn and gardens. Master Gardener volunteers are just an email away to help.**

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NOVA Community College



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Potomac High School  
Old Dominion University



Hamid R.  
George Mason University  
Information Systems



Harley N.  
Colgan High School  
Emerson College



Jessica L.  
University of Virginia  
Psychology



John F.  
Virginia Tech Aerospace  
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Kyle P.  
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Garfield High School  
The College of William and Mary



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Forest Park High School  
University of Virginia



Megan D.  
University of Pittsburgh  
Public and Professional Writing



Noah S.  
Brooke Point High School  
George Mason University



Tyqa G.  
Potomac High School  
Clemson University



William C.  
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United States Marine Corps

Thank you to those who shared these pictures of their graduates!

# Reintegration after Social Distancing and Quarantine: Will our pets ever adjust to "normal" life again?

By Christine Frost



Ben James oversees productivity and biscuits



Whiskey Hansen resting after a hard day of learning the ropes.



Tyson and Tori Mitchell are experts at non-verbal motivation.



Princess Frost manages belly rub quotas for the day.



Grayson Woods keeps his family exploring their limits!



Mongo Johnson confirms "Walk!" And "Dinner!" are indeed action words.



Ollie Fleming teaches a master class in fetch.

Some of our furry friends are thrilled we are home all the time.

Others spend their hours wondering why we never leave!

I think we can all agree we have adapted our lives and routines over the last few weeks to deal with this new reality, our pets included. The change of predictable schedules, increased attention and a busy household at times usually reserved for napping can stress out our pets. Animals are creatures of habit. They like to be able to know their routine and the routines of their family. When we were directed to work from home and to stay home from school, we threw a monkey wrench into their predictable lives.

Most of our pets rolled with it and adjusted to their new daily schedules.

Some became very helpful co-workers.

Others just enjoyed sitting on our laptops.

Yet others got into a little trouble and had to relearn chewing on shoes and rummaging through trash cans in the house is frowned upon, even during a pandemic.

We've been dealing with the stay-at-home orders for a while now and hopefully, all our fur babies have settled down and thrived on the attention and companionship. But as we start heading back to our workplaces what happens then? Our pets will be put into another little tailspin as their predictable routines are upended once more. Many veterinary professionals worry about cases of separation anxiety affecting animals suddenly deprived of constant attention and company.

The best solution to this potentially traumatic event is to go slowly with it. As we get closer to the date of our return to our workplaces and when summer activities for the kids (hopefully) kick into high gear, it is important to incrementally increase the time the family pet is alone. Leaving the house for short periods, reintroducing crating or isolating them in a part of the house; reintroducing whatever routine they were used to before the COVID-19 times is the way to go. By the time they need to be left alone for longer periods, they will roll with this change, too!

As always, for additional guidance and support for your pet, contact your local veterinary professional.

Sources:

1. <https://www.dailyherald.com/entlife/20200407/how-to-help-your-dog-adjust-to-the-stay-at-home-order-and-stay-healthy>
2. <https://www.abc27.com/community/stay-at-home-order-can-be-stressful-for-some-dogs/>
3. <https://komonews.com/news/local/helping-our-pets-avoid-separation-anxiety>

"I really love the neighborhood in general but the blufftop promenade is by far my favorite place and my neighbors are no exception. I'm so excited about the town center, VRE station as well as the hotel which will become my other favorites once they open in the near future."

*"My neighbors, for sure."*  
-Niah F.

- Luke R.

"The people that live here!" -Pamela R.

"My wonderful neighbors"  
- Mickie U.

"My neighbors"  
-Heather D.

"Living in a "different" world. If you compare it to the other neighborhoods. Great people & you feel welcome here. No messy yards. Everyone is trying to keep it clean. Negative: some people driving too fast."  
- Kristin A.

"The gorgeous homes, the front porch lined streets, the amazing neighbors whom I've met and become friends with. The overall landscape is over the top."  
-Peggy B.

"More than anything it's the neighbors and the friendships that have and continue to develop over the years. Take advantage - get out and meet your neighbors, join clubs, and you can be as busy or not as you like. The gatherings are the best and I can't wait to see my PoSho Peeps!" - Julie J.

"I LOVE my neighbors and the diversity of the community. Oh! It's a beautiful neighborhood as well."  
- Deshaun M.

"Such Great Neighbors .Very caring an looking out for one another." - Estella T.

# What's your favorite thing about living in Potomac Shores?

"People are so friendly and hospitable here. Tie between the view and PhoSho social events" - Carol P.

"The beautiful outside space (trails, overlook, pool, lawns) which have helped with this isolation, but miss our social events, neighbors, and club house." - Sarah D

"Neighbors and being close enough but far enough from everything."  
-Patrice B

"The neighborhood is beautiful! Everyone keeps their houses and yards so nice". - Kelly L.

"Access to hiking trails, 10 min walk to open water, the top tier golf club and course, the proximity to the freeway, the future VRE, cool and very friendly neighbors, the future town center, peace and tranquility"  
- Dwayne S.

"I love how peaceful our neighborhood is. Great neighbors that are kind, respectful and look out for each other. All the beautiful trees that surround us" - Liselle P.

"The people are the best. The neighborhood has so much to offer. My kids are getting the quintessential childhood." - Katie J.

"This place fills my heart with love, peace and joy. It is all because of the people, it is a true village" - Shawna G.

"Love all the wonderful people I have met and lifetime of friendships, the drive down street and seeing the beautiful trees, the endless possibilities of what Potomac Shores will be."  
- Lenora S.

"Our neighbors and how pretty it is here! The porches truly help to make this a friendly community."  
- Melanie N.

# Life and Projects

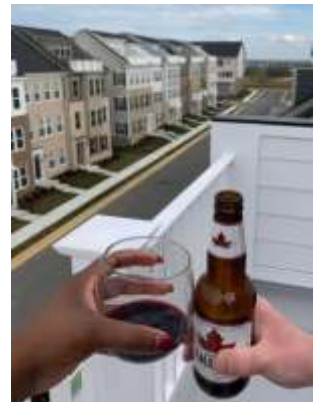


"I have been very busy in the garden. I started tomatoes from seed in the greenhouse in January, planted in March (well before last frost), built wooden tomato cages I could cover with plastic, and now have Tomatoes about to ripen well before when most folks have even put their store bought plants out. I also built those beautiful (LOL) green and pink watermelon trellises. I don't know if that will work, but saw it on a DIY show. For the garden community, I installed 5 rose boxes on the slopes between garden terraces and Mr. Malin helped me dig them out. My Wife Anne and I planted 15 bare root roses in the boxes from David Austin Roses. They should be a fragrant and beautiful addition to the garden when they go into full bloom this summer.

So this is not about hey look at me, but rather hey anyone can get out of your house and do some really neat things in our community like get involved in the community garden." ~ Tanner F



"Fairway Ridge (Pulte Townhomes) residents have hosted social distance happy hours on rooftops. We posted pictures and sent messages to each other through Facebook. It was a lot of fun and plan to do more as soon as the weather cooperates." ~ Melissa K.



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# Life and Projects



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Neighborhood Watch Meeting 7pm - Social Barn	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Social Committee Meeting 6:30pm @Social Barn	17 PSRA Board Mtg - 4pm	18	19	20 Father's Day Pancake Breakfast 9-11am
21	22	23	24	25 New Resident Orientation 7pm @ Social Barn	26	27 Star Spangled Banner Celebration 5-10pm
28	29	30	<p><i>Please note that all scheduled events/meetings/activities shown on the calendars may be cancelled in line with the federal, state and local governments direction and orders regarding gatherings. Updates on all activities will be posted on the Potomac Shores Website and by Email Blast.</i></p>			

## TIM'S RIVERSHORE TO HOST ANNUAL "NOT ON THE 4TH FIREWORKS" SHOW

By Marthine Mason

The annual firework display this year hosted by Tim's Rivershore will be held on Saturday, June 27, 2020. This professional firework show is launched from a barge in the Potomac River at dusk and can be viewed from many locations along the river.

For up-to-date information on this year's event, please visit [www.timsrivershore.com](http://www.timsrivershore.com) and be sure to follow the Potomac Shores Communication Committee on Facebook at [www.facebook.com/potomacshorescommunications/](http://www.facebook.com/potomacshorescommunications/) for details on ways to safely gather to celebrate this event.



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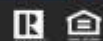
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**CENTURY 21**  
New Millennium



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP	2	3 HOA OFFICE CLOSED	4 Independence Day
5	6	7 Neighborhood Watch Meeting 7pm - Social Barn	8 Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP	9 Ladies Who Lunch 11:45am RSVP Posho Business Networking 7-9pm - Social Barn	10	11
12 Garden Summer Harvest Party 5pm	13	14	15 Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP Communication Committee Meeting 7pm - Social Barn	16	17	18 Potomac Shores Summer Bash/Music on the Lawn 5-10pm
19	20	21 Social Committee Meeting 6:30pm @Social Barn	22 Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP	23 New Resident Orientation 7pm @ Social Barn	24	25
26	27	28	29 Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP	30	31	

## Learning Resources During COVID

By Shanna Preston

With schools closed due to COVID-19, much of the hard work now rests on us parents to act as teachers. Whew! Are you hanging in there? Thankfully, there are many resources available to help us cope with this situation.

First, check with your child's school and teacher to obtain access to various software, websites, and remote lesson plans. In addition, listed below are some sites that are extremely helpful as you navigate the world of "online" or "remote" learning:

**Khan Academy:** <https://www.khanacademy.org/> Khan Academy offers free online classes, for every student, along with resources and lesson plans as well! Good for us parents too for refreshers!

**Code.org:** <https://code.org/> Learn computer science. Change the world. A great way to introduce kids into the world of coding. Kids learn tasks and even get to make videos and programs!

**Study Island:** <https://www.studyisland.com/> A proven K-12 practice and assessment tool. State standards-aligned programs to drive proficiency. There are lots of different subjects for students to tackle. Has customizable class-room assessments and flexible practice. Provides real-time progress monitoring.

**Prodigy Game:** <https://www.prodigygame.com/> The engaging, curriculum-aligned math platform loved by over 50 million students, teachers and admins. No cost, ever. Easily motivate 1st to 8th grade students to learn and practice math. A great education site, for math quizzes and adventure! Students answer math questions; each correct answer increases their level. They can add friends to "battle" against and communicate with. They can also see each other's stats. Parents can give rewards after assigned tasks are completed.

**ABCYA:** <https://www.abcya.com/> The Leader in Educational Games for Kids! A site for educational games, mainly math lessons.

**Adapted Mind:** <https://www.adaptedmind.com/> Learn K-6 Math and Reading. Real learning can be really fun. They have turned learning math and reading into fun games!

**Wixie:** <https://www.wixie.com/> Keep the creativity flowing during school closures! Wixie helps students share their ideas, imagination, and understanding through their writing, their voice, and their art. Wixie is an outlet for creativity and a tool for supporting learning at home.

**Flipgrid:** <https://info.flipgrid.com/> Empower every voice. Flipgrid is 100% free for all educators, learners, and families. Engage and empower every voice in your class-room or at home by recording and sharing short, awesome videos... together!

**Nearpod:** <https://nearpod.com/> Find or create interactive lessons in minutes. Upload and tech-enhance existing materials or customize over 7,500 pre-made, standards-aligned lessons for all K-12 subjects.

**Messenger for Kids:** <https://messengerkids.com/> A good software for those Parents who use Facebook. You can now let your kids message/chat with other kids (of parents that you know). Completely controlled by parents, who can monitor and control the activity. Great, safe, way for them to stay in contact with their peers during this isolation period.

**ZOOM:** <https://zoom.us/> Typically teachers use this program for face to face meetings and classes while the school is closed. Be sure to setup "private" groups, so you don't get "zoom bombed" by random people producing spam.

**Google Classroom:** <https://classroom.google.com> A good tool for educators, for teaching and reaching out to a class. Even some video games such as **Fortnite** ([www.epicgames.com/fortnite/en-US/home](http://www.epicgames.com/fortnite/en-US/home)), for the older kids, teach many life skills, such as team building, strategizing, planning, map navigation, goal setting, and adventure! Sometimes even video games, when used properly, can be great learning tools as well.

Ultimately, you will need to figure out what works best for you and your family, but these are just some ideas to get you off and running! Good luck to each of you and good luck to our students. Be safe!

**SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

For more information about events and activities, please visit [www.potomacshoresresidents.com](http://www.potomacshoresresidents.com)  
 Email: [potomacshoresdesk@gmail.com](mailto:potomacshoresdesk@gmail.com) Call: 703-640-3970

						1
2	3	4 Neighborhood Watch Meeting 7pm - Social Barn	5	6	7	8
9	10	11	12 Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP	13 Ladies Who Lunch 11:45am RSVP Posho Business Networking 7-9pm - Social Barn	14	15
16	17	18 Social Committee Meeting 6:30pm Social Barn	19 Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP Communication Committee Meeting 7pm - Social Barn	20 New Resident Orientation 7pm - Social Barn	21	22
23 30	24 31	25	26 Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP	27	28	29

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Neighborhood Watch Meeting 7pm	<b>2</b> Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP	<b>3</b>	<b>4</b>	<b>5</b> <i>Kentucky Derby</i> 4 - 8pm
<b>6</b>	<b>7</b> <i>Labor Day</i> HOA OFFICE CLOSED	<b>8</b>	<b>9</b> Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP	<b>10</b> Ladies Who Lunch 11:45am RSVP Posho Business Networking 7-9pm	<b>11</b>	<b>12</b>
<b>12</b>	<b>14</b>	<b>15</b> Social Committee Meeting 6:30pm	<b>16</b> Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP PSRA Board Mtg 4pm Developer Update 6pm	<b>17</b> New Resident Orientation 7pm - Social Barn	<b>18</b>	<b>19</b> <i>Music on Lawn</i> 5-10pm
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP	<b>24</b>	<b>25</b>	<b>26</b> <i>Community Yard Sale</i> 8am - 1pm
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> Adult Art Classes 2-4pm RSVP Children's Art Classes 5-6:30pm Ages 5-12 RSVP	<b>CLASSIFIEDS</b>		

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## NEIGHBORHOOD WATCH

By George Preston



Did you know that Potomac Shores has their own Neighborhood Watch program? Yes, we do! You may see signs throughout the community. This Watch Group is built upon neighbors just like yourself, to help report, and be the eyes and ears of the neighborhood. It's just a small step, but makes a huge impact.

Are you interested in being a part? The more of the community that is involved, the more coverage we have, and better protected we will be.

Join today! No costs, and no demanding routes to walk or serve. There is simply one monthly meeting, once things open back up, to stay connected.

If you see something, say something! Help keep our community safe now, and for years to come. For more information, check out the Neighborhood Watch Facebook page. Also, you can contact our neighborhood Lead Duke Arnold [wjdarnold@gmail.com](mailto:wjdarnold@gmail.com). Thank you for your support!



# Welcome to Potomac Shores!

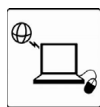
## FAQ'S for New Residents

### Photo Badge



Access to the Potomac Shores amenities and events requires an access badge for every permanent resident ages 5 and older. **Badges are printed at the Fitness Barn front desk.** Please bring a photo ID with Potomac Shores address or a combination of an ID and deed.

### Verizon Internet



150/150 Mbps is the base speed with Verizon FiOS included in your HOA assessments. **To set up service, please call Fios directly at 1-800-501-1172.** You can also sign up for internet upgrades, phone service and TV.

### Trash and Recycle



Trash collections days are Monday and Thursdays. Recycling is on Thursdays. **To order toters, contact American Disposal at 703-368-0500** or [www.AmericanDisposal.com](http://www.AmericanDisposal.com).

### Architectural Applications



Any exterior modification to your home requires review and approval by the Architectural Committee. Applications can be found on the website.

Application due dates are the 1<sup>st</sup> and 15<sup>th</sup> of every month. The ARC Committee has up to 45 days upon receipt of completed application to review. You may drop off your applications to Taylor Wagner or to the Fitness Barn front desk.

### Paying HOA Assessments



**Please allow 45- 60 days after settlement for your HOA account to be set up.** You will receive information via mail.

Your monthly HOA fee can be paid in a variety of ways:


- Pay online at [www.cmc-management.com](http://www.cmc-management.com)
- Set up a Direct Debit
- By mail with a coupon
- In person at the CMC Corporate office during regular hours at 4840 Westfield Blvd., Suite 300, Chantilly, VA 20151


**Any questions, please call CMC Customer Service at 703-631-7200**


### Social Barn Rentals



The Social Barn is available for private rentals. A form with rates can be found on the website. For questions or reservations, contact Daiane Studzinski at [DStudzinski@cmc-management.com](mailto:DStudzinski@cmc-management.com)

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1801 Potomac Shores Parkway  
Dumfries, Virginia 22026

 Front Desk  
703-640-3970

 Register for the Website!  
[www.potomacshoresresidents.com](http://www.potomacshoresresidents.com)

### Fitness Barn Hours

Monday and Thursdays

**6:00am to 9:30pm**

Tuesday, Wednesday and Friday

**6:00am to 9:00pm**

Saturdays and Sundays **7:00am to 7:00pm**

Federal Holiday hours **7:00am to 5:00pm**

**Closed** on Christmas, Thanksgiving and New Year's Day.

### Potomac Shores Residential Association Contacts:

Community Manager, Sara Cruz:  
[SCruz@cmc-management.com](mailto:SCruz@cmc-management.com)

Assistant Manager, Daiane Studzinski:  
[DStudzinski@cmc-management.com](mailto:DStudzinski@cmc-management.com)

Covenants Administrator, Taylor Wagner:  
[TWagner@cmc-management.com](mailto:TWagner@cmc-management.com)



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 Peggy helps Sellers-703-851-3085  
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## The Catholic Parish for All Potomac Shores Residents & Friends

## St. Francis of Assisi School

Pre-K – Grade 8

[www.stfas.org](http://www.stfas.org) ~ 703-221-3868

An educational center where Gospel values are learned, embraced and integrated by all the members. The Catholic School creates an integrated curriculum that accommodates the diversity of learners in a global society.

In addition to a fine curriculum your child will enjoy:

- Sports: Basketball, Cross Country, Volleyball, Soccer, Cheerleading
- Clubs: Newspaper Club, Band, Choir, Cub Scouts, Boy Scouts, Girl Scouts, American Heritage Girls, Drama, Robotics
- School Lunch Program
- Before and After School Care

### 2020-2021 Open Enrollment

Please join us and learn how your child will excel at St. Francis of Assisi School.



**RELIGIOUS EDUCATION CLASSES:**  
 Grades 1-8 - Thursday evenings and Sunday mornings.  
 Classes begin on September 20th.

**MUSIC MINISTRY:**  
 Adult Choir, Teen Choir, Children's Choir

**Sacraments:** Baptism, 1st Communion, Confirmation, Marriage, Funerals  
 Reconciliation (Confession) is held every Saturday 4:00-5:00pm and by appointment.

**MASS SCHEDULE:**  
 Saturday Vigil 5:30pm  
 Sunday 7:30am, 9:00am, 12:15pm, 5:30pm  
 Sunday Family Liturgy Mass 10:45am  
 Sunday Spanish Mass 1:30pm  
 Monday-Friday Daily Mass 8:45am

## St. Francis of Assisi Catholic Parish and School

18825 Fuller Heights Road ~ Triangle, VA ~ 703.221.4044 ~ [www.stfrncis.org](http://www.stfrncis.org)



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1801 Potomac Shores Parkway - Dumfries, Virginia 22026



# DON'T WAIT TO COME TO THE EMERGENCY ROOM

If you are having a medical emergency or are experiencing any warning signs of a stroke or heart attack such as chest pain, sudden dizziness or face drooping, do not wait to seek care at an emergency room. Our emergency rooms are safe and prepared to take care of you. While staying home is the best way to fight COVID-19, when it comes to medical emergencies, don't wait.

## SENTARA IS TAKING EVERY SAFETY PRECAUTION BY:

- Providing personal protective equipment (PPE) to caregivers & patients
- Screening of providers & staff
- Ongoing cleaning & sanitizing of all areas
- Screening patients for fever & symptoms at the entrance

For emergency care, don't wait, call 9-1-1.

