

POTOMAC
SHORES



The FRONT PORCH

Winter 2021

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

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
kizmalin@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
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Official Quarterly Publication of the Potomac Shores Residential Association

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Manager's Message



By: Sara Cruz,
Community Manager

Happy 2021!

I hope you and your families had a safe and happy holiday season. 2020 was certainly an unexpected year with Covid-19; however, despite the challenges, the Association did have some major accomplishments that I wanted to share with you:

- In June, the Developer appointed Kyle Dawson to fill Tyler Montgomery's term and vacant seat as the homeowner rep on the Board of Directors. There will be an election in February 2021 to elect two homeowner Board members. Be on the look out for a call for candidates!

- Management and the Board reviewed just under 300 architectural applications and made amendments to the Supplemental Design Guidelines and shortened the violation due process.

- The Board approved the 2021 budget with no increase to the Association's assessments and hired a financial advisor with Morgan Stanley Smith Barney.

- Completed an extensive trails drainage improvement project, as recommended by the Trails Committee, back in October and had the trails bush hogged. Also, participated in the 3rd annual WMCCAI Potomac Watershed Trash clean up day in September.

- Approved moving forward with installing a multi-purpose court which will be located at the back hill of the Shores Club parking lot near the gardens. The revised site plan is at the County for approval and pending Board approval should be completed in spring 2021.

- Negotiated an expanded janitorial cleaning contract, upgraded the filters in the Shores Club, installed additional dog waste stations throughout the community, increased the security patrols and expanded the scope of the landscape maintenance contract and put it out for competitive bid.

- Completed major turf renovations along Potomac River Blvd., Crossvine Drive and River Heritage Blvd. Installed annual flowers along River Heritage. Approved a fall deep root fertilization of all the trees and \$20,000 worth of dead tree replacements and pruning of street trees. Also, added funds in the 2021 budget for additional turf enhancements, tree installs and common area irrigation installations.

- Completed asphalt sealcoat of all the shared driveways and sealcoat/stripping of the Shores Club parking lot.

- Approved a preventative maintenance contract with FitRepairs and purchased a new Fitness on Demand kiosk in the Movement Studio. New retractable blinds will be installed by the ellipticals. New instructors were added to the Shores Club Fitness Calendar to include Ballroom and Line dancing classes, a Cardio Kickboxing class, powertots kids' gymnastics/yoga, and an outdoor yoga class.

Taylor Wagner, our front desk Recreation Attendant at the gym and Covenants Administrator, last day with us is Friday, January 8th. Taylor and her husband received orders from the Navy to move to VA Beach. Taylor is also joining the National Guard herself. We are so proud of her! Taylor, you have been an absolute pleasure to work with and Potomac Shores will not be the same without you!

If you have any HOA related questions or concerns, please feel free to give me a call at 703-640-3968 or e-mail me at scruz@cmc-management.com.

Covenants Corner

By: Taylor Wagner,
Covenants Administrator



It has been a pleasure working in this community over the last 3 years. I have learned many new things not only about this community and the residents here but also about myself. I

take deep pride in knowing that I made some sort of a difference in the lives of the residents here and know that I will always cherish the memories that I have made while working here. I look forward to keeping in touch with Sara, Daiane, and many of the residents here and seeing the growth of this community in the coming years. Thank you to everyone who has reached out to me with kind words over the last few years. This community will forever hold a place in my heart. Thank you everyone, especially Sara, for believing in me and knowing that I have potential to do much more than I ever thought was possible. I wish you all well & continue to stay safe!

Things to remember:

- The Supplemental Guidelines were modified and approved at the September board meeting. The guidelines can be found on potomacshoresresidents.com.

- Holiday lights and decorations must be removed 15 days after the holiday.

- Pets must always be leashed when walking throughout the community and pet waste must be cleaned up.

- Architectural applications are due on the 1st and the 15th of the month. The architectural board then has 45 days to review applications and either approve or deny them. Architectural applications must be submitted for any modifications to the exterior of homes and lots.



By: *Daiane Studzinski,*
Assistant Manager/Activities Director

Happy New Year! I hope you all had a Merry Christmas. I can't believe it's already 2021 - last year went by too fast! I hope you and your families are safe and healthy.

Potomac Shores was able to participate in its fourth annual National Night Out (NNO) event on Tuesday, October 6th. This event is usually held in August but due to a tropical storm, it was rescheduled to October. NNO is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make communities a safer, more caring place to live. It provides a great opportunity to bring police, neighbors, and first responders together.

Our NNO Event took place at the Shores Club Event Lawn – it was a nice sunny day to gather outside, eat pizza and enjoy snow cones from our community favorite, Momma Rosa's. The Prince William County Police Department motorcade and our local Fire Department also joined the party to interact with the neighborhood families. Our Neighborhood Watch Team was also in attendance and was able to speak with residents and get new sign-ups. **Associa is a NNO sponsor and their giveaways included foam footballs, coloring books, wrist bands and ChildPrint ID kids.** We also had a banner that those attending signed thanking the first responders for their service!

Overall, it was a fun filled afternoon! Thanks to all who attended and participated in our event this year. We look forward to seeing you next August.

If you have any questions regarding events, activities or Social Barn rentals, please don't hesitate to contact me at dstudzinski@cmc-management.com or 703-640-3967. You can find the rental agreement form on our website at www.potomacshoresresidents.com.



Operation Gratitude

By: Witney James

The Veterans Day care packages were a huge success! Potomac Shores resident and Active Duty Airman, Juan Gonzalez, offered to help distribute the care packages to 40 homes and 50 residents of our community. We have a wonderful group of Veterans in our community. On behalf of Operations Gratitude and the Potomac Shores Community - thank you for your service!



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MOVING FORWARD WITH 2020 IN THE REARVIEW!

By: Witney James

A New Year represents a time for new beginnings, a time of looking ahead toward the future. However, looking back is also an important part of remembering when embarking on a new journey. Each of our experiences in 2020 were unique, but there were a number of events that took place in our community and across the country which had meaningful impacts.

Looking Back

At the beginning of the year, we grappled with the Coronavirus pandemic and its profound implications on life as we knew it. Virtual schooling, working from home, wearing face coverings and all kinds of major changes affected the way we functioned in our day-to-day lives. We saw the impacts of racism rearing its ugly head in our nation and the resulting protests attempting to bring about change. In the midst of it all,

the Potomac Shores residents continued to do their part to make this a great place to not just live, but thrive.

We took part in enjoying the outdoors, whether exercising or in the company of neighbors. Events like the Potomac Shores Peace Walk, the Hawaii Luau, Music on the Lawn, Halloween and Santa Claus' visit were just a few of the events that brought us together.

Looking Ahead

As we look ahead, a sense of optimism is in the air! Could it be because of what we've left behind? Even so, here's to new promises, new hope, and an amazing community!

Enjoy a few photos from the year, and snippets from our Potomac Shores Residents Facebook Page of what some residents are looking forward to in 2021. Happy New Year!



January - Introduction of the New Chef at Tidewater Grill



February - A Rainbow and a Growing Community



March - Cherry Blossoms



April: Reading with Children's Author Barbara Nasser



May: Food Drive



June: Peace Walk



July - Guys Afternoon Lunch



August - Movies Under the Stars



September - Paint & Sip



October - Halloween Dog Parade



November - Operation Gratitude



December - Santa's Visit

WHAT WE'RE LOOKING FORWARD TO FOR 2021

We asked residents on Facebook what they are most looking forward to.

- No more Coronavirus!
- Ability to hug my friend without a care!
- Ability to work out in the gym without worry!
- Not panicking when I forget my mask!
- Hanging out with friends and meeting new neighbors!
- Swimming in the Pool!
- Cookouts!
- A mild winter!
- New opportunities!
- A trip to Aruba!
- Normal life!!!!

Tidewater

GRILL

The staff of the Tidewater Grill is forever indebted to the Potomac Shores Community. Not only for the support you've given since we opened, but for the tremendous support you gave us in 2020.

In 2021, we will work even harder to earn your support. With Weekly Meal Deals, Family Meals TO-GO, and Weekly Events we try to offer something for everyone. You can also look forward to holiday themed TO-GO boxes planned for Valentine's Day, St. Patrick's Day, Easter, and Mother's Day..

Stay up to date about all of our specials and events by going to:

potomacshoresgolfclub.com/tidewater_grill/

For curbside pick-up or to make a reservation call 571-383-3055. You can also reserve a table by finding us with the OpenTable app.

WEEKLY MEAL DEALS (Dine-In or To-Go)

- SUNDAY 1 topping Pizza and 1/2 dozen Wings for \$25.
- MONDAY Buy 1 order of Boneless Wings get 1 order of Boneless Wings for free.
- WEDNESDAY 2 topping Pizza and 2 orders of Boneless Wings for \$30.
- THURSDAY Buy 2 orders of Wings and receive 1 order of Boneless Wings for free

FAMILY MEALS TO-GO

- MONDAY Birdie Bucket
- TUESDAY Family Taco Meal
- WEDNESDAY Italian Family Meal

WEEKLY EVENTS

- TACO TUESDAY Every Tuesday starting at noon. (Dine-in only)
- WEEKEND BRUNCH Every Saturday and Sunday from 10am - 5pm
- PRIME RIB NIGHT Every Saturday starting at 5pm
- HAPPY HOUR Monday-Friday - 4 pm - 7pm

Opening February 1



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Dr. Tamesha Morris - will treat you like family. She has served in Dumfries for the last 9 years and is bringing compassion and care to Bristow and Woodbridge.

ANNUAL MEETING / DEVELOPER UPDATE RECAP

The Annual Meeting/Developer Update was held via Zoom on December 9th with nearly 200 residents in attendance. The meeting started with annual reports from the Community Manager and the various Committee Chairs. Guest Speaker, Master Police Officer Trujillo, attended the meeting to discuss crime prevention tips and resources within the County.

Lastly, the team from Biddle Real Estate Ventures (BREV) was present to give their quarterly update to the community. The Developer announced that there will be an election on February 9, 2021 for two homeowner board members. If you are interested in volunteering as a Board member, you must be a homeowner in good standing and submit your Candidate Statement to Sara Cruz at scruz@cmc-management.com. More information regarding the election will be mailed out.

The Developer went on to provide the following updates. 1,409 homes in the community have been sold, 1,231 of which have settled or closed. The construction of Land Bay 5 is ongoing. Stanley Martin, Drees Homes and Pulte Homes will begin building within the next 60-90 days.

Trail plans for the southern half of the community received County approval and work will begin in 30-60 days.

Offsite turn lane improvement work on Route 1 at River Heritage and River Ridge is ongoing.

Perimeter clearing and erosion controls have begun on Land Bay 4 Section 3. This section will connect the Southern Neighborhoods to the Town Center via River Heritage Blvd. This section will be 150 detached homes built by Stanley Martin.



Over the last two months, BREV has met with three interested restaurant operators who have toured the project and remain interested. KLN B Leasing Team keeps in touch with PWC Economic Development Department to understand available incentives to attract commercial users. Southern Shores Drive runs parallel to the bluff and will be the next road to be built. Plan is still under review with Prince William County. Central Park requires substantial earth import from LB4-3 before it can be built.

The latest on the Virginia Railway Express (VRE) Station is the design team started work on the 90% design but ran into a code compliance issue that put the engineer and VRE at odds and design work was suspended for several months. The engineer ultimately conceded, and design work is moving ahead again. The 90% plan is to be submitted to VRE by the end of January. Station House Retail and Parking Garage plans are in review process. The expected timeline is for April approval and station construction complete by the end of 2022.

For the Offsite Parkway (the 234 through-way), the current focus is right of way acquisitions. Last month, the developer closed on the first significant property needed for the connection to Route 1. They have been working diligently to negotiate a deal with LKQ (auto salvage operator) and Cosner to acquire the "junkyard." Right of Way acquisition needs to be complete to obtain plan approval. Construction timing is also dependent on the ability to issue bonds.

The slide presentation from the Developer's Update can be accessed on the community website: www.PotomacShoresResidents.com.

SNOW IN POTOMAC SHORES

By: *Christine Frost*

The developer, Biddle Real Estate Ventures (BREV), is responsible for snow removal of all Virginia Department of Transportation (VDOT) streets before they are accepted by the county. Once the streets are accepted and off bond, VDOT will assume responsibility for snow removal. The Northern Neighborhood single family streets and Potomac Shores Parkway are now under VDOT control.

If you live in a Townhome or Villa section, those streets are cleared by their respective builder. The HOA is responsible for clearing the Shores Club parking lot and private pipestems. You may contact Sara Cruz at scruz@cmc-management.com if the pipe stem is not cleared in a timely manner.

According to the VDOT website, snow removal is first removed from predetermined Snow Emergency Routes, and then streets are cleared from highest to lowest traffic volume. Priority is always given to the roads most

needed by the community as a whole, generally in this order:

- * Interstates (I-95 I-66 I-495 etc.)
- * High-volume routes (Route 1 Route 28 Prince William Parkway etc.)
- * Main thoroughfares in neighborhoods or developments
- * Residential streets
- * Cul-de-sacs

VDOT's stated goal is to make all roads passable within 48 hours of the storm's end. VDOT does not clear snow from sidewalks, and while there is no legal requirement in Prince William County to do so, the HOA encourages residents to remove snow from the sidewalks directly in front of their homes, if able.

For information on snow removal or to inform VDOT of any snow removal problems, call 800-FOR ROAD (800-367-7623). TTYuserscall711. Additionally, VDOT has a web tool that shows the status of plowing in

northern Virginia neighborhoods. The webpage at www.vdotplows.org activates when two or more inches have accumulated.

SNOW SAFETY

The National Safety Council recommends the following tips to shovel safely:

- * Do not shovel after eating or while smoking
- * Take it slow and stretch out before you begin
- * Shovel only fresh, powdery snow; it's lighter
- * Push the snow rather than lifting it
- * If you do lift it, use a small shovel or only partially lift the shovel
- * Lift with your legs, not your back
- * Do not work to the point of exhaustion
- * Know the signs of a heart attack, and stop immediately and call 911 if you're experiencing any of them; every minute counts
- * Don't pick up that shovel without a doctor's permission if you have a history of heart disease. A clear driveway is not worth your life.

A New Year ... A New Home? Let Me Help!

Christine M. Weedon

703.249.9743

christine-weedon@kw.com

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



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NEW TO THE MARKET:

MUST SEE this beautiful home on an ideal, exterior, wooded lot, overlooking the walking trail. This home is located in the Fairways Overlook on Belle Isle Drive. It is a 6 bed/5 full bath home with a 3 car garage. Just 3 years young and in **MOVE-IN-READY** condition. *Contact me for more details.*



About Christine...

"Christine worked with us to sell our house in Potomac Shores. A few reasons why we asked Christine to represent us included her activities within the community (e.g. sponsoring an annual paper shredding event), her success selling houses in our section of Potomac Shores, and her large network. She went over and above in helping us with staging so the house looked great! With her expertise, we were under contract within a week, and the process could not have gone more smoothly. We would definitely recommend Christine for your real estate needs. She's professional, creative, and an all-around great person!" ~ Rob & Liz M.

Potomac Shores Real Estate

CURRENT LISTINGS

Address	Bed	Bath	Original Price	9/15/2020 - 12/15/2020 Current Price
17163 Belle Isle Drive	6	5	\$849,900	\$849,900
18229 Red Mulberry Road	4	3/1	\$559,900	\$559,900
2043 Alder Lane	3	2/2	\$559,900	\$559,990
18180 Red Mulberry Road	4	3/1	\$553,900	\$553,900
16952 Takeaway Lane	5	5/1	\$800,000	\$800,000

ACTIVE UNDER CONTRACT

17208 Flatstick Court	5	4/1	\$785,000	\$760,000
2480 Potomac River Blvd	5	4/1	\$749,900	\$724,900

PROPERTIES SOLD

18139 Red Mulberry Road	3	2/2	\$420,000
2424 Gloucester Pointe Drive	4	2/1	\$500,000
2232 Red Pine Loop	4	3/1	\$540,000

PENDING

Address	Bed	Bath	Original Price	Close Price	Seller Subsidy	Close Date	DOM
17135 Belle Isle Drive	7	6/1	\$909,000	\$910,000		15-Dec	6
2144 Hemlock Bay Road	3	2/2	\$467,000	\$463,700	\$ 200	18-Nov	24
2108 Hemlock Bay Road	3	2/2	\$424,900	\$424,900		5-Nov	2
17865 Sugarberry Road	4	3/1	\$555,000	\$560,000		9-Oct	8
17165 Sea Skiff Way	4	2/1	\$579,000	\$570,000		10-Nov	8
16928 Takeaway Lane	4	4/1	\$665,000	\$665,000		4-Dec	18
17462 Spring Cress Drive	4	3	\$669,000	\$650,000	\$10,000	11-Dec	64
17205 Continental Drive	5	4/1	\$715,000	\$715,000	\$ 589	23-Oct	26
17429 Spring Cress Drive	6	3	\$790,000	\$800,000		13-Nov	13
17076 Silver Arrow Drive	4	4/1	\$725,000	\$715,000		21-Sep	60
2522 Sweet Clover Court	5	4	\$715,000	\$690,000		11-Dec	64
18187 Red Mulberry Road	4	3/1	\$449,990	\$449,990	\$ 5,000	23-Oct	16
2089 River Heritage Blvd	5	4/1	\$629,000	\$629,000		18-Sep	11
17555 Spring Cress Drive	5	4/1	\$699,000	\$705,000		30-Oct	5
2082 Twin Six Lane	5	4/1	\$789,900	\$789,900		9-Oct	7
17159 Belle Isle Drive	6	6/1	\$899,000	\$890,000		2-Oct	17
2274 River Birch Road	6	4/1	\$625,000	\$630,000	\$15,000	25-Sep	36
17000 Takeaway Lane	5	4/1	\$675,000	\$689,000	\$12,058	3-Dec	29
2124 Hemlock Bay Road	3	2/2	\$449,900	\$445,000		8-Oct	23
2249 River Birch Road	5	4/1	\$649,000	\$630,000		28-Sep	34
2078 River Heritage Blvd	5	5/1	\$649,900	\$665,000	\$15,000	28-Oct	3
2105 River Heritage Blvd	4	3/1	\$569,900	\$570,000		30-Sep	10

DOM = Days on Market.
Information obtained from BRIGHT MLS and is believed to be accurate but not to be relied upon without verification.

"If you're looking for a trustworthy, dependable and forward leaning and thinking agent, hire Christine Weedon. Staged, showed and sold my property in minimum time at the highest price ever for my model in my community. I have bought, sold or rented out over 10 different properties over the years both in and out of the military. Christine is hands down the best agent to ever represent me! I say represent because that is what she does. Christine always works on your behalf. She took care of EVERY aspect of my latest sale, and I'm an extreme hands on type A personality. She was always one step ahead of my own intuitive thoughts. Thank you Christine for the most positive and refreshing real estate sale in my entire life!!" ~Tracey G.



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THE SHORES CLUB NEWS

FITNESS BARN ACTIVITIES

ZUMBA Mondays - 6:30pm
By Ebony Moss, Ebonygmoss@gmail.com

YOGA Saturdays - 7:45am Mixed Level
By Alex Duchscher, Alex@renewaltide.com

MAT PILATES Saturdays - 11:15am
By Vicki Burnett, 703-203-9380, Vickiburnett10@gmail.com

KENPO KARATE Saturdays - 9:00am
By Sensei Bill Berry, 571-481-8703

CARDIO KICKBUTT KICKBOXING Tuesdays - 7:30pm
Antonio Wadley, 571-989-3005, Fivestarfellas@gmail.com

VIRTUAL BOOTCAMP Tuesdays - 6:30pm
Laurie Smith Andrews, 252-702-1749
Laurieanntraining@gmail.com

MASSAGE THERAPY Tuesday - Thursday 9am-8pm
Fridays 9am-4pm
Saturdays 9am-1pm

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

LINE DANCE CLASSES 2X A Month Thursdays 7:30pm
Cookie Bell, Rbell127@comcast.net

CHILDREN & ADULT ART CLASSES
By Donna Merchant, donnamerchant.dm@gmail.com
Children's Art Classes (Ages 5-9) Wednesdays 5-6:30pm
Children's Art Classes (Ages 10-14) Thursdays 5-6:30pm
Monthly Paint Parties are also held at the Social Barn once a month on Fridays

POWER TOTS GYMNASTICS/YOGA
Contactless classes held on Monday afternoons in the Shores Kids Club, 4:00 -6:00pm. (Ages 18 months - 8 years old).
\$108- \$120 per 6 week session.
Contact jamie@powertotsinc.com with any questions, or powertotsinc.com to enroll.

PIANO/GUITAR 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

Please Note Some Fitness Barn Activities May Be Cancelled Due To Covid-19. Please Check The Website Or Email Blasts For The Most Up To Date Information



ART CLASSES

Art Classes by Donna Merchant

I hope to restart offering group classes for children again in January at the Shores Kids Club. I also offer private in home lessons and paint parties. I always wear a mask and bring all supplies except tables and chairs.

You can contact me via email, donnamerchant.dm@gmail.com to schedule private in-home paint parties or art lessons.

\$25 per lesson for children ages 5 and up
(Sibling discount available)



CARDIO KICKBUTT KICKBOXING GROUP FITNESS CLASS

POTOMAC SHORES RESIDENTS! We are back to kicking butt and taking names! After many months, we have returned to In-Person Cardio Kickbutt Kickboxing Classes for Potomac Shores! Social/Physical Distancing Rules apply, however instead of 6 feet, we are doing 10 FEET distancing with LIMITED availability. Currently it is first-come first-served basis.

In the coming weeks, there will be a sign up list and a waiting list, via EventBrite. Please check the website for information and schedule. Come join the Cardio Kickbutt Kickboxing class, meet neighbors, workout with friends, and get/stay healthy & fit as a community.

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To sign up, choose the Kickboxing Class for Potomac Shores >> Choose the Date and Time>> and then Payment. FREE TRIALS! Sign-Up/Registration closes 30 mins before class begins. Feel free to drop by just to see if you like the class or view some videos of past classes on YouTube and Instagram @fivestarfellas.

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Contact: Antonio Wadley - www.fivestarfellas.com

Email: fivestarfellas@gmail.com or antonio@fivestarfellas.com

Text or Call: 571.989.3005 - Instagram: @fivestarfellas

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POWER TOTS GYMNASTICS & MOVEMENT CLASSES

Power Tots started gymnastics and movement classes mid-September 2020 outdoors on the Event Lawn, and now we have moved indoors to the Shores Kids Club during the winter months. Classes are moving along and the kids are having so much fun! Power Tots offers classes for children 18 months to 8 years of age held on Monday afternoons.

Power Tots offers exciting programs in a safe, fun, and positive environment. We set our standards high by offering instruction that is never competitive and always encouraging. Our programs start with basic skills and we introduce more advanced options as children progress. During this unique time, our instructor, Jamie Weaver, also takes extra safety precautions to keep the kids and families safe. Everyone entering the Shores Kids Club is having their temperature checked with a touchless thermometer and everyone must sanitize/wash their hands upon entering and before leaving the room. Mrs. Jamie is also frequently wiping down our mats, door handles, and faucets between classes to help prevent the spread of germs.

Our first winter session is currently underway, but please keep a look out for enrollment opportunities for classes starting Monday, February 1, 2021! If you're interested in joining our current session on Mondays, you can enroll at powertotsinc.com or contact info@powertotsinc.com for more information!





Hi Neighbors!

As we wind down from the Holiday Season and begin to focus on goals for 2021, I just wanted to re-introduce myself to the Community as well as share some benefits of massage.

My name is David Morris, a Licensed Massage Therapist, a resident of Potomac Shores, and owner of Escape Massage Therapy. With over 14 years of professional experience, I am honored to provide my services exclusively for residents of Potomac Shores in the Fitness Barn. Through careful listening and evaluation, I customize each massage to my client's specific needs by fusing techniques from various modalities, to ensure that every client's goals are achieved. This is my methodology whether it be pain alleviation, injury rehab, or just regular maintenance.

Benefits of Massage:

- Releases Endorphins & Enhances Mood
- Relieves Headache & Migraine Pain
- Reduces Depression, Anxiety, and Stress
- Boosts Energy
- Alleviates Back Pain
- Reduces Carpal Tunnel Symptoms
- Increases Lymphatic Flow & Enhances Immune System
- Improves Circulation
- Lowers Blood Pressure
- Improves Flexibility & Range of Motion

Due to my commitment to your safety, health, and wellbeing the following are some of the precautions I am using to protect clients from COVID-19:

- Thorough health questionnaire before appointment
- Staggered appointments to ensure sufficient time for the thorough disinfection of the room
- In-Room HEPA Air Filtration System
- Face Masks Required upon entering the treatment room

Sessions are available by appointment only Tuesday-Saturday. New clients may book their appointment by contacting me at 703- 895-2214, or by email at david@escapemassaged.com. Existing clients may also book their appointments online at www.escapemassaged.com.

Thank you to all my clients for your continued support, especially during these trying times. I look forward to continuing to help meet your health and wellness goals for 2021.

Best Wishes, *David R. Morris, LMT*

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COMMUNICATIONS



By: Trina Gonzalez

Have you discovered the Residential Association Website? Whether you are new to community, or have been here awhile, the Potomac Shores Residential HOA website has everything you need to get your questions answered and to stay in-the-know with everything HOA related.

From Resident Information such as the HOA's governing documents, to the Verizon Fios Rate Sheet, to paying your HOA Assessment, everything you need to know is on this Resident HOA website. Interested in adding on to the exterior of your home (deck, porch, etc.)? Then locate the Design Review Application under Commonly Used Forms to ensure your desired improvement is HOA-approved.

Interested in the Amenities, including the hours, policies, and activities available? Then visit the Amenities tab, where you'll also find information about the Fitness Barn classes, the Tot Lots/Playgrounds, Canoe Launch/Fishing Pier, but also information about the community Trails, including a printable map.

There is the Residents Forum, the Community Calendar, as well as previous issues of the Front Porch Newsletter, in case you missed any of them!

Most importantly, the HOA management frequently posts announcements in order to keep residents in-the-know! You can "subscribe" as shown here to receive these updates via email anytime an announcement is posted.

Though the Residents HOA website has been around for some time, it is constantly being improved. We encourage you check it out! Visit: <https://potomacshoresresidents.com/home>, and enter your login credentials for access. For those who are new, or who haven't set up an account, you will need to create a username and password, and management will then verify your information and approve your request within 24 business hours.

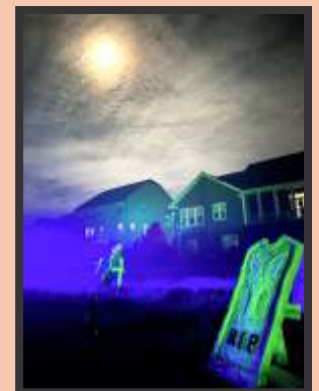
Finally, be on the lookout this year as we are working to introduce additional methods of communication! And remember, if you have an idea, let us know! We are constantly looking for ways to improve delivery of community information. You can send your suggestions to us at: CommunicationsPotomacShores@gmail.com. Thank you!

Halloween Haunted House 2020!

By: Karen Bennett

The Passionflower Halloween Haunted House was hosted by the Logans on Passionflower Court. The site included the outdoor graveyard walk through and the Haunted House with live scary affects. Many trick-or-treaters came to enjoy the haunted house. There were lines of cars as well as a lot of foot traffic. Residents on Passionflower Court quickly ran out of candy to give to the trick-or-treaters due to the popularity of the haunted house. There were socially distanced lines waiting to get into the Haunted House and hand sanitizer was also provided. The trick-or-treaters entered one side of the Haunted House, they screamed, then came out of the other side looking like they saw Thriller!

This year due to the Coronavirus, residents had to be very creative in the way candy was distributed to the trick-or-treaters. Some residents created a pully to carry candy, or pushed candy through a candy shoot made of PVC piping, others setup a table allowing kids to grab small bags of candy from a table, etc. Nevertheless, in PoSho, the kids were able to happily fill their bags and buckets.



SOCIAL

By: Karen Bennett

The Social Committee generally meets on the third Tuesday of each month at 6:30 pm at the Social Barn and via Zoom. Anyone is welcome to attend the meetings. The Committee Chairman is Yenny Alvarez and Co-Chairman Lisa Gomes. The Social Committee met this past month and planned some exciting events for the upcoming season. However, due to the continued effects of COVID-19, the planned activities are all tentative. Information about each event will be announced in the community emails, posted to the residential website and on FaceBook/NextDoor as we get close to the planned dates. So stay connected!

We are all still anxiously awaiting the moment it is safe for us all to gather together and enjoy all of our planned 2021 Events, and we are sure that you are as well. However, in the best interest of keeping us all healthy, we will notify you of activities as we get closer to the planned dates. The committee will continue to await further directions from the HOA and Governor Northam regarding the pandemic guidelines and restrictions.

If you would like to volunteer at our events, you can contact the Social Committee by sending an email to socialpotomacshores@gmail.com making them aware of your interest or to send your creative ideas.

POTOMAC SHORES

VOLUNTEERS NEEDED!

The Social Committee welcomes residents to volunteer with Potomac Shores Social Events. Everyone over the age of 13 is eligible to volunteer. This is an amazing opportunity for students to earn community hours within the community.

FOR MORE INFO CONTACT:
socialpotomacshores@gmail.com



Music on the Lawn "Reggae Bash"

By: Sharon Duncan

As the fall came to an end, the Potomac Shores Social Committee put on a grand production for Music on the Lawn a "Reggae Bash." This event was full of good vibes, jammin' music, and cultural enrichment within our community. I & I Riddim, a local reggae group, provided our community with a live performance and a celebration of island-inspired music set amidst the unforgettable evening full of dancing. Residents brought chairs, blankets, sat back and unwound as they listened to steel drums and the sounds of the band. Reggae music in particular is loved worldwide, but residents didn't have to travel far to enjoy the epic tunes of the music. Like many other events the event was full of unforgettable memories.



Annual Fall Festival

By: Lisa Gomes

The Potomac Shores Harvest Festival of 2020 was perhaps the most vibrant and festive event of this year! Color bloomed for the Luau and joy abounded for two events that featured Music on the Lawn. Simple family time was celebrated for Movie on the Lawn. And our community came together to support law enforcement and first responders for National Night Out. But the Harvest Festival gathered all those purposeful elements, that the Potomac Shores Social Committee strives to bring to the community into one grand celebration on October 10, 2020. Color, joy, the celebration of family and community was unmistakably the source of this Harvest Festival's success.

Over 200 pumpkins invited the Great Pumpkin to preside over this season of Autumn while 30 large haystacks added dimension to this country Hoe-Down. Oranges, golds and reds in varying degrees glowed throughout the grounds while an endless supply of iridescent Fairy Bubbles zipped and swirled under a mix of sun and clouds. Wind pushed the Fairies about and teased the young and old to give chase, perhaps catch a glistening jewel and make a wish. Every space was decorated in joy.

Music from The Strain featuring Sammy Shako weaved a Halloween spell, enticing all to climb the steps and join this special event. Song and dance drew families toward the Greeting Tables where children could choose a Halloween tattoo and pick a pumpkin to paint. Across from the lush pumpkin patch were balloon artists who created valiant swords, delightful animals, Halloween icons, or bouquets of flowers while all around were several ideal backdrops for families to create lasting memories. And once families were caught in the web of fun, the trail was scented with the aroma of four yummy food choices.

Momma Rosa's once again provided sweet delights. A newcomer to our events, and resident of Potomac Shores, Wallace's BBQ complimented our favorite El Encanto Latino. Both perfected savory dishes. And Rick Roasters Coffee Company scented the air with the warm comfort of a hot cup of coffee where sharing a meal together is hallmark of family and community.

Then, just when we thought we saw all that this Harvest Festival had to offer, our eye wandered to a hidden gem, the Petting Zoo from Ponies Plus.

Children and adults were invited to hold and pet baby chicks and ducks. Several furry rabbits were adorable and soft to the touch. A small pony was friendly, and the goats were accessible to eager small hands. Chickens and roosters were close enough to touch and families shared giggles and smiles.

The Potomac Shores Social Committee is very proud to host this and every event, but it is the residents who make a success of every holiday and season.



Halloween Home Decoration Contest

By: Karen Bennett

Potomac Shores residents provided pictures of their creative representations of Halloween 2020 to the Social Committee's email address by the October 31 deadline. The Social Committee selected 7 winners from the submissions. Each of these homes received a \$50 gift card.

Residents were very creative in their Halloween displays. Many of which were not even submitted in the contest. Potomac Shores showed its creativity while weaving in the effects of the coronavirus.



Adult Halloween Party

By: Kevin Curry

Gangsters, Egyptians, frightening clowns, pirates, Mandalorians, a sexy nurse, and even a baby Yoda, made their way to the Potomac Shores Adult Halloween Party (Baby Yoda is 50, so he was good). The Social Barn was adorned with spider webs, spiders, and eyeballs; the DJ was slaying it with the music and the bartender was serving up some blood curdling concoctions. Even with the limited number of ghouls and goblins allowed due to restrictions, it was a fun time for all! There was even a Cliff Booth (Brad Pitt) sighting. There was also deviled eggs who came with Angel food and a really weird guy that looked like the Mad Hatter from Alice and Wonderland. We had a fog machine that worked so well that the local fire department decided to join in on the fun. All was good and the party continued. Chef Paul provided the food with a Halloween theme and it was amazing! There were prizes for best costumes in different categories: Victoria Ghere won "Smokin" category for sexy nurse; Cliff Beasley won "Funniest" as the Witch Doctor, Mark Ghere won "Scariest" as a ghoulish soldier; and Carol Padgett won "Zinger Award" as Deviled Eggs...However, I demand a recount as I believe dead, and undead, people were voting. The night was amazing as new friends and memories were made. So, until we meet again in 2021 for another frightful night, which we hope can be attended by all, may all your nightmares be replaced with dreams of sugar plums and better things to come!





Santa Visit

Thank you to our Santa, Duke Arnold!

By: Kevin Curry



Thank you to Erick Blackwelder in his 1952 MG TD for being Santa's sleigh!



Tis the season to be jolly, fa la la la la - la - la - la - la. Potomac Shores Social Committee put in a special request for Santa Clause to visit and say hi to all the great people that live in our community. He rode around the community in style with his reindeer and a couple of elves giving out goodies to all the wonderful children that were on the "nice" list. Let us just say that not everyone was on the "nice" list, you know who you are, but Santa gave out goodies to everyone! The air was full of happiness and Potomac Shores was covered in joy and a feeling of community that could be felt across the land. Until next Christmas may all your wishes come true and may all your days be merry and bright.

1. All Members in good standing of the Potomac Shores Residential Association are eligible to use the greenhouse and rent a garden plot provided there is space available in the greenhouse and plots available. "Applications for a Raised Garden Bed" must be submitted to the Activities Director between January 1 and March 31 of the current year.

2. The annual fee is \$35 per plot. A check for this amount must accompany the "Application for a Raised Garden Bed" and it must be payable to the Potomac Shores Resident Association (PSRA). The year runs from April 1st to March 31st of the following year. Once a gardener has been awarded a plot, the check will be deposited into PSRA account and, at this point, the money is non-refundable. The fee is not refundable and is subject to change from year to year at the discretion of the Garden Committee and/or Board of Directors.

3. All plants in the greenhouse must be labeled in a manner that indicates who the owner of the plant is. Dead plants will be removed from the greenhouse without notice. Empty containers will be held by Management for an additional 90 days and then disposed of without further notice. No diseased or insect-ridden plants are allowed in the greenhouse at any time. Sick or diseased plants may be treated with a gentle organic remedy to prevent the spread of insect and disease to the rest of the greenhouse. If organic treatment does not work, the sick plant will be covered with paper or plastic and the owner will be notified to remove the plant. If there is no response or the plant is not labeled the plant will be disposed of after two weeks. All public supplies to include potting soil for seedlings, plant labels, and etc. are for use inside the greenhouse and not in the garden.

4. Gardeners are encouraged to plant year-round. At the end of each growing season, gardeners should make sure their plot is cleared of debris and is weed free. If not gardening year-round, the plot must be covered with black plastic (provided by the HOA) or planted with a ground cover crop (also provided by the HOA) to avoid an overabundance of weed growth. Gardeners are responsible for the care of the plot for the entire year they have rented.

5. In order to ensure that the garden plots are being fully utilized, gardeners must begin planting by April 15 and have seeds sown or plants transplanted by May 15. Fall/Winter gardens are recommended to be planted



between the first and end of September. If not planting, the above recommendations in #4 should be used.

6. Gardeners should not allow their plants to encroach into the center aisle or into another plot. Plants can grow a few inches outside the bed area and into the grass as long as it does not interfere with another plot or with weeding expectations.

7. Gardeners are encouraged to use organic substances to fertilize their plants and organic methods to control pests and plant diseases. When spraying any organic liquids, gardeners should use a small spray bottle and spray only on days that are not windy in order to prevent the sprayed substance from "contaminating" another plot.

8. For safety reasons, fertilizers and commercial, chemical, or organic pesticides cannot be stored inside the greenhouse, tool shed, or garden area. Any such substances found will be removed without additional notice.

9. Simple, non-permanent garden covers are permitted. Neither solid walls nor roofs are permitted.

10. Poured concrete may not be used to anchor fence posts or other structures or for any other reason.

11. Drilling holes into, cutting or moving of the timber walls around the plots is prohibited.

12. Staples or tacks may be used to attach netting, or other temporary measures associated with gardening, to the timbers however these must be completely removed by no later than November 1st of each year.

13. Gardeners MUST weed their plots AND a 12-inch area around their plot on a regular basis. Recommendation for weed pulling is weekly to avoid contaminating plots. Weeds deprive the planted plants of their much-needed nutrients. The neglect of a plot will be turned over to the HOA and a fine of \$50 will be assessed to the Owner's account if not

addressed in a timely manner. A letter will be sent to the gardener prior to any fines assessed to let them know when the plot must be cleaned by.

14. Gardeners MUST place any trash to include rotten fruits or vegetables, weeds, and dead insects in trash bags and then place the bags in the dumpster in the parking lot. If the dumpster is full, the debris should be taken home or to another trash location center. Trash bags are located in the tool shed. Weeds and rotten vegetables contain bugs which will contaminate greenhouse plants.

15. Gardeners are encouraged to use organic mulches, such as compost, leaves, straw and shredded bark in order to conserve water and add nutrients to the soil. Non-biodegradable mulches, such as stone, carpet and artificial turf, are prohibited. Porous weed blocker covers are permitted but must be secured to the ground to prevent them from blowing away.

16. Composted manure is permitted but fresh manure is prohibited.

17. Gardeners may not give away or sublet their plot to anyone.

18. Gardeners cannot plant any illegal plants or any plants on the Virginia Invasive Plant List: www.dcr.virginia.gov/natural_heritage/documents/invlist.pdf.

19. Gardeners must accompany guests inside the garden area and are responsible for their behavior. Children are encouraged to be a part of the whole gardening experience but parents must be especially mindful of their behavior and be aware of needed safety precautions.

20. Gardeners and their guests may not eat or harvest fruit or vegetables from other plots without permission from that gardener.

21. A variety of tools are available for gardeners to use. After use, the tools should be cleaned up and returned to their proper place. Gardeners may store personal garden tools in the tool shed provided they are labeled and there is enough space in the shed.

22. Gardeners acknowledge that the Gardening Committee with assistance from the Activities Director is responsible for ensuring that the rules are followed at all times. A gardener found to be in violation of any of these rules may have their gardening privileges suspended for the remaining of the contract year and possibly for the next gardening year.

2021 APPLICATION FOR a RAISED GARDEN BED

To the Potomac Shores Resident Association and the Gardening Committee:

I would like to apply for a raised garden bed and have attached a check for \$35 made payable to "Potomac Shores Resident Association." I have been provided a copy of the Rules for the Gardens and Greenhouse and have thoroughly read these rules. If I do not follow the rules, I understand that my gardening privileges may be suspended for the remainder of the year and possibly the next year also. If my gardening privileges are suspended, I know that my money will not be refunded. I understand that my email address will appear on emails sent to all gardeners.

(Signature)

(Date of Application)

Name:

Street Address:

Phone:

Email:

If you had a garden plot last year, what was the number(s)?

The PSRA and the Gardening Committee cannot guarantee that you will receive a garden plot. Applications can be submitted to the Assistant Manager/Activities Director at the Fitness Barn anytime between Jan. 1 and March 31, 2021. If more than 65 resident families apply for a garden plot, the Gardening Committee will hold a lottery sometime between April 1 and April 10. You will be notified by email of the exact date of the lottery and the results of the lottery. Your \$35 check will be returned to you if you do not receive a garden plot.

The PSRA will provide a water source for the garden beds and garden tools that can be borrowed. From time to time, the Gardening Committee will email all gardeners information on upcoming events that should be of interest to gardeners and tips for producing healthy and bountiful vegetables.

Questions about the gardens or gardening should be directed to the Gardening Committee at gardenspotomacshores@gmail.com.

POTOMAC SHORES NEIGHBORHOOD WATCH

By: George Preston



Our Neighborhood Watch group is growing! Join in with PSNW to help serve, and be the eyes/ears of the Potomac Shores community. The more participation the better coverage. We work closely with PWC Police Department and you may see signs already posted throughout the community. Our meetings occur on the first Tuesday of every month, at the Social Barn, and via Zoom. We are comprised of volunteer and neighbors just like you. PSNW currently consists of 7 separate areas. Stay connected in the "Potomac Shores Neighborhood Watch" Facebook group, or contact us at potomacshoreswatch@gmail.com to get on our email list or if you have any questions. **"If you SEE something, SAY something."** Keeping our community safe for the years to come.

Here is our current List of Neighborhood Watch Coordinators for the various streets/sections. Feel free to reach out to any names below to stay connected! (Map is below):

- **PSNW-1 (Ryan Homes North):** Michael Colon (mr_colon@hotmail.com)
- **PSNW-2 (NV Homes):** Tina Howell (thowell@abboptical.com)
- **PSNW-3A/3B (Spring Cress/Crossvine):** Karen Bennett (kayben09@gmail.com)
- **PSNW-4 (Pulte Homes):** Cullen Malone (cullen@oeii.com)
- **PSNW-5 (Brookfield Homes):** George Preston (george.a.preston@gmail.com)
- **PSNW-6A/6B (The Woods):** Dion Luster / Keisha Taylor (dluster1913@gmail.com / Lakeisha.R.Taylor@gmail.com)
- **PSNW-7 (Beazer):** Troy Hendrickson (troyhendrickson1970@gmail.com)

TOWN CENTER

By: Kurt Bodiford, Chairperson

Seasons Greetings from the Town Center Committee! The pandemic lockdown continues, but we hope this update helps to brighten some spirits across the Potomac Shores community. Following up on the Fall article and our August Zoom meetings, the Committee is pleased to announce reaching agreement with the Developer on our "Ask List" generated in exchange for community support to make additional changes to development plans. As most of you will recall Biddle Real Estate Ventures (BREV), led by Managing Partner Peter Chavkin, approached our Committee to garner support for amending the Special Use Permit (SUP) for Potomac Shores zoning, again. This change would decouple the construction of 50,000 square feet of dedicated office space, from the issuance of the 2500th residential building permit outside of the Town Center. Leaving that requirement in place would have halted residential construction for an extended period, to erect an office building likely to stand empty and dormant, indefinitely.

The result of our negotiations with BREV, representing Harbor Station Communities, LLC (HSC = the investment group for the overall development) produced a Letter of Agreement, which the Chairman has signed on behalf of Potomac Shores Town Center Committee (PSTCC); a decision also endorsed in principal by Prince William County Supervisor Andrea Bailey. In detail, Harbor Station Communities, LLC agrees in that letter to be bound by the following:

1. To reduce the Potomac Shores Residential Association's (e.g. HOA) obligation to reimburse HSC by 60% (down to \$254,572, from \$636,430) of the original loaned amount. Additionally, HSC agrees to not seek a repayment amount that would require special assessments to be levied and will not seek repayment any sooner than January 1, 2023.

2. Four green space amenities (listed below) will be delivered on an expedited schedule, details of which are to be negotiated between PSTCC and HSC during the zoning modification process, and which may be proffered to be completed prior to the issuance of the 2,500th residential building permit within Potomac Shores.

- a. Central Park
- b. Village Green
- c. Boardwalk
- d. Town Square

3. Institute resident voting and representation rights as per the Community Charter and Bylaws, that will govern election of residents to the HOA Board of Directors. Establish neighborhoods, voting delegates and election procedures as provided by the Bylaws.

4. Install a second resident to the HOA's Board of Directors - the election for this seat will be scheduled to occur as soon as reasonably possible - the election will not be conditioned on County approval of the amendment of Proffer 5.b.

5. Construct pillars on River Heritage Boulevard in the vicinity of the existing round-about at the intersection with Woods View Drive. Pillars are to be of the size and style of those located on the corner of Spring Cress Drive and Potomac Shores Parkway. The entire cost of this work will be the responsibility of HSC.

6. Construct the portion of the trail system connecting the Southern neighborhoods to the Town Center as soon as practicable. The trail connection to the Town Center cannot be complete until land development work of Land Bay 4-3 and Land Bay 5-1 is complete. However, pedestrian access via the asphalt trail along River Heritage Boulevard should be available in approximately 18 months. A schedule for completion dates of all trail portions will be provided to the PSTCC during the proffer amendment process.

7. Create a Grounds Committee within the HOA (this will be accomplished through renaming and expanding the scope of the existing Trails Committee) to allow for Committee involvement with annual maintenance contracts for common areas.

8. Revise pool design, in consultation with PSTCC, for southern Recreation Center to be a family-friendly pool instead of a lap pool.

To the benefit of us all in Potomac Shores, the Committee has secured acceleration of amenities, significant relief of HOA financial obligations, and increased influence by HOA Committees over improvement and maintenance of our neighborhoods. Next steps are for BREV to schedule proffer hearings with Prince William County within the next six to nine months, giving everyone another opportunity to comment in person on these items, and securing practical, legal certainty of an improved future for Potomac Shores. We are firm in our convictions that this list represents reasonable, timely and tangible results, supporting earlier and more meaningful Town Center development, and making a difference in our community and home values. Stay tuned, stay safe, and stay involved.

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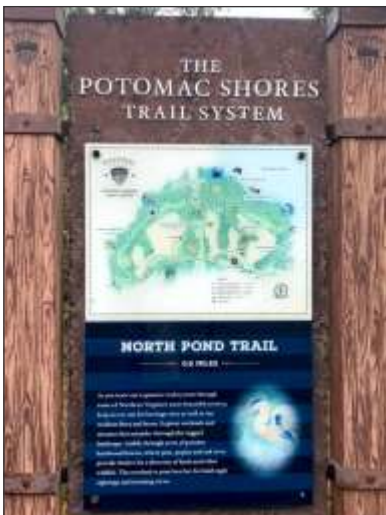
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TRAILS CLEANUP EVENT

On September 26, 2020, the Trails Committee partnered with the Washington Metro Chapter of CAI to host the 3rd annual Potomac Watershed Clean-up Day in our community. Thank you to the 20+ volunteers for meeting on a Saturday morning to walk the community and trails system to pick up trash and help keep our community and environment safe! Please be sure to participate in our event next year as it is very rewarding and fun!



GIVE YOUR PROSTATE & LOVE LIFE A SECOND CHANCE.

RELIEF FOR MEN DEALING WITH ENLARGED PROSTATE

Sentara Northern Virginia Medical Center became the first center in the DMV to offer the **Aquablation® therapy procedure** when it piloted the program in May 2018. Aquablation® therapy uses a robot-controlled waterjet to remove the enlarged prostate tissue. It is the only FDA-cleared minimally invasive treatment for Benign Prostatic Hyperplasia (BPH), or enlarged prostate, that combines real-time, multi-dimensional imaging with surgical robotics and a heat-free waterjet for targeted, precise, and safe removal of prostate tissue, with a reduced risk of sexual side effects.

BPH is a common condition as men get older. An enlarged prostate gland can cause uncomfortable urinary symptoms, such as blocking the flow of urine out of the bladder. It can also cause bladder, urinary tract and/or kidney problems.

In the past, men have had to choose between significant symptom relief or compromising sexual function. For this reason, many men have avoided treatment altogether. Aquablation® therapy eliminates the need for men to make the choice between symptom relief and risk.

Drs. John Klein and Inderjit Singh, Board-Certified Urologists, have performed the third highest volume of Aquablation® procedures in the U.S. since the therapy was commercially launched.

Martin Robinson is one of Dr. Singh's patients. Martin was referred to him after he discovered blood in his urine, "I went to see Dr. Singh and he was very, very nice. He said he was going to take care of me and not to worry."

Dr. Singh performed a biopsy and found that it wasn't cancer, but instead Martin was dealing with an enlarged prostate.

Initially, Martin tried other therapies with little to no success. When Aquablation® therapy was introduced at Sentara Northern Virginia Medical Center, Dr. Singh suggested it to him.

In July 2018, days before his 60th birthday, Martin underwent the Aquablation® therapy procedure. "I felt like a kid again because when I peed, I could actually feel my bladder emptying. I knew everything was getting out of me. I hadn't felt that way in nearly six years," explains Martin.

More than a year-and-a-half later, Martin is still enjoying the results of his Aquablation® therapy procedure. His retirement isn't being spent looking for bathroom. He's able to spend time with his family and the procedure hasn't affected his romantic life with his wife, "You either get this done or you lose your prostate and everything that goes with it. You got to take care of yourself."

Dr. Singh agrees, "I would tell my patients this is an excellent choice if they are a) having poor results with medications, b) have side effects with medications, or c) don't want to continue taking medications and want a permanent solution, they should seriously consider this minimally invasive procedure."



John Klein, MD Inderjit Singh, MD
Board-Certified Urologists

"With enlarged prostate or BPH, the symptoms cause fairly abrupt decrease in quality of life. It's a stressful thing. This therapy may fundamentally transform the way we treat men with BPH."

– Dr. Klein

"The biggest advantage to patients is that Aquablation removes the obstructing tissue with immediate benefits and minimal side effects on sexual function. I have observed excellent results in a majority of my patients."

– Dr. Singh



Aquablation® therapy patient
Martin Robinson and Dr. Inderjit Singh

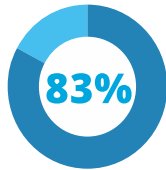
GOOD NEWS FOR MEN WHO SUFFER FROM AN ENLARGED PROSTATE. MEDICARE HAS APPROVED NEW PAYMENT OPTIONS FOR TECHNOLOGY TO HELP RESTORE FUNCTION WITH FEWER SIDE EFFECTS.

To determine if this procedure is right for you, visit sentara.com/urology or call **703-523-1934**.





WHAT MEN ARE SAYING ABOUT BENIGN PROSTATIC HYPERPLASIA (BPH)



83% OF MEN WITH BPH ARE NOT WILLING TO SACRIFICE SEXUAL FUNCTION FOR SYMPTOM RELIEF WITH SURGERY*



3 IN 4 MEN WITH BPH FEEL THAT SURGERY REQUIRES A TRADEOFF BETWEEN SYMPTOM RELIEF AND SIDE EFFECTS.*



1 IN 2 MEN WITH BPH DID NOT REALIZE HOW IMPORTANT MAINTAINING SEXUAL FUNCTION WAS TO THEM BEFORE SURGERY.*



94%

94% OF MEN WITH BPH WISHED THEIR DOCTORS WOULD HAVE DISCUSSED AQUABLATION® THERAPY WITH THEM.*

94% OF MEN WITH BPH WOULD HAVE CONSIDERED AQUABLATION® THERAPY IF THEIR DOCTOR HAD TOLD THEM ABOUT IT.*

* Data from a global survey of 300 patients with BPH. Data on file at PROCEPT BioRobotics.

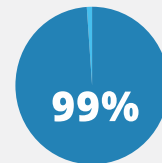
SIDE EFFECTS OF AQUABLATION

NULL

0% IMPACT ON ERECTILE FUNCTION, ORGASMIC FUNCTION, SEXUAL DESIRE, INTERCOURSE SATISFACTION OR OVERALL SEXUAL SATISFACTION.**

NEARLY ALL

NEARLY ALL MEN WITH BPH PRESERVE EJACULATION FUNCTION WITH AQUABLATION® THERAPY.**



99% OF MEN WITH BPH DID NOT HAVE INCONTINENCE AFTER AQUABLATION® THERAPY.**

** – Gilling, P, et al. Three-Year Outcomes after Aquablation Therapy Compared to TURP: Results from a Blinded Randomized Trial. *Can J Urol.* 2020 Feb;27(1):10072-10079.
 – Bhojani, N, et al. Aquablation for Benign Prostatic Hyperplasia in Large Prostates (80-150 cc): 1-Year Results. *Urology.* 2019 Jul;129:1-7.
 – Data on file at PROCEPT BioRobotics.

To determine if this procedure is right for you, visit sentara.com/urology or call 703-523-1934.





HERITAGE LANDSCAPE SERVICES & POTOMAC SHORES RECEIVES A NATIONAL AWARD OF EXCELLENCE

(Dumfries, Virginia, October 2020) – HLS is proud to announce it has been awarded a 2020 Silver Award of Excellence by the National Association of Landscape Professionals for the Maintenance and Landscape work performed at

Potomac Shores HOA, Dumfries, VA

Each year, the National Association Landscape Professionals Awards of Excellence recognizes exceptional landscape, lawn care, and interior plantscape design projects from around the nation. This year, 110 awards were bestowed for maintenance, design/build or contracting projects.

Potomac Shores is one of the premier large scale golf course communities to reside, work, and play in Northern Virginia. From a landscape maintenance perspective, it can be seen in the appearance of the property that there is care, command, and attention to detail in every aspect of the upkeep of this beautiful project. All phases of this community’s construction and maintenance can be seen here and is apparent that the Developer, Builders, HOA Management and the Landscape contractor has forged great partnerships to pull off the grand appearance of this community. With the care taken to ensure the beauty of this project, Potomac Shores will continue to show well into its future.

This award win helps us enhance our reputation within the industry, which both attracts new customers and solidifies existing customer relationships and appeals to potential employees. Heritage Landscape Services is proud and honored to receive this award on behalf of our partnership with all entities at Potomac Shores.

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METAL 	CARTON

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PLASTIC BAGS Please return to your local grocery store.	HAZARDOUS AND E-WASTE Check with your city for recycling options.	TEXTILES These can be reused please donate.	BATTERIES Return at your local home improvement store.
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NOT recyclable - Put these items in your Trash

SHREDDED PAPER Good for composting, too small to sort out at recycling facility.	DIAPERS YUCK, Think about it...	STYROFOAM Not recyclable, but good for energy production.	HOSES AND CORDS Conveyor belts and "tangles" just don't mix.
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Learn more about recycling online at: americandisposal.com



Tax Corner

By: Shanna Preston

Now that year end has passed, it's a good time to prep for your 2020 taxes! If you haven't done so already, now's the time to start organizing all those receipts, property taxes, medical bills, etc. Consult with a tax preparer to make sure you have everything you need. If you have a small business, make sure you consult with a bookkeeper for them to properly close your books in preparation for your tax preparer.

Income: Those of you who are 1099 recipients, be on the lookout for a new form this year. Form 1099-NEC is being used this year to report all non-employee compensation payments to the IRS. Remember to report all income regardless if you have received your 1099 or W-2 when you file your taxes.

Stimulus Funds: The payments received as part of the stimulus package from the federal government are not taxable. Technically, the funds were an advance of a refundable credit on your 2020 return. Which means that if you qualify to claim the refundable credit, any money not needed to pay down your tax liability is refunded to you. IRS guidance at this point indicates that you will not have to pay any money back if you are paid more than you end up qualifying for on your 2020 return. (Source: TaxAct.com Blog)

PPP Loan: The IRS has provided clarification regarding the deductibility of certain business expenses if the PPP loan is forgiven or expected to be forgiven. Businesses are not to be taxed on the proceeds of a forgiven PPP loan; therefore, the expenses are not deductible. This applies if you are expecting your loan to be forgiven even if that doesn't happen until sometime in 2021. So, if you have not filed for forgiveness, the IRS is encouraging you to do so as soon as possible. (Source: <https://home.treasury.gov/news/press-releases/sm1187>)

Lastly, don't forget that getting married, having or adopting a child, buying a home, the loss of a spouse, changing jobs and getting a divorce can influence your taxes. Make sure to notify your tax preparer if you experienced any of the noted changes during 2020. Here's to a great tax season!

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ANDY'S LANDSCAPING & GUTTER CLEANING - We are a small local business serving the community for over 15 years. Services include: lawn mowing, mulching, tending flower beds and weeding, power washing (houses, decks and driveways), fences, decks, paint (exterior and interior), replace trim, gutter cleaning, retaining walls, walkways, junk removal, leaf removal, no job too small. Free estimates call Andy 703.200.0208.



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For more information about events and activities, please visit
www.potomacshoresresidents.com
 Email: potomacshoresdesk@gmail.com
 Call: 703-640-3970

					15 Sip & Paint Night 6:30 - 9:30pm @Social Barn Kitchen RSVP	16
17	18	19 Social Committee Meeting 6:30pm @Social Barn	20	21 New Resident Orientation 7pm @ Social Barn	22	23
24	25	26 Book Hens Club 6:15pm @ Social Barn	27	28	29	30
31	Art Classes/ Sip & Paint Donna Merchant donnamerchant.dm@gmail.com 703-203-0443		CONTACT/RSVP INFO Cooking Class Jennifer Logan jenniferlauralogan@gmail.com		Music Lessons Offered by appointment only Travis Alexander travialexa1@hotmail.com	

GIVING back Now More Important Than Ever

By: Kerri Pagel

It goes without saying that 2020 has been a year unlike anything most of us have ever experienced. Now, more than ever, people are in need of compassion from their neighbors and even from total strangers as we all struggle through previously unknown challenges. For those who are able to lend a hand, hopefully this information is useful to allow you to give back to your community.

- ACTS of Prince William County is accepting food pantry donations and the need is at a peak as the pandemic continues. Donations to the ACTS Thrift Store directly benefit Prince William County residents and funds raised are reinvested in local programs. Gift Cards and Bus Tokens are always in demand as ACTS clients rely heavily on public transportation. The ACTS Shelter is always in need of donations for those who find themselves in unstable living conditions and need to rely on emergency housing assistance. Please visit <https://www.actspwc.org/> donations for specific items in need and how to donate.

- Assisted living facility residents are among those most impacted by the current pandemic. They are cut off from family visits

and interaction with the outside world as they are at-risk for infection. These elderly residents look forward to written correspondence as a way to stay connected with the outside world. Consider sending cards or children's artwork to the following:

- Potomac Place
2133 Montgomery Avenue
Woodbridge, VA 22191
- Brookdale Lake Ridge
3940 Prince William Parkway,
Woodbridge, VA 22192
- Harbor Chase
14080 Central Loop
Woodbridge, VA 22193
- Buy Small- Buy Local: Shop with local businesses that rely on your patronage for their livelihood. Local coffee shop Roll Call Room Café in the Southbridge Shopping Center is owned by Potomac Shores residents and is one example of a local business supporting other small businesses as many of their baked goods come from local bakers. Many neighbors are small business owners. Visit Next Door and shop with them for your holiday table or plan a photo shoot

or a personal cooking lesson after the pandemic restrictions begin to lift.

- Volunteer with Prince William Food Rescue to get food that would otherwise go to waste into the hands of those in our community who need it most. The food rescue relies on heroes to pick up food from donors and deliver it to distributors. In the past, heroes were primarily made up of retirees but obviously that is not currently possible. They need new volunteers to ensure that food stays out of landfills and gets to tables. <https://pwfoodrescue.org/>

- Rake Leaves or shovel snow for a neighbor or offer babysitting services so new parents can get a night out which they might otherwise not be able to afford. The gift of your time is sometimes more valuable than material things.

- Check-in on each other! Your friends and neighbors love to know that you are thinking about them. These uncertain times call on us all to do our part to lift each other up. A smile and a wave when passing on the street is a small thing but it can mean so much!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Neighborhood Watch 7pm @ Social Barn	3	4	5	6
7	8 Communications Committee Meeting 7pm @ Zoom Just Another Chapter Book Club 7pm @ Zoom	9 Election Night 6pm via Zoom	10	11 Ladies Who Lunch 11:45am RSVP Posho Business Networking 7-9pm	12 Beer & Wine Club 6:30pm @ Event Lawn	13
14	15	16 Social Committee Meeting 6:30pm @Social Barn	17	18 New Resident Orientation 7pm @ Social Barn	19 Sip & Paint 6:30 - 9:30pm @ Social Barn Kitchen RSVP	20 Mardi Gras Adult Party 7-11pm @ Social Barn
21 28	22	23 Book Hens Club 6:15pm @ Social Barn	24	25	26	27

Fun Winter Activities to Keep Kids Occupied

By: Marthine Mason

This year has found many parents looking for entertaining things to do at home with their kids.

If you are looking for a fun and easy way to keep the kids occupied this winter, try one of these activities that will ensure endless hours of fun!

1. Decorate Cookies

Decorating cookies can encourage creativity and provide delicious snacks for the whole family to enjoy. The kids will learn important life skills and have a great time in the process. If whipping up a batch up cookies is not your thing, there are plenty of cookie decorating kits that will cut the work in half.

2. Family Game Night

Family game nights are a great way to bond. It is also a great way to teach kids important social and emotional skills that will help them in other areas of life. Choose age-appropriate games for the kids to keep them engaged and everyone will be entertained for hours! If you have children of different ages, don't be afraid to go back to the classics. A rousing game of Operation or Charades are appropriate no matter the age.

3. Create a Family Photo Book

A family photo book is the perfect project to bring everyone together. Children can have the important job of identifying their fondest memories and organizing the pictures into a photo album. Let them pick the theme and story of their own pages and share the final product during family night.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Trails Committee Meeting 7pm @ Social Barn Kitchen	2 Neighborhood Watch 7pm @ Social Barn	3	4	5	6
7	8 Communications Committee Meeting 7pm @ Zoom Just Another Chapter Book Club 7pm @ Social Barn	9 Board Meeting 4pm @ Social Barn	10	11 Ladies Who Lunch 11:45am RSVP Posho Business Networking 7-9pm - Social Barn	12	13
14 	15	16 Social Committee Meeting 6:30pm @ Social Barn	17 	18 New Resident Orientation 7pm @ Social Barn	19	20 Adult Spring Dance 7-11pm @ Social Barn
21	22	23 Book Hens Club 6:15pm @ Social Barn	24	25	26 Sip & Paint 6:30 - 9:30pm @ Social Barn Kitchen RSVP	27 Easter Egg Hunt @ Social Barn
28	29	30	31			



Porch Pirates ~ How To Avoid Package Theft

More online shopping means more packages, and that could mean more package theft.

Even before Covid-19 changed our lives and forced us to shelter-in-place and work remotely from home, online shopping was experiencing massive growth and now more than ever people are expecting goods delivered directly to their door. More orders mean more packages delivered and that creates a lot more opportunities for porch pirates to steal our packages. "Porch pirates", the colloquial name for these thieves who steal packages from people's doorsteps, are becoming an infuriating trend in neighborhoods around the country. According to research from Security.org, close to 40% of people have been the victims of porch pirates.

Consider implementing these low-cost solutions so your package makes it off the porch and into your home.

- **Install a Video Doorbell** - A video doorbell detects motion at your front door and

lets you speak directly to the visitor. Most thieves will be stopped cold if they suddenly hear someone say, "I'm watching you!" You can also pay a service fee to have incidents on your porch recorded.

- **Ask a Neighbor** - One of the benefits of living in an HOA is that you know many of the people in your community. Why not use this to your advantage when it comes to having your packages delivered? If a package might arrive while you are out of the house, ask a neighbor to keep a lookout and grab your package once they see it. This gives porch pirates little time to steal your goods.

- **Send to Your Workplace** - So long as your boss is okay with it, sending your packages to your workplace is an easy way to keep porch pirates at bay. At most businesses, someone has to receive packages, so your delivery will be safe in a colleague's hands.

- **Get a Lockbox** - Several companies have developed parcel lockboxes for front porches. Some work manually, while others employ mobile apps that connect with the shipping barcode. Lockboxes will deter any thief who is eyeing your porch.

- **Require a Signature** - Perhaps one of the surest ways to avoid package theft is to

require a signature for delivery. This can be a bit of a pain, but if you've had valuable shipments stolen before, you'll probably be willing to go the extra mile.

- **Buy a Package Guard** - A Package Guard is a nifty device with a weight-sensitive stand on which delivery drivers place your packages. Should a thief try to swipe your box, the Package Guard sounds a very loud alarm. Chances are the porch pirate will drop your package and run.

- **Set up Tracking Notifications** - Knowing exactly when your delivery has arrived can help you get it into your home, quickly. FedEx and UPS give you tracking numbers that allow you to check the status of your packages online. Amazon sends you text alerts when your package is out for delivery and when it has arrived. Tracking is included with every shipped USPS package, except commercial Standard Mail packages (but you can add tracking for a fee).

Potomac Shores is a safe community but as long as you're shipping products to your door, there's a chance your package will be a target. Use these strategies to deter package theft and finally get rid of porch pirates for good.



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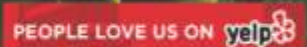
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703-640-3970

 **Register for the Website!**
www.potomacshoresresidents.com

Fitness Barn Hours

Monday/Thursdays **6:00am to 9:30pm**
Tuesday/Wednesday/Friday **6:00am to 9:00pm**
Saturdays/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

Assistant Manager, Daiane Studzinski
DStudzinski@cmc-management.com

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.

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 1st and 15th 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 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
 - 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

Thank You Potomac Shores

We are humbled by your trust, your endorsements and referrals. With your help in 2020 we helped over 50 Home-Buyers and Sellers in Potomac Shores with their real estate needs.

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We hope that Potomac Shores residents will support those who are supporting you... and all local business, especially at this time.

**The Deadline for the
SPRING 2021 Issue of The Front Porch
is MARCH 15**

EDITORIAL, PHOTOS ...

Please send all info to:

Sara Cruz, Community Manager ~ scruc@cmc-management.com AND

Daiane Studzinski, Asst Manager/Activities Director ~ dstudzinski@cmc-management.com

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- Ongoing cleaning & sanitizing of all areas
- Pre-screening patients before arrival
- Screening patients for fever & symptoms at the front door



To learn more about Sentara Surgery Specialists, visit [sentara.com/SentaraSurgerySpecialists](https://www.sentara.com/SentaraSurgerySpecialists).

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