

POTOMAC  
SHORES



FALL 2021

# 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: Alaya Hamilton  
703-640-3973 AHamilton@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 BOARD OF DIRECTORS

Andrew Wagner  
Brian English  
Derek Gebelhardt  
Jessica Nguyen  
Orlando Jones

### HOA COMMITTEES

Communications Committee: George Preston, 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: Brett Buehl, 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  
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## OFFICIAL QUARTERLY PUBLICATION OF THE POTOMAC SHORES RESIDENTIAL ASSOCIATION

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# Manager's Message

By Sara Cruz

Happy Fall! It was a nice and busy summer here at Potomac Shores. Thank you to our local lifeguards who worked at the pools this summer. I know a few of them were our own Potomac Shores neighborhood kids and we appreciate all their hard work in operating the pools this summer, so our families could enjoy them!

If you have any questions, please email [HOA@adsimail.com](mailto:HOA@adsimail.com) or call American Disposal at 703-368-0500.

## COMMITTEE CALL FOR CANDIDATES

Potomac Shores has five standing committees comprised of homeowner volunteers. (*Communications Committee, Garden Committee, Social Committee, Trails Committee and Town Center Committee*). Committee members serve on staggered terms, so that positions are open every year. If you are interested in serving on a committee, please start attending their meetings and send a written candidate statement to me at [scruz@cmc-management.com](mailto:scruz@cmc-management.com).

## IMPORTANT YARD DEBRIS COLLECTION NOTICE – EFFECTIVE 10/1/2021

Recently, there have been changes implemented by Prince William County that will affect yard waste collection beginning October 1, 2021.

Prince William County revised their code, which no longer allows yard debris material to be mixed or collected with regular household trash. This new mandate requires an additional truck to be added to the community at a minimum of once a week during yard waste season for yard waste material only. Therefore, other services will remain the same and this will be an added additional pick up.

**Preparation:** Grass clippings and leaves need to be placed in brown paper bags. Personal cans may be used; however, they need to be clearly marked "Yard Debris." Tree limbs and brush must be no longer than 4-5 feet in length and 3 inches thick in diameter. These items must be tied with rope or twine in arm length bundles. Bundles are not to exceed 50 pounds. Rocks, sod, and dirt are not acceptable. American Disposal will collect up to 10 bags and labeled personal cans and up to 10 bundles of brush per collection. Compostable paper bags can be purchased online, you can buy them at the grocery store, or find them at warehouse stores such as Home Depot, Lowes, or any garden centers. American Disposal will not collect material in plastic bags.

## CARRIAGE LIGHT REMINDER

Now that the days are shorter, we would like to remind you to check your exterior lights. Please be reminded that according to the community's governing documents "A well-lighted porch is a critical element to the streetscape. As such, all homes must have at least one porch light and one exterior door light. One of the required lights must be on a photocell.

### Single Family Detached Lots:

- Porch Lights are required, either as wall-mounted carriage lamps flanking the entry door or ceiling mounted.
- At least one building-mounted decorative light(s) shall be provided above garage bays.

### Single Family Attached Lots:

- All homes shall have two (2) building-mounted lights.
- Town homes must have one (1) building-mounted light.

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](mailto:scruz@cmc-management.com).



## The Deadline for the WINTER 2022 Issue of *The Front Porch* is **December 15**

**EDITORIAL, PHOTOS** ...Please send all info to:

Sara Cruz, Community Manager [scruz@cmc-management.com](mailto:scruz@cmc-management.com) AND  
Daiane Studzinski, Asst Manager/Activities Director  
[dstudzinski@cmc-management.com](mailto:dstudzinski@cmc-management.com)

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# ASSISTANT MANAGER/ ACTIVITIES DIRECTOR MESSAGE

By *Daiane Studzinski*



Fall is here! It's my favorite season of the year and I'm so excited to see the trees display beautiful yellow leaves.

We were pleased to have hosted our first Blood Drive this summer through the American Red Cross. It was held on Thursday, June 24th at the Social Barn. We were able to collect 15 units! I'm happy to share that we will be hosting our second Blood Drive on Monday, November 1st. You can find the sign-up link on our website and email blasts.

Potomac Shores also participated in it's fifth annual National Night Out event on Tuesday, August 3rd. National Night Out 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. The Prince William County Police Department motorcade, our local Fire Department, and a few County Supervisors 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.

Residents who attended gathered outside to eat pizza and enjoy snow ones from our community favorite, Mama Rosa's. There were also balloon twisters and lawn games for kids to enjoy. Associa's Mascot "Scout" joined in on the fun this year too! Associa is a National Night Out sponsor and their giveaways included foam footballs, coloring books, wrist bands and ChildPrint ID kids. Thanks to all who attended and participated in our event this year. We look forward to seeing you next August!

I hope you all had a great summer and have been able to attend our community events on the Event Lawn. We still have a few more events coming up at the end of the year and we hope to see you there. 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. You can find all the rental agreement forms on our website at [www.potomacshoresresidents.com](http://www.potomacshoresresidents.com).

## National Night Out

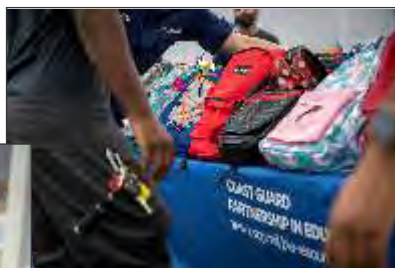


## Blood Drive



## Back-To-School Backpack Drive

Potomac Shores residents partnered with the Coast Guard Headquarters to donate school supplies for elementary students in Ward 8 Communities up in Washington DC. Supplies were dropped off at the Fitness Barn front desk during the month of July. Our community was able to donate 11 completed backpacks!



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# covenants corner

By Alaya Hamilton



Goodbye Summer! Hello Fall! Dreaming of pumpkin lattes, caramel apples, and cooler weather. It is finally autumn, my favorite season. Coincidentally, fall is also the best time to restore lawns before winter arrives. Take advantage of cool weather to fertilize, control weeds, and improve the health and appearance of your yard.

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

- Please remember applications are due to me the 1st and 15th of every month. I process all applications and pass completed applications to the ARC Committee. You will receive a letter in the mail that enclose the processing date. From this date, completed applications will be reviewed by the Board of Directors within 45 days. If you have any questions or concerns, please contact me by phone: 703-640-3973; or email [ahamilton@cmc-management.com](mailto:ahamilton@cmc-management.com).

- Please remember 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/screen. Please remember trash enclosures/screens must be applied for and approved by the ARC Committee.

- Please remember it is prohibited to park any vehicles over sidewalks or in the alleyways.

- Please remember dogs must be leashed when walking around the community and all pet waste must be cleaned up and properly disposed of in the pet waste stations that are installed throughout the community.

- Please refrain from allowing your dog to urinate or defecate on other homeowner's lawns.

- Short term rentals or AirBnBs are not allowed per the governing documents. All tenants must register with the Association.

- Please remember seasonal holiday decorations can be put up 30 days prior to the holiday and removed 14 days following the holiday.

## HOUSE OF THE QUARTER

HOUSE OF THE QUARTER:  
2634 CROSSVINE DRIVE

Simplicity is so exquisite. The perfect example of a freshly mowed lawn and neatly maintained flower bed. The home stands out with a strikingly clean appearance. Kudos!



PRINCE WILLIAM COUNTY

## Curbside Yard Waste Collection

March - December

### Yard Waste Includes: \*

- Leaves, plants, flowers
- Grass clippings
- Wood chips
- Shrub, tree and yard trimmings
- Christmas trees (First two full weeks of January, only)

Starts  
October 2021



### Containers and Preparation: \*\*

- Paper yard waste bags
- Containers labeled "Yard Waste"
- Bundle and tie sticks and branches
- No plastic bags



\*No root balls, stumps, trees, or branches exceeding 6" in diameter and 4' in length.  
\*\*No bags or containers more than 50 pounds



[www.pwcv.gov/yardwaste](http://www.pwcv.gov/yardwaste)

The infographic illustrates the correct placement of yard waste bins (yellow, blue, and grey) on a sidewalk. A yellow bin is placed 3ft from the curb, while blue and grey bins are placed 10ft from the curb. A 'Mail' sign is also shown. Below the bins, three categories of acceptable items are listed: Tree Limbs or Brush, Grass Clippings and Leaves, and Trash and Recycling Toters. To the right, a section titled 'THESE ITEMS ARE NOT ACCEPTED!' shows prohibited items: Rocks, Concrete, Dirt, Sod, Tree Stumps, and Mulch, each with a red 'no' symbol over it. A note at the bottom states: 'ITEMS THAT ARE BAGGED OR BUNDLED ARE NOT TO EXCEED 50 LBS!'.



# Let's Talk About The Market Christine M. Weedon

## 703.249.9743

**REALTOR, MRP (Military Relocation Professional)**  
 ~ Potomac Shores Resident Since 2014  
 ~ Military Relocation Specialist and Navy Spouse  
**christine-weedon@kw.com**

## Potomac Shores Real Estate

As you saw in the last issue, the resale market in Potomac Shores exploded! As of September 17th, there are 12 homes active on the market, 12 homes that are under contract or pending, and 1 home that is coming soon. Below is information of the 38 homes that closed this past quarter.

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

### PROPERTIES SOLD 6/17/2021 - 9/17/2021

Address	Close Date	Beds	Baths	SQFT Finished	List Price	Sold Price	Seller Subsidy	DOM
2029 Alder Ln	6/17/2021	4	3/2	2,318	\$570,000	\$575,000		3
17030 Silver Arrow Dr	6/28/2021	5	5	4,164	\$760,000	\$739,900	\$5,000	21
2532 Sweet Clover Ct	6/30/2021	4	3/1	3,490	\$649,900	\$660,000		5
17353 Redshank Rd	6/30/2021	4	2/1	1,956	\$515,000	\$515,000		10
2055 Alder Ln	07/1/2021	4	3/1	2,400	\$575,000	\$583,000	\$8,000	8
17041 Silver Arrow Dr	07/2/2021	3	3/1	3,862	\$750,000	\$750,000		0
1903 Greenbriar Hall Rd	07/6/2021	4	2/2	2,318	\$569,900	\$580,000		2
18020 Red Cedar Rd	07/6/2021	4	3/1	2,078	\$489,900	\$489,990		11
1700 Autumn Maple Leaf Dr	07/8/2021	4	3/1	2,400	\$510,855	\$510,855	\$10,000	0
17243 Miss Packard Ct	7/12/2021	5	5/1	4,558	\$849,900	\$814,990		20
2454 Conqueror Ct	7/14/2021	4	4/1	4,125	\$779,900	\$760,000		50
17048 Silver Arrow Dr	7/14/2021	4	3/1	2,768	\$674,900	\$675,000		6
2094 Twin Six Ln	7/16/2021	5	4/1	4,822	\$915,000	\$910,000		12
2126 River Heritage Blvd	7/19/2021	5	3/1	4,108	\$710,000	\$710,000		8
17037 Silver Arrow Dr	7/26/2021	3	3/1	3,724	\$750,000	\$750,000		25
18147 Red Mulberry Rd	7/29/2021	3	2/2	1,780	\$479,900	\$475,000		15
16965 Takeaway Ln	7/30/2021	4	4/1	4,615	\$778,900	\$764,000		12
17009 Silver Arrow Dr	7/30/2021	4	3/1	2,852	\$600,000	\$616,000		4
17890 Woods Overlook Dr	08/5/2021	4	3/1	1,949	\$489,879	\$489,879		0
17266 Herring Gull Ln	08/6/2021	3	2/2	2,336	\$570,000	\$570,000		17
2204 Potomac River Blvd	08/9/2021	4	4/1	4,310	\$749,990	\$759,900		6
17051 Belle Isle Dr	8/10/2021	6	5/1	5,798	\$925,000	\$920,000	\$27,600	23
2449 Potomac River Blvd	8/12/2021	5	4/1	4,526	\$865,000	\$865,000	\$15,000	24
2301 Harmsworth Dr	8/12/2021	4	3/1	3,330	\$700,000	\$720,000		3
2468 Potomac River Blvd	8/13/2021	4	2/1	3,248	\$814,900	\$807,900		16
2608 Crossvine Dr	8/13/2021	5	3/1	3,848	\$750,000	\$720,000		43
17137 Sea Skiff Way	8/13/2021	4	3/1	3,330	\$669,000	\$665,000	\$10,000	22
2123 Hemlock Bay Rd	8/17/2021	3	2/1	2,078	\$499,990	\$460,000	\$ 3,425	36
17933 Woods View Dr	8/18/2021	5	3/1	3,351	\$725,000	\$720,000		7
18101 Red Cedar Rd	8/18/2021	4	3/1	2,078	\$504,975	\$520,000		5
2206 River Birch Rd	8/20/2021	4	3/1	3,676	\$690,000	\$695,500	\$15,600	55
18108 Red Cedar Rd	8/20/2021	3	2/2	2,078	\$489,000	\$489,000	\$ 7,500	18
18043 Red Mulberry Rd	8/27/2021	4	3/1	2,556	\$559,900	\$559,900	\$6,998.75	20
2356 Harmsworth Dr	8/30/2021	4	3/1	3,096	\$680,000	\$665,000		38
17120 Gullwing Dr	9/10/2021	4	2/2	4,144	\$825,000	\$810,000	\$ 10,000	28
2066 Alder Ln	9/10/2021	3	3/1	2,808	\$650,000	\$635,000	\$ 10,000	42
2424 Gloucester Pointe Dr	9/15/2021	4	2/1	3,356	\$665,000	\$650,000	\$ 600.00	18
17136 Gullwing Dr	9/16/2021	5	4/1	4,576	\$870,000	\$835,000	\$15,000	46

### Community Paper Shredding Event

The fifth annual Shred Day was a success as just over 3,000 pounds of loose paper were securely shredded and disposed of, freeing up space in offices, attics, and closets throughout Potomac Shores. I really enjoyed meeting new neighbors and catching up with old friends and clients while giving back to the community that has given Daisy, Andy and me so much! I look forward to seeing you around the neighborhood and NEXT YEAR at Shred Day.

*If you or someone you know has real estate needs, please reach out. I'd be honored to help! - Christine*



*(Right Photo) Pam Ellis was excited to watch the documents be shredded on-site!*

### About Christine...

*If you are searching for a realtor, stop your search here! We are a military family and have moved many, many times-but not like this! Christine helped us sell our home easily and effortlessly. I truly cannot say enough about her. She sets herself apart from the rest because of her caring nature, her professionalism and desire to help you get the result you are looking for. I have never worked with someone like Christine before and I am so happy we were given the opportunity to have her sell our home. She is beyond talented, she took careful notes and never missed a beat in our very complicated move. Without any hesitation, knowing there would be drawbacks on her end, she immediately agreed and quickly immersed herself in finding out everything she needed to do to help us. She is tremendous with detail, is very thorough and really strives for the best possible outcome. Christine is extremely knowledgeable and never steered us wrong. She was an absolute pleasure to work with and made this very difficult process, for us, a lot easier. If you are looking for an individual who will go the extra mile, you have found it in Christine Weedon. We will be forever grateful to her and will miss working with her very much.*

*~ Julie & Anthony S.*



*My Commitment is that you can TRUST me...  
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# NOTES FROM THE CDA?

By Andy Weedon

## WHAT IS THE CDA?

Many of you have probably purchased your home and then received your tax bill for the CDA wondering what it is and what it covers. In order to answer some of these conundrums, we have put together a list of frequently asked questions below in hopes to help the community better understand what all the CDA entails.

## WHAT IS A CDA?

A Community Development Authority (CDA) is a financing tool available to local governments that enables partnering with the private sector to provide infrastructure or services. They were first authorized in Virginia in 1993 and the first one funded Dulles Town Center in Loudoun County in 1998. The CDA is authorized to issue bonds to finance facilities such as roads, bridges, parks and recreational facilities, Storm Water Systems etc. The bonds are issued by the CDA and sold to investors / investment funds and are repaid through special assessments from the property holders.

## WHO IS THE CDA?

The CDA is administered by a Board appointed by the Supervisors of the Potomac and Dumfries districts to aid in monitoring the use of the special assessments each individual pays for development of the infrastructure of the community. There are 8 Cherry Hill / Potomac Shores residents on the board that serve a 4-year term. This board reviews construction, legal, and vendor contracting invoices for reimbursement from the developer to pay for the costs associated with creating infrastructure items. The CDA ensures due diligence has been served and that costing associated charges are appropriately discharged, accurate and completed in a timely manner.

The board members work with a consulting firm (MUNICAP) and the county tax office to assess the special assessments, collect the funds, pay development bills and repay the investors.

## WHAT INFRASTRUCTURE PROJECTS WILL THE CDA PAY FOR?

Moving forward, the CDA currently has three expected major projects: the development of the VRE station, the VRE parking garage, and the 234 interchange project. The CDA, which was established in 2015, has already paid for infrastructure related to Potomac River Blvd., Potomac Shores Parkway, and sewage system connections.

## HOW MUCH DO I OWE TO THE CDA?

The lot assessment for single family homes and town houses is generally about \$19k, depending upon lot type, size and other variables. This amount is scheduled for repayment over 30 years with installments starting around \$1,400 per year and slowly growing over the 30 years to about \$2,300 per year. This payment includes the principal and interest on the bonds. When the CDA assessment is paid off for a lot, there will be no additional CDA payments for that lot and any subsequent purchasers will not have to pay the CDA assessment. Homeowners can pay off their assessments early and avoid the interest charges.

## WHO SHOULD I CONTACT IF I HAVE GENERAL QUESTIONS ABOUT THE CDA?

You can reach out to Sara Cruz who will forward any general questions to the CDA board Chairman, Andy Weedon.

If you are interested in paying off your CDA assessment early, we can put you in touch with MUNICAP to arrange the payments – There is a small administrative fee that MUNICAP charges to calculate your payoffs and prepare the documentation (approx \$200).

The CDA board will also try to answer frequently asked questions right here in future issues of *The Front Porch*.



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- Cornbread with Candied Pecan Butter
  - Rustic Cranberry Sauce
- Double Butter Mashed Potatoes
  - 1 Apple Pie
  - 1 Pumpkin Pie

Return this order form to Tidewater Grill

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

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**Your walker today will be your walker tomorrow!**

# THE SHORES CLUB NEWS

## Fitness Barn Activities

**\* PLEASE CHECK THE WEBSITE OR EMAIL BLASTS FOR MOST UP TO DATE INFORMATION\***

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

**KENPO KARATE-** Saturdays at 9:00am and every other Wednesday from 6:30-8:30pm  
Sensei Bill Berry, 571.481.8703

**HIIT -** Mondays at 6pm  
Antonio Wadley, 571.989.3005, fivestarfellas@gmail.com

**YOGA CORE FUNDAMENTALS-**  
Tuesdays, 9:30am  
Alex Duchscher, alex@renewaltide.com

**CARDIO KICKBUTT KICKBOXING-**  
Tuesdays at 7:30pm  
Antonio Wadley, 571.989.3005, fivestarfellas@gmail.com

**TAI CHI -** Tuesdays and Fridays, 6am-7am  
Jorge Banales, ythirdeye@aol.com, 703.462.4743  
RSVP to Jorge Banales required

**MASSAGE THERAPY-**  
Tuesday – Thursday 9am-8pm  
Fridays 9am-4pm /  
Saturdays 9am-1pm - *By Appointment Only*  
David Morris, 703.895.2214, www.escapemassage.com

**PERSONAL TRAINERS-**  
Ryan Shepard 571.358.2422, contact@atwillfitness.com  
Vicki Burnett 703.203.9380, vbfittness.solutions@gmail.com  
Antonio Wadley 571.989.3005, fivestarfellas@gmail.com  
Push Fitness, LLC 571.494.1710, lifewithpush@gmail.com

**CHILDREN & ADULT ART CLASSES-**  
Donna Merchant, donnamerchant.dm@gmail.com  
**Children's Art Classes** Ages 5-9: Wed 5-6:30pm  
**Adult Art Classes:** Wednesdays 11:30am-1:30pm  
**Monthly Paint Parties** are also held at the Social Barn once a month on Fridays

**POWER TOTS GYMNASTICS/YOGA-**  
Contactless classes Monday afternoons in the Kids Club, 5pm-6:45pm. For ages 18 months-8 years old.  
Contact jamie@powertotsinc.com with any questions, visit the Power Tots Website at www.powertotsinc.com to enroll.

**ASTROLOGY CHART READING CLASSES-**  
Astrologer Dave Shipman  
astrologyathome@gmail.com, 703.508.5724

## HIIT and Cardio Kickbutt Kickboxing

### IN-PERSON GROUP FITNESS CLASS

Check out this FUN, calorie kicking, cardio pumping workout for losing weight, getting lean, and building great endurance.

#### WHAT TO EXPECT:

**HIIT -** This class combines simple athletic drills in a great group fitness environment that will motivate you to finish hard and strong. It will challenge you to improve your cardiovascular fitness, muscular strength, and endurance levels.

#### 30 MINUTE PROGRAM:

*All Fitness Levels, No Equipment Required  
Low – High Intensity, Interval Training  
Warm-up, Cool-down*

**CARDIO KICKBUTT KICKBOXING -** Punches, elbows, jabs, knees, kicks, speed bag punches, and more. Everything needed to get a great workout for your heart plus great natural toning.

#### 60 MINUTE PROGRAM:

*All Fitness Levels, Low –High Intensity, Aerobic Training,  
Endurance Training, Warm-up, Cool-down*



#### HIGH QUALITY FITNESS AT A GREAT LOW COST:

ALL classes have a FREE TRIAL. After the trials, the classes are: Drop In: \$5.00  
Class Pass: \$20.00 (4 Classes + 2 Free for total of 6) (Passes can be used for ALL Five-Star Fellas Classes INCLUDING ONLINE.)

#### Acceptable methods of payment:

Cashapp: \$fivestarfellas Venmo: @fivestarfellas  
Zelle: fivestarfellas@gmail.com PayPal: fivestarfellas@gmail.com  
Or you can use the eventbrite option on the site, they do charge a small fee.

#### HOW TO SIGN UP:

**Direct link to the HIIT Class -** [www.eventbrite.com/e/potomac-shores-hiit-high-intensity-interval-training-tickets-162946825341?aff=ebdsoporgprofile](http://www.eventbrite.com/e/potomac-shores-hiit-high-intensity-interval-training-tickets-162946825341?aff=ebdsoporgprofile)

**Direct link to the Cardio Kickboxing Class -** [www.eventbrite.com/e/potomac-shores-cardio-kickbutt-kickboxing-tickets-139445217399](http://www.eventbrite.com/e/potomac-shores-cardio-kickbutt-kickboxing-tickets-139445217399)

**Direct link to see all classes offered. -** [www.eventbrite.com/o/five-star-fellas-llc-25896713879](http://www.eventbrite.com/o/five-star-fellas-llc-25896713879)

PLEASE save the link in your favorites, ❤️ and follow FiveStar Fellas on Eventbrite.

**Contact:** Website: [www.fivestarfellas.com](http://www.fivestarfellas.com)

Email: [fivestarfellas@gmail.com](mailto:fivestarfellas@gmail.com) or [antonio@fivestarfellas.com](mailto:antonio@fivestarfellas.com)

Phone: Text 571-989-3005 InstaGram: @fivestarfellas YouTube: @fivestarfellas



# PERSONAL TRAINERS AT POTOMAC SHORES



## Push Fitness

Hi Posho, we are Justin and Kerri Bradley. Husband and wife, parents of 3 (soon to be 4!), and owners of PUSH Fitness and PUSH Performance. We bring over a decade of experience in health and wellness coaching and are now proud to be serving our very own Potomac Shore Community! PUSH is not just weights and treadmills, we've created a

community to uplift, encourage, and push you to your goals.

PUSH Fitness provides the expertise and support to those who need a little extra motivation and who may otherwise feel like newbies in the gym. We bring a habit-based approach to our coaching that will allow people from all fitness levels to adopt changes and ultimately adapt a healthy lifestyle. So, whether it's weight loss or strength training, we help you break it down into smaller, more obtainable milestones.

PUSH Performance provides the expertise, experience, and intricacies for those who are looking to take their fitness to the next level. With experience, education, and multiple certifications in strength and conditioning, sports nutrition, MMA conditioning, we have everything you need to achieve your physical and mental peak. All we ask, is that you bring the commitment.

So, if you're looking to jumpstart your physical and/or mental health or interested in taking your training to the next level, we'd love to hear from you! Contact us at [support@pushfit.fit](mailto:support@pushfit.fit)



## Fitness Solutions- Get Moving

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 Potomac Shores for over 4 years. It has been my honor and privilege to have serviced over 70 residents through PT and Classes! I have worked with ALL populations: children, young adults, 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. I would love to guide you to your goals!

*(Alternative training options include: In home, outside, and virtual).*

Contact me for a thorough free consultation with no obligation!

I look forward to meeting you.

ALL FITNESS LEVELS WELCOME.

Vicki Burnett, Fitness Solutions-Get Moving, LLC.

[vbfitness.solutions@gmail.com](mailto:vbfitness.solutions@gmail.com)

Your Health IS your Wealth!



## Five-Star Fellas

Five-Star Fellas is a Fitness Lifestyle Services provider that operates primarily on a functional fitness platform. We develop dynamic fitness programs in order to produce the most natural results, lasting client program ownership, and lifetime fitness relationships. Our mission is to plant the seed of your 'desire to succeed' and cultivate it to fruitful results of success. We provide clients with the service and support needed to take themselves to the next level of their success and lead a great fitness lifestyle.

Antonio of Five-Star is a nationally certified and accredited fitness professional with over 15 years of experience in exercise and fitness, with 11 of those years being directly in fitness. His mission is to plant the seed of your desire to succeed and cultivate it to fruitful results of success. When it comes to fitness, He believes that fitness is a science and an art. He has the knowledge, experience, tools, and passion needed to help you reach your fitness goals. He is the premiere "Go to Guy" for REAL FITNESS, REAL RESULTS, and GREAT SUCCESS in all fitness services provided. If you have a problem, he has the solution! All goals great and small are approached with the same ambition and veracity. Clients trust Antonio in providing real fitness solutions for all of their fitness needs.

Five-Star Fellas offers a number of fitness services and programs that will help with weight loss, lean muscle, increased speed, agility, balance, coordination, strength, conditioning, endurance, flexibility, power, and accuracy. We offer the best "WIN - WIN" fitness packages, programs, and training in the area with lower prices, higher quality, real fitness, and real results.

PRO, DETAILED, 360° TAILORED SUCCESS PLANS: Fitness is taken seriously here. Results oriented and ambitiously eager to reach goals. We figure out who you are, how you are, and what you want. Then we tailor fitness plans that will help you to efficiently, effectively, and successfully reach your goals.

FITNESS SERVICES: Weight Loss Transformation, Weight Management, Lean Muscle Building, Strength Training, Senior Strength and Conditioning, Youth Fitness & Confidence Training, Functional Fitness, Aquatic Fitness, Facilitated Stretching and Foam Rolling.

### NATIONALLY CERTIFIED, LICENSED & INSURED TRAINERS

- American Council on Exercise (ACE) Personal Training
- American Council on Exercise (ACE) Group Fitness
- American Council on Exercise (ACE) Senior Fitness Specialist
- American Council on Exercise (ACE) Youth Fitness Specialist
- Facilitated Stretching and Foam Rolling Specialist
- Adult and Pediatric First Aid CPR and AED Certified
- Professional and Liability Insured.

Contact today to see how Five-Star Fellas can help YOU!

E: [FiveStarFellas@gmail.com](mailto:FiveStarFellas@gmail.com) ~ P: 571.989.3005

W: [www.fivestarfellas.com](http://www.fivestarfellas.com) ~ IG: @fivestarfellas

# Power Tots

Power Tots has been offering Gymnastics and Movement classes on Monday afternoons for children ages 18 months to 8 years of age since last fall! Classes began outdoors on the Event Lawn and have moved indoors to the Shores Kids Club! Classes continue to fill up quickly, and the kids are having so much fun!

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 is having their temperature checked with a touchless thermometer and everyone must sanitize/wash their hands upon arrival and dismissal of class. Mrs. Jamie is frequently wiping down our mats, and sanitizing her hands between classes to help prevent the spread of germs. Classes are also masked and distanced following all current CDC guidelines.

Our indoor Fall session is running from Monday, September 13, 2021- Monday, October 25, 2021 (no class October 11th & there is a make up class on November 1st if needed). Our Winter session will run from Monday, November 8, 2020- Monday, December 13, 2021 (make up class on December 20th if needed). If you're interested in joining the rest of our current Fall session or signing up for the upcoming Winter session, you can enroll at [powertotsinc.com](http://powertotsinc.com) or contact [info@powertotsinc.com](mailto:info@powertotsinc.com) for more information!



## Art Classes at the Shores Club!



### Children's Art Classes

Ages: 5-9 are Wednesdays: 5-6:30pm

Adult Art Classes: Wednesdays: 11:30am-1:30pm

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

All children's and adult classes and paint parties require RSVP, [donnamerchant.dm@gmail.com](mailto:donnamerchant.dm@gmail.com).

Follow me on Facebook and Instagram for more photos! Pencils and Paints LLC. - Donna Merchant





# INDEPENDENCE

LANDSCAPE & LAWN CARE

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LAWN CARE



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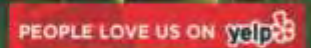
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# communications

By George Preston

Hello neighbors! Guess what's new? You can now subscribe to Potomac Shores Updates via TEXT MESSAGE! (In addition to email, as another way to stay connected within the community). Just visit our homepage, [www.potomacshoresresidents.com](http://www.potomacshoresresidents.com) and look for the optional subscribe boxes on the left-hand side. You can subscribe via email, and now via text as well.

We, as the communications committee meet on the second Monday of every month in the Social Barn, which is open to all residents. If you are looking to help us contribute to the Front Porch Newsletter or with any others communication tasks, please attend one of our meetings or contact us at: [communicationspotomacshores@gmail.com](mailto:communicationspotomacshores@gmail.com). We wish you a fun and enjoyable fall!

Stay connected. Thank you.



## GARDEN

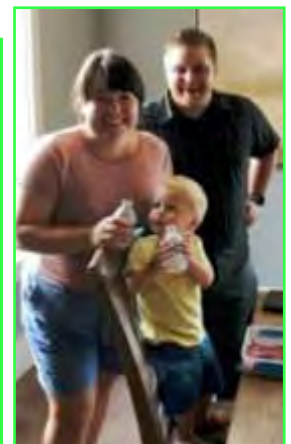
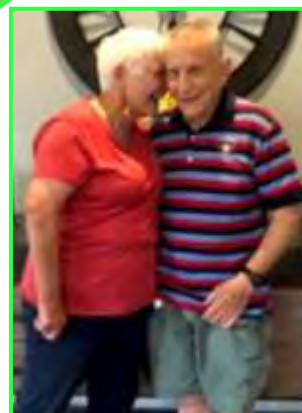
### The Community Garden

By Kiz Malin

Hello Neighbors! With Fall just around the corner, gardeners have been planting their Fall garden or putting their Plot to bed for the Winter. Fall/Winter gardening can be wonderful because you won't experience the heat while watering and working in your garden in the Summer, and there are many vegetables that like cool weather. Essentially you can garden year round. We also have a greenhouse that is a location to start and grow seedlings and perhaps grow a few plants in the Winter if you like.

This Summer closed with our family friendly Annual Summer Harvest Party at the end of July which was held in the Social Barn and on the Lawn. We shared food and drink and chatted about our experience through the Summer, and spent time getting to know more of our neighbors. The weather was amazing that day and the kids had a bounce house and yard games to enjoy while parents socialized.

If you are an experienced gardener or would like to begin or learn more please contact us about your interest and we can add you to a list for the upcoming year. At this point we have 65 plots with the plan to add more as the community grows. It is a first come/first served allotment. We begin taking applications in January for an April 1st turnover of plots for the new year. It is very helpful to get the application in sooner rather than later. Plot rent is \$35 per year. We also have a Garden Committee that is dedicated to assisting people that need help or have questions throughout the year. Please contact Kiz Malin [kizmalin@gmail.com](mailto:kizmalin@gmail.com) for further information otherwise read your December Front Porch Newsletter as an application will be attached, or you can pick one up from Daiane Studzinski located in the Social Barn.



# TOWN CENTER

By Kurt Bodiford

We hope this letter finds everyone healthy and enjoying the cooler days of a long, hot summer of 2021. The Town Center Committee is laying the groundwork for a productive fall season, having kept a syncopated drumbeat of meetings over the past couple of months. Our approach has been to engage each group with a key role in creating our town center – to get the latest information, answer lingering questions, and consolidate a common vision for what we residents believe is important. Recently we held a roundtable discussion with the Developer, hosted an excellent presentation from our County Director of Economic Development and both District Supervisors, and established group leads for developing sections of our Community Vision Plan. By publication of this newsletter, we will also have met with the Developer's Land Use Planning Team and voiced support for the proffer amendment

going before the Prince William County Planning Commission in mid-September. All these actions were taken in pursuit of building relationships to establish ground truth for the timing, sequencing, and quality of the actual progress in achieving our Town Center vision.

Arguably, our most important partners in this effort occupy the various offices of Prince William County Government. This brings us back to the July 29th visit by Vice Chair Bailey (Potomac District Supervisor), Supervisor Franklin (Woodbridge District), and Christina Winn, Director of Economic Development. The Committee saw what it thought to be a blind spot in our representatives' vision for the part of Eastern PWC occupied by Potomac Shores. We invited Ms. Winn and our Supervisors to educate us on why no formal "Small Area Plan" existed for our development, in contrast to ones for North Woodbridge, Triangle, Dale City, and western parts of the County.

(See: [HYPERLINK "http://www.pwcva.gov/department/planning-office/small-area-plans"](http://www.pwcva.gov/department/planning-office/small-area-plans))

To our collective relief, Ms. Winn and her Director of Redevelopment and Special Projects, Jim Gahres, gave a thorough presentation on our area of Eastern PWC, confirming our representatives' collective attention and influence are in fact focused on Potomac Shores. Vice Chair Bailey added that she and Ms. Winn recently partnered to "fast-track" board reviews and decisions supporting formal approval of the VRE station. Likewise, Supervisor Franklin also voiced support and pledged her sustained attention to our successful development. The Committee adjourned the meeting with confidence that we have strong partners within PWC Government, and they remain committed to our success. As always, residents can access our minutes and presentations (including Ms. Winn's) on the Potomac Shores Residents website ([www.potomacshoresresidents.com](http://www.potomacshoresresidents.com)).



Our next priority is kick-starting development of a community Planning Vision. Our goal is to support creation of a vibrant town center that is "rele-vant, generational, and purpose built." Key elements of this planning vision are grouped under the following headings, led by committee members:

- "Connectivity" (including transportation, mobility, parking, and trails)
- "Public Use" (e.g., green space, amenities, and accessibility)
- "Environmental / Sustainability"
- "Safety & Services / Associations"
- "Commercial / Retail"

For each area, groups will craft mission statements capturing aspirations for the future, as well as the realities for the day-to-day lifestyle we desire. Committee leads will seek to blend design quality, viability, diversity, inclusiveness, and security, into each element of the vision. And we will gratefully lean on our PWC partners to support us through key initiatives incentivizing developers and investors to make our commercial/retail environment vibrant and sustainable. Anticipating this work will continue through the end of 2021, we invite interested neighbors willing to commit some significant evening and weekend hours to helping us achieve concise (and complete) vision statements for the future of Potomac Shores. Enjoy the fall and join us at a future meeting!

# NEIGHBORHOOD WATCH

By George Preston



Our Potomac Shores National Night out in August 2021 was a huge success! We had many different Prince William Law Enforcement agencies, Fire & Rescue teams, and even many county supervisors, join with us in the Social Barn Event Lawn area and Parking lot. Connecting the dots with our residents to keep our community safe. Continuing with this effort, please join with us, the Neighborhood Watch, to help serve and be the eyes/ears of the Potomac Shores community! The more participation we have, the better coverage we get. 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 are open to all residents. We are comprised of volunteers and neighbors just like you. Stay connected in the "Potomac Shores Neighborhood Watch" Facebook group, or contact us at [potomacshoreswatch@gmail.com](mailto:potomacshoreswatch@gmail.com) to get on our email list. Remember: **"If you SEE something, SAY something."** Keeping our community safe for the years to come.



We  
LOOK OUT  
FOR EACH OTHER!



## Women's Health

Your Health at Every Age & Every Stage of Your Life

## Women's Health Expertise Close to Home

While your healthcare needs may change over the years, the kindness of our staff and our cheerful, comfortable atmosphere is a constant. Our physicians and nurses are women's health specialists with the knowledge and experience to put your mind at ease. Conveniently located offices in Lorton and Woodbridge – they are close to where you live, work, and shop!



## Midwifery Services Coming in the Fall!

**LORTON LOCATION:**  
8998A Lorton Station Blvd,  
Lorton, VA 22079  
(15min drive North, on  
your way to work)

**WOODBIDGE LOCATION:**  
2296 Opitz Blvd, Suite 440  
Woodbridge, VA 22191  
(15min drive South, on  
your way to shop)

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

Ph: 703.878.0740

The Social Committee was happy to host so many events on the Lawn this past Summer and hope you all were able to attend and enjoy! We are currently planning our Santa Visit and Adult Winter Dance in December. The Social Committee will also judge this year's Halloween and Holiday House Decorating Contest. The best homes will win a prize! Keep an eye out on the email blasts and website to make sure you participate and have our events on your calendar.

The Social Committee will also have 3 seats open on the Committee this December. If you would like to join the committee, we

encourage you to attend our monthly meetings to learn more about the behind the scenes of all of our events. Please email your candidate statements to Daiane at [dstudzinski@cmc-management.com](mailto:dstudzinski@cmc-management.com).

If you are interested in volunteering at our events or own a business who you would like to recommend to be featured at our events, please contact us by sending an email to [socialpotomacshores@gmail.com](mailto:socialpotomacshores@gmail.com). We meet the third Tuesday of each month at 6:30pm at the Social Barn/Zoom. All residents are welcome to attend!

## Music on the Lawn: Latin Night

By Lisa Gomes

De músico, poeta y loco, todos tenemos un poco. "We all have a little bit of musician, poet and crazy person in ourselves," and Potomac Shores shared great amounts of poetry, music and sheer joy during one of the Social Committees most successful events; Music on the Lawn, featuring Latin Music by Grupo Quimbao. Saturday, July 18, once again, started out with threats of rain but El amor es como el agua que no se seca, "Love is like water that never evaporates." The vibrancy of music made all those who attended untouchable as the ground was rocked by salsa, samba, bachata and merenge and showed that these little sprinkles could not keep this good community down. The night was truly magical, and I believe everyone would have stayed all night so that the poetry would keep us dancing as the music fed our soul while a healthy amount of craziness became the source of laughter, love and community spirit. The success was in the smiles and joy that is communicated in any language but resonated from the uplifting Latin music and fortified by the special delights by Mina's Tamales and Mama Rosa's Snowcones. We are truly grateful for all this community has to offer that proves El amor todo lo puede, "Love can do it all."



# Music on the Lawn: Reggae Night

By Ryan Baker

Ya Mon, We Jammin We Jammin We jammin. That's some of the sounds you could hear on Saturday August 7th at our Music on the Lawn. In case you couldn't tell it was Reggae night featuring music by I & I Riddim! They played classic tunes while the people enjoyed food from the Tidewater Grill, Anita's Snow Cones and the Fresh Coconuts and Sugar Cane juice by Sian9 Dan9. The kids played, as the adults danced the night away. Another great night at PoSho.



# Movie Night on the Lawn: The Lion King



By Kevin Curry

Another great night of movie watching with friends and family in this great community we affectionately call PoSho. It was a beautiful evening perfect for watching The Lion King (1994 version). Everyone spread out and found their perfect viewing spots. There were little Simbas and Nalas running around playing like young lion cubs in the wild. At times, they more closely resembled a stampede of Wildebeests requiring a few Mufasas or Sarabis to take control of their Pride and calm things down, for at least a minute or two. It was all in good fun and everyone loved the movie even if some of us might have rested our eyes for a short time. It was an outstanding PoSho night and an enjoyable evening for all. No matter how many times you watch The Lion King you feel good in the end as Simba rules over the lands and the Circle of Life is renewed. Here is to the PoSho Circle of Life knowing that we are all connected in one way or another and share this wonderful community together. Until we meet again for another movie under the stars, may you all live your life with "hakuna matata."

# Late Night Swim



# Independence Day Cookout

By: Kevin Curry

In celebration of the 245th anniversary of the founding of the United States of America, the residents of Potomac Shores exercised their unalienable rights to life, liberty, and the pursuit of happiness with yet another great turnout for a wonderful Independence Day Cookout. There was great food, great music, great friends, and great weather! For many of us, it was the first time in a long time being able to get out and see our neighbors and friends, and it was an amazing day of fun. Just being able to feel a part of our community and extended family was exhilarating and much needed. Our friends from Tidewater Grill provided great food and Mama Rosa's Ice had their delicious Ice (can you say "Brain Freeze")! Music was provided by The Strain featuring Sammy Shako performing 70's, 80's, and 90's Classic Rock. Kids and adults alike were playing Cornhole, Jenga, Limbo (can you say "Back Spasms"), and other lawn games. As the Sun began to fade and disappear, everyone sat/stood in anticipation of seeing a beautiful fireworks display from Tim's Rivershore. We were not disappointed as the sky exploded in lights and colors leaving everyone staring in awe and hopefully reminded all of us how fortunate we are to live in this great Nation - the land of the free and the home of the brave. God bless PoSho, and God bless America!



# Late Night Swim

By Sharon Duncan

The Social Committee was happy to sponsor Late Night Swims on the first Friday of each month. These fun late nights under the stars at the pool featured DJs and free pizza! We also had New Orleans Snowballs stop by for residents to enjoy a sweet treat. The evenings were a blast and residents and kids enjoyed a great night of swimming, music and food. Glow sticks were handed out to brighten and bring extra color to the night. Thanks to all that attended, and we'll see you next Summer!



# Luau on the Lawn

By Hae-In Jung

Aloha! Once again, the leis were bright and the beer was cold at the Potomac Shores Luau Night on the Lawn brought to you by the Potomac Shores Social Committee! This neighborhood celebration of Hawaiian history culture delivered again as great food, great music, and great fun was had by all who attended. The party opened with the Northern Virginia Ukelele Society playing a blistering set of island standards, after which the PoSho Keikis sang and danced brilliantly as the sun set on a gorgeous evening. The PoSho Wahines then performed a series of Hawaiian dances, before resident Carol Padgett led the crowd in a traditional hula dance. Food was provided by Tidewater Grill, Hangry Panda Food Truck, Sian9 Dan9 Fresh Coconuts and Mama Rosa's Snow Cones, a PoSho party favorite. Free cotton candy was also available to enjoy. Child and adult raffles were held for fantastic prizes as well. If you missed out, it was an awesome time!

Special Mahalo to resident Carol Padgett for organizing all the performances! Additionally, thanks to all of the performers for their many hours of dedication to their craft.



## PoSho Wahines

- Sarayah Anders
- Zuchelle Blouin
- Alex Moldoveany Duchscher
- Dee Gilliam
- Carolyn Aaron Hill
- Fritzie Shinohara
- Liana Ondra Sins
- Whitney Thaxton
- Melissa Vallilo
- Denise White



## PoSho Keikis

- Neely Anders
- Daniela Delaconcha
- Vera Duchscher
- Elizabeth Martinez
- Layla Saine
- London Saine
- Ashley Shinohara
- Chloe Shinohara
- Paige Shinohara
- Karina Vallilo



**Ukelele:** Sid Sher & Ashley Shinohara

**Vocals:** Shauna Gauthier



# Annual Dog Swim Event



By Andy Weedon

The fourth annual dog swim went down without an itch on September 25th proving that anything is paw-sible when you have a dog! Fifty four of Potomac Shores' favorite canines took over the pool with over 100 of their two legged best friends. Dogs of all shapes, sizes, and breeds were in attendance and most enjoyed running around the pool and in the water. (The Dalmatians were hiding in the tall grass - they didn't want to be spotted!)

Besides for the endless joy of watching man's best friend run, splash, swim and fetch, two of the Labradors and one of the Golden Retrievers formed an impromptu Journey cover band and entertained the crowd singing "Don't stop retrieving, just hold on to that feline" as well as some Pink Floyd songs from "Bark Side of the Moon."

Above are some pictures that were taken by the pup-arrazzi, eager to get a glimpse of the dogs splashing in the water and then dripping gallons of water all over the pool deck (it was hard to avoid the poodles).

There were stories of some of the dogs swimming the entire length of the pool to bring toys back to their owners, but it seems a bit far-fetched to me.

Finally, at noon, it was time to go home. The hounds all went with their people to the barking lot, jumped in their furraris and headed home.

We hope to see everyone again next year. Dog Swim day is always the Saturday after the pool closes for the people and truly marks the end of the summer. Autumn is right around the corner, time for Pug-kin spice lattes and dreaming about days swimming in the pool with your best friends.

I wonder if next year we can play a little Sir Mix-a-Lot -- "I like big mutts and I cannot lie!"

## Fall Is A Crucial Time For Lawn Care

By Virginia Cooperative Extension

Fall is a good time to evaluate your lawn care program and make adjustments for the coming year, whether you do it yourself or contract it out.

- **Fertilize in the Fall.** Timing is everything when you apply fertilizer. First, adopt this mantra: Fertilize in Fall, Fertilize in Fall, Fertilize in Fall. Fall is when the roots that will sustain the plants through the following summer are actively growing.

- **When in the Fall?** Effective lawn feeding after Thanksgiving often is hampered by wintry conditions, during which time precipitation will wash the fertilizer into local streams, contributing to waterway pollution.

- **Soil Matters.** Before you fertilize, test your soil to learn what, if anything, it needs. For \$10.00, Virginia Cooperative Extension will analyze your soil sample and return the results to you. Call their office for a test.

- **Just Lime?** If your lawn needs anything, it is likely to be lime. Most soils in northern Virginia are acidic; lime helps to neutralize the acidity. A balanced pH will improve the availability of nutrients, encourage thatch decomposition, and benefit soil microorganisms, all of which are essential to the soil's health and fertility.

- **Lime Tips.** Lime can be applied to your lawn area any time of the year. However, because it takes several months to be fully incorporated into the soil, it is best to apply it in the fall. For turf, pelletized limestone is preferable to pulverized limestone. The pellets spread more evenly with less dust. The soil test results will reveal the amount of lime required to bring your soil to optimal levels.

- **Keep It Sharp.** Sharp mower blades produce a cleaner cut that slices through grass rather than pulling it by the roots. A sharp blade

will give your lawn a more uniform appearance. In addition, sharp blades help extend the life of your mower because the engine will not have to work as hard to produce the same results.

- **Cut It High.** Set your blades for a mowing height that will remove only the top one-third of the grass blade. Higher settings allow the grass to compete effectively with lower growing weed species. Higher growth also shades the ground from the sun, reducing moisture requirements. If you have a small lawn, consider using a manual-reel mower. It saves energy, reduces pollution, and burns calories, too!

- **Let It Lie.** Turf clippings are mostly composed of the grass' leaf tissue and thus decompose rapidly. Clippings left on the lawn will contribute a substantial amount of nitrogen and other nutrients to the soil, thus reducing fertilizer requirements.

<b>CONTACT/RSVP INFO</b> Art Classes/ Sip & Paint Donna Merchant donnamerchant.dm@gmail.com 703-203-0443							1	2
3	4	5	6	7	8	9		
	<b>Trails Committee Meeting 7pm @ Social Barn</b>	<b>Neighborhood Watch Meeting 7pm @ Social Barn</b>		<i>Ladies Who Lunch</i> <b>11:45am RSVP</b>	<b>Beer &amp; Wine Club 6:30-9:30pm @ Social Barn/Event Lawn</b>	<b>Annual Fall Festival 2pm-5pm @ Event Lawn</b>		
10	11	12	13	14	15	16		
	<b>Indigenous Peoples' Day</b> <b>Shores Club Open 7am-5pm</b>							
17	18	19	20	21	22	23		
		<b>Social Committee Meeting 6:30pm @ Social Barn</b>		<b>New Resident Orientation 7pm @ Social Barn</b>	<b>Casker's Club 6:30-9:30pm @ Social Barn/Event Lawn</b>	<b>Cars and Coffee 8am-10am @ Shores Club Parking Lot</b>		
24	25	26	27	28	29	30		
		<b>Books Hens Club 6:15pm @ Social Barn</b>			<b>Sip &amp; Paint 6:30-9:30pm @ Social Barn Kitchen</b>	<b>Adult Halloween Party 7pm-11pm @ Social Barn</b>		
31								



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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	<p><b>Blood Drive</b> 1 10AM-3PM @ Social Barn</p> <p><b>Trails Committee Meeting</b> 7pm @ Social Barn</p>	2	3	4	5	6		
7	 <p><b>Just Another Chapter Book Club</b> 7pm @ Social Barn</p> <p><b>Communications Committee Meeting</b> 7pm @ Social Barn</p>	8	9	10	<p><i>Ladies Who Lunch</i> 11 11:45am RSVP</p>  <p><b>Shores Club Open</b> 7:00AM-5:00PM</p>	12	13	<p><b>Vendor Fair</b> 1:00- 4:00pm @ Social Barn</p>
14	<p><b>Garden Committee Meeting</b> 7pm @ Zoom</p>	15	16	17	18	19	20	<p><b>Sip &amp; Paint</b> 6:30pm-9:30pm @ Social Barn Kitchen</p>
21	22	23	24	25	26	27	<p><b>HOA Office Closed</b></p>	
28	29	30	<p>Art Classes/ Sip &amp; Paint Donna Merchant donnamerchant.dm@gmail.com - 703-203-0443</p>					

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For more information about events and activities, please visit <a href="http://www.potomacshoresresidents.com">www.potomacshoresresidents.com</a> Email: <a href="mailto:potomacshoresdesk@gmail.com">potomacshoresdesk@gmail.com</a> Call: 703-640-3970				1	2	3	4 Santa Visit 10am
5	6 Trails Committee Meeting 7pm @ Social Barn	7 Neighborhood Watch Meeting 7pm @ Social Barn	8	9 Ladies Who Lunch 11:45am RSVP	10	11 Adult Winter Party 7-11 pm @ Social Barn	
12	13 Just Another Chapter Book Club 7pm @ Social Barn Communications Committee Meeting 7pm @ Social Barn	14 Social Committee Meeting 6:30pm @ Social Barn	15 Board Meeting 4pm @ Social Barn Developer Update 6pm @ Zoom	16	17	18	
19	20 Garden Committee Meeting 7pm @ Zoom	21	22	23	24 Shores Club Open 7:00am - 5:00pm HOA Office Closed	25  Shores Club Closed	
26	27	28 Books Hens Club 6:15pm @ Social Barn	29	30	31  Shores Club Open 7:00am - 5:00pm HOA Office Closed		

## Prince William County Public Schools Calendar 2021 - 2022 School Year

October 11	Divisionwide Professional Learning Day (No school for All students)
November 1	Parent Conference Day (No school for All students)
November 2	Teacher Workday (No school for All students)
November 4	Holiday (Schools and Offices Closed)
November 11	Veterans Day Holiday
November 24-26	Thanksgiving Break for Students (No school for All students)
December 20-31	Winter Break for Students (No school for All students)

### 2022

January 3	School Reopens
January 17	Martin Luther King, Jr. Holiday (No school for All students)
January 27	Elementary School 1/2 Day — Parent/Teacher Conferences
January 28	Teacher Professional Development/ Workday (No school for All students)
February 21	Washington's Birthday/Presidents' Day Holiday (No school for All students)
April 1	Teacher Professional Development/Workday (No school for All students)
April 11-15	Spring Break for Students/Teachers
May 3	Holiday (Schools and Offices Closed)
May 30	Memorial Day Holiday (Schools and Offices Closed)
June 15	Last day of school



Info from PW County Website.  
Subject to change

## Fall Fun Options Near Potomac Shores



### GHOST TOURS

- HAUNTINGLY HISTORIC OCCOQUAN TOURS (OCCOQUAN)
- OCCOQUAN SPIRITS- HAUNTED PUB CRAWL & GHOST TOURS (OCCOQUAN)
- GHOST DOCTORS GHOST TOURS (MANASSAS)

### HALLOWEEN SCARES:

- HAUNTED LAURIANNE WOODS (GAINESVILLE)
- COX FARMS FIELDS OF FEAR (CENTREVILLE)
- HAUNTED HOLLOW (WARRENTON)
- NIGHTMARE ALLEY: DRIVE-THRU TERROR (LORTON)

### FALL FESTIVALS

- CLIFTON DAY FESTIVAL (OCTOBER 10) (CLIFTON)
- HAYMARKET DAY (OCTOBER 16) (HAYMARKET)
- FALL FESTIVAL @ COX FARM (SEPT. 18- NOV. 7) (CENTREVILLE)



\*All event/dates are subject to change.  
Please refer to location's website for details\*



# PREPARING YOUR HOME FOR WINTER

## Checklist of seasonal tasks to prepare your home for the winter season

- Inspect your roof and gutters  
*The worst time to find out you have a leak is during a storm. Take the time to check before winter weather arrives and it could save you a ton.*

- Inspect & Service your furnace  
*Routine maintenance can save you money in the long run. Also, don't forget to change your filters*

- Check your window and doors for drafts  
*Resealing your exterior can save you hundreds in gas and electric bills.*

- Drain your outdoor waterlines/faucets and turn off outdoor water supply  
*This can prevent potential busted pipes and interior water damage.*

- Reverse the spin direction on your ceiling fans  
*Switching the spin direction will push the hot air trapped near the ceiling around the room to help heat your house evenly.*

- Adjust air dampers to maximize HVAC efficiency  
*Shutting your dampers fully or halfway in the winter will force hot air into the lower levels of your house, which will then naturally rise.*

- Think about flushing your hot water heater  
*Over time, sediment can build up on the bottom of your tank, lowering the efficiency of your tank and potentially leading to damage. Winter is not the time of year you want to risk it going down.*

- Make sure you have your necessary equipment/supplies  
*Finding out you don't have rock salt or a shovel after a snow storm is never a good place to be. Beat the pre-storm store lines and get your equipment early.*

- Check batteries in Smoke Detectors and Fire Extinguishers.

## Lawn + Garden CHECKLIST

Reseed, aerate, and fertilize your lawn in the fall to allow it to grow during the winter  
*During the winter, the grass seeds grow underground, establishing a strong root system to set you up for a beautiful yard year round.*

Trim your bushes & trees  
*Frozen tree limbs can snap off and damage your tree or other belongings.*

Be sure to tend to, cover, and drain all outdoor equipment/furniture  
*Water or gas/oil left in machinery can freeze and destroy your equipment. Also, furniture left uncovered could lead to premature aging. Cover your belongings to keep them looking nice and new.*

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# 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. Yard Waste is collected on Mondays. **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 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.

## 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](mailto:SCruz@cmc-management.com)

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

Covenants Administrator, Alaya Hamilton  
[AHamilton@cmc-management.com](mailto:AHamilton@cmc-management.com)

## 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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TUESDAY	CLOSED
WEDNESDAY	9 AM - 6 PM
THURSDAY	9 AM - 6 PM
FRIDAY	9 AM - 6 PM
SATURDAY	8 AM - 6 PM



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