



SOUTHBRIDGE STAR ENTERS THE DIGITAL AGE

As a cost saving measure, the Southbridge Board of Directors has voted to distribute The Southbridge Star electronically unless specifically requested to have a hard copy sent on an individual basis.

Commencing with the July-August 2011 issue of the Southbridge Star all newsletters will be delivered electronically unless you "opt in" to receive a printed copy.

The electronic version of The Southbridge Star is always available on our website. If you would like to be notified when the newsletter has been posted online please ensure you are a registered user of our website and that your email address is always kept current.

Those desiring to "opt in" should notify the Management Office either by email at office@southbridgeva.us or in writing at Southbridge HOA, 17325 River Ridge Blvd., Southbridge, VA 22026 Be sure to include your full name and address when "opting in".



Dewey's Run Nature Trail Revitalization

By Madison Young

Did you know there are several walking trails around our community? Twisting and turning through our beautiful neighborhood, these trails weave throughout a serene, lush landscape. Dewey's Run Nature Trail is one of these trails, and is located right off the cul-de-sac at the end of Dewey's Run Lane and has recently been revitalized for your outdoor pleasure. Look for the flowers and wooden steps that lead down to the path right off of the curb. About half a mile long, one-way, the path is surrounded by lush trees and bushes. You'll see



wildflowers in the late spring and blackberry bushes in the summer. There is also a seg-way to the beautiful Dewey's Creek. This is a great place to get your feet wet and look for signs of wildlife. Trail markers, a bench for resting, and a trashcan have been added to keep this trail enjoyable and easily maintainable for years to come. So whenever you have a free moment or just want some fresh air, be sure to head to beautiful Dewey's Run Nature Trail.

MANAGEMENT OFFICE HOURS



In this Issue

General Manager's Corner	2
Board of Directors	3
Calendar	4
Committees	6-7
Pool Party Pictures	8-13
Facilities Pass Information	17-18
Classified Ads	28-29

Contacts

Phenita Hebert, General Manager
(703) 221-7716

Terry McGuire, Sr. Property Manager
(703) 569-5797 x 5012

CMG Accounting Department
(703) 569-5797 x 5021

Resale Document Requests
www.cmgmt.com
Click "Order Resale Documents"
or call

Community Archives
800-995-0682 (press 2)

Community Association Office
office@southbridgeva.us

Board of Directors
bod@southbridgeva.us

Article / Ad Submissions
thestar@southbridgeva.us

Association Web Site
<http://southbridgeva.us>

Management Office Hours

Mon, Tue, Thu, Fri
9:00 AM - 5:30 PM
Wed
11:00 AM - 8:00 PM
Sat
9:00 AM—12:00 PM
(October through March)
9:00 AM—5:30PM
(April through September)



GENERAL MANAGER'S CORNER

From the Desk of the General Manager...

During my years of working in the Property Management field I have found it helpful, to Homeowners and Residents, to include a part of the Governing Documents in the newsletter. The following are excerpts from the Community's Architectural Guidelines which may help in complying with the Covenants of the Southbridge Community Association.

Parking in Visitor Parking Spaces

The Association has received numerous complaints concerning vehicles parked in the visitor parking spaces in the townhome sections. Each property is only allowed two (2) assigned parking spaces. The Reserved Parking Space Assignment Plan clearly states, "Visitor parking spaces are designated for visitor parking ONLY." Households with more than two (2) vehicles are to park their extra household vehicles off the property or in overflow areas within the property. Continuous violation will result in the towing of your vehicle. If you are having visitors, a visitor pass will be issued by the association office during normal business hours. You must provide the make, model, and plate number of the vehicle. A parking pass will be issued for a period not to exceed seven (7) days. If visitors come after the association office has closed, please contact the community patrol at (703) 880-6360 and they will issue a temporary visitor pass valid for that date only. You will be advised to contact the association office at (703) 221-7716 during working hours to be issued a current visitor pass. Please contact the office at the number referenced above if you have any questions or need additional information.



All motor vehicles including, but not limited to, trail bikes, motorcycles, dune buggies, and snowmobiles shall be driven only upon paved streets and parking lots.



No motor vehicles shall be driven on pathways or unpaved portions of Common Area, except such vehicles as are authorized by the Board of Directors as needed to maintain, repair, or improve the Common Area.

Non compliance of any item listed may result in a Hearing before the Covenant's Committee where assessments may be applied. Thank you for your understanding that all Association members are subject to the same rules and restrictions as defined in the governing documents. If you need further assistance with any item mentioned, please feel free to contact the Association Office for additional information.



Phenita Hebert
General Manager



Lisa Stewart
Assistant Manager



Community Patrol Incident Reports

Below is a list of reports provided by the Community Patrol for incidents to which they responded. The report includes April 16, 2010 through .

Ticketed for no parking pass 61	Vehicles towed 14	Ticketed for fire lane 15
Ticketed for no parking zone 17	Home Checks 11	Noise complaint 5
Children Loitering 2	Vandalism 4	Intruder/suspicious 4
Domestic dispute 2	Accident (Assist PWC) 2	Assist PWC Fire Dept 1
Suspicious vehicle 4	Assist homeowner 9	Security alarm response 3
	Light Detail Once a month	



BOARD OF DIRECTORS



Our Community

Gil Robertson
Director

Hello everyone! I hope you are having a great start to your summer time activities.

I wanted to take a moment and provide some of my thoughts about our community. I, for one, am still very excited about living in Southbridge on the Potomac. It is a beautiful neighborhood comprised of some of the best people I ever had the pleasure to share just a moment or two of time. I enjoy the walks down the street or talking to a neighbor while taking a break from lawn care. It has been over 8 years since my family moved into our home in Southbridge. We watched our community grow and mature; not only in the landscape changes from each growing season but also the family values. There is something truly amazing in watching young children grow into young adults or talking about the "ugly duckling" tree that has matured and taking on its magnificent mature form.

This is not to say we are without faults as a community, as a board of directors, or as individuals. Each and every day is a learning experience for us all on how to deal with individuals, agencies, or visitors to our community. Hopefully, we glean new ideas and concepts on how to retain the charm of our community while advancing into the next stage of community development. Our community is constantly evolving and this is a good thing. This evolution is generated by the changes in demographics, weather, and economic conditions. It is also about how we care and maintain our homes and lawns.

But try and we may, as a Board of Directors we cannot transform this community on our own. We need the help of volunteers to serve on the governing bodies of our neighborhood association. These volunteers provide the board of directors with valuable insight on the condition of our community. They recommend courses of action to correct deficiencies, plan leisure activities for residents, and assist in maintaining the charm of Southbridge on the Potomac. I guess what I am attempting to say is we are a community that functions better when more of its residents are involved in what we will become today, tomorrow, and the day s after tomorrow. Don't have much free time, got it. Come to our monthly board meetings and learn how our community is governed. Provide a voice to the proceedings so the board of directors can gain insights on the needs and concerns of the members of our community.

Get out today and talk a walk down the street or one of the nature trails, come by the club house and watch the volunteer committees plan improvements for our community, or go for an evening leisure swim in the pool.

Enjoy your summer. I hope it is your best ever!



Board of Directors



Jim Riley
President



Paul Fucito
Vice-President



Candy Arthur
Secretary



Doug Thornton
Treasurer



Nick Antonetti
Director



Cindy Patterson
Director



Gil Robertson
Director



Jason Scalzo
Director

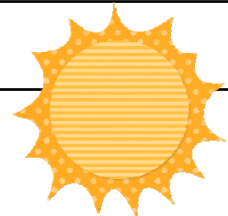


Charles Young
Director



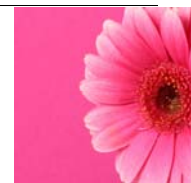
CALENDAR

July 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Independence Day Office Closed	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 Covenants 6PM	21	22	23
24	25	26 Board of Directors 7PM	27	28	29	30
31						

August 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Activities 7PM	4	5	6
7	8	9	10	11	12	13
14	15	16	17 Covenants 6PM	18	19	20
21	22	23 Board of Directors 7PM	24	25	26	27
28	29	30	31			





IMPORTANT NUMBERS



American Disposal Service	703-368-0500
Animal Control	703-792-6465
Report Dead Animals	1-800-367-7623
Area Agency on Aging	703-792-6400
Board of County Supervisors—Dumfries District—Maureen Caddigan	703-792-4645
Capital Protective Services	703-880-6360
Cardinal Management Group	703-569-5797
Columbia Gas	800-543-8911
Comcast Communications—Customer Service	703-730-2225
Cooperative Extension Service	703-792-6285
Dale City Recreation Center	703-670-7111
Dominion Towing	703-730-6610
Dominion Virginia Power	1-888-667-3000
Dumfries Post Office	703-441-8304
Employment Opportunities / Job Line	703-792-4636 ext 332
Fire and Rescue (Non-Emergency)	703-792-6810
Miss Utility	1-800-552-7001
Park Authority	703-792-7060
Police (Non-Emergency)	703-792-6500
Police (Non-Emergency—TTD for the deaf)	703-792-6294
Potomac Festival Urgent Care	703-497-1234
Potomac High School	703-441-4200
Potomac Middle School	703-221-4996
Potomac Hospital	703-670-1313
Potomac Library	703-494-8129
Potomac Mills	703-643-1770
Prince William Boys & Girls Club—Dumfries	703-441-0611
Prince William County Information Line	703-792-6000
Prince William County Public School System	703-791-7200
Prince William County Service Authority (PWCSA)—Water / Sewer	703-335-7900
Prince William County Traffic Fines	703-792-6111
PRTC / OmniLink Local Bus / OmniRide Commuter Bus	703-730-6664
Quantico Marine Corps Public Affairs Office	703-583-0775
Social Services	703-792-4300
Southbridge Community Association—Management Office	703-221-7716
Swans Creek Elementary School	703-445-0930
VDOT—Street Lights	888-667-3000
VDOT—Street Signs	703-792-6666
VDOT—Street Problems	800-FOR-ROAD (800-367-7623)
Verizon—New Service	1-800-483-4000
Verizon—Billing	1-800-483-3000
Verizon—Repair	1-800-483-1000
VRE Commuter Train	703-684-0400
Washington Gas	703-750-1000



SOUTHBRIDGE

Facilities / Grounds

Facilities / Grounds E-mail
facilities@southbridgeva.us

This Committee is now inactive.

Covenants

Athena Hackett
Chairperson

Jennifer Dorn

Michelle Galvin

Frank March

Mark Sayko

Stacey Thornton

Laurie Young

Board Liaison
Nick Antonetti

Covenants E-mail
covenants@southbridgeva.us

The Committee meets the 3rd
Wednesday of each month at
6:00 PM at the Swim & Racquet
Club.

Communications

Stacey Thornton
Chairperson

Cindy Patterson

Board Liaison
Jim Riley

Communications E-mail
communications@southbridgeva.us

The Committee meets as needed at
the Swim & Racquet Club.

SOUTHBRIDGE FIGHTING SEALS SWIM TEAM NEWS

Hunter Howery - 50m Back; 20th place in PWSL

Connor Harrison - 25m Breast; 7th place in PWSL

Patrick Kayne - 50m Breast; 7th place in PWSL

Kobe Robinson - 50m Breast; 10th place in PWSL

Alissa Callands - 50m Breast; 22nd place in PWSL

Hunter Howery - 25m Fly; 23rd place in PWSL

Boys 9-10 Free Relay - 10th place in PWSL (Dennis Donovan, Hunter Howery, Patrick Kayne & Kobe Robinson)

We also made the top 25 for the Prince William Swim League for the Week 2 meet.

- Keeli Mann - 25m Free; 6th place in PWSL
- Pat Kayne - 100m IM; 24th place in PWSL
- Connor Harrison - 25m Back; 22nd place in PWSL
- Connor Harrison - 25m Breast; 4th place in PWSL
- Kristen Hamblin - 25m Breast; 11th place in PWSL
- Ainsley Juhlin - 25m Breast; 18th place in PWSL
- Pat Kayne - 50m Breast; 16th place in PWSL
- Dennis Donovan - 25m Fly; 20th place in PWSL
- Pat Kayne - 25m Fly; 23rd place in PWSL
- Boys 9-10 Medley Relay: Bryan Jack, Hunter Howery, Patrick Kayne, Dennis Donovan - 14th place in PWSL

Boys 9-10 Free Relay : Geddy Bartosch, Hunter Howery, Patrick Kayne, Dennis Donovan- 15th



Way to go Seals!

SOUTHBRIDGE



Activities Committee News

The potential dates for our 2011 event schedule are listed below. We invite all residents to come and be part of the fun.

The Activities Committee meets the first Wednesday of each month at 7pm in the Clubhouse. We are always in need of volunteers.

Activities Planned for 2011	
Date	Event
September 17, 2011	Fall Yard Sale
October 15, 2011	Fall Fest
October 16, 2011	RAIN DATE FOR FALL FEST
November 5, 2011	Gift Show
December 10, 2011	Meet Santa

Activities

Vacant position
Chairperson

Vicky Chandler-Smith

Lori Hicks

Chrissy Letsen

Maria Moore

Kathy Thompson

Stacey Thornton

Board Liaisons

Candy Arthur / Jason Scalzo

Activities Committee E-mail
activities@southbridgeva.us

The Committee meets the 1st Wednesday of each month at 7:00 PM at the Swim & Racquet Club.

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."
-- Helen Keller

"Success comes in cans, failure comes in can'ts."
-- Anonymous

"You don't marry someone you can live with, you marry someone you can't live without."
-- Anonymous

Basketball Goals Require Covenants Approval

All basketball goals must be approved by the Covenants Committee in order to be in compliance. If you have a basketball goal and have not completed an application, please do as soon as possible. The Design Review for Basketball Application can be picked up at the association office or found on the Southbridge website at

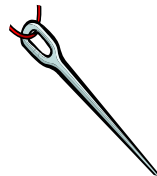
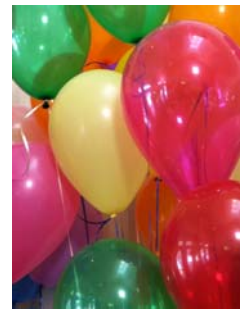
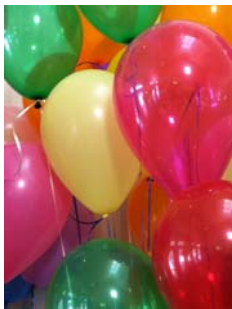
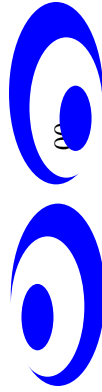
<http://southbridgeva.us>.

If you have any questions or need additional information, feel free to contact the office at (703) 221-7716.





POOL PARTY



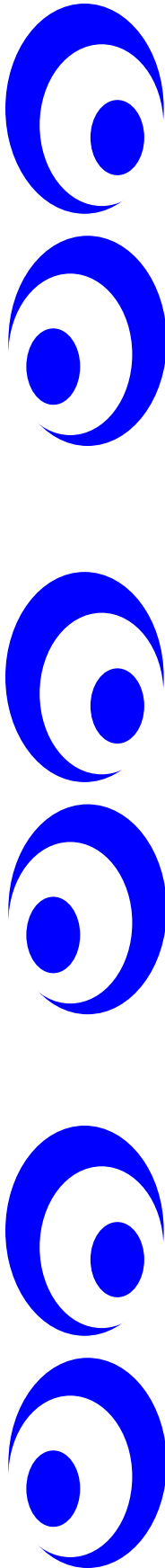


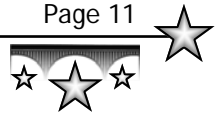
POOL PARTY



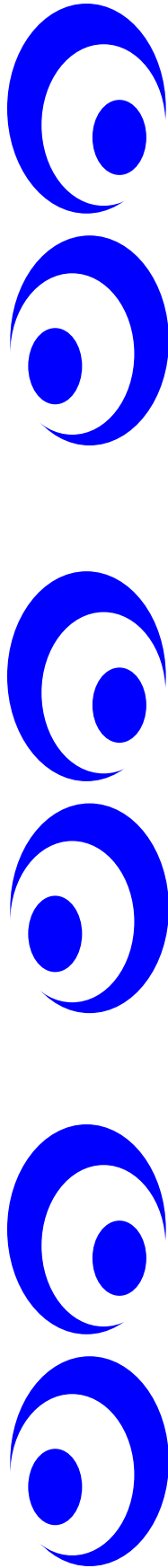


POOL PARTY



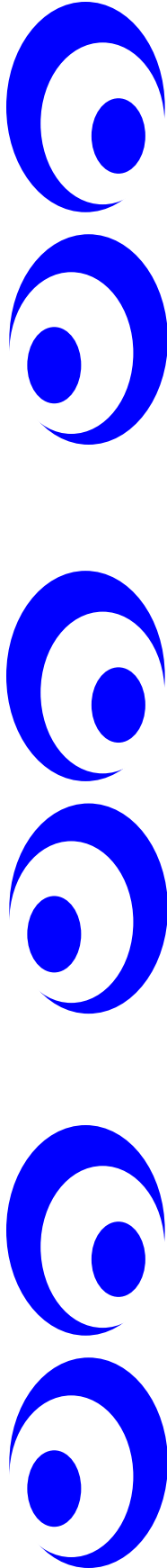


POOL PARTY

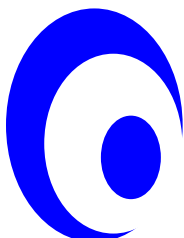




POOL PARTY



POOL PARTY



TO OUR VOLUNTEERS

Without our volunteers our Pool Party would not be a reality!
Our volunteers deserve the recognition for all of their tireless work!
Thank you, again!

Nick Antonetti	Angela (AJ) Jones	Jillian Olsen
Candy Arthur	Unizhti Jones	Lauren Olsen
Jessica Arthur	Claudette Judkins	Shamea Robinson
Steven Arthur	Chrissy Letsen	Tahmea Robinson
Tim Arthur	Jason Letsen	Emily Stewart
CJ Chambers	John Letsen	Brian Thompson
Mary Conteh	Jordan Letsen	Kathy Thompson
Chelsea Freed	Candi Malone	Douglas Thornton
Paul Fucito	Rachel Marrow	Stacey Thornton
Betty Grayson	Maria Moore	Will Trouve
Tim Hebert	Kim Olsen	
Braxton Jackson		



SOUTHBRIDGE

School Calendar 2011-2012

September 2011

September 6 School Begins

November 2011

November 7 Teacher Professional Development/Workday - ES
November 8 ES - Parent Teacher Conference Day (No School)
November 8 Teacher Professional Development/Workday - MS/HS
November 11 Veterans Day Holiday
November 23 Thanksgiving Break Begins - (Half Day)
November 24-25 Thanksgiving Break

December 2011

December 22 Winter Break Begins - (Half Day)
December 23-30 Winter Break for Students/Teachers

January 2012

January 2 Winter Break for All Employees
January 3 School Reopens
January 16 Martin Luther King Holiday
January 18 Elementary Parent/Teacher Conference Day
1/2 day

February 2012

February 20 Presidents' Day Holiday

April 2012

April 2-6 Spring Break for Students/Teachers
April 5-6 Spring Break for all Employees
April 9 Teacher Professional Development/Workday
(ES/MS/HS Closed)

May 2012

May 28 Memorial Day Holiday

June 2012

June 15 Last Day of School



Start a Neighborhood Watch in Your Neighborhood

Inquiries have been made asking how to start a Neighborhood Watch in our many neighborhoods. The way to begin is to call the Prince William County Police Department, Crime Prevention Unit. Their telephone number is 703-792-7270. They may also be reached by email at crimeprevention@pwcgov.org.





JOJO'S

ORIGINAL SOFTSERVE

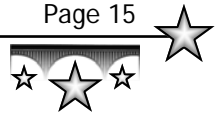
17986 South Main Street
Dumfries, Virginia 22026

703-221-6363

 JoJo's Icecream



SOUTHBRIDGE



POOL PARTY 2011 The End of the "Skip" Era

By: Doug Thornton
Treasurer,
Southbridge Community Association

On Saturday June 25, 2011 we held the annual Southbridge Pool Party. It was a rousing success but I fear there will never be another one like it. Before I get into that, I want to thank the members of the Activities Committee and the Management Office staff for all their hard work in planning this excellent party. I also want to give special thanks to all the volunteers who helped; we could not have done it without you.

By the time my wife and I moved to Southbridge in 2001, Skip Land had already been serving the residents of Southbridge his legendary BBQ for a number of years. Skip served up a great selection of amazing food for a very reasonable price. Truth be known I think Skip enjoyed making it as much as we enjoyed eating it. Maybe that is why he kept his prices so low.

Sadly Skip has packed up "The Beast" (his smoker) and moved to Illinois. The Activities Committee is already at work trying to find a replacement for Skip. It will not be an easy task and from early indications we will be paying more and I can tell you right now it won't be the same as Skip's. The Committee is also trying to rectify some of the complaints we received. The main complaint was that the line moved too slowly. They are working to come up with a different layout to allow the line to run more quickly. Things will be different next year.

If you would like to join the Activities Committee please contact them at activities@southbridgeva.us or just stop by for their next meeting which is to be held at the clubhouse Wednesday, August 3, 2011 at 7:00 PM





SOUTHBRIDGE

The Park Authority Reminds You To Play It Safe

As the summer season of fun and frolic approaches the Prince William County Park Authority reminds everyone to play it safe in and around the water.

Follow these simple rules of water safety every day:

- Always swim with a buddy in lifeguard-supervised areas.
- NEVER swim alone!
- Be cool & follow the rules of the pool.
- Never dive in shallow water. Look before leaping!
- Walk, don't run around swimming areas.
- Know how deep the water is where you will be swimming.
- Don't swallow the pool water. (YUK)
- Take a break, use the restroom.
- If you need help, alert a Lifeguard.
- Use only Coast Guard approved life jackets; not inflatables (water wings).
- Do not push, shove, or run near the water. Horseplay can be dangerous.
- Never swim around or under diving boards or slides.

When swimming outside, get out of the water if you see lightning or hear thunder.

For more information, please call 703-792-7060 or go to our website at www.pwcparks.org

Prince William County Park Authority

Prince William County Park Authority, founded in 1977 by the Board of County Supervisors, provides the residents and visitors with first quality recreation programs, parks and facilities. The Park Authority is an autonomous organization governed by an eight-member board appointed by the Board of County Supervisors and funded by a tax transfer and revenue producing facilities.

RENTING THE CLUBHOUSE

The Clubhouse is available for rent to Southbridge residents. Anyone interested in renting the Clubhouse should contact our Management Office at (703) 221-7716 or e-mail:

office@southbridgeva.us

A package containing all the information on renting the center such as rules, rental procedures, fees, and an application can be picked up at the Management Office.





FACILITIES PASS INFORMATION



NEW INFORMATION—PLEASE READ

VERY IMPORTANT

Dear Homeowner:

The time has come to issue facilities passes for the 2011 season. Beginning April 18, 2011 facilities passes will be issued for the 2011 pool season. A facilities pass will be issued to all unit owners, members of their families residing in the unit, and to the designated tenants of unit owners. If you have any questions, feel free to contact the association office at 703-221-7716.

NOTE: Assessment accounts must be current in order to obtain passes.

Facilities Pass Photo Hours

Monday, Tuesday, Thursday, Friday	10:30 a.m.-4:00 p.m.
Wednesday	12:00 p.m.-7:00 p.m.
(Third Wednesday of each month)	12:00 p.m.-5:00 p.m.
Saturday	10:00 a.m.-4:30 p.m.

If you are an offsite owner and are renting your home, you must authorize your tenants to use the facilities. Please contact the Association Office and a form will be sent to you. ***All onsite owners need to only fill out the regular pool pass application not the tenant designation form.***

Please note that the Association office will be closed on Monday May 30, 2011 and all Sundays. **Facilities passes will ONLY be issued during hours listed above. There will be no exceptions.**

Very truly yours,
SOUTHBRIDGE COMMUNITY ASSOCIATION

Phenita Hebert

Phenita Hebert CMCA®, AMS®
General Manager
Cardinal Management Group, Inc.
Agents for Southbridge Community Association





FACILITIES PASS APPLICATION

SOUTHBRIDGE COMMUNITY ASSOCIATION

2011 FACILITIES PASS APPLICATION

OWNER NAME:	
ADDRESS:	
HOME PHONE:	WORK PHONE:
EMAIL ADDRESS:	

Listing an email address is not a requirement for a pool pass.

Email address will only be used by the HOA to notify homeowners of community events and will never be given or sold to a third party.

Names of Persons Occupying Residence	Date of Birth

In Case of An Emergency Contact:

NAME	PHONE NUMBER
NAME	PHONE NUMBER

IN CONSIDERATION OF USING THE SOUTHBRIDGE COMMUNITY ASSOCIATION POOL, THE MEMBERSHIP HOLDER(S) AGREE(S) TO ABIDE BY THE ASSOCIATION RULES AND REGULATIONS REGARDING THE FACILITIES.

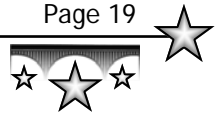
Signature

Date

For Office Use Only



SOUTHBRIDGE



FALL YARD SALE

WHEN: September 17, 2011 8AM—12PM

WHERE: CLUBHOUSE PARKING LOT

Please register with our Management Office
(703-221-7716)

or

you may email
activities@southbridgeva.us



Advertisements placed in
this newsletter
should not be
considered
endorsement
by this community,
its association,
nor its representatives.





SOUTHBRIDGE

Prince William County Zero Tolerance for Illegal Fireworks

During June, Fireworks Safety Month, and continuing through the latter part of July (June 22nd - July 22nd), fireworks-related injuries peak; it's during this brief period, 67 percent of fireworks-related injuries occur. In 2009, according to Consumer Product Safety Commission, emergency departments treated an estimated 8,800 fireworks-related injuries; an increase of 26 percent from the previous year's 7,000 injuries. Children under the age of 15 accounted for 39 percent of fireworks-related injuries while children and young adults under the age of 20 comprised the largest number of fireworks-related injuries (54 percent) during this time period.

In an attempt to reduce the number of fireworks-related injuries and deaths, public information and public education are vital to the community. The Fire Marshal's Office, a division within the Prince William County Department of Fire and Rescue, has initiated a Fireworks Enforcement Campaign to stop possession and use of illegal fireworks. The campaign's slogan, *Illegal Fireworks, "If You Light It, We'll Write It!" Leave Fireworks to the Professionals* is a means by which the Department is able to educate the community about the dangers of illegal fireworks while informing them about Prince William's zero tolerance for possession and use of illegal fireworks. This year as in the past, Fire Marshals will be teaming up with Police for their annual fireworks safety initiative and deploying personnel throughout the County in an effort to prevent injury and fires due to illegal or unsafe use of fireworks. In addition, the team will write summons to individuals who possess and/or light illegal fireworks and will confiscate any and all illegal fireworks found in their possession. In Prince William County, the discharge of illegal fireworks is a Class 1 misdemeanor punishable by fines up to \$2,500.00 and or up to one year in jail.

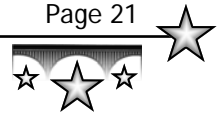
Safety experts agree that the best way to protect your loved-ones from fireworks-related injuries or worse is to not use fireworks. Numerous professional organizations often provide fireworks displays for public enjoyment during the holiday and throughout the year. Check your local newspaper or web site for listings of fireworks displays in your area.

Should you choose to use legal fireworks, the Fire Marshal's Office would like to help you celebrate safely by suggesting the following safety tips:

- Fireworks should only be used under adult supervision.
 - Fireworks should only be used outdoors on a driveway, sidewalk or other fire-resistant surface. Remember, fires are caused by careless handling of fireworks in areas exposed to sparks or live fireworks.
 - Never ignite fireworks during high winds where flying sparks can start a fire.
 - Keep a bucket of water handy in case sparks start a fire.
 - Be sure children around fireworks know to stop, drop and roll if their clothing catches on fire.
 - Deposit sparklers in a metal container as they may be stepped on while hot or lost in the grass and stepped on while playing.
 - Never aim or throw fireworks at another person.
 - Never try to re-ignite fireworks that malfunction or fail to go off.
 - Do not wear loose clothing when using fireworks.
 - Never experiment or make your own fireworks.
- Never carry fireworks in your pocket.

For more information about selecting and using legal fireworks, or if you would like to safely dispose of illegal fireworks, contact the Fire Marshal's Office at 703-792-6360, or visit our website at www.pwcgov.org/fire. Turning in illegal fireworks will not result in any fines or summons, and no questions will be asked.





Stay Safe by Staying Cool - Know the Signs/Symptoms of Heat Stroke

As periods of high temperatures continue throughout the summer, individuals should heed weather warnings to avoid becoming a victim of hyperthermia, a heat-related illness referred to as heat stroke/sunstroke. Hyperthermia occurs when the body is exposed to excessive heat and produces or absorbs more heat than it can release causing the body's temperature to climb.

Hyperthermia can affect anyone, yet children and the elderly are most vulnerable. Each year, children die from hyperthermia after being left unattended in motor vehicles. In 2010, there were a total of 49 hyperthermia deaths of children left in cars. So far this year, 6 children have died in hot cars due to hyperthermia. As July approaches, the most deadly month for children trapped in cars, safety advocates Kids and Cars and Safe Kids USA remind parents and caregivers to be vigilant and take time, today, to begin implementing and practicing safe measures in the prevention of injuries and deaths caused by vehicular hyperthermia. To prevent this tragedy from occurring parents and caregivers must:

NEVER leave children unattended in a car - NOT EVEN FOR A MINUTE

ALWAYS check the back seat of the vehicle before exiting (*Beat the Heat,*

Check the Backseat)

Symptoms of hyperthermia are:

- Heat Stress (strain placed on the body as a result of hot weather)
- Heat Fatigue
- Heat Syncope (sudden dizziness)
- Heat Cramps
- Heat Exhaustion
- Heat Stroke

The two most common symptoms of hyperthermia are heat exhaustion and heat stroke. Heat stroke is the most dangerous symptom. When heat stroke occurs, individuals should seek immediate medical attention. Signs/symptoms of heat stroke are:

- High body temperature (above 103°F)
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

According to the Center for Disease Control (CDC), the elderly are vulnerable to heat-related illnesses as heat stress due to underlying medical conditions, lack of air conditioning, social isolation and poor economic status. To protect the elderly:

- Visit them at least twice a day; watch for signs of heat exhaustion or heat stroke
- Take them to air-conditioned locations
- Make sure they have access to an electric fan

(continued on page 18)



Prince William County
Non-Emergency
Telephone Number
703-792-6500

Capital Protective Services
703-880-6360

Call 9-1-1
ONLY
for an Emergency





SOUTHBRIDGE

Stay Safe by Staying Cool - Know the Signs/Symptoms of Heat Stroke

(continued from page 17)

If you or someone you know is experiencing symptoms of heat exhaustion or worse, take immediate action:

- Get to a cooler area, preferably air conditioned, e.g. libraries, shopping malls, community facilities
- Bathe/sponge/shower/spray with cool water (not cold)
- Wrap the body in wet towels or clothes
- Apply cold compresses to torso, head, neck and groin
- Drink water or fruit juice for hydration; avoid caffeine and alcohol
- Seek immediate medical assistance

If strenuous work or activities is unavoidable during daylight hours when temperatures are at their highest or staying indoors is not an option, Prince William County Department of Fire and Rescue www.pwcgov.org/fire suggests the following safety tips to protect you and your loved ones against the heat:

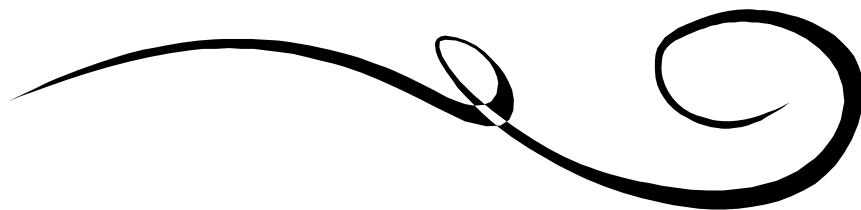
- Wear loose-fitting clothing
- Wear clothing light in color and weight
- Wear a wide-brimmed hat with vents also light in color
- Stay hydrated by drinking plenty of liquids

If you or someone you know is experiencing symptoms of heat exhaustion or worse, take immediate action:

- Get to a cooler area, preferably air conditioned, e.g. libraries, shopping malls, community facilities
- Bathe/sponge/shower/spray with cool water (not cold)
- Wrap the body in wet towels or clothes
- Apply cold compresses to torso, head, neck and groin
- Drink water or fruit juice for hydration; avoid caffeine and alcohol
- Seek immediate medical assistance

If strenuous work or activities is unavoidable during daylight hours when temperatures are at their highest or staying indoors is not an option, Prince William County Department of Fire and Rescue www.pwcgov.org/fire suggests the following safety tips to protect you and your loved ones against the heat:

- Wear loose-fitting clothing
- Wear clothing light in color and weight
- Wear a wide-brimmed hat with vents also light in color
- Stay hydrated by drinking plenty of liquids



SOUTHBRIDGE



McCarthy SERVICES

**AIR CONDITIONING,
HEATING, ELECTRICAL
AND PLUMBING**

1-866-924-1650

Serving Residential
and Commercial customers
in DC, Maryland and Virginia

\$50.00 OFF
ANY QUOTED REPAIR
NOT VALID WITH ANY OTHER OFFER.
WITH COUPON ONLY




MIKE NIES
Owner
(703) 590-3187

Picture Perfect Home Improvements

Interior & Exterior Painting • Drywall Repairs
Carpentry Work • Tile • Power Washing •
Finishing Basements • Bathrooms • Kitchens
Handyman Service Available

4702 Ketterman Ct.
Woodbridge, VA 22193
www.pphomeimprovements.com

Free Estimate
Licensed • Bonded • Insured
pphomeimprovements@comcast.net



LaCarters Maids
Dedicated to Making Life Easier
www.LaCartersMaids.com

PO Box 593
GARRISONVILLE, VA 22463

Office: (540) 659-9526
Cellular: (703) 565-3270

Stephanie Carter
Owner



YOUR COMMUNITY NEEDS YOU!

The Southbridge HOA is looking for energetic members to help out on various committees. The time commitment is minimal, once a month for a couple of hours, and the pay off is huge. Without volunteers, we might not be able to enjoy some of the events, special projects, improvements, and overall community unity that the HOA volunteers make possible.

Currently, we are seeking:

- ◆ Activities Committee volunteers
- ◆ Communications Committee volunteers
- ◆ Facilities & Grounds Committee volunteers
- ◆ Government & Business Relations Committee volunteers
- ◆ Teen Activities Committee volunteers

If you would like to volunteer, please contact the office at office@southbridgeva.us or 703-221-7716.

Remember, the Activities Committee is always looking for volunteers to help with specific events.

Your help can make a difference!



Windows • Doors • Siding

www.WindowsPls.com

14230-F Sullyfield Circle
Chantilly, VA 20151
Ph: 703.956.6172
Fax: 703.956.6744

Reg Wayland

Owner, Member Manager
rwayland@windowspls.com
703.929.5102 (Cell)

5532 Hempstead Way
Springfield, VA 22151
Ph: 703.916.8372
Fax: 703.941.2239



SOUTHBRIDGE



No Woman, No Cry

STOP THE SILENCE OF DOMESTIC VIOLENCE

**Sunday, September 18th
8:30am - 11:30am**

**Forest Park High School
15721 Forest Park Drive
Woodbridge, VA 22193**

Pre-register at:

www.nwnc.org

Online registration is \$25 and available until 9/13. You may register in person at the high school for \$30. Kids under 8 are free. This is an untimed event. Runners are welcome.

1st Annual 5K Walk

**In Memory of
Jenny Vaughn-Bates**

A devoted mother, daughter, friend, and social worker.



Please visit us at

www.nwnc.org or

contact us at info@nwnc.org

**to learn about volunteer and
sponsorship opportunities!**

Donations Benefit the **Jenny Vaughn Bates Memorial Trust Fund** and
The National Network to End Domestic Violence.

Donations may be made online at www.nwnc.org or by mail:

NWNC, P.O. Box 1664, Herndon, VA 20172

*Supported by SDA, Powerline Golf Academy,
The Training Connection, Inc.*



SOUTHBRIDGE



Needle in the Haystack

We have hidden a photo of a sewing needle in this issue of The Southbridge Star. The newsletter is your "haystack".

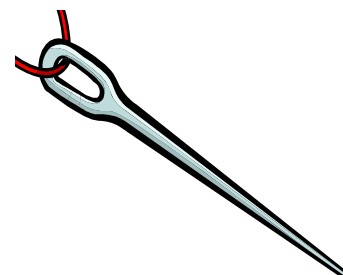
Find the needle and email the location to thestar@southbridgeva.us no later than the close of business **Monday, July 25, 2011**. Those emails with the correct answer will be placed into a bucket and a winner pulled on **Tuesday, July 26, 2011** at our **Board of Directors Meeting**. The winner will be given a gift card to a local business. The winner will be notified by email or telephone and given 30 days to pick up their prize. In lieu of email, you may send your guess or drop it off at our Management Office with your name, address, and telephone number and mark the outside of the envelope "Needle in the Haystack"

Good luck to all.

DISCLAIMER

- ◆ Board of Directors and their families are not eligible for this contest.
- ◆ Those proofreading the newsletter and their families are not eligible for this contest.
- ◆ Those entering must be residents of Southbridge on the Potomac and have assessment accounts in good standing to be eligible to win a prize.
- ◆ Winners must show proof of residence in Southbridge on the Potomac.

Congratulations to the winner of our last
Needle in the Haystack Contest
Michelle Smith



Ten Reasons to Volunteer for the Association

1. Protect your self-interests. Protect your property values and maintain the quality of life in your community.
2. Correct a problem. Has your car been towed, or do you think maybe maintenance has been neglected?
3. Be sociable. Meet your neighbors, make friends, and exchange opinions.
4. Give back. Repay a little of what's been done for you.
5. Advance your career. Build your personal resume by including your community volunteer service.
6. Have some fun. Association work isn't drudgery. It's fun accomplishing good things with your neighbors.
7. Get educated. Learn how it's done—we'll train you.
8. Express yourself. Help with creative projects like community beautification.
9. Earn recognition. If you would like a little attention or validation, your contributions will be recognized and celebrated.
10. Try some altruism. Improve society by helping others.

DISCLAIMER FOR ALL ARTICLES AND SUBMISSIONS TO *THE SOUTHBRIDGE STAR*

All articles and submissions to *The Southbridge Star* are subject to the Southbridge Communications Committee review and editing. No articles or submissions are guaranteed to be printed.





SOUTHBRIDGE

Newsletter Contests and Quizzes

All residents of Southbridge on the Potomac are eligible to win any quiz or contest in our newsletter. Please email your responses to thestar@southbridgeva.us or drop off your responses at our Management Office.

DISCLAIMER

- ◆ Board of Directors and their families are not eligible for this contest.
- ◆ Only entrants with assessment accounts in good standing will be eligible to win a prize.
- ◆ Communications Committee members and any others proofreading the newsletter and their families are not eligible for this contest.
- ◆ Those entering must be residents of Southbridge on the Potomac.
- ◆ Winners must show proof of residence in Southbridge on the Potomac.

Early Morning Walkers / Runners Need to Exercise Caution

Many of our residents walk or run early in the morning as well as in the evening when it is dark. Motorists cannot easily see pedestrians in low light levels. Please remember to wear light colored or reflective clothing for your own safety and that of your neighbors when you go out in the early morning or evening hours. Also, be sure to walk or run on the left-side of the road facing oncoming traffic as an additional safety precaution.



Tennis Court Information

Tennis court keys are available at the Southbridge Swim & Racquet Club office for a one-time cost of \$10.00. The application forms are available at the office and a copy of the completed form will be made part of your unit file. A copy of the Southbridge Community Association Policy Resolution No. 11 that addresses the Tennis Court Use is also available. If more info is needed, please refer to the Facilities section of the Southbridge website at www.southbridgeva.us.



Please Be a Responsible Pet Owner

Remember to keep your pets on a leash and PLEASE clean up after them. This is becoming a constant and serious situation. Anyone seeing residents not cleaning up after their pets, please notify the Association. Residents not cleaning up after their pets will be fined to the highest extent according to the Southbridge Declaration and reported to the Health Department.

Also, try not to leave your pets outdoors for extended periods of time. The cold or hot weather is dangerous to them and their barking can disturb the neighborhood.



PLEASE DON'T BE A LITTERBUG!!!



Please do not leave trash on the streets of Southbridge.

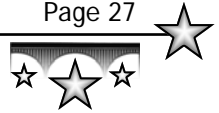
It doesn't make our community look nice and it brings unwanted animals into our neighborhoods.



Please do your part to keep our streets clean.



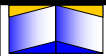
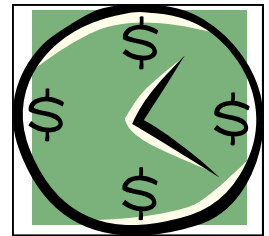
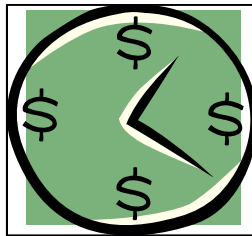
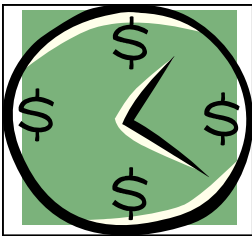
SOUTHBRIDGE



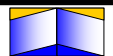
Want To Pay Your HOA Fees By Direct Debit From Your Bank To Southbridge Community Association?

Here's How:

- 1) Complete the form below.
- 2) Detach it from the newsletter.
- 3) Mail it to: **Cardinal Management Group**
4330 Prince William Parkway
Suite 201
Woodbridge, VA 22192



AGREEMENT FOR PRE-AUTHORIZED PAYMENTS



Community Name Southbridge Community Association

I hereby authorize Southbridge Community Association, ("Community") and Cardinal Management Group, Inc., to initiate debit entries in the amount of my Association assessment from my account indicated below. I also authorize the Financial Institution named below to debit same to such account.

Financial Institution Name _____ Branch _____

City _____ State _____ Zip _____

Transit/ABA No. _____ Account No. _____

This authority is to remain in full force and effect until the Community and the Financial Institution have received written notification from me of its termination in such time and manner as to afford the Community and the Financial Institution a reasonable opportunity to act upon the request. I further understand that payments will be deducted from my account between the first and tenth of each month in which the assessment is due, and should my payment be returned for any reason, I understand that I can be terminated from the program and I will be charged a \$25.00 administrative fee. **A VOIDED CHECK (NOT DEPOSIT SLIP) MUST BE ATTACHED.** Return this form to: Cardinal Management Group, Inc., 4330 Prince William Parkway, Suite 201, Woodbridge, VA 22192.

IMPORTANT NOTE: PLEASE CONTINUE TO MAKE YOUR PAYMENTS UNTIL YOU RECEIVE WRITTEN NOTIFICATION OF THE EFFECTIVE DATE OF THE FIRST AUTOMATIC DEBIT.

Name(s) _____ Home Phone _____

Unit Address _____ Work Phone _____

Mailing Address (if different) _____
(Street Address) (City) (ST) (Zip)

Date _____ Signed _____



CLASSIFIED ADS

CHILD CARE

(Listing here does not constitute any guarantee or liability on the part of Southbridge)

Experienced Daycare Professional.

Before/After School day care. A warm, loving and educationally focused atmosphere for kindergarten age and up. Reasonably priced. Breakfast and Afternoon snack included. Everything provided for your child's amusement, learning, and fun. Come and see! Call Elise at **(703) 221-5483** or e-mail to eliivj@hotmail.com.

Faith Academy Home Daycare believes all children can learn. Provides age appropriate activities and experiences. Nurturing Christian environment that recognizing children's interest, needs and learning style. Classroom offer choice of seven learning centers that reflects integration of areas: cognitive, physical, social/emotion and language for total development of child. **703-441-3285**.

I am providing quality child care in my home for kids of all ages. I can pick or drop off at Swans creek school. Lunch and snacks will be provided. for more info call me at **571-358-1081** or email me at hd444@msn.com.



Address for Assessment Payments

By now you should have received your new coupon booklet for your 2011 assessments. Please take note of the mailing address on the labels in the back of the book. If you use an automatic payment process please have your payer verify this address.

The address is:

Southbridge Community Assoc.
c/o Cardinal Management Group
PO Box 71209
Philadelphia, PA 19176-6209

HAIR SALON

Looking for Licensed Barbers and Stylists
18123 Triangle Plaza Shopping Center
703-296-7202

HOME BUSINESS

Think fine lines should be quoted - not appear on your face? A simple and effective daily program with TimeWise skincare can help reduce the appearance of fine lines and wrinkles. So skin looks firmer and feels softer. Lynellen Perry, Mary Kay Independent Beauty Consultant.

www.marykay.com/lynellen
703-472-5251

Times are tough - Let **Tupperware** extend your food budget! Save food items 3 times longer than you currently are. Store, serve and take lunches to work or school in dishwasher, microwave and freezer safe Tupperware. Contact me to purchase or schedule your demo and earn yours free!

Margie Creighton **703-441-8769**
www.my2.tupperware.com/capitaloffice

HOME IMPROVEMENT

Melvin's Handyman Services

- *Carpentry & Remodeling
- *Home Improvement Projects
- *Licensed & Bonded
- *Free Estimates
- *Reasonable Rates

Call office **(703)680-4696** or cell **(571)274-0006**



MISCELLANEOUS

Summer child care June 27 - August 5th. Seamstress Needed, Estimates for deck flooring. VCU carpool needed. Tutoring services available. Estimates for Gazebo. Carpool needed in a.m. to Swans Creek Professional and casual clothes for sale size 10-18 excellent condition.

Anna 202-267-7316

PAINTER

Fred's Finest Painting-Paint Interior & Exterior. Wallpaper Removal. Power wash homes, decks and deck staining. Minor wood repair. Licensed & insured. FREE estimates. **Bus.- 703-878-4872**
Cell-703-966-7030 12-11

PET CARE

GottaGo Dog Walks provides reliable midday weekend, holiday and vacation pet care/concierge services. Bonded & insured.

Employment opportunities available.
Contact

www.gottagodogwalks.com,
703-401-9485 or
gottagodogwalk@comcast.net

POLYNESIAN ENTERTAINMENT

Come and experience the magic of the islands with the **Tepua Hio Hio Polynesian Entertainment**. We can cater the show to fit your budget and needs for whatever occasion it might be. For more information, you can check us at www.tepuahiohio.com or Face Book or call **703-203-2654**. Mahalo Malia.

REAL ESTATE

Are you thinking of leasing or selling your home in the Southbridge Community? Our exclusive website is designed to show case your property and the Southbridge Community amenities. To receive a free real estate market analysis, visit

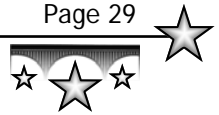
www.SouthbridgeCommunity.com

or

Call **(703) 856-2884**

*****This company is not associated with nor is this ad endorsed in any way by Southbridge Community Association*****

CLASSIFIED ADS



Advertisements
placed in this
newsletter
should not be
considered
endorsement
by this community,
its association,
nor its
representatives.

The Southbridge Star Advertising Rates
NEW ADVERTISING RATES

Full Page (vertical ad)	\$100.00
Half Page (vertical or horizontal ad)	\$ 65.00
Quarter Page (vertical ad)	\$ 32.00
Eighth Page (vertical or horizontal) (Business Card size)	\$ 20.00

All Commercial and/or Graphic Ads

Must Be Submitted in

Microsoft Publisher or JPEG Format.

Classified Ads

(Residents) FREE (50 words or fewer)

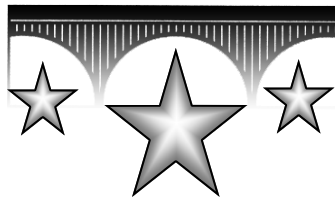
(Non-Residents) \$5.00 (25 words or fewer)

The Communications Committee and/or managing agent will review all advertisements prior to acceptance for appropriateness in a family oriented newspaper. Listing here does not constitute any guarantee or liability on the part of Southbridge.

The complete advertising policy, including ad sizes can be found on our web site at <http://southbridgeva.us/>

For further information please email:

thestar@southbridgeva.us



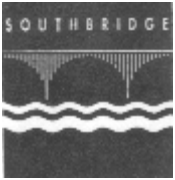
Note from Capitol Protective Services
" WE TIP "
INFORMATION SUBMISSION



Many people are reluctant to report crimes to the police department or Security Companies. However, our greatest asset in protecting our customers is information. If you would like to report criminal activity or any other activity of a suspicious nature and remain anonymous, you can now do so. We Tip is a program we have initiated to afford you the opportunity to report information to us by e-mail. Your identity will not be divulged to third parties without your permission.

<http://www.capitolprotectiveservices.com/>





Southbridge Community Association
17325 River Ridge Boulevard
Southbridge, VA 22026



OUR CHILDREN ARE OUT OF
SCHOOL
PLEASE WATCH OUT FOR OUR
CHILDREN

