

Lake Manassas Connection

Official Publication of the Lake Manassas Residential Owners Association

SPRING 2015

Volume 11, Issue 2

Spring is in the Air!



Lake Manassas Connection

Official Publication of

The Lake Manassas Residential Owners Association
Volume 11, Issue 2

14900 Turtle Point Drive - Gainesville, VA 20155

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From the Board

Don Minogue, President
Bob Hale, Vice President
Ed Orsini, Secretary
John Coyle, Treasurer
Gary Border, Director



LAKE MANASSAS ROA BOARD OF DIRECTORS

Left to Right: Bob Hale, Don Minogue, Gary Border, John Coyle and Ed Orsini

Spring 2015

Hopefully by the time you get this copy of the spring 2015 Lake Manassas Connection we will have seen the last snow of the year -- Spring will happen.

Financial

Our snow removal costs this year will exceed our original budget projection of \$50,000 by over \$30,000 for a total expenditure of \$84,017.75. The Board is appreciative of all the positive comments as well as suggestions for improvement from our residents on the job our vendor has done clearing our roads. Almost every other area of the budget remains under budget forecasts to help offset the large snow removal expense. The only other major expense will be to repair a broken water line at the Swim and Tennis Center. The water line will have to be placed underground to eliminate the problem of frozen and broken water pipes in the future.

Budget Committee

The committee is in the process of reviewing first drafts of the 2016 Fiscal Year budget. They are considering changing the formula on the common area landscaping assessment fees to make it the same contribution from all residents. All section charges would be revenue neutral. The Final Budget will be mailed to the membership by June 1, 2015. See the Budget and Finance Committee article on page 7 for further explanation.

Stonewall Entrance Improvements

All of the barrier arms and electronics at the Stonewall Gate have been replaced and the entry system seems to be working flawlessly.

The Stonewall Entrance Committee is contemplating and reviewing additional options that include not only the possibility of a "resident only" lane but changes to the structure and landscaping at the Western Peninsula entrance. New members have been added to the committee so as to provide fresh perspectives.

Pool Deck/Swim & Tennis Center

Repairs have been completed to the conduit that runs to the lighting on the pool deck so all lights should be working. In addition, a project to add storage to the on site office building is

being considered by the Board. Also drywall repairs are anticipated in the men's locker room due to the water line break.

Turtle Point Townhouses

Six new townhome foundations are being completed in addition to the five completed units where the models are located. With spring around the corner sales are expected to accelerate.

Communications Committee

Ed Davidson, Chairman of the Communications Committee and his committee members are investigating ways to improve communications between the Board, committees and all residents. The recent addition of the new gmail account for resident use in contacting Board and Committee members (lmroaconcerns@gmail.com) and consideration of a new interactive website are strategies to make issues and solutions easier.

Important: Civility

There have been at least four recent occurrences of verbal abuse against our CMC agents for doing their job. Our agents are not responsible for the Declaration and Covenants that all residents sign and agree to when they purchase their home in Lake Manassas.

From time to time residents may receive a notice that makes them aware that a violation exists on their property. In many instances violations are reported to our management staff by other residents who are aware of the rules and expect our enforcement. Some common violations noted may be related to trash cans, parking in the street or lawn/mulch violations. Rarely are actual fines levied since most violations are cured quickly by homeowners. In fact, actual violations are down significantly. Many residents interpret the first notice (courtesy letter) as a violation notice rather than a request to fix something or when they cease to follow the covenants.

Know that our CMC agents have been instructed that vulgar language, discrimination, verbal abuse and excessive tones will not be tolerated. Our legal counsel has advised us and our agent to record such conversations and appropriate action will be taken. We realize that people can get excited at times if they deem an occurrence or violation is in error. Residents have three options where they can make their feelings known: 1) We have

(Continued)

From the Board (Continued)

established an email address, lmroaconcerns@gmail.com, so residents can express their concerns to the Board of Directors and the appropriate committees; 2) Residents can attend Covenants Committee meetings to express their concerns and present their recommended solutions and 3) Residents can attend Board meetings and express their concerns directly to the Board.

Our CMC agents are not the appropriate place or forum to express your concerns. Note vulgar and abusive language will not be tolerated. Also realize that all Board members and committee members are residents who give their free time working to maintain the reputation of Lake Manassas as a premier community, so please follow one of the three courses of action outlined above to attempt to resolve your issues. Let's all be respectful and civil in our discussions with fellow residents as well as our CMC agents and the Securitas Guards.

Tiger Woods/Quicken Loans Tournament: July 27th – August 2nd

We are currently discussing details of our agreement with RTJ, PGA, SGC and LMA on tickets, parking, volunteers and access to the Eastern Peninsula during the tournament. The previous contract from the President's Cup is being used as a template during these discussions.

Enjoy the warmth of spring and upcoming summer seasons,

Don, Bob, John, Ed and Gary

Custom Builder/USA Tom Walton

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Management Report

Michelle Wingo
CMC On-Site Manager



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14900 Turtle Point
Drive Gainesville, VA
20155

ONSITE OFFICE
HOURS:

Monday - Friday
Walk-in from 10am -12:30
After 12:30 by appointment,
please.

[mwingo@cmc-
management.com](mailto:mwingo@cmc-management.com)

703.753.7745 (office)

Adrienne Harper
Portfolio Manager

Adrienne Harper
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[aharper@cmc-
management.com](mailto:aharper@cmc-management.com)

Spring is in the Air:

It looks like we have finally turned the corner from the cold winter weather and can finally look forward to spring! It's at this time of year you will start to see more of your neighbors out and about walking their dogs, children playing outside later in the day and residents working in their yards.

- A reminder to pet owners: it is your responsibility to clean up after them. You should not allow your pet to roam or to urinate or defecate on others' property.
- Please drive slowly and use caution as you drive through the community keeping an eye out for pedestrians and children. Observe yield, stop and speed limit signs; remind your children about the dangers of running and playing in the street and ask them to move out of the way of approaching vehicles.
- Annual comprehensive inspections will begin in April and conclude in June. Now is a good time to begin sprucing up the exterior of your home, however, if you receive a notice from the onsite staff regarding possible covenants violations, please feel free to contact us to discuss the violation and your plan to remedy.

POOL OPENING

The pool will open for the summer on Saturday, May 23rd. If you need to register for a pool pass you may do so at the onsite office beginning April 27th. If you previously registered and already have an electronic key card then you do not need to register again -- electronic key cards are intended to be used year after year. If you have lost your key card or wish to purchase an additional card, you may do so at the onsite office. The cost of a new card is \$50; please make checks payable to LMROA.

COVENANTS INSPECTIONS

While we understand that there are certain aspects of property maintenance that cannot be attended to during cold weather please do your best to keep your property maintained to the best of your ability. If you are issued a violation notice and need an extension of time to complete repairs, please contact the Covenants Administrator, Shelly Friend at the onsite office by calling 703.753.7745 or by email at sfriend@cmc-management.com.



The LMROA Community Handbook contains useful information covering Design Guidelines, Use Restrictions, Property Maintenance Standards and Enforcement Procedures. Please be sure to correct any violations that may exist on your property. If you need a copy of the most current *Lake Manassas Handbook*, please let us know and we will provide a copy to you at your request. Following are just a sample of a few important inspection items that need to be continuously maintained:

- **Mailboxes.** Approved box color for the old style mailbox is hunter green and the post color is Duron Latex Oyster White. If you need to replace your mailbox, contact Main Street Mailboxes at 703.753.5521. Please feel free to call the on-site management office with any questions at 703.753.7745.
- **Yards and Lawns.** Lawn maintenance items such as weed/crab grass control, dead trees and shrubs and edging and replenishing the mulch in your beds need to be continued through Fall.
- **Home exteriors.** Please look at your home and inspect for peeling and blistering paint and rotted wood, staining and green algae. Please power wash and repaint all affected surfaces.
- **Play equipment.** Outdoor play equipment must be approved by the Modifications and Construction Committee. Please obtain your approval before making any purchases.

Remember, maintaining your property on a regular basis not only ensures that the standards of the community are preserved, but eliminates the need for violation notices, hearings and possible fines.

(Continued)

OBEDIENCE TRAFFIC LAWS AND LOOK OUT FOR LAKE MANASSAS:

Prince William County Police are making more frequent random visits within Lake Manassas and will take appropriate action to address speeding, running stop signs, use of unauthorized motorized vehicles and vandalism. Please obey stop signs and yield signs while driving in the community. There have been reports of near misses at the Spy-glass Hill Loop circle due to driver's inattention to signs and approaching vehicles as well as damage to the common area due to speed and inattentive driving. To supplement regular police patrols, the Board is utilizing the County's Off Duty Police Patrol Program to patrol our streets, which is a "pay for" service. Please obey the laws of the road. Passing a stopped school bus constitutes reckless driving in Virginia and is punishable by up to 12 months in jail and/or a fine of up to \$2,500. We also ask that all residents report any suspicious activity to either the police or the management office depending on the time and nature of said activity. Let's all be on the lookout and keep Lake Manassas safe. The community recently contracted with Securitas, our guard service provider, to randomly patrol and report parking violations to the onsite office. Please contact the guard office prior your guests arrival. To secure a temporary parking pass contact the on-site manager. If you or your guests park a vehicle in the street without notice having been given to the onsite manager, the vehicle will likely be issued a warning notice on the windshield. The vehicle information is then forwarded to the onsite office and a violation letter is issued to the owner or owner sponsoring the guest vehicle in question. Violations may result in fines of \$50 for each occurrence. For more specific information regarding parking, please visit the Lake Manassas website and review the Parking Resolution which was recently approved at www.lakemanassasroa.com

LEASING A PROPERTY IN LAKE MANASSAS:

All leases must be minimally 12 months in duration. A copy of the lease must be submitted to the management office before the tenant moves in. Without a copy of the lease, your tenants will not be issued vehicle decals, transponders or pool passes. Please have your tenants stop by the onsite office to pick up a copy of the Lake Manassas Homeowners Handbook and Welcome Package. Remember, tenants are subject to the same residential requirements as all homeowners however, you as the owner, are still responsible for your property. LMROA will contact you as the homeowner for any reconciliation, as needed.

TRASH REMOVAL:

Our trash removal service is provided by American Disposal. Trash is collected weekly on Mondays and Thursdays, with recycling on Mondays and yard debris removal on Thursdays. A special pick up service is available for a fee (white goods, construction debris, etc.), but must be scheduled in advance. Please call American Disposal 703.368.0500 for details and scheduling.

Reminder: Please be sure not to set your trash out any sooner than the evening before collection; trash cans and containers must be stored out of sight prior to sunrise the day after

collection. This includes trash left by a landscaping company. When trash is put out a day or two before pick-up, the overall effect of this is that it presents an unsightly appearance in our lovely neighborhood. On windy days, trash is easily blown down the street making the street and the community a mess. Be a good neighbor and tie it down and please be sure to cover all trash.

COURTEOUS NEIGHBORS:


Please do not walk on private property which includes residents' lawns and the golf course. Please keep children and animals off the golf course. Golfers retrieving golf balls are allowed to walk in the resident's yards that back up on the golf course.

Although on street parking is not permitted in Lake Manassas, we do understand there are occasions when temporary parking on the street may be necessary, for example, children's birthday parties and holiday dinners. Please make every effort to have your guests park in your empty driveway spaces first.

- **Pets:** Please try to reduce the length of time of your dog barks especially during the early morning and late evening hours. The on-site office regularly receives complaints regarding pets on private property. Always have your dogs leashed and do not let your cats roam the community. Please be considerate of your neighbors.
- **Noise Ordinance Times:** The Prince William County noise ordinance is Monday through Friday from 10 pm until 7 am and on Saturday, Sunday and Holidays from 10 pm until 9 am. If you were to contact the police regarding what you consider to be an inappropriate time for unusually loud noises, they will come out and investigate. But first, speak to your neighbors to explain that the noise is disturbing to you and ask if they would consider doing the work at another time of day.

Thank you in advance for the consideration of your neighbors.

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Budget & Finance Report



Jack Boyle, Chair
jackboyle@comcast.net

COMMITTEE ROSTER

Doug Brady
 Romesh Deora
 Ralph Malami

I would like to thank Mike Hegeman and Charles Summers for their service to the committee. Replacing Mike and Charles on the committee are two new volunteers Ralph Malami and Doug Brady. Volunteers are always needed to ensure we can provide community input and perspective on the various contract and budget issues which our community faces as we develop our first homeowner developed management budget. Up to this point the developer has had the major say on how we spend our communities resources. Starting with the 2016 association budget we the homeowner volunteers will recommend for Board approval important aspects of how we organize and execute the financial arm of our association to reflect the needs of the community. In many instances the status quo may be the best manner to proceed, after all we have a first class community. However we owe our association a detailed review of how we conduct our finance and contracts business and recommend the implementation of changes where prudent. One such area is in the assessment of landscaping costs to the various sections of the community.

The Declarant controlled Board decided to assess for much of the Association's landscaping through the Services Assessments—with the idea that the landscaping costs would be apportioned to the neighborhoods based upon their proximity and, therefore, likely enjoyment and benefit, to the landscaping. This approach has resulted in residential service assessments that vary from \$1.33 in one section to as much as \$28.66 in another. On careful review it is not evident that one section received significant benefit over any others to justify the wide disparity in value of these assessments. Two of many examples follows: a part of the Eastern Peninsula residents service assessment pays for landscaping along the trail which all residents have the right of use; landscaping of the rotary at Turtle Point and Spyglass Hill is charged exclusively to the Patio homes section though all of the Western Peninsula residents pass thru. We have recommended that the board consider folding landscaping charges into the base assessment and eliminating single family residential service assessments for landscaping. An exception to this recommendation is that the Townhouse service assessment provides landscaping and other services which are unique and should remain as a currently charged.

We should be busy over the next few months working with the CMC management team and the board to develop and review the 2016 budget as well as a number of significant contracts coming up for re-bid in the next year.

If you are interested in joining our committee please contact Michelle Wingo (mwingo@cmc-management.com). Meetings will generally be held on the 3rd or 4th Thursday of the month at 7PM at the on-site management office. Meeting scheduling will be flexible to accommodate maximum member attendance. I promise to keep all meetings to no more than one hour in length.

Jack

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Community Safety & Visitor Access Report



Rowland Bowers, Chair
rthbowers@comcast.net

COMMITTEE ROSTER

Robert Glista
Dick LaFrance
Bill Moore
Gary Seyster

Providing an adequate visitor access control system at Lake Manassas depends on five essentials. First, there must be a reliable barrier arm/gate system at each entrance to the community. This has been accomplished with actions by the Board to install a new barrier arm and transponder reading system at both the Amsterdam and Stonewall Gates. Second, video surveillance cameras at each of the three gates have been installed to identify and record vehicle entry and exit. Third, the two manned gates must have operational protocols that provide for the screening and recording of visitors without unreasonably delaying resident entrance. These protocols have been recently updated and will be implemented with updated procedures for residents to establish optional guest lists. Fourth, new directional and speed limit signage has been installed to help manage traffic flow. Finally, lighting at all entrances has been improved.

The parking of resident, visitor, and vendor vehicles in the street is not only an unsightly nuisance; it creates a substantial safety hazard. Each residence has a driveway and a two car garage. Please use them. Vehicles parked in the street are subject to ticketing and fines. If it is necessary to temporarily park a vehicle in the street, please notify the management office first.

Rowland

Communications Report



Edward Davidson, Chair
erdassoc@comcast.net

COMMITTEE ROSTER

Kathy Cumber
Jane Houston
Dick LaFrance
Shashi Mehta
Ray Thomann

In our quest to improve the community web site, the Communications Committee will be speaking to a number of Web Masters. We will determine from these meetings if it is feasible to create our own web site and break away from the current site owned and operated by Associa/CMC. The companies we are interviewing will give us proposals to create and oversee our Web Site going forward. If anyone has a contact for this type of project please email or call me directly. We are trying to have proposals completed and turned in to the Board before the summer edition on the Lake Manassas Connection comes out.

Our committee is working on a number of projects including looking into HOA Television Communication on open cable channels. We will get the details of the feasibility to use this forum of communication, especially since we have multiple providers in our community.

The committee is also discussing the possible use of a community survey to better determine what expectations you have from the Communications Committee. We will also be reviewing and considering updates and changes to the Welcome Package issued to new residents.

As a committee we have agreed to meet at 11:00 a.m. on the second Monday of every month. Meetings will be held at the on-site office next to the swim club. If you are available, please, feel free to stop by to bring up any issues or ideas that may benefit all of our residents.

Look forward to seeing all of our residents come out of hibernation after this past very long, cold, icy snow season.

Ed



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Covenants Report



Ron Allen, Chair
LMROACovenants@gmail.com

COMMITTEE ROSTER

Rowland Bowers
Kathy Cumber
Phil Gross

Spring is just around the corner and many of us will once again be emerging from our homes to take stock of our surroundings and the change of season. Some of us might be confronted with repairs that need to be made to our properties such as rotten wood, peeling paint, or hanging gutters; others will be energized at the thought of upcoming approved patio and deck improvements or installations; and all of us will see the need for the annual spring cleanup in our yards.

As a reminder, inspections are ongoing throughout the year but in April the community wide comprehensive inspection begins. The full perimeter of each property is walked and any violations are noted and brought to the homeowner's attention for correction. Common issues include:

- mailboxes that are rusted, have rotted wood, or are missing paint,
- mulched beds that lack a defined edge, are down to bare earth, have an unapproved colored mulch, or have weeds growing in them,
- lawns that are over 25% weeds,
- bushes and trees that have not been thinned out or trimmed,
- modifications that have been made to properties without approval by the LMROA, and
- unsightly accumulations of "junk" on patios, decks, and driveways.

The LMROA does not want to send violation notices or fine residents, so please make it a priority to maintain your property. The intent of the covenants process is to maintain the standards of the community so residents can enjoy its beauty and benefit from improved property values.

Please be a good neighbor to all those in Lake Manassas by following the Covenants!

Sincerely,
Ron



Allan Thomas, Chair
Thomaslm38@yahoo.com

COMMITTEE ROSTER

Bryan Bodner
Harry Jenkins
Rose Mary Orsini

Environmental Report

Our next Environmental Committee meeting will be on April 18, 2015 at 10 am at the site office.

We will be planning our Spring tour of the community which will be in April or May depending on the weather.

Now is the time for all to be thinking of pre-treating for weeds especially crab grass as soon as the weather permits.

Our goal is to keep Lake Manassas looking like the premier community in Price William County. If you see an area which has dead or missing plants or plants that are in need of attention, please email the information to the community email address so that the appropriate action can be taken to correct the problem. Thank you all for your help.

We are always looking for residents to volunteer for our Committee that have the time and are interested in seeing that the community is kept up to the high standard that it deserves.

Allan

Modifications Report



Diane Boyle, Chair
LMROACovenants@gmail.com

COMMITTEE ROSTER

Barbara Bassett
Sara Howard
Harriet Miner

The MCC has been very involved the past year and a half with the Turtle Point townhome project. We are very pleased with the final results. Go see for yourself as the models are now open.

If you are considering any alteration or improvement to the exterior of your home, you must first gain approval from the MCC. Modification applications must be filed at least four business days prior to a scheduled meeting in order to ensure the committee has time to examine them and schedule any needed property inspections. The application is available at the community website as well as at the onsite office. Michelle can assist you with any questions you may have with the process.

The design guidelines revision has been completed and is available on the website. If you would like a hard copy, it is available from Michelle.

Currently there are four members on the committee but we are currently looking for additional members. Please contact Michelle Wingo if you are interested. Meetings are held the second Monday of the month at 5:00 pm at the onsite office located at the pool.

Diane



Joe Greenlee, Chair
jgreenlee21@comcast.net

COMMITTEE ROSTER

Suzanne Brooks
Don Mayer
Kathy Rogers
Jack Samarias
Randy Tavishati

Stonewall Ad Hoc Committee Report

The Stonewall Entrance Committee previously known as the Stonewall Ad Hoc Committee is back in business. The Committee has a new charter and new members. The Chair of the Committee continues to be Joe Greenlee.

The Charter similar to the Committee's previous charter has been revised but its overall objective continues to be **to improve the Stonewall Entrance**. More specifically the Committee is required to present two-lane and three-lane options to the Board for their review and by the Community at-large by July 1, 2015.

The Committee's recommendations are constrained by funding derived from the Basheer and Edgemoore townhouse project reserves. While the initial funding ceiling is \$150,000.00, additional funds for Entrance improvements could become available as permits for townhouse units are approved. As a result the Committee will present phased two-lane and three-lane options that could enable additional Stonewall Entrance improvements to occur with Board approval.

The Committee has conducted three meetings since being formed and will continue its efforts to meet the Board's deadline. The Committee members include Suzanne Brooks, Kathy Rogers, Jack Samarian, Dick Knodt, and Randy Tavishati.

Residents who are interested in contributing to the discussion are welcome to attend the Committee meetings. The date and time for our meetings are posted to the Community website.

Joe



Grete Bravo, Chair
Gstrombravo@gmail.com

COMMITTEE ROSTER

Grete Bravo
Jill Rumple
Dave Whithead

SWIM TEAM -

Estelle Baird - 703.753.5590
estellebaird@hotmail.com

TENNIS -

Grete Bravo- 703.395.8508
gstrombravo@gmail.com

Swim & Tennis Center Report

Winter will soon be over and we will begin preparing for pool opening and sprucing up the area around the Swim and Tennis Center. The pool is scheduled to open Memorial Day weekend on Saturday, May 23rd.

Pool hours for the 2015 swim season are:

- Monday through Friday until Prince William County Schools close for summer: 3 pm - 8 pm.
- Saturday and Sunday: 11 am. until 8 pm.

After public schools close for the summer pool hours will be:

- Monday through Thursday 11 am. until 8 pm.
- Friday and Saturday 11 am. until 9 pm.
- Sunday 11 a.m. until 8 pm.
- Beginning August 1st, pool hours will be daily 11 am. until 8 pm.
- Pools will close for the season on Labor Day, Monday, September 7th at 8 pm.

Due to cold temperatures there were some issues with freezing water pipes at the Swim and Tennis Center over the winter. We anticipate all repairs will be made by the end of April. Once temperatures remain above freezing, the restroom facility adjacent to Tennis Court #1 will be available for use. You will need an access code for the restroom. Please contact onsite management to obtain the code.

The Swim and Tennis Committee will be inspecting the facilities this spring and make any recommendations for renovations or repairs to the Board of Directors.

The Swim and Tennis Committee would love to have additional volunteers. If you are interested in joining our committee please contact our onsite manager at mwingo@cmc-management.com.

Sincerely,

Grete, Dave & Jill



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 Lake Manassas Swim Team - C/O David Baird, 7959 Valderrama Court, Gainesville, VA 20155

SUMMER 2015 SWIM TEAM REGISTRATION

Swimmer Name	DOB	AGE	M/F
Swimmer Name	DOB	AGE	M/F
Swimmer Name	DOB	AGE	M/F
Swimmer Name	DOB	AGE	M/F
Swimmer Name	DOB	AGE	M/F

Medical Conditions _____

Emergency Contact: *Address _____ City _____ ST _____ Zip _____

Phone: _____ Email _____ or _____

Parent(s) Name(s) _____

Lake Manassas Resident: Yes No If no, please provide the name of Lake Manassas resident sponsor: _____

*Parent names/addresses of all Lake Manassas residents will be submitted to the Lake Manassas ROA one week prior to the start of the season.

FEE: \$130.00 for first swimmer, non-refundable (make checks payable to Lake Manassas Swim Team). For families with multiple swimmers: \$125.00 for second swimmer; \$115.00 for all additional swimmers. Fee includes team T-shirt and swim cap.

REQUIREMENTS: Children must be able to swim 25 meters, any stroke unassisted, and must not be afraid to swim in deep water.

VOLUNTEERS: In order to support our team, parents are required to volunteer for a shift in some capacity for all swim meets.

PHOTO RELEASE: I give permission for my child's picture to be used on the team website and/or in local team promotional publications or advertisements. Yes No

DISCLAIMER: I agree to abide by all facility rules and regulations. I represent that I have no life threatening conditions. I know that swimming and water activities involve a degree of risk. By participating in the program, I accept all risks associated with the use of the facility and participation in the program. If the participant is a minor, I accept risk on his/her behalf as their parent/legal guardian. I hereby release Lake Manassas Swim Team, its employees, pool committee members and independent contractors from any and all damages for personal injuries arising in any way from the use of the facility or participations in the program and I agree to look solely to my insurance to pay any damages I suffer. If the participant is a minor, I execute this release on his/her behalf as his or her parent/legal guardian.

SIGNATURE

T-Shirt Sizes Needed: **CHILD** S | M | L **ADULT** S | M | L | XL

Date _____

In order to ensure your swimmer receives a team cap and t-shirt, your registration form must be received no later than **COB May 26, 2015.**

LAKE MANASSAS SWIM TEAM CODE OF CONDUCT PLEDGE

The primary goal of the Lake Manassas Swim Team is to promote good citizenship and team spirit through athletics. To further this goal, the Lake Manassas Swim Team has developed this CODE OF CONDUCT and PLEDGE modeled after other athletic leagues in Gainesville. It applies to all coaches, swimmers and their parents/guardians. Participation on the swim team is prohibited to swimmers and parents/guardians who do not return the signed form.

SWIMMERS

1. I will maintain control of my emotions, avoiding use of abrasive and profane language, humiliating remarks and/or gestures, and threats or use of physical violence. I fully understand that such behavior will not be tolerated and can result in permanent loss of participation privileges with the Lake Manassas Swim Team.
2. I will respect the coaches and swimmers on the Lake Manassas Swim Team and opposing teams.
3. I will not engage in behavior that is disruptive to the Lake Manassas Swim Team including the following:

- Pushing others in the pool
 - running on deck
 - towel snapping
 - diving (unless directed by a coach)
 - excessive splashing
 - dunking or holding someone under the water
 - pulling on a swimmer's foot during swim practice
 - refusing to allow a swimmer to pass during circle swim practice
 - talking back or refusing to obey and respect coaches.
4. I will respect the swimming officials and refrain from addressing them during the meets unless directed to do so by the coach, and then I will address them courteously. I understand that officials can make mistakes but I will refrain from criticizing them or blaming them if I am disqualified from an event.
 5. I will respect the property of others in the pool area. Following practices, I will collect all of my belongings and leave the pool area promptly.
 6. By signing this pledge, I agree to all provisions.

PRINT NAME	SIGNATURE	DATE
PRINT NAME	SIGNATURE	DATE
PRINT NAME	SIGNATURE	DATE
PRINT NAME	SIGNATURE	DATE
PRINT NAME	SIGNATURE	DATE

Real Estate In Lake Manassas

Sales

(October 1, 2014 through March 9, 2015)
*DOMM means "Number of days on Market"

ADDRESS	SOLD PRICE	LIST PRICE	DOMM*	AGE
8001 Amsterdam Court	\$615,000	\$629,900	57	17
8199 Snead Loop	\$650,000	\$656,000	68	1
7990 Bonnie Briar Loop	\$665,000	\$674,900	54	14
8190 Snead Loop	\$692,000	\$699,900	170	9
15795 Spyglass Hill Loop	\$780,000	\$799,900	88	9
8330 Roxborough Loop	\$899,900	\$850,000	17	13
8506 Link Hills Loop	\$832,000	\$899,777	59	9
15814 Spyglass Hill Loop	\$1,100,000	\$1,225,000	223	12
8522 Link Hills Loop	\$1,200,000	\$1,250,000	120	8
15803 Spyglass Hill Loop	\$1,500,000	\$1,500,000	0	9

Current Listings & Properties Under Contract

ADDRESS	LIST PRICE	STATUS	AGE
15144 Windy Hollow Circle	\$545,000	Active	16
7958 Bonnie Briar Loop	\$579,999	Active	20
15206 Windy Hollow Circle	\$599,900	Active	15
15009 Ransom Oaks Court	\$600,000	Active	11
8207 Snead Loop	\$629,500	Active	2
8449 Link Hills Loop	\$664,900	Active	9
8345 Roxborough Loop	\$699,900	Active	14
8481 Link Hills Loop	\$745,000	Active	10
8358 Sapphire Lakes Court	\$899,000	Active	7
8428 Link Hills Loop	\$909,990	Active	0
7964 Valderrama Court	\$950,000	Active	15
8456 Link Hills Loop	\$1,069,990	Active	9
15698 Spyglass Hill Loop	\$1,095,900	Active	12

Lake Manassas Connection

Official Publication of the Lake Manassas Residential Owners Association

Do you have any ideas for this publication? Photos or a story to share ...
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PLEASE NOTE: The Lake Manassas Connection is published at NO COST to the Lake Manassas Community - HOA or residents. Any revenue earned by the publisher comes solely from advertising.

The Next deadline, for the SUMMER 2015 issue is May 15.

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Concierge Medicine:



Transforming the Doctor's Office Waiting Room A Doctor's Turn To Wait

By Dr. Scott Bell

It's a busy Thursday morning in my primary care doctor's office in Northern Virginia. I enter the office, sign in, and get situated with a clipboard full of forms. I sit among the other waiting patients, some holding magazines or cellphones, several with anxious faces. I find myself at the starting point of every traditional doctor's office

appointment—the waiting room. As a physician myself, it's interesting to see the practice of medicine from the other side.

As I look around, I imagine the scenario behind each person's visit here today, knowing firsthand what brings patients to my office on a busy morning. There's an older man in workout clothes here for a follow up on his diabetes and fasting blood work. He's checking his watch, hoping he'll be able to take his doctor's advice about exercising and make it to an aerobics class that starts in 45 minutes. Three seats away from him, a mom in sweatpants sits with two fidgeting kids. She's here for a simple urinary tract infection. She called yesterday to see if she could get an antibiotic called in but was told by the triage nurse that she'd need to make an appointment. There's a middle-aged man in a business suit with a cough. He's making a genuine effort to contain his hacking in close quarters with other people. He called several days ago, but the earliest they could get him in for an appointment was today. In the corner, an elderly woman has parked her walker in front of her seat. Next to her sits her middle-aged daughter, who took off work to drive her mother to her appointment and is ready to offer walking assistance at a moment's notice.

Each person waits patiently and politely, but they're also wishing that their turn to see the doctor would come so they could get on with the other duties of their day. They're all on time for their appointments, but somehow the providers are already running 20-40 minutes behind schedule. It seems like this is the norm at most doctors' offices in our area, regardless of the specialty.

How did it get this way?

We understand that a medical practice must be run like a business, but why does customer satisfaction take a back seat to the number of patients that can be seen in a day? Why are healthcare providers so busy that they have little or no time to address a second complaint or answer a few extra questions about a health problem? If you've ever wondered about these things, you're not alone.

I can assure you that my colleagues and I didn't go to medical school so we could work in an assembly line atmosphere—seeing one patient after another after another. The goal was to learn the practice of medicine so we could help those in need of competent and compassionate medical care. The quality of the care we provide does matter to us, of course, but the truth is it's sometimes difficult not to find ourselves running like hamsters on a wheel, trying to stay on schedule and see the required 15-30 patients a day in order to keep our office businesses viable and functioning. The idealistic notions of helping patients as doctors that we once held as naive medical students have been crushed by the financial realities of the business of medicine.

There are several factors that make a doctor's office business different from other types of businesses. The biggest is that we can't raise our prices when our expenses go up, as reimbursements are determined by insurance companies. Imagine what would happen to a pizza shop owner who couldn't raise the price of his pizza even when the price he pays for cheese increases. He'd be forced into either selling more pizzas at a lower profit margin or cheating his customers by using less cheese.

Second, medical practices are often forced to accept only partial payments (from insurance companies) for the services provided. Imagine how a hardware store owner would stay in business if she was forced to accept a payment below the sticker value for every item in her store and then had to wait two or more weeks for a partial payment to arrive.

Finally, we must write-off a significant portion of potential revenue for services we've already delivered but that then go unpaid, either by insurance companies or individuals. These business-busting factors have forced doctors to maintain larger and larger practices. For patients, this translates into long waits, short appointments, and unwelcome barriers to communication with physicians. Unfortunately, these factors have also indirectly eroded the doctor-patient relationship. It's easy to see how a business climate like this has virtually ended the era of patient-centered medical services like physician house calls.

What is concierge medicine, and how does it fix this problem?

Concierge medicine is a premium medical model that gives patients the opportunity to pay an annual fee for an expanded set of healthcare services. For patients, this means better and more personalized care through longer office visits that start on time, same-day or next-day urgent care appointments with your doctor, an annual executive physical exam, and direct 24/7 access to your doctor via cellphone or email. Physicians, in turn, can step off the managed-care hamster wheel and become doctors again. We're enabled to maintain smaller practices, which prevents us from becoming overextended and thus allows us to focus our energies on providing both better patient care and higher-quality healthcare services. From my own experience, now in my second year of working as a concierge medicine physician, I have been granted the freedom to bring back house calls and have made this service a significant part of my medical practice.

The waiting room transformation

If the waiting room I described at the beginning of this piece was a depiction of my own office waiting room before I'd switched to practicing concierge medicine, here's how things would play out now, assuming it's still that same Thursday morning: The mom with the urinary tract infection is not there. She text messaged me about her symptoms on Wednesday morning and got her antibiotic faxed right to her pharmacy a couple of hours later. She's been instructed to call me on my cellphone if she's not feeling better after three days. The businessman with the cough is a well-known patient of mine. He has an asthma exacerbation and is coming in so that I can listen to his lungs during a follow-up appointment after a few days of treatment. Before

Concierge Medicine (Continued)

our appointment, he called me on my cellphone Monday morning, and I immediately refilled his medications from home over the internet. The older gentleman waiting for his diabetes follow up makes it to his aerobics class after his 30-minute appointment starts right on time. The little old lady and her daughter are also not in the waiting room. Instead, she's going to be seen in the comfort of her own home on Friday afternoon during our scheduled house call. She's grateful she didn't have to trek into the office or expose herself to potential infectious diseases in the waiting room. Her daughter, who didn't have to take time off work to chauffeur her mother to her appointment, gets a call from me later in the day to be updated about the change that was made to her mother's medication regimen for better blood-pressure management. No one sits around feeling anxious. No one is left waiting.

A prescription for the tattered doctor-patient relationship?

The switch to concierge medicine has done more than transform the dynamic in my office waiting room. The end result is that patients are healthier, happier, and more satisfied with the care that I've been enabled to give them, and that's the real triumph. When was the last time your doctor called and said, "I'm going to be in your neighborhood this Friday, do you want to go ahead and get your blood pressure follow up out of the way? Oh yeah, and should I bring you a flu shot?" The medical student I once was is proud to now be able to say that I've made that phone call. If you're dissatisfied with the quality of your medical care, perhaps it's time to take a closer look at concierge medicine and consider an option that allows you to build a closer and more effective relationship with your doctor.

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Some Very Common Spending Regrets

Even with a crystal ball, we'd all make some poor financial decisions because so many are based on emotion. AARP researched and examined some of the top financial regrets and explains why they made the list.

Purchasing Timeshares - The timeshare industry, known for its seductive marketing practices, plays on people's fantasies of owning property in popular vacation areas and being able to travel the world by simply swapping timeshares. In reality, many timeshare owners find that ever-increasing "maintenance fees" turn their fantasies into financial nightmares. Swapping—let alone ever selling—their timeshares is next to impossible.

First Generation Technology - Consumer electronics and other technology tend to both improve in quality and drop in price after the bugs in the first generation are worked out and market demand increases. If you camp out to be first in line to buy the latest gadget, you've probably learned this lesson the hard way.

Elaborate Weddings - With the average American wedding now costing more than \$28,000, many newlyweds later regret not saving a bit of that small fortune for other things, such as a down payment on a house. Of course, with nearly half of all marriages ending in divorce, it's little wonder so many people regret the cost of their weddings, elaborate or not.

Extended Warranties - So-called added protection plans commonly offered on consumer electronics and appliances are almost always a great deal—for the vendor selling them. Remember, most products come with a manufacturer's warranty to protect against defects and provide some level of consumer protection without having to pay extra.

Trendy Fashions - Americans spend about \$250 billion on clothing and accessories every year, fueled in large part by a desire to present in the latest fashions. Buying quality apparel and classic designs will save you money over the long run.

Get Rich Quick Schemes - Whether it's an expensive audio course you saw advertised on late night TV for getting rich by buying real estate, or just putting down a couple of dollars a week for lottery tickets, the odds are severely stacked against you when it comes to making your fortune in a way that seems too easy to be true. Watch out for "collectible" items, too; they rarely increase—or even retain—their value over time.

Gym Memberships/Exercise Equipment - If you buy them and actually use them, great. However an estimated 60 percent or more of gym memberships go unused after an initial visit or two. A sign posted recently at a local thrift store—a veritable graveyard of donated exercise equipment—reads "We Are No Longer Accepting Donations of Used Exercise Equipment!"

Prepaid Funeral Plans - OK, so maybe this isn't one you'll literally live to regret. Funeral packages are often complicated, over-

priced, costly to cancel and don't deliver all that you think they do. Sure,

make plans for your own final arrangements and even set aside money specifically to pay for them, but don't fall for prepaid funeral plan rip-offs. Do consider your options in advance, when possible, because you may not be in a sound emotional state to make wise decisions just after the loss of a loved one.

Paying Too Little - Investing in lower quality items that can't stand the test of time. They are not only an exercise in frustration, they can amount to literally throwing money away. Know and appreciate when a premium price is an investment. Discount and consignment shops are great for getting high-end quality at a fraction of a high-end price, as are sites like Overstock.com. Fine furniture will last years beyond the cheap particle-board stuff in mail-order catalogs; the same goes for well-tailored clothing and well-made shoes. Purchasing high-quality, locally made items is almost always preferable to cheaper but often shoddier foreign alternatives. When it comes to a purchase that can affect your health, safety, or security, the best bargains in the world don't come cheap! Always value quality over quantity.

"Saving" with Your Credit Card - Many are fooled by discount offers that are only available when paired with credit, such as a store offering 10 percent off on purchases with a charge application. Unfortunately, 10 to 20 percent off, balanced against an annual interest rate of 18 to 22 percent (or more!), will never result in tipping the cash flow in your favor! Annual or activation fees, maintenance charges and all add to the problem. And, unless you have iron discipline and pay the entire balance before it's due, anything bought on credit is always more expensive than a cash purchase. So, as tempting as that discount might look, think again.

VITAL ADVICE - No matter your age or marital status - in order to avoid possible financial disasters-in-the-making consider the following:

First, create a centralized record with all account numbers, dates, amounts to be paid, addresses, etc., and make sure everyone in the family knows where it is.

Second, make sure you have set aside a certain amount of money for an emergency fund that all people you are responsible for, have access to. You never know when unforeseen bills or a sudden layoff might occur and having an emergency fund can cover the entire cost or at least alleviate much of what is owed. No one wants to be stuck with a \$ 10,000 hospital bill unexpectedly, but having an emergency fund as small as a couple thousand dollars can really help in these situations.

Third, IF THE OFFER LOOKS TOO GOOD TO BE TRUE - IT PROBABLY IS!



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Bathrooms,

The Most Popular Renovation Of All

It has been widely thought that kitchens were the most often renovated room in the house, but statistics prove that to be wrong. It's the bathroom. Perhaps because it's a smaller room and thus usually initially considered a smaller project, and because we spend so much alone time there - we invest in updates and even major renovations more often.

Average total renovation costs for a bathroom run about \$40,000 though, there are many ways to do smaller upgrades, on your own, without the major expense. Here are a few ideas:



Declutter and dress. This is the easiest bathroom upgrade. Organize the stuff that winds up scattered all over your counter, shelves, toilet tank, and bathtub ledge. Depending on your personality, this could also be the hardest thing to maintain. If you have the counter space, you could also store makeup brushes in a vase filled with coffee beans (bonus smell!), cotton balls and tools in teacups and creamers, or soaps and shampoos in a metal fruit basket.

Create hidden storage. Instead of piling hair accessories and appliances in a heap on the counter or at the bottom of cabinets and drawers, screw a magazine storage box to the inside of a cabinet door, use drawer organizers and attach a magnetic strip to your medicine cabinet to hold all metal items such as bobby pins, tweezers and such.

Create the Illusion of a Larger Space. The use of continuing horizontal lines, large frameless mirrors, and well-placed task lighting helps to create the illusion of a larger space. Floor to ceiling cabinets add height to a small room and a frameless glass shower eliminates a visual barrier. A dividing wall lends modesty to the toilet

area, while creating a recessed storage opportunity.

Embellish the cabinet doors. Instead of replacing your entire vanity, just make the doors more attractive. Consider painting or attaching molding. For ideas you may want to consider kitchen cabinet makeovers, but be sure the materials aren't susceptible to water damage.

Remove the laminate. If you've got laminated cabinets, you might be able to peel them and paint on the wooden surface underneath. Test a small area before you proceed with removing all - to be sure you can achieve the desired effect.

Frame the mirror. Builder grade mirrors and bubble lights are so out. Purchase a new mirror or simply pick up some more molding, paint it and glue it on. You will be surprised at what a custom difference it can make.

Remove the towel rack. Replace that ugly metal or wooden bar with cute coat hooks or even doorknobs. You can arrange them in a row or at different heights, and replace them with ease whenever the whim strikes you.

Add some music to the environment. Anyone who's ever owned a shower radio can tell you they're not built to last, nor are they built for their looks. By the power of Bluetooth, however, there's now this unobtrusive bathroom fan/speaker that will have you singing in the shower and/or piping smooth tunes for your guests from your phone or computer.

Finally, we have not discussed major renovations like switching out the smaller, outdated tile for the larger ones or changing out all the brass fixtures to nickel. These are trends which will likely change again before you need to sell and stage. So when planning a major renovation try not to go with what is trendy - because you will likely only have to replace it again in a few years.



Updating Your Kitchen

Whether you are updating for pleasure or to stage to sell, the following tips may help you plan your remodel practically.

Some options worth your consideration:

A Second sink: Place it outside of the main cooking and cleanup zone so that a second chef can prep food, wash hands for dinner, or bartend during parties.

Paneled cabinet ends: decorative panels, which are essentially oversized doors fixed to any exposed sides of cabinets, give your kitchen a custom-built, furniture-like look.

Full-extension, soft-close drawer glides: Installed under or on the sides of a drawer, they allow it to pull completely out of the cabinet so that you can reach everything inside. Plus, they eliminate slamming.

Some options you may want to avoid:

Glazed, distressed, and crackled finishes: These can increase cabinet costs by as much as 30 percent and can start to look dated as trends change. It's the going look "today" so if you are staging you may want to consider them - but if you are expecting to live in your home for a long while still, go with what you love.

Pot filler: It does make filling the pasta pot easier, but it doesn't help with the far worse task of carting boiling water to the sink when your food is done.

A wine fridge: Do you really need 18 bottles of Pinot within arms reach and kept at precisely 55 degrees?

Consider Under Cabinet Lighting: For task lighting you want to consider one of these low-voltage strips or pucks:

XENON provides accurate color, a wide beam, and is able to be dimmed, but can get hot to the touch. It's widely available at home centers and kitchen showrooms. \$25-\$125 for a 24-inch cabinet uninstalled

LED energy-efficient, long-lasting bulbs; so thin you don't need much of a lip to hide fixtures. They can have a bluish tint unless rated at 3,500 or lower on the Kelvin scale. It's a new technology, so it's pricier and harder to source. \$75-\$190 for a 24-inch cabinet uninstalled

What to consider concerning Open Shelving. Anything stored on exposed shelves will collect dust, so consider them only for:

Everyday objects, like coffee cups and cereal bowls, that you wash frequently. However this also means that there will generally be an open space on the shelf and if it's a display area you may think this empty space undesired.

Cookbooks, which don't show dust and are generally stored in the open anyway

Oversize items, like soup tureens and serving platters, if you don't mind giving them a quick rinse

Wine racks, since bottles won't fit behind the doors on wall cabinets.



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Some Useful Tips for Inside & Out

BEDROOM

- To stop drawers from sticking, rub a bar of soap across the runners to make them glide smoothly.
- To locate light switches in the dark, put a dot of luminous paint on tape and stick to the switches.
- To remove marker pen off hard surfaces, spray on hair spray and then wipe it off.
- Vacuuming a mattress, particularly along piping and crevices, removes dead skin cells that attract dust mites.

IN THE BATHROOM

- To stop bathroom mirrors steaming up, regularly rub a dry bar of soap over the surface and rub in with a clean cloth.
- To remove the aroma from a toilet, light a match and let it burn a few seconds.
- To reuse the bits of soap that are always left over, combine them with glycerine and some warm water. Pour into a bottle for a handmade liquid soap.
- To restore toilet bowls back to their shiny best, clean with old, flat Coke or Pepsi. To dissolve limescale, leave the soda overnight to soak.

KITCHEN

- To pick up small fragments of broken glass, press pieces of bread onto the affected area.
- To clean a stainless-steel sink, put the stopper in the sink with two denture-cleaning tablets and half fill with water; leave for several hours or overnight and the next day it should be sparkling. Then use the water to clean the draining board, too.
- To mask unpleasant odors, put some coffee beans in a saucepan and burn them. The smell of coffee will overpower the other nasty odors.
- To make candles last longer, cover with a plastic bag and place in the freezer for 24 hours before lighting.
- To get rid of the smell of garlic from your hands, rub against stainless steel – your sink is ideal. Then wash hands with soap or detergent.
- To keep pinking shears or scissors sharp, cut through a sheet of folded aluminum foil or coarse sandpaper.



- To clean a microwave oven, add four tablespoons of lemon juice to one cup of water in a microwave-safe bowl. Boil for five minutes in the microwave, allowing the steam to condense on the inside walls of the oven. Then wipe them with a soft cloth.
- To remove fingerprints from stainless-steel appliances, place a small amount of baby oil on a napkin and wipe the affected areas. The fingerprints will just wipe away.
- To revive a vase of wilted flowers, add a teaspoon of mild detergent.

LIVING/FAMILY ROOM

- Use a vacuum cleaner with a brush attachment to clean the tops and creases of Roman blinds.
- To leave a room smelling fresh after you have vacuumed, place a few drops of your favorite essential oil (such as lavender or peppermint) near the vent where the hot air is released. The air warms the oil and blows it into the room.
- To prevent ash from flying everywhere when cleaning out a fireplace, use a spray bottle filled with water to cover the ashes with a light mist.
- To remove furniture indentations from pure wool carpet place a small towel over the area and then press with a warm iron. The heat will lift the fibers. Do not attempt this with synthetic or a wool/ synthetic mix carpet.

LAUNDRY

- To remove oil from silk clothing, gently rub cornflour into the area and lightly brush off. Cover the oil mark completely with more cornflour and leave to sit for a few hours. Shake clothing free of flour and then hand wash, or use a gentle machine cycle, using soap suitable for delicates.
- To remove body oil stains from col-

lars and cuffs of coloured shirts and blouses, rub hair shampoo directly on the stains. Rinse out the shampoo, then wash the clothes as usual.

- To get blood out of fabrics, use hydrogen peroxide. Apply it directly to the stain and then launder in the washing machine.
- To clean your shower curtain, wash it in the washing machine with about one cup each of vinegar and bleach, some white towels and a normal amount of washing powder. Adding fabric softener will help keep the curtain clean. When the load is done, return the curtains to their place in the bathroom to drip dry. The wrinkles will disappear in a day or so. (Check your washing machine manual to ensure it's okay to use bleach)
- To remove cat and dog hair from clothes and furniture, rub them with damp rubber gloves.

GARAGE

- To keep your car windows ice and frost free when left outside overnight in the wintertime, mix three parts vinegar to one part water, put it in a spray bottle and spray on the windows as needed.
- To stop ants entering your house, draw a chalk line on the ground where you want them to stop. If you live in a rainy area where ants are a problem, you must re-draw the chalk lines each time it rains.

OUTSIDE

- To keep spiders or any other nasty surprises out of shoes you keep outside, (such as your gardening shoes or work boots), place old stockings over the top of them. Make sure the stockings don't have holes in them, and if they don't fit snugly over the top, use an elastic band to secure them.
- To clean glass windows, add about one tablespoon of cornstarch to about one quart of lukewarm water. Wet and a rag or squeegee, remove excessive water and wipe down glass as if using regular glass cleaner. Dry with either a soft cloth or paper.

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Five Foods We CRAVE Most and What Our Food Cravings Mean

Why does it seem that we are always craving foods that are bad for us? When our bodies crave something, we often seek out foods that satisfy our food cravings to the extreme, whether it be salt, sugar, carbohydrates, or caffeine. Have you ever been told to listen to your body? When it craves a certain food or nutrient, it often points to something real going on in your body that should be addressed. Here are the answers to your questions about food cravings, plus a look at the five foods we crave the most.

Chocolate -

According to the Journal of Nutrition, chocolate is the most widely craved food in America. Chocolate contains key ingredients that may be linked to why we crave it so much. For instance, many people seem to crave chocolate when they are stressed or feeling down. Chocolate's reputation as an aphrodisiac stems from its phenylethylamine content, which regulates the body's release of endorphins. Endorphins are natural mood lifters and often have a calming effect when the body is stressed. Chocolate also contains traces of tetrahydrocannabinol (THC), a substance found in marijuana. THC reacts with cells in the brain to release dopamine, one of the neurotransmitters responsible for the release of endorphins. The "high" from marijuana is therefore replicated to a much lesser degree when eating chocolate. In addition to its "feel good" qualities, chocolate contains large amounts of iron, a mineral that can be depleted during a woman's menstruation cycle. The next time you're craving chocolate, consider the reasons behind it, and look for a healthier alternative that will deliver the same results (and satisfy your food cravings).



Exercise and sufficient sleep are two of the best natural sources of endorphins and will bring many other added benefits, including stress relief. To increase your iron intake, you may want to take a daily multivitamin that will supplement your diet, and if you just have to get that chocolate fix, try dark chocolate to reap its antioxidant benefits!

Salt -

Salt, which most people associate with potato chips or French fries, is another commonly craved food. Some experts believe that Americans are so accustomed to a high-sodium diet, that they go into salt "withdrawal" when their eating habits change. This dietary change can be a real shock to one's system, particularly for those who are dieting or have very low-sodium intake. Slowly cutting back on salt, rather than completely cutting it out of your diet, is a more effective way to reduce your intake of sodium. Finally, a desire for salt may simply be a result of dehydration, the process by which your body loses water, electrolytes and salt.



Carbohydrates -

A craving for carbohydrates usually results in the consumption of refined carbohydrates, which are made from refined sugars and white flour. Consuming these items cause a rapid increase in your body's blood-sugar levels. Not surprisingly, carb cravings often occur in the mid-



afternoon, when your energy stores are at their lowest. While a high-carb snack will give you more energy, it will also cause a sudden drop in energy, which will encourage even more unhealthy snacking. Many carbohydrates are also referred to as "comfort foods," which people associate with pleasant feelings. When you need a jolt of energy or a mood enhancement, it is natural to turn to the foods that have created those feelings in the past. Instead of reaching for a bag of pretzels or a few (or maybe more) of your favorite cookies, eat a handful of nuts and dried fruit or yogurt to give you the energy you need. The fiber in the nuts will help you to feel full for longer, while the low-glycemic fruit will help to stabilize your blood sugar so that your energy stores aren't depleted as quickly. Adding a source of protein like yogurt, which takes longer to digest, can also slow down your body's response to the carbohydrates.

Caffeine -

Those who have serious cravings for caffeine throughout the day are most likely suffering from an addiction to caffeine. Caffeine stimulates activity in the brain, which in turn, causes the release of the hormone adrenaline. Despite achieving the desired effect, after the dose of caffeine wears off, it often creates a craving for additional caffeine to recreate the effect. There are healthier, more effective ways of preventing fatigue throughout the day. First, make sure you are getting enough sleep! Second, exercise daily. Although many people mistakenly think that they will be more tired by exercising, they are actually wrong. Overall, exercise will increase your energy level and will enable you to overcome your food cravings. Lastly, make sure you eat a healthy snack that is high in protein and whole grains every few hours to maintain your energy.



Fat -

When most of us crave fat, we don't reach for a packet of nuts or a spoonful of flaxseed oil. Instead, we look for sources of saturated fats, such as potato chips, or snacks that satisfy our sweet tooth and our fat craving. According to Analytical Research Labs, Inc., when some people crave foods that are high in fat, they are actually craving essential fatty acids and other nutrients from oils. Essential fatty acids are healthy fats that contain vitamins A, D and E, which your body uses for healthy skin, hair and nails. Because most Americans eat a diet that is lacking in these essential fats and oils, your body may crave them regularly.



Unfortunately, when you respond by eating saturated fats, your body will continue to crave the fat it really needs. Fat also adds flavor and variety to our foods, which can be obtained by adding other healthy foods to your dishes. The next time you're craving fat, try eating nuts or seeds, avocados, or salmon and tuna. As a healthy substitute for vegetable oil, use olive oil when cooking.

Food cravings are natural and unavoidable. However, they don't need to be detrimental to your health if you respond to them appropriately. Stop and think about the real reasons behind your cravings and find solutions that will satisfy them and, at the same time, improve your health. Listen to your body, but don't let it control you!



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Area Activities & Events

JIFFY LUBE LIVE



DAVE MATTHEWS BAND - Saturday, May 23 - 7pm

Legendary live performers the Dave Matthews Band are back on the road for a major North American tour, they will perform 2 full sets dubbed "A Very Special Evening With the Dave Matthews Band". Each year the group showcase their career spanning hits, with acoustic and rock jam sessions. The incredible voice of Dave Matthews and the multi-instrumentalist setup really delivers, its going to be one of the biggest shows of the year!



RUSH - Saturday, May 30 - 7pm

Celebrating 40 years since the release of their self-titled debut album, Canadian cult legends Rush bring their R40 Tour to Jiffy Lube Live! The prog-rock heroes will make their way to 34 North American cities this summer in order to mark four decades of powerful music. Famed for the phenomenal experience of their live shows, Rush are bound to make this a special and unforgettable evening.



LADY ANTEBELLUM, HUNTER HAYES AND SAM HUNT - Saturday, June 6 - 7pm

Lady Antebellum are one of the top country music trios in the world! With numerous Grammy Awards and a dedicated fan following they provide one of the most sought after live experiences around. They are back for another major outing dubbed the 'WHEELS UP' Tour! Supporting their latest album released early last year 747 which includes the smash hit 'Bartender'! Joining the road trip are two phenomenal country music stars Hunter Hayes & Sam Hunt.



LANA DEL RAY - Thursday, June 11 - 7pm

The stunning Lana Del Rey will team up with the legendary Courtney Love for a major North American Tour. Coming to the Jiffy Lube Live on Thursday June 11th, Lana Del Rey will mostly support her latest album 'Ultraviolence' released earlier this year! Expect an incredible show.



RASCAL FLATTS, SCOTTY MCCREERY AND RAE LYNN - Saturday, June 13 - 7pm

Are y'all ready for a fun-filled night of dancin', hollerin' and pure country gold? Rascal Flatts are bringing their mighty Riot Tour to Jiffy Lube Live! Joined by *American Idol's* Scotty McCreery and *The Voice's* Raelynn, the playful trio are going to be bringing us a wild show!

STONEWALL GOLF CLUB



Many of you may not be aware that Stonewall Golf Club offers our homeowners exclusive discounts on Patriot Club and Annual Golf Memberships. For detailed information you may contact the golf shop at 703-753-5101. For upcoming events you may also choose to join their online email club to receive special promotions on upcoming events such as Mother's Day & Easter Brunch, Cinco De Mayo, Live Entertainment, etc. To join, go to www.stonewallgolfclub.com and click on online specials.

For those of you who play golf at Stonewall, they have hired a new Head Golf Professional by the name of Scott McArthur. Scott came on board March 1st and is looking forward to meeting all of you. There is Senior Men's League every Wednesday starting April 15th and a Ladies League beginning Tuesday, March 31st -- this is a great way to meet some of your fellow neighbors.

Upcoming Events:

4/5/2015 – Easter brunch

5/5/2015 – Cinco de Mayo event and golf outing

5/10/2015 – Mothers' Day brunch

6/21/2015 – Fathers Day special

Lake Manassas residents are encouraged to follow us on facebook and on twitter to find out about new events coming up!!

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Our Festival of Spring is a unique, magical event that's fun for the whole family. We plant more than five acres of spring flowers for one of the most spectacular pick-your-own events in North America. In fact, it's now one of the largest pick-your-own flower events in the world!



Daffodils usually begin to bloom mid/late March, tulips start sometime early/mid April and Dutch iris begin in May. Exact timing is very hard to predict as these flowers bloom according to the spring weather patterns and Mother Nature is in charge of that. Checking our facebook page for current field reports and photos or calling ahead is advised before planning a visit.

Festival of spring admission fees are \$4 for a single day pass or \$7 for unlimited re-entry for daffodils, tulips and Dutch iris. Unlimited re-entry is an excellent option as we plant early, mid and late season varieties of each flower type. The picking fields are changing on an almost daily basis. There's no admission charge for children under 12 months.

Flower prices are: daffodils 2 for \$1, Tulips \$1 per stem, Dutch iris .75 cents per stem.

SPORTS COLLECTORS' SHOWCASE

April 10 - 12

Dulles Expo Center - Chantilly - Location: South Hall

Sports Collectibles of every variety. Numerous celebrity autograph guests. The regions best sports collectibles.

Show Hours: Friday - 2pm - 8pm, Saturday - 9am - 5pm,

Sunday - 10am - 4pm

Admission: \$8.00 - Adults \$15.00 - Weekend Pass

Free for Children 12 & under



The Mid-Atlantic's Largest Indoor Antiques & Collectibles FLEA MARKET

May 2 & 3

Dulles Expo Center - Chantilly

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Area Activities & Events

HOEDOWN To Support Military & Veteran Wellness - June 6



Boulder Crest Retreat (BCR) is a not for profit organization dedicated to "healing heroes, one family at a time." We, your fellow neighbors and the friends of Boulder Crest, are dedicated to helping this important organization do just that! This organization is right here in our backyard and a one of a kind, rural retreat, and provides free accommodations, wellness programs and activities to military members, veterans and their families. Please take a moment to visit their website at: www.bouldercrestretreat.org.

Join with us for our Second Annual Hoedown for Healing Heroes on June 6, 2015. This event will again be a foot tapping, just plain fun, country-themed event featuring New Orleans style barbeque, served with delicious homemade sangria, beer and wine, sweet lemonade, with a special appearance by our very own group of "Daisy Duke" beauties.

Our Hoedown for Healing Heroes will feature a great band, dancing, silent auction and other undisclosed surprises. Attire is hillbilly (or just come as a cowboy or cowgirl if you aren't quite ready for that). Even more fun, there is a pie baking contest judged by our veterans, and once they announce the winning bakers, the rest of our guests get any pie left!

All this fun takes place on Boulder Crest Retreat's beautiful 37 acre, lush and glorious retreat and the A. James Clark Lodge right around the corner in Bluemont, Virginia. "This was one of our most memorable community events last year and very well attended," said Retreat Founder, Ken Falke, "and we hope that even more of our area's residents will join with us for this year's festivities in June!"

HYLTON PERFORMING ARTSCENTER



Russian National Ballet Theatre: Cinderella Friday, March 27 - 8pm

In the grand tradition of Russian ballet, these graceful dancers from Moscow perform one of the most exquisite fairy tale ballets of all time. Cinderella is the iconic tale of the virtuous servant girl who, with the help of her fairy godmother, is magically transformed, attends the royal ball, and captures the heart of the prince. This ballet masterpiece is filled with sumptuous costumes, lush scenery, comical stepsisters and a malevolent stepmother. Featuring an exuberant score by Prokofiev, it is easy to see why ballet enthusiasts have loved this ballet for generations. The Russian National Ballet Theatre was founded in the late 1980s, and is committed to preserving and rejuvenating the timeless tradition of classical Russian ballet. Adults \$56, \$48, \$34 / Youth through Grade 12 half-price



Phil Vassar with Opening Act: Lyndsey Highlander Saturday, April 18 at 8pm

Two of Virginia's finest homegrown country artists bring their rich sound to the Hylton Center stage. Known as one of Nashville's top tunesmiths, Phil Vassar wrote a slew of chart-topping singles for artists like Tim McGraw, Jo Dee Messina, and Alan Jackson before launching a solo career that has seen the release of eight acclaimed albums and countless prestigious songwriting awards. From the free-spirited "Carlene" and "Bye, Bye," to the heartfelt "American Child" and "My Next Thirty

Years," to the fan favorite "Just Another Day in Paradise" – his soulful lyrics, infectious melodies, and charismatic voice have touched country and popular music fans alike. From church solos and county fairs to appearances at major performing arts venues, Lyndsey Highlander followed her dream to Nashville almost a decade ago and her vocal prowess and intimate storytelling have captured the hearts of music fans across the country. Adults \$46, \$39, \$28 / Youth through Grade 12 half-price



Arts Alive 2015! Saturday, May 2 - 12pm to 4pm

Enjoy live performances and exhibits by local artists and ensembles. Participate in hands-on activities, live demonstrations, and workshops intended for all ages! Adults & Youth - Free



Academy of St. Martin in the Fields Chamber Ensemble Sunday, May 3 at 4pm

The Hylton Center welcomes these illustrious musicians to the stage for the first time. Academy of St. Martin in the Fields Chamber Ensemble is respected world-wide for their exceptional musicianship, flawless technique, and rich, polished sound. Created in 1967 to perform a range of the larger chamber works, from quintets to octets, this ensemble comprises principal musicians from the world-renowned Academy of St. Martin in the Fields. Experience "a luminous and often-breathtaking performance" (The Washington Post) featuring beautiful string music in a program that will include works by some of the greatest masters of chamber music. Adults \$50, \$43, \$30 / Youth through Grade 12 half-price



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Bull Run Warrior Retreat Ribbon Cutting Ceremony



Local Prince William County charity Serve Our Willing Warriors (SOWW) is proud to announce that it will be celebrating the grand opening of the Bull Run Warrior Retreat with a Ribbon Cutting Ceremony on July 4th from 1-4pm.

The Bull Run Warrior Retreat is an 11,000 square foot home situated on 37 acres in the historic and picturesque countryside of Prince William County. The purpose of the retreat is to provide a warm, home-like retreat where wounded service members and their families can relax and enjoy quality breaks together away from their out-patient environments – at no cost. This will provide them with a much-needed break from the hospital environments where they can reconnect, reflect and renew in a peaceful, family home prepared just for them.

The Bull Run Warrior is the brainchild of John and Shirley Dominick, the 2013 Gainesville Times Citizens of the Year. In 2006, Pastor Barry White of Park Valley Church challenged his congregation to create a community project and fully pursue it. What originally began as outreach visits to support of recovering Warriors at the nearby hospitals of Walter Reed and Fort Belvoir soon led to the idea of a place where and their families, could relax in a home-like atmosphere away from the hospital at no cost to the service member. This grassroots effort has resulted in the Bull Run Warrior Retreat.

The Ribbon Cutting is expecting to draw hundreds and will feature music, delicious food, and guest speakers.

Bull Run Warrior Retreat, 16013 Waterfall Rd, Haymarket

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Book Drive for Wounded Warrior Retreat

BOOK DRIVE

Help us build a library for the Bull Run Warrior Retreat. Hardcover books will be provided free of charge to Wounded Warriors and their families during their stay. To purchase a book from our Amazon Wish List simply go to the link below and purchase a book.

www.tinyurl.com/sowwbookdrive

A book drive has been organized in order to provide hardcover books, free of charge, to Wounded Warriors and their families while staying at the Bull Run Warrior Retreat.

Simply go to the Amazon Wish List at www.tinyurl.com/sowwbookdrive or search for the "SOWW" wish list on Amazon.com, and then purchase a book. It's that easy.

Serve Our Willing Warrior's (SOWW) mission is to provide our country's recovering wounded, ill and injured warriors, and their families, with encouragement, support and respite stays at the Bull Run Warrior Retreat. SOWW is a Virginia 501(c)(3), non-profit organization created to support our country's wounded soldiers and their families. Visit their website at www.willingwarriors.org.

Website: www.willingwarriors.org

Authored by: Major Dean J. Dominique, USA (Ret).

E-mail: dean@willingwarriors.org

@COMMUNITY @CLUBS



Hand & Foot Card Game

Contact: Suzanne at 703-727-5775 or swbrooks@comast.net
Time and Date: TBD - call Suzanne

Hand and Foot meets regularly once a month, but, not necessarily the same day of the week of every month. We meet in the evening at 7 pm and rotate homes if desired, but hosting is not a requirement to participate. Refreshments are very low key. Hostesses provide water. So far, all members live in Lake Manassas. Any number of people can play. The more the merrier and the goal is FUN!!!

Description: Hand and Foot is similar to the Canasta card game. It is a card game of the rummy family of games believed to be a variant of a card game called 500 Rum. It can be played by 2, 3, 5 or 6 players, or played by four in two partnerships. Players attempt to make melds of 7 cards of the same rank. When they play all the cards in their hand, they continue on to play all the cards in their foot and then be the first to "go out," which ends the game. The highest score after four plays wins the game.

Mah Jongg

Contact: Suzanne at 703-727-5775 or swbrooks@comast.net.

Time and Date: Mah Jongg meets weekly every Thursday morning from 10:30 am– 12:30 pm, refreshments

are minimal and stressfree-water is a mainstaple and grapes have been an easy offering for most of us, we have approximately 12 members so far and we rotate homes. Not all of us live in Lake Manassas but all of us live within a 4 mile radius. We are open for new players and to teach people who are interested in the game; the goal is FUN!!!

Description: Mah Jongg, which originated in China, is played by four players using a set of 136 tiles based on Chinese characters and symbols. Each player begins by receiving thirteen tiles. In turn players draw and discard tiles until they complete a legal hand. It is a game of skill, strategy and calculation and involves a certain degree of chance. We play according to the National Mah Jongg League rules.



Photo Fun

Contact: Helen Watt at 703.743.5499 or hwattmemories@gmail.com.

Time and Date: 10am-2pm and/or 7pm-11pm on the 2nd Friday of each month

Location: Helen's home. Feel free to bring a snack or drink to share.

Description: Ready to have fun with your photos? Join us once a month to honor and celebrate those we love with all the great photos we're taking. Bring your piles of printed pictures to get organized, photo album project to work on or your laptop for all those jpg files. There's lots of great table space to spread out. I'm a busy mom of 3 and know, for me, working with pictures is not overwhelming when I focus on simple solutions and lots of great friend time together sharing our stories. Hope you can join us or stop by to check it out. *Please RSVP.*



Lake Manassas Running Club

Contact: Email Jill Rumble: jrumple14@aol.com or Grete Bravo: gstrombravo@gmail.com

Time and Date: every Monday 9.30am starting January 12th

Location: The Swim & Tennis facility.

Description: We can break into groups depending upon preferred pace/and or distance. This will be a great time to meet neighbors, built friendships while pounding the pavement! Stay tuned for kids' running/activity club in the spring.

Are you interested to starting a new club in the community? If so write to newsletter@lakemanassasroa.com and we will feature your information in the next issue!



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APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Trash & Yard/ Lawn Debris pick up	3	4 Passover
5 Stonewall's Easter Brunch Easter 	6 Trash & Recycling pick up	7	8	9 Trash & Yard/ Lawn Debris pick up	10	11
12 Orthodox Easter	13 Trash & Recycling pick up 11am Communications 5pm Modifications & Construction	14 7pm Swim & Tennis Center	15 	16 Trash & Yard/ Lawn Debris pick up	17	18 10am Environmental Committee
19	20 Trash & Recycling pick up 7pm Covenants	21	22 	23 Trash & Yard/ Lawn Debris pick up	24 	25
26	27 Trash & Recycling pick up	28	29	30 Trash & Yard/ Lawn Debris pick up		

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Trash & Recycling pick up	5  Stonewall's Cinco de Mayo Event & Golf Outing	6	7 Trash & Yard/ Lawn Debris pick up	8	9
10 Stonewall's Mothers' Day Brunch 	11 Trash & Recycling pick up 11am Communications 5pm Modifications & Construction	12 7pm Swim & Tennis Center	13	14 Trash & Yard/ Lawn Debris pick up	15	16
17	18 Trash & Recycling pick up 7pm Covenants	19	20 6:00 pm Community Safety/ Visitor Access	21 Trash & Yard/ Lawn Debris pick up	22	23
24 31	25 Trash & Recycling pick up Memorial Day Mgt office closed	26	27	28 Trash & Yard/ Lawn Debris pick up 7:00 pm Budget & Finance	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE	1 Trash & Recycling pick up	2	3	10 Trash & Yard/ Lawn Debris pick up	5	6
7	8 Trash & Recycling pick up 11am Communications 5pm Modifications & Construction	9 7pm Swim & Tennis Center	10	11 Trash & Yard/ Lawn Debris pick up	12	13
14 Flag Day 	15 Trash & Recycling pick up 7pm Covenants	16 6pm LMROA Board Meeting (tentative)	17	18 Trash & Yard/ Lawn Debris pick up	19	20
21  Stonewall's Fathers Day Special	22 Trash & Recycling p-up	23	24	25 Trash & Yard/ Lawn Debris pick up	26	27
28	29 Trash & Recycling pick up	30		Trash & Yard/ Lawn Debris pick up		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Trash & Yard/ Lawn Debris pick up	3 Mgt office closed	4  Independence Day
5	6 Trash & Recycling pick up	7	8	9 Trash & Yard/ Lawn Debris pick up	10	11
12	13 Trash & Recycling pick up 11am Communications 5pm Modifications & Construction	14	15	16 Trash & Yard/ Lawn Debris pick up	17	18 10am Environmental Committee
19	20 Trash & Recycling pick up 7pm Covenants	21	22 6:00 pm Community Safety/ Visitor Access	23 Trash & Yard/ Lawn Debris pick up 7:00 pm Budget & Finance	24	25
26	27 Trash & Recycling pick up	28	29	30	31	

Community Committee Meeting Info

All committee meetings are held at the onsite management office. Board meetings are held at the Stonewall Golf Club.

Please watch the website calendar www.lakemanassasroa.com and the bulletin boards at the entrance gates for the latest information.

MEETING DATES ARE SUBJECT TO CHANGE

April

Monday the 13th: Communications at 11 am
Modifications at 5 pm
Tuesday the 14th: Swim and Tennis at 7 pm
Saturday the 18th: Environmental at 10 am
Monday the 20th: Covenants at 7 pm

May

Monday the 11th: Communications at 11 am
Modifications at 5 pm
Monday the 18th: Covenants at 7 pm
Wednesday the 20th: Community Safety/Visitor Access at 6 pm
Saturday the 23rd: Pool Opens for the Season
Monday the 25th: Management Office Closed -- Memorial Day
Thursday the 28th: Budget at 7 pm

June

Monday the 8th: Communications at 11 am
Modifications at 5 pm
Tuesday the 9th: Swim and Tennis at 7 pm
Monday the 15th: Covenants at 7 pm
Tuesday the 16th: LMROA Board meeting 6 pm (tentative)

July

Friday the 3rd: Management Office Closed
Monday the 13th: Communications at 11 am
Modifications at 5 pm
Saturday the 18th: Environmental at 10 am
Monday the 20th: Covenants at 7 pm
Wednesday the 22nd: Community Safety/Visitor Access at 6 pm
Thursday the 23rd: Budget at 7 p.m.

Stonewall Entrance Committee - To Be Announced



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IMPORTANT REFERENCE NUMBERS

LAKE MANASSAS COMMUNITY

On-site management office	703.753.7745
CMC Corporate / Emergencies	703.631.7200
Gatehouses	Baltrusol gatehouse 703.754.9465
	Stonewall gatehouse 703.754.9951
Stonewall Golf Club Pro Shop	703.753.5101
Brass Cannon Restaurant	703.753.6140
Cable (Comcast) 24-Hour Repair	703.670.3500
Electric NOVEC (Cooperative)	888.335.0500
Gas Columbia of Virginia	800.543.8911
24-Hour Emergency	800.544.5606
Main Street Mailboxes	703.753.5521
Mental Health Emergency Services	703.792.7800
Trash (American Disposal)	703.368.0500
Water/Sewer (PW County)	703.335.7900

EMERGENCIES

Fire or Police (Emergency Only)	911
VA State Police	800.572.2260
Prince William County-PWC Police	703.792.6500
PWC Alleged Crime or Incident Report	703.792.5123
Fire Dept - Gainesville Volunteer	703.754.1112
Novant Health Haymarket Medical Center	571.261.3250
Novant Health/Prince William Medical Ctr	703.369.8000
Emergency Room Manassas	703.369.8337
Emergency Services (Haymarket)	571.261.3400
POISON Natl Capital Poison Center	800.222.1222

PRINCE WILLIAM COUNTY

Area Agency on Aging	703.792.6400
Alcohol & Drug Abuse	
Emergency Services Program	703.792.7800
Animal Control - Shelter/Dog Tags	703.792.6465
Evenings/Weekends	703.792.6500
Assessments Property /Tax Payments	703.792.6710
Real Estate Assessments	703.792.6780
Adult or Child Abuse & Neglect	703.792.4200
After 5 pm and on Weekends	703.792.6500
Prince William County Govt Information	703.792.6000
Substance Abuse	703.792.7800
Election & Voter Information	703.792.6470
Department of Parks & Recreation	703.792.7060
Park Authority	703.792.7275
Recycling	703.792.4670
Gas - Columbia	800.543.8911
Library Administration	703.792.6100
Licenses / Auto/Business	703.792.6710
Miss Utility	800.552.7001
Power - Virginia Dominion	888.667.3000
Sanitation - Sewer	703.335.7900
Schools Prince William Public	703.791.7200
Sheriff Non-Emergency & Info	703.792.6070
Social Services	703.792.7500
Tourism & Visitors Bureau	703.396.7130
Transportation Department	703.792.6825
Metro Customer Info	202.637.7000
OmniRide Commuter bus/ride	703.730.6664
Virginia Railway Express (VRE)	703.684.1001
Virginia Department of Transportation	703.366.1900
Verizon	800.483.3000
Zoning Administration	703.792.6830

Lake Manassas Connection
 Publication Dates & Info
Advertising, Photo & Article
Deadlines are as follows:
 Summer Issue - Deadline: June 1
 Fall Issue - Deadline: September 1
 Winter Issue - Deadline: December 1
 Spring Issue - Deadline: March 1
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