

# Centre Ridge Regent Review

[centreridgeregent.org](http://centreridgeregent.org)

WINTER 2020



## Letter from the President

Whether we are ready for it or not, 2020 is finally here. The weather has been tolerable for January, but who knows what February and March will bring. Hopefully, it's not too bad and we get a break on the cost of snow removal. Please contact the community center at 703-968-7505 if you have any issues with snow removal at the townhome areas of the community. Plowing begins after 2 inches of snow have fallen. VDOT plows the single-family area roads including Field Encampment and New Braddock Rd.

The Architectural Review Board is looking for volunteers to serve on the committee. It only takes an hour a month and makes a huge difference to the community. The ARB meets on the third Tuesday of the month at 7:00 pm.

Management is getting a lot of complaints about vehicles parking for long periods of time in visitor spaces at the townhome areas of our community. Cars may be towed without notice for parking over 48 hours without moving from visitor spaces. Cars are also required to be operable, current on license plates, and inspections. Cars parking in the fire lane, blocking the sidewalk, or sticking out in the road may be ticketed or towed at any time. This is dangerous for pedestrians, emergency vehicles and cars trying to get up and down the streets.

Please check the website at [centreridgeregent.org](http://centreridgeregent.org) for any notices regarding changes in trash or recycling pick up or other notices that may affect the association. Messages are generally put on the sign and are also left on the voice mail at the community center.

Finally, please remember that we are all neighbors and treat each other with respect. Everyone should feel welcome in the neighborhood.

On behalf of the Board of Trustees and staff of Centre Ridge Regent, I wish all your families a wonderful 2020.

*Todd Edwards, President*

## Keep the Lights On!

Please keep your front porch lights on at night. There have been several car break-ins in the community during the past few months. The lights deter the criminals and help keep the community safe.



## Fitness Center Hours

**Monday - Friday:**  
9:00 am - 1:00 pm

**Monday - Thursday:**  
6:00 pm - 8:00 pm



Residents:  
Please save visitor  
parking spaces  
for visitors!





## IMPORTANT NUMBERS

Centre Ridge Regent HOA Office ..... 703-968-7505  
 FAX ..... 703-968-2677

Fairfax County Animal Control ..... 703-691-2131

Poison Control ..... 703-625-3333

Sewer Line Breaks/Emergencies ..... 703-323-1211

Patriot Disposal Services ..... 703-257-7100

Fairfax Co. Police (non-emergency) ... 703-691-2131

Fairfax County Government ..... 703-324-4636

Zoning Administration (for ARB  
 plats of property) ..... 703-222-1082



Just a reminder . . .

## Quarterly Assessments Were Due January 1st!

All homeowners are required to pay their quarterly assessments on time and in full in order to use the community pool or any other recreational facility (i.e., tennis and racquetball courts, workout equipment, Community Center). Remember—You are responsible for paying your assessment by the due date even if you do not receive the bill. If you do not receive your bill, please call 703-968-7505. A \$25.00 late fee will be assessed for payments that are more than 30 days past due.

Quarterly assessments are due by the first of the month in January, April, July, and October, and must be mailed to Centre Ridge Regent, P.O. Box 105007, Atlanta, GA 30348-5007. The Community Center Office cannot accept assessment payments.



*Welcome  
 to Winter!*

## Community Center Hours

The Community Center is open during the following days and times:

Monday–Thursday	9:00 am–1:00 pm and 6:00–8:00 pm
Friday	9:00 am–1:00 pm
Saturday-Sunday	Closed

Community Manager: Mary Lynn Sallette (available Mon-Fri, 9:00 am-1:00 pm)

Community Center Address: 14275 Uniform Drive, Centreville, VA 20121

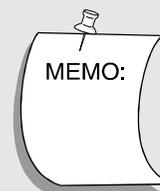
Phone: 703-968-7505

Fax: 703-968-2677

## Winter Happenings

All meetings are held at the Community Center, unless otherwise noted.

- \* **Architectural Review Board:**  
 3rd Tuesday of each month, 7:00 pm  
*Applications MUST be received by 2nd Tuesday of each month*
- \* **Board of Trustees:** 2nd Wednesday of each month, 7:00 pm
- \* **Open Space Committee:** Meets as needed



MEMO:

The bulletin board located on the lower level of the Community Center is available for ads

and other communications between residents of Centre Ridge Regent.

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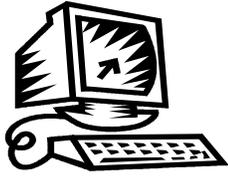
The Community Center is available for rentals Friday, Saturday and Sunday evenings. See Mary Lynn to make a reservation or for more information.



**CENTRE RIDGE REGENT WEBSITE!**

[www.centreridgeregent.org](http://www.centreridgeregent.org)

# DUES PAYMENTS



### TO PAY DUES ONLINE:

Log on to [www.smartstreet.com](http://www.smartstreet.com) and click "online payments". You may pay by credit card or set up recurring payments. You need your account number to do this. You can also call 1-888-705-0600.

### TO PAY DUES BY MAIL:

Please check your account numbers and the payment mailing address. Do not add spaces, dashes or numbers at the end of your account number.

Dues payments should be sent to:  
Centre Ridge Regent  
P.O. Box 105007  
Atlanta, GA 30348-5007

**The Community Center Office cannot accept dues payments.**



## Reminder to Dog Owners:

Please remember to clean up after your pet, especially in common areas. Please keep your dog off other residents' property. This is a major problem, especially at the town homes. Please walk your dog on a short leash or flexi lead to a common area to pee or poop.

Here at Centre Ridge Regent, we all take great pride in the appearance of our yards and common areas so please, neighbors, let's work together and make a renewed effort to do the right thing. Also please remember to keep your dog on a leash at all times.



## Dog Park

The dog park hours are 7:00 am to 7:00 pm. Residents should not be in the dog park after hours. Children under the age of 16 are not allowed in the dog park at any time for any reason. Clean up after your dog.

## Towing Company

Battlefield Towing (703-378-0059) is the towing company for Centre Ridge Regent.

- ◆ Do not park in the fire lanes or streets of the townhomes.
- ◆ Do not leave cars unattended in these areas.
- ◆ Do not park in residents' assigned parking spaces.
- ◆ Do not park in spaces over 48 hours
- ◆ Vehicles must be current on license plates and inspections.
- ◆ Do not park vehicles angled in front yards or blocking the sidewalk or street.
- ◆ Do not park commercial vehicles (vehicles with logos, box trucks, vehicles with ladders or racks) in driveways or in the guest parking areas of the townhomes.



## From the Architectural Review Board

Please remember to fill out an Exterior Alteration Application for any exterior alterations to your home or property.

The ARB meets on the third Tuesday of every month. Applications must be turned in by the second Tuesday of each month.

## Tree Topping: Please Don't Top Your Trees



Tree topping is cutting back large branches on a tree that is outgrowing the space. People think it will make the tree safer, but it makes the tree unstable, causes injury to the tree and invites insects and rot. Don't

confuse topping with proper pruning. A tree that has been pruned properly looks as if nothing has been done to it.

Topped trees may regain their original height in as little as two years. The fast-growing shoots are weak and may break more easily during storms. Topped trees may require topping again and again. Topped trees may become dangerous and cause damage to your property or others. Trees should be considered a long-term investment, making your property more appealing and adding environmental benefits. If you are looking for a tree service, please hire only certified tree care professionals. If a company offers topping, please do not consider using them for tree work. Properly maintained trees may add as much as 15% to the value of your home.

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## Rats and Mice

Over the past several months, several residents have had infestations of rats and mice in their homes. They



can cause a lot of damage to homes and can make people sick. Rats and mice stay in areas where they have ready access to food, water, and shelter.

Please check your property on a regular basis:

- \* Look for signs of burrows, droppings, and gnaw marks in your home, garage, or shed
- \* Check the bottoms of trash cans
- \* Eliminate food sources: bird and grass seed, pet food, garbage, vegetable gardens, and animal waste
- \* Trim back bushes and shrubs
- \* Get rid of junk piles and store wood off the ground.
- \* Contact a pest control service for treatment to get rid of rats and mice.

## Smoke Detectors Prevent Fires

Most fatalities that occur in home fires happen at night when people are asleep. Contrary to popular belief, the smell of smoke may not wake a sleeping person. Poisonous gases and smoke produced by a fire can numb the senses and quickly put you into a deeper sleep. By sounding an alarm and alerting you and your family to a fire in time to escape, household smoke detectors can cut your chances of dying in a home fire by 40 percent.

Smoke detectors are available in a variety of brands and may be purchased in hardware, department, and discount stores. Make sure the detector you buy is approved for use in your state and tested by the Underwriter's Laboratory. Make sure you have a battery back up in addition to a detector that runs by electricity.



Smoke detectors and carbon monoxide detectors should be installed in hallways just outside of bedrooms in single story homes. A minimum of two detectors are recommended for two story homes.

On the bottom floor, detectors should be placed near the bedrooms. If there are not bedrooms, detectors should be installed in or near living rooms, dens or family rooms. Detectors should be placed just outside the bedrooms on the second floor. Detectors should not be installed near kitchens or heat ducts where fumes could set off false alarms. Please check with your local fire department for more information on the proper installation of smoke and carbon monoxide detectors.



## Emergency Preparedness

An emergency is defined as “an unforeseen combination of circumstances or the resulting state that calls for immediate action.” An emergency does not necessarily mean a disaster. It could mean you need a copy of your car title or birth certificate. If you don't already have important papers together in a safe place, maybe this is a good month to buy a small fireproof box and gather those papers together that might include:



- \* Wills, social security cards, passports, birth certificates, divorce and custody decrees, immigration documents
- \* Property deeds, mortgage company address and phone number, homes owners and life insurance policies and phone numbers, copies of health insurance card and phone numbers
- \* Inoculation records, health records, doctors and dentists names, addresses and phone numbers
- \* Auto ownership papers, auto insurance policies and phone numbers, copies of driver's license and car registration
- \* Credit card numbers, addresses and phone numbers for loans
- \* Stock and security certificates, address and phone number of brokers, banks account numbers, addresses and phone numbers of banks
- \* A current copy of your resume, as well as a list of previous home addresses and dates of residence.
- \* An extra copy of your address book, complete with phone numbers and addresses and friend, relatives, and professional resources.

You will be surprised how useful it will be to have all this information in one place and easily accessible.

## Common Area Trash, Dumping & Dog Waste

**Please remember to pick up trash near your home in the common areas as required in our covenants. Do not dump branches, dirt, tires or other debris in the common areas. It is against the law to dump items. After you clean up after your dog, please deposit the pet waste in an appropriate container.**

## Glass Recycling

Fairfax County no longer accepts glass bottles and jars in the curbside recycling program. Residents should bring them to the purple, glass-only recycling containers located throughout the region. Two nearby locations for glass recycling are the Sully District Police Station, 4900 Stonecroft Blvd. in Chantilly, and the I-66 Transfer Station, 4618 West Ox Rd. in Fairfax.



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**Everything You Ever Wanted to Know About...****Influenza (The “Flu”)**

\* The flu is caused by a virus that spreads from infected people to the nose or throat of others. Symptoms usually appear within two to four days of being infected. A person is considered contagious for another three to four days after symptoms disappear.

\* The U.S. "flu season" generally runs from November to March/April every year.

\* **Flu symptoms:**

- \* Fever
- \* Chills
- \* Dry cough
- \* Nasal congestion
- \* Sore throat
- \* Headache
- \* Muscle aches



\* **Why do you need a flu shot every year?** Because the flu virus changes, at least one of the vaccine's viruses must be replaced with a newer one every year. Plus the shot only lasts about a year.

\* **When does a shot start working?** Protection develops one to two weeks after you get your flu shot and may last a year.

\* **Who should not get a flu shot?** If you have a severe egg allergy (e.g., hives, asthma, swelling, breathing problems) and are at high risk for flu complications, ask your doctor about safe ways of getting a shot. If you are severely ill and have a fever, wait until you are well to get your shot. If you are mildly ill with or without fever (e.g., head cold), it's OK to get a shot.

\* **How effective are flu shots?** The shot is almost 90% effective in preventing type A and type B influenza. If you manage to get the flu, it will be a milder case if you've gotten the shot.

\* **Flu deaths:** Twice as many Americans die from the flu every year as die from AIDS, breast cancer, or prostate cancer.

**New Year's Resolutions****The Stop-Doing List**

Suppose you woke up tomorrow and received two phone calls. The first phone call tells you that you have inherited \$20 million, no strings attached. The second tells you that you have an incurable and terminal disease, and you have no more than 10 years to live. What would you do differently, and, in particular, what would you stop doing?

Such a “stop-doing” list should be considered when making annual New Year resolutions. When done honestly it can become a mechanism for disciplined thought about how to allocate the most precious of all resources: time.

The start of the New Year is a perfect time to start a stop-doing list and to make this the cornerstone of your New Year resolutions, be it for your company, your family or yourself. It also is a perfect time to clarify your three life circles, mirroring at a personal level the following three questions:

1. What are you deeply passionate about?
2. What are you genetically encoded for - what activities do you feel just “made to do”?
3. What makes economic sense - what can you make a living at?

Those fortunate enough to find or create a practical intersection of the three circles have the basis for a great work life.

Think of the three circles as a personal guidance mechanism. As you navigate the twists and turns of a chaotic world, it acts like a compass. Am I on target? Do I need to adjust left, up, down, right? If you make an inventory of your activities today, what percentage of your time falls outside the three circles?

If it is more than 50%, then the stop doing list might be your most important tool.

The challenge is “making your life a creative work of art.” A great piece of art is composed not just of what is in the final piece, but equally important, what is not. It is the discipline to discard what does not fit - to cut out what might have already cost days or even years of effort - that distinguishes the truly exceptional artist and marks the ideal piece of work, be it a symphony, a novel, a painting, a company or, most important of all, a life.