FOREST LAKES
Community News
March 2017

DIRECTOR'S MESSAGE

As spring arrives in Forest Lakes, we are all looking forward to spending more time outside in the warm weather. With more residents enjoying the outdoors, please drive safely through our community, observe posted speed limits and watch for children, walkers, bicyclists/runners and pets.

Now is a great time to plan your springtime outdoor projects. If you are thinking about making changes to the exterior of your home, keep in mind that many changes need to be approved by the Architectural Review Board. More information and request forms are available on our website at www.forestlakes.net or can be picked up at the Association office. Check to see if your project needs approval before you start! If you have any questions, please call the office.

The FLCA office routinely makes neighborhood inspections. Please make sure all yard toys are picked up each evening, no boats or trailers are parked in your driveway or street, trash toters are taken off the street after collection, and your yard and house are in good appearance. Please help to keep Forest Lakes a beautiful community in which to live.

We are always pleased with the number of community activities slated for the year; including the Farmer's Market, general fitness, yoga and karate programs, swim and tennis lessons, monthly coffee group, men and women's bible study, as well as our annual 4th of July bash. Please submit any new ideas you may have regarding social programs to the FLCA office at manager@forestlakes.net. Volunteers are needed to assist with these and other programs here in Forest Lakes. Your support and ideas are always welcomed!

Sincerely,
Chris Hapgood
FLCA President

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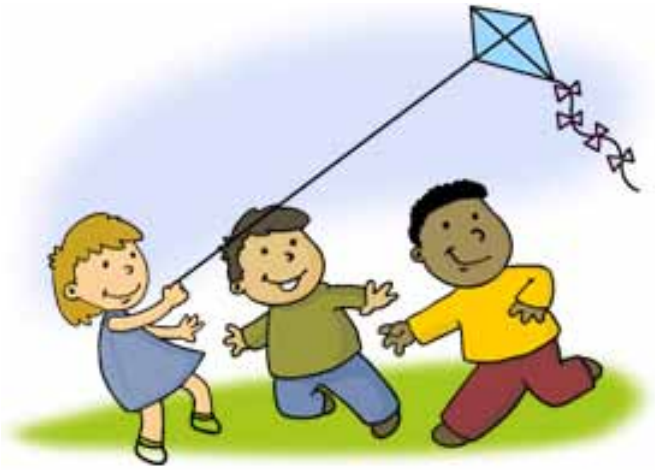

To obtain information about our community open our Community Association web site www.forestlakes.net
To send us a message email manager@forestlakes.net or call 973-4596. E-mail is preferred.

Function	Organization/Person	Contact Information
FLCA Site Manager (dues, ARB, common ground maintenance requests, building rentals, pool, and other FLCA issues or questions).	Julia Stinnie Community Group, Inc.	1828 Pavilion Circle Charlottesville, VA 22911 973-4596 manager@forestlakes.net open Mon – Fri 9:00am – 5:00pm
After-hours emergencies involving common areas, buildings or facilities	Community Group Emergency Hotline (call 911 also if necessary)	1-804-270-1800. Follow prompts for Homeowner Services; include your contact info and description.
Arbor Lakes, Ashland, Willow Bend, Worth Crossing	Stephanie Crouch Real Property, Inc.	Stephanie@realpropertyinc.com 202-1865
Springridge	Mark Marshall Real Property, Inc.	Mark@realpropertyinc.com 202-1852
Ravenswood/Ravenscroft	James Watson Real Property, Inc.	James@realpropertyinc.com 202-1873
Gateway Village	Tim Durrer Community Group, Inc.	tdurrer@communitygroup.com 984-0700
Mailbox Nameplates and Repairs	John Schmidt Dick Billings	996-6041/jpsbks@gmail.com 960-4999/dick.billings@gmail.com
Athletic Field Reservations	Tamera Hammond	thammond@forestlakes.net
Tennis Pro	Jim Labinski	Tennis Pro Shop (North) 974-5567 Cell: 249-6240 Zentennis929@gmail.com 1818 Pavilion Circle, C'ville 22911
Webmaster	Tamera Hammond	thammond@forestlakes.net
Neighborhood Watch	Block Captains for each neighborhood	Contact the FLCA office
	OTHER CONTACTS	
Drivers/Car Licenses	Virginia Dept. of Motor Vehicles (DMV)	866-368-5463/www.dmvnow.com
Electricity	Dominion Virginia Power	(888) 667-3000
Roads & Signs, Snow Plowing	VA Dept of Transportation (VDOT)	1-800-FOR-ROAD/800-367-7623
Trash Removal	County Waste	434-296-6000
Water and Sewer	Albemarle County Service Authority	977-4511
Gas	City of Charlottesville	970-3211

FLCA 2017 BOARD OF DIRECTORS AND OFFICERS

Chris Hapgood, President
cch1@hapgoods.com

Fulton Gaylord
Vice President
fulton@kw.com

Scott Elliff, Treasurer
scott@ducardvineyards.com

Steve Janes, Director,
janes215@yahoo.com

Derek Duval, Director
duvaltarheel@duvalsearch.com

Sue Friedman
Director/Contract Review
sue_friedman@hotmail.com

Carmine Covais, Director/ARB
covais01@comcast.net

FOREST LAKES COMMUNITY ASSOCIATION
OFFICE HOURS

MONDAY-FRIDAY - 9:00AM-5:00PM

TELEPHONE- 973-4596 FAX - 973-1344
MANAGER@FORESTLAKES.NET

KEEPING IN THE LOOP

TRASH TOTER TIPS FOR RESIDENTS

Please do not store your trash toter(s) on your porches or at the end of your driveway. Trash toters should not be visible from the street. Please store them in your garages or on the side of your home out of view. Suggestions would be behind some bushes or a wooden screen.

Also, trash toters are not to be brought out until the evening before trash pickup and are to be brought in as soon as possible after your trash has been picked up.

If you are finding you have excess trash every week, you can get a second toter for free. Call County Waste and have them deliver an additional toter to you!

Thanks to all residents for being considerate with their trash toters!

FARMER'S MARKET COMING IN APRIL

The Forest Lakes Farmer's Market will return on Tuesday, April 26th. It will continue every Tuesday through the spring and summer from 4:00pm – 7:00pm in the South Forest Lakes facility parking lot. If you, or someone you know, is interested in vending at the market you can contact Lisa Wildman at alisawildman@gmail.com.

SWIM LESSONS OFFERED THIS SUMMER

Would you like your child to learn the proper swimming skills and strokes? Look for the Red Cross Swimming course schedule and sign up dates in the next newsletter. Jean and Roberta are experienced Red Cross certified instructors. They are excited and looking forward to another summer to teach your child water safety, proper strokes and the love of swimming!

WHERE DOES YOUR GARDEN GROW?

Vegetable gardens are not allowed in front or side yards or on common areas. Forest Lakes does offer community garden plots next to the South Pool Facility. These plots are assigned to homeowners each year. To request a plot, please call the Association office at 434.973.4596.

FLCA MONTHLY BOARD MEETING

The next regular Board Meeting will be on Wednesday, March 22nd, 2017 at 6pm at the North Pavilion.

Please note that the topics for the meeting can change. The Agenda for the meeting is available one week prior to the meeting at the association office and webpage.

FOREST LAKES FIELD RESERVATIONS FOR SPRING 2017

Field reservations are now being accepted for the next soccer/lacrosse season. Forms can be downloaded from our website. Please deliver completed forms to Tamera Hammond at the Forest Lakes office or via email at thammond@forestlakes.net. Please be sure to indicate alternate time/days and to sign the form.

SPRING BULK PICKUP AND SHREDDING

Household paper shredding is back! An On-site shredding facility will be at the North Forest Lakes parking lot from 10:00am – 2:00pm on Friday, April 7th. Bring as much as you want and let the shredder take care of it for you!

Spring Bulk Pick up this year will be on Saturday, April 8th. You may dispose of regular household items such as small furniture, bags of trash, small metal items such as toasters, small television, etc. Please limit your material to weigh no more than 50lbs per item. All Bulk material must be placed at the curb the evening before pickup. Material excluded from pick up are: computers, printers, monitors and like equipment; large appliances such as washers, dryers, water heaters, stoves, or motorized equipment; rocks, concrete, dirt, tires, soil, sod, tree stumps, free liquids, paint, motor oil, construction trash/renovation debris, combustibles, toxic or hazardous wastes, or any other material excluded from the disposal site or any applicable state or federal law as being hazardous or toxic (asbestos, paint or gasoline); all flammable products such as petro chemicals or propane tanks from barbeque grills, dead animals, fecal matter, manure , brick, landscaping timbers, friable Asbestos, lead acid/wet cell batteries, bio hazardous material, needles and ALL other medical waste.

UPDATE YOURSELF!

Pool Season will be starting sooner than you think! If you have had any changes to residents in your household this past year, or have NEVER filled out a Resident Information Form, please fill one out. You can find a copy of this form on the Forest Lakes Website under "documents". Forms are also available in the FLCA Office. Please bring your completed form with you to the FLCA office. If you are a renter, you will need to bring a copy of your lease as well. This will ensure you receive your 2017 pool cards. If you are not in the current Forest Lakes Directory and wish to be OR if you have changes to your current listing, you may visit our website, click on Forms and Documents and print out a Forest Lakes Directory Form and drop it off at the FLCA Office. New directories are available at the FLCA Office. If you wish to be signed up to receive informational emails from Forest Lakes, you can easily sign up for those on the homepage of the website. There! You're Updated!

29 express

Take the easy route.

Only $1.50
(Free for UVa employees and students)
Monday - Friday

DEPARTURE SCHEDULE			
A	Food Lion Forest Lakes	7:00am	8:00am
B	Hollymead Towncenter	7:05am	8:05am
C	UVA Ruffner Hall	7:30am	8:30am
D	UVA Hospital Jordan Hall Side	7:35am	8:35am
E	Downtown Library	7:45am	8:45am

RETURN SCHEDULE			
E	Downtown Library	4:40pm	5:20pm
F	UVA Hospital West Complex Side	4:50pm	5:30pm
G	Memorial Gym	5:00pm	5:35pm
A	Food Lion Forest Lakes	5:30pm	6:10pm
B	Hollymead Towncenter	5:35pm	6:15pm

Questions? Visit us at www.29express.org

March is

"MAKE IT DISAPPEAR"

Month in Forest Lakes!

Spring is coming (the "real" one ;) and time to get thinking about getting yards ready for the season!

- Do you have items in your back yard or sitting outside of your fence making it look junky? Make them DISAPPEAR!
- Do you have overgrown bushes that need to be trimmed or removed and replaced? Make them DISAPPEAR!
- Have an old basketball hoop that nobody plays with anymore? Make it DISAPPEAR!
- What about that playset in your backyard that's old and rotting and probably unsafe? Make it DISAPPEAR!
- Have mold growing on your home or shed? Make it DISAPPEAR!
- Have driveway clutter? Make it DISAPPEAR!
- Look around your property….what can you make disappear?

Residents can take advantage for many of these items with the spring bulk pickup on Saturday, April 8th!

Keep Forest Lakes Looking its Very Best!

Open the door to your dream home today with Approved to Move™

Instead of starting the paperwork after you find the perfect home, Embrace does it all upfront. With Approved to Move™, you could have a full approval in hand before you even start looking. All you need to do is find that dream home. And our fully underwritten loan commitment is as close as you can get to being a cash buyer, which as you know, can give you greater negotiation power and help you close faster.

So don't take a chance with a simple pre-approval when you can get Approved to Move™ instead!

Life is more rewarding when you embrace it.

Steve Hargett
Senior Loan Officer
NMLS ID # 29846

Office 800.333.3004 x3627
Cell 434.760.0577
Fax 877.834.1770

shargett@embracehomeloans.com
https://www.embracehomeloans.com/steve-hargett

Embrace Home Loans, Inc.
3510 Remson Court 2nd Floor
Charlottesville VA 22901

embrace™ home loans

EQUAL HOUSING LENDER

Licensed as Embrace Home Loans, Inc. (NMLS ID# 2184) (www.nmlsconsumeraccess.com) Licensed in VA. Information is subject to change without notice. This is not an offer for extension of credit or a commitment to lend.

FITNESS AT FOREST LAKES

FOREST LAKES FITNESS CLASS SCHEDULE
MARCH 2017

GENERAL FITNESS

Tuesday/Thursday

6:00 – 7:00am	Boot Camp Beth Solak
9:15 - 10:15am	Women's Strength & Conditioning Randi Marshall

SENIOR FITNESS

Fridays

10:00 - 11:00am	Smovey – **NEW!!!** Antje Waxman

CORE BARRE

5:00 – 6:00pm	Monday/Thursday Suzette Buck
7:30-8:30pm	Monday Suzette Buck

YOGA

Monday

6:15 -7:15pm	Tech and Flow I Karen Schultz

Wednesday

6:15 -7:15pm	Tech and Flow I Karen Schultz

KARATE

Tuesday – NEW!!!

5:00 – 6:00pm	Intro to Okinawan Karate Youth ages 8-12
6:00-7:00pm	Intro to Okinawan Karate Adults and Youth ages 13 and up

Wednesday – NEW!!!

4:30 – 5:15pm	Intro to Okinawan Karate Youth ages 8-12
5:15 - 6:00pm	Intro to Okinawan Karate Adults and Youth ages 13 and up

The Forest Lakes Fitness Center is located at the South Pool area, 1650 Ashwood Boulevard. It is open to all Forest Lakes residents 7 days per week, 24 hours a day. Key access cards are assigned to each home. Please remember that children under 12 years old are not permitted to use the fitness center equipment and are not allowed in the gym. Children ages 12-15 may use the equipment ONLY if being directly supervised by a parent or adult. Youth ages 16-18 may use the equipment independently provided they follow posted policies. Please respect the equipment and fellow gym patrons. Thank you for your cooperation.

FITNESS AT FOREST LAKES

GENERAL FITNESS

For the **Strength and Conditioning** class, contact ACE certified personal trainer Randi Marshall at 960-1168 or email her at: rsrmarshall31@embarqmail.com.
An exercise ball is required.

Boot Camp Fitness Get your day off to a great start. All levels (and genders) welcome. My Boot camp is a small group class that mixes traditional calisthenics with body weight exercises, interval training and strength training. A wide variety of different exercises with little rest in between = maximum results. Get fit, have fun and make friends in an environment that encourages but does not intimidate! We will hold the class outdoors when the light/weather cooperate and move inside when necessary. First class is free! Drop-ins are welcome. Individual classes are $12, 5 for $50. Please bring a water bottle and towel. I am an ACE Certified Personal Trainer and Health Coach since 2002. For more information or to register please contact Beth Solak @ 845-269-0490 or Beth@Dontjoinagym.com or visit www.dontjoinagym.com.

CORE BARRE

Core Barre is a high energy, low impact, fat burning workout. Its focus is on intensive movements that sculpt the thighs, tone and firm the glutes, flatten the abdominals and define the arms. Focused and isolated stretching to lengthen, tone and increase joint flexibility compliments a total body workout. It incorporates current principles of pilates, ballet and general fitness concepts and is available to all fitness levels for those that safely want to change their appearance and have fun doing so. Classes are 55 minutes long, First Class is Free! Individual classes Are $20, 10 pack for $150. No experience is necessary. For more information, contact Suzette Buck at 531.8596 or playtolearn@earthlink.net.

KARATE

New Beginning January 17th! For full details, see information posted in this newsletter!

YOGA

Tech and Flow I – A meditative flow of yoga moves concentrating on alignment and technique. For more details and to register, contact Karen @ 434.962.2208. Yoga Certification: International Yoga Institute; ACE Personal Trainer Certification;

ACE Group Fitness Certification. Teaching since 1986.

NEW!! SMOVEY- Swing, Move and Smile!

Smovey is a dynamic fitness from Austria that is like no other! Smovey provides a dynamic upper and lower body workout that gets you fit while stabilizing your back and spine. It cannot only help you improve your **health, balance**, **posture**, **coordination, mobility and strength** but you will also absorb the **healing frequencies** from the Smovey through your reflexology zones of your hands. It burns fat and uses 97% of the body's muscles. The Smoveys are 2 spiraled, grooved tubes containing 4 rolling steel balls inside corrugated tubes. Swinging motion produces vibrations in the palms of the hands benefiting the musculo- skeletal and nervous system.

Join Antje Waxman for a **fun class** and leave the class **relaxed** and **reenergized** like never before. All fitness levels!

The first class is always complementary! Costs: $12/class.
For more information please contact Antje Waxman (434) 227 0483 or antjewaxman@gmail.com. Please reserve your spot as space is limited!

Antje Waxman is a certified Posture Alignment Specialist,
Smovey Coach, Nordic Walking and Nia instructor.

TENNIS NEWS

MARCH 2017

Dear Forest Lakes Residents,

I am sure that many of you have taken advantage of the great weather and played a lot of tennis in February. If the weather continues to cooperate, the Forest Lakes tennis courts will be bustling even more in March.

On Monday, March 13th, I begin my after-school tennis program. Five- and ten-week sessions are available. One- two- or three-time per week options are available. Check the FLCA website for forms, or contact me.

Forest Lakes will be well-represented in the Spring edition of USTA League Tennis. Some leagues will begin in mid-March and some of these matches will be hosted on the Forest Lakes courts. Reservation sheets will be posted when the courts are needed. Check the reservation clipboard, and sign in for your court at the Pro Shop table at North, and in the reservation box at court one of South. Contact me if you need to reserve a court.

Spring is clay court rejuvenation season. When we can resume watering the Clay Tech courts at North, new material will be spread out and groomed to perfection. This should take place later this month. In the meantime, and as always, please brush and line your court after play. Hang the brushes and liners high on the fence and off the ground completely.

Team and adult drill sessions continue in March. The times and days will change slightly when the juniors begin. Email me for the updates to the evening schedule.

See you on the courts,

Jim Labinski
Tennis Director
Forest Lakes
Cell: 434.249.6420
Email: zentennis929@gmail.com

The Neighborhood Page

YARD SALE !

Forest Lakes North

3194 Timberwood Pkwy

Saturday, March 25, 8am-1pm

Kitchen, crafts, puzzles and cool stuff.

Home grown houseplants and pots.

LOST SOMETHING? FOUND SOMETHING?
The FLCA office continuously receives lost items found around Forest Lakes, in the Fitness Center, at the pools, on the trails. If you've lost something, check with us! If you've found something, bring it to us!
FLCA Office
1828 Pavilion Circle 973-4596

Is your neighborhood having a get together? **Do you have something to sell? Are you having a garage sale soon?**

Renting your house? **Looking for something special?** Welcome to The Neighborhood Page! This page is open to all Forest Lakes residents to "advertise" for free. Professional service ads are not accepted on this page. For information call the FLCA office, 973-4596, and ask for Tamera or email her at thammond@forestlakes.net

ZEN TENNIS AFTER SCHOOL PROGRAM AT FOREST LAKES
2017 SPRING 10-WEEK Youth Tennis Program
BEGINS Monday, March 13, 2017
Jim Labinski, Tennis Pro (434) 249-6420
zentennis929@gmail.com

Beginners I, II and III (Guidelines) Player has little or no experience. Beginner I is for very young players, Beginner II is for slightly older beginners. Beginners III is for beginners that are 12 or older.

Advanced Beginner (Guidelines) Player must be able to hit 10 balls in a row against backboard from 20 feet away (forehand & backhand), rally with partner from the baseline 10 balls in a row each, serve 5 of 10 balls into appropriate service box, know how to keep score, and play a complete tennis match.

Intermediate (Guidelines) Player must be able to hit 20 balls in a row against backboard from 20 feet away (forehand and backhand), rally from baseline with partner 30 balls in a row, serve 6 of 10 serves to each service box, and must have played at least 5 complete tennis matches. Player must exhibit proper stroke mechanics and grips for all shots and must know the rules of tennis.

Tournament Training (Guidelines) Player must be able to maintain a baseline rally of 40 balls, properly execute volleys and overheads, and be able to execute flat, slice and kick serves. Players should also be training for high school or tournament competition.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30-4:30	BEGINNER I AGES 4-7	BEGINNER II AGES 7-11	BEGINNER I AGES 4-7	BEGINNER II AGES 7-11	BEGINNER II Ages 7-11
4:30-5:30	ADV. BEG AGES 7-11	INTERMED. 4:30-6:00	ADV. BEG AGES 7-11	INTERMED. 4:30-6:00	ADV. BEG AGES 7-11
5:30-6:30	BEGINNER III & Adv. Beg. 12+	TOURN. TRAINING 6:00-7:30	BEGINNER III & Adv. Beg. 12+	TOURN. TRAINING 6:00-7:30	BEGINNER III & Adv. Beg. 12+

- MINIMUM OF 3 STUDENTS PER CLASS required

PRICES

BEGINNER AND ADV. BEG.

1 DAY PER WEEK	5 WEEKS	$90
	10 WEEKS	$135
2 DAYS PER WEEK	5 WEEKS	$140
	10 WEEKS	$210
3 DAYS PER WEEK	5 WEEKS	$165
	10 WEEKS	$270

INTERMEDIATE AND TOURNAMENT

2 DAYS PER WEEK		
	5 WEEKS	$180
	10 WEEKS	$300
1 DAY PER WEEK		
	5 WEEKS	$105
	10 WEEKS	$170

PROGRAM REGISTRATION

ZEN TENNIS AFTER SCHOOL PROGRAM AT FOREST LAKES
2017 SPRING 10-WEEK Youth Tennis Program

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK7	WEEK 8	WEEK 9	WEEK 10
3/13-3/17	3/20-3/24	3/27-3/31	4/3-4/7	4/10-4/14	4/17-4/21	4/24-4/28	5/1-5/5	5/8-5/12	5/15-5/19

Make up weeks, if necessary, are 5/22-5/26, 5/29-6/2, and 6/5-6/9.

*PLEASE ☑ BOXES FOR WEEKS YOU ARE REGISTERING

NAME _____ AGE: ___ CLASS: _____ 5 WKS. 10 WKS.
M T W Th F

NAME _____ AGE: ___ CLASS_____ 5 WKS. 10 WKS.
M T W Th F

NAME _____ AGE: ___ CLASS_____ 5 WKS. 10 WKS.
M T W Th F

PARENT NAME _____ PHONE _____

EMAIL _____

Reserve your place in this fall's tennis program in person, or with an email to Coach Jim at zentennis929@gmail.com.

PLEASE RETURN W/ CHECK PAYABLE TO: ***FOREST LAKES TENNIS*** AT FL NORTH COURTS PRO SHOP

PRICES

BEGINNER AND ADV. BEG.

1 DAY PER WEEK	5 WEEKS	$90
	10 WEEKS	$135
2 DAYS PER WEEK	5 WEEKS	$140
	10 WEEKS	$210
3 DAYS PER WEEK	5 WEEKS	$165
	10 WEEKS	$270

INTERMEDIATE AND TOURNAMENT

2 DAYS PER WEEK		
	5 WEEKS	$180
	10 WEEKS	$300
1 DAY PER WEEK		
	5 WEEKS	$105
	10 WEEKS	$170

Whether you are buying or selling your home in Forest Lakes, trust the Realtor who knows our neighborhood!

MICHIEHAMLETT
ATTORNEYS AT LAW

Greg Webb
Personal Injury Attorney
MichieHamlett
500 Court Square, Suite 300
Charlottesville, Virginia 22902
Direct: 434-951-7237
gwebb@michiehamlett.com

Forest Lakes resident since 1998.

MichieHamlett has been helping clients for 70 years. The firm's three groups, Commercial, Personal Injury, and Personal Services, focus on domestic relations, estate planning, real estate, business, commercial litigation and personal injury law.

Best Lawyers in America,
Virginia Super Lawyers,
Multi-Million Dollar Advocates Forum,
Charlottesville's Best Lawyers
Personal Injury Litigation - Plaintiffs
Lawyer of the Year 2012.

FOREST LAKES COMMUNITY & SOCIAL EVENTS

FOREST LAKES COFFEE GROUP - THIRD THURSDAY OF EACH MONTH

The Forest Lakes Coffee group will meet on Thursday March 16th at the North Pavilion from 10 am – 12 pm. As usual we will have coffee, assorted teas, fresh fruit and pastries to enjoy. It is wonderful to see our group growing - please be sure to invite any neighbors or new residents to our get together. At about 11 am we will have a presentation by Forest Lakes resident George Kelly who worked as a social security disability representative. He will have lots of pertinent information to share and will welcome any questions you may have on this topic. Hope you are enjoying our warm weather and longer days. Sherry Sinard

BABYSITTERS/PET SITTERS

Need a sitter for a night out or a pet sitter for a weekend away? The Forest Lakes Office has a list on hand with names of residents who will be happy to help you out! Stop by the office for a copy of the list. This is for Forest Lakes residents use only!

FOREST LAKES PLAYGROUPS!

Any moms and/or dads of Forest Lakes who would like to start a playgroup, meet at the playgrounds and do other fun things with your youngsters, please call Kate Syms. Kate is a resident of Forest Lakes and would love to organize playgroups and meetups with other Forest Lakes toddlers, moms and dads. Call her at 410-507-0301 or email her at ksyms82@gmail.com.

BIBLE STUDY

Bible Study is held every Wednesday from 10-11am at the North Pavilion. Come and join us as we follow the missionary journeys of Paul. Our group will be led by Reverend Dave Johnson. Any questions please call Becky Rohrback at 434-202-1373. Hope to see you there!

SPRING HOUSE WASH SPECIAL...

Good thru March 20, 2017

$199

2000 - 2500 Square Feet

FREE
FRONT PORCH & WALKWAY WASH WITH THIS OFFER!
Other discounts do not apply

We Clean....

Siding, Roofs, Windows, Gutters, Decks, Patios, Walkways, Driveways, Fences, and more...

Call Today to schedule your wash!

434-906-0414

cvillepowerwashing.com
mrcurbappeal@yahoo.com

Where is the Love? Right Here in Forest Lakes!! Local LulaRoe Consultant.

How to Find The Love:

*Friend Request Alvina Astred
*Join LulaRoe AA VIP Charlottesville, VA (Member Request Call 434-882-0317)
*Inquire about Personalized Shopping Times, Tea in the am, Girls Night Shopping and Regular Open House Hours. Mention this ad and receive 10% off on your first purchase.

Michael Frazier
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*Gutter Cleaning & Mildew Removal
*Metal Roofs
*Free Estimates
*References Available

434-825-7327
mrfrazier74@hotmail.com

BADGER HANDYMAN SERVICES

DRYWALL
PAINTING
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CARPENTRY
WOOD TRIM
REMODELING
MAINTENANCE
DECK REPAIR
PRESSURE WASHING
TILEWORK
BASIC PLUMBING
CABINET & COUNTER INSTALL
AND MANY OTHER SERVICES

Now taking reservations for snow removal
- Forest Lakes Resident

Paul Urmanski
(434) 996-2979
badgerpowerwash@gmail.com

FREE ESTIMATES

D&L'S HANDYMAN SERVICE

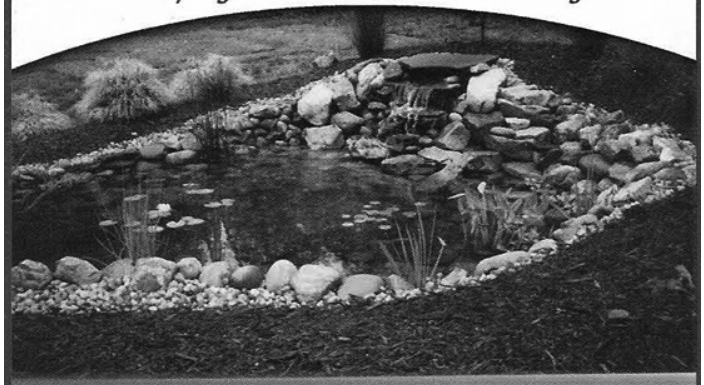
DANNY CRICKENBERGER
434-270-5021

PAINTING • STAINING • SMALL HOME REPAIRS
STUCCO • GUTTER CLEANING • POWER WASHING
SPRING TRASH REMOVAL & MORE...

Also do snow removal – driveways, sidewalks, parking

D&D Lawn Care

Landscaping • Water Garden • Irrigation



- Mowing Contract
- Commercial/Residential
- Mulch Delivery
- Fertilizer Contracts
- Landscaping
- Irrigation

Licensed **985-2429** Insured

CHARLOTTESVILLE

DENTAL MEDICINE at FOREST LAKES

Serving Central Virginia Families Since 1989

Kenneth Rasmussen, DMD, PC

Today's Technology Practiced with Caring Tradition

Preventive
Cosmetic
Restorative

New Patients Welcome
Nitrous Oxide Available
Insurance Accepted and Filed
VA Dental Association Member

Forest Lakes Shopping Center
29 N, opposite Hollymead Town Center
1752 Timberwood Blvd.
Charlottesville, VA 22911
434-974-6492
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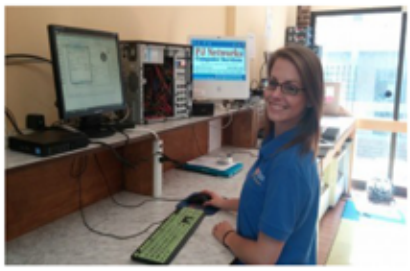

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