



DIRECTOR'S MESSAGE

Summer is winding down in Forest Lakes, cooler weather is on the horizon, children are back in school and schedules are once again becoming more structured for many of us. Douglas Aquatics finishes a successful tenth season with Forest Lakes this weekend. Our pools will close on Labor Day at 7:00pm. Thanks to our pool managers and lifeguard staff for keeping our pools safe and clean this summer.

The 2017 Budget process is underway. Developing the budget is one of the most important, and time consuming, responsibilities of your Board of Directors, and we welcome your input. There are three major elements involved: The annual operating budget covers "everyday" needs, such as landscaping, community management, utilities, insurance, and many other detailed items. The capital spending plan covers major long-run maintenance and improvements (which are funded from our separate replacement reserves account, and are based largely on projections from the independent reserves study). Homeowner assessments are set to cover the annual budget spending plus the fixed annual amount that has been established to deposit into the replacement reserves fund for major capital project spending. The budge schedule is as follows:

September 28: Board work session. The annualized actual spending levels for this year and the full year starting point projections for next year's budget will be reviewed at this Board meeting.

September 29: Budget carryover meeting will be held at the Pavilion, if needed.

October 1: Draft budget will be posted on the website. You can also obtain a hard copy from the FLCA office.

October 26: Community input session will be held from 6 - 7PM at the Pavilion. Any homeowners who would like to make a comment or suggestion regarding the budget, including specific items to include or exclude, is welcome to come at that time. We welcome your comments and suggestions — especially related to specific items or needs related to maintenance and other budget categories. You are not required to come for the full session— you can come and make your comment and then leave. If you simply have a question or want more information about the process, please check the Forest Lakes website or contact the FLCA office, as we do not

IN THIS ISSUE

- ❖ Fall Shredding and Bulk Pick Up
- South Courts Grand Reopening
- Labor Day Trash Schedule
- ❖ Are You a Road Runner?
- Trash Talk
- Bear Info
- ❖ Bible Study, Begins, September 7th
- Directories Available
- Farmer's Market News
- Tennis News
- Forest Lakes Playgroups!
- Fitness Schedule
- ❖ Bible Study Will Start Back in August
- Forest Lakes Coffee Group

CALL 973-4596 TO ADVERTISE IN THE NEWSLETTER

(Article continues on Page 3)

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 2016 BOARD OF DIRECTORS AND OFFICERS

Chris Hapgood, President cch1@hapgoods.com

Rich Hooper, Secretary rch2r@virginia.edu

Fulton Gaylord Vice President fulton@kw.com Sue Friedman Director/Contract Review sue friedman@hotmail.com

Scott Elliff, Treasurer scott@ducardvineyards.com

Carmine Covais, Director/ARB covais01@comcast.net

Steve Janes, Director, janes215@yahoo.com

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

Director's Message (continued from Page 1)

expect to have time for general Q&A during this meeting. Budget board work-session will take place after community input.

October 26: Budget will be reviewed and approved at the Board meeting.

November 1: Budget will be published on the website and hard copy will be available at the FLCA office

Budget highlights will be covered in the November newsletter.

Note: this process addresses the Forest Lakes Community Association only, which includes all homeowners. If you live in an attached home or townhouse governed by a sub-association and with separate fees, you need to contact your sub-association regarding its budget process.

Your FLCA Board of Directors

FALL SHREDDING AND BULK PICK UP

Dates have been set for the Forest Lakes semi-annual shredding and bulk trash pickup.

Shredding will take place on Friday, October 7th from 10am - 2pm in the North Pool parking lot.

Bulk pickup up is scheduled for Saturday, October 8th. County Waste will start about 7am in Forest Lakes. Please put items on your curb the evening before. Absolutely no hazardous waste, asbestos, batteries, liquids, paints, oils, tires, or computer parts. Tree trimmings and brush must be either bagged or bundled/tied and less than 3 feet in length. No large appliances unless pre-arranged with the County Waste office. Please call 434-296-6000 to make arrangements or for any other questions.

SOUTH COURTS - GRAND REOPENING

The South Tennis Courts overhaul is finished and they are ready for play! Our Tennis Pro, Jim Labinski, has scheduled fun activities for Sunday, September 11th. Come out for some great tennis with your neighbors, refreshments and beautiful new courts!

Schedule below:

1:00pm - 2:30pm 2:30pm - 3:30pm 3:30pm - 5:00pm Junior Round Robin Pickle Ball Demo Adult Mixed Round Robin

FLCA MONTHLY BOARD MEETING

The next Board Meeting will be Wednesday, September 28th, 2016 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.

LABOR DAY TRASH SCHEDULE

Trash will be the normal pickup day, Wednesday, September 7th the week of Labor Day. There will be no disruption in service due to the Labor Day holiday.

ARE YOU A ROAD RUNNER?

We hope not! Running on the roadways is dangerous to you and to drivers. You may think you can be seen, but many times, especially around corners, curves and hills you are not as visible as you may think. Many times a car cannot see you until it is too late. So please be safe, run on our trails, or on a treadmill!

DIRECTORIES AVAILABLE

There are new Forest Lakes directories available for pickup in the FLCA office. These are for Forest Lakes residents' use only. The office is open Monday – Friday from 9:00am – 5:00pm.

FARMER'S MARKET NEWS

The Forest Lakes Farmer's Market continues strong every Tuesday from 4:00pm – 7:00pm at the South Pool parking lot. Now that we're officially into summertime, there's an abundance of fresh fruits and vegetables. Come on out, take a stroll and see what treasure and goodies you can find!

Trash Talk



Some helpful info when toting out your trash:

- Please take toters to the curb the <u>evening</u> before trash day and bring in toter by the evening of the day of trash pickup.
- If you find you are needing more than one toter, you may get another one free of charge. Just call our contractor, County Waste, at 434.296.6000.
- Please do not leave extra things outside of your toter for pickup. Put all trash inside the toter.
- County Waste will, however, pick up to 10 bags of yard waste/leaves per pickup. Remember, no dumping in our common areas!
- If you are moving into the neighborhood and have boxes and packing materials, please call the FLCA office to schedule an extra "move-in" pickup. All boxes must be flattened and left out at curb.
- If you have any other questions or concerns, please call the FLCA office at 434.973.4596.



South Courts Grand re-Opening



The hard courts at the Forest Lakes South facility are finished and ready for play! Come join us for a "Grand Re-Opening" on Sunday, September 11th. There will be fun, refreshments, tennis and pickle ball for all ages!

1:00-2:30	pm	Junior 7	Γennis	Round	Robin

2:30 - 3:30pm Pickle Ball Demo and Play

3:30 – 5:00pm Adult Mixed Round Robin

Fall Junior Tennis

The Fall After School Junior Tennis Program will kick off on September 6. Information is available on the FLCA website, at the Pro Shop, or at the FLCA office.

For more information on any of the tennis programs listed above, please contact:







Jim Labinski Tennis Director

Cell: 434.249.6420

Email: zentennis929@gmail.com

YOU ARE IN BEAR

As Virginia's black bear population grows and expands, black bears are becoming an increasingly common sight across the Commonwealth. Additionally, human populations are also growing and spreading across most areas of Virginia.

Black bears and human populations commonly coexist in many parts of North America. Black bears occur throughout most of the Commonwealth, and residential areas of Virginia are encroaching into forested lands and habitats commonly used by wildlife.

Many people enjoy the opportunity to see bears in the wild. However, when humanrelated foods become available to bears, problems may occur. Residents and visitors to Virginia can minimize negative interactions with bears by following some simple guidelines.

Let's work together to keep Virginia's wildlife truly wildl



Residential Bear Problems

Bears are highly adaptable, intelligent animals and may learn to associate human dwellings with food. Bears are attracted to residential areas by the smell of food around homes.

- by The most common food attractants are bird feeders, garbage, and pet food, but grills, livestock food, compost, and beehives can also attract bears.
- any time of year, but are more common when natural food supplies are limited, usually in spring or in years when nut and berry productions are low.
- solutions. The typical problems have simple solutions. The typical problems involve turned-over garbage containers, trash littered across the yard, bears entering dog pens or coming onto porches to eat pet foods, or damaged birdfeeders. However, bears that learn to associate food with people can cause property damage in their search for food around houses.

If addressed quickly, problems are often resolved immediately. After a few failed attempts to find food, bears will usually leave the area and return to more normal wild food items.

If problems are ignored, property damage can not only get worse, but bears may lose their fear of humans. Bears habituated to humans pose public safety concerns and often need to be destroyed.

You Can Prevent Nuisance Bear Problems

Black bears have a natural fear of humans, are shy, and usually avoid people. However, bears may be attracted to food sources in residential

- to Secure your garbage: Store garbage indoors, in a shed, in a garage, or in a bear-proof container.
- so Put garbage out in the morning of pickup, not the night before.
 - so Take trash to the dump frequently.
- will eat in a single feed pets only what they will eat in a single feeding or feed them indoors. Remove the food bowl soon after pets finish. Pick up uneaten food. Do not leave food out overnight.
- so Remove the bird feeder: Bears consume seeds and nuts found in the wild, so bird feeders become a favored target for bears.
 - o Clean the outdoor grill often.
- so Do not put meat scraps or any other strong-smelling food in the compost pile. Consider an enclosed compost bin.
- so Pick up and remove ripe fruit from fruit trees and surrounding grounds.
 - so Install electric fencing to protect beehives, dumpsters, gardens, compost piles, or other potential food sources.
- es Talk to your neighbors: Make sure your neighbors and community are aware of the ways to prevent nuisance bear problems.

Feeding Bears is Illegal

Never Intentionally Feed a Bear











The Neighborhood Page



2016 THORNRIDGE BLOCK PARTY!

When: Saturday, Sept 10th, 4-7 pm (raindate Sept 11th)

Where: Coralberry cul de sac

This year, we are hosting a Back-to-School food drive for the Blue Ridge Area Food Bank – please bring a back-to-school food item such as peanut butter, fruit cups, granola bars, snack crackers, etc. (non-perishable, no glass please!)

For details contact Jane Keathley, <u>jkeathley2657@gmail.com</u> or LeAnn Mitchell, lymitchell@icloud.com.

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?

Retting 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

FITNESS AT FOREST LAKES

FOREST LAKES FITNESS CLASS SCHEDULE September 2016

GENERAL FITNESS

CORE BARRE

<u>Tuesday/Thursday</u> 5:00 – 6:00pm Monday/Thursday

6:00 – 7:00am Boot Camp

Beth Solak 7:30-8:30pm Monday

Suzette Buck

9:15 - 10:15am Women's Strength &

Conditioning Randi Marshall

YOGA

SENIOR FITNESS Monday

Fridays 6:15 -7:15pm Tech and Flow I

Karen Schultz

10:00 - 11:00am Fusion Fitness Fun for Wednesday

Seniors

Antje Waxman 6:15 -7:15pm Tech and Flow I

Karen Schultz

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.

く FITNESS AT FOREST LAKES >

GENERAL FITNESS

For the <u>Strength and Conditioning</u> class, contact ACE certified personal trainer Randi Marshall at 960-1168 or email her at: <u>rsrmarshall31@embarqmail.com</u>.

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.

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.

FUSION-FITNESS FUN CLASS FOR SENIORS

A custom-designed class for seniors that delivers a safe, effective, grounded cardiovascular workout combining movement forms from Jazz Dance, Irish Dance, Latin Dance, Line Dance and other International dance. This class allows students to move safely based upon each person's ability and focuses on mobility, balance and flexibility. All movements are easy to follow. For all fitness levels, no prior training is necessary. If you want to work out and have fun – this is the place to be! \$14/class, drop-ins are welcome, first class is complementary. Call Antje Waxman for more information at 296-5909.

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.

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





Family Style Restaurant Breakfast • Lunch • Dinner
Breakfast Served All Day
Monday-Saturday 7:00am-10:00pm • Sunday 7:00am- 3:00pm

3450 Seminole Trail, Suite 101 • Charlottesville, VA • 22911 434.328.8939

* Across from Forest Lakes, next to CVS



Take the easy route.



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

DEPARTURE SCHEDULE			RETURN SCHEDULE				
A	Food Lion Forest Lakes	7:00am	8:00am	E	Downtown Library	4:40pm	5:20pm
B	Hollymead Towncenter	7:05am	8:05am	(UVA Hospital West Complex Side	4:50pm	5:30pm
C	UVA Ruffner Hall	7:30am	8:30am	G	Memorial Gym	5:00pm	5:35pm
D	UVA Hospital Jordan Hall Side	7:35am	8:35am	A	Food Lion Forest Lakes	5:30pm	6:10pm
E	Downtown Library	7:45am	8:45am	B	Hollymead Towncenter	5:35pm	6:15pm

Questions? Visit us at www.29express.org



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 at the North Pavilion on Thursday, September 15th from 10 am - 12 pm. We will enjoy our usual coffee, teas, fresh fruit and pastries. Last month we welcomed former members as well as some new faces. So put the date on your calendar and remember to encourage new neighbors and residents to join our group! The temperatures are finally cooling down so a hot beverage and good company is always enjoyable. Looking forward to seeing you then. Take care. 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!

NEIGHBORHOOD WATCH UPDATE

Thank you to those who have volunteered to be neighborhood block captains so far! Minimal work is involved – and thankfully we live in rather safe neighborhoods! The main focus for the block captain is to receive emails and notices about occurrences and alerts from the FLCA Office. The Block Captain, in turn, disseminates that information to the residents in their given neighborhood via email.

The search is still on for captains needed in the following neighborhoods:

Amberfield
Arbor Lake
Whispering Woods
Aspenwood I
Kernwood
Magnolia Bend
Pepperidge
Willow Bend

Please contact Tamera Hammond at the Forest Lakes Office at 973-4596 or thammond@forestlakes.net.

Thank you!

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 will begin again on Wednesday, September 7, from 10-11am at the North Pavilion. It will continue every Wednesday morning. 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 in September!

AD SPACE OFFERED...

The Forest Lakes Community Newsletter offers ad space in each monthly issue. The newsletter reaches 1400 households – all within five minutes of many businesses in Charlottesville and northern Albemarle County. The submission deadline for advertisements is the 23rd of each month. The newsletter is delivered the 1st weekend of every month.

The prices are as follows:

Business card - \$20.00

1/4 Page - \$45.00

1/2 Page - \$75.00

Full Page - \$150.00

Size - 3.5" wide x 2" tall

Size - 4" wide x 5" tall

Size - 7.5" wide x 5" tall

Size - 7.5" wide x 9.5" tall

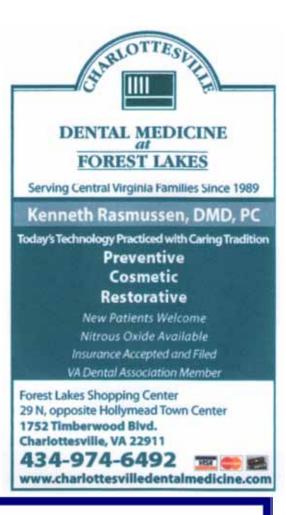
A 10% discount is available for prepaid ads placed to run at least 3 months.

Ads are subject to approval by the Forest Lakes Community Association. Ads should be camera ready and preferably emailed to thanmond@forestlakes.net. For further questions, please email or call 434-973-4596.

Disclaimer

The Forest Lakes Community Association, Inc. makes no representation or warranties, express or implied, as to the accuracy and or qualifications of any advertised service or product contained within this publication.





SOUTHERN STATES OFF PROFFIT ROAD (434) 974-6147



SEED 40lbs.





\$34 per cubic yard SUNFLOWER BIRD HARDWOOD MULCH Delivery to FLN & FLS \$20

\$10.31 20lb Tank Refill OR \$2.29 PER GALLON





"Let us do the dirty work"
We will be in your neighborhood this week

MJ Fulton Services

Call for a FREE ESTIMATE Today!

\$99

deck cleaning special

up to 12' x 15' deck additional charge for steps & deck sealing

cvillepowerwashing.com

With this coupon. Not valid with other offers or prior purchases. Offer expires 9/17/2016

434-906-0414





Looking for that special getaway with your loved ones or friends? A vineyard or brewery tour is just what you need and it's our specialty! Mabey you just need to go to or get picked up from an airport, we can handle that too. Visit our website or give us a call, "We'll take you there".

What can you expect from Judy and Tara Savage, the Forest Lakes Real Estate Experts for over 20 years?



- Representation by TWO top agents who have helped THOUSANDS of families
- * EXPERT preparation of Market Analysis based on the features of YOUR HOME
- * RECOMMENDATIONS on improvements to help your home SELL for more MONEY
- * Top notch MARKETING including PROFESSIONAL PHOTOGRAPHY AND 3D TOURS
- In-home STAGING from simple décor to full furnishing of rooms
- * Intelligent and Personable COMMUNICATION and ADVICE
- * UNPRECEDENTED online marketing * EXPERIENCE to foresee and RESOLVE issues
- * Expert NEGOTIATIONS of contracts and COMMUNICATION of all activities
- * COORDINATION of home inspection repair requests
- * PROFESSIONAL full time Marketing Coordinators and Closing Coordinator in house
- * A "SOLD BY THOSE SAVAGES" sign in your yard and a SMILE ON YOUR FACE!



951.9244 OR SavageTeam .com

KW KELLERWILLIAMS.



"We climb to the top, so you don't have to!"



Grubb Tree
Fully Insured

CLIMBING & Gully Insured (540) 718-9199 SPECIALISTS (540) The grubbtree.com

OVER 15 YEARS EXPERIENCE

AN EXPERIENCED COMPANY THAT CENTRAL VA RESIDENTS HAVE TRUSTED ABOVE AND AROUND THEIR HOME SINCE 2006!

Grubb Tree • (540) 718-9199 • grubbtree.com

RECOMMENDED SERVICES

- Large & Small Tree Removal
- Pruning Remove unsightly or dangerous limbs.
- Topping Reduce tree canopy by up to 50%.
- Bush Trimming Trim hedges to your desired size and shape.
- Stump Grinding Roots and trunk are chipped.
- Hauling Debris Get rid of all that brush build-up!
- Tree Feeding Strategically placed fertilizing!
- Lot Clearing Start from scratch with a clean yard!

TREE TOO DANGEROUS? NOT A PROBLEM!!

We do dangerous and hazardous removal. Check out our POV Videos on our Facebook page or Youtube Channel.

BENEFITS

Personal Service

 You now have a dependable tree guy that will show up on time and get the job done quickly, safely and correctly.

Peace of Mind

- We have a \$1,000,000 Insurance Policy
- 3 Month Follow Up
- We stay in touch, so you don't have to worry about losing our number!

PRSRT STD ECRWSS U.S. POSTAGE PAID EDDM RETAIL

Local Postal Customer

TESTIMONIALS

"Took out a large oak tree, which was in a challenging location, next to a retaining wall and my house! Great work! Luke & team are highly skilled"-Katie B.

"Very good work, professionally done. I recommend Grubb Tree Service and would engage again." - Marie J.

"I'm a first time home buyer. Didn't realize how much work my relatively big yard would require. There were bushes and some unnecessary trees everywhere. Grubb Tree Service did excellent work." -David H.

Want to see what we do first hand? Check out our POV Videos!







Angies list



The Pain & Spine Center provides medical treatment for many pain conditions including:

- · Chronic low back pain
- Sciatica and Radiculopathy
- Neck pain/radiculopathy
- Degenerative disk disease
- RSD/CRPS
- Chronic headaches
- Post-herpetic neuralgia
- Chronic pelvic pain
- Chronic abdominal pain
- · Central pain syndromes including post stroke pain
- Phantom limb pain
- Fibromyalgia, Lupus
- · Diabetic and other peripheral neuropathies
- Rheumatoid Arthritis
- Osteoarthritis

Dr. Akhtar Purvez is an experienced interventional pain physician who trained in Anesthesiology at Boston University and in Pain Medicine at the University of Virginia. He is certified by the American Board of Pain Medicine, the American Board of Anesthesiology in Pain Medicine, and the American Board of Disability Analysts. He has been in pain practice since 2002.

We accept most insurance plans including Medicare/Medicaid, Veterans and Workman's compensation.

If you are suffering from chronic pain, contact us now at 434.328.2774

www.PainSpineCenters.com

1807 Seminole Trail, Suite 201, Charlottesville, VA 22911

If you have to wait for your computer, it's broken.



*Meet Christian! The newest member of our team! He's instantly lovable & wants to help you. Give him a hug when you see him!!

A computer should be invisible.

Like your oven or faucet, you should just be able to use your computer. Time spent waiting for it or trying to get it to do what you want, will add up over time to be HUGE.

Computing should never be painful.

A good appliance is enjoyable to use. A good appliance looks friendly and acts friendly. This is what your computer can be to your workplace or home.

Our job is to help you be at peace with your electronics.

Unlike standard appliances, computers are constantly modified and tweaked by users and are under attack by the outside world. We can take this unstable, moving environment and make it a safe, reliable environment. This is what we do!

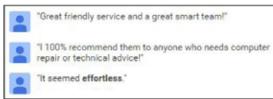
We are highly-trained, super-caring guys who take your issues seriously.

We work together to craft solutions that solve problems... QuickFix is simply a caring solutions company that uses technology to help businesses and end users succeed.

See for yourself what makes our company stand out.

Call us and talk to one of our techs... just tell them what you need... then smile. :)

QuickFix - 21 Photos - IT Services & Computer Repair - 660 ... - Yelp www.yelp.com > Local Services > IT Services & Computer Repair ▼ Yelp ▼ ★★★★ Rating: 5 - 5 reviews (434) 220-5433 ... 5 reviews of QuickFix "Recently, I took my laptop, which was having power issues ... See More IT Services & Computer Repair in Charlottesville



434-220-5433 www.quickfixgeek.com