

# Forest Lakes Community News

January 2022

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Dear Friends and Neighbors,

After 15 years serving and representing you, I am stepping down from the Forest Lakes Board of Directors. This column and the January annual meeting will be my final reports to you on the community's overall financial and related health, and represents my personal perspective alone.

The community is in an outstanding position in all respects.

The operating budget continues to provide for a wide range of services and homeowner activities, with modest annual increases in assessments. Over the past 10 years, the average increase has been under 2%, with several years where there was no increase, all while fully funding the long run maintenance of our multi-million dollars of community assets. I don't know of any other organization that can say that.

We have a stable and able management company handling our day-to-day affairs, and a full range of policies and procedures relating to financial management, investment, Board member ethics, homeowner grievances (very few indeed), architectural standards and more – virtually none of which was in place when I joined the Board back when.

Forest Lakes is a unique community that will never be duplicated – with a cul-de-sac design that basically eliminates all non-local traffic, an unequaled set of recreational amenities, and yes a rich combination of forests and lakes that makes it a welcome respite from the outside world. It's one that is highly sought after by people coming to Charlottesville – and your superior property values reflect that.

But there also important issues that you need to be aware of, coming up in future years.

1. Forest Lakes, mostly built 20-40 years ago, is competing against new construction in every direction – Brookhill, Northpoint and elsewhere. It will be even more important to keep our community looking good and everything up to date and appealing. The Board has focused over the past few years on maintaining and upgrading our recreational amenities and buildings, and the recent work to thin and better manage the foliage around the lakes is an important element of that.
2. Pressures to 'connect' Forest Lakes with the surrounding road network will continue – and if successful would dramatically change the nature of our community. We have successfully defeated all such efforts to date, including the 'Northern Bypass' a few years ago, and efforts by Brookhill more recently, but the pressure will continue and call for diligence by those who live here.
3. There is overwhelming pressure to densely develop the surrounding area, with associated traffic, environmental risks, school overcrowding and more. Until recently we have been successful in preventing this, but as many of you know the newly approved RST development on the corner of Ashwood and Route 29 could bring these undesirable results. And the county's appetite to continue to develop the 29 North corridor, with shockingly high densities, appears to be unabated. The one large remaining tract within forest Lakes, next to the south recreation center, will presumably be developed one day – and it will be vitally important to everyone that it be done 'right' and consistent with community standards and values.

*Continued on page 3*

<b>Function</b>	<b>Organization/Person</b>	<b>Contact Information</b>
FLCA Site Manager (dues, ARB, common ground maintenance requests, building rentals, pool, and other FLCA issues or questions).	Tamera Hammond Community Group, Inc.  Grace Elliff Community Group, Inc.	1828 Pavilion Circle Charlottesville, VA 22911 (434) 973-4596 manager@forestlakes.net  FLAdmin@forestlakes.net
After-hours emergencies involving common areas, buildings or facilities	Community Group Emergency Hotline (call 911 also if necessary)	1-804-254-0427. Follow prompts for Homeowner Services; include your contact info and description.
Arbor Lake, Ashland	Stephanie Crouch <i>Real Property, Inc.</i>	(434) 823-4407 Arborlakesmanager@gmail.com ashlandmanager@gmail.com
Ravenswood and Ravenscroft	Danielle Campbell <i>Real Property, Inc.</i>	(434) 465-6917 ravensmanagerrpi@gmail.com
Willow Bend, Worth Crossing	Danielle Campbell <i>Real Property, Inc.</i>	(434) 465-6917 willowbendmanager@gmail.com worthcrossingmanager@gmail.com
Springridge	Mark Marshall <i>Real Property, Inc.</i>	(434) 202-1852 springridgeassociationmanager@gmail.com
Gateway Village	Sanjay Suri <i>Community Group, Inc.</i>	(434) 984-0700 ssuri@communitygroup.com
Mailbox Nameplates and Repairs	Dick Billings	(434)960-4999 dick.billings@gmail.com
Soccer Field Reservations	Tamera Hammond	manager@forestlakes.net
Tennis Pro	Jim Labinski	Tennis Pro Shop (North): (434)974-5567 Cell: (434) 249-6420 Zentennis929@gmail.com 1818 Pavilion Circle, C'ville 22911
Webmaster Forest Lakes Website – www.forestlakes.net	Tamera Hammond	manager@forestlakes.net
	<b>OTHER CONTACTS</b>	
Drivers/Car Licenses	Virginia Department of Motor Vehicles (DMV)	866-368-5463/www.dmvnow.com
Electricity	Dominion Virginia Power	(888) 667-3000
Roads & Signs, Snow Plowing	Virginia Department of Transportation (VDOT)	1-800-FOR-ROAD/800-367-7623
Trash Removal	County Waste	(434) 296-6000
Water and Sewer	Albemarle County Service Authority	(434) 977-4511
Gas	City of Charlottesville	(434) 970-3211
Albemarle County Police Non-Emergency		(434) 977-9041

# Director's Column Continued

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Your personal involvement is critical to retaining the character of Forest Lakes as you know it, so I urge you to stay informed and be prepared to participate when the Board indicates they need your help – and indeed to reach out to them when you see issues coming up.

The county beginning a major effort to update the Comprehensive Plan, which among other things establishes land use and densities. Related but separate, a 29 North Community Advisory Commission is in place to provide important local perspective on this and related issues. I would encourage homeowners who are concerned about the future direction of this part of the county to get involved in these efforts.

As a side note, we have long been represented on the county Board of Supervisors by people who do not live in the Forest Lakes area. Our district is an oddly shaped area that includes rural Keswick estates together with the commercial (and residential) area of Route 29 North. It might be appropriate to consider whether supervisors who don't live here can understand the uniqueness of Forest Lakes and forcefully advocate for us.

I encourage you to support the four incumbent Directors who are offering to continue to serve you. They share my view of protecting and enhancing our community going forward, and all have a track record of doing so. Their bios are included in your packet but I'd like to add my perspective about them and their capability and commitment.

Jimmy Baranik has been a strong proponent of our lakes and forests – pretty appropriate. Local realtor Todd McGee has, among other things, been in charge of keeping the look and feel of our community strong, Dick Billings has most recently been leading the effort to ensure that Arbor Lake and the surrounding areas not be degraded during construction of the new Timberwood Townhouse development), and attorney Rich DiMeglio has taken a leadership role in opposing the new RST development at Ashwood and Route 29 – and will be focusing on ensuring that all requirements and promises are met going forward.

It's been an honor for me to have represented you for all this time, and I have gotten to know many of you through our shared commitment to the great lifestyle we enjoy in Forest Lakes. Thank you.

Scott Elliff

Jimmy Baranik, President

Jane Keathley, Secretary

Nancy Trudel, Director

Todd McGee, Vice President,  
ARB Chair

Dick Billings, Director

Rich DiMeglio, Director

# IN CASE YOU MISS CHRISTMAS TREE PICK UP ON THE 11<sup>th</sup>.....here is info from Albemarle County:

## Don't Trash Your Christmas Tree, Recycle it for FREE

Whether you take down your Christmas tree on December 26 or January 16, in Albemarle County you can recycle your tree, **FREE** of charge!

The Parks and Recreation Department will operate seven drop-off sites from December 27, 2021, through January 17, 2022. The hours are daily from 7 am until one hour after sunset.

### Christmas tree recycling sites:

- **McIntire Recycling Center\*** – 611 McIntire Rd. Charlottesville, VA 22902
- **Claudius Crozet Park** – 1075 Claudius Crozet Park, Crozet, VA 22932
- **Greenwood Community Center** – 865 Greenwood Rd. Crozet, VA 22932
- **Chris Greene Lake Park** – 4460 Chris Greene Lake Rd. Charlottesville, VA 22911
- **Darden Towe Park** – 1445 Darden Towe Park, Charlottesville, VA 22911
- **Scottsville Community Center** – 250 Page St. Scottsville, Va 24590
- **Walnut Creek Park** – 4250 Walnut Creek Park North Garden, VA 22959

*\*The recycling location on McIntire Road may be congested. Please consider Darden Towe Park as an alternate location that is less congested and is suited better for large loads and contract haulers.*

Please remove all decorations, lights, stands, and nails before dropping off trees. And remember, the sites are only accepting discarded Christmas trees, please do not bring yard waste.

**All CDC open space guidelines related to COVID-19 must be followed while at each location.**

The recycled trees will be chipped into mulch and the mulch will be available for **FREE** starting January 24, 2022, at Darden Towe Park and Crozet Park.

The County's Christmas Tree Recycling Program has been helping residents discard trees and reducing the impact on our landfills since 1988. The program collects approximately 2,300 Christmas trees each year and turns them into mulch.



# Keeping in the Loop

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## DUES AND ANNUAL MEETING REMINDERS

**DUES REMINDER**—Beginning this month dues are \$286.00 per quarter/\$1,144.00 annually. If you pay automatically through your bank, please don't forget to update the amount. If you pay through Klik 'n Pay, the payment should automatically update unless you've put a cap on the amount that can be withdrawn. Please contact the FLCA office should you have questions. Coupon booklets have been mailed and everyone should have received theirs by now. If you pay by Klik 'n Pay, you will not receive a booklet.

**ANNUAL MEETING** – The 2022 Annual Meeting date has been set for 6:00pm on Wednesday, January 26th at the Forest lakes Poolhouse. All Forest Lakes homeowners are invited to attend and should have received the annual meeting information packets in the mail. In case of inclement weather, the meeting will be on February 2nd, 6:00pm, in the Poolhouse.

Whether or not you plan to come to the meeting (and we hope you do!) please remember to send your ballot in early in order to establish a quorum. If a quorum is not established, we'll have to re-send out all information which costs the homeowner's association money!

## SNOW REMOVAL

Residents do NOT pay for snow removal with their HOA dues. VDOT maintains the roads in our community. They are responsible for repairing pot holes and cracks in the pavement and removing snow and ice. If you see a problem or have a question, you may call them at 1-800-FOR-ROAD.

When snow is forecast, please park all your cars in your driveway. Any cars that will not fit in your driveway should be parked on the odd-numbered side of the street so the plow can clear the other side of the street. If you have a sidewalk, you are responsible for clearing it in front of your home of all snow and ice. Forest Lakes is responsible for clearing the parking lots at both the north and south facility.

**PLEASE NOTE:** If you live in a sub association, these guidelines may not pertain to you. Please contact your property manager in your sub association for questions and clarifications. (Sub association property manager contacts can be found on page 2 of this newsletter.)

**SEE THE VDOT SNOW REMOVAL FACT SHEET ON PAGES 9–10 IN THIS NEWSLETTER!**

## DMV – COMING TO FOREST LAKES IN JANUARY BY APPOINTMENT ONLY

The DMV will again be at the Forest Lakes Pavilion on Tuesday, January 11th from 9am – 4pm (last appointment will be taken at 3:45pm). This will be by appointment only – call the office at 434/973.4596 to schedule yours. There are still plenty of appointments remaining in the afternoons.

## TRASH SCHEDULE/CHRISTMAS TREE PICK UP DATE

Trash service will resume on Tuesday, January 11th. Since we missed last week's service, extra bags will be picked up if necessary.

Christmas tree pick up will be Tuesday January 11th. Have your tree cut into 3' sections, all ornaments and decorations off and on the curb. Any tree left out after this will be charged extra for pick up.

## HAPPY NEW YEAR FROM TING!

Ting has begun construction of our fiber optic network in Forest Lakes North. We will be building a fiber path to over 600 addresses. The process can be long and we will keep you updated throughout this project. We are anticipating the construction to be completed by the end of Q1 2022, give or take a few weeks based on winter weather in Charlottesville! Once construction is completed, our team will work to connect the neighborhood back to our main fiber path. This part of the process can be lengthy, but we are hopeful that Forest Lakes North will be lit with Ting Fiber Internet by mid-year 2022! We will also begin construction for Forest Lakes South in mid-2022! Look for updates in your Forest Lakes newsletter and if you have questions, please contact our customer support team at (434) 227-5984 or [ting.com/cville](http://ting.com/cville).

## ARE YOU SIGNED UP FOR OUR EMAILS?

It's easy get on the list. Either go to our website at [www.forestlakes.net](http://www.forestlakes.net) under "Announcements" and sign up or call the office at 434.973.4596 and they'll do it for you! Be an informed resident!

## NEW TO FOREST LAKES?

We welcome you! If you haven't already, please stop by the FLCA office – we'd love to meet you and answer any questions you may have. Our office hours are Monday–Friday from 9-5.



# MOSQUITO SQUAD®

## Happy New Year!

Even though we are bundled up and enjoying bug-free snow days, spring is just around the corner! Sign up early and save **BIG** on all mosquito, tick and stinkbug barrier treatments! Now through March, take 10% off all season-long packages!



**The Rexrode Family**  
Jake, Amber & Brynn



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# Neighborhood Notes

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## FLCA MONTHLY BOARD MEETING

The next regular Board Meeting will be on Wednesday, 23 February 2022 at 6:00 in the Pavilion. The agenda for the meeting is available one week prior to the meeting at the association office and on the website. Please note that the topics for the meeting can change. The January meeting will be the Annual Meeting on January 26th at 6:00 in the Poolhouse.

## INTERESTED IN EUCHRE?

If you are interested in playing Euchre at the Pavilion during the week on Tuesdays or Thursdays (to be decided) please contact Nancy at [nancymissana@gmail.com](mailto:nancymissana@gmail.com). She'd love to get a group together!

## PARENTS GROUP

I would like to create a group for parents in the Forest Lakes community called Parents of Forest Lakes. We live in a great neighborhood with many families, and it would be fun to get to know each other more both in person and virtually. My hope is to plan family friendly events as well as adult only events. This would allow more neighbors to meet one another and for kids to make more friends. Please contact Melissa Helentjaris at [mnhelentjaris@gmail.com](mailto:mnhelentjaris@gmail.com) if you would like to be included in this group via FB.

## FOREST LAKES BOOK CLUB

The Forest Lakes Book Club meets the third Wednesday of every month at 1:00 at the Pavilion. There will be no meeting in December. The next meeting is on January 19th. The book selection is "The Thursday Murder Club" by Richard Osman. All residents are invited - please come and join the discussion!

## LACROSSE – WE WANT YOU!

If you have a child that is interested in playing lacrosse at any level, please contact Forest Lakes residents Hunter or Kelly Lynn. Hunter is the travel lacrosse coach for middle school and Kelly is a former W&L Lacrosse player. Both know the game and want to get you involved! Contact Hunter at [hunterlynn3@gmail.com](mailto:hunterlynn3@gmail.com) or Kelly at [kellyl@acac.com](mailto:kellyl@acac.com).

## JMRL BOOKMOBILE

The James Madison Regional Library's bookmobile comes to the North Forest Lakes parking lot the 2nd and 4th Mondays of every month from 2:00-2:30pm. You can obtain a library card, turn in books, pick up a book on hold or just browse through its collection of 1500 to 2000 books for all ages and interests! Come by and pick up a book!

## EVER TRIED WRESTLING?

More presidents of the United States have wrestled than have done any other sport. Interested in your child learning more about wrestling? Not the "turnbuckles and broken chairs" craziness but the disciplined martial art that is a breeding ground for leaders and confident young people. Reach out to Forest Lakes resident Jim Harshaw. Jim, an NCAA All American (at UVA) and former Division I head coach, is a board member of the Cavalier Wrestling Club, a local USA Wrestling sanctioned Regional Olympic Training Center and youth program. [jim@jimharshawjr.com](mailto:jim@jimharshawjr.com) or 434-409-0257

## BIBLE STUDY

The Forest Lakes Bible Study group meets from 10-11am in the Forest Lakes Pavilion each Wednesday. Pastor Dave Johnson leads the discussion of the Book of John. Please call Becky Rohrback at 434/202.1373 with any questions. All residents are invited to attend.

## BABYSITTER AND PETSITTER LIST

The FLCA office has a list of babysitters and petsitters that are made up of Forest Lakes residents – for Forest Lakes residents. If you would like a copy, please call the office! If you'd like to be put on the list, please email Grace at [FLAdmin@forestlakes.net](mailto:FLAdmin@forestlakes.net).

## YOGA CLASSES

Tech and Flow 1 held in North Pavilion  
Tuesdays 11:15am – 12:15pm

A half hour of flowing standing movement with an emphasis on technique and breathing followed by a half hour of floor time. Please call, text or email Karen Schultz first if you would like to join us. All residents are welcome! 434/962.2208 or [leprofsch@gmail.com](mailto:leprofsch@gmail.com)

Wellness Through Yoga held in North Poolhouse  
Mondays 5:30-6:30pm

Hatha flow with emphasis on the breath, steadying the mind, and bringing awareness within ourselves. It's a level 1 and 2 class designed for Forest Lakes residents on a donation base. Space is limited. For further information and registration, please contact Tarti Djakaria at [tdjakaria38@gmail.com](mailto:tdjakaria38@gmail.com)

# Don't Wait, Plan for Your Family's Safety Now

Most accidents happen at home. Albemarle County Fire Rescue (ACFR) encourages everyone to take just a few moments to make your home and neighborhood safer.

Plan for your family's safety now in the event of a fire in your home. Check that smoke alarms are working and have an escape plan ready. Don't have an escape plan? We're here to help!

- Draw a map of your home showing all the doors and windows.
- Practice escape options with your family at least twice a year, once during the day and once at night.
- Know at least two ways out of every room. Close doors behind you as you leave.
- Teach children how to escape on their own.
- If the smoke alarm sounds, get out and STAY out. Call 9-1-1 from outside your home.

Remember, working smoke alarms save lives. Test them every month, and if you hear chirping – change the batteries! Install smoke alarms inside every sleeping room, outside each sleeping area, and on every level of the home.

Learn more about keeping your home safe at [www.Albemarle.org/SafeatHome](http://www.Albemarle.org/SafeatHome).



## AD SPACE OFFERED

The Forest Lakes Community Newsletter offers ad space in each monthly issue. The newsletter reaches 1455 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 to all Forest Lakes households the 1st weekend of every month. It is printed in black and white. The newsletter is also available (in color) on our website, [www.forestlakes.net](http://www.forestlakes.net).

Rates are as follows:

	Size (wide x tall)	Price Per Month
Business card	3.5" x 2"	\$20.00
1/4 Page	3.75" x 5"	\$45.00
1/2 Page	7.5" x 5"	\$75.00
Full Page	7.5" x 9.5"	\$150.00

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 print ready and emailed as a PDF to [manager@forestlakes.net](mailto:manager@forestlakes.net). For further questions, please email or call (434) 973-4596.



### How does VDOT prepare for winter?

Throughout the year, Virginia Department of Transportation (VDOT) employees across the state prepare for snow and ice by testing equipment, practicing snow routes and stockpiling thousands of tons of salt, sand and chemicals at strategic locations.

VDOT also contracts with individuals and companies with heavy equipment, which then are placed on standby should they be needed.

### How soon will all roads be passable after a winter storm?

**Generally speaking, VDOT's clearance goals are as follows:**

For one passable lane on all roads:

2-4 inches of snow: 24 hours after a storm ends

6 inches of snow: 48 hours after storm ends

More than 6 inches of snow: more than 48 hours after storm ends

**Snow-removal crews work around the clock until conditions are safe for travel.**

At night, hills and trouble spots may be covered with abrasives, such as sand, cinders or fine stone. Beginning around 4 a.m., crews prepare the roads for rush-hour traffic.

### What roads are VDOT responsible for clearing?

The department clears all state-maintained roads.

Incorporated cities and towns clear their own streets, as do Arlington and Henrico counties.

### How does VDOT decide what roads to clear first?

Safety and connectivity are key, so roads carrying the most traffic get top priority. VDOT clears interstates and most primary roads first. Crews also plow major secondary roads with vital emergency and public facilities or those with high traffic volumes.

Other secondary roads and subdivision streets will be treated if multiday storms hit Virginia, but crews will focus their efforts on roads that carry the most traffic.

A statewide network of 77 weather sensors in roadways and bridges allows crews to quickly identify when and where road surfaces might be freezing.

Primary roads, with one exception, are numbered 1 through 599.

Secondary roads are numbered 600 and up.

Snow emergency routes are key among the top priorities. Localities designate these roads for immediate snow removal so emergency vehicles can use them. Once the snow stops and main roads are clear, residential streets will be sanded or plowed.

### What should I do if there's an emergency, and rescue vehicles can't get through on the snowy roads?

Call 911 or local or state police immediately.

If they need help getting to you, they will work with VDOT to get the road cleared.

### Why do plows block my driveway with snow when they clear the road?

To make as many roads passable as quickly as possible, there is unfortunately no way to avoid this practice.

VDOT plow operators push snow off the roadway in smooth, continuous passes. It ends up in gutters and on road shoulders, sometimes blocking driveways.

To avoid doing extra work, shovel snow from your driveway after a plow has been by.

Shovel it to the right of your driveway as you face the road.

### Why do VDOT trucks sometimes drive with their plows up when it is snowing?

There are several reasons these trucks aren't plowing the snow. They may be spreading salt and sand. They may be out of salt or sand and headed back to the maintenance yard for a refill. Or they may be en route to their assigned area. Be assured that when it snows, VDOT crews work around the clock until the roads are passable.

[\(More\)](#)

## SNOW REMOVAL FAQ (continued)

### **Every year the street next to mine gets plowed, and my street is passed by until much later. Why?**

Many subdivisions have more than one snowplow assigned to clear their streets. If the plow you see doesn't get to your street, it means another one has been assigned to your part of the neighborhood and will be along soon.

If snow reaches two inches or more, VDOT activates an online neighborhood tracking map at <http://www.vdotplows.org>. Most VDOT trucks are equipped with automatic vehicle location technology, and many of them can be monitored on the tracker during snow removal operations.

### **Why doesn't VDOT put salt on the roads before it snows?**

Putting salt on roads before it snows wastes time and money, since the salt can blow off the pavement.

Salt is most effective after the snow has accumulated about an inch and the temperature is 27 degrees or higher. Under these conditions, the salt and snow will mix, melting the snow into a slush that can be plowed off the pavement.

This melting occurs within two hours or sooner if traffic is using the roadway. If the temperature is below 27 degrees, salt will not melt the snow and ice. In this case, other methods are used, including abrasives to aid traction and calcium chloride to melt the ice and snow.

### **How can I find out about road conditions in other parts of Virginia?**

Call 511 or visit [www.511Virginia.org](http://www.511Virginia.org) to learn about road conditions in any area of the state.

TTY users can call 711 for the service.

Call the VDOT Customer Service Center at 800-FOR-ROAD (800-367-7623) to report hazardous road conditions or to ask other road-related questions.

### **How can I get my street on VDOT's list of roads to be plowed?**

There is no such list. If the road is state maintained, VDOT is responsible for clearing it.

### **Is VDOT responsible for clearing sidewalks and trails?**

No. VDOT does not remove snow from sidewalks or trails, concentrating instead on making the roads safe.

# D & D Lawn Care



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mrfrazier74@hotmail.com

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www.charlottesvilledentalmedicine.com







**Can't get to DMV? DMV is coming to You!**

**Forest Lakes Pavilion**

**Tuesday, January 11<sup>th</sup> - 9am till 4pm**

**By appointment: Call FLCA Office (434)973-4596**

**DMV  
Connect** offers:

- ▶ REAL ID
- ▶ Drivers' licenses
- ▶ Identification cards (adult and child)
- ▶ Disabled parking placards
- ▶ Vehicle titles
- ▶ Address changes
- ▶ Vehicle registrations
- ▶ E-ZPass transponders
- ▶ Compliance summaries
- ▶ Transcripts
- ▶ Hunting and fishing licenses
- ▶ Knowledge Testing (at select visits)

Schedule your appointment with DMV Connect at [www.dmvNOW.com/appt](http://www.dmvNOW.com/appt).

More than 40 transactions available online at [www.dmvNOW.com](http://www.dmvNOW.com).

Department of  Motor Vehicles



## Forest Lakes Veterinary Clinic

3440 Seminde Trail, Suite 102  
Charlottesville, VA 22911

434.975.6006



We are a full-service veterinary practice. Since 2001 we have been caring for pets in and around the Central Virginia area. Our clinic features a state-of-the-art in-house laboratory fully equipped to ensure your pet's health and well-being.

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**Annual testing:** for blood parasites and comprehensive blood testing for senior pets to screen for disease

**Dentistry:** Safe affordable methods to provide your pet with the best oral health possible

**New clients receive 20% off their first visit when mentioning this ad**

**Call or stop by for an appointment – let our family take care of your pet family!**



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more invested in

**FOREST  
LAKES**

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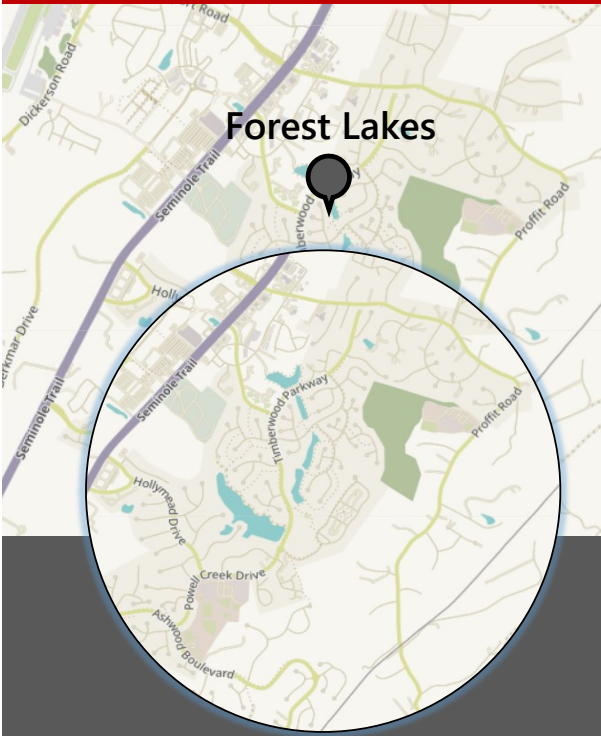
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systems that ensure  
success for our  
clients.

If you are considering  
buying or selling,  
call **Brentney Kozuch**,  
**(434) 216-6393**,  
your Forest Lakes  
Neighbor.





# Thinking of selling in **Forest Lakes**?



**2021 Average Sale Price**  
**\$415,275 ( up from \$379,527)**

**2021 Average Days on Market**  
**17 (down from 31)**

**2021 Number of Homes Listed**  
**92 (up from 48)**

NOW is a GREAT time to sell. Available inventory is still at an all time low, and buyer demand is still high.

Call Savage & Company to find out what your home may be worth today.



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# THE CAFE

## REOPENING EARLY 2022



### SPECIALTY SANDWICHES · 7.99

**No. 1** Prosciutto, sun-dried tomato tapenade, and fresh mozzarella

**No. 2** Black forest ham, brie, and honey mustard

**No. 3** Smoked pepper turkey, Havarti, and honey mustard

**No. 4** Prosciutto, mascarpone, arugula, fig spread, and balsamic reduction

**No. 5** Ham, Genoa salami, provolone, lettuce, tomato, roasted red peppers, and a red wine vinaigrette

**No. 6 Grilled Vegetable Panini** Squash, zucchini, bell peppers, onions, and your choice of cheese 6.99

**GLUTEN FREE OPTIONS AVAILABLE UPON REQUEST**

### SANDWICHES + THE GRILL

**Italian Sub** Hard salami, pepperoni, pepper jack cheese, romaine, tomato, banana peppers, vidalia onion, whole grain mustard mayo on a ciabatta roll · 7.99

**The Roma** Fresh mozzarella, romaine, tomato, basil pesto, and olive oil on a ciabatta roll · 7.49

**American Sub** Turkey, ham, onion, american cheese, lettuce, and tomato on a ciabatta roll · 7.49

**BLT** Bacon, romaine, tomato, and whole grain mustard mayo on a ciabatta roll · 7.49

**Build Your Own** Lettuce and tomato with your choice of meat, cheese, and bread · 7.49

**Grilled Cheese** Your choice of cheese and bread · 4.49

**Hot Dog** all beef hot dog on a bun · 2.99  
with mustard, onion, and chili · 3.49  
add cheese · 0.50

**Chicken Tenders and Fries** 6.99

**Burger and Fries** 7.49

**Fried Shrimp and Fries** 7.99

**Fish and Chips** 7.99

**Side of Fries** 2.49

### HOT BAR SPECIALS

Made fresh daily · 7.99/lb

### SUSHI

Made fresh daily · priced as marked

### GRAB + GO

**SALAD BAR** made fresh daily · 7.99/lb  
**SOUP** three varieties available daily · 12oz · 4.00  
**PREMADE MEALS, SANDWICHES, WRAPS, SALADS, AND DESSERTS** made fresh daily



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**8:00 A.M. - 3:00 P.M.**

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Michael O'Grady, PT, MS  
434-548-0200  
empowerpediatricpt@gmail.com

empowerpediatrics.com

**Empower Pediatric Physical Therapy** is a new home-based physical therapy practice offering PT services for your child. I come to your home because that is where your child lives, learns, and plays. You and I will work together to advance your child's motor skills primarily through play, which is a necessary component of a healthy childhood, with younger children. Older kids may desire more targeted skill development for mobility around the home and community and/or to play sports. I empower kids and families to achieve their best by using collaborative treatment approaches and mutual education in your home and community.

Empower was born from my own experiences receiving physical therapy as a child. I now have 20 years of experience as a PT treating children in Early Intervention and school and clinic-based settings. I have walked the walk as a child, and I have learned to talk the talk so that I can help families and children, just like my PT helped my family and me.

Let's help your child together. Call or email me for a free consultation. *Mike, P.T.*