

Fluvanna

REVIEW



Fluvanna welcomes new teachers, staff

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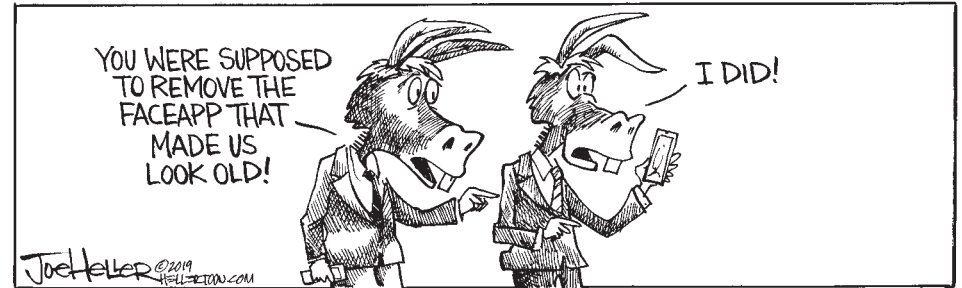
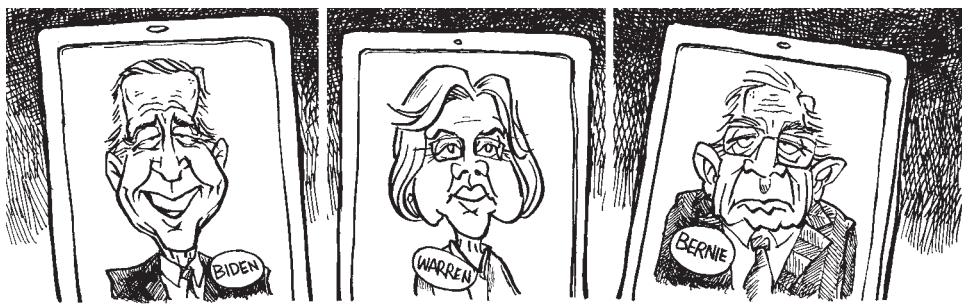
Fluvanna teacher learns C-SPAN power

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Fluco fall sports schedule set
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Candidate charges violation in Treasurer's race
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Fluvanna activist for Indians dies
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GENERAL

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SUBSCRIPTIONS

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PHOTO OF THE WEEK

A butterfly braves the heat. Photo by Sandra Parrish.

Cover: New staff and teachers join Fluvanna school. First Row (Bottom) from left Erin Small, Jonnay Grooms, Alicia Patterson, Kayla Pace, Erika Morris, Trish Lane, Pam Wishert. Second Row from right, Sarah Bush (Striped Dress), Jessie Stringer, Kirsten Van Petten, Linda Bernick, Deborah Smith, Ali Marks, Maureen Stonesifer, Alana Yuhasz. Third row from left, Heather Dumas, Rachel Newsom, Liz Larson, Karen Sible, Jen Gifford, Renee Perault, Sarah Buxton, Sara Davenport, Nadia Anderson, Kristen Pittman. Top Row from right, Ali Summers, Zane Hurst, Sarah Stewart, Alex Burrus, Jerry Payton, Anita Crawford, Kathleen Brown, Laura Greene. Photo by Ruthann Carr.

Melissa Moore at the CSPAN news desk. Photo courtesy of Melissa Moore.

Cover design by Amelia McConnell.



21 OLD HOMSTEAD CIR. \$439,500  2711 sf - 4 BR - 2.5 BA 97-ft Main Lake Waterfrontage WATERFRONT WITH 97-FT OF MAIN LAKE WATERFRONTAGE & GORGEOUS VIEWS ---Open Spacious Floor Plan w/Main Level Master Suite w/Tiled Shower & Walk-in, Open LivingRm w/Gas-log FP. Lrg Deck & Easy Walk To Water. Hardwoods - Roof-6 yrs	50 SMOKEWOOD \$565,000  4180 SF - 4 BR - 3 BA 73-ft Nice Waterfrontage WATERFRONT with 73-ft of Waterfrontage, Dock & Views of Beach #5. Gorgeous Greatroom w/Custom Built-ins & Stone W/B FP, Loft Overlook, 2- Master Suites (Main & Terrace Level), Breathtaking Gourmet Kitchen w/Quartz Countertops & Center Island.	21 ASHLAWN BLVD \$580,000  2641 SF - 4 BR - 3 BA 83-ft Beautiful Waterfrontage WATERFRONT w/83-ft of Beautiful Waterfrontage-Dock-Boat Lift - A Luxurious Waterfront For Those Who Live For The Full Waterfront Experience- Located Across From Clubhouse-Main Beach-Tennis-Dining-Pool. Vaulted Greatroom, Gorgeous Gourmet Kitchen, Main Level Master Ste. Level Walk To Water.
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Fluvanna welcomes new school staff, teachers

BY RUTHANN CARR
CORRESPONDENT

Despite a national teachers' shortage, Fluvanna schools found more than 50 people to fill open staff and teacher positions.

- Welcome the following who are preparing their classrooms and eagerly awaiting the arrival of students on Aug. 8.

WEST CENTRAL and CENTRAL

Jennifer Gifford, Librarian/Media Center Specialist

- School(s) and Degree(s): Longwood University-'09
- Master's degree in Education with Concentration in Library Science
- Wittenberg University-'01
- Bachelor's degree in Elementary Education with a minor in Spanish

Kathleen Brown, School Counselor

- School(s) and Degree(s): Liberty University-'18
- Master's degree in School Counseling with a minor in Psychology

Sara Buxton, Second Grade

- School(s) and Degree(s): The College of William and Mary-'18

- Master's degree in Elementary Education
Renee Perrault, First Grade SPED
- School(s) and Degree(s): University of Virginia-'19
- Master's degree in Elementary Education and Special Education
- State University of New York: Binghamton University-'15
- Bachelor's degree in English Literature with a minor in Education

Kristen Pittman, Second Grade

- School(s) and Degree(s): Skidmore College-'96
- Bachelor's degree in Business
- Lesley University-'05
- Master's degree in Elementary Education

Jessie Stringer, First Grade

- School(s) and Degree(s): Mary Baldwin College-'14
- Bachelor's degree in American Studies for Educators

Kirsten Van Petten, First Grade

- School(s) and Degree(s):

- Longwood University-'16
- Bachelor's degree in Elementary Education

Pamela Wishert, Second Grade SPED

- School(s) and Degree(s): Nazareth College of Rochester-'09
- Master's degree in Literacy Education
- State University of New York: Geneseo-'03
- Bachelor's degree in Elementary Education

Mandy Brent, Special Education

- School(s) and Degree(s): Mary Baldwin University-Bachelor Degree in Psychology, Minor in Special Education
- Fe Meadows, Special Education
- School(s) and Degree(s): New Era University-Master's Degree in Special Education
- Victoria Agee, SPED Instructional Assistant
School(s) and Degree(s): Fluvanna County High School Graduate-'11

Kathy Brice, ECSE Instructional Assistant

- School(s) and Degree(s): Catotcin High School/Frederick Community College-'74
- Meghan Wilson, Vision Instructional Assistant School(s) and Degree(s): Buckingham High School/CATEC-'11

Jennifer Dixon, SPED Instructional Assistant

- School(s) and Degree(s): Vanderbilt University-Master's degree in Nursing 99, University of Virginia-Master's degree in Exercise Physiology-'97
- Radford University-Bachelor's degree in Sports Medicine-'95

Adrienne Wyland, Recess Support Assistant

- School(s) and Degree(s): Monticello High School
- Jessica Turner, Recess Support Assistant
- School(s) and Degree(s): University of Virginia-Bachelor's degree in Psychology-'14



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<i>Wednesday is Senior Discount Day!</i>	Sweet Virginia Corn..... 3/\$1
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Catherine Barte, Recess Support Assistant

- School(s) and Degree(s): Prince Edward County High School, Associates Degree from Southside Community

CARYSBROOK

- Sara Davenport, General Music
- School(s) and Degree(s): Virginia Commonwealth University
- Bachelors of Music in Music Education - 2007

Alana Yuhasz, 3rd Grade Special Education Collab

- School(s) and Degree(s): James Madison University- Bachelor of Social Work, 2014 -Liberty University- M.Ed in Teaching & Learning, 2018-Liberty University- MAT in Special Education K12, in progress

Kellie Morgan

- School:
- Grade and Subject:
- School(s) and Degree(s):

Stacey Fuller, Physical Education

- School(s) and Degree(s): Mary Baldwin College '04, BS Sociology/ Minor Elementary Education

Deborah Martin, Recess Support Assistant

- School(s) and Degree(s): Albemarle High School-1983

Fluvanna Middle School

- Chris Mazella, Assistant Principal
- School(s) and Degree(s): Keuka College 2011- BA Adolescent Social Studies Education/Special Education, Keuka College 2012 MS Literacy Education, University of Richmond 2018 Graduate Certificate in Educational Leadership and Policy Studies

- Erin Small, Grades 5-7 agriculture
- School(s) and Degree(s): Virginia Tech 2019- BS Agricultural Sciences & Minor in Leadership and Social Change, Freshwater Fish Specialization

- Sarah Bush, Grade 7 math
- School(s) and Degree(s): '04 Texas A&M University - BA in Interdisciplinary Studies (grades 4-8 math/science), '20 Radford University - MS in Curriculum and Instruction

School Staff, continue page 10

TAX TIPS

BY RUDY GARCIA, RIVANNA WOODS FINANCIAL / TAX SERVICES

Avoid the Pitfalls of Selling Property to Family

Suppose you own property you intend to transfer to your loved ones. Perhaps you are considering giving your children an ownership interest in your principal residence. Before you act, you should review the tax consequences of your decision. Specifically, tax law includes several provisions involving sales to related parties. As you might imagine, this covers relatives like your children, grandchildren and siblings, but it also applies to business entities you own. Here are four common situations you may encounter, and tips to help you avoid tax trouble:

1. Installment sales. With an installment sale of investment or business real estate over two or more years, you can defer tax on your gain until the tax years in which payments are actually received. However, if you sell the property to a related party who disposes of it within two years, the remaining tax is due immediately.

Tip: To solve this problem, insert language in the legal agreement that does not allow the disposition of the property within two years.

2. Selling at a discount. If you're selling a house to a related party, you may wish to give that person a sweetheart deal. Unfortunately, the IRS may reclassify the transaction as a gift if the property is sold at considerably less than its fair market value (FMV). Fortunately, you have some wiggle room. If you discount the sale by less than 25 percent, you should be OK.

Tip: Err on the side of safety by having an appraisal of the property before the transfer date OR build documentation that justifies the FMV.

3. Transferring remainder interests. In some cases, a homeowner may transfer an interest in a home to his or her estate while

continuing to live there. Although this may meet certain objectives, the estate can't take advantage of the \$250,000 home sale exclusion (\$500,000 for joint filers). However, if the heirs subsequently meet the two-out-of-five-year ownership and use requirements, the exclusion becomes available.

Tip: Prior to transferring interest in your home to anyone (including a trust or an estate), understand the impact of this action on the tax-free home gain exclusion.

4. Like-kind exchanges. Often, instead of selling business or investment property, an owner may trade for another, similar property hoping to either defer or avoid taxable gains. Under recent legislation, tax-free exchanges of like-kind properties are eliminated, except for qualified real estate transactions. Tax is generally deferred until the replacement property is sold, but the tax law imposes a two-year holding requirement on the parties to the deal. Alternatively, you may qualify under a special exception, such as proving tax avoidance wasn't the purpose of the sale.

Tip: Related property transactions of this type can get complicated. Ask for a review of your situation before trading any property.

To discuss the specifics of a property sale to one of your family members, please call.

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Fluvanna Business Corner

Fluvanna Chamber Minute – What to do in the Dog Days of Summer

Ruthann Carr, Fluvanna Chamber of Commerce

I hope you're enjoying a safe and happy summer! Can you believe it? School starts Aug. 8! But that doesn't mean summer is over! Not by a long shot. From now until the beginning of fall your Chamber has a plethora of things for our business community to get involved with as either a participant, vendor or sponsor! With that in mind, take a minute and see what your Chamber is doing to **Connect, Educate and Promote** the Fluvanna Business Community! Remember that all of our events are open to the public. Chamber members may receive discounted entry fees where they apply, but everyone is welcome to join us!

Join us as we PROMOTE our Chamber Members from now through Oct. 1 with our 2nd Annual Fluvanna Treasure Hunt! – Visit 15 Chamber member businesses (find them and an entry form in the new Guide and at www.fluvannachamber.org), send us your completed form by Oct. 1 and be in the running to win a basket full of Fluvanna goodies.

CONNECT with other business owners as we EDUCATE you at our Sept. 3 – 7:30 AM Networking Breakfast at The Pub at Lake Monticello. Our speaker will be **Levi Gebeke, Freaks Media**. Levi will unveil and demonstrate the Chamber's new website that includes interactive features to highlight all member businesses.

From Sept. 3 – Oct. 22 help us PROMOTE the Bill Hughes Memorial Scholarship Fund at our 3rd Annual Taste of Fluvanna Raffle – The winner of this raffle takes home hundreds of dollars in gift certificates to

Fluvanna restaurants, grocers, wineries and shops selling yummy treats. **Proceeds benefit the Bill Hughes Memorial Scholarship Fund.** The scholarships we award help go to **EDUCATE** deserving FLUCO seniors. Tickets available at the Chamber office and from Board Members and member businesses.

From Sept. 23-29 we will once again PROMOTE our Chamber Member Restaurants during Restaurant Week – Here's a good excuse to try that restaurant you've been meaning to eat at. Enjoy special Restaurant Week offerings. For every meal sold \$1 goes to Fluvanna Meals on Wheels. Sign your receipt, add your contact information and drop it in the donation jar for a chance to win a basket full of swag.

CONNECT with us on Sept. 25 at 6 PM at our 2nd Annual After-Hours Sunset Cruise (Sponsored by **LMOA, Goosehead Ins., Gerri Russell Avenue Realty** and Ginger Marks, **Virginia National Bank**). Sign up for this FREE event. Pontoon boat captains take guests on a tour around Lake Monticello. Food. Wine. Fun. Did I mention it's FREE?!

Finally CONNECT with us on Sept 28 from 3-5 PM at the LMOA 50th Anniversary Street Fair. Join us as we help Lake Monticello celebrate its 50th Anniversary. Come find our table and pick up lots of free stuff. Buy your Taste of Fluvanna Raffle tickets.

SAVE THE DATE! We would love to have you join us as we **CONNECT and EDUCATE** at our Annual meeting and silent auction: **OCT. 22 at LAYZ S RANCH.** Details to follow. For now, have a great August!

CONTACTS

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70 Bethel Church Road
\$189,000

Walk to school. One level home with 4 bedrooms, 2 bath, on 2.5 acres. Huge 3 car detached garage, whole house water filter, wrap around deck on back with level yard. Near town of Palmyra and 15 min. to Zion Crossroads.



219 Jefferson Drive
\$229,000

Near Golf Course & beach. New paint, new carpet & unfinished basement for expansion. 3 bedroom, 2.5 bath, FR with wood burning fireplace, eat in kitchen with appliances. Walk out terrace level with fenced in back yard.



Beaver Place, Scottsville
\$239,900

Brand New by JT Homes, award winning builder. Located in Forest Ridge in Scottsville is this one level home with 3 bedrooms, 2 bath on 3+ acres with 2 car garage + basement. Additional models are available. Still time to choose colors & personalize.



58 Nahor Drive
\$285,000

Room to spread out. 4300+ fin sq. ft. with 4 bedrooms, 4.5 bath, full finished basement. 2 master suites, large eat in kitchen, Formal DR & LR., lots of storage space. Attached 2 car garage, screened porch & workshop.



70 Woodlawn Drive
\$425,820

Stunning home with over 4500+ fin sq. ft. Features 6 bedrooms, 4 bath, soaring ceilings, great room with 2 sided fireplace. Large kitchen with breakfast bar, granite counters, porcelain back-splash. Finished basement, 3 car garage, workshop & fenced yard.

Vicki Wilson Owner/Broker 434-960-7044 Business Person of the Year!	Craig McCormick Owner/Associate Broker 434-996-5119	Bill Lansing Owner/Associate (Bill on the left) 434-996-7245	Iris Helfrich Realtor 434-981-9956	Adele S. Schaefer Associate Broker, GRI 434-962-1928	Dan Barber Realtor 434-242-5318	Cyndi Myllyne Realtor, GRI ABR, e-PRO 434-981-4629	Patrick Wilson Realtor 434-960-7047	Joan White Associate Broker GRI, CCREC 434-981-4081	Lorraine Frisina Realtor, GRI 434-981-3997	Jeni Fick Associate Broker, GRI 434-906-2152	Candice Cox Realtor 434-960-8640	Randy White Realtor 434-906-2187	Cindy Taylor Realtor 304-826-6422	Melissa Davis Realtor 405-604-7303



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FLUVANNA

County Volunteers

Volunteerism is a vital part of our caring community!

We help organizations and groups within the County who need volunteers with people in the community who want to offer their help or expertise where it's needed most. Each month you'll find in this space listings of programs that currently need volunteers. Many of these opportunities are short-term, so if you only have an hour or two, there's something that can fit your talents and passion. **Take a look! Then get in touch!**

FLUVANNA COUNTY PUBLIC SCHOOLS

Fluvanna County Public Schools welcomes volunteers! Volunteer support strengthens our school system and enriches the lives of our students. Volunteers are needed to work directly with students in our book buddy program, to support students in math or other subjects, or to deliver guest lectures in an area of expertise. FCPS also welcomes volunteers who work in the library, help with our food-backpack program, or work on other special projects. If you are interested in becoming a volunteer with FCPS schools, please contact Lissa Gooch at lissagooch@apps.fluco.org or call 434-589-8208. All volunteers must complete the volunteer application found at any school, the school board office, or online at <http://fluco.org/for-parents-volunteer/>



If your group or organization has a short-term volunteer need, please contact the Community Volunteer Coordinator.

Carol Tracy Carr, Community Volunteer Coordinator
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Visit our website for ongoing opportunities
www.fluvannacounty.org/community/page/fluvanna-volunteers

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School Staff, from page 4

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 • School(s) and Degree(s): ODU '08 BS in Interdisciplinary Studies

Alison (Ali) Marks, SPED Grade 6 math
 • School(s) and Degree(s): UVA 10' - BA in Psychology, Mary Baldwin University 20' - PBTL in Special Education

Fluvanna County High School

Walton Barnett, 8-12th; Introduction to Engineering Design & Principles of Engineering

• School(s) and Degree(s): Clemson 2013 - BA in Environmental Engineering UVA 2019 - MA Teaching Science Focus

Linda Bernick, 8-12th; French II & French III

• School(s) and Degree(s): The College of William and Mary- BA Spanish UVA -MAT Spanish

Alex Burruss, 8th - Social Studies

• School(s) and Degree(s): Liberty University 2018 - BA History Liberty University MA in Progress

Laura Greene, 8th & 12th Social Studies 8 & US Government

• School(s) and Degree(s): NC State 2014 BA Middle Grades Education/ Lang. Arts & Social Studies

Zane Hurst, 8th-Social Studies 8

• School(s) and Degree(s): The College of William and Mary 2003 - BA Government and Marketing, George Mason University 2006 - MPA -Master of Public Admin. Hollins University 2014 -MA Teaching Program

Patricia Lane, 8-12th Special Education (English & Science)

• Schools and Degree(s): Mary Baldwin College 2004 - BA Biology, Mary Baldwin College 2019 - MA General Special Ed K-12

Elizabeth Larson, 8-12th - Math

• School(s) and Degree(s): UVA 2017 - BA Physics; English UVA 2018 - Masters in Physics UVA in progress certificate program for full Virginia license

Erika Morris, 8-12th; School Counselor

• School(s) and Degree(s): Virginia Tech -BA Psychology, Radford University 2011 - MA School Counseling Rachael Newsom, 8-12th, Math
 • School(s) and Degree(s): Liberty University 2013, BA Mathematics and

Teacher Licensure

Kayla Pace, 8-12th, Health/Medical; Intro to Health & Medical

• School(s) and Degree(s): Liberty University 2012 - BS Elementary & Special Education PVCC Nursing Program 2018 - Registered Nurse Renewal 9/2019, Grand Canyon University MN in progress, Nursing Education Program

Alicia Patterson, 8th & 12th, Special Education (Language Arts 8, English 12)

• School(s) and Degree(s): ECPI 2011 -BA Criminal Justice University of Phoenix 2014-MA Psychology University of Phoenix MA in Special Education Teacher

Gerald (Jerry) Payton, 8th Science - Biology

• School(s) and Degree(s): Concord College 1997 & 1998- BS Biology/ Geography/Education

Karen Sible, 8-9th, Health/PE

• School(s) and Degree(s): Radford University 2015 - BA Exercise, Sport & Health Education

Sarah Stewart, 9th & 11th, English

• School(s) and Degree(s): University of Nevada, Reno 2006 -BA English University of Nevada, Reno 2010 -MA English Kings College London 2010 - MA Early Modern English Literature

Maureen Stonesifer, School Counseling

• School(s) and Degree(s): Christopher Newport University 2008 -BA Psychology UVA 2012 -MA Counselor Education

April Ward, APEX Instructional Assistant

• School(s) and Degree(s): Ashford University- BA Psychology

ABRAMS ACADEMY

Nadia Manifold Anderson, Special Education

• School(s) and Degree(s): Hollins University 04'BA in Sociology and Anthropology, Cambridge College '14 M.Ed in Special Education

TECHNOLOGY

Anita Crawford, Fluvanna High-school and Middle School, instructional Technology Resource Teacher

• School(s) and Degree(s): Liberty University '15 - Masters in Educational Administration and Supervision UVA at Wise '00 - Bachelors in Business Administration and a minor in Secondary Education



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Artists talk about framing and promotion

BY PAGE H. GIFFORD
CORRESPONDENT



Watercolor artist Linda Bethke.

Framing art properly is the final complement to the finished product the artist creates. There is a difference when framing for oneself and framing for exhibits. Watercolor artists William Snow and Linda Bethke spoke about proper framing and promotion with members of the Fluvanna Art Association at their monthly meeting on July 19.

Snow began the discussion with frames and the obvious sources to buy them, including A.C. Moore, Michael's, and several sources online. Bethke suggested Ikea and Hobby Lobby.

"Hobby Lobby will cut mats and frame while you shop," said Bethke. Snow also offered antique shops as another alternative to find that unique frame to set-off a piece of art, making it a stunning centerpiece for any room.

A question came up regarding frames without glass and where to get it cut. Snow uses Charlottesville Glass & Mirror and Dodson Glass and Mirror to custom cut glass or plexiglass. Ace Hardware will also cut glass and plexiglass to specification.

"Because of liability, the possibility of the piece falling and glass breaking, most art organizations are only accepting pictures with plexiglass," said Snow. He uses 1/8" thick plexiglass.

When it comes to the final decision of how to frame, whether to free float or use a mat frame, it depends on the artist's choice. But when it comes to exhibiting and showing, judges and gallery owners prefer clean white mats

and simple frames, nothing ornate or fancy. The reasoning behind this is that decorative frames and colorful mats detract from the work itself. Frames that complement the work or enhance the décor of any room is a matter of personal choice.

Those who work in oils are using thicker canvases and opting for the frame-less look and now watercolorists also have that option to paint on special canvases made for watercolor. Bethke has fallen in love with these new canvases, allowing her freedom from framing traditional watercolors. But watercolor organizations are slow to accept the new support for their members, rejecting it as inappropriate for a pure art form.

When it comes to framing his art, Snow is prolific and investing in a hand-held mat cutter proved worth his while, he said. He has had years of practice with the device as he demonstrated it with precision while interested members looked on. He strongly suggested that whether you cut your mats or get them ready-made, be sure to invest in museum quality or archival acid-free mats, tape and backing paper if the piece is permanent.

Bethke said another option was to free float a picture; this can be done in two ways. The first is to have the picture take up the entire space within the frame without a mat or attach it to a mat board.

After applying and gluing the paper backing to his painting, Snow measured the frame in thirds and drilled two holes and screwed in the eyes and added wire.

"Make sure that your wire is one third the way down, otherwise, if it is higher, it will show and if it is lower, it will fall forward from the wall," he said.

After viewing the final framing, Snow briefly discussed promotion. He reminded the members that if they choose a more conventional route for promotion, galleries will take 30-50 percent of the total cost.

"You would then have to bump up the cost of the painting and include the commission." He added there are numerous places to exhibit work, including wineries, companies, banks, hospitals and, clinics. Hospitals like Sentara Martha Jefferson and the University of Virginia have their own criteria for exhibiting.

"It can be an issue," said Snow referring to a lengthy process to exhibit in hospitals. He encouraged those who were willing to self-promote to contact local publications and advertise through fliers and invitations to exhibits and gallery openings. Artists can also use web sites or facebook pages to gain momentum.



Watercolor artist Bill Snow.
Photos by Page Gifford.

The bottom line is that once the work has been completed and framed, get it out into the public so others can appreciate and enjoy it.

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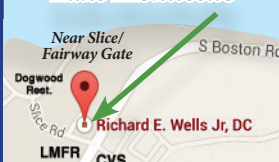
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Fluvanna social studies teacher learns C-SPAN

BY RUTHANN CARR
CORRESPONDENT



Melissa Moore at the CSPAN news desk.

Even though she's been teaching in Fluvanna schools for 18 years, Melissa Moore hasn't lost her passion for her profession.

In fact, enthusiasm fairly oozes out of the high school social studies teacher.

That could be in part because of the unique experience she just had in Washington DC.

Moore was one of only two groups of 30 teachers across the U. S. chosen by C-SPAN to take part in its C-SPAN Educators' Conferences for an immersive experience with C-SPAN's educational resources. At the conference, Moore learned more about C-SPAN Classroom and how to better use the station's vast archives in her teaching.

According to Wikipedia: "Cable-Satellite Public Affairs Network is an American cable and satellite television network that was created in 1979 by the cable television industry as a nonprofit public service. It televises many proceedings of the United States federal government, as well as other public affairs programming."

Like many people, Moore thought C-SPAN was owned by the government. They are not. She also thought that with all they produce, they must have a massive work force. They do not.

"There are only about 260 people who work there," Moore said. "It's amazing what they get done."

She said she appreciates their philosophy of allowing people to make up their own mind.

"They like to show what is going on. They don't comment or analyze. That gives kids a chance to work on critical thinking skills," she said. "I can pull up what was said and let the kids be the historians. They really are non-biased."

The Fluvanna Review asked Moore about her experience

How did you hear about the CSPAN Conference and do you know why you were chosen?

I heard about the C-SPAN confer-

ence through an email I received from C-SPAN classroom. C-SPAN Classroom is a free service that the network offers for teachers that gives you access to hundreds of lesson plans and free items for your classroom. I had to apply for this conference and submit a resume. They only accept around 30 teachers nationwide for this program.

Why were you interested in this?

I was very interested in this conference because I wanted to learn more about the great free resources that they offer. There is over 250,000 hours of archived video there along with lesson plans, bell ringers, debates, and posters that are free for teachers. I had a feeling that I was only scratching the surface of what they offer and I wanted more!

How will your experience enrich your teaching methods and your students?

I learned so much at this conference! I have been given tools that will allow me to find relevant material, make my own clips from their extensive archived footage, and then create lessons that I can share with everyone else who uses the site. I knew that there was a lot offered there, but I really had no idea of just how much there really is until they showed us how to really dig in.

Can you give me a specific example and subject matter of using what you learned in a lesson plan?

While I was there, they had all of us create a bell ringer activity using the tools they had shown us. This hands-on activity really helped us to cement the knowledge we had gained. We shared them with each other on the last day, so I was also able to see how teachers from California, Florida, Colorado, and lots of other places address the different aspects of our subject area in relation to the standards in their own states. I learned to create a bell ringer, a five to 10-minute activity that you can use to jumpstart class or as an introduction to a topic. My bell ringer was on Presidential Impeachment and gave the basic explanation of the charges against Presidents Clinton and Andrew Johnson. I copied and pasted the actual assignment into a word document that shows the questions to accompany my clip. The clip was three minutes of the author of a book giving a list of what the charges against the presidents were and a description of what perjury and obstruction of justice mean. He also described the political climate at the time, with major divisions between

parties in the House and Senate and how that climate was also a factor in the impeachment

In what ways do you plan on sharing what you learned with other teachers?

I plan to train my team of social studies teachers how to make use of this material in the coming weeks. I feel like they have probably not used the C-SPAN resources as much as we can because it is daunting to try to find anything specific in 250,000 hours of video unless you really know how to search. It would be like walking into the Library of Congress to find a book to read without using an online catalog to tell you where to find it. I have learned how to locate a video on a topic, then find where a particular person speaks or where a specific topic is mentioned in the video, and then how to clip out the part I need from the larger video. Since some of their videos can be nine hours long, this is extremely helpful. Most of us just do not have nine hours to sit and watch a video to find that information. Once you find it and clip it, you then can structure your lesson around it.

Give me one or two highlights of your experience.

C-SPAN was phenomenal. I met the founder, Brian Lamb. I sat in the chair where they host their morning program, the Washington Journal. I learned things about the network that I didn't know like the fact that they are not owned by the government. They are funded through cable subscriptions. They do not participate in the ratings system, so they air video without trying to focus on what will sell or draw in viewers. They present a non-partisan view of events. Their philosophy is to show you what was said and let you reach your own conclusions. This is great when teaching civics, government, or U.S. history to students because it is really easy to find biased presentations of material but much more difficult to find information that does not represent one political viewpoint or another.

C-SPAN paid for my transportation to and from Washington, DC, my hotel, and covered my meals while I was there. I was able to take Amtrak for the first time, which was an exciting experience that I can now share with my Geography & Travel class. This was by far the best conference I have ever attended.

Local families sought for hosting exchange students

PRESS RELEASE

ASSE International Student Exchange Programs (ASSE), in cooperation with community high schools around the country, is looking for local families to host boys and girls between the ages of 15 to 18 from a variety of countries such as Norway, Denmark, Spain, Italy and Japan.

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To become a host family or to find out how to become involved with ASSE in your community, please call us at the ASSE Eastern Regional Office at 1-800-677-2773 or go to www.host.asse.com to choose your student and begin your host family application.



Photo by Jessica Elmendorf

Karenne Wood

Karenne Wood of Kents Store, Va., an advocate for Virginia's Indian tribes, died Sunday morning, July 21, 2019. She was 59.

Wood joined the Virginia Humanities Board as a member in 2004 as its first Virginia Indian representative. She joined the staff in 2007. She was the director of Virginia Humanities' Virginia Indian Programs

In 2009, Virginia Humanities received the Federation of State Humanities Programs' highest honor—the Schwartz Prize—for her work, which included numerous statewide speaking engagements and a printed guide to the state-recognized tribes. She was also instrumental in updating Virginia's Standards of Learning to frame a more enlightened understanding of indigenous peoples in the region's past as well as an awareness that Virginia Indian cultures and communities are a vital part of the country's present and future.

"The Monacan people will always be in her debt," said Chief Kenneth Branham of the Monacan tribe. "She worked endlessly and tirelessly for the tribe. She wrote numerous grant applications that helped us with state recognition and federal recognition, and with upkeep of the tribal lands we own; I don't know what we would have done without her. She helped not only the Monacan - she helped all Indians in the state and across the country."

We were blessed to have Karenne as a part of our organization for more than a decade," said Matthew Gibson, Virginia Humanities' executive director. "I think one of the most enduring legacies of her work was her participation in the revision of Virginia's Social Studies Standards of Learning to include Virginia Indians as current,

living members of our state, not just people of the past. There's this aphorism by Nelson Henderson that I think about in relation to Karenne's work: 'The true meaning of life is to plant trees under whose shade you do not expect to sit.' I think what Karenne did with her work on Virginia's SOLs was a wonderful embodiment of who she was as an individual: she put the hard work in knowing that even if she never saw the impact or got credit for it, it would flourish for generations to come."

In the last few years her work went digital. She produced the Virginia Indian Archive and advised on several Virginia Indian entries in its Encyclopedia Virginia so that Virginians could have lasting educational resources to interpret Virginia Indian history and cultures in ways that are accurate, culturally sensitive, and broadly accessible.

She wrote two poetry collections, *Markings on Earth* (2001) and *Weaving the Boundary* (2016). Her work has been included in the native writing anthologies *Sister Nations* and *The People Who Stayed* as well as in former U.S. Poet Laureate Tracy K. Smith's podcast, *The Slowdown*. In 2015, she was recognized as one of the notable "Virginia Women in History" as awarded by the Library of Virginia.

Much of her work has also been preserved in the Virginia Humanities' Discovery Virginia archive. It's an incomplete testament to a lifelong career dedicated to telling a more honest and inclusive history of Virginia's native people.

In a 2014 interview, she referred to her work as "illuminating the experiences of ... those whose ancestors first shaped the land we now call Virginia."

Decorative painting teaches basic skills for other art

BY PAGE H. GIFFORD
CORRESPONDENT

Decorative painting is a broad term used to describe painting a variety of objects. Those who view decorative arts as the step-child of fine arts may not be aware that some techniques and styles were borrowed from fine arts and others from early folk art. Decorative artists like Nancy Shaffer sees a common bond between the two. For beginners who have never attempted to create any art, it is an introduction to an art form that has long-term benefits in learning to move further on the art spectrum.

A good example of a successful artist who transferred from decorative painting into fine art was the late Loli Stams, who was a Fluvanna Arts Association member. While Stams was precise in her execution in the decorative arts she became looser and flamboyant with striking bold color in her other artworks.

Janet Rugari, whose interest in art began in decorative painting, has shown more depth in her scratch-board work and is the only FAA member who works in scratch-board, a very difficult medium. But her early learning to precise with details in decorative painting gave her the patience to do what she does with scratch-board.

Shaffer, who is an instructor for Painters at the Lake (PATL) and an FAA member, has also transitioned well into the fine art side. She recognizes that once a beginner in decorative arts has mastered the skills of shading etc. in decorative arts, moving into fine art is certainly an option but one has to move into a higher level, leaving behind following directions and patterns and becoming looser and more creative and experimenting with color and light.

"Decorative painting is the most teachable form of art. It is the easiest form of painting to do and encourages new painters to try it," said Shaffer. "Joining a painting group can be intimidating. But PATL gives everyone a chance to learn painting skills. Members learn from each other and freely share techniques. The artist pre-

senting is often a member and guides the project through directions and patterns. Even though a pattern is utilized, the techniques are far greater than just coloring the pattern."

Those connected with fine art downplay the role that decorative arts teach novice artists. The value of the basics that a beginner artist learns and the confidence they gain helps in getting them to the next level and if they choose to go further and explore fine art; knowing painting basics can give an artist a solid foundation on which to build different techniques.

"To make an image three dimensional requires many skills with hours of practice and lessons. But PATL encourages everyone to try, even if the person doesn't think they can paint. They often surprise themselves." Shaffer adds that members often progress and often go on to create works of art without instructions.

She also points out that FAA members sometimes utilize pictures and other influences to create their art. Using photographs or still life set-ups are similar guidelines for fine artists like patterns are for decorative artists. "Many do not create art freehand and directly from their minds. All artists are inspired by what they see and what they learn," she said.

Moving from one art into finer art requires a different knowledge and skill set. Anyone interested in other forms of art can learn and apply the same way they learned decorative art. Drawing is the centerpiece of all fine art, and building on that crucial skill with perspective, anatomy, color theory and composition is important. What is also key for the decorative turned fine artist is to learn about lighting and more advanced shading techniques to be able to create mood and tell a story. Telling a story is important in fine art, beautiful embellishment is important in decorative art. Both have their place.

"It is the responsibility of all artists to influence and help everyone to find the wondrous joy and fulfillment of being creative. Food for the soul," said Schaffer.

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VENDORS: Local vendors for craft and Artisan products wanted. Palmyra United Methodist Church is holding our ART IN THE SPIRIT Craft and Bake Sale on September 7, 2019 at Lake Monticello Fire & Rescue Building on 10 Slice Road, LM, from 9 a.m. to 4 p.m. Call Cindy (434) 589-5008 or email: shebecb47@comcast.net, to reserve a table.

COINS: I buy old coins. Call (434) 466-7968.

FSPCA SPONSORS NEEDED: "Pet of the Week" ads in the Fluvanna Review help find forever homes for our shelter pets. You business name with phone number or email address or an individual's special message/memorial may be printed under the pet photo. Call Edee @ (434) 207-0221 or email: edee@fluvannareview.com, with questions/requests.

YARD/GARAGE SALES

TRANSITION /RELOCATION SALE: at 56 Pine Lane, Fork Union, VA on Saturday, Aug.3, from 9 a.m. to 3 p.m. and Sunday, from 1 to 4 p.m. DIRECTIONS from Palmyra - South on Rt 15 to the 2nd. round-about, follow yellow signs to Pine Lane. Parking is only available along the grassy area next to the road. Cash or check pmt. only. See photos at: TransitionSales.net. Phone day of sale (434) 960-1695. See you there! Jean

YARD SALE: at 654 Jefferson Drive, inside LM, on Saturday, Aug.3, 2019 from 8 a.m. to 1 p.m. Furniture, Bose speakers, photo umbrella and backdrop with stand, household items, sleeping bags, futon, small safe, pictures, Come-A-Long, electric saw and other misc. stuff.

Financial Management Assistant

For more details and how to apply go to <https://www.forkunion.com/employment-opportunities>

Seasonal Dive Coach
(Nov '19-Feb '20)

Call (434) 842-8210

Kitchen Utility Worker

Call (434) 842-4390

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Housekeeper
Shop Mechanic
Maintenance Worker**
(Experience Required)
Call (434) 842-4340



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ONLINE AUCTION: CONSTRUCTION EQUIPMENT, TRUCKS AND TRAILERS. Primoris Fleet Realignment Auction. Items located in Chesapeake, VA. Bid online Sun. Aug 4 - Tues. Aug 6 at 11 a.m. at motleys.com. Motleys Industrial. 1-877-MOTLEYS. VA16.

ATTN. AUCTIONEERS: Advertise your upcoming auctions statewide or in other states. Affordable Print and Digital Solutions reaching your target audiences. Call this paper or Landon Clark at Virginia Press Services 804-521-7576, landonc@vpa.net

COIN SHOW/EVENTS

CHARLOTTESVILLE COIN, CURRENCY & STAMP SHOW Charlottesville, VA LOCATION: ELKS LODGE #389, 389 ELK DRIVE CHARLOTTESVILLE, VA (64-Exit 250 follow signs) SATURDAY, AUGUST 10, 2019 9:00 AM - 5:00 PM FREE ADMISSION/ PARKING Contact Jackie Dean (540) 832-0024

HELP WANTED/DRIVERS

NEED CDL Drivers? Advertise your JOB OPENINGS statewide or in other states. Affordable Print and Digital Solutions to reach truck drivers. Call Landon Clark at Virginia Press Services 804-521-7576, landonc@vpa.net

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DIVORCE-Uncontested, \$395+\$86 court cost. No court appearance. Estimated completion time twenty-one days. Hilton Oliver, Attorney (Facebook). 757-490-0126 Se Habla Espanol. BBB Member. <https://hiltonoliverattorneyva.com>.

MERCHANDISE WANTED

Comic Books Wanted: Older ones that sold for 10 --- 35 cents. Make a list before you contact me. Call or Text (540) 223-0924 iwantcomicbooks@earthlink.net

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Fluvanna County Public Schools Notice to Parents

Parents of students attending Fluvanna County Public Schools have the right to request information regarding the professional qualifications of their child's classroom teacher. Staff information is posted on the school division's website, www.fluco.org, or may be obtained by contacting Mr. Don Stribling at the Fluvanna County School Board Office, 589-8208.



Fluvanna County Public Schools' Family Educational Rights and Privacy Act (FERPA)

The Family Educational Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level. Students to whom the rights have transferred are "eligible students."

- Parents or eligible students have the right to inspect and review the student's education records maintained by the school. Schools are not required to provide copies of records unless, for reasons such as great distance, it is impossible for parents or eligible students to review the records. Schools may charge a fee for copies.
- Parents or eligible students have the right to request that a school correct records which they believe to be inaccurate or misleading. If the school decides not to amend the record, the parent or eligible student then has the right to a formal hearing. After the hearing, if the school still decides not to amend the record, the parent or eligible student has the right to place a statement with the record setting forth his or her view about the contested information.
- Generally, schools must have written permission from the parent or eligible student in order to release any information from a student's education record. However, FERPA allows schools to disclose those records, without consent, to the following parties or under the following conditions (34 CFR § 99.31):
 - School officials with legitimate educational interest;
 - Other schools to which a student is transferring;
 - Specified officials for audit or evaluation purposes;
 - Appropriate parties in connection with financial aid to a student;
 - Organizations conducting certain studies for or on behalf of the school;
 - Accrediting organizations;
 - To comply with a judicial order or lawfully issued subpoena;
 - Appropriate officials in cases of health and safety emergencies; and
 - State and local authorities, within a juvenile justice system, pursuant to specific State law.

Schools may disclose, without consent, "directory" information such as a student's name, address, telephone number, date and place of birth, honors and awards, and dates of attendance. However, schools must tell parents and eligible students about directory information and allow parents and eligible students a reasonable amount of time to request that the school not disclose directory information about them. Schools must notify parents and eligible students annually of their rights under FERPA. The actual means of notification (special letter, inclusion in a PTA bulletin, student handbook, or newspaper article) is left to the discretion of each school.

REF: <https://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html?src=rn>



MEDIA RELEASE Fluvanna County Public Schools Annual Public Notice

Fluvanna County Public Schools' Department of Career and Technical Education offers a variety of career and technical programs to all students at the middle- and high-school levels. The program areas include the following:

- Agriculture
- Business and Information Technology
- Career Connections
- Family and Consumer Science
- Health and Medical Sciences
- Technology Education
- Trade and Industrial Education
- Marketing

For more information about Career and Technical Education, contact the Executive Director for Instruction (8-12) and Finance at 434-589-8208.

The Fluvanna County School Board is committed to nondiscrimination with regard to sex, gender, race, color, national origin, disability, religion, ancestry, age, marital status, genetic information, or any other characteristic protected by law. This commitment will prevail in all of its policies and practices concerning staff, students, educational programs and services, and individuals and entities with whom the Board does business.

Mr. Stribling is designated as the Compliance Officer regarding assurances of nondiscrimination and is responsible for identifying, investigating, preventing, and remedying prohibited discrimination.

Mr. Stribling may be reached at the following:

14455 James Madison Highway
Palmyra, VA 22963
Telephone (434) 589-8208
dstribling@apps.fluco.org



2019-2020 Pre-K and Kindergarten Parent/Guardian Reminders!



West Central Primary will be on staggered enrollment August 8th and 9th for Pre-K and Kindergarten students this year.

All families will be notified of the start date for your child in the student mailings the week of July 22.

ALL Pre-K and Kindergarten students will come to school on August 12th.

We are so excited about our upcoming school year and working with you and your family!



MEDIA RELEASE 2019-2020 POLICY FOR PROVIDING FREE OR REDUCED PRICE MEALS July 1, 2019

FLUVANNA COUNTY PUBLIC SCHOOLS today announced its policy for providing free or reduced price meals for children served under the National School Lunch, and/or School Breakfast Programs. Each school and/or central school nutrition office has a copy of the policy, which may be reviewed by any interested party. Household size and income will be used to determine eligibility for free or reduced price meal benefits. Children from households whose income is at or below the Federal Income Eligibility Guidelines, shown in the chart below, may be eligible for either free or reduced price meals. Children who are members of households receiving Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or who receive Temporary Assistance for Needy Families (TANF) may be automatically eligible for free meals. Children who are homeless, migrant, or runaway may also be automatically eligible for free meals. Foster children, who are the legal responsibility of a welfare agency or court, are eligible for free meals regardless of the income of the household with whom they reside. Children who are members of households participating in WIC may also be eligible for free or reduced-price meals based on the household's income.

Household Size	Maximum Household Income For Free Meals	Household Income For Reduced Price Meals
1	\$16,237	\$16,237.01 - \$23,107
2	\$21,983	\$21,983.01 - \$31,284
3	\$27,729	\$27,729.01 - \$39,461
4	\$33,475	\$33,475.01 - \$47,638
5	\$39,221	\$39,221.01 - \$55,815
6	\$44,967	\$44,967.01 - \$63,992
7	\$50,713	\$50,713.01 - \$72,169
8	\$56,459	\$56,459.01 - \$80,346
For Each Additional Family Member - ADD	\$5,746	\$8,177

Application forms are being distributed to all households with a letter informing households of the availability of free or reduced price meals for their children. Applications are also available at the principal's office in each school and at the central office. To apply for free or reduced price meals, households must only fill out one application per household and return it to the school division. Applications may be submitted at any time during the school year. The information households provide on the application will be used for determining eligibility and verification of data. Applications may be verified at any time during the school year by school or other program officials. For school officials to determine eligibility for free or reduced price benefits, households receiving Supplemental Nutrition Assistance Program (SNAP) benefits or Temporary Assistance for Needy Families (TANF) only have to list their child(ren)'s name and SNAP or TANF case number and an adult household member must sign the application. Households who do not list a SNAP or TANF case number, including WIC households, must list the names of all household members, the amount and frequency of the income received by each household member, and the last four digits of the social security number of the adult household member who signs the application. If the household member does not have a social security number, the household member must indicate that a social security number is not available. The application must be signed by an adult household member in order to be approved. Under the provisions of the free and reduced price meal policy,

Gwendolyn Jones, Food Services Supervisor

will review applications and determine eligibility. An application for free or reduced price meals cannot be approved unless it is complete. Households dissatisfied with the ruling of the eligibility determining official may wish to discuss the decision with the official on an informal basis. Households wishing to make a formal appeal for a hearing on the decision may make a request either verbally or in writing to:

Don Stribling, Executive Director of Human Resources, Operations and Student Services

Households may apply for free or reduced price meals at any time during the school year. If a household is not eligible now but has a change, such as a decrease in household income, an increase in household size, becomes unemployed or qualifies for SNAP or TANF, the household should contact the school for an application. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the Federal Income Eligibility Guidelines.

Households that receive Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or Temporary Assistance for Needy Families (TANF) may not have to complete an application for free or reduced price student meals. School officials will determine eligibility for free meals based on documentation, obtained directly from the Virginia Department of Social Services, that a child is a member of a household currently receiving SNAP or TANF. School officials will notify these households in writing of their eligibility. Households who are notified of their eligibility, but who do not want their children to receive free meals, must contact the school. SNAP and TANF households must complete an application if they are not notified in writing of their automatic eligibility within the first 10 days of the new school year.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
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 - (2) fax: (202) 690-7442; or
 - (3) email: program.intake@usda.gov.
- This institution is an equal opportunity provider.

NOTICE



Fluvanna County Public Schools NONDISCRIMINATION

The Fluvanna County School Board is committed to nondiscrimination with regard to sex, gender, race, color, national origin, disability, religion, ancestry, age, marital status, genetic information, or any other characteristic protected by law. This commitment will prevail in all of its policies and practices concerning staff, students, educational programs and services, and individuals and entities with whom the Board does business. Mr. Don Stribling, Executive Director for Human Resources, Operations, and Student Services, is designated as the responsible person (Compliance Officer) regarding assurances of nondiscrimination. Any complaint alleging discrimination based on a disability shall be directed to Ms. Jennifer Valentine, Director of Special Education (the Section 504 Coordinator). Both may be reached at the following address: 14455 James Madison Highway, Palmyra, VA 22963; telephone (434) 589-8208. The Fluvanna County School Board is an Equal Opportunity Employer.

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Look for current and past issues of the Fluvanna Review along with local news.



fluvannareview.com



Fluvanna County Public School Child Find Media Release

The Fluvanna County Public Schools are committed to providing all children with opportunities to benefit from public education. Child Find is the process of identifying children with potential special education needs and educating the community about child development and the importance of early intervention.

Students are identified and placed in special education programs in accordance with the Virginia Board of Education's Regulations Governing Special Education Programs for Children with Disabilities in Virginia. These guidelines, as well as the comprehensive Standards of Quality and the Objectives for Public Schools in Virginia, provide the organizational framework for all education programs and re-lated services.

Each student, ages 2 through 21 inclusive, receiving special education services has a program designed to meet his or her individual needs. These programs are discussed and planned by school personnel, parents, and the student involved. Often, instructional programming is carried out in both regular and special education classrooms. The student's progress is reviewed at least yearly and his or her need for special education services is reassessed at a minimum of every three years. Disabling conditions include the following: autism; deaf-blindness; visual impairment; developmental delay; emotional disability; hearing impairment/deaf; intellectual disability; specific learning disability; multiple disabilities; orthopedic impairment; other health impairment; speech or language impairment; and traumatic brain injury.

If you suspect that your child has a disability, please contact the principal of the school that your child attends or would attend if he/she were enrolled in public school. You may also contact the Office of Special Education at (434) 589-8208, and you will be directed to the appropriate school employee.



Welcome Back Students and Staff

First Day for Students August 8, 2019

West Central Primary School Headstart/ECSE/Pre-K/Kindergarten

3188 Central Plains Road
Palmyra, VA 22963
434-510-1016
www.fluco.org
Mrs. Amy Barnabei, Principal
abarnabei@apps.fluco.org
Instructional Hours: 8:10 a.m. – 3:10 p.m.
Breakfast Price: \$1.50
Lunch Price: \$2.80

Central Elementary School Grades 1-2

3340 Central Plains Road
Palmyra, VA 22963
434-589-8318
www.fluco.org
Mrs. Amy Barnabei, Principal
abarnabei@apps.fluco.org
Instructional Hours: 8:10 a.m. – 3:10 p.m.
Breakfast Price: \$1.50
Lunch Price: \$2.80

Carysbrook Elementary School Grades 3-4

9172 James Madison Highway
Fork Union, VA 23055
434-842-1241
www.fluco.org
Mr. Scott Lucas, Principal
slucas@apps.fluco.org
Instructional Hours: 7:45 a.m. – 2:45 p.m.
Breakfast Price: \$1.50
Lunch Price: \$2.80

Fluvanna Middle School Grades 5-7

3717 Central Plains Road
Palmyra, VA 22963
434-510-1000
www.fluco.org
Mrs. Meagan Tenia, Principal
mtenia@apps.fluco.org
Instructional Hours: 7:45 a.m. – 2:45 p.m.
Breakfast Price: \$1.50
Lunch Price: \$3.05

Fluvanna County High School Grades 8-12

1918 Thomas Jefferson Parkway
Palmyra, VA 22963
434-589-3666
www.fluco.org
Mrs. Margo Bruce, Principal
mbruce@apps.fluco.org
Instructional Hours: 8:35 a.m. – 3:45 p.m.
Breakfast Price: \$1.50
Lunch Price: \$3.05

Department of Transportation

Ms. Valerie Marsh – 434-589-4342
vmarsh@apps.fluco.org

Department of Food Services

Ms. Gwendolyn Jones – 434-589-4344
gjones@apps.fluco.org

Administrative Office

434-589-8208
fluconews@apps.fluco.org



Fluvanna County Public Schools

STUDENT FEES: 2019-2020

FMS Combination Lock, replacements	\$3.50
FMS Assignment Notebooks, replacements	\$3.00
Musical Instrument Rentals	varies
Instrument Rental Fee	\$20
PE Fee (Uniform Shirt)	\$10
PE Fee (Uniform Shorts)	\$10
PE Fee (Uniform Sweatpants)	\$25
Lock Replacement Fee	\$ 5
Car Registration	\$20



PUBLIC HEARING
Fluvanna County Planning Commission
Tuesday, August 13, 2019, at 7:00 p.m.

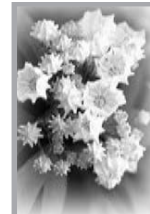
Pursuant to Virginia Code Section 15.2-2204, a public hearing will be held in the Morris Room of the Fluvanna County Administration Building in Palmyra, Virginia for citizens of the County to have the opportunity to appear before and be heard by the Planning Commission for the following items:

SUP 19:06 Green Thumb Landscaping – A request for a special use permit for a landscaping materials supply business, with respect to 1.631 acres of Tax Map 20, Section A, Parcels 8. The property is located on Bybees Church Road (State Route 613), 0.4 miles from the intersection with Barnaby Road (State Route 608). The parcel is zoned A-1 Agricultural, General and located within the Rural Residential Planning Area and the Columbia Election District.

SUP 19:07 Howard T. Brown – A request for a special use permit to establish a restaurant and gas station, with respect to 1.733 acres of Tax Map 18, Section 3, Parcel 2. The property is located along Thomas Jefferson Parkway (Route 53), approximately 0.1 miles north of the intersection with Ruritan Lake Road (State Route 619). The parcel is zoned A-1 Agricultural, General and located within the Rural Residential Planning Area and the Cunningham Election District.

ZTA 19:02 – Fluvanna County Zoning Ordinance – Temporary Signs: An Ordinance To Amend Chapter 22 Of The Fluvanna County Code In Sec. 22-15-2(2) And Sec. 22-22-1 Regarding Time Limitations For Certain Temporary Signs.

Copies of the complete text of the above ordinances and associated plans are available for public review at the Office of the Fluvanna County Administrator during normal business hours. The public is invited to attend these hearings at which persons affected may appear and present their views. Questions or comments may be directed to Planning & Community Development Department, at (434) 591-1910.



Mountain Laurel Landscaping

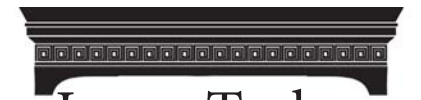
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Email: landscaping@gardenkeepersofvirginia.com

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Fluvanna Service Directory

For information including rates and deadlines, contact Judi Price
sales@fluvannareview.com
434-207-0223

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911 MISDIAL	7
911 OPEN LINE	2
ANIMAL CONTROL CALLBACK	4
ANIMAL CONTROL FOLLOW UP	5
ADULT WELFARE/PUB SAFETY CHK	3
ANIMAL CARCASS	3
ANIMAL WELFARE	3
ASSIST OTHER AGENCY	2
ASSAULT W/ NO INJURY	1
ASSAULT WITH INJURY	1
BE ON LOOKOUT	10
SHERIFF'S OFFICE CELL CHECK	1
CIVIL INFORMATION REQUEST	3
CIVIL PAPER RECEIVED	3
CIVIL PAPER SERVICE	62
COMMERCIAL BURG ALARM	5
COURTHOUSE SECURITY CHECK	2
DESTRUCTION OF PROPERTY	3
DISABLED VEHICLE	5
PAST DISTURBANCE	2
DISTURBANCE	11
DRUG TAKE BACK	1
ECO TDO CALL	2
FINGERPRINTS	10
FOLLOW UP INVESTIGATION	10
FRAUD	1
GUN PERMIT RECEIVED	2
LARCENY/THEFT	3
PHONE CALL RETURN	47
LIVESTOCK CALL	3
LOST ANIMAL	2
MAGISTRATE WALK IN	7
MEDICAL ALARM	1
MENTAL WELFARE CALL NO INJURY	1
MVC WITH INJ OR UNKNOWN INJ	3
MVC WITH NO INJURY	6
MVC W/ ANIMAL	1
OBVIOUS DEATH	1
OTHER LAW CALL	9
OVERDOSE	1
PRISONER TRANSPORT	1
PROJECT LIFESAVER RELATED CALL	3
LAW PUBLIC SERVICE	3
REPOSSESSION	3
RESIDENTIAL BURGLAR ALARM	2
ROAD NAME SIGN DOWN	2
SEARCH AND RESCUE	1
SELECT PATROL	103
STRAY CAT	1
STRAY DOG	2

SUSPICIOUS ACTIVITY / PERSON	16
TIPS/ INFORMATION RECEIVED	3
TRAFFIC HAZARD	3
TRAFFIC STOP	75
TREE ON POWER LINE	1
VCIN HITS RECEIVED	3
VCIN QUERY RUN	1
WARRANT CHECK IN/OUT	8
WARRANT RECEIVED	3
OUT SERVING WARRANT	8

TOTAL INCIDENTS 507

CRASHES

MVC INJURY/UNK	07:25:38 07/25/19
20 BLK TROY RD	
MVC NO INJURY	15:49:51 07/24/19
400 BLK ALBEVANNA SPRING RD	
MVC INJURY/UNK	13:10:29 07/24/19
3040 BLK RISING SUN RD	
MVC NO INJURY	20:51:17 07/22/19
BYBEES CHURCH RD & JAMES MADISON HWY	
MVC NO INJURY	19:36:40 07/22/19
VENABLE RD & WILMINGTON RD	
MVC NO INJURY	18:34:18 07/22/19
1380 BLK MILES JACKSON RD	
MVC W/ ANIMAL	04:20:18 07/21/19
6670 BLK JAMES MADISON HWY	
MVC INJURY/UNK	15:14:31 07/20/19
KENTS STORE WAY & FERNCLIFF FARMS LN	
MVC NO INJURY/EAST	08:56:19 07/20/19
MAIN ST & POPLAR SPRING RD	
MVC NO INJURY	07:47:16 07/20/19
620 BLK EAST MAIN ST	

TOTAL CRASHES 10

ARRESTS

JULY 22 AT 3:49 P.M.
HOME ADDRESS: NEW CANTON
PROBATION VIOLATION
TOTAL ARRESTS 2

JULY 23 AT 9:46 A.M.
HOME ADDRESS: PALMYRA
POSSESSION OF MARIJUANA

TOTAL ARRESTS 2

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

1				2	4			5
6				3				
3	9					2	7	
	3		2			7		
2		7						6
		4		1				3
				8	9		4	
				5		1		7
8	2							

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HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answers to Last Week's Sudoku:

7	4	3	5	6	2	8	1	9
9	5	6	3	8	1	2	7	4
1	8	2	7	4	9	3	6	5
6	1	9	4	2	8	7	5	3
5	3	4	6	9	7	1	8	2
8	2	7	1	3	5	4	9	6
4	7	8	9	5	3	6	2	1
3	9	1	2	7	6	5	4	8
2	6	5	8	1	4	9	3	7

The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 ___ gin fizz
- 5 Hacienda brick
- 10 Climax
- 14 My bad!
- 15 Group of conspirators
- 16 Batch of laundry
- 17 Guitar part
- 18 One way to pay
- 20 Stick-to-it-iveness
- 22 With unfriendliness
- 23 Wall frame part
- 24 Will of films
- 26 Surprise success
- 29 Armchair companion
- 33 Blow off steam?
- 34 Close in on
- 36 Skip a syllable
- 37 Egg cells
- 38 Home for first-time buyers
- 40 Bird call
- 41 Send money
- 43 Command to Fido
- 44 Weapons
- 45 Vibrating effect
- 47 Biblical contagion
- 49 Tentative agenda
- 51 Scottish miss
- 52 Called
- 55 Foamy wave
- 59 Warning
- 61 Scrubbed, as a mission
- 62 Darn
- 63 Not too swift
- 64 Makes like
- 65 Crown of the head
- 66 Inflame
- 67 For fear that

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21					22					
		23				24	25							
26	27					28		29				30	31	32
33					34		35			36				
37				38					39			40		
41				42			43				44			
45					46			47		48				
				49				50		51				
52	53	54					55	56					57	58
59							60					61		
62							63						64	
65							66							67

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- 3 Ali Baba's cry
- 4 Posh properties
- 5 Fender bender, e.g.
- 6 Feathered projectile
- 7 Heeds a command
- 8 Album after "Thriller"
- 9 Bring out
- 10 It comes in fifths
- 11 Old furnace fuel
- 12 Fertilizer mixture
- 13 Counter current
- 19 Walk like a two-year-old
- 21 Winston or Stanley
- 25 2018 film, "___ Engines"
- 26 Cheat, in a way
- 27 Fare with onions
- 28 Think through
- 30 Bio lab instrument
- 31 Yosemite photographer
- 32 Full of information
- 35 It's often left hanging
- 38 Hot
- 39 Revlon product
- 42 Destroy, like an old Vegas hotel
- 44 Arms stash
- 46 Highfalutin'
- 48 Bit of butter
- 50 Big band sound
- 52 Pound (down)
- 53 Inking
- 54 Foursome led by Leonardo, briefly
- 56 Firefighting aid
- 57 Awfully long time
- 58 Blog update
- 60 Half a score

Answers to Last Week's Crossword:

L	O	S	S		A	B	L	E		A	M	E	B	A
O	M	I	T		C	O	A	X		N	O	V	E	L
T	E	L	E	G	E	N	I	C		G	R	I	L	L
S	N	O	R	E		G	R	A	D	U	A	L	L	Y
					O	N	T	O		V	E	I	L	
A	D	M	I	R	E		M	A	S	S	E	U	S	E
D	I	A	D	E	M		I	T	C	H		B	U	N
A	R	M	S		P	O	S	E	R		S	O	R	T
M	G	M		T	O	P	E		I	C	E	A	G	E
S	E	A	F	A	R	E	R		B	A	T	T	E	R
					L	I	A	R		H	E	L	P	
C	O	R	O	L	L	A	R	Y		V	I	O	L	A
A	D	O	R	E		B	E	E	K	E	E	P	E	R
R	O	S	I	N		L	A	N	E		C	E	N	T
T	R	E	N	D		E	L	A	N		E	D	D	Y

COMMUNITY CALENDAR

Lake Monticello blood drive

The Red Cross will hold a blood drive on Monday, **Aug. 19** from 1 to 6 p.m. in the Lake Room at the Ashlawn Clubhouse, 41 Ashlawn Blvd. For more information or to make an appointment to donate, call 434-589-8263 or sign up online at redcrossblood.org with sponsor code LMOA.

Candidate charges violation in Treasurer's race

HEATHER MICHON
CORRESPONDENT

A candidate for Fluvanna County Treasurer believes incumbent Linda H. Lenherr may have violated election law earlier this month.

Kim Oliver-Hyland told a Charlottesville news station that she saw Lenherr and some Treasurer's office staff carrying what appeared to be campaign-related materials when she was in Palmyra on July 3.

The following day, Lenherr and her supporters handed out campaign materials as they participated in a Fourth of July parade in Scottsville.

Hyland requested security camera footage from the county under the Freedom of Information Act (FOIA). The footage, shown on CBS 19 on July 23, does appear to show Lenherr and others carrying boxes and Mardi Gras-style beaded necklaces in the hallway

of the county office building.

Under election law, incumbents cannot carry out any type of campaign activities within their government offices.

Hyland has asked the Virginia State Police and Attorney General's Office to investigate the incident.

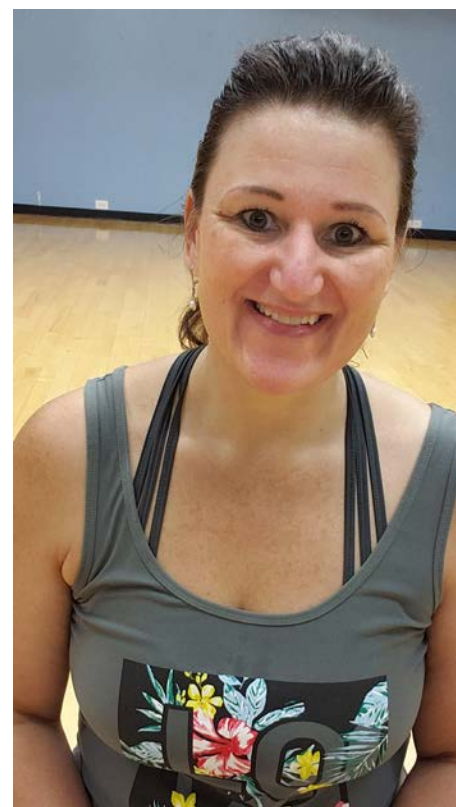
Lenherr, who has served as treasurer since 1984, filed for reelection on May 29, according to Registrar Joyce Pace. She faces two challengers: Ben Hudson, who filed on April 30, and Hyland, who filed on June 11.

A request for comment by Lenherr received no response.

Hyland could not be immediately reached for comment.

Registered nurse with a passion for yoga

BY MADELINE OTTEN
CORRESPONDENT



Dawn Umland.

Dawn Umland moved to Virginia in 1993 and started working for the University of Virginia as a registered nurse. In addition, Umland was an aerobics instructor, which jump started her passion for yoga.

One month the owner of the club where Umland taught aerobics made a mistake in the schedule and asked if Umland could teach a yoga class.

"I had no idea what yoga was about at the time, all the owner told me was to do some stretches with the class, so I went out and bought *Yoga For Dummies*," said Umland.

After a while, Umland started teaching yoga at a gym and has continued for 20 years. She is currently teaching yoga classes at Orme Family Fitness on Monday, Tuesday and Thursday at 10 a.m. and will start a new chair yoga class on Thursday mornings at 9 a.m. starting in August.

"I joined Orme Family Fitness and have been with Dawn for about a year and a half. She has helped me with posture, flexibility and her yoga class makes me feel younger," said Vivian Kellogg. "She is able to bring her knowledge by personally practicing yoga and knowledge as a nurse."

Umland has a slightly different approach to yoga than some traditional instructors. Since Umland does not follow a set schedule, she follows what happens in the class. For example, if a student asks a question or she tweaks a pose for a student, she will go off that. And her classes are more focused on the physical aspect instead of the chanting part of yoga. She also describes herself as someone who was never flexible.

"I am a very real person who teaches yoga to real people, and have seen the difference it can make in a person's health, and most especially in increasing quality of life," said Umland "I am not a perfect teacher/instructor, so that within itself is not intimidating and I am very approachable."

Umland's new chair yoga class is exactly what it is; yoga with a chair. Umland wants to help those who have trouble standing, those who may need a break, or even reach a wider audience and teach yoga to those in wheelchairs. With all the studies, MRI's, and science out there in relation to yoga, Umland always correlates her classes and teachings back to what has been proven.

While her students vary from the ages of 18 to 80 and also from all different exercise backgrounds, she wants to help all of her students with whatever background they come from.

"Exercise has been a part of my whole life, and when I started taking a lot of yoga, I did not feel comfortable, so I quit. But then I took Dawn's class and her class was the first yoga class I really liked," said Debra Caffrey, another student of Umland's. "She teaches through her heart with love, compassion, and laughter and helps her students through baby or big steps."

Due to the various ages and body types, Umland works to her students' body types and ensures them that there is no right way or wrong way. In the future, Umland hopes to move to teaching yoga full-time. She also wants to go to a client's house to someone who is homebound and work with them there.

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Fluco fall sports schedule set

BY DUNCAN NIXON
CORRESPONDENT

2019 Fluvanna County High School Fall Athletic Schedule													
Varsity Football		Volleyball			Field Hockey								
16-Aug	Wm. Monroe	Away	7:00	S	10-Aug	Rockbridge-V	Away	9:AM	S	3-Sep	Chancellor	Home	5:30 & 7
23-Aug	FUMA	Home	7:00	S	17-Aug	Rockbridge-JV	Away	9:AM	S	5-Sep	Powhatan	Home	5:30 & 7
30-Aug	Broadway	Away	7:30		21-Aug	Waynesboro	Away	9:AM	S	9-Sep	Spotsylvania	Away	5 & 6:30
6-Sep	Spotsylvania	Away	7:00		27-Aug	Broadway	Home	5:30		12-Sep	Charlottesville	Home	5:30 & 7
13-Sep	Nelson Co.	Home	7:00		29-Aug	Goochland	Away	5:30		17-Sep	Western Alb.	Home	5:30 & 7
20-Sep	Open				31-Aug	Farrugio Invit.	Home	9:AM		19-Sep	Albemarle	Away	5:30 & 7
27-Sep	Waynesboro	Home	7:00		3-Sep	Broadway	Away	6:00		24-Sep	Louisa Co.	Away	5:30 & 7
4-Oct	Charlottesville	Home	7:00		5-Sep	Goochland	Home	5:30		26-Sep	Orange Co.	Away	5:30 & 7
11-Oct	Western Alb.	Home	7:00	HC	7-Sep	Rockbridge	Away	8:AM	JV	1-Oct	Monticello	Home	5:30 & 7
18-Oct	Albemarle	Away	7:00		9-Sep	Madison Co.	Away	6:00		8-Oct	Charlottesville	Away	5:30 & 7
25-Oct	Louisa Co.	Away	7:30		12-Sep	Charlottesville	Home	5:30		10-Oct	Western Alb.	Away	5:30 & 7
1-Nov	Orange Co.	Away	7:00		17-Sep	Western Alb.	Home	5:30		15-Oct	Albemarle	Home	5:30 & 7
8-Nov	Monticello	Home	7:00	SN	19-Sep	Albemarle	Away	5:30		21-Oct	Louisa Co.	Home	5:30 & 7
					23-Sep	Madison Co.	Home	5:30		17-Oct	EC Glass	Home	5:30 & 7
					24-Sep	Louisa Co.	Away	5:30		22-Oct	Orange Co.	Home	5:30 & 7
					26-Sep	Orange Co.	Away	5:30		23-Oct	Monticello	Away	5:30 & 7
JV Football		Competition Cheer			Golf								
16-Aug	Wm. Monroe	Away	5:00		25-Sep	Spotswood	Away	5:00		7-Aug	Spotswood	Away	9-AM
23-Aug	FUMA	Away	4:00		2-Oct	Fort Defiance	Away	6:30		12-Aug	Nelson Co.	Away	4:00
28-Aug	Broadway	Home	6:30		16-Oct	Albemarle	Away	5:00		14-Aug	Orange-Dist.	Away	10-AM
4-Sep	Spotsylvania	Home	6:30		18-Oct	Orange Co.	Home	5:30		20-Aug	Charlottesville	Home	TBD
11-Sep	Nelson Co.	Away	6:30		22-Oct	Orange Co.	Home	5:30		22-Aug	Wm. Monroe	Away	4:00
18-Sep	Open				24-Oct	Monticello	Away	5:30		28-Aug	Western Alb.	Home	4:30
25-Sep	Waynesboro	Away	6:30		1-Oct	Monticello	Home	5:30		4-Sep	AHS / Madis. Co.	Home	4:30
2-Oct	Charlottesville	Away	6:30							9-Sep	Chancellor	Away	4:30
9-Oct	Western Alb.	Away	6:30							11-Sep	Louisa Co.	Away	4:30
10-Oct	Albemarle	Home	6:30							18-Sep	Orange Co.	Away	4:30
23-Oct	Louisa Co.	Home	6:30							25-Sep	Monticello	Away	4:30
30-Oct	Orange Co.	Home	6:30							30-Sep	District	CHS	11:AM
4-Nov	Monticello	Away	6:30										
8th Grade Football		One Act Play			Cross Country								
29-Aug	Prospect Hts.	Home	5:00		26-Oct	District	TBD	10:AM		27-Aug	Ragged Mtn.	Away	5:00
5-Sep	King George	Away	5:00		16-Nov	Region	TBD	10:00		4-Sep	Goochland	Away	4:30
11-Sep	St. Anne's	Away	6:00		3-Dec	State	Tbd	TBD		11-Sep	Wm. Mon. / MC	WM	5:00
26-Sep	FUMA	Home	4:30							18-Sep	LCHS/OCHS-Dist.	Home	5:00
3-Oct	Louisa Co.	Away	5:00							21-Sep	FUMA	Away	9-AM
10-Oct	Benedictine	Home	6:00							25-Sep	Louisa Co. - 4	Away	5:00
17-Oct	Locust Grove	Away	5:00							28-Sep	VTCA	Away	TBD
29-Oct	Culpeper	Home	5:00							2-Oct	Monticello	Away	5:00
2-Nov	Woodberry	Home	3:00							12-Oct	AHS Invit.	Away	9-AM
										16-Oct	Spotsylvania	Away	5:00
										23-Oct	District	Home	
<p align="center">We Are FLUCOS</p> <p align="center">We Are FLUCOS</p>													

season games at home until September. They have a scrimmage at William Monroe on Aug. 16 and a home scrimmage against Fork Union Military Academy (FUMA) on Aug. 23. The football team's regular season begins on Aug. 30 with a game at Broadway High. They then play on the road again on Sept. 6 at Spotsylvania. The first regular season home game is not until Sept. 13 when they host Nelson County. The JV football team has a similar schedule. There is now also an 8th grade football team, which has a nine-game schedule, playing a host of teams that are not the usual Jefferson District suspects.

The Fluvanna High volleyball team has its normal extensive schedule, with 18 regular season matches lined up plus an invitational. The girls play scrimmages away on Aug. 10, 17 and 21, before beginning their regular season at home on Aug. 27 against Broadway High.

Golf is a fall sport that is limited by the hours of daylight available. Once we are off daylight savings time, the golf team's season is over due to how early darkness sets in. Like football and volleyball, the golf team starts its 2019 season on the road. On Aug. 8 they travel to Spotswood High on Aug. 12 they are at Nelson County. On Aug. 14 there is a District meet at Orange County.

Cross country is a sport in which the Flucos have consistently been pretty strong, especially on the girls' side. The teams start the season with the big Ragged Mountain meet on Aug. 27. They travel to Goochland High on Sept. 4 and to William Monroe on Sept. 7. They then host a meet against Jefferson District opponents on Sept. 18.

The Competition cheer squad has only three meets on its schedule, and all are away. The first is not until September when they travel to Spotswood.

The Fluco sports calendar for the fall season is in place and the action begins soon. Traditionally fall brings us football, volleyball, golf, competition cheer and cross country. This fall there is a new sport on the Fluco calendar. It is girls' field hockey. This is a fast-paced sport that tends to be low scoring, like soccer. Like soccer and lacrosse, the goal is to get the ball past a goalie and into the net.

The rules of field hockey are different from many other sports and may take spectators a little time to understand. The game is played with a hard ball that is hit with a stick that has one flat side. That side must be used to hit the ball. The ball must be hit along the ground and not up in the air, except on shots on goal. In upper level play, the competitors have the experience and ability to adhere to this rule on virtually all hits. With players who are new to the game, the ball tends to come up in the air fairly often. Although players wear shin guard and mouth guards, when the ball comes up in the air it can hit an opposing player hard and painfully.

Two rules of play in field hockey that take some getting used to are, no tackling (going for the ball) from behind, and no "obstruction", which is turning your back on an opposing player to put yourself between that player and the ball. In a number of other sports that is a standard and recommended maneuver. You also may not stop or move the ball with your feet.

The field hockey squad does not start play until Sept. On Sept. 3 and 5 they host Chancellor High and Powhatan High. On Sept. 12 they travel to Charlottesville, and then return home on Sept. 17 to take on Western Albemarle. As this will be the Flucos' first year of play in field hockey and they will be playing schools that have had field hockey squads for a number of years, this will no doubt be a learning season.

In football, the Flucos are coming off the first winning season in a number of years, so there is a lot of excitement about the coming season. Fans may be disappointed to learn that their schedule does not have them playing any regular

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FAST finishes third

CONTRIBUTED BY AMY WILLIAMS

The 2019 Jefferson Swim League (JSL) summer swim season came to an end Friday through Saturday, July 26-27, with the JSL championship meet. A total of 17 swim teams and approximately 2,000 swimmers, from across Central Virginia, including Fluvanna's Aquatic Sports Team (FAST), competed in the event.

FAST finished third for Division III of the JSL, with 653.50 points.

Asked what stood out to him over the course of the hectic two-day event, Head Coach Nathan Johnson noted that he was very proud of all the new swimmers, who had never attended a championship meet, yet faced the intimidating experience with great enthusiasm.

He also noted some of the "mindset-challenges" swimmers can face during such large, chaotic events. For 10-year old Harrison Williams, that meant refocusing himself, after receiving an unwarranted disqualification (DQ) in his individual medley race, which he had finished in 1:34.01. As the coaches protested the call, Harrison carried on with his 50-yard freestyle event, which he finished in 37.21 seconds, earning the team 9 points. He later learned that the DQ had been overturned, having been intended for the lane next to his, giving him 17th place and 11.5 points for the 100-yard IM event. Harrison finished out the day with a 24th place finish in his 50-yard backstroke (44.36 seconds/9.5 points).

Another swimmer who faced one of those mindset-challenges was 8-year old Ella Gray, who was accidentally shifted away from her starting block and prevented from swimming her 25-yard freestyle event. Once meet officials realized the error, she was allowed to swim the event, where she netted 12th place and 14.5 points, by finishing in just 18.24 seconds. Rounding out her day of swimming, were a 19th place (11 points) finish in the 25-yard breaststroke in 25.99 seconds and an 8th place (15) point finish in her 50-yard freestyle event in 38.01 seconds.

Coach Johnson noted FAST's dominance in backstroke, as he praised 8-year old Abby Caruso for her impressive 3rd place finish in the 25-yard backstroke, 14-year old Jackson Kinsella for his 9th place finish and 17-year old Emma DiFazio for her 10th place finish in their re-

spective 50-yard backstroke events.

Abby Caruso netted the team 17.5 points with her 20.10 second backstroke finish. She also scored points in the 25-yard butterfly (15 points), in 18.93 and the 50-yard free (13.5 points), in 38.90 seconds.

In addition to his backstroke success (30.96 seconds/15 points), Jackson scored 13th in his 100-yard IM (1:10.25/ 13 points) and 14th in his 100-yard freestyle events (1:01.08/12.5 points).

Emma's backstroke finish (30.32/14 points) was followed by 16th place finishes for both the 50-yard butterfly (29.49/11.5 points) and 100-yard freestyle (59.70/12.5 points).

Reflecting on the championship event, Coach Brennan King was proud of his swimmers, noting that he saw many time-drops throughout the meet.

With fond memories of summer swimming behind them, many of the team is expected to return to the pool in September for year-round swimming. More information about the year-round program can be found at iswimfast.org.

THIRD THURSDAY

at The Lodge at Old Trail

AUGUST 15

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NEW LISTING



1167 Johnson Ridge, Mineral \$185,000

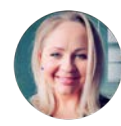


- One Level Living
 - Two Plus Acres
 - Full Country Porch
- Sandra Collins 434-222-6645
Sandra.Collins@Inf.com

NEW PRICE



6 Snead Court, Lake Monticello \$264,900

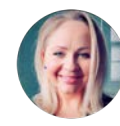


- Ranch On A Finished Basement
 - Fenced Yard
 - Large Kitchen
- Gunnels Group 434-960-8987
Maggie@GunnelsGroup.com

NEW PRICE



59 Lafayette Dr, Lake Monticello \$239,999



- Large Vaulted Master
 - Front Room with French Doors
 - Walk to The Park, Tennis & Basketball
- Gunnels Group 434-960-8987
Maggie@GunnelsGroup.com

NEW PRICE



4 Nutwood Circle, Lake Monticello \$209,000



- Two Master Suites
 - Open Vaulted Great Room
 - Large Cul De Sac Lot
- Diane Miller & Tom Morace 434-960-5856
DianeMiller@earthlink.net

YOUR FLUVANNA NEIGHBORS & REAL ESTATE EXPERTS.

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[FaceBook.com/LakeMonticelloFluvannaCounty](https://www.facebook.com/LakeMonticelloFluvannaCounty)



CALL OR STOP BY TODAY | (434) 589-7653
3661 Lake Monticello Rd Next To Monticello Mulch

AGENT ON DUTY MONDAY THROUGH SATURDAY 9am-5pm



1368 Rivanna Woods Rd, Fork Union \$495,000



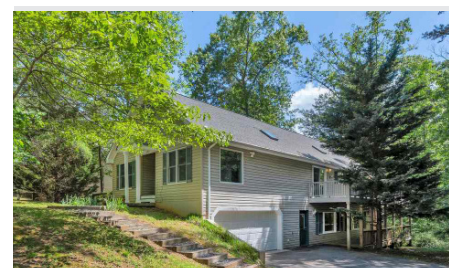
- Pristine River Front Property
 - Australian Cypress Flooring Throughout
 - Two Oversized Master Suites
- Tom Morace & Diane Miller 434-962-1625
Morace@sprintmail.com



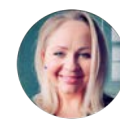
120 Fallen Oak Way, Scottsville \$339,900



- Private and Pristine
 - Breakfast Room with Bay Window
 - Oversized Garage
- Gunnels Group 434-960-8987
Maggie@GunnelsGroup.com



4 Baskin Ct, Lake Monticello \$269,900



- 2 Large Wrap Around Decks
 - Large Master With Study
 - New Roof And Skylights
- Gunnels Group 434-960-8987
Maggie@GunnelsGroup.com



1936 Paynes Mill Road, Troy \$315,000



- Privacy and Location
 - Open Floor Plan
 - Large Dining Room
- Patty Arndt 434-589-7653
Patricia.Arndt@LongandFoster.com



64 Lafayette Dr, Lake Monticello \$249,900



- Vaulted Master Suite
 - Hardwoods
 - Wooded Private Back Yard
- Jen Sample 434-989-9246
Jennifer.Sample@LNF.com



Forest Glen, Palmyra From \$50,000



- The Country Is Calling You!
 - All Available Lots Are Over An Acre
 - Recreation Area and Walking Trails
- Mike Himes 434-960-4407
michael.himes@Inf.com

SAVE THE DATE AND START CLEANING OUT YOUR HOUSE!

Fluvanna Meals on Wheels Yard Sale
Effort Baptist Church
7820 Thomas Jefferson Parkway

Friday, August 23rd - 8 am to 2 pm
Saturday, August 24th - 8 am to noon

For more information, please contact us at (434) 589-1685 or fluvannamealsonwheels@embarqmail.com

LAKE MONTICELLO SALES OFFICE | 434-589-7653 | 3661 LAKE MONTICELLO ROAD, PALMYRA 22963 | VISIT WWW.LAKEMONTICELLOHOMES.COM



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Website: ryanschuett.phmlloans.com
NMLS #1540312



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