

# Fluvanna

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# Life on Mars

BY HEATHER MICHON  
CORRESPONDENT



A Fluvanna man just returned from Mars.

Or at least a close approximation. Michael Lawson of Troy spent two weeks at the Mars Desert Research Station (MDRS), a facility in the high desert of Southern Utah

which simulates the type of habitat humans might one day build on the Martian plains. MDRS is one of three such simulations built and maintained by the Mars Society, a Colorado-based nonprofit founded in 1998 to advocate for the settle-

ment and exploration of the Red Planet.

It's a goal that Lawson supports. "I was not quite ten when we landed [on the Moon]," he says. "And if you told me that, 50 years later, we would never have again left low-Earth orbit, I would have been highly, highly surprised."

Lawson, a retired Army officer who now runs his own home inspection business, has had a passion for astronomy since childhood and took his first college-level astronomy course at the age of 15. More recently, he was a Community Scholar at the University of Virginia in the graduate astronomy program. He's also had a long-time fascination with Mars. "I've read extensively and I've devoured fiction and nonfiction," he says. A rotation at the MDRS seemed like it might provide some good challenges.

The first challenge was getting into the program. "Most of the crews are reserved for organizations or institutions," he explains, and there is heavy competition for the few spots open each year to individuals. "I was very fortunate to be accepted."

He arrived in Utah in late November as part of Crew 216. MDRS is located just outside Hanksville, an isolated town of around 100 people, three hours or more from the nearest hospital or airport.

Crew 216 was a diverse lot, including a Russian documentary filmmaker, a teacher from Singapore, a dentist, a PhD in comparative literature, and a graduate student in aerospace engineering. Their crew commander had spent a year at Antarctica South Polar Station, and his experience with that kind of isolation assured that "he knew where the pressure points were and was able to massage that through."

Despite differing backgrounds, ages, and nationalities, Lawson says the group bonded almost instantly. "We hit the lottery on this," he adds. Some crews never gel; in fact, the previous crew had gotten along so poorly, they wouldn't even sit for a group photo at the end of their rotation.

The campus is spartan: a few small structures connected by closed walkways, set in a valley surrounded by low hills. To replicate the conditions colonists will face on

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Mars -- where temperatures might go up to 70 degrees on a summer day and plummet to minus 100 at night -- crew members must put on simulated spacesuits whenever they leave the buildings.

The living quarters, called the Hab, are small. Crew members are assigned small rooms "wide enough for your bunk and a little workspace," he says. To simulate the water scarcity on Mars, each crew member was rationed to about five gallons per day drinking, food preparation, hygiene, and sanitation. "We all brought copious amounts of baby wipes" to stay fresh, he adds.

Food was mostly freeze-dried, and the crew had to figure out how to turn, say, a can of desiccated chicken into a palatable meal. Planning those nightly meals as a team turned out to be "an important thing for bonding."

Their days were filled with tasks. "There's no such thing as deferred maintenance in space," Lawson

explains. "So a lot of your time is devoted to housekeeping tasks, because if something goes wrong -- you die."

Excursions outside took planning and preparation. Their spacesuits, which included full helmet and breathing apparatus, weigh between 30-40 pounds. Trudging the hillsides around in heavy gear at high altitude burned the calories. Lawson says he lost 16 pounds in 14 days.

Each member also had some sort of project to complete during the mission. Mining for new minerals and metals is likely to be an important part of Mars exploration, so Lawson tested out a faster way to survey the terrain for mineral deposits using ultraviolet light. He plans to write a scientific paper on his findings over the holidays.

Lawson is clear-eyed about the limitations of the simulation. "There's artificialities involved, but they're doing the best they can with the money they've got." In

reality, the first crew to colonize Mars will be carefully chosen and rigorously trained for the nine-month, 153-million-mile journey; they will bring with them living facilities designed for long-term habitation on an often hostile planet.

When will that happen? Hard to say, but it will likely be several more years before a project comes together, at a cost of billions of dollars.

Lawson says his trip to MDRS was mostly for "self-actualization," but now that he's home, he's hoping

to "spark young minds" about the potentials in space and the importance of studying science, technology, and engineering. He's already reaching out to local groups who might want to hear about his experiences.

In all, Lawson found his journey to be a positive, interesting couple of weeks -- but he did come home to one major complaint. His children informed him that "parents aren't supposed to be cooler than their kids."



The Mars Society Desert Research Station and its campus.



## Fluvanna Business Corner

# From FLUVANNA

*Bryan Rothamel*

*Fluvanna County Economic Development Coordinator*

When my wife and I started dating, I took her to a Fluvanna football game. She met all of the very important people of my childhood in about a two-hour timeframe. As we left, I asked her what she thought of the experience. She looks at me and goes, "You said coach a lot." For me, that's a large part of being from Fluvanna and I am unashamedly and unabashedly from Fluvanna.

In 2020, the Economic Development Office will be launching a blog called, "From Fluvanna". The focus of the blog are people, events, aspects, and anything else that is "From Fluvanna". We will have a podcast with people "From Fluvanna". We will describe events you most certainly have heard of or things you wish you had heard of that are "From Fluvanna". We will in-depth conversations with people "From Fluvanna" including business owners, volunteers, community leaders, teachers and other people making a difference in Fluvanna County. I heard through the grapevine that a certain owner of a BBQ restaurant on Route 53 will be the first guest. Unfortunately, smells of the smoker will not

come through the podcast. I look forward to hearing Howie Brown's story on starting Wahoo BBQ. Be on the lookout sometime towards the end of January.

My hope is you will participate in "From Fluvanna" and it will ring true to the Fluvanna you are also from. Because being "From Fluvanna" doesn't just mean you were born here. It also includes folks who came here to live. Being "From Fluvanna" includes everyone here now as well as folks who were here and moved away but still call Fluvanna home. And because we are a friendly bunch, we'll claim the ones yet to come! We are not Charlottesville or Albemarle. We are not Buckingham or Louisa. We are Fluvanna. I'm proud of that. The blog will include everything we are already proud of and maybe a few things we just uncovered!

I'm looking forward to the experience. I hope you will too. The Economic Development Office wishes you a happy holiday season. See you in 2020. "From Fluvanna", Bryan.

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# National partnership working to combat farmer stress

FARM BUREAU PRESS RELEASE

A national poll conducted in April found that 48% of rural adults are experiencing more mental health challenges than a year ago.

Based on those findings, the American Farm Bureau Federation is partnering with Farm Credit and the National Farmers Union to help combat farm stress with a training program that will offer online and in-person training for individuals working with farmers.

The program is based on one developed by Michigan State University Extension for the U.S. Department of Agriculture Farm Service Agency. It focuses on training participants to understand farmers' sources of stress, recognize warning signs of stress and suicide, and create communication strategies to reduce the stigma related to mental health

concerns in farming communities.

Research found farmers are less likely to seek help, despite suffering higher rates of stress and depression. With 60% of rural Americans living in areas with shortages of mental health professionals, program trainees will work to coordinate mental health services for farmers.

AFBF's partnership will further connect farmers with financial, legal and mental health resources through the NFU Rural Resilience program and its Farm Crisis Center, which can be found at [farmcrisis.nfu.org](http://farmcrisis.nfu.org).

"Farm Bureau is a family, and when a member is hurting, we all feel it and are eager to help. But we may not always know how to spot the warning signs that someone is overwhelmed," said AFBF Pres-

ident Zippy Duvall. "This training program will help our members recognize the warning signs and empower them to get help for their friends, family, neighbors or even themselves."

The poll, conducted by AFBF, also showed that 91% of farmers said the main source of their stress was caused by financial issues and 87% feared losing their farm.

At the 2019 Virginia Farm Bureau Federation Annual Meeting in December, Minnesota grain farmer Theresia Gillie warned Virginia farmers that similar stressors led her husband, Keith Gillie, to take his own life in 2017.

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# Vote for Virginia's Hemi for People's Choice Pup

FARM BUREAU PRESS RELEASE

If Hemi the Virginia border collie could talk, he'd have a lot to say. He is one of 10 dogs across the U.S. selected for the 2020 Farm Bureau Farm Dog of the Year Contest created by the American Farm Bureau Federation.

The public is encouraged to vote for their favorite farm dog on social media by Jan. 17 to select the People's Choice Pup. The winner will be announced in January at the AFBF Annual Convention in Austin, Texas. "Hemi is one of those critters we wish could talk because of the stories he could tell," said Judy Tammi, one of Hemi's owners. Tammi and her husband, Leo, are sheep farmers in Augusta County who rely on dogs to help with the farm operation.

One day Hemi disappeared. Leo Tammi sent another dog to finish his job and chastised Hemi when he later reappeared, not realizing he had sustained significant injuries to his abdomen. Puncture wounds suggested it was an animal attack.

"He's an honest dog. You give him a job to do, he goes at it with all his heart and all his soul. He's

been an amazing companion here on the farm," Tammi said about 14-year-old Hemi, who is now retired. "When you have a working relationship with one of these dogs, it's an extension of yourself. You depend on them for every job that needs to be done around the farm, and Hemi has been a totally honest dog." AFBF began the contest to celebrate farm dogs who work alongside their people.

The contest is sponsored by Purina, and the grand prize is a year's supply of Purina dry dog food and \$5,000 in travel costs for the dog's family to attend the AFBF convention. Runners-up will win \$1,000 in prize money. The People's Choice Pup will receive a \$50 gift card and a Purina gift basket.

To see photos of the dogs and vote, visit [facebook.com/AmericanFarmBureau](https://facebook.com/AmericanFarmBureau), [instagram.com/americanfarmbureau](https://instagram.com/americanfarmbureau) or [twitter.com/FarmBureau](https://twitter.com/FarmBureau).



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Crystal O'Connor Field Research Manager at Monticello. They will be discussing the critical role that Monticello's Department of Archaeology plays in understanding the lives of enslaved laborers, as well as analyzing Jefferson's plantation management strategies. They will also outline the department's research goals, using one recently excavated site, an early 19th-century quarter site for the enslaved field laborers, as an example. It's sure to be a fascinating look into the everyday lives of the enslaved laborers and an exploration into how Jefferson himself lived and ran the plantation. It's definitely a great and interesting way to start the year. **Don't miss it!**

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# Supervisors end year on positive financial note

BY HEATHER MICHON  
CORRESPONDENT

The final meeting of the Fluvanna Board of Supervisors for 2019 ended on a positive financial note.

Finance Director Mary Anna Twisdale shared some of the details from the Comprehensive Annual Financial Report (CAFR) looking at Fiscal Year 2019 (FY19).

In all, the general fund had \$52 million in revenues for FY19 and had \$47.8 million in expenditures. The majority of expenditures, \$16.5 million, went to schools. Debt service cost about \$9 million, and public safety \$8 million. "Everyone worked really hard to hold the line on expenditures," said Twisdale. As a result, expenditures came in at \$2.4 million less than anticipated.

"I can tell you some really great news," she said. "Our projected revenue came in at \$1.7 million more than we had projected." Much of that unexpected money came from investments.

David Foley of Robinson, Farmer, Cox Associates told the supervisors the annual audit of the county

finances showed that Fluvanna was complying with accepted accounting principles and required only a couple minor adjustments. "I think it speaks to the strength of the county's finance department to have so few adjustments."

## THE FLUVANNA BRAND

Economic Development Coordinator Bryan Rothamel gave a presentation on branding and marketing for the county, with a focus on logos and the county seal.

Rothamel found that departments have used dozens of variations on the county logo and seal in recent years. "It becomes very confusing," he said.

To be effective, branding needs to be consistent across all print and online channels. "We want to be laser-focused on how we present ourselves," he explained.

For example, the county seal should be used only for official business, like tax bills and official correspondence. "It's a super-im-

portant image for super-important things."

He also recommended retiring some of the many different county logos and focus on just one, preferably the colorful design featuring the river, trees, and hills of the county that supervisors recently selected for the new water tower in Zion Crossroads.

Standardizing visual branding is part of a larger discussion about defining Fluvanna for both potential businesses and potential residents. Rothamel will likely be refining that message throughout the coming months.

## SPACE WANTED

Supervisors also heard a presentation by Joshua Bower of Crabtree, Rohrbaugh and Associates, a Charlottesville architectural firm, on the results of a study he conducted on county buildings and office space.

The firm interviewed all county department heads on their space requirements and current con-

straints. Some key findings included security issues presented by having the Commonwealth's Attorney Office located down the street from the courthouse with no protected route between the buildings, the separation of Public Works into multiple buildings, and frequent staff complaints about the lack of parking.

Bower said they then drew up a set of different options supervisors might want to consider in the future.

Any option is going to be expensive. Even maintaining the status quo is likely to cost the county millions in repairs over the next twenty or more years. "I know you understand that, as buildings mature, they become more and more expensive to maintain," said Bower.

One solution might be to build a new county administration building near the library and sheriff's office to create a modern space for core county departments and free up some space in the current county buildings in Palmyra village and Carysbrook.

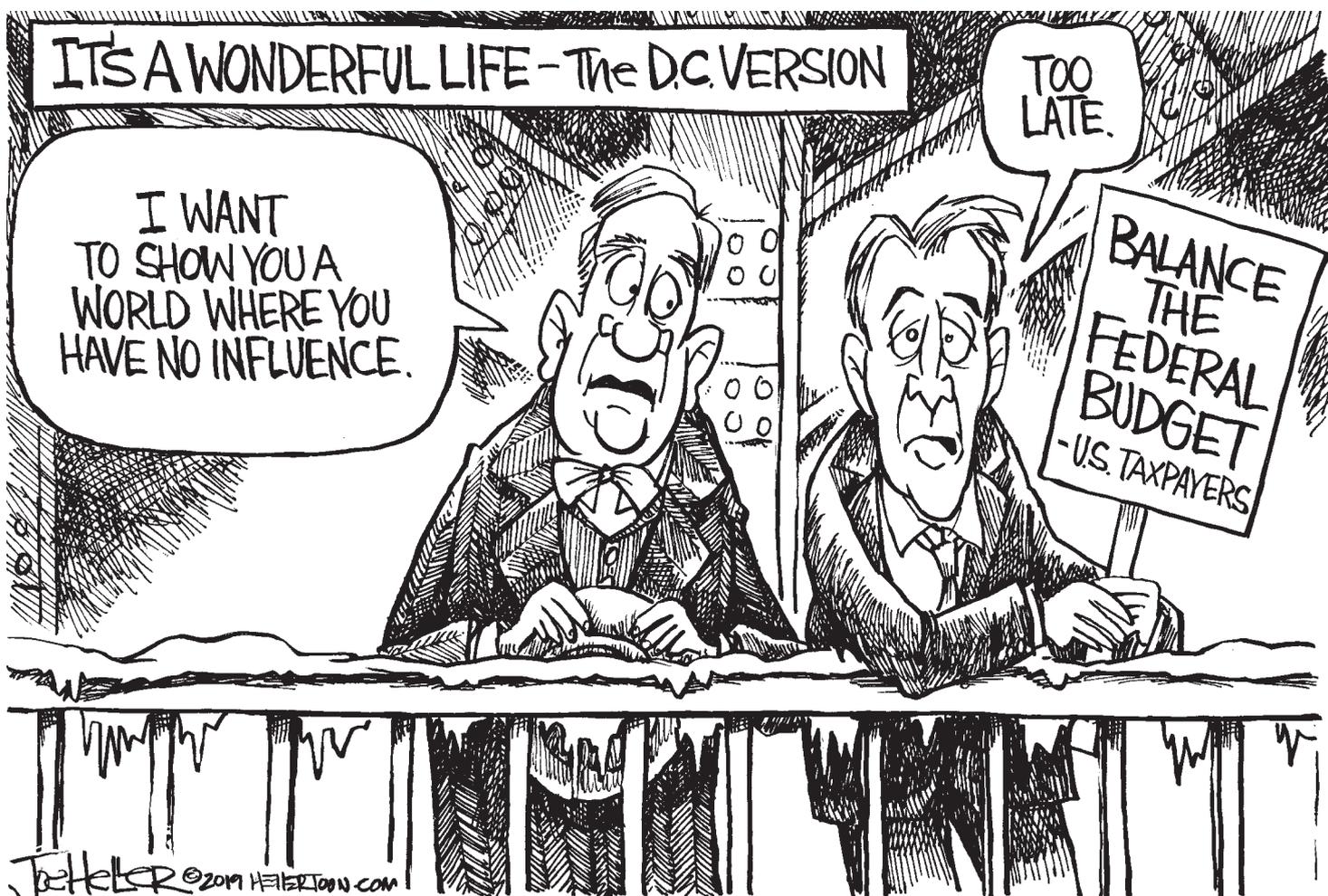
## SIGN-ON BONUS

In action matters, supervisors approved an increase in the sign-on bonus for sheriff's deputies. The bonus will increase from \$3000 to \$5000.

Human Resources Manager Jessica Rice said the sheriff's office, like law enforcement offices across Virginia, is facing challenges recruiting and staffing new deputies. "Quite frankly, [the sheriff's office] hasn't been fully staffed since about 2017."

A higher sign-on bonus might make joining the department more attractive to candidates and could be a valuable recruiting tool.

If deputies who receive the bonus leave in the first three years, they have to pay back part of the bonus, depending on the length of their service.



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- |   |   |   |   |  |  |  |  |  |  |   |   |  |   |
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# Writer advocates for older dogs, cats

BY PAGE H. GIFFORD  
CORRESPONDENT



Meyers and her wonderful senior dogs.

Nestled in the Cloverdale neighborhood, near Fork Union, sits the home of Dr. Jackie Meyers and her husband Dave Sagarin and their extended family of older dogs and cats in search of loving homes.

As a volunteer with Caring For Creatures (CFC), she worked closely with Mary Birkholz and also gave a lending hand to the Fluvanna SPCA. But she had always felt that the most wonderful dogs that had so much to offer were those who were overlooked because of their age. Often it was the frisky puppies or younger dogs that had a better chance getting adopted, leaving little chance for an older dog to have that opportunity.

Meyers decided to change all that and became an advocate for senior dogs and in 2002, while Meyers was still employed by Fluvanna County, she started Peaceful Passings, a rescue for senior dogs. Supported by her devoted and diligent husband, their home also served foster animals that came to them through the Fluvanna SPCA and CFC.

In 2009, the process was begun to apply for non-profit status to expand their services to help more animals in need and Peaceful Passings became a non-profit 501(c)3 charitable organization, allowing them to accept donations and support for their operation.

"This year we have added a facility for senior cats, a new building made possible through a generous bequest," said Sagarin. "Peaceful Passings is an all-volunteer organization and, to the best of our knowledge, one of a handful of home-based rescues for senior animals in the state of Virginia."

"Peaceful Passings is focused on ensuring senior pets live out their golden years in a happy home," said Meyers. Their mission is to save senior animals from unnecessary euthanasia and to re-home each of them with a loving family that will help them live out their lives in peace and tranquility. "Our vision is a world where no animal with a quality of life remaining must be euthanized simply because of the length of time they've spent in a shelter, their age, or any special needs they may have."

Meyers and Sagarin explained that Peaceful Passings serves three populations; super seniors, who are 12 and older and will remain with them if they have a quality of life; their hospice animals who will also remain with them if they enjoy a quality of life, and their adoptable seniors under 12 who they work to re-home.

"Our mission is to save senior animals. Our vision is a world where no animal is euthanized because of age or medical challenges when the

quality of life remains. We believe that animals will live a better life when humans respect that all stages of an animal's healthful life are of value to society."

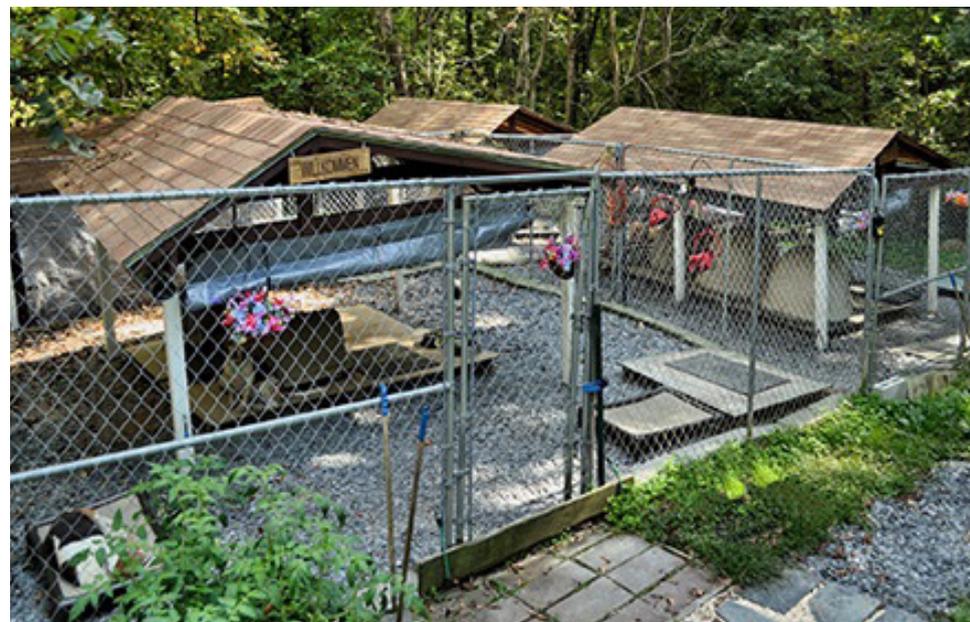
Meyers published her book "*Loving an Older Dog*," in September. It is a collection of intensely personal essays and stories of dogs, dog care, grief, loss, joy, and deep connections.

"It honestly confronts issues of aging while encouraging the reader to seek the profound satisfaction that comes from sharing one's home with an older pet," said Meyers. "This book is for people who have an aging pet (all pets are aging) and should be required reading for anyone considering adopting or volunteering to help at a shelter or rescue." Anyone who is a dog lover will appreciate the wisdom of her work. "It was developed to offer the public information on caring for senior animals and as a resource on death, dying, and grief issues. Our thought was to make this information available so that when people take their animals to a veterinarian, they will be able to apply their financial resources towards addressing

their animal's medical needs," said Sagarin. Understanding the medical issues can be daunting for most with elderly pets, but knowing what to expect and the quality of life is key in determining the cost.

Some of Meyers senior dogs that lived out their lives with her, lived healthy, full lives beyond the expected average age. Those that know Meyers, know she has miraculous interactions with older animals which is why she is so passionately devoted to them.

"I am a person who cares deeply for the well-being of all animals, and I consider my work with animals to be a calling. I believe our choices in



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life are driven by who we are; what we need to do to feel complete. In that respect, my choice to work with animals is driven by a need to advocate for a "voiceless" population: our animal companions," she said. "I have been a human companion to animals for over 40 years. It is a personal and spiritual mission to serve the animals that have graciously chosen to share their lives with me and those who have found their way to Peaceful Passings after years of turmoil, stress, and neglect. The insight that I bring to the mission of animal service has been acquired over time and can be learned by anyone with the desire to learn."

Dr. Meyers will be discussing her book at Friends of the Library on Jan. 8 at 10 a.m. at the Fluvanna County Public Library. *Loving an Older Dog* is available from the publisher, Mascot Books, on its website, as well as through Amazon. For more information about Peaceful Passings, visit [peacefulpassings.org](http://peacefulpassings.org).



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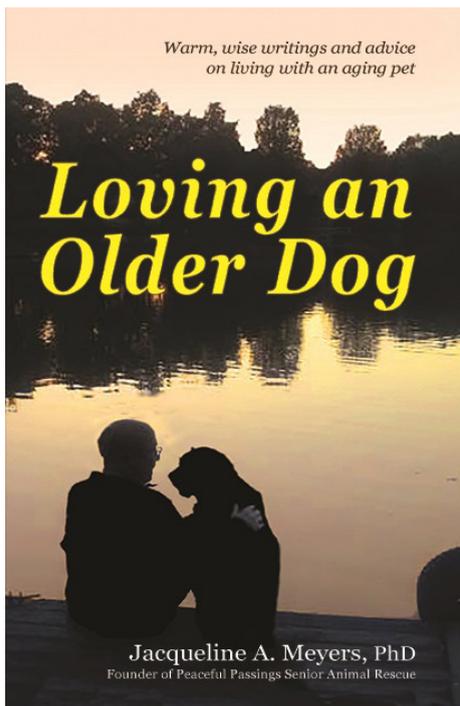
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# Shopping locally in Fluvanna

BY MADELINE OTTEN  
CORRESPONDENT



Fruit Hill Orchard store. Photos courtesy of Fruit Hill Orchard.

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It's always a good idea to shop local. In fact, not only does it reduce the drive into Charlottesville and save gas or the countless hours spent searching on the Internet, but shopping locally means supporting the community and the people who help provide for it.

"Shopping locally helps build and strengthen Fluvanna County," said Fluvanna's Economic Development Coordinator Bryan Rothamel. "It encourages people to go out into the community and the county gets one percent of all sales tax.

Since 2011, Fluvanna has seen a steady increase in sales tax revenue. According to the Fluvanna County's Comprehensive Annual Financial Report, the local option sales tax revenue has increased 58 percent from 2011 to 2017. In 2017 the county brought in \$1,680,960 in sales tax revenue and that rose to \$1,758,960 in 2018. Virginia

itself has seen a 16.8 percent increase during the same time period.

And while more articles about shopping locally come out around this time of year, much like this one, shopping local does not only have to be around the holiday season.

"When you shop locally, you're also supporting the family and then that money is spent back in the local community," said Fruit Hill Orchard Retail Manager Abby Stuart. "Coming from a produce perspective, it is more environmentally friendly, items are fresher, and it saves on transportation. You're also not paying an anonymous face but a family you may know which goes back into the community."

Rothamel also added that studies show that 60% of every dollar re-circulates through the community.

This family owned business started out in Winchester in



1929 and moved to Palmyra in 2000. The Orchard has over 2,000 fruit trees and annually plant thousands of other vegetables. Next year will mark their 20th anniversary of the Palmyra store's opening. Their goal is to not only educate their customers about where their produce comes from, but also provide a family friendly environment.

"It is crazy how much we have grown since we opened," said Stuart. "When the Palmyra store opened, I was two years old and it started as a pop-up tent where people would bring their own grocery bags. Now

we have the bigger store that opened about four or five years ago, and we'll be adding more space to it soon."

As retail manager, Stuart is responsible for setting up the store, working with inventory, running the register and making sure everything runs smoothly within the store. The orchard has about a dozen workers; some are students who work during the peak seasons, and about six or seven workers that are family members who work year-round.

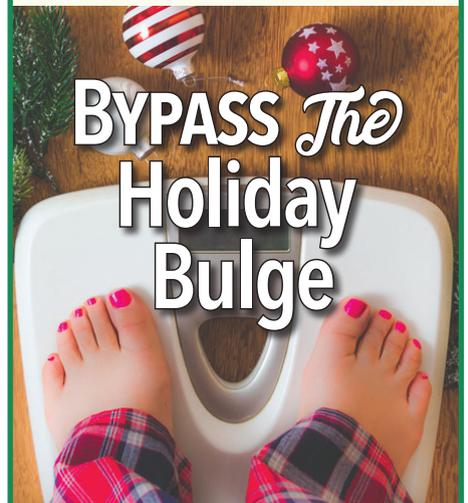
Fruit Hill is closed now and won't open again until the

summer but it's still offering firewood. They'll deliver firewood stacked and packed on wooden pallets (a little over 1/3 of a cord) for \$95. Pick up is available for \$85. Larger quantities are available. Call 434-270-1771 for more information.

Fruit Hill Orchard is not the only local store within Fluvanna County. On Fluvanna County's website, there is a directory of local businesses that are ready and eager to help out not only in the holiday season, but all year round.

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# Awesome second half results in Fluco girls crushing Little Giants

BY DUNCAN NIXON  
CORRESPONDENT



Opening jump against Waynesboro. Photo by Duncan Nixon.

The Fluvanna County girls' basketball squad did not start strong against the visiting Little Giants from Waynesboro on Dec. 18. The first half of this contest was fairly even and low scoring, but in the second half the Flucos dominated the overmatched Little Giants, outscoring them 33-8 for an easy 50-20 win.

In the first quarter, the Flucos got five points from senior forward Mya Wright, but led only 9-8 late in the quarter. Sophomore forward Emma Russ scored on a drive as the first quarter ended to put the Flucos up 11-8.

The second quarter started with Waynesboro draining a three-point shot to tie the score. The Little Giants then took a brief lead with one of two from the foul line. Wright made a steal for the Flucos and took the ball coast to coast. She was fouled on her lay-up attempt and made both free throws to put the Flucos back on top for good.

It was a, slow moving, defensive quarter. Fluco senior guard Nevaeh Ivory was fouled shooting a lay-up off a nice pass from senior guard Jules Shephard. Ivory made both free throws for a 15-12 score. Freshman

Aniah Webb scored on a drive to the basket to close out the half at 17-12. The Fluco held the Little Giants to the four points that they scored early in the quarter to take Waynesboro's brief lead. The Flucos won the second quarter 6-4 and their defensive effort was a preview of what would transpire in the second half.

Fluco Coach Chad White said after the game that his half-time message to his squad was that they needed to play with more energy. He said he was pleased to see his captains: Ivory, Shephard and Wright pumping up the team prior to the start of the second half. The third quarter was decisive. The Flucos did up their energy, achieving steals and creating turnovers. Ivory scored four baskets in the quarter, twice as many as the Little Giants achieved. Wright, senior Maggie Wentz and junior Khyriah Davis-Heinrich all had two points and the Flucos won the quarter 14-4 for a fifteen-point lead.

The fourth quarter was an extension of the third. The Fluco defense was too much for Waynesboro. In addition, the Flucos put on their three point shot hats. Shephard scored a

three, as did junior Allyson Crothers and freshman Abby Seal. Seven Flucos scored in the final period, as the Flucos outscored the Little Giants 19-4 for a 30-point win. The Flucos had nine players score, as Coach White got a good look at his back-ups in the fourth quarter.

The Flucos were led in scoring by Ivory with 13, while Wright pitched in with nine. Davis-Heinrich grabbed a bunch of rebounds. After the game, Coach White noted that the Little Giants were obviously well coached. However, they only had a roster of six players and it was clear that the deep Fluco squad was not likely to fall to such a team.

The Lady Flucos are now 6-1 on the season. They played at Orange County on Dec. 20. After a brief holiday respite, they travel to Madison County on Dec. 30. They will host Albemarle High on Jan. 3 and travel to Western Albemarle on Jan. 4. They will be at Waynesboro on Jan. 8 and they will host Charlottesville on Jan. 10.

Don Stribling's official title is: Executive Director of Human Resources, Operations and Student Services. Regards, duncan



File Photos by Fluvanna Sports Photography.



# Fluco stand-out Walt Stribling signs to play at East Carolina

BY DUNCAN NIXON  
CORRESPONDENT



Fluvanna football's loss is the East Carolina Pirates' gain. On Dec. 19, Fluco offensive lineman Walter Stribling signed to play his collegiate football at East Carolina University, which is located in Greenville, NC. At the signing ceremony, Stribling was surrounded by family. His mother and father, Don and Lori Stribling, were at his side; his younger sister and brother, Eva and Eli, were behind him and his

grandparents Don and Sandra Stribling were also on hand. Stribling's father is the executive director of human resources, operations and student services, for the Fluvanna County school system.

Stribling won a number of honors during his football career at Fluvanna. He was All-Jefferson District, All Region 3C and All-Central Virginia at offensive tackle. He also participated in track and

field, throwing shot and discus and he played a couple of seasons of basketball for the Flucos.

Stribling is a truly big offensive lineman. One program listed him as 6-8 and 310. Many linemen that size are carrying some obvious extra weight, but not Stribling. He looks trim and fit and big. Often, casual observers of football never see what the offensive line is doing.

You only know that if running backs are gaining 5 or 6 or 8 yards at a time, the offensive line is clearly doing its job. The Flucos had some good running backs the past two years, but Stribling's blocking clearly helped them a lot. It was not uncommon to see him fending off two defenders at a time.

Although he also played some defensive line in his senior year, Stribling confirmed after the signing that he will be playing offensive line for the Pirates. He also noted that he will be enrolling early at ECU. He will start classes there in January. This one semester jump on the freshman year is becoming more common for football athletes, who have serious time commitments to their sport in the first semester of their college careers.

The East Carolina Pirates play in the American Athletic Conference (AAC) which is an up and coming football conference that is knocking on the door of the "power five" football conferences. This year the conference boasted some of the top teams in the country in football, including Memphis, Cincinnati, Navy and SMU. Hopefully, Stribling will help ECU burst into the upper echelons of the conference. The Pirates were only 4-8 this year.

# Fork Union's Fletcher Arritt announced as candidate for Naismith Basketball Hall of Fame

PRESS RELEASE

Coach Fletcher Arritt (FUMA Class of 1960), Fork Union Military Academy's legendary head basketball coach, was announced this week as a candidate on the ballot for induction into the Naismith Memorial Basketball Hall of Fame in 2020. This is the first time that Coach Arritt's name has been placed on the ballot, and his nomination is an extraordinary honor which reflects the respect within the basketball world for Coach Arritt and his accomplishments while serving as head coach of Fork Union's postgraduate basketball program.

"No coach that I've been aware of during my time in basketball did a better job of preparing kids for college than Fletcher did with his kids at Fork Union," stated Hall of

Fame college coach Bob Knight in a video interview some years ago. "I think he has made a tremendous contribution to the game of basketball, a contribution that is worthy of consideration to the Hall of Fame."

Fletcher Arritt first arrived at Fork Union Military Academy as a student in 1959, playing basketball for Coach Bill Miller and earning the role of team co-captain. He earned a scholarship to the University of Virginia, playing on their varsity team. After earning his Bachelor of Science in biology and a Master of Education degree in human biology from the University of Virginia, Arritt returned to Fork Union Military Academy in 1966 where he accepted a position as a biology teacher.

In 1970, Arritt took over as the head postgraduate basketball coach after four years as an assistant to Coach Bill Miller. Over the course of the next 46 years, Arritt developed many young men in his classroom and on the basketball court. He sent at least 400 players on to play at the college level, about 200 of them in Division I, with dozens going on to professional careers in basketball with the NBA and international leagues.

As head basketball coach, Arritt compiled a career record of 889 wins and 283 losses. Billy Donovan, former coach of the University of Florida Gators whose teams won consecutive NCAA National Championships in 2006 and 2007, stated it simply in speaking of Coach Arritt, saying, "He has to go down

as one of the greatest coaches of all time."

He and his wife, Betty Jean, raised two sons, Benjamin and Fletcher, III, and a daughter, Amy, during their time at Fork Union. Arritt retired from Fork Union Military Academy in 2012.

A biography of Arritt titled "Body, Mind, Spirit, and Basketball" has been produced by author Bethany Bradsher and has just been published. Hardback and paperback copies of the book are available at <http://www.forkunion.com/arrittbook>, and the Kindle edition is available on Amazon.

# Happy Holidays

WISHING OUR  
READERS  
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HOLIDAY & A  
PROSPEROUS  
NEW YEAR

from the gang at the  
**Fluvanna**  
**REVIEW**



# Holiday Magic at Lake raises money for charities

PRESS RELEASE



The first annual "Festival of Trees" at the Ashlawn Clubhouse's Lake Room, raised nearly \$4,000 for area charities.

Lake Monticello Beautification Corps received \$1,025 from the event, while three local animal charities each received \$900, according to the event's coordinator, Alan Stewart. The official presentation of the donations to Caring for Creatures, Peaceful Passings and the Fluvanna SPCA will be at the next Fluvanna Chamber breakfast, according to Stewart.

"I am very pleased with the outcome of the event," said Stewart, who modeled the festival after one he attended in Vermont back in his high school coaching days. "I expect it to be much bigger next year. We have already had businesses reach out to us about sponsoring a decorated tree next year."

Stewart said a work group will be formed in January to plan for next December's events. "Now that everyone has an idea how it goes, divvying up the responsibilities will make for a much easier event," he added. Stewart, his wife Shirley Stewart, and Craig and Kim Conboy were the chief organizers of the three-day event that included, decorated trees, storytelling, kids' crafts, live music, a dinner and dance and multiple visits from Santa!

"We had participation from Lake Monticello and Fluvanna County," said Stewart. "What a wonderful way to kick off the holidays in true community spirit!"

The Festival of the Trees also collected toys for Masons Toy Box and Happy Faces, as well as food for MACCA.

## Affordable health screenings coming to Palmyra

PRESS RELEASE



Residents living in and around the Palmyra can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with affordable screenings by Life Line Screening. Lake Christian Church will host this community event on Jan. 3. The site is located at 733 South Boston Road in Palmyra.

Screenings can check for:

- The level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health;
- HDL and LDL Cholesterol levels;
- Diabetes risk;
- Bone density as a risk for possible osteoporosis;

•Kidney and thyroid function, and more.

Screenings are affordable, convenient and accessible for wheelchairs and those with trouble walking. Free parking is also available.

Packages start at \$149, but consultants will work with you to create a package that is right for you based on your age and risk factors. Also ask about our Wellness Gold Membership Program with allows customers to get all the screenings they need now but pay \$19.95 a month. Call 1-877-237-1287 or visit our website at [www.lifelinescreening.com](http://www.lifelinescreening.com). Pre-registration is required.

# SHERIFF'S REPORT DECEMBER 12-19

## NATURE OF INCIDENT / TOTAL

## CRASHES

911 HANG UP	7
911 MISDIAL	8
911 OPEN LINE	4
ANIMAL CONTROL CALLBACK	7
ANIMAL CONTROL FOLLOW UP	1
ADDRESS SIGN REQUEST	1
ADULT WELFARE/PUB SAFETY CHK	2
ALTERED LEVEL OF CONCIIOUSNESS	1
ANIMAL BITE	1
ANIMAL CARCASS	3
ANIMAL WELFARE	9
ASSIST OTHER AGENCY	3
ASSAULT W/ NO INJURY	1
BE ON LOOKOUT	10
SHERIFF'S OFFICE CELL CHECK	1
CHILD WELFARE/ABUSE/ENDNGMNT	4
CIVIL INFORMATION REQUEST	1
CIVIL PAPER RECEIVED	2
CIVIL PAPER SERVICE	62
COMMERCIAL BURG ALARM	2
COMMUNICATIONS OFC CALL OUT	1
COURTESY TRANSPORT	1
DISABLED VEHICLE	10
PAST DISTURBANCE	1
DISTURBANCE	1
DRUG TAKE BACK	1
FALL FRACTURE	1
FINGERPRINTS	6
FOLLOW UP INVESTIGATION	14
FRAUD	3
GUN PERMIT RECEIVED	3
HARASSMENT PHONE/OTHER	3
HOLD-UP ALARM	1
VCIN CHECK	1
LARCENY/THEFT	3
PHONE CALL RETURN	39
LIVESTOCK CALL	3
LOST ANIMAL	2
MAGISTRATE WALK IN	3
MENTAL WELFARE CALL NO INJURY	1
MVC W/ENTRAPMENT OR INTO STRUC	1
MVC WITH INJ OR UNKNOWN INJ	5
MVC WITH NO INJURY	11
MVC W/ ANIMAL	7
DRUG RELATED INCIDENTS	1
NUISANCE DOMESTIC ANIMAL	1
OTHER LAW CALL	10
OVERDOSE	1
PEDESTRIAN IN ROAD/INTOX PEDES	3
PRISONER TRANSPORT	11
PROJECT LIFESAVER RELATED CALL	1
RADIO TOWER SITE LOG	4
REPOSSESSION	2
RESIDENTAL BURGLAR ALARM	1
SELECT PATROL	55
SHOTS HEARD	1
SMOKE ODOR INVEST OUTSIDE	1
STRAY DOG	7
SUSPICIOUS ACTIVITY / PERSON	14
DIRECT TRAFFIC/FUNERAL TRAFFIC	4
TRAFFIC HAZARD	1
TRAFFIC STOP	52
WARRANT CHECK IN/OUT	1
WARRANT RECEIVED	4
OUT SERVING WARRANT	8

**TOTAL INCIDENTS 435**

<b>MVC NO INJURY</b>	<b>16:15:33 12/19/19</b>
8290 BLK THOMAS JEFFERSON PKWY	
<b>MVC NO INJURY</b>	<b>06:18:36 12/19/19</b>
NAHOR MANOR RD & THOMAS JEFFERSON PKWY	
<b>MVC INJURY/UNK</b>	<b>05:50:14 12/19/19</b>
6600 BLK THOMAS JEFFERSON PKWY	
<b>MVC NO INJURY</b>	<b>22:41:27 12/18/19</b>
2060 BLK MOUNTAIN HILL RD	
<b>MVC NO INJURY</b>	<b>20:31:55 12/18/19</b>
460 BLK MARTIN KINGS RD	
<b>MVC INJURY/UNK</b>	<b>08:18:49 12/18/19</b>
5490 BLK VENABLE RD	
<b>MVC W/ ANIMAL</b>	<b>07:35:03 12/18/19</b>
2390 BLK RICHMOND RD	
<b>MVC NO INJURY</b>	<b>18:11:41 12/17/19</b>
RICHMOND RD & ZION STATION RD	
<b>MVC NO INJURY</b>	<b>18:05:38 12/17/19</b>
3670 BLK EAST RIVER RD	
<b>MVC W/ ANIMAL</b>	<b>13:42:39 12/17/19</b>
13020 BLK JAMES MADISON HWY	
<b>MVC W/ ANIMAL</b>	<b>07:36:07 12/17/19</b>
1500 BLK RICHMOND RD	
<b>MVC W/ ANIMAL</b>	<b>19:34:05 12/16/19</b>
2140 BLK JAMES MADISON HWY	
<b>MVC INJURY/UNK</b>	<b>13:41:28 12/16/19</b>
3850 BLK EAST RIVER RD	
<b>MVC W/ ANIMAL</b>	<b>07:12:16 12/16/19</b>
CENTRAL PLAINS RD & WEST RIVER RD	
<b>MVC W/ ANIMAL</b>	<b>19:46:53 12/15/19</b>
6340 BLK THOMAS JEFFERSON PKWY	
<b>MVC NO INJURY</b>	<b>10:49:20 12/15/19</b>
SOUTH BOSTON RD & BROKEN ISLAND RD	
<b>MVC W/ ANIMAL</b>	<b>23:06:56 12/14/19</b>
1910 BLK THOMAS JEFFERSON PKWY	
<b>MVC NO INJURY</b>	<b>12:20:48 12/14/19</b>
260 BLK TURKEYSAG TRL	
<b>MVC ENTRAP/BLD</b>	<b>10:52:20 12/14/19</b>
150 BLK SOUTH BOSTON RD	
<b>MVC INJURY/UNK</b>	<b>09:16:42 12/13/19</b>
4610 BLK ROLLING RD S	
<b>MVC NO INJURY</b>	<b>06:12:38 12/13/19</b>
EAST RIVER RD & SAINT JAMES ST	
<b>MVC NO INJURY</b>	<b>20:13:57 12/12/19</b>
4420 BLK WOODS EDGE RD	
<b>MVC INJURY/UNK</b>	<b>17:31:55 12/12/19</b>
WEST RIVER RD & HADEN MARTIN RD	

**TOTAL CRASHES 23**

## ARRESTS

<b>ARREST DATE:</b>	<b>23:16:00 12/14/19</b>
ADDRESS:	PALMYRA
UNAUTHORIZED USE OF VEH, CRAFT	
<b>ARREST DATE:</b>	<b>23:21:00 12/17/19</b>
ADDRESS:	PALMYRA
HARASSMENT BY COMPUTER	
<b>ARREST DATE:</b>	<b>12:13:00 12/19/19</b>
ADDRESS:	GORDONSVILLE
CONTEMPT OF COURT	
CONTEMPT OF COURT	
DRIVE SUSP/REVOKED	

**TOTAL ARRESTS 3**

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# SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

## 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:

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

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## The Weekly Crossword

by Margie E. Burke

### ACROSS

- 1 Instrument featured in the 1996 film "Shine"
- 6 Talk big
- 10 States further
- 14 Building annex
- 15 Capitol Hill worker
- 16 Boxing match
- 17 Make baskets
- 18 Decorative enamelware
- 20 Junior, to Senior
- 22 Cone-bearing evergreen
- 23 Some jeans
- 24 DiCaprio flick, "\_\_\_ Island"
- 25 West Coast sluggers
- 28 Read a bar code
- 29 Financial holdings
- 31 Sorority letter
- 36 Make revisions
- 37 Calendar girl
- 39 Love handles, essentially
- 40 Steer away
- 42 Sacred text
- 44 Eye flirtatiously
- 46 Car radio button
- 47 Archaic clothing
- 51 Bit of heckling
- 52 Fully
- 53 Vendor's wagon
- 57 Civil War nickname
- 59 Gung-ho
- 60 Heavy metal
- 61 Quiz answer
- 62 Performance place
- 63 Printed letters
- 64 Cordage fiber
- 65 Liable to lose it

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								
60						61						62			
63						64									65

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- 36 Make revisions
- 37 Calendar girl
- 39 Love handles, essentially
- 40 Steer away
- 42 Sacred text
- 44 Eye flirtatiously
- 46 Car radio button
- 47 Archaic clothing
- 51 Bit of heckling
- 52 Fully
- 53 Vendor's wagon
- 57 Civil War nickname
- 59 Gung-ho
- 60 Heavy metal
- 61 Quiz answer
- 62 Performance place
- 63 Printed letters
- 64 Cordage fiber
- 65 Liable to lose it

- 4 Short book
- 5 By \_\_\_ (alone)
- 6 Kickstarts, in a way
- 7 Get to
- 8 Bustle
- 9 Kimono-clad entertainer
- 10 Cut short
- 11 Dunkable treat
- 12 Slow-witted one
- 13 Take the wheel
- 19 Gumption
- 21 "The Boy Who Cried Wolf" writer
- 24 Use elbow grease on
- 25 Acted like
- 26 Stem joint
- 27 Sandpaper surface
- 28 Inasmuch as
- 30 Hosiery thread
- 32 Post-hospital tending
- 33 Calculator symbol
- 34 Remove the rind

- 35 Look out for, say
- 38 They'll hold water
- 41 66, famously
- 43 Get the oven ready
- 45 Word before spurt or chart
- 47 Come calling
- 48 Contest submission
- 49 Brownstone feature
- 50 1000 kilograms
- 51 Kentucky Derby drink
- 53 Shade of purple
- 54 Stretches
- 55 Landlord's due
- 56 Cafeteria item
- 58 "Right you \_\_\_!"

Answers to Last Week's Crossword:

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

### DOWN

- 1 Chess piece
- 2 Anagram of 15-across
- 3 "Bonanza" brother

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## EVENT

**BINGO:** Closed for holiday break. See you all in the New Year 2020. Opening again Thursday, January 9. Have a happy New Year. Bingo, Fire and Rescue Building at Slice Gate (off of Rte 600/traffic light). Questions? (434) 591-1018.

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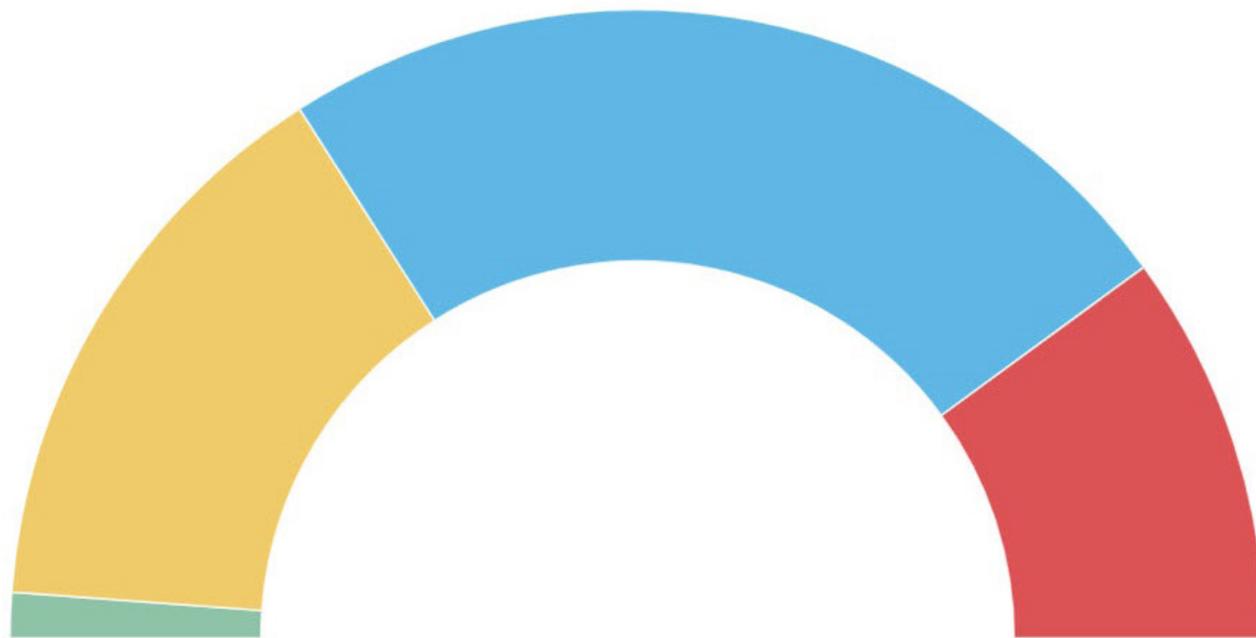
# How fast must you go to draw a speeding ticket?

BY ERICA MOKUN AND CATALINA CURRIER  
CAPITAL NEWS SERVICE

## How much over the speed limit?

Of the 590,000 speeding tickets in Virginia in 2018, only 2% involved going less than 10 mph over the limit.

● Less than 10 mph ● 10-14 mph ● 15-19 mph ● 20 or more mph



“Nine you’re fine, ten you’re mine.”

A Reddit user recently quoted that saying in an online discussion about speeding in Virginia. The conventional wisdom is that you probably won’t get ticketed unless you’re going at least 10 mph over the speed limit.

Is that true? Pretty much, according to an analysis of speeding tickets processed in General District Courts across Virginia last year.

Almost 98% of the tickets involved going 10 or more miles an hour over the limit. Even where the posted limit was 35 mph or less, 97% of the speeding tickets were issued to people accused of exceeding the limit by at least 10 mph. The average speeder was going 17 mph over the limit.

Now, we’re not suggesting you should have a lead foot while

driving. As the Reddit user noted, “Technically anything over the limit is illegal.” But statistically, if you’re speeding only by single digits, you’re unlikely to draw a ticket, the data indicate.

Of the approximately 590,000 speeding cases handled by General District Courts in 2018:

- About 13,750 involved going less than 10 mph over the limit. Forty of those cases involved going less than 5 mph over the limit.
- About 174,000 involved going 10-14 mph over the limit.
- About 283,000 involved going 15-19 mph over the limit.
- More than 118,000 involved going 20 or more miles per hour over the limit — which is one definition of reckless driving in Virginia.

The cases include 98,000 drivers who were going more than 80

mph, another definition of reckless driving that is grounds for being charged as a Class 1 misdemeanor.

Going 80 mph would be slow by the standards of some Virginia drivers. Seventeen defendants in General District Court were accused of going at least 130 mph — and 2,135 were charged with going 100-129 mph.

Driving like that can be expensive: More than 1,050 defendants were fined at least \$1,000 — including about 150 who had to pay \$2,500 or more. The average fine, including court costs, was about \$190.

For safety and financial reasons, motorists should slow down, said Karen Rice, who has operated a driving school in Richmond for 19 years.

Her business, called The Driving School Inc., offers eight-hour driver improvement classes for

court, DMV and voluntary purposes. Rice said registration typically spikes in December.

“After the holidays, business will be booming because of all the tickets written in this season, as well as people procrastinating because of the holidays,” Rice said.

Rice explained why she thinks many drivers go too fast: “I feel the majority of people speed because they are running late and just are not paying attention.”

Besides driving school, people accused of reckless driving may need a lawyer to help them in court. A conviction can have a significant impact on a person’s driving record and car insurance, said Will Smith, an attorney at the Bowen Ten Cardani law firm.

He noted that reckless driving, as a Class 1 misdemeanor, is a criminal offense. When drivers understand that, “they realize that that is something that they don’t want on their record,” Smith said.

### About the data used in this report

For this report, we downloaded data on all criminal cases filed in 2018 in General District Courts throughout Virginia. The data had been scraped from the state’s court system by Ben Schoenfeld, a software engineer in Hampton Roads, and posted on an open website.

The entire data set included more than 2 million records. From this file, we extracted and analyzed the approximately 590,000 cases involving speeding. We examined how fast the driver was going, the speed limit, the fine imposed and other aspects of the cases.

We did the analysis — which involved sorting, filtering and summarizing the speeding data — with Microsoft Access and Excel.



# Dog infected with rabies caught in Fluvanna

PRESS RELEASE



A Pitbull, running at large in Fluvanna County, has been determined to have rabies, according to a press release from the Fluvanna County Sheriff's Office.

Fluvanna County sheriff's deputies captured the dog in the 200 block of Branch Road near Scottsville on Dec. 19. The dog was a black Pitbull with a white stomach. The dog was human and animal aggressive and had been running at large that day, according to the release.

Due to the dog's aggressive actions, it was euthanized, and samples were sent for testing. On Dec. 23 the sheriff's office was notified by the Fluvan-

na County Health Department that the dog tested positive for rabies.

Anyone who may have come in contact with the rabies infected dog is urged to contact their health care provider or the Fluvanna County Health Department at 434-591-1960 to seek advice on medical treatment.

If you suspect your animal came into contact with the infected dog, quarantine your animal immediately for a period of ten days and contact your veterinarian.

The sheriff's office urged residents to vaccinate their pets.

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