



Book Evaluation Committee Approves Three Contested Titles

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How to Live with Chronic Pain

PAGE 6

Tom Teasley to Perform at Carysbrook

PAGE 7

Supervisors Get First Look at Proposed Solar Ordinance

PAGE 10

Fluvanna Cross Country Team Excels in Only Home Meet

PAGE 15





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ACCOUNTS MANAGER **EDEE POVOL** 434-207-0221 / edee@fluvannareview.com

ADVERTISING DESIGNER LYNN STAYTON-EURELL sales@fluvannareview.com

EDITORIAL DESIGNER AMELIA McCONNELL amelia@fluvannareview.com

DESIGNER MARILYN ELLINGER

REPORTERS PAGE GIFFORD, HEATHER MICHON, DUNCAN NIXON AND HARVEY J. SORUM

> Mailing Address P.O. Box 59 Palmyra, VA 22963

Physical Address Crofton Plaza Building 106, Suite 1 434-591-1000

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Virginia Press

On the cover: Cover design by Amelia McConnell.

DEADLINE Advertising due by Wednesday at 5 p.m. for the issue released eight days later. Submissions, letters and calendar items due by Friday at 9 a.m. for

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The Fluvanna Review is published weekly by Valley Publishing Corp. and covers Fluvanna exclusively. It is printed on Tuesday mornings. One copy is free. Additional copies are \$1 each payable in advance to the publisher.

SUBSCRIPTIONS

Copies will be mailed for the subscription price of \$150 per year or \$85 per six months. Please mail a check and a note with your name and address to: Subscriptions Dept., P.O. Box 59, Palmyra, VA 22963. For more information email Edee Povol at

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Community calendar items must be about community events, under 50 words, and will run

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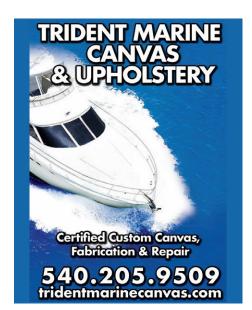
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9 PONDEROSA LANE, LAKE MONTICELLO SATURDAY, SEPT. 14th • 9 ^{AM} - 3 ^{PM} SUNDAY, SEPT. 15th • 12 ^{PM} - 4 ^{PM}

- LIVING ROOM: Deep Green Leather Couch & Chair with Ottoman. 2 Matching Upholstered Chairs. Mission Style Side Table, Coffee Table and Sofa Table. Rocker, Barristers, Bookcase, Large Decorative Plate Collection, Books & Framed Pictures.
- **DINING ROOM:** Beautiful Mission Style Table with 6 Chairs and Leaves. Wine Rack Unit. Lovely Huge Silver Beveled Hanging Wall Mirror.
- BREAKFAST NOOK: Black Bordered Round Table with Glass Top and 4 Chairs.
- KITCHEN: Full of Dishware, Flatware, Utensils, Gadgets, Glassware, Convection Oven, Mixing Bowls, Toaster, Blender, and More.
- FLORIDA ROOM: 2 Large Swivel Metal Chairs with Cushions, Matching Loveseat, Coffee Table, Lounger, Small Side Table, Wicker Ottoman, Wood And Metal Bench. Huge Decorative Thimble Collection, Sewing Baskets, Button Collection.
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- MASTER BEDROOM: Queen Bed with Coverlet and Matching Shams. Tall 11 Drawer Dresser, Deacon Bench, Night Stand, Bureau with Mirror. Framed Pictures and Hanging Wall Decorations.
- OFFICE: Computer Desk, T.V., Stereo Unit, End Table, Lamp, Framed Pictures.
- GARAGE: Stuffed Full with Hand and Electric Tools. Leaf Blowers, Full Size Refrigerator, Golf Clubs, Christmas Items, Pots & Pans, Ladders, Electric Heater, Planner, Table Top Craftsman Bench, Golf Club Carrier, DeWalt Vacuum, Shop Vacuum + 3 Tables Full of Misc. Stuff.





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The Weekly Crossword

by Margie E. Burke

19

ACROSS

- 1 School subj.
- 5 Cut corners
- 10 Seeing things
- 14 Woodwind
- 15 Gyro holders
- 16 Prom night ride 17 One way to be
- sold 19 Student
- overseer 20 Like some pets
- 21 Big name in tires
- 23 Fonda flick, "Fasv
- 25 Barely at all
- 26 Dismal
- 28 Gym weight
- 31 Rescue ring
- **33** A and B, e.g. 37 Thrilla in Manila hoxer
- 38 Make, as a meal
- 40 Regret
- 41 Parking sticker
- 43 Raven's remark
- 45 Spotty ailment
- 47 Proton's place
- 48 Stands out
- 51 Mick Jagger, for
- one **53** Able to practice, say
- 56 Annovance
- 59 Bulb flower
- 60 Like some milk
- 62 Small change
- 63 Oregon's capital
- 64 Tear to bits
- 65 Provocative
- **66** Shoot from cover
- **67** June 6, 1944

DOWN

- 1 Hydrant hookup
- 2 Big-horned goat
- 3 Sleep-inducing
- 4 Londoner's break
- 5 Long key

- 6 Word with mess or press
- 7 Tabloid

53

62

- twosome
- 8 Algeria neighbor 9 Freudian topic
- 10 Getting on in
- years 11 Triangular
- traffic sign 12 Send, in a way
- 13 Heavyweight Liston
- 18 Clear (of)
- 22 Summertime top
- 24 Baltimore squad
- 26 Tickled
- 27 Aggravate 29 Throw off
- 30 2021 World Series champs
- 32 Abdominal organ
- 34 Held a sit-in, maybe
- 35 Currency since 1999

63

- 46 Take stock of
- 48 Pizza serving
- 49 Brought on board
- 50 Cake topper
- 36 Come across as
- 42 Official pardon
- 44 Multi-slope roof

- 39 Retirement place 54 Steve Carell
 - flick, "
 - Almighty"
 - 55 Mustachioed
 - artist 57 Horne or Olin
 - 58 Circular current

52 Rowing need

61 Zing

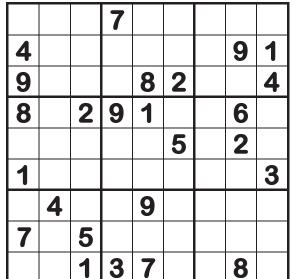
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Answers to Previous Crossword:

Α	R	1	D		Α	Т	L	Α	S		R	1	Ν	K
С	0	М	Е		Т	R	Ι	Р	Ε		0	В	0	Ε
Т	0	Р	S		Т	U	R	Р	Е	Ν	Т	1	Ν	Ε
S	K	Е	Р	Т	1	С	Α	L		Е	Α	S	Е	L
		Ν	1	Е	С	Е		Е	D	ı	Т			
Ν	0	1	S	Е	S		S	Т	1	L	Е	Т	Т	0
0	С	Т	Е	Т		Р	Α	R	Е		D	R	0	Р
В	Е	Е		Н	Α	R	٧	Е	S	Т		Α	K	Α
L	Α	Ν	K		М	0	٧	Ε		R	0	٧	Ε	R
Ε	Ν	Т	Ι	R	Е	Т	Υ		Н	Α	٧	Е	Ν	Т
			R	U	Ν	Е		L	Α	Р	Е	L		
В	R	Α	S	S		С	R	0	S	ഗ	R	0	Α	D
Α	Е	S	Т	Н	Е	Т	_	C	S		Α	G	כ	Е
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Ε	L	S	Е		Α	D	D	L	Е		Т	Е	Α	R
	C T S N O B L E B A S	C O O T O S K N O C C B E L A E N B R A E S A	C O M T O P S K E N N O I O C T B E E L A N E N T B R A A E S S A K	C O M E T O P S S K E P N I S O C T E B E E L A N K E N T I R B R A S A E S T S A K I	C O M E T O P S S K E P T V N I E N O I S E O C T E T B E E H L A N K E N T I R E N T I R B R A S S A E S T H S A K I	C O M E T T T O P S T T I C C C C T S E S C C C T E T S E S C C C T C C C C C C C C C C C C C C C	C O M E T U S K E P T I C N I E C E N O I S E S O C T E T P B E E M H A R L A N K M O E N T I R E T R U N E B R A S S C A E S T H E T S A K I F E	C O M E T R I T O P S T U R S K E P T I C A N I E C E N O I S E S S O C T E T P A B E E H A R V L A N K M O V E N T I R E T Y R U N E B R A S S C R A E S T H E T I S A K I P E N	C O M E T R I P T O P S T U R P S K E P T I C A L N I E C E E E N O I S E S S S T O C T E T P A R B E E H A R V E L A N K M O V E E N T I R E T Y R U N E T Y B R A S S C R O A E S T H E T I C S A K I P E N A	C O M E T T R I P E T O P S T T U R P E S K E P T I C A L N I E C E S S S T I O C T E T W P A R E B E E M H A R V E B N T I R E T Y M O V E E N T I R E T Y M A B R A S S C C R O S A E S T H E T I C S S A K I W A L	C O M E N T R I P E N T U R P E N T U R P E N E N T U R P E N E N E N T U R P E N E N E N E N E N E N E N E N E N E	C O M E N T N N N N N N N N N N N N N N N N N	C O M E N T N N I P E N O B N N I E C E E E D I I C A L E E A S N I E C E E E E D I I C E E E E E E E E E E E E E E E E E	C O M E N T R I P E N O B O T O P S N T U R P E N T I N N N N N I E N I E N I I P E N N T I N N N N N I E N I E N I E N I I I N I I I N N N I I E C E N E N I I I L E T T I I I I I I I I I I I I I I I I I

SUDOKU Edited by Margie E. Burke

Difficulty: Easy



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.

Answer to Previous Sudoku:

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

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Letters to the Editor

The reason for skimpy coverage

As a former sports editor, I read your article on Bonnie Hagerman's book "Skimpy Coverage: A Look at Sports Illustrated and Female Athletes" with interest.

I often heard from readers requesting more coverage of women's sports and my response to them was probably a disappointment. Like many struggling media outlets, we were dealing with staff reductions and dwindling resources. The transition to digital media was devastating for many legacy print-driven publications; advertising revenue was plummeting, mainly because digital ads pay pennies on the dollar compared with print ads.

The one bright side to the new digital landscape was that we could now see in real numbers which stories and subjects drew readers. In Chicago, where I worked, the scales tipped overwhelmingly to the traditional sports -- the Bears, the Cubs etc. Other measurable data -- such as attendance and TV ratings -- pointed in the same direction. Knowing this, we deployed our increasingly limited resources to the areas that were most popular with our readers.

Think of the sports report as the shelves of a store, as I told disgruntled readers looking for more coverage of less-popular sports. We stock the items that our customers want. Our resources are not infinite, so we have to use them judiciously. As a for-profit business, it would be unwise to devote time and money to low-interest topics... items that don't move off the shelves.

The media is not in the business of promoting women's sports (or any other sports, for that matter). Its business model is serving content to readers, and bringing readers to advertisers. When there is interest, there will be coverage. I think we are seeing that now with the rising popularity of soccer (which has been "the next big thing" for about 50 years now in America) and of women's sports. It takes time, and it happens organically. It can't be forced.

Additionally, I was surprised Ms. Hagerman did not address the recent trend of biological males competing against girls and women in amateur sports. Perhaps she did address it and it was not included in your story, but I would have been interested to hear her point of view on a topic that seems to be an existential threat to the progress and future of women's athletics.

Thanks for reading. -Joe Knowles, Palmyra

Fireworks are cherished tradition

Like LMOA Police Chief David Wells, I don't want to be mean, either; but I think he sure needs to read the room better regarding the community he serves and its feelings about the annual fireworks display— probably the most cherished tradition the Lake maintains for its members. He raised a litany of concerns from his public safety perspective to the Lake Board of Directors, most of them speculative: how many "major incidents requiring support from area agencies" have we ever had; how many times has it been necessary to "get emergency services onto the beach and... evacuate people off the beach;" how often has there been "a real risk of violence?"

Enough that we just cease the fireworks altogether? Because Chief Wells made clear his solution is to simply pull the plug: "I just don't think 15 minutes of fireworks is worth that." The Review article doesn't indicate that he offered any possible solutions to the risks he raised. Rather, he made the offensive statement that, if the board doesn't listen to him and "something happens... then y'all are going to own it."

That dog won't hunt, chief. If asked, I think the membership would say your job is not just identifying risks, it's also to help the board find ways that members can do what they want to do, safely— and that they absolutely do want their July 4 fireworks display.

-Shaun Pharr, Lake Monticello



Keep letters under 350 words. - Refrain from personal attacks.

- No letters that have been sent to other newspapers.

Include your name, address & phone # for verification.

We reserve the right to edit letters.

Submit via email to: editor@fluvannareview.com or mail to: Fluvanna Review, P.O. Box 59, Palmyra, VA 22963

You will get an email confirmation that your letter has been received. If you don't, contact the editor directly.

Letters to the Editor

Biden vs. Trump

Voters say the economy is the most important issue in the election. Polls indicate former president Donald Trump is viewed as being stronger on the economy than Kamala Harris. Let's look at the facts.

Do Republicans create jobs? According to U.S. Bureau of Labor Statistics, the Biden/Harris administration created over 16 million new jobs; under Trump, nearly 3 million jobs were lost, the greatest number since the Great Recession in 1930s. From April 1945 to August 2023, of the 115 million net jobs added, 83 million (72 percent) were under Democrats, and 32 million (28 percent) under Republicans, according to Federal Reserve Economic Data.

Fact: Democrats create more jobs.

Do Republicans grow the economy? Under Trump, unemployment soared to 6.4 percent per FactCheck.org. Under Biden/ Harris, unemployment is 4.3 percent. We are at full employment.

The most recent recession was in 2020 under Trump, the first since the Great Recession under George W. Bush, according to the National Bureau of Economic Research. The last recession under a Democratic president was under Jimmy Carter in 1980.

Fact: Democrats know how to prevent a recession and fix economic downturns.

Do Democrats increase the deficit? According to the Committee for a Responsible Federal Budget, Trump added \$8.4 trillion to the Federal debt, mostly due to his corporate tax cuts. Biden/ Harris added \$4.8 trillion, or \$2.2 trillion when taking COVID relief into account.

Does Trump support the middle class? In 2017, Trump cut corporate tax rates from 35 percent to 21 percent, which was the major contributor to the Federal deficit. Harris proposes to increase corporate taxes to 28 percent. Trump's plan to help the middle class is to cut Social Security and Medicare.

Fact: Democrats reduce government debt and spending, and protect Social Security and healthcare.

Republicans compare government to business. Government is not a business. Abraham Lincoln defined our nation as a "government of the people, by the people, for the people." We elect our representatives to serve our fellow citizens, and live by laws for the good of the people. This is Lincoln's definition of freedom. Vote for freedom. Vote for Harris, Kaine and Witt.

-Valerie Palamountain, Palmyra

Spring Creek Community Yard Sale Saturday Oct. 5th 8 AM - 1 PM



Wide Range of Items

Baby and kid clothes, tools, yard equipment, furniture, pictures, bikes, and toys, hobby/collector items, decorations, computer items, sports and exercise equipment, china, silver and glass, desk, school and office supplies, rugs and carpets of all sizes, garden tools, books, dvds and more.



Enter at Spring Creek **BUSINESS PARK Entrance At Auto Parts Store and Follow the Signs**

RUDY TALKS TAXES

BY RUDY GARCIA, OWNER, RIVANNA WOODS FINANCIAL / TAX SERVICES

Tax Credit or Tax Deduction: Understand the Difference



But first... some important upcoming

September 16

- Filing deadline for extended 2023 calendar-year S corporation and partnership tax returns
- 3rd guarter installment of 2024 estimated income tax is due for individuals, calendaryear corporations and calendar-year trusts & estates

October 15

- Filing deadline for extended 2023 individual and C corporation tax returns

I know many of you wonder about the two phrases tax credits and tax deductions. Tax credits are some of the most valuable tools around to help cut your tax bill. But figuring out how to use these credits on your tax return can get complicated very quickly. Here's what you need to know.

Understanding the difference

To help illustrate the difference between a credit and a deduction, here's an example of a single taxpayer making \$50,000 in 2024.

• Tax Deduction Example: Savi Lesse earns \$50,000 and owes \$5,000 in taxes. If you add a \$1,000 tax deduction, she'll decrease her \$50,000 income to \$49,000, and owe about \$4,800 in taxes.

Result: A \$1,000 tax deduction decreases Savi's tax bill by \$200, from \$5,000 to \$4,800.

• Tax Credit Example: Now let's assume Ima Smart has a \$1,000 tax credit instead of a \$1,000 tax deduction. Ms. Smart's tax bill decreases from \$5,000 to \$4,000, while her \$50,000 income stays the same.

Result: A \$1,000 tax credit decreases Ms. Smart's tax bill from \$5,000 to \$4,000.

In this example, your tax credit is five times as valuable as a tax deduction.

What you need to know

Credits are generally worth much more than deductions. There are several hurdles you have to clear, though, before being able to take advantage of a credit. To illustrate these hurdles, consider the popular child tax credit.

Hurdle #1: Meet basic qualifications. You can claim a \$2,000 tax credit for each qualifying child you have on your 2024 tax return. The good news is that the IRS's definition of a qualifying child is fairly broad, but there are enough nuances to the definition that Hurdle #1 could get complicated.

Hurdle #2: Meet income qualifications. If you make too much money, you can't claim the credit.

Hurdle #3: Meet income tax qualifications. To claim the entire \$2,000 child tax credit in 2024. you must owe at least \$2,000 of income tax.

Take the tax credit...but get help!

The bottom line is that tax credits are usually more valuable than tax deductions. But tax credits also come with many rules that can be confusing. It's always best to get help. Remember if you need help with this or on any other aspect of tax planning, please call 434-442-4044 or email info@rwftaxservices.com

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Community Calendar

Community calendar items must be under 50 words and will run only once a month.



Beulah homecoming Beulah Baptist Church in Kents Store (1633 Kents

Store Way) will hold its Homecoming celebration Sept. 22. Worship service begins at 11 a.m., with lunch immediately following.

Music Series

St. John's Episcopal Church, Columbia will wrap up this year's music series with a performance by the Sleepy Hollow Bluegrass Band on Oct. 6 at 3 p.m. Admission is free.

Farmers market

The Farmers Market is back! **Every Sunday**, 11 a.m. to 2 p.m., outside of ACE Hardware Store at 101 Crofton Plaza, in Palmyra.. Live music, food trucks, vendors. Email fluvannacountyfarmersmarket@gmail.com or contact Peggy Shanklin at 434-962-2762.

Food Bank

Fluvanna MACAA Food Bank is located in the old Carysbrook High School. To get food from the food pantry bring a photo ID as proof of Fluvanna residency. Open: Monday through Friday, 11 a.m. to 1 p.m. To donate directly to the food bank call 434-842-2521 to find out which foods are most needed. Cash and food donations gratefully accepted.



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How to live with chronic pain

BY PAGE H. GIFFORD CORRESPONDENT

On August 29, Cynthia Moore presented another wellness program in her monthly series at Lake Monticello. Susanne Murtha. a certified health and wellness coach, discussed how to live with chronic pain.

"Chronic pain gets in the way of being fully present with a partner, kids or grandkids, staying focused on a career, favorite pastimes and travel. One can feel broken and not feel like themselves when they cannot do what they love," said Murtha.

She discussed the extensive information studied for the last 50 years at the International Association for the Study of Pain. The terminology covers a wide range of pain sensations caused by various triggers in the nervous system.

"Understanding the latest science of pain and how chronic pain is a protection," is key, she said, "It's also important to have skills for self-comfort when times are tough because pain is communicated by the nervous system. Calming strategies can be unique to each person."

Today, the cost of chronic pain is a major physical and mental health care problem in the United States. As a result, there has been a recent increase in research on chronic pain, with significant advances in understanding its causes, assessment, and treatment. She discussed proven methods for managing pain and the three models of study. The biopsychosocial model is now widely accepted as the trial-and-error approach to chronic pain. With this model in mind, a review of the basic neuroscience processes of pain and psychosocial factors is presented. The research shows how psychological and social factors can interact with brain processes to influence health and illness.

The Fit-for-Purpose Model focuses on chronic nonspecific low back pain (LBP) which is considered a complex, multifaceted problem. It is the model for the development and maintenance of persistent LBP. Chronic nonspecific LBP represents a state in which the person in pain holds strong and relatively intransient internalization of an unalterably damaged, fragile, and unhealthy back.

"The information that supports these models is more available and trustworthy than information that counters them," she said. This model proposes a corresponding treatment for persistent pain that aims to shift the internalization of a fragile, damaged, unhealthy, and unchangeable self toward the back as healthy, strong, adaptable, and fit for purpose."

The third model she talked about was the Pain Reprocessing Therapy. Recent neuroscience shows that some chronic pain results from the brain misinterpreting safe messages from the body as if they were dangerous. Research has found that the brain has the power to generate pain even in the absence of physical damage. Pain Reprocessing Therapy (PRT) is a system of psychological techniques that

St. Luke's Simeon **Episcopal Church**

Saturday September 21, 9:00 am-2:00 pm

1333 TJ PKWY on the corner of Rt. 53 and Milton Road "That cute little church on the corner with the red roof."



There will be vendors on site: Artisans and Boutiques, a raffle table with baskets of donated eclectic gifts items, and other. **And** activities for the kids! color a page/book/cookie/ cupcake time, a fishing booth, etc. **And** A plant Sale with perennials from our gardens: columbine, Black-eyed Susan, Hellebores, blooming shrubs, red bud, Xmas cacti, strawberry plants & more. **AND**, what's a festival without a Bake sale! Join us in the social hall to purchase freshly baked items, e.g., Bread, cakes, cookies, cupcakes and pies. Jams, jellies and cobblers made with fruit from local orchards and have a slice with free coffee or tea, soft drinks, etc. Our festival proceeds support our outreach programs/nonprofits in and around our surrounding communities

For more info email Babs Fickes fickesdb@earthlink.net or text / call mobile 434-981-0699

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Fresh Stew Beef	\$4.99 lb.
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retrains the brain to accurately interpret and respond to signals from the body, breaking the cycle of chronic pain.

"The approach is to look for signs of modifiable pain. Take active steps to improve health, mindset, and healthy habits. Use pacing to gradually and progressively increase meaningful activities," she said. She believes that those suffering from needless pain can overcome it.

"Being inactive and avoiding social and other meaningful activities can make one's life small."

For more information on pain management, visit https://livingwellcoaching.com/.

Tom Teasley to perform at Carysbrook

BY PAGE H. GIFFORD CORRESPONDENT



Tom Teasley. Submitted photo

Opening the 2024-2025 season at Carysbrook Performing Arts Center on Sept. 14, at 7 p.m. will be percussionist Tom Teasley, who will lure the audience with his unique musical sounds and sound effects. He will perform with Charlie Chaplin's "The Adventurer" and Buster Keaton's "Sherlock, Jr."

"The physical nature of the films blends perfectly with the American jazz percussion," he said. He will also discuss the ideas he used to create these soundtracks and have a question-and-answer session after the concert.

Tom Teasley's passion for drumming spans cultures and styles. His fascination with drums and drumming began when he was very young and attended a Revolutionary War reenactment with his parents at Mt. Vernon in Alexandria, Virginia.

"Part of that experience was hearing the traditional rudimental drumming performed on the rope drums of that time. I was hooked. Soon after, I experi-

Tom Teasley continues on page 8.

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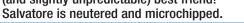
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THIS WEEK'S PET SALVATOR

Introducing Salvator, the cat who believes that personal space is a myth! This sweet boy is all about the attention--so much so, that if you stop playing with him, he'll give you a gentle paw bat to remind you that your hands have a job to do. Salvator isn't trying to be bossy; he just loves being the center of your world. He's a bit of a wildcard, though--you never know if you're about to get a snuggle or a swat!

And just to keep things interesting, he has allergies, so you'll get the bonus challenge of keeping his sensitive needs in mind. If you've got the patience of a saint and a heart full of love, Salvator might just be your next furry (and slightly unpredictable) best friend!







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Tom Teasley from page 7.

enced the Beatles and the whole rock and roll craze, and there was no turning back," he said. After seeing the Revolutionary War drumming he found one broken drumstick in the school playground. He then combined it with a block of wood to create an instrument that allowed him to begin experimenting with his natural rhythm. As his interest in percussion increased and he progressed, he acquired a practice pad, a snare drum, and a complete drum set. He began performing professionally when he was 12. Today, his house is loaded with drums from around the world.

He was a cultural envoy for the U.S. Department of State, which took him around the world many times. He has performed in the Middle East, Bahrain, Saudi Arabia, Israel, Oman, Europe, Korea, New Zealand, China and South America.

"Each of these cultures adds to the tapestry that influences my music. I mix all of these with the American musical genre of jazz to create what I hope is a compelling and unique offering."

Depending on what kind of performance he is presenting, he plays a wide array of drums from various cultures worldwide and sometimes focuses on those instruments. In addition, he uses electronics and digital looping, which allows him to record himself in real time and use that to create virtual performances. For his performances of classic silent movie era icons like Chaplin and Keaton, he makes a unique sound show.

"For these performances of movies by Charlie Chaplin and Buster Keaton, I am mainly returning to traditional American jazz drum kit to fit the action of American physical comedy," he said. "I will augment this with a hand pan and orchestra bells to incorporate a melodic element. I'll also use a variety of 'secret sound EFX' for car horns, scary scenes, and water."

He has performed live sound design for theater productions for decades.

"During these collaborations, I would create a sound effect to enhance the action on stage. The interaction of live music and action was very compelling to me," he said. "As a result, I started adding various movie soundtracks to my repertoire. I have five American physical comedies by Charlie Chaplin and various German Expressionist movies."

He approaches learning and mastering new rhythms and sounds to incorporate them into a movie soundtrack, as well as the timing and precision of the synchronization of the music and the movie.

"Since I have traveled extensively, I have a large vocabulary of rhythms and sounds. Creating a long rhythmic phrase within which the action occurs is essential. I conceive of the movie as a jazz tune where important punctuations occur. The fun is to find the specific action I want to punctuate without disrupting the flow of my rhythmic line."

He spends countless hours every day exploring jazz rhythms, African rhythms, and the rhythms and music from many different cultures to keep his skills strong.

"Each movie scene has a variety of emotional scenes that I need to incorporate. Going from a fast chase scene to a tender moment in the bat of an eye is challenging, and I work extensively on shifting gears with dynamics and expression in my practice sessions."

He doesn't settle on one particular genre of music but said he "thinks of genres of music much like people."

"Each one has something unique and special to offer. My goal with my music is to incorporate several genres into one performance. Drumming is a means of communication used for centuries to express emotions that the human voice is incapable of," he said. "I plan to bring the totality of my music experience to my performance at Carysbrook Performing Arts Center and I hope people will enjoy it and hang around after the performance to chat and get to know me. I am very passionate about my work and love to share it."



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New Listing



15 Landslide Court - \$489,000

Welcome Home to this Impressive One Level w/ a Full Basement. Situated on a Peaceful, Private Oversized Lot that backs to RESERVE AREA on a cul de sac. Seasonal water views, just 2 lots away from Beach 3. Total kitchen remodel 2023, Eat in w/gorgeous granite counters, skylight, 2 pantry's, stainless appliances, pass through window, under counter lighting w/dimmer. 1st level laundry w/cabinets, Bonus/ Hobby Room or 4th bedroom w/private entrance and closet. Split bedroom design. Great Room w/wood burning fireplace, Large dining area, hardwood flooring. Vaulted Primary Bedroom has a large walk in closet w/closet organizers, access to back deck & a remodeled bath w/tiled shower, Rain Forest Shower head, raised vanity, custom linen cabinet. New Baths 2023, New HVAC & Hot Water Heater in 2023, Gorgeous Hardscaped patio in 2020. Fenced in yard. Basement includes a family room, double sliding doors to back yard & patio, full bath, 2 closets and a large unfin. area for future expansion or storage. Circular Paved driveway, composite front porch, Andersen Windows.

New Listing



1 Goodman Lane - \$634,900

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Fluvanna County Arts Council Presents



Experience the captivating sounds of Tom Teasley as he performs original scores to silent films. Described as a multi-instrumental genius, Tom has performed worldwide, been an artist-in-residence at the John F. Kennedy Center for the Performing Arts, and collaborated with the National Symphony.

Join us for an engaging multimedia event!



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\$10 tickets are available online at www.carysbrook.org.
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'Joe the Spy' September 14th, 5-7PM

FOOD TRUCKS: Simply Trending Foods & Velentine's Kettle Corn BEER GARDEN ~ Serving Cold Beer from 4-7PM







Joe The Spy, Saturday, September

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JTS is a 6 piece blues rock band playing music from Stevie Ray Vaughn to Aretha Franklin. Jose Rubio, guitar and vocals, Lee Gammon, Bass guitar, Glenn Jones, Drums, Brian Mhlongo keyboardist and vocalist who toured with the Choir of The Lion King musical, Pix Ensign, master Blues harp player and Apollonia Morris, our powerhouse lead vocalist. Together we have found a unique sound to sing and dance to!

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Book evaluation committee approves three contested titles

BY HEATHER MICHON CORRESPONDENT

The Learning Resources Review Committee (LRRC) held its first meeting after a short summer break on Aug. 29 and is on track to complete its review of 16 challenged titles in late September.

The books under review during this session were Amy Reed's The Nowhere Girls, Saundra Mitchell's All the Things We Do In the Dark, and Ashley Hope Perez's Out of Darkness. All three titles have faced challenges in school districts across the country for their frank depictions of sexuality, sexual violence, racism, and other sensitive topics.

As in their previous discussions, the LRRC evaluators were not persuaded by the criticisms. Throughout their discussions, members focused on the way depictions of sex or violence fit into the story rather than seeing the graphic material in isolation.

The Nowhere Girls, which focuses on a group of young women who come together to challenge their school's toxic culture, was praised for its strong messages about solidarity and openness.

Ann-Marie Parrish, Columbia District representative, said the girls in the story "empower each other through difficult confessions and communications," and the author realistically described the social world of modern teens.

FCHS Principal Margo Bruce said scenes involving sexual violence could be distressing for some readers but were "critical for the story" and was entirely age-appropriate for readers in grades 10-12.

Sometimes, the decisions were easy.

"I would not have a problem with my teen daughter reading this" said Director of Elementary Instruction Gemma Soares in their discussions of All the Things We Do In the Dark.

Other times, it was more of a challenge. The group spent the most time discussing Out of Darkness, a historical novel framed around the deadly 1937 New London School explosion in Texas and full of depictions of racism, segregation, and trauma.

All evaluators agreed it was a tough read.

One reader said she almost couldn't recommend the book to anyone because it was so dark. At the same time, she felt it was "also so important" for young people to look at the injustices and challenges of the past.

All three books were approved to remain on the school library shelves.

Only three books remain on the challenged list, which was submitted to the School Board in October 2023. The LRRC began its work in February by whittling the list down to 16 titles since many of the books were not actually held by the schools.

Of the 13 books evaluated so far, all have been approved as age-appropriate and will remain on the library shelves.

The final evaluations are scheduled for Sept. 26 at 5 p.m. in the FCHS Library.

Supervisors get first look at proposed solar ordinance

BY HEATHER MICHON CORRESPONDENT

The Board of Supervisors got a sneak peek of a proposed ordinance guiding future solar projects in Fluvanna County at their meeting on Wednesday evening (Sept. 4).

The Solar Ordinance Review Committee, composed of Supervisors Tony O'Brien (Rivanna) and Tim Hodge (Palmyra) and Planning Commissioners Lorretta Johnson-Morgan and Kathleen Kilpatrick, has been developing the plan since early summer.

In July, the supervisors voted 4-1 to remove utility scale solar farms as a permitted use on land zoned as A-1 (Agricultural), where it had previously been allowed under a special use permit.

The committee is proposing the creation of a new S-1 (Solar) zoning district, meaning that property owners and developers would first have to have A-1 land re-zoned as S-1 before any project could go forward.

The new ordinance would cap utility-scale solar, defined as any project that generates two megawatts of power, to no more than three percent of the county's acreage, or around 5,400 acres in total. No more than 1,080 acres of solar fields

would be allowed in each of the five electoral districts, and no single solar generating facility could be greater than 500 acres in size. The proposal also sets strict regulations for buffers and screening, setbacks from roadways and water sources, fencing, wildlife corridors, and decommissioning.

No action was needed at the meeting. The proposal is scheduled for a public hearing before the Planning Commission at its Sept. 10 meeting and will come before the supervisors for final approval sometime in October.

Tanker truck

Supervisors approved the sale of a surplus tanker truck owned by the Palmyra Volunteer Fire Department to a department in Charlotte County.

According to FESCO Emergency Sales, the 2000 Freightliner Tanker has an appraised value of \$26,000.

The county usually sells surplus vehicles and property through the GovDeals auction site, where the tanker could sell for up to \$30,000.

Supervisors continues on page 12.



NEWS FROM YOUR LAKE MONTICELLO NEIGHBORS



How to Enjoy Safe Paddling

The cooler September temperatures are perfect for paddling at Lake Monticello. LMOA cares about your safety while you are out on the water. That's why we want you to know the Lake's rules and the laws of Virginia before going out. Here are a few guidelines to keep in mind:

- Paddlers must have a life vest on board, a horn, whistle, or bell, and a current LMOA registration sticker.
- You must also have a navigation light if paddling after sunset and before sunrise.
- Our Lake's traffic pattern moves counterclockwise. This also applies to manually propelled watercraft operators who travel further than 75 feet from the shoreline. Be careful if you have to cross the traffic pattern; never assume other boaters can see you.

If you want to know the rules in greater detail, LMOA Policy Manual Sections 6.04 and 6.05 regulate boating. You can also watch a convenient video produced by our Broadcast Group on Lake Monticello Owners' Association's YouTube Cannel, or go to Virginia Department of Wildlife Resources website and read the Virginia Boater's Guide for state laws on safe boating and required equipment. Be safe, have fun, and watch out for our friendly lake monster, Monti!

Soliciting and Canvassing

Please remember that soliciting door-to-door by businesses or canvassing related to national politics is not permitted at Lake Monticello. If you live at Lake Monticello and have a non-authorized solicitor or canvasser at your door, please do not do business with them or provide them with your personal information. Instead, please call the Main Gate so our Security Staff can notify a Lake Monticello Police Officer. The officer can attempt to locate this person and inform them of the LMOA's policy.

Who Should You Call?

Knowing who to call for what type of incident is important:

- For non-criminal issues and LMOA policy violations like soliciting, barking dogs, or parking complaints, you can call the Main Gate.
- The Lake Monticello Police partner with the Fluvanna County Sheriff's Office to ensure law enforcement services 24/7. Please call the Sheriff's Dispatch Center at 434-589-8211 for your crimerelated, non-emergency law enforcement services.
- Always call 911 for any emergency that requires immediate fire department, rescue squad, or police intervention.

Positive Pool Survey

The 2024 Pool Season officially ended after Labor Day. As a "lessons learned" exercise, our Pool Management Team surveyed its visitors. We are happy to report that most of the participants were very satisfied with pool safety, saying they appreciated the attentive and community-minded lifeguards. To ensure a clean and safe swim environment, Pool Management partnered with

LMOA's Facilities & Operations Team, which proved to be an effective collaboration: the cleanliness of the water also scored high on the survey. LMOA will use other feedback from the questionnaire to improve the pool experience next season, such as ensuring a slip-free zero entry and looking at options for more shade. We want to congratulate all staff involved for a job well done. LMOA is developing a system for managing free pool passes next year, which we plan to communicate when billing statements go out in January 2025.



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Supervisors from page 10.

However, Drake's Branch Volunteer Fire Department in Charlotte County badly needs a tanker. It has limited funds to bid at auction, so they have appealed to Fluvanna to sell the vehicle to them for \$26,000.

After discussing the options, supervisors voted unanimously to bypass the auction and sell directly to Drake's Branch. "It gets them a truck, and it gets us fair market value," said Mike Sheridan (Columbia).

Signs everywhere

Those signs that pop up like mushrooms at busy intersections around the county were the subject of a lengthy discussion early in the meeting.

State law prohibits outdoor advertising signs anywhere in VDOT's right of way, which extends a minimum of 25 feet in each direction from a road's center line.

This does not stop people from putting them there.

Scott Thornton, head of VDOT's Louisa Residency, said his crews pull up illegal signs when they see them, but admitted it was a constant battle. "We pick up the signs, and by the time we turn around, someone is already out there putting them back up."

In June 2023, the supervisors voted down a proposal that would allow VDOT to levy a \$100 per sign fine for offenders. Filling out the required reports and monitoring each violation as it moved through the legal process would have eaten up considerable staff time for the county.

The most obvious solution - putting up signs that tell people they can't put up signs - would itself violate the right of wav law.

Supervisors discussed several ways to attack the issue, with Chair Chris Fairchild (Cunningham) suggesting they could even hire a school group to do the work. "We could pay a group \$200 a month to go clean up these signs in a few key areas once a month," he said. "It wouldn't take a lot of time."

Thornton cautioned that unofficial groups or individuals could accidentally remove signs that were outside the right of way, and removing signs from private property could bring legal challenges.

In the end, it remained a problem without an easy solution.

If residents see these signs cluttering the roadways and intersections, they are encouraged to report violations to VDOT through https://my.vdot.virginia.gov.

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EVENTS

PIE AUCTION AND FOOD DRIVE: Support our Palmyra Food Bank as we FEED FLUVANNA. Bid on your slice of the pie -Saturday, September 14, 2024 from 3 to 5 p.m. at Grace & Glory Lutheran Church, 683 Thomas Jefferson Pkw. (Rte 53) Palmyra, VA 22963. Bring a can! Donations to our local Palmyra Food Pantry are appreciated.

FALL FESTIVAL: St. Luke's Simeon Church, 1333 Thomas Jefferson Pkwy. (little red roofed church), Saturday, September 21, from 9 to 2 p.m. Vendors on site, with artisans, greener things, raffle gift baskets with eclectic items, perennial plantings. Baked goods using locally grown fruits. Activities for Kids! Contact Babs (434) 981-0699 or fickesdb@earthlink.net.

FLU CO AMERICAN LEGION POST 2003: is having their annual Golf Tournament on MONDAY, September 30, 2024 at the Lake Monticello Golf Course. Signup forms available at the golf Club House or at www. alpost2003.org, under Special Events. Proceeds used to support Veterans and Youth Programs.

FOR SALE

CANOE, LAWN MOWERS, LEAF BLOWER: Old Town Discovery Canoe, 16.9 Ft. - \$300 firm. Lawn mower front wheel drive - Craftsman model gold, 6.25 HP - \$100. Lawn mower front wheel drive Craftsman model 3.5 HP -\$75. Leaf blower Husqvarna model 125BV -\$100. Call (434) 591-6069 (Lake area) leave a message.

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RENTALS

COTTAGE: One bedroom cottage available October 1, 2024. Off of Rte 250, Beaver Dam Road area. Quiet location. \$1,000/ mo. Plus \$1,000 security deposit, or \$1100 per mo. without deposit. Water, Septic and Electric included in rent. (434) 962-5101. No smoking inside the cottage.

RENT THE MAPLE ROOM: The Maple Room is located in the Lake Monticello Volunteer Fire House at 10 Slice Road, Palmyra. A lovely location to host Meetings, Birthday Parties, Wedding Receptions, Anniversaries and other events in air conditioned comfort. Parties of 100 +. Contact Eileen Monahan at 434-962-4656 or email: mapleroomrentals@lmvfr.org.

FIRST VIRGINIA HOMES: We provide Property Management services in Central Virginia Region. Also House Watch services. Call us at 434-589-3958. Look us up: www. firstvirginahomes.com

MONTICELLO PROPERTIES MANAGEMENT: Long and Foster office at 3661 Lake Monticello Road, Palmyra, VA. For current home rentals: contact Genevieve at (434) 589-7653 or email: MonticelloPropertiesMgt@gmail.

SERVICES

HELP WITH YOUR TRASH BINS: Our service takes your tote to the curb for Lake Monticello's weekly trash removal (GFL) and brings the tote back to your home. We offer payment plan options -

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VIRGINIA DEPT. OF VETERANS SERVICES: Need Help? Attention Veterans and Dependents! Visit us at the Fluvanna Community Center, 5725 James Madison Highway > by appointment only. Call Jeannette Flint at (434) 529-6431 to schedule your appointment. www.dvs. virginia.gov

WANTED

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PUBLIC NOTICE

LEGAL NOTICE

NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA. INC.

FOR APPROVAL TO IMPLEMENT A 2025 SAVE RIDER IN ACCORDANCE WITH SECTION 20 OF ITS GENERAL TERMS AND CONDITIONS CASE NO. PUR-2024-00103

On August 23, 2024, Columbia Gas of Virginia, Inc. ("CVA" or the "Company") completed the filing of an application ("Application") with the State Corporation Commission ("Commission"), pursuant to Chapter 26 of Title 56 of the Code of Virginia ("Code"), known as the Steps to Advance Virginia's Energy Plan (SAVE) Act, for approval to implement a SAVE Rider for calendar year 2025 ("2025 SAVE Rider"). Pursuant to Code § 56-604 E, the Commission must issue an order approving or denying the proposed 2025 SAVE Rider adjustment within 20 days of the filing of a complete application.

approval to implement a SAVE Rider for calendar year 2025 ("2025 SAVE Rider"). Pursuant to Code § 56-604 E, the Commission must issue an order approving or denying the proposed 2025 SAVE Rider adjustment within 90 days of the filing of a complete application.

CVA represents that its SAVE Plan is a program designed to accelerate the replacement of certain components of its gas distribution system infrastructure to enhance system safety and reliability. The Company states that the Commission approved the Company's Phase 5 SAVE Plan subject to Staff's recommendations. CVA represents that its 2025 SAVE Rider is billed as a fixed charge each month and is designed to recover "eligible infrastructure replacement costs" as defined in Code § 56-603.

CVA states that has separately filed for approval of a base rate case ("2024 Rate Case Application") in which the Company requested, and was granted, Commission authorization to implement its proposed base rates on an interim basis for service rendered on and after the first billing unit of October 2024. The Company represents that rates and charges proposed in the 2024 Rate Case Application will include recovery of costs associated with all SAVE in-service plant expenditures made through September 30, 2025, and excludes anticipated SAVE-related expenditures from October 1, 2024 through September 30, 2025. As a result, the Company represents that the SAVE Projected Factor will be set to zero concurrent with the implementation of interim base rates effective the first billing unit of October 2024.

In this proceeding, CVA requests recovery of SAVE-related costs incurred after September 30, 2024, including SAVE-related investment; the SAVE-related construction work in-progress balance at September 30, 2024, including SAVE-related investment; the SAVE-related construction work in-progress balance at September 30, 2024, including SAVE-related for verenue requirement is \$2,077,775, and a Projected Factor revenue requirement in the company further states that the proposed 2025 S

Application and supporting documents and may apportion revenues among customer classes and/or design rates in a manner differing from that shown in the Application and supporting documents.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the

Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

Pursuant to 5 VAC 5-20-140, Filing and service, of the Commission's Rules of Practice and Procedure ("Rules of Practice"), the Commission has directed that service on parties and Staff in this matter shall be accomplished by electronic means. Please refer to the Commission's Order for Notice and Comment for further instructions concerning Confidential or Extraordinarily Sensitive Information.

An electronic copy of the Application may be viewed on the Commission's website or obtained, at no charge, by submitting a written request to counsel for the Company: T. Borden Ellis, Esquire, and Victoria L. Howell, Esquire, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836, or thellis@pisquirec.com

no charge, by submitting a written request to counsel for the Company: T. Borden Ellis, Esquire, and Victoria L. Howell, Esquire, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836, or tbellis@nisource.com; victoriahowell@nisource.com.

On or before October 15, 2024, any interested person may file comments on the Application by following the instructions on the Commission's website: scc.virginia.gov/casecomments/Submit-Public-Comments.

Those unable, as a practical matter, to submit comments electronically may file such comments by U.S. mail to the Clerk of the State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118. All such comments shall refer to Case No. PUR-2024-00103.

On or before October 15, 2024, any person or entity wishing to participate as a respondent in this proceeding may do so by filing a notice of participation with the Clerk of the Commission at: scc.virginia.gov/clk/efiling. Those unable, as a practical matter, to file a notice of participation electronically may file such notice by U.S. mail to the Clerk of the Commission at the address listed above. Such notice of participation shall include the email addresses of such parties or their counsel, if available. Pursuant to 5 VAC 5 20 80 B, Participation as a respondent, of the Rules of Practice, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation, or government body participation as a respondent must be represented by counsel as required by 5 VAC 5-20-30, Counsel, of the Rules of Practice. All filings shall refer to Case No. PUR-2024-00103. For additional information about participation as a respondent, any person or entity should obtain a copy of the Commissi

and Comment may be viewed at: scc.virginia.gov/pages/Case-Information.

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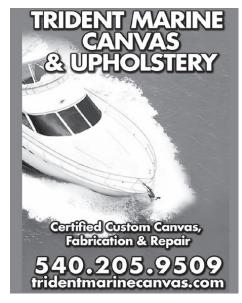
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Fluvanna Cross Country team excels in only home meet

BY DUNCAN NIXON CORRESPONDENT



Cross country runners. Photos by Duncan Nixon

The Fluvanna High School cross country team was scheduled to host a meet on Aug. 28, but it was postponed due to excessive heat. The meet was rescheduled for Sept. 4 and was held as rescheduled on a perfect afternoon for running. The Fluco cross country course is a 5K layout with some ups and downs at Pleasant Grove Park, right next to the high school. Visiting teams were the Madison County Mountaineers, the William Monroe Dragons and the Rocktown Raptors (a new high school in Harrisonburg.)

The Fluco boys team turned in a stellar performance, winning the meet by a very wide margin, and showing impressive depth. Team scores in a cross country meet are determined by adding the finish numbers of the top five runners from each team, low score wins. The top five Fluco boys finished in 2nd, 4th, 5th, 6th, and 7th for a team total of 24. Second place team score was 51. All of the top five finishers for Fluvanna were underclassmen. Finishing second in a time of 17:44.50 was junior Jack Jeffries. Fellow juniors, Jonathan Gretz and Kevin Sloan finished in 4th and 5th place respectively, within a second of each other. Freshman Timothy Smeds was only five seconds behind Sloan and sophomore Chace LaRochelle was 27 seconds behind Smeds. Another Fluco freshman, Maxwell Cantagello came in 8th.

The girls race was held immediately before the boys race and the Fluco girls had two outstanding performances. In a thrilling finish, Fluco junior Ruby Frazier finished in a time of 19:19.50, half a second off the winning time. Seven seconds later Fluco senior Ana Amato crossed the finish line in third place. The Flucos had some respectable finishes after their first two, but not quite enough depth for first place. Freshman Amaris Garcia was 11th, junior Eliana Portman was 15th and junior Margeaux Cantagallo was 18th. The Fluco team finished in second place comfortably ahead of the third-place squad.

The Fluco squads ran at Monticello High on Sept. 11. They run At FUMA on Sept.14 and at Albemarle High on Sept 18. On Sept. 20 they will travel to private school Woodbury Forest in Orange.

Did You Know?

BY RAE ALBERTS **CORRESPONDENT**

Despite its relatively small size, Lake Monticello boasts one of the more diverse fishing spots in central Virginia. You can find small fish such as bluegill, crappie, and fallfish, three kinds of bass-smallmouth, largemouth, and rock-as well as sunfish, musky, and two different kinds of catfish-channel and flathead.

Catfish are one of the most diverse species of vertebrates in the world, with nearly 3,000 species across the globe. In fact, the only continent that doesn't have catfish is Antarctica! Many species of catfish can grow to enormous sizes, with some records showing that certain species can grow to hundreds of pounds.

The channel catfish, here in our lake, is typically around 22 inches to two feet in length, but they can grow to be much bigger, with the biggest reported size a whopping 52 inches long-that's over four feet! Not bad for our little lake. But the other cat in our lake, the flathead catfish, has it beat-the flathead is the second-largest freshwater catfish in North America, and can grow to 61 inches, or over five feet in length! There have been reports of flatheads weighing over 120 pounds. Now that's a lot of fish!

Only the blue catfish, native to the Ohio, Mississippi, and Missouri river basins, grows bigger than the flathead in North America. The blue cat has long been a

favorite for anglers, as it puts up a fierce fight. The record blue was a huge 143 pounds, and was actually caught in Kerr Lake, Virginia!

However, even the blue can't compete with the largest catfish in the world-that title belongs to the behemoth species known as the lau-lau, or piraiba. The lau-lau is the largest catfish species on the IGFA record books, and can be found in the warm waters of the Amazon and Orinoco River basins, as far south as Argentina. They have earned a reputation as 'man-eaters' for their ferocious hunting behaviors. These aggressive predators feed primarily on fish, but the stomach contents of harvested lau-lau have been said to include parts of monkeys and other mammals. The largest lau-lau recorded was an incredible 341 pounds, 11 ounces, caught in Rio Solimoes, Brazilbut there are people that claim the fish can get even bigger, into the 400 or 500 pound range.

If you think you've got what it takes to take down a monster catfish, try your hand in Lake Monticello for a nice channel or flathead-but don't expect a man-eater to drag you under.





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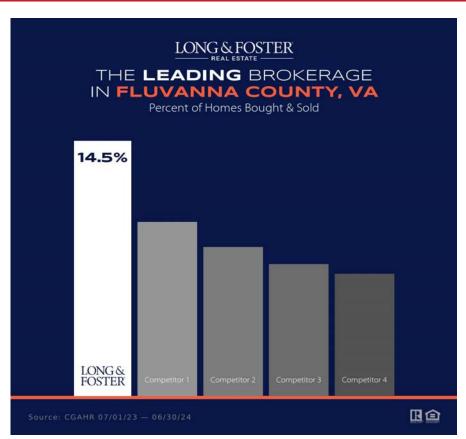
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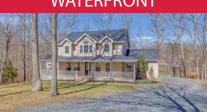


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