

Fluvanna

REVIEW

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THIS WEEK'S PET: Arnie

Meet Arnie! Arnie is a playgroup rockstar who thrives on high energy play with other dogs. He also enjoys going for sniffy walks and eating every last treat and crumb in our pockets. His favorite thing to do is raid the volunteers' treat pouches! Arnie has some cute quirks that make him the unique guy that he is. We're not sure if he's aspiring to be an acrobatist or a parkourist, but we still love him the same. Arnie has been at our shelter since November of 2024. That is a long time to be in such a stressful environment! If you feel ready to open your heart and home to this guy, please come down to meet our sweet boy.



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OUR DATA SPEAKS VOLUMES

On the cover: Clockwise: Cake Fight performs at Lake's Help for Helene concert at Cunningham Creek Winery. Photo by Mark Patrick. F.O.G. performs at Lake Monticello dock concert. Scott Murdoch helps organize music for Fluvanna Farmers Market, and often performs. Dennis York performs solo at Open Mic Night at the Bunker Bistro. Cover design by Amelia McConnell.

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The Weekly Crossword by Margie E. Burke

ACROSS

1 Flows back

5 Washington's portraitist

10 "Fernando" group

14 Romance novelist Roberts

15 Wall climbers

16 Golfer's need

17 ____-clad

18 Cartoonish portrait

20 Like some humor

22 Still in the outbox

23 Black tie is one

26 Coffeehouse packets

28 Forsaker of the faith

33 Mia in "Pulp Fiction"

34 Coconut meat

36 Mortise's mate

37 Treat poorly

39 Falcons, on scoreboards

40 Flip response?

41 Meat avoider

42 Trash

44 Singer Rawls

45 Constructing, as a building

47 Good-for-nothing

49 Adding to

51 Bassett of "Black Panther"

55 Art done with acid

58 Shade of red

61 Berry in smoothies

62 Indigo dye

63 Finger-pointer

64 "Nail" anagram

65 Runs into

66 Healing plants

67 First Lady of Song

DOWN

1 "National Velvet" author Bagnold

2 Snoozefest

3 Railroad track width

4 Justice O'Connor

5 "Guernica" painter

6 Captain America portrayer Chris

7 It can be fresh or hot

8 Waikiki welcome

9 Old Portuguese money

10 Plays a part

11 Down in the dumps

12 Get too much sun

13 Assist illegally

19 Numbing drug

21 Data ranking term

24 Hauling charge

25 Milky gems

26 Smooth-tongued

27 Brownish color

29 Three-way joint

30 Having similarity

31 Big fusses

32 Follow as a result

35 King protectors

38 Small pouch

43 Walks unsteadily

46 Sumerian goddess of love

48 Get some air

50 Rapp of "Mean Girls"

51 Miles off

52 Vessel of 1492

53 Dismal

54 Snaky swimmers

56 Polish place?

57 Actress Gershon

59 "For Me and My ____"

60 "If you ask me," in a text

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Answers to Previous Crossword:

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

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

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HOW TO SOLVE:

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

Answer to Previous Sudoku:

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

Letter to the Editor

What's old is new again

We were thrilled to see on the cover of last week's issue (June 19) of the *Fluvanna Review* that the Fork Union Drive-in is coming back after closing several years ago. What wonderful memories we have of enjoying evenings at the drive-in, watching movies under the stars in our old pickup with our dogs in tow, while little kids played down in

front of the big screen. The concession stand was always a big hit, with friendly staff and yummy treats. We are looking forward creating new memories at this local attraction with family and friends, and hope folks will support this business as it re-opens to provide classic entertainment to our community.

- Nora Byrd and family, Palmyra

Lake Monticello Sharks lose to Key West in home opener

BY DUNCAN NIXON
CORRESPONDENT

The Lake Monticello Swim Team (LMST) hosted swimmers from the Key West Swim and Tennis Club (the Killer Whales) on June 25. Key West is an older Charlottesville suburb off Rt.20 just east of Darden Tow Park. Jefferson Swim league meets are always long and occasionally very hot. It was in the nineties on June 25. The Sharks fought the Killer Whales vigorously, but the Killer Whales outscored the Sharks 332-279.

The Sharks won their first individual event of the night when Shiela Strickland swam to victory in the girls 9-10 100M Individual Medley (IM). IM races are test of swimming skill as they require an ability to swim all four swimming disciplines, Strickland's time was 1:46.15. Her teammate Ava Powell was second. They collected seven and five points respectively for the Sharks. The Sharks took first place in the boys and girls 15-18 100m IM. Aaron Fairbanks won for the boys, while Sophie Pace was the girls winner. Fairbanks won an exceptionally tight race, winning by 0.94 seconds. After the IM races the meet went to races in the four swimming disciplines, freestyle, breaststroke, backstroke and butterfly.

In the boys under 8 25M freestyle Michael Koerper won the race and garnered seven points for the Sharks. He won by nearly four seconds. In the boys 9-10 freestyle Norbu Barnett swam to victory for the Sharks. Aaron Fairbanks won again for the Sharks in the 15-18 50M freestyle. This win was not as close, as he finished four seconds ahead of the Key West competitor. Sophie Pace also gained her second win in the girls 15-18 50 M freestyle.

Norbu Barnett gained a second win for the Sharks in the 50M breaststroke. Stella Strickland also won her second first place in the 50M breaststroke. In the boys 13-14 50M breaststroke Brick Sumner was a winner for the Sharks. For the girls of the same age it was Elliot Gehling winning seven points for the Sharks and Michael Koerper in the 50 M backstroke, winning by more than four seconds. Koerper won a third title in the 25M butterfly. Henley Belew took first for the Lake Monticello squad in the girls eight and under 25 M butterfly.

Second place finishers for the Sharks gained five points for their team. They included, Perry Provencher in the boys 9-10M IM, Annelise Campbell in the girls 11-12 100M IM, Henley Belew in the girls 8 and under 25M freestyle and the breaststroke, Mickey Comer in the boys 13-14 freestyle, Andrew Mikesch in the boys 15-18 freestyle, Kingston Arencibia in the boys 8 and under breaststroke, Gabriella Barresi in the girls 9-10 breaststroke, James Johnson in the 15-16 breaststroke event, and Grace Strickland in the girls 8 and under backstroke.

The scoring system at Jefferson Swim League events gives seven points for a first place finish, five points for a second place finish and then does not give points for any subsequent finisher from either team. For instance, in the boys 15-18 breaststroke, the Killer Whales had the winner, for seven points. The next three finishers were from the Sharks. And the fifth place finisher was another Killer Whale swimmer. The Sharks were awarded five and four points for second and third, and the Killer Whales were awarded three points for their fifth-place finish. This scoring system can work for or against a team. In the boys 11-12 breaststroke, the Killer Whale swimmers, took first, second, third and fifth and sixth, yet the Sharks were awarded three and four points for their third and seventh place finishes.

The Sharks hosted their second home meet on July 2.

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Lake music scene goes from “dead’ to ‘hotbed’

CONTRIBUTED BY MIKE FEAZEL

Five years ago, the music scene at Lake Monticello was what long-time Lake musician Gary Hawthorne called “dead, dead, dead.” Now it’s like a thriving mini-Nashville, with a dozen or so bands and maybe a score of single performers playing at multiple Lake venues and throughout the state of Virginia and beyond.

“This place reminds of the 1950s and ‘60s when there were music hotbeds like Liverpool, London, Laurel Canyon, San Francisco and Nashville,” said Ron Ganz, a Lake resident and bassist for the popular South Canal Street band, which plays two or three gigs a week throughout central Virginia. “There are hidden musicians living down this way and every couple of months, there seems to be new bands or solo or combo performers turning up.”

“The growth of the music scene at the Lake feels like a perfect storm of positive factors: a mix of people from all ages and backgrounds, a deep love of music, and a genuine sense of community,” said “Hurricane” Phil Spence, guitarist for Back 40 East. “No two bands or performers are the same, and that diversity keeps things fresh. The environment here is especially welcoming ... and that warmth encourages even casual ‘living room’ musicians to take the leap into live performance.”

The quality and experience of the musical acts at the Lake varies widely, ranging from professionals and semi-pros like 40-year pro Hawthorne and Brian Franke of Faraway who’s constantly on the road throughout northern and central Virginia, to newcomers who perform on open mic nights every other week at the Lake’s Bunker Bistro or at the Fluvanna Farmers Market. One Lake group, Cake Fight, will be featured at a Fridays After Five later this fall.

But on the whole “the bands and musicians here are quite good, and are really honing the craft of playing out, and not just ‘jamming,’” Hawthorne said. “It’s not amateur hour at the Elks.

It’s accomplished musicians coming together to re-ignite the spark that drove their youth.”

Two performers, Mark Patrick and Scott Murdoch, created the non-profit Lake Music as a central place for performers and venues to contact each other, encourage each other, and cooperate with each other. The Lake Music Facebook page quickly grew to more than 1,000 followers, many of them musicians, but also including many enthusiastic fans.

Lake Music volunteers such as Kevin McMahon help organize the open mic nights, which have been filling the Bistro every other week since October, many of the Lake Monticello free dock concerts that typically raise money for a local community service organization like the Lake Monticello Community Foundation, and the farmers market performers.

Last fall, after Hurricane Helene devastated North Carolina, Lake Music members organized a Help for Helene concert at Cunningham Creek Winery within five days that netted more than \$7,000 in help for the Asheville area.

Lake Music’s next big project is the free Rockin’ Fourth concert at the Lake’s Ashlawn Clubhouse that will feature five musical acts between 2 and 5 p.m. on July 4, with donations being collected for the Foundation.

“Something like this takes some time, but people in community are helping keep the buzz high,” Patrick said. “The idea is to be a community-building place. A lot of musicians aren’t good at promo, but that’s an integral part of the success here. We provide a way to promote their performances.”

“It used to be a conversation about where could find music on the weekends,” said Laker Karen McIntyre, lead singer for Wrong Way Johnny. “Now it’s a hard decision about which band you want to see on a weekend. How awesome is that?”

It’s not clear exactly why the Lake Monticello music scene bloomed from

virtually nothing to a mini-Nashville almost overnight.

Hawthorne attributes some of it to Covid, saying people who were cooped up at home during the pandemic dug instruments out of the closet, dusted them off, and re-found the joy of performing.

Covid also spawned the spate of dock concerts at Lake Monticello, which allowed musicians to get out and play for an audience, and an audience on their boats to watch safely, well-separated from others. The popular free dock concerts developed a name for some of the performers, such as Faraway, and a Lake audience that re-learned the joy of live music.

“During Covid, music became vital at the Lake early on when people were not going out,” said Faraway’s Brian Franke. “Dock concerts gave music an opportunity to connect with the community at a time when we were all in a tough time together. We as Faraway also believed in giving back to the community.” Faraway also launched its Tuesday Tributes online concerts during Covid, reaching a new audience.

Another factor has been the proliferation of performing venues after Covid, said Murdoch, who formed the popular Jefferson Speedboat group at the Lake. Noting the score or more of central Virginia wineries that now feature, and pay for, live music, Murdoch said “the wineries provide a lot of opportunities for bands at different levels. We certainly enjoy playing there.” In addition to the Bistro, which offers paying gigs a couple of times a week, the wineries and the free concerts, Fluvanna County now sponsors monthly “Groovin’ at the Grove” concerts at Pleasant Grove park.

“It all starts with just an opportunity to come out and play,” Murdoch said. “Things like the farmers market provide a very casual atmosphere. The people who come out and play feel it’s fun. Then maybe they move on to an

open mic. And then who knows. The opportunity we created has been just tremendous.”

For some, taking up performing is a time of life thing. “I think a lot of us are at that point in our life that we can slow down, relax and actually pursue getting together and playing music and supporting one another,” McIntyre said. Ganz agreed that “now-retired folks whose kids have grown up are reverting back to a happy time in their lives where we could dedicate the time” to making music

The money aspect of a band or solo performer varies widely. Some newer bands perform for free. Many play for \$400 or so per gig. Others make some sort of living at music. Many do it primarily for fun. F.O.G. (originally Four Old Guys, now Five Old Guys) plays nearly as many benefit concerts as it does paying gigs.

The whole community, not just the performers, benefits, Spence said: “What music lover wouldn’t want this? Open mic nights at Bunker Bistro, live sets at the farmers market, the dock concert series, Groovin’ at the Grove. It all enhances our quality of life. More importantly, it brings people together. There’s something special about seeing your neighbors at a gig — supporting one another and building a stronger, more connected community.” Franke noted “it has all been a positive all around whether you play or enjoy listening to music, and adds value to the culture here at the Lake raising the quality of life.”

About Lake Music, Patrick said “I’ve done various forms of public service in my life, but I have to say, this one seems the most fun. It’s fun, gratifying, unifying, and uplifting. It’s a labor of love.”

“I hope we as a community of bands/musicians will continue to make the Lake a fun, vibrant place to be and that the lake will embrace and support us,” McIntyre said.

Pause before rescuing outdoor kittens

BY PAGE H. GIFFORD
CORRESPONDENT



Cosmo. Photo courtesy of the FSPCA

Kitten season is peaking and the Fluvanna SPCA urges residents to look, wait, and learn because not all kittens need saving, and the wrong move could do more harm than good. Every spring and summer, thousands of kittens are brought to animal shelters by well-meaning residents who find them outdoors and assume they’ve been abandoned. Known as “kitten season,” a time of year when a critical mass of kittens are born, Fluvanna SPCA is bracing for an influx of these tiny, vulnerable animals, many of whom may not need rescuing at all. In most cases, found kittens have not been or-

phaned, and removing them can put their lives at risk.

According to Fluvanna SPCA, around 375 cats and kittens are brought to the shelter each year. The greatest influx of kitten intake typically occurs between May and September. What do you do if you happen upon a litter of tiny kittens outdoors? It’s natural to want to care for them yourself or take them to a shelter, however, both of those options based on their age and stage may place them in more danger.

“The best thing to do for healthy kittens is to leave them with their mother, who is often nearby,” said

Shelter Director Rachel DiLuciano, “If the kittens appear well taken care of with full bellies, groomed and healthy, chances are mom is around and best to leave them where you found them. Kittens get the best care from their mother, and it is recommended they remain with them until they are eight weeks old or two pounds.”

Fluvanna SPCA offers guidance and three steps to take if Fluvanna residents find kittens outdoors:

1. Pause and observe: If the kittens appear healthy, clean, well-fed, and

Outdoor kittens *continued on page 6.*

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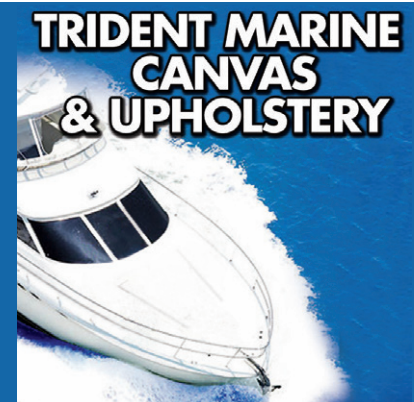
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Outdoor kittens continued from page 5.

quiet, it's likely their mother is still caring for them. Keep a distant eye on the area for several hours. If the mother returns, the best course of action is to leave the kittens where they are until they are approximately eight weeks old and can be safely adopted.

2. If the kittens are in immediate danger or in a hazardous spot (near traffic, predators, flooding, etc.), gently move them to a safer location nearby so the mother can still find and care for them.

3. If the mother does not return or the kittens appear sick, cold, thin, or injured and you're certain the mother is not returning for the kittens, contact a veterinarian or Fluvanna SPCA for further instructions.

When kittens truly need intervention, whether due to illness, injury, or confirmed abandonment, community support becomes critical to their survival. Here is how the community can help in various situations.

Fosters are always needed and welcomed. Young, unweaned kittens require specialized around-the-clock care which is difficult to provide in the shelter. Fluvanna SPCA depends on the compassion and commitment of foster volunteers to help kittens grow healthy and strong in a safe home environment. Kitten fosters are provided with care kits with supplies, training, and ongoing support. Once kittens

reach eight weeks or two pounds, the shelter coordinates spay/neuter and adoption.

The key to preventing future litters and the most effective way to reduce the number of homeless kittens is through spaying/neutering. Affordable services are available through Augusta SPCA or low-cost events. The Fluvanna SPCA has a list of low-cost services.

Education is key, spread the word, and share these lifesaving tips with neighbors, friends, and family to ensure more kittens found in Fluvanna receive the care they truly need, and fewer end up unnecessarily in the shelter.

Nationwide, progress is being made thanks in large part to community support. According to Best Friends Animal Society, a leading national animal welfare organization working to end the killing of cats and dogs in America's shelters, the number of cats killed in U.S. shelters decreased by 10 percent in 2024, marking the lowest point in recorded history. This improvement is due in large part to increased community support through adoptions and foster-based care.

For more information on helping community cats visit Alleycat.org.

To view adoptable kittens, apply to foster, adopt, or volunteer, visit FSPCA.org.

Follow Fluvanna SPCA on Facebook or Instagram for updates, volunteer opportunities, and educational tips throughout the kitten season.

THIS WEEK'S PETS: Ginger, Elio & Sir Nicola

Young Kittens are here!

Tabbies and torties and tuxedos - oh my! We are pleased to introduce Ginger, Elio, and Sir Nicola. These three are just one of the many litters of kittens we have taken in this spring. We have lots of young kittens available for adoption ranging in a variety of ages, looks, and personalities. If you are looking to add a friend or two to your family, we are confident we can find the right match for you. Please come by the shelter or check out our website to see all of our kittens that are still looking for a forever home. snuggle and love, could that be you?

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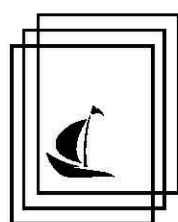
Setting the stage for successful weight wellness

BY PAGE H. GIFFORD
CORRESPONDENT

On June 21, Cynthia Moore held her monthly Hygeia Wellness program, "Setting the Stage for Successful Weight Wellness," with a presentation by Rachel Hart, MS, RDN, and owner of Central Virginia Nutrition Counseling. At Central Virginia Nutrition Counseling, Hart works with adults who are taking GLP-1 medications and those who are not, as well as offering individual nutrition consultations and comprehensive, multifaceted weight loss programs. She has over 15 years of experience in the field of weight management. Before starting her practice, she worked at the University of Virginia Health System for 10 years, successfully helping patients with their specific weight and nutrition goals to optimize their health for life-saving transplant surgeries.

"I am passionate about empowering others to be successful with healthy weight management through nutrition and lifestyle practices that are individualized, realistic, sustainable, and ev-

Weight wellness continues on page 9.



LAKE VIEWS

NEWS FROM YOUR LAKE MONTICELLO NEIGHBORS



Photo: LMOA welcomes new board directors Nick Canada (left) and Kate Schoenster.



Photo: Scott Marshall, Chair of the LMOA Compliance Committee (left) says goodbye to Gary and Donna Rice at the 53rd LMOA Annual Meeting of Members. Gary dedicated 40 years as a valued volunteer at Lake Monticello.

Lake Resident Closes 40 Years of LMOA Volunteerism

Lake Monticello proudly recognizes Laker Gary Rice for an inspiring 40 years of dedication and volunteer work at LMOA! Thank you, Gary, for generously sharing your time and talents with this wonderful community. Volunteers like you truly make Lake Monticello the best place to live and thrive! We wish you all the best at your new home closer to family, and you'll be greatly missed!

Volunteers Needed at LMOA

Volunteers play an essential role in making Lake Monticello an excellent place to live! Currently, the Young Residents & Families Committee is in need of Volunteers to serve on the committee. This is a fun group to join! Email yrfcommittee@gmail.com to learn more!

Interested in volunteering at Lake Monticello but not sure where to start? Visit the COMMITTEES PAGE on LMOA.org to learn more about volunteering on an LMOA Committee. Or visit the Clubs & Groups page for volunteer and social opportunities!

Welcome Nick Canada and Kate Schoenster to the Board

The LMOA Members elected Nick Canada to the LMOA Board of Directors on June 28, 2025, during the 53rd Annual Meeting of Members. Since there were two vacancies but only one candidate, the Board of Directors practiced its right to fill the other vacancy through appointment. They selected Kate Schoenster, a former chair of

the Young Residents and Families Committee. The community also approved the use of the Emergency Reserve Account to repay the PPP Loan. The LMOA Board of Directors will see Larry Henson continue as President, and Gary Sellick as Vice President. Scott Murdoch will assume the role of Treasurer, and Jennifer Richardson will serve as Secretary.

Lake Blood Drive Open to All

Team LMOA is proud to partner with the American Red Cross for another Blood Drive on July 15. Please sign up at redcrossblood.org to help! Thanks to the incredible support of our wonderful Members, Lake Monticello's donations from the May Blood Drive resulted in the distribution of lifesaving blood product supplies to more than five local hospitals in Virginia. Great job, Team LMOA, for donating the vital gift of life.

Free Hygeia Wellness Clinic

Join us on July 19 from 3 to 4:15 PM at the Ashlawn Clubhouse Terrace Rooms A & B where Joy Jones O.T., will share recipes and tasty ideas for cooking with health in mind. She will offer strategies for meeting different dietary needs and share samples to taste! Joy is an occupational therapist who was previously a chef and caterer. Please reserve your spot, email Cynthia.Moore@cynhygeia145@gmail.com

Fun for Lake Kids in July

Summer in the Park Art & Play is hosted by Laker Melissa Barnes and is a brand-new weekly gathering to beat the heat, perfect for our younger residents! This group will meet in the Ashlawn Clubhouse Terrace Rooms from 4 – 6 PM most Thursdays, where art supplies, toys, and games will be provided. Come along for fun and creativity! Contact Melissa Barnes with questions at mbarnes@mcleanfaulconer.com.

Lake Monticello Gears Up to Celebrate Independence Day

If you live at Lake Monticello, get ready to create lasting memories with your friends and neighbors as we come together to celebrate the gift of independence on July 3-5! Our dedicated staff and volunteers are putting the finishing touches on a fun series of events which can be found on lmoa.org and our Facebook page. Here are some general reminders:

- Please note that the events are for members and their guests only.
- There will be very limited parking close to the Ashlawn Clubhouse on July 4th. Please walk or carpool when possible.
- All events are free and volunteer-run (they will be wearing red EVENT STAFF t-shirts).
- LMOA administrative offices will be CLOSED on July 4th.
- We also ask residents and guests to respect their neighbors' property. Please stay

off other people's boats that are docked at the beaches and the Marina.

- In case of an emergency, always call 911.
- On July 4th, Bunker Bistro will not be serving lunch but will open for bar sales, hot dogs, and hamburgers from 11 AM to 4 PM.

Water Safety Tip of the Week Brought to you by the Volunteer Water Safety Team

Did you know...

There are some trailering best practices to remember when loading and unloading your boat at a boat ramp. They include:

- Ensure your drain plug is in place and secure.
- Make sure your outboard engine and swimming ladder are raised.
- Set your parking brake.
- NEVER use engine power to put your boat back on the trailer. Engine power will dig a hole in the sand and create a pile that other boats and trailers can get stuck in. Always use your winch to pull the boat onto the trailer.



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Weight wellness *continued from page 6.*

idence-based, while also fostering a positive and inclusive relationship with food,” she said.

“Successful weight wellness is so much more than just reaching a number on the scale. Successful weight wellness is reaching or maintaining a weight that allows you to feel good, thrive in your daily life, do the things you love, enjoy food without guilt, and promote good health and help prevent chronic disease,” she said. “The first part of embarking on weight wellness is determining a healthy weight goal. A healthy weight goal is personal and individualized.” She discussed variables that should not be considered when determining a weight goal, as well as variables that are helpful and important to consider.

“Your weight goal should not be what your friend, spouse, or family member thinks it should be. It should not be influenced by social media, determined solely based on your BMI, be unrealistic, or set solely by a healthcare professional.”

She then discussed how to assess what is a healthy weight and the variables that are helpful to consider in determining your weight goal.

“The stage of life you are in, your body, hormones, and metabolic rate are different across the life span.

She suggests individualized guid-

ance provided by a registered dietitian nutritionist and your doctor. Also, consider your weight history, past medical history, and what medications you use.

“What you feel is healthy and realistic. You know yourself best,” she added.

Exercise is an important component of successful weight management and Hart stresses that knowing your exercise capacity and any restrictions is important.

She adds that when embarking on a weight management journey, it is crucial to choose an approach that is realistic, sustainable, individualized, and multi-faceted.

“An approach that promises to be the “one-stop solution” should be avoided. Achieving successful weight wellness does not mean following a fad diet or avoiding entire food groups,” she said. “Sacrificing a positive relationship with food, giving up feeling joyful about eating, counting everything you eat, avoiding the foods you love, or avoiding or fearing occasions or celebrations where food will be present narrows the solution to weight management down to a diet and is not helpful, healthy, or sustainable.”

Signups begin for Fluvanna Leadership Program

CONTRIBUTED BY MIKE FEAZEL

Registration for the 23rd class of the Fluvanna Leadership Development Program is underway, and the class typically fills quickly. The class is open to any county resident interested in learning more about how Fluvanna County works and how to more effectively get things done here.

In-person classes are every other Thursday from Aug. 28-April 7 (except holidays) and include opportunities to meet face-to-face with everyone who makes the county go – county supervisors, the county administrator, school officials, leaders of Lake Monticello, leading businesspeople, non-profits, and others.

The non-political classes are in various locations around the county as a way to familiarize classmates with all areas of the county. They include topics such as schools, county government, community services, fire and rescue, law and order, agriculture, economic development, infrastructure and more.

“It’s great to be able to meet face-to-face with officials, shake their hands and talk with them,” said FLDP Co-Chair Charlie White. “Our goal is to prepare residents to be better engaged citizens of the county, and to give them the tools and contacts to do some real good here.”

FLDP graduates have gone on to leadership positions throughout Fluvanna County – including members of the county board of supervisors and of the county school board, seats on virtually every county government commission and committee, Lake Monticello Owners Association board members, and participants in virtually every significant service organization and non-profit serving the county. At last count, members of the 22 classes that graduated from FLDP have held more than 300 service positions in Fluvanna. Others take the class just to feel more at home in the county, meet neighbors and know who to go to if they need help solving a problem.

The registration fee of \$100 covers the cost of the bus tour and lunch, plus a graduation dinner and snacks for in-person classes. Classmates are expected to attend at least 17 of the 20 classes and participate actively in a small group project that requires some additional time outside of class.

Those interested in this year’s FLDP class can get additional information and sign up at www.fluvannaleadership.org. Registration will close when the class limit is reached, or Aug. 14. Information about the class is also available at 434-589-1732.

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EVENTS

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- Black Gutters & Windows on Front, 10'x 14' Rear Deck, Gas Fireplace
- Primary Suite w/ Ceiling Fan, 5Ft Ceramic Tile Shower & Floors, Double Vanity
- Oak Stairs, Laminate Floors, 42" Kitchen Cabinets, Granite Counters, Double island

\$437,091

219 Riva Way/Palmyra



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- 4 Bedroom, 2.5 Bath, Front Load Garage, Upgraded Siding Accents, Rear Deck
- Main Level w/ Laminate Floors, Oak Stairs, Foyer/Dining Room Trim
- Open Kitchen w/ 42" Wall Cabinets, Granite, Pantry, SS Appliances
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\$412,000 6169 Community House Rd/Columbia



Kathleen Pender

804-840-3648



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- Single Story Living, Open Concept Living Rm, Dining, & Kitchen w/ granite
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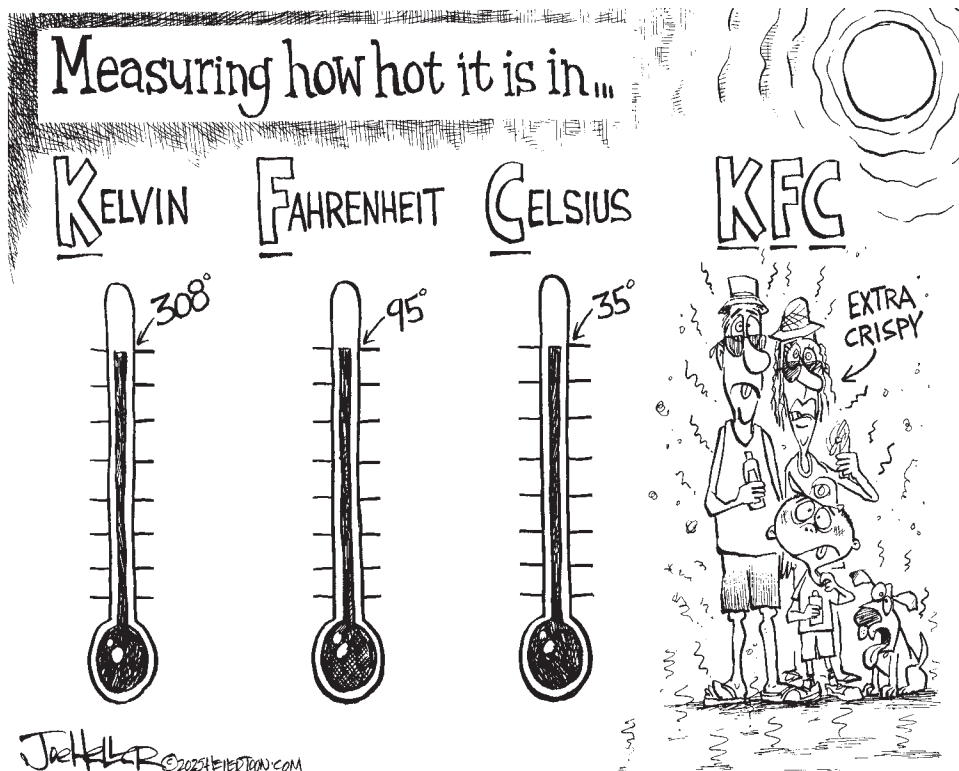
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Sierra Club awards Earth Flag to Fluvanna Master Gardeners

PRESS RELEASE

The Sierra Club awarded an Earth Flag to Fluvanna Master Gardeners on June 26 at Pleasant Grove Park. Kathleen Brunke, president, was on hand to accept the award.

The Extension Master Gardeners (EMG) are trained volunteer educators. They work within their local communities to encourage and promote environmentally sound horticultural practices through sustainable landscape management, education, and training.

Some highlights of the work this group has done include:

Ag Day at Carysbrook Elementary (growing microgreens);

Earth Day at Central Elementary (activities such as learning about a bee's life-cycle, building a tree, and a nature hike);

Earth Day at Pleasant Grove (teaching kids about pollinators and a nature hike scavenger hunt);

Butterfly Garden at Pleasant Grove (maintaining a garden of labeled native plants and educating people as they wander in);

Children's Garden at Carysbrook Elementary (working with kids growing vegetables and flowers, teaching them how to weed and plant, and the importance of soil);

Community Garden at Pleasant Grove (working with the community to help with planting vegetables and maintaining the garden);

Fluvanna County Fair (varies - educating the public in activities involving kids and adults, plus offering our help desk);

Greenhouse (activities vary. Growing plants for our plant sale, hydroponics experiment, stratification of seeds experiment, and working on a butterfly house);

Monthly Hike at Pleasant Grove - lead hikes looking at the plants or trees at various stages of their development and pointing out insects;

Planting for the plant sale (master gardeners start plants in the greenhouse or their homes, then bring them to the greenhouse);

Help Desk—We offer a help desk once a week and answer questions from our Facebook page and website;

Lake Monticello Beautification Corps (maintain a garden at the lake, plus working on public education activities);

Plant-a-Row (planting vegetables to provide food for the community in need);

Plant Sale—great educational opportunity to help people who live at the Lake find shade and deer-resistant plants, teach them about various plants and how to grow them, and help find plants for other people with different needs. Help desk available;

Summer Library Program—programs for kids. Activities include a nature walk, a fairy garden, building a bug house, survival training, and learning about bluebirds and bees.

The Piedmont Group of the Virginia Chapter of the Sierra Club awards Earth Flags to unsung volunteers who make a difference in protecting nature in our area.

Sierra Club leaders Donna Shaunesey and Scott Ziemer presented the award.

For more information contact Donna Shaunesey, shaunesey@hotmail.com, 434-996-0392.

The Piedmont Group of the Virginia Chapter of the Sierra Club serves Charlottesville and the counties of Albemarle, Fluvanna, Louisa, Greene, Madison, Orange, Rappahannock, Nelson and Buckingham. The group has nearly 1,500 members. The Sierra Club mission is to explore, enjoy and protect the wild places of the earth and locally work both to celebrate the natural world and to protect it on a wide range of fronts. <https://www.sierraclub.org/virginia/piedmont> <https://www.facebook.com/PiedmontSierraClub>.

Community Calendar



QR Code provided by the Fluvanna Leadership Development Program

Registration open for Fluvanna Leadership Class

Registration for Fluvanna Leadership Development Program will continue through **Aug. 14**. The non-political class shows how Fluvanna County works and how to effectively get things done. In-person classes are every other Thursday, Aug. 28 – April 7 (except holidays). Registration costs \$100. Registration and additional information are at www.fluvannaleadership.org.

High school fundraiser

Annual fund raiser for the Fluvanna County High School PTSO will be held on **Aug. 2** from 7:30 to 10 p.m. Tickets required prior to event.

Food Pantry

Fluvanna MACAA / FCSS Food Pantry is located at the old Carysbrook High School. To receive food from the food pantry bring a photo ID as proof of residency in Fluvanna. Open: **Monday - Friday**, 11 a.m. to 1 p.m. To donate directly to the food bank call 434.842.2521. Cash and food donations gratefully accepted.

Food Pantry

FLRD Community Food Pantry, located at 4321 James Madison Hwy, Fork Union, is accepting cash and food donations. The pantry is open on **Tuesdays and Thursdays** from 10 a.m. to 2 p.m. and Saturdays from 9 a.m. to 1 p.m.

Canada, Schoenster join directors

Lake Monticello voters have approved the use of the Emergency Reserve Account (ERA) as a possible funding source to settle a federal government demand to pay back hundreds of thousands of dollars from a COVID-era loan.

Election Committee member Barbara Rorh announced the results of the vote at the 53rd annual meeting at the Fairway Clubhouse on Saturday (June 28).

Out of 1,350 votes cast, 930 voted to approve the measure, 362 voted against, and 58 did not state a preference.

The LMOA received a letter from the Department of Justice (DOJ) in December stating that a \$680,000 loan given to the association under the Paycheck Protection Program (PPP) in 2020 had been incorrectly forgiven by the Small Business Administration, as HOAs were not eligible for loan forgiveness.

Attorneys for the association are working with the government to reach a settlement, which will at the very least include repayment of the full amount plus interest.

The ERA was created in the 1990s with proceeds from the sale of the water system to Aqua Virginia. It can only be accessed with approval from the members.

LMOA Board President Larry Henson thanked voters for supporting the initiative. The board's primary objective in settling the case is to fund the repayment without a special assessment or a dues increase. The ERA "is just an extra tool we have," said Henson.

Henson and Treasurer Mike Kelly said LMOA finances were doing well, with critical funds bolstered by the \$150 dues increase approved in 2024.

Under the management of Troon

Golf, the golf course is showing a modest profit for the first time in LMOA history. RocDun is doing well managing Bunker Bistro. Henson reminded the audience that five years ago, Golf and Food & Beverage were losing around \$800,000 annually.

Annual meetings often bring about a changing of the guard.

Directors Johnny Williamson and Don Polonis reached the end of their term in office.

Polonis, who was the subject of an unprecedented recall campaign in 2023 after he made homophobic comments on social media, resigned his post in late May. He has since left the community.

Nick Canada ran for one of the open seats and faced no challengers, winning 1,176 votes in total.

Kate Schoenster, chair of the Young Residents and Families Committee, was elected by the directors to the second vacant seat for the coming year. She will have to run for election by the full membership in 2026.

With Jennifer Richardson now in her second year on the board, Schoenster's appointment marks the first time in nearly eight years there are two female board members.

Larry Henson was reelected as president and Gary Sellick as vice president. Both will reach their term limits in 2026.

"I am deeply honored to serve this community in what will be my final year on the board," said Henson, who paused for a moment. "I'm getting choked up, I don't know why."

The 54th annual meeting will be held on June 27, 2026.

BY DUNCAN NIXON
CORRESPONDENT



Golfer Lucas Dunaway. Photo courtesy of the Lake Monticello pro shop

Lucas Dunaway of Troy has scored another top finish in a big-time golf tournament. Playing in the nine-year old competition at the Arnold and Winnie Palmer Foundation Kids Invitational at the Latrobe County Club in Arnold Palmer's hometown, Dunaway finished second in a field of 18. Competing against other players of his age from as far away as Florida, Georgia and California, Dunaway shot an amazing 66 in the second of two rounds to achieve a tie for first place. The course for nine-year olds was approximately 4,200

yards, which is actually shorter than Dunaway is used to playing. Dunaway was topped in the play-off so he took second place in the nine-year old tournament, still, quite an accomplishment.

Earlier this year Dunaway took second place in the National Drive, Chip and Putt competition at Augusta, National in Georgia. He qualified for the national tournament by winning the Middle Atlantic Region title. Dunaway is coached by Lake Monticello pro Mark Marshall.



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PUBLIC NOTICES



PUBLIC HEARING
Fluvanna County Board of Zoning Appeals
Tuesday, July 15, 2025 at 7:00 pm

Pursuant to Virginia Code Section 15.2-2204, a public hearing will be held in the Morris Room of the Fluvanna County Administration Building, located at 132 Main Street Palmyra, VA 22963 for citizens of the County to have the opportunity to be heard by the Board of Zoning Appeals on the following request:

BZA 25-03 – Pope: A request for a fifteen (15) foot Variance to Section 22-8-6 (B) of the Fluvanna County Code to allow for a reduction of the required minimum rear yard setback from twenty-five (25) feet to ten (10) feet for the parcel identified as 19 Glen Burnie Road in Palmyra, Virginia and also known as Tax Map 18A, Section 2, Parcel 28. The subject property is zoned R-4, Residential, Limited, and is located in the Rivanna Community Planning Area and in the Palmyra Election District.

The meeting of the Board of Zoning Appeals will be in person and instructions for public participation during the meeting will be made available on the Fluvanna County website: **www.fluvannacounty.org** Interested persons may submit written comments prior to the scheduled meeting to **planning@fluvannacounty.org** or call 434.591.1910, between 8:00 am and 5:00 pm Monday – Friday or visit the County Administration Building at 132 Main Street Palmyra, VA 22963.

NOTICE OF TAKING PROOF OF DEBTS AND DEMANDS

IN RE: SANDERS P. LLOYD, JR., DECEASED

At the request of the Executor of the Estate of Sanders P. Lloyd, Jr., deceased, by counsel, and pursuant to Section 64.2-550 of the Code of Virginia, I have fixed the 18th day of July, 2025, at 2:00 p.m. as the time, and my office at 115 W. Main Street, Suite 4, Louisa, Virginia, as the place for receiving debts and demands against the said decedent or his Estate.

John David Gibson
Assistant Commissioner of Accounts
Fluvanna County, Virginia
Email: fluco.asst.comm.acct@gmail.com

February Property Transfers

PROPERTY TRANSFER DEEDS ARE PROVIDED BY THE FLUVANNA COUNTY CIRCUIT COURT.

2/03/2025

DeBondt, Jeffrey to Lamb, Justin Kyle and Victoria Paige Lamb. 18.791 Acres. \$145,000.

DeMattia, David M. to Wheeler, Tamare. Lot 253 Phase 6 Addition 1, Riverside Section LM. \$299,000.

Basinger, Matthew to Feden, Stephen D. and Helga J. Feden. 7.168 Acres. \$250,000.

2/04/2025

Harvey, Dawn Carol to Yoder, Benjamin E. and Melanie D. Yoder. 91.567 Acres. \$5,530,000.

2/05/2025

White, Pearl to Dewey Erwin LLC. 2.00 Acres. \$44,100.

2/06/2025

Smith, Shawn to McCormick, Kelly and Christine McCormick. Lot 13 Phase 3 Broken Island Subdivision. 2.40 Acres. \$630,000.

2/07/2025

Tanner, Katina Lynn to Tanner, Melissa Ann. 5.78 Acres. \$125,350.

2/10/2025

Shirley, Timothy A. to Rosia, Ellie Shea and Liam C. Brennan. 10.04 Acres. \$144,000.

2/13/2025

Braut, Bradley S. to Bennett, Lori A. and Russell L. Bennett. Lot 524 Phase 3 Montpelier LM. \$37,000.

Evans, James A. Sub TR to FFC Properties, LLC. Lot 314 Phase 12 Edgewood LM. \$249,000.

Sherman, Nicole M. to Enriquez, Melinda B.

and Justin M. Margerum. Lot 100 Phase 10 Cherokee Sections LM. \$370,000.

Thurmond, Justin to Green, Wendell and Darcina Lewis. Lot 23 Phase 2 Hidden Hills Subdivision. \$556,000.

Ellis, William Charles to Davidson, Jason and Erin Short. Lot 469 Phase 4 Fairway LM. \$269,000.

Patterson, Bruce A. to Liberty Homes VA Inc. 0.590 Acres. 33,000.

2/14/2025

Reed, Keith Calvin to Barker, Carrie A. Lot 6 Oliver Ridge. \$560,585.

Price, Sherry M. to Haslacker, Darrell W. and Kayla Emerson. \$635,000.

2/18/2025

Drummond, Kathleen L. to Lenherr, Danielle Hope. 2.752 Acres. 38,400.

Lehnerr, Kenneth M. TR to Lenherr, Danielle Hope. 3.895 Acres. \$87,400.

Christ, Edward A. to Sober, Debra TR. And Frederick Gregory Sober, TR and Debra Lynch Sober Living Trust. Lot 216 Phae 8 Nahor Section LM. \$375,000.

Blackstone Building G ... to Coleman, Emma and Troy Coleman. ½ Acres. \$289,900.

Loving, Michael Scott to Mirus, Peter Van and Kathleen Mirus. Lot 230 Phase 8 Section Nahor LM. \$419,000.

2/21/2025

Parker, Ira Andrew to Albrecht, Joseph Charles and Allison Henrietta Albrecht. 2 Acres. Lot 12 Oliver Ridge. \$529,900.

Thompson, David to Herrejon, Jorge Calderon and Natanael Calderon. 2 Acres.

\$300,000.

Rutkowski, Gladys I. to Hemedi, Emmanuel Mankunku and Rosine Penge Walendela. Lot 169 Phase 9 Knollwood LM. \$408,000.

Palmateer, Clifton O, III to Goggin, Stephen Andrew and Mandy Lynn Coggin. 11.425 Acres. \$75,000.

Ross, Victoria Malone to Baker, Matthew Robert . Lot 313 LM. \$250,000.

Watson, Carol H., Jr to Bradshaw, Tracy L. and Rebecca S. , Rosemary Price, hope Velina Payne, TR, Arnell Waddy Simmons, Marva Waddy Riley, Lauren Waddy Aderele, Diane Waddy Romero. Sharletha Wiggins, Delvia Waddy, Gwendolyn D. Jones, Maria J. Lewis , Doretta Trice Supplemental C... \$2,500.

Hackett, Frank, III to Oakerson Acres, LLC. See document for full description. \$365,000.

Payne, Hope Velina TR to Lewis, Maria J. 3.865 Acres. \$45,000.

Blackstone Building G... to Adams, Harrison and Heather Pace. See document for full description. \$289,900.

2/24/2025

Roberson, Steven C. to Okun, Art and Cheryl Gibson. Lot 155 Phase 8 Nahor LM. \$264,500.

Stanley Martin Homes ... to Zoy, Khaibar Shar, and Parisa Sahar Zoy , Bashir Ahmad Habibi. Lot 135. \$449,040.

Stanley Martin Homes ... to Andish, Atiquilah and Farzana Andish. Lot 46. \$304,085.

Sumpter, Beverley B. to Perla Investment Properties L... 25 Acres. \$101,884.

Paramount Investment to Euline, Chloe W.

and Christopher W. Euline. Lot 463 Phase 12 Edgewood LM. \$365,900.

2/25/2025

Levines, Shirley H. to Mundell, Michael and Ktherine Mundell. 10.500 Acres. \$325,000.

2/26/2025

Stanley Martin Homes... to Jones ,Janay. See document for full description. \$297,130.

Morris, Michael L. to Morris, Sandra K. Lot 353 Phase 3 Montpelier Addition 1, LM. \$50,000.

2/27/2025

Aspiring Development ... to Dowhan, Patrick Michael and Ashley Nicole Dowhan. 2.401 Acres. \$349,900.

Stanley Martin Homes... to Connor, Clay and Matthew Trotman. See document for full description. \$399,000.

2/28/2025

Stanley Martin Homes... to Abdulrahimzai, Helal and Sahil Abdulrahimzai. See document for full description. \$469,290.

Gardner, Amy L. to Greenspon, Johathan L. And Melissa K. W. Greenspon. 1.965 Acres. \$690,000.

Andrew Street LLC. To Gresh, Jacob. 1.965 Acres. \$257,500.

Butler, Ernest C. to Clise, Jessica and Lisa Brownell. See document for full description. \$350,000.

Mason, William A. to Butler, Ernest C. and Rose S. Butler. See document for full description. \$841,900.

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BRING A FRIEND!



BY HEATHER MICHON
CORRESPONDENT

Governor Glenn Youngkin's office announced the grant on Friday (June 27). According to the grant proposal, the funds will be used to install a dedicated electrical circuit and purchase equipment.

Located at the Fluvanna County Community Center in Fork Union, the kitchen can be rented by food producers who need a fully licensed

The facility includes a six-burner commercial stove, a stainless steel prep line, ovens, and commercial-grade refrigerators and freezers.

In December 2024, the Board of Supervisors voted to reduce the rental fees to \$25 per hour for residents, and \$30.25 for non-residents.

For more information, visit <https://www.fluvannacounty.org/parksrec/page/commercial-kitchen-reservation-0>

Two Arrested in Scottsville

BY HEATHER MICHON
CORRESPONDENT

Residents on and around Bremo Road saw a heavy law enforcement presence for much of the day on Monday (June 23) as authorities searched for a man after an alleged assault and battery.

Fluvanna County Sheriff's Office deputies and Virginia State Police officers were trying to apprehend Michael Wayne Morris, 42, after an early-morning call to report an assault in the 2000-block of Bremond Road.

Lt. Thomas Custer, spokesperson for the FCSO, said Morris is wanted on assault on a family member, brandishing a firearm, and possession of a firearm as a felon.

Custer confirmed reports that a search helicopter and a VSP tactical unit were utilized in the search.

However, nearly a week after the search, Morris has not been apprehended.

Anyone with information can call the FCSO Tip Hotline at 434-977-4000.

Two arrested

FCSO also announced the arrests of two individuals in the Scottsville area in separate cases of sexual offenses against minors.

Brett Michael Larose, 42, was taken into custody on June 26 on a charge of aggravated sexual battery on a victim under age 15, and two counts of indecent liberties with a child over the age of 15.

That same day, Fred Edward Garton, 76, was arrested on five

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counts of aggravated sexual battery, four counts of sodomy, and one count of attempted rape, all on a victim under the age of 13.

Both men are currently being held at Central Virginia Regional Jail

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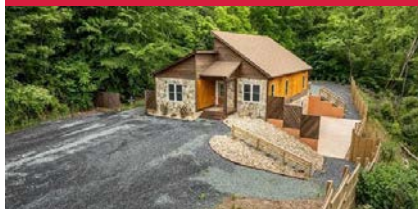


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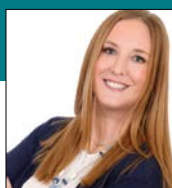


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