

# Fluvanna REVIEW

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OUR DATA SPEAKS VOLUMES

**On the cover:** Cover design by Amelia McConnell.

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

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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 the subsequent paper.

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## NEW MEMBERS WELCOME!



**FLUVANNA COMMUNITY SINGERS**  
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- Dues are \$20/season
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Concert will be May 1 & 2, 2026  
at Saints Peter & Paul Catholic Church Parish Hall



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## Supervisors, Planning Commission set leadership and rules for busy year ahead

BY HEATHER MICHON  
CORRESPONDENT

The new year got underway this week with organizational meetings for Fluvanna County's two top governing bodies.

Both the Planning Commission and the Fluvanna County Board of Supervisors elected chairs and vice chairs and approved meeting calendars ahead of what is shaping up to be a busy year.

### Planning Commission

At its Jan. 6 meeting, the Planning Commission re-elected Barry Bibb (Cunningham) as chair and Howard Lagomarsino (Palmyra) as vice chair.

Commissioners also reaffirmed their regular meeting schedule, continuing to meet at 7 p.m. on the Tuesday following the first Wednesday of each month.

Commissioner Bob Dorsey (Rivanna) participated remotely, calling in from a medical mission in Liberia.

### Board of Supervisors

At the Board of Supervisors meeting Wednesday night (Jan. 7), supervisors elected Tony O'Brien (Rivanna) as chair and Tim Hodge (Palmyra) as vice chair, both on 4-0 votes.

Vice Chair Hodge also raised whether the board should consider a more formal rotation of the chair position, framing it as a governance issue rather than a proposal tied to any individual.

The discussion was brief, and the

board declined to pursue the idea, with several supervisors signaling discomfort with codifying a rotation in the bylaws.

Supervisors also adopted updated bylaws governing public comment and meeting conduct, aligning the rules more closely with those used by the Planning Commission and other localities.

County staff said the revisions were intended to clarify expectations and provide consistency during public hearings and comment periods.

Under the bylaws, public comments must relate to the purpose of a public hearing or to county services and policies during general comment periods.

The rules prohibit campaigning, promoting private businesses, discussing pending litigation, and using profane, abusive, or disruptive language, and grant the chair authority to enforce decorum during meetings.

The board reaffirmed its existing meeting schedule: it will continue to meet every other Wednesday, with the first meeting of each month beginning at 5 p.m. and the second at 6 p.m. In July, the board will again hold two meetings in a single evening before taking a brief summer break.

County Administrator Eric Dahl is scheduled to present his proposed FY27 budget on Feb. 4.

## More Than a Laugh: A Fundraiser for PTSD Awareness

BY PAGE H. GIFFORD  
CORRESPONDENT



Bent Theater.

*New Year, New Hoots!*—an improv and stand-up comedy fundraiser—will take place Friday, Jan. 17, from 5:30 to 8 p.m. at the Bunker Bistro. Proceeds from the event will benefit a neuroscience research study at Virginia Tech's Embodiment Lab focused on humor and post-traumatic stress disorder (PTSD) among military veterans.

The comedy variety show will feature performances by Bent Theater Comedy, a Charlottesville-based improvisational theater group, and stand-up comedian Nathan Carlson.

Bent Theater Comedy has been a fixture of Central Virginia's improv scene since 2004, offering live shows, classes, and team-building workshops.

To advertise call: (434) 207-0223

Their performances are fully interactive, built around audience suggestions that are transformed into unscripted scenes and games.

Nathan Carlson hails from rural Virginia. He has performed at many comedy clubs and festivals, as well as on cross-country tours with Jokes and Jester Comedy.

The event will be hosted by Heather Winslow, a stand-up comedian, improv performer, and producer who has been performing since 2011 and producing shows since 2019. Winslow is also an interdisciplinary PhD student at Virginia Tech, where her research explores how humor and storytelling affect the brain.

Winslow, who lives at Lake Monticello with her husband and two sons, runs The Laughing Brain Initiative, a nonprofit that uses science-backed methods to promote connection, resilience, and healing through laughter, play, improv, and storytelling.

Winslow said her academic work is deeply personal.

More than a Laugh  
continues on page 4.

## THIS WEEK'S PET Clyde

Clyde is an 11-year-old orange gentleman with a heart as warm as his fur. This sweet senior is incredibly affectionate and loves being around people. He's quite the chatterbox and will happily carry on little conversations with you, whether he's asking for pets or just sharing his thoughts about the day. Clyde enjoys a calm, cozy environment where he can soak up attention, curl up for naps, and be someone's loyal companion. He's the kind of cat who will greet you, keep you company, and make your home feel full of love and gentle purrs. If you're looking for a laid-back, loving cat who has plenty of affection (and stories) to share, Clyde is ready to spend his golden years by your side.

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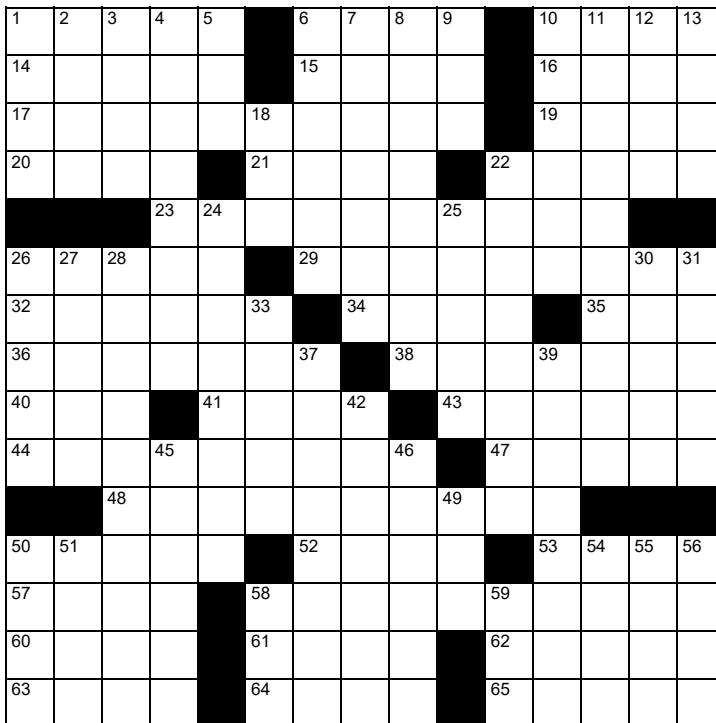


## The Weekly Crossword

by Margie E. Burke

### ACROSS

1 Chicken choice  
6 Toss, like a coin  
10 \_\_\_ of attack  
14 WWII riveter  
15 Budget item  
16 Headey of "Game of Thrones"  
17 Garage jobs  
19 Fictional hunch-back  
20 Large butte  
21 Helper  
22 Weather word  
23 Awe  
26 Razor handle?  
29 Military truce  
32 Boxes for oranges  
34 Missile housing  
35 Unruly crowd  
36 Furnished with turrets  
38 It sent Dorothy to Oz  
40 Young '\_\_\_ (kids)  
41 Glade or green starter  
43 \_\_\_ Island, NY  
44 Went in again  
47 Manicurist's tool  
48 Mercury in



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### DOWN

50 Sprang up  
52 Olympic sprinter Devers  
53 Stuffing herb  
57 Roll of cloth  
58 Source of gossip  
60 Jessica of TV's "The Better Sister"  
61 Milo's pal  
62 Squeezing (out)  
63 "Who \_\_\_?"  
64 Entree item, often  
65 "Ode to a Nightingale" poet

1 Alpine transport  
2 Golfer's goal  
3 Goddess of fertility  
4 Power plant unit  
5 Farm layer  
6 Thriller writer McFadden  
7 Banks, eg.  
8 Stop temporarily  
9 Quart divs.  
10 Readily bent  
11 Lawful  
12 Auth. unknown  
13 \_\_\_ a one  
18 2025 film, "The Running \_\_\_"  
22 Finally turned (to)  
24 Egg entree, in France  
25 Film director Forman  
26 Take place  
27 Origami bird

28 Potluck staples  
30 Programming pro  
31 Wood for piano keys  
33 Cut, as ties  
37 Detract (from)  
39 Junior, for one  
42 Trappings of royalty  
45 Get snuggly  
46 Least rainy

49 Edmonton's prov.  
50 French priest's title  
51 Stir up  
54 Diva's piece  
55 Lady's man  
56 Work units  
58 The piper's son  
59 Comic strip cry

### Answers to Previous Crossword:

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

## SUDOKU

Edited by Margie E. Burke

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

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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:

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

## More than a Laugh

continued from page 3.

"I grew up with PTSD and have used laughter to help me through hard times since I was a little kid. During my time at UVA, I began to write humorous stories in my creative writing classes and found powerful healing effects from story sharing. I was a single parent at the time and found strength and resilience through connecting my stories through humor," said Winslow.

"Women would message me and come up to me after shows and say they found relief in turning my stories into a moment of shared laughter and would tell me how they always felt alone around these topics," she said. "I knew I wanted to use humor as more than a tool for performing, but to help people as it helped me by sharing and connecting through stories."

She began to explore the neuroscience of humor and hit on a significant gap in the research.

Her mentor, Jim Dubinsky, a writing and rhetoric professor and Vietnam veteran, suggested she work with female veterans with PTSD in her pilot case study.

"Female veterans have the highest PTSD rates compared to men," she said. "Women were not even allowed to officially join a military branch until the mid-70s, and the military sexual trauma

numbers that followed were and still are significant."

In the future, she will also conduct a study focused on male veterans. "I do not think one gender is more important than the other. I think community, laughter, and finding empowerment through retelling stories could have a peaceful and healing ripple effect on our planet, which is much needed right now as suicide rates remain high among veterans, as well as the impact it has on families as a whole."

The nonprofit is still in the planning stages, but she offers workshops and will dive into it full-time after she graduates. She also plans to teach a creative writing course on the neuroscience of humor at Virginia Tech after earning her degree.

"There is truth in comedy, and my favorite joy is creating a relieving space for humanity through shared laughter. One of my favorite quotes from Vine Deloria Jr., a Lakota scholar, is: 'When people can laugh at themselves and laugh at others and hold all aspects of life together without letting anyone drive them to extremes, then it would seem to me that people can survive.'"

For more information and tickets, visit <https://www.eventbrite.com/e/new-year-new-hoots-an-improv-stand-up-comedy-fundraiser-show-tickets-1979610701899?aff=odddtdcreator>.

## Fluco girls overwhelmed by Western Albemarle but bounce back against Goochland

BY DUNCAN NIXON  
CORRESPONDENT



Photo by Duncan Nixon

The third quarter proved disastrous for the Flucos, who were outscored 18-0, making the score 48-9 after three quarters.

Fluvanna scored six points in the final quarter. Miles scored a basket off a steal, while two freshmen also added baskets. Peyton Baber scored on a lay-in, and Sydney Gentry finished a fast break. The final score was Western Albemarle 62, Fluvanna 15.

After the game, Coach Josh McElhaney acknowledged that the Warriors' intense defense was simply too much for his team to handle. As previously reported, the Flucos are a young squad, with only one senior on the roster and an all-underclassmen starting lineup.

Two days later, the script flipped. The Flucos traveled to Goochland County and cruised past the Bulldogs, 63-27.

The Fluco girls hosted Charlottesville High on Jan. 13, play at Monticello High on Jan. 15, and host Monticello on Jan. 16. The remainder of the regular season features a slate of Jefferson District matchups.

On Jan. 6, the Fluco girls basketball team hosted the once-beaten Warriors from Western Albemarle High School. The Flucos got off to a slow start as the Warriors applied an unrelenting defense. Junior guard Ameyah Agee scored Fluco's only points of the quarter on a twisting drive to the basket. Western Albemarle led 11-2 at the end of the first quarter.

In the second quarter, the Flucos managed seven points, with junior Azalya Miles recording five on a basket and three free throws. The Warriors scored 19 points in the quarter to take a commanding 30-9 lead at halftime.

## Obituary



### Frank Anthony Crivaro, Sr.

Frank Anthony Crivaro, Sr. of Lake Monticello, Virginia passed away on Tuesday, January 6, 2026. Frank was born in August of 1946 in Pittsburgh, Pennsylvania to the late John Crivaro and Frances Aragona. Frank grew up in Elmont then Richmond Hill, New York. Frank worked in the floor covering business from when he was a teen, learning the trade from his uncles and continued through retirement.

After marriage to his beloved wife, Jane Della Volpe, in 1965, they moved from Queens to New Hyde Park for a few years then moved to West Islip, New York, which was their home for almost 30 years. Jane and Frank

retired to Lake Monticello in 1999 and built their dream home, which they loved.

Frank's passion was cars. In the 70's, most weekends Frank would be found working on his car in the garage, racing at the Westhampton Drag Strip on Long Island or showing his cars at car shows. Frank loved restoring antique cars and hot rods, such as a 1935 Ford, 1950 Buick, a 1950's Studebaker pickup and many others. He worked part time for a few years during retirement delivering car parts for Napa and also enjoyed golfing for a time with the Silver Foxes at Lake Monticello.

Frank is preceded in death by his loving wife, Jane Della Volpe Crivaro, and his dear brother, John Rocco Crivaro. Survivors include his three children: Donna Crivaro, Denise Hance (and husband Tom), and Frank Crivaro Jr. (and wife Courtney), their five grandchildren include: Frank Anthony Crivaro III, Kevin Jonathon Crivaro, Gina Marie Langon, Karly Jayne Hance and Thomas Edward Hance. Frank had many close friends on Long Island and in Virginia.

A private gathering will be held in memoriam of Frank.

## Obituary



### June Elizabeth Perkins

June Elizabeth Perkins, age 77, passed away peacefully on January 6, 2026, at home, surrounded by loved ones.

Born in Media, Pennsylvania, June grew up between there and Cismont, Virginia. She later spent time living in Texas and Maine before making her way back to Palmyra, Virginia. She lived a life marked by intelligence, resilience, and devotion to her family.

June was often described as the smartest person in the room—proud, strong, and unwavering. Those who knew her remember her warm smile, her comforting hugs, and the joy she found in playing cribbage with family and friends. She cared deeply about her children's education and believed strongly in the power of learning, discipline, and perseverance.

She earned her MBA from Thomas

College in Waterville, Maine, and built a successful career as an accountant. She taught at Thomas College and served as treasurer for the Fluvanna Chamber of Commerce. Outside of work, June was creative and thoughtful. She loved crafts, especially stenciling, knitting, and painting, finding both joy and peace in creating things by hand.

June faced a 13-year battle with breast cancer with remarkable strength, determination, and dignity. Through it all, she remained steadfast and deeply committed to her family, embodying courage in both quiet and profound ways.

June is survived by her beloved husband, Maurice Perkins; her children, Eric Thomas, Katherine Hua, and Anne Perkins; her cherished grandchildren, Claire Thomas, Morgan Thomas, Khai Hua, and Jasmine Hua; and her sister, Susan Baker. She was preceded in death by her son, Maurice Ward Perkins, whom she loved deeply and carried with her always; her brother, George Baker; her mother, Mildred Marie Baker; her grandparents, Mossie and Elmer Gries, and Julia "Lulu" and Edgar Gibson.

A service to celebrate June's life was held at Preddy Creek Baptist Church on January 10, 2026, at 2 p.m.

Her family would like to extend a special thank you to Dr. Prichard and the staff at Martha Jefferson Cancer Care Center for their compassionate care.

## Health study estimates air pollution impacts from proposed Tenaska expansion

BY HEATHER MICHON  
CORRESPONDENT

A new health impact study examining the proposed expansion of the Expedition Generation natural gas plant in Fluvanna County estimates increased levels of fine particulate air pollution and associated health risks as county officials continue reviewing permit requests tied to the project.

The analysis was presented on Thursday, Jan. 7, during a public webinar hosted by Fluvanna Horizons Alliance, a local interest group that opposes plans

to build a second natural gas plant at the existing Tenaska site. The group has been actively organizing residents and advocating against the expansion.

The study was presented by Michael Cork, a doctoral student at Harvard University's T.H. Chan School of Public Health who holds a master's degree in public health. Cork said the analysis was conducted in collaboration with colleagues at the school at the request of

**Health study** continues on page 6.

## RUDY TALKS TAXES

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

### Happy New Year... Consider These



#### Tax Resolution Ideas

##### **Resolution #2: I will keep my tax records organized**

With the holidays behind us, it's time to summarize last year's activities and prepare to file your 2025 tax return. So as you wait to receive the needed documentation, why not consider squeezing in a tax-savings New Year's resolution? As always, should you have any questions, please call. And feel free to forward this information to someone who could use it!

Every January brings a familiar ritual. We promise to eat better, exercise more, and finally organize the garage. These are fine goals, but if you want a resolution that delivers real, measurable value, fewer taxes paid over your lifetime is about as concrete as it gets. Here are three possible resolutions to consider:

##### **Resolution #1: Maximize use of your retirement accounts**

One of the simplest ways to lower your current tax bill is by maximizing contributions to 401(k)s, IRAs and similar accounts. You can also defer taxes by maximizing contributions into 401(k)s and Traditional IRAs or reduce your taxes in the future by considering Roth accounts. Some other great tips:

- Ensure you are taking advantage of catch-up contributions.
- Always contribute to take advantage of any employer matching programs.
- Take full advantage of SEP IRAs as a small business owner.
- Look to create additional accounts when possible through spousal retirement accounts or youth accounts when children have earned income.

This resolution can be rich with tax saving ideas.

##### **Resolution #3: Commit to paying health costs tax efficiently**

A health savings account (HSA) is one of the most powerful tax saving tools in the tax code. Contributions are often deductible, with earnings on funds in the account usually tax-free. Plus qualified medical withdrawals are also tax-free. So try to maximize your eligible donation into your HSA each year, including catch-up contributions. Then invest your unused funds to grow tax-free. Leaving the HSA untouched allows it to function like a stealth retirement account. Years down the road, those funds can be used for healthcare costs that almost everyone faces, often with significant tax advantages.

##### **Making taxes a year-round conversation**

Taxes are not a once-a-year event. Life changes like income shifts, business activity, investments, or family milestones can all affect your strategy. This year, choose a resolution that quietly compounds, rewards consistency, and pays you back every April. January appointments are filling up fast! Call 434-442-4044 or email info@rwftaxservices.com soon to make yours! We look forward to serving you again this year.

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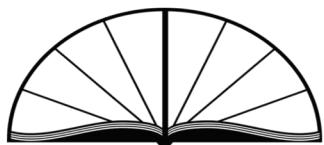
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8 piece Cut-Up Chicken ..... \$1.99/lb.

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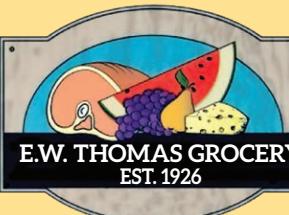
Eye of Round Roasts..... \$4.99/lb.  
Eye of Round Steaks..... \$5.59/lb.  
**FRESHLY** Cubed Steaks ..... \$5.79/lb.  
Beef Stir Fry ..... \$5.99/lb.  
Fresh Pork Tenderloins ..... \$2.99/lb.  
Pork Medallions ..... \$3.99/lb.  
Fresh Kielbasa or Bratwurst ..... \$4.59/lb.  
Fresh Chicken Tenders ..... \$2.39/lb.  
8 piece Cut-Up Chicken ..... \$1.99/lb.

  
Hormel Pepperoni 6 oz..... \$4.99  
Nathans Beef Franks 12 oz..... \$5.99  
State fair Corn Dogs 13.5-16 oz..... \$4.99  
Wintercreek Chicken Wings 2.5 lb. \$5.99

#### FRESH & FROZEN MEAT

Hormel Pepperoni 6 oz..... \$4.99  
Nathans Beef Franks 12 oz..... \$5.99  
State fair Corn Dogs 13.5-16 oz..... \$4.99  
Wintercreek Chicken Wings 2.5 lb. \$5.99

**DMV** Virginia Department of Motor Vehicles  
VEHICLE LICENSING CENTER  
LICENSE PLATES, DECAL RENEWALS, TITLES  
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SAT. 9 AM - 12 NOON



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• SIDES  
• DESSERTS  
- DAILY  
• BREAKFAST  
• LUNCH  
• DINNER



Taylor Pork Roll..... \$9.89/lb.  
Kretschmar Oven Roasted Turkey ..... \$8.99/lb.  
Land O Lake Swiss ..... \$6.79/lb.  
Homemade Pasta Salad ..... \$5.99/lb.  
Ciabatta Mini Rolls Cheddar Cheese/18.4 oz. \$3.99  
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Mini Carrots 1 lb. bag..... \$1.39  
English Mini Cucumbers 14 oz. .... \$2.49  
Fuji or Gala Apples 3 lb. bag..... \$3.29

  
Dolly Parton Meals 11-12 oz. ..... 2/\$7  
Birdseye Brussel Sprouts or Potato Roasters ..... 2/\$4  
Eggo Thick & Fluffy Waffle 11.6 oz. .... 2/\$7  
Blue Bell Ice Cream 1/2 gal. ..... \$7.99

#### GROCERY

Lucks Fried Apples 15 oz..... \$2.49  
Lucks Pinto Beans 15 oz. .... 99¢  
Campbells Soup Chicken Noodle & Tomato/10.75 oz. 4/\$5  
Dukes Mayonnaise 30 oz. .... \$4.99  
Jif Peanut Butter 16 oz. .... 2/\$5  
Smuckers Grape Jelly 2 lb. .... 2/\$4  
Maruchan Ramen 12 pk. .... \$3.99  
Clorox Wipes 75 ct. .... \$4.99  
EE Awesome Paper Towels 8 roll .... \$7.99

#### DAIRY

Dannon Activia Yogurt 4 pk. .... 2/\$6  
Pillsbury Grand Biscuits 5 ct. .... 2/\$3  
Borden American Cheese 12 oz. .... \$2.99  
Large Grade A Eggs 2.5 doz. .... \$2.49

#### FROZEN

Dolly Parton Meals 11-12 oz. ..... 2/\$7  
Birdseye Brussel Sprouts or Potato Roasters ..... 2/\$4  
Eggo Thick & Fluffy Waffle 11.6 oz. .... 2/\$7  
Blue Bell Ice Cream 1/2 gal. ..... \$7.99

  
We accept Food Stamps. EE = Essential Everyday Brand. Not responsible for typographical errors. We reserve the right to limit quantities.  
All items are subject to availability and while supplies last. No rain checks.

Health study continued from page 5.  
the Southern Environmental Law Center (SCLC).

The study focuses on projected emissions from the proposed second plant, a 1,540-megawatt combined-cycle natural gas facility to be built adjacent to the existing plant.

Using publicly available Environmental Protection Agency data and computer-based air dispersion modeling, Cork estimated how emissions from a comparable modern gas plant could affect levels of fine particulate matter, known as PM 2.5, across Fluvanna County and surrounding regions.

PM 2.5 consists of microscopic particles small enough to penetrate deep into the lungs and bloodstream and has been linked in peer-reviewed research to respiratory and cardiovascular disease.

According to the analysis, the proposed plant would emit an estimated 153 tons of PM 2.5 annually, resulting in modeled increases in particulate concentrations, with the highest impacts occurring closest to the site and extending into neighboring counties.

To estimate potential health outcomes, the study used an EPA health impact screening tool that translates modeled pollution increases into projected effects such as additional emergency room visits, asthma cases, and premature deaths, along with associated economic costs related to health care impacts. Cork emphasized that the findings are based on statistical projections rather than direct measurements.

The study outlines several limitations. It evaluates PM 2.5 exposure only and does not assess other potential impacts such as noise, land-use changes, construction-related effects, or greenhouse gas emissions. It also models emissions from the proposed plant alone and does not include pollution from the existing facility.

Tenaska pushed back on the study and its conclusions, criticizing what it described as "recent inaccurate reports from project opponents claiming to detail health impacts associated with natural gas-fueled power generation in Fluvanna County."

In a statement, the company said Virginia's regulatory and permitting process is designed to protect both the environment and public health, adding that the proposed plant would be required to meet all state and federal air quality standards.

Health impact studies are not explicitly required as part of the county's land-use review process. However, the Planning Commission and Board of Supervisors are likely to consider potential health impacts as they move toward decisions on local permits for the Expedition Generation plant.

Those decisions have been delayed until at least late February after Tenaska requested additional time to work with county staff on proposed permit conditions.

### FLUVANNA COUNTY

LMOA Ashlawn Clubhouse  
41 Ashlawn Blvd.  
LMOA Fairway Clubhouse  
Both Entrances 51 Bunker Blvd.  
LMOA Pool House  
Summer 35 Edgewater Dr.  
LMOA Lafayette Park 19 Lafayette Dr.  
LMOA Bunker Park 14 Bunker Blvd.  
LMOA Marina 962 Jefferson Drive  
Fluvanna Review Office  
(inside & outside)  
Long & Foster Realtors  
Monticello Country Realtors  
Fluvanna Ace Hardware  
BP Gas Station  
Detail Me Now  
Orme Fitness Center

Meals On Wheels  
Shell Gas Station/Dunkin Donuts  
Tucker Griffin Barnes  
Mailbox Express  
Mailboxes/Jefferson Center  
Jefferson Pharmacy  
Salon DeShano & Spa  
Gia Italian Restaurant  
T-Mobile  
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Pleasant Grove House  
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Fluvanna County Library  
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Family Dollar  
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Town & Country Comm. Market  
Sal's Italian Restaurant, Fork Union  
Fork Union Pharmacy  
Fork Union Village Shopping Center  
Fork Union Post Office  
Fluvanna Community Center  
Columbia Store  
Columbia Post Office

Central Elementary School  
Fluvanna Middle School  
Fluvanna High School  
Carysbrook Elementary  
Fluvanna Courthouse  
Fluvanna Chamber of Commerce  
Fluvanna School Board Office  
Campbell Tire  
Troy Post Office  
Royals of Troy  
Green Dogs Unleashed  
REMAX  
Kents Store  
Kents Store Post Office  
Keswick Post Office  
Tip Top Restaurant, Pantops

Rivanna Gear & Apparel  
Bodo's Bagels, Emmett St.  
Bus Station/Water St., C'ville  
Bus Station 3rd. St./Water St.  
Trailway Station  
UVA Hospital Bus Stop/JPJ  
C'ville Water St. Parking Garage  
Post Office  
Whiskey Jar  
Landmark Hotel  
Firefish Gallery  
Hamiltons  
Bus Station  
Timberlakes  
LaTaza Restaurant, Belmont  
Lee Park Market Street

### LOUISA COUNTY

Louisa Post Office  
Food Lion  
Dollar General  
Spring Creek Subdivision  
Spring Creek Dentistry  
Burger King/Exxon  
Beaver Dam Market  
Zion Crossroads Laundry  
Zion Crossroads Store  
Burruss Store  
Ferncliff Exxon  
Ferncliff Market, Rte. 250

### C'VILLE DOWNTOWN MALL

Post Office

Whiskey Jar  
Landmark Hotel  
Firefish Gallery  
Hamiltons  
Bus Station  
Timberlakes  
LaTaza Restaurant, Belmont  
Lee Park Market Street

### ALBEMARLE COUNTY

Kents Store Post Office

## QUESTIONS?

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### EVENTS

**CALENDAR FUNDRAISER:** Fluvanna Co Ruritan Club is selling 2026 calendars for \$10.00, a great holiday gift! The sales are going to fund our scholarships and community service projects. Please support our students and young athletes with your purchase(s). Contact Sandy Turner (571) 208-2895 or email FluvannaRuritanClub@gmail.com for more information.

**FLUVANNA FLUTTERWHEELS SQUARE DANCE CLUB:** Open House Dates> Mondays, from 7 to 9 p.m. on January 19th. and January 26th., 2026. Casual Dress. Great Exercise – Great Fun – Nice Friendly People ! Location: Fluvanna County High School , 1918 Thomas Jefferson Pkwy., Palmyra, VA . Questions? Call Janice @ (434) 286-2585 or Warren @ (434) 981-1747. We are on Facebook.

**CENTRAL VIRGINIA VETERANS BREAKFAST:** CVV., Inc. will be holding their monthly "G.I. style" breakfast on January 31, 2026. Time: 8:15 a.m. at Wahoo BBQ & Grill, Slice Road Gate, Lake Monticello. Cost \$12 per person (cash only please). Veterans & spouses / friends are welcome. Questions? Contact Paul Bethke (703) 965-8363.

**BINGO IS BACK!** at Lake Monticello Volunteer Fire & Rescue Squad, 10 Slice Road, every Friday night. Doors open at 5 p.m. First game at 6:30 p.m. Progressives, pull tabs, and a \$1000 jackpot every week! Cash only. No one under 16 allowed. All others welcome!! Join us for a fun & friendly night out.

### REAL ESTATE

**LORI CLICK "YOUR MIRACLE AGENT"**- Ask me what a Miracle Agent is and how you can be involved. Contact me for a free Neighborhood Market Analysis of your home's value. I proudly service Charlottesville, Va, & Lake Monticello areas. Lori at (434) 326-7593, or loriclick@remax.

net, www.loriclick.com, www.facebook.com/LoriClickYourFavoriteRealEstatePro.

**GENEVIEVE REILLY, REALTOR:** Long & Foster Gold Team, Lake Monticello Office – Thinking about selling or buying a new home? Let's work together to make that dream happen. "Energetic. Passionate. Knowledgeable. Devoted. All about the client." Call/ Text or e-mail me (434) 414-4453, genevievearlireilly@gmail.com

### RENTALS

**MAPLE ROOM AT LAKE MONTICELLO FIRE HOUSE:** The Maple Room is located at the LM Volunteer Fire House, 10 Slice Road, Palmyra, Va. It is the perfect location to host meetings, birthday parties, wedding receptions, anniversaries and other events in a comfortable setting. The facility can accommodate parties of 100 or more. Call Eileen Monahan at (434) 962-4656. 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

**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.com

### SERVICES

**HANDYMAN:** 20 years of experience in carpentry, siding, trim work, painting, landscaping and leaf removal. New flooring and repairs. Roof repairs and gutter cleaning. Reasonable rates. Call Todd at (434) 996-2254.

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**YOUR LAKE MONTICELLO REALTOR:** Offering 20 + years experience, with over 650 homes sold. Providing free market analysis and expert advice on listing your home. Call your local Realtor: IRIS HELFRICH, 434-981-9956.

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### SPECIAL NOTICES

#### MACAA FOOD PANTRY NEW HOURS:

Monday: 1 to 6 pm., Tuesday: NO food pick-up, Wednesday: 10 am to 2 pm., Thursday: 1 to 6 pm., Friday: 10 am to 2 pm., Saturday: Every 3rd. Saturday of the Month from 10 am to 2 pm. Location: 8878 James Madison Hwy., Fork Union, VA. Phone (434) 842-2521.

**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

**2026 FSPCA SPONSORS:** If you would like to sponsor a Pet of the Week photo, email edee@fluvannareview.com or call (434) 207-0221 no texts accepted. The pet photos are sent to us from the Fluvanna shelter each week. The photos help find forever homes for our four legged furry friends. You may place your business, special occasion, memorial narrative , etc. at the bottom of each pet picture.

**VOLUNTEERS FOR MACAA FOOD PANTRY:** We are seeking enthusiastic volunteers to help support MACAA's work in the Fluvanna community. Tasks: food pickups, sorting donations, stocking, packing boxes, checking in visitors, and other minor tasks. Volunteer hours: 9 a.m. to 2 p.m. , M-F. No prior experience needed – training will be provided. Call (434) 987-9887 or email foodpantry@macaa.org.

**MEALS ON WHEELS:** Drivers needed, regular and substitute positions available – Kidds Store & Fork Union. Apply online www.mealsonwheelsfluvanna.org. or phone our volunteer, coordinator at 434.589.1685.

### HELP WANTED

**PART TIME ASSISTANT :** for Financial planning firm. Seeking a professional assistant for client meeting note taking , client intake tracking, scheduling, and data entry. Must have computer experience. In-office training until remote approved. 10 hrs/week. Pay based on ability. Background check required. Contact Bruce Arnold: 434.962.2505, or bruce.arnold@adviserfocus.com.

### FOR SALE

**ODDS & ENDS:** Medium size Frigidaire refrigerator (14.8 Cu.Ft.) \$50., Corona Kerosine Heater (6 Gal. container filled) \$30.00, Solid Oak Executive-size desk w/ locking drawer \$300.00, Antique Golf MT Target computer tracks the distance of your golf ball \$200.00. Location: 907 Bybees Church Road. Phone (434) 589-8302.



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# LAKE VIEWS

NEWS FROM YOUR LAKE MONTICELLO NEIGHBORS

## 2025 LMOA YEAR IN REVIEW

EACH YEAR, THE LMOA COMMUNICATIONS DEPARTMENT LOOKS FORWARD TO REFLECTING ON THE PAST YEAR BEFORE WELCOMING THE NEW ONE. OUR ANNUAL SUMMARY OF ACCOMPLISHMENTS AND CHALLENGES REVEALS THE SPIRIT OF OUR VIBRANT COMMUNITY. IN A WORLD WHERE THE TRUTH IS INCREASINGLY HARD TO RECOGNIZE, THIS WE KNOW: WE ARE PRIVILEGED TO BE PART OF THE LAKE MONTICELLO COMMUNITY. WE

COULDN'T BE PROUDER OF THE RESIDENTS AND OUR DEDICATED STAFF AND VOLUNTEERS WHO WORK TOGETHER TO MAKE THIS A WONDERFUL PLACE TO LIVE. WE ARE DELIGHTED TO SHARE THAT THE LMOA BROADCAST GROUP HAS ALSO POSTED A SPECIAL COLLECTION OF MEMORIES FROM 2025 ON OUR YOUTUBE CHANNEL. WE HOPE YOU ENJOY THESE PRODUCTIONS AND WISH EVERYONE A FANTASTIC START TO THE NEW YEAR!

*Marieke Henry & Melissa Kalinosky*

## LMPD EMPOWERED WITH EXPERIENCE

Under new leadership, our private police force continues to be a vital asset to this community. In the second half of 2025, accomplished law enforcement officer and Lake Monticello resident Jim Mooney was selected as leader of LMOA's Public Safety Department when David Wells returned to his previous role as Chief Deputy at the Fluvanna County Sheriff's Office. Chief Mooney has expanded his team to five full-time, certified law enforcement officers and is working toward reaching his goal of six officers. With Mooney's 30 years of experience, along with Officers Aaryn Kerry, Daniel Mowery, Steven Bracciodieta, and Mark Foster, who bring more than 100 years of combined law enforcement expertise, our community is in capable hands. In Mooney's initial months

leading the Lake Monticello Police Department (LMPD), the team continued to serve Lake Monticello without skipping a beat, responding to 588 emergency calls and conducting over 100 traffic stops for speeding. Most noteworthy, perhaps, is how they diligently work to solve fraud cases, comfort families in times of tragedy, conduct countless welfare checks, assist with Meals on Wheels, and save lives in Lake Monticello. The daily deeds of these quiet heroes often go unnoticed by the public at large but make a tremendous difference—like Officer Bracciodieta, who rescued a heatstroke victim after a life-threatening fall down a wooded incline. Officer Mowery's and Chief Mooney's fraud investigations have resulted in multiple arrests and the recovery of approximately

\$70,000. Officer Kerry has been recognized for administering CPR and providing emotional support to many residents during difficult times. Our newest officer, Mark Foster, is a retired lieutenant who previously served as the Commander of Louisa's Investigations and Services Division. These stories highlight the exceptional dedication of our police force—stories they modestly keep to themselves in respect of our residents' privacy. Our private police force remains a valued and essential part of our community, deserving of our continued support. Looking ahead to 2026, Chief Mooney and other Senior Staff will support Board discussions regarding the future of LMOA's aging gate system as well as manage safety during the USA's 250th anniversary celebrations.

## TOGETHER WE RESOLVED THE PPP LOAN

of hard lessons. For example, our liability insurer ultimately dropped us after the claim, leading to a more expensive carrier. Staff and the Board devoted considerable time to negotiations, drawing attention away from other priorities. Nonetheless, staff, volunteer leaders, and residents put their best foot forward, and the situation was resolved favorably with strong community support. Members asked respectful questions, voted to allow the Board to access the Emergency Reserve Account (ERA), and trusted LMOA to

act in the community's best interest. Multiple repayment options were considered, and the Board decided that paying half from Operations would not impact current services, while paying the other half from ERA would leave a balance in the emergency account for future needs. This experience exposed shortcomings in our policy manual, but also highlighted the resilience of our community. In 2026, LMOA plans to partner with legal counsel to reform its policy, ensuring stricter checks and balances are followed when applying for loans.

Determining the exact impact of the PPP Loan on our association was complex. On the one hand, the \$646,843 borrowed from the Small Business Administration in 2020 allowed Operations to bolster reserves, earning interest over time. The final settlement was \$836,628.53, far less than the initial \$1.3 million requested by the Department of Justice. LMOA paid the original loan amount in full, along with its insurance deductible and a few fees, with the insurance carrier covering the rest. Although it was a victorious "best-case scenario," the process was full

## VOLUNTEERS HELP BRING BACK FIREWORKS

A volunteer workgroup reevaluated fireworks at Lake Monticello and agreed with former Chief David Wells that the Main Beach is an unsafe viewing area. Instead, they recommended that the Board hold fireworks at the golf course. Together with a pyrotechnician, Chief Wells and Board President Larry Henson inspected the proposed site and approved a trial fireworks display that took place during Labor Day weekend. With the outstanding support of volunteers guided by LMPD, Volunteer Rich Russell, and LMOA Staff, the rehearsal display was a success which was confirmed by post-event surveys. The public viewing area along the 18th Fairway offered excellent visibility and ample seating, with additional recommended viewing locations on the 3rd, 4th, and 9th fairways. An accessible viewing area near the cart barn was also available and received overwhelmingly positive

feedback. The success of this test run cleared the way for LMOA to officially bring back fireworks for the July 2026 Independence Day celebration, as we commemorate the Nation's 250th birthday. Fireworks will be for residents and their guests only; it will not be open to the public. The success of the event will hinge greatly on the mindfulness of our residents when inviting guests, as excessive guest lists overwhelmed the event in 2024, leading to the cancellation of fireworks in 2025. Parking during the event will remain a challenge, as Lake Monticello is nearly fully built out and the original designs did not accommodate parking for the estimated 12,000 residents who live here today. None of this would have happened without the efforts of dedicated volunteers. Already, a workgroup has been formed to support staff. If you live at the Lake, please be on the lookout for ways to contribute.





# LAKE VIEWS

NEWS FROM YOUR LAKE MONTICELLO NEIGHBORS

## 2025 LMOA YEAR IN REVIEW CONTINUED

### GOLF COURSE EARNS STATEWIDE RECOGNITION



Thanks to years of dedication and teamwork, our golf course was named the 3rd best public golf course in Virginia by Golfpass.com. Lake Monticello Golf Club was able to achieve this incredible milestone thanks to the leadership of Mark Marshall (Golf Pro, Troon), Jim Prucnal (former Golf Superintendent, Troon), and Will Searcy (newly promoted Golf Superintendent, Troon), with support from LMOA Staff, and the LMOA Golf Committee. This honor reflects an incredible transformation. What was once a struggling operation with difficult playing conditions, our golf course has evolved into a beautifully maintained course that draws golfers

from across the region. After operating at substantial losses just five years ago, the golf operation reached break-even in 2024. In keeping with LMOA's deed requirements to operate and maintain a successful golf course, this achievement not only highlights the quality of the course today but also helps support additional services for our community. The golf course is not only the home course for the Fluvanna County High School Golf Team, but it also warmly hosts many charity events. This makes it a wonderful asset for both Lake Monticello and our friendly Fluvanna County neighbors. Congratulations to everyone who played a role in turning this valued amenity into a thriving destination!

### FLOC HELPS FIGHT HABs & EROSION

In May 2025, the Facilities and Lake Operations Committee (FLOC) proposed a plan to the Board to install an oxygenation system and introduce bio-dredging at Tufton Pond. This aims to prevent Harmful Algae Blooms (HABs) and promote healthier pond conditions. The project's initial installation cost is \$147,133

with annual operational expenses of \$39,794. If proven successful, the committee aims to recommend expanding the project to the Main Lake. This potential project, which the committee believes is necessary to protect lake health, would cost well over \$1 million. Sediment is also a growing concern. Recent storms have revealed

a need for assertive soil and water conservation efforts in the community. In collaboration with the Wildlife Committee, the Newcomers and Old Friends Garden Club, and the Thomas Jefferson Soil and Water Conservation District, FLOC has and will continue to offer education on how to battle this growing issue for LMOA homeowners.

### LMOA TRAINS TO ENHANCE SERVICES

Each year, LMOA proudly provides relevant training to employees to enhance the services offered to our Members. In addition to various certifications earned by some staff in 2025, our staff participated in an engaging FISH! team-building session led by Gib Kerr, our neighbor and Volunteer Water Safety Team Co-President. He donated two half-days to give LMOA Staff a lively refresher on fostering positive work environments and custom-

er care. Our team always aims to deliver excellent customer service and welcomed this opportunity for improvement. In 2026, Gib will conduct a two-session training to strengthen communication among the Board of Directors, our Committee Chairs, and Senior Staff, helping them collaborate more effectively. Thank you, Gib, for making these opportunities possible!



### OUR COMMUNITY EMBRACES NEW TECH

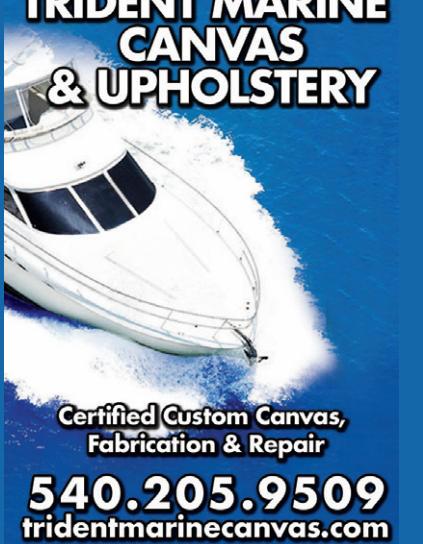
Change is always hard, but this community embraced a modernized pool check-in system with open arms, leading to a seamless transition from the traditional paper pool punch cards to digital credits. After investing over 100 hours to bring it to life, LMOA and Troon staff rolled out a digital credit and Member ID strategy. This was necessary to accommodate a Member-approved decision to provide Members in Good Standing with 25 complimentary pool vis-

its each year through 2029. Pool patrons can now check in quickly using their Member ID on a smartphone app or with a physical ID card, providing a better experience for residents and pool staff alike. Staff is grateful for the community's flexibility and patience and looks forward to offering more convenient solutions in the future. The ability to send news through texts is also proving successful. With 1600 subscribers thus far, residents can choose to receive news

through Everbridge about emergencies, events, the pool, and/or service announcements via text. The platform is easy to manage, reliable, and very affordable. For these reasons, the Staff is considering using Everbridge to send mass email communications, replacing its current, more expensive software. This decision would require support from the community, and communications on this will follow later in 2026.

*For more Year in Review, please visit [NEWSatlmoa.org!](http://NEWSatlmoa.org)*

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## Tenaska asks Planning Commission to defer permit action after joint session

BY HEATHER MICHON  
CORRESPONDENT

Tenaska representatives have asked the Fluvanna County Planning Commission to defer action on the company's application for special-use permits for its proposed Expedition Generation power plant until Feb. 24, citing the need for additional time to refine permit conditions.

The company said the Jan. 7 joint work session between the Board of Supervisors and Planning Commission highlighted areas "where more work and collaboration are needed" on the proposed conditions of the special use permit.

This meeting was structured as a staff-led discussion on how the county will evaluate Tenaska's application. No votes were taken, no public comment was heard, and Tenaska representatives, though present, did not address the boards.

County staff reviewed 38 draft special use permit conditions submitted by the applicant, noting that the language remains subject to revision.

County Administrator Eric Dahl said the county is working with several outside experts in its review, including land-use attorneys from Sands Anderson, planning and

zoning consultants from The Berkley Group, and environmental consultants from Potesta & Associates.

The consultants are assisting with legal review of permit language, land-use analysis, and coordination with state environmental permitting requirements overseen by the Virginia Department of Environmental Quality.

Dahl said the review remains a work in progress, with some supporting materials, including a traffic impact analysis, still in draft form.

Among the most closely watched provisions discussed during the work session were those addressing allowable noise levels, vegetative buffers, and long-term land management requirements, all of which have drawn significant public attention. How those provisions will be monitored and enforced remains under review.

Tenaska cannot proceed with its application for state environmental permits without local approvals in place, and the company's request to defer action on the special use permit extends the local review process into the spring.

The Planning Commission is scheduled to first consider whether

the proposal is substantially in accord with the county's Comprehensive Plan at its Jan. 13 meeting.

County officials said the outcome of that discussion "will determine when and how the project moves forward," including when other permit-related items may be taken up for consideration.

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# Notice of Public Sale

January 29, 2026, at 10:00 AM.

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Notice is hereby given that LocalStorage Fluvanna will sell the contents of the storage units listed below at a public auction to satisfy a lien placed on the contents (pursuant to Virginia Self Storage Act § 55.1-2900 through § 55.1-2906). The sale will take place at the website <http://www.StorageTreasures.com>. The sale will be conducted on <http://www.StorageTreasures.com>, under the guidance of Christopher Rosa (AU005857) on behalf of the facility's management. Units will be available for viewing prior to the sale on <http://www.StorageTreasures.com>. All sales are final. Seller reserves the right to withdraw the property at any time before the sale or to refuse any bids. The property to be sold is described as general household items unless otherwise noted.

LocalStorage Fluvanna, 21 Burns Plaza, Palmyra, VA. 22963, will list storage units on the website <http://www.StorageTreasures.com> until sold or disposed of on January 29, 2026, at 10:00 AM.

Unit: #058 William Johannes, #802 Nichlas Weeks, #811 Les Barnett, #C012 William Hoff, #EA05 Laura Shipp, #EA34 Selena Gilmore, #ED08 Elizabeth Roberts, #ED18 Linda Gonzalez, #RC13 Terrance Minor

## Community Calendar

### Let's Celebrate Dolly!

January 19th marks Dolly Parton's 80th birthday. PaPa Jim's will be celebrating Dolly's birthday event this Sunday, **Jan. 18** from noon to 8 pm. 10% of ALL sales that day will be donated to the Dolly Parton Imagination Library, an incredible organization Dolly founded. The organization has donated Free books for children under 5 years worldwide. Come celebrate a true American icon, support literacy, and eat ice cream for a cause.

<https://imatinationlibrary.com/usa/affiliate/VAFLUVANNA/>

### Fluvanna Ruritan Club hosts speaker for Dolly Parton Imagination Library Project

The Fluvanna Ruritan Club rings in the New Year with a program about the Dolly Parton Imagination Library project here in Fluvanna County. Join us on **Jan. 20**, at 6:30 p.m. at the Wilmington Clubhouse, 1083 Wilmington Road, Palmyra, VA. , to learn more about this and our other 2026 projects.

### Fluvanna Flutterwheels Open House

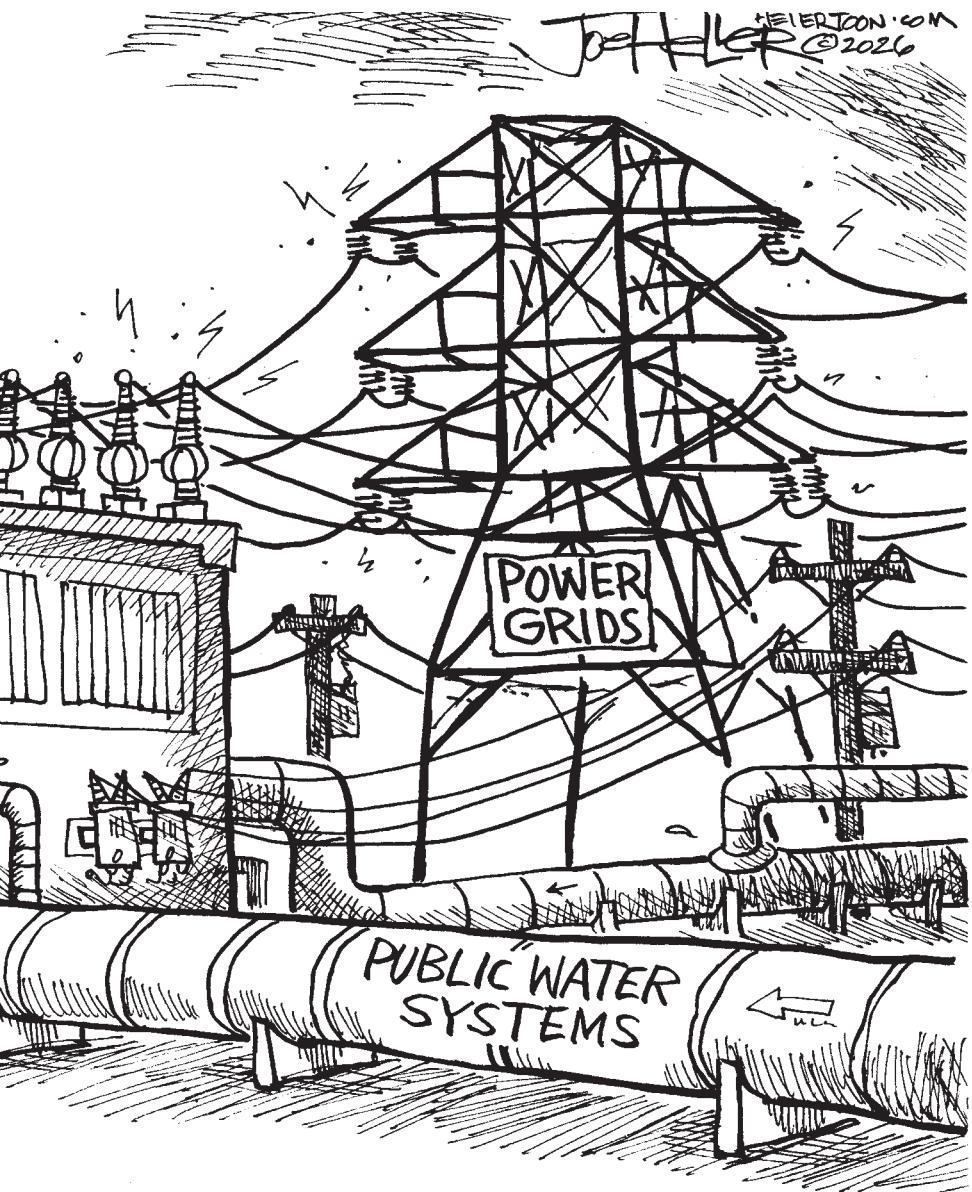
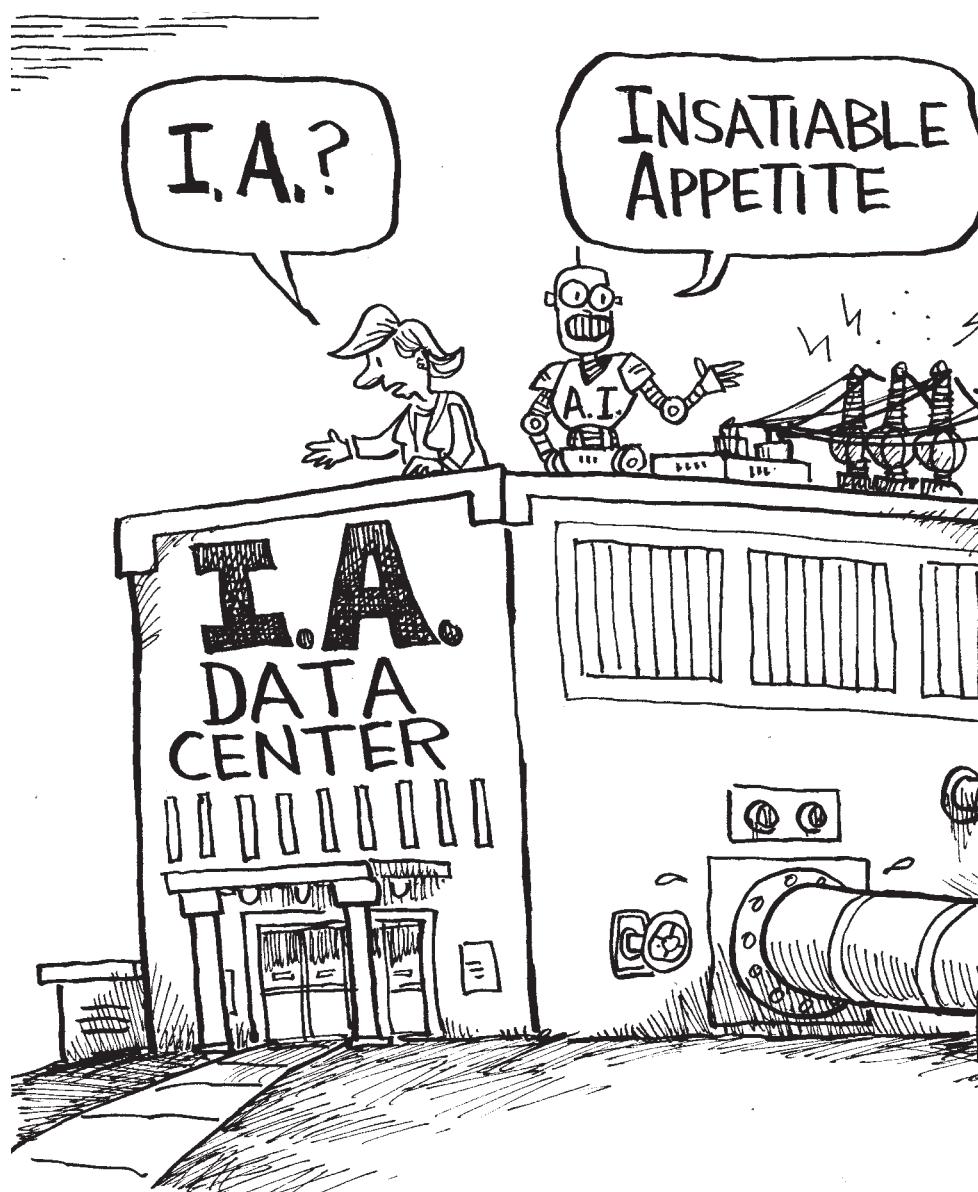
Fluvanna Flutterwheels Square Dance Club's open house at the Fluvanna County High School will be held on Mondays, from 7 to 9 p.m. on **Jan. 19 and Jan. 26**. Casual dress. Great exercise. Great Fun. Questions? Call Janice @ (434) 286-2585 or Warren @ (434) 981-1747. We are on Facebook.

### Cash, food accepted

Fluvanna Leaders for Race & Diversity (FLRD) is located at 14455 James Madison Highway in Palmyra. It is open on **Tuesdays and Thursdays** from 10 a.m. to 2 p.m. It accepts cash and food donations. (434) 987-1938.

### 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 for proof of residency in Fluvanna. WINTER hours open Monday : 1 pm to 6 pm, Tuesday: No food pick-up, Wednesday: 10 am to 2 pm, Thursday: 1 pm to 6 pm, Friday: 10 am to 2 pm, Saturday: Every 3rd. Saturday of the Month from 10 am to 2 pm. Questions? Phone (434) 842-2521.



## Flu cases surge across Virginia as ER visits climb

FLUVANNA REVIEW STAFF

Influenza and other respiratory illnesses are surging across Virginia, pushing emergency room visits to some of the highest levels seen in recent years, according to state and regional health officials.

The Virginia Department of Health reports widespread flu activity statewide, with case counts now exceeding levels recorded at the same point in recent flu seasons.

Hospitals are seeing the strain firsthand.

In Central Virginia, roughly 22 percent of emergency room visits in early January were for respiratory symptoms, including the flu, COVID-19, and RSV, according to regional hospital data.

Health officials say the current spike reflects a combination of seasonal flu circulation, post-holiday travel, and increased indoor gatherings during colder weather.

While COVID-19 and RSV remain prevalent, flu has become the dominant driver of recent hospital visits.

Doctors are urging residents to seek medical care promptly if symptoms worsen, particularly for older adults, young children, pregnant people, and those with underlying health conditions.

Warning signs include difficulty breathing, persistent chest pain, dehydration, confusion, or a high fever that does not respond to medication.

Despite the late-season surge, health officials emphasize that prevention still matters. Vaccination remains the most effective way to reduce the risk of severe illness, hospitalization, and complications from the flu.

"It is not too late to get a flu shot," health officials say, noting that flu activity typically peaks in February and continues well into the spring.

Vaccines are widely available through pharmacies, health departments, and

primary care providers.

Officials also recommend basic precautions, including frequent hand-washing, staying home when sick, and wearing a mask in crowded indoor set-

tings if symptoms are present.

In short: the flu is having a moment — and it's not a good one. A quick stop for a flu shot can still make a real difference.

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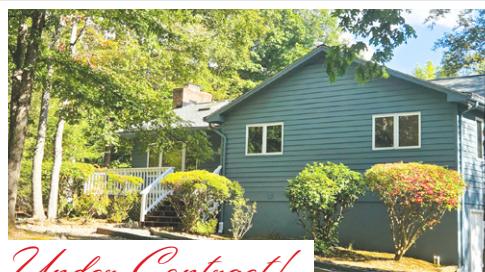
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## QUESTIONS?

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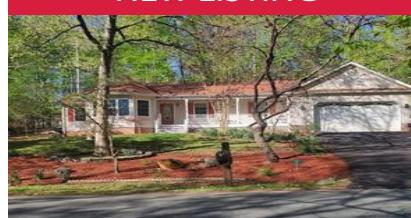


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