

# Crozet Today

**Today** - Partly sunny, with a high near 95. Heat index values as high as 101. Chance of precipitation is 60%. Showers and thunderstorms likely. Some of the storms could produce small hail, gusty winds, and heavy rain. **Tonight** - Showers and thunderstorms likely. Chance of precipitation is 60%. Mostly cloudy, with a low around 72. **Saturday** - Partly sunny, with a high near 90. **Saturday Night** -Partly cloudy 68.

A timely news digest for the communities in and around Crozet, Virginia 22932

Friday, July 14

No bias – Just facts

2017



Since restoration efforts to restore this once-native species began a few years ago, [Virginia's Elk](#) have been thriving! DGIF Biologists estimate the total number of elk in Virginia to be between 150 to 200 animals. Our Virginia bulls are growing impressive antlers and are now “bugling” to assert their dominance, and to impress their harems. The sound of the elk bugle is one of the most unique sounds in nature. These magnificent animals provide a great viewing opportunity—Elk Cows can weigh up to 600lbs and Bulls can grow to a whopping 700lbs! Elk viewing opportunities are available via bus tours offered by Breaks Interstate Park. Another public viewing opportunity exists at [Poplar Gap Park in Buchanan County](#)—Elk are often seen around dusk. **If you go:** Take binoculars and a camera to capture photos. If elk are bugling, you may want to try to record a video of their unique call. Wear dark colored clothing, and no perfume or cologne. We ask that you don't use a flash to take photos so as not to disturb the elk. Breaks Interstate Park Elk Tours will be held on select dates during April, May, August, September, October, and November. We'll start with a short educational program at the Visitor Center, and then travel by van to the viewing site. Tickets are \$30 each for adults, and \$15 for children 12 and under. Seating on the bus is limited, and reservations are required. Tickets can be purchased by calling (276) 865-4413 ext. 3201 or (276) 865-4413 ext. 3213. Tours will be offered on the following dates. All tours are on Saturday unless otherwise noted: August 26 and September 9 – 6 p.m. Tours beginning at 5 p.m. are on September 15, (Friday), September 16, September 23, September 30, , October 7, October 13, (Friday), October 14, October 21, and October 28.

## Old Trail ACPD Satellite Office has open house

Albemarle County Police Department held an open house celebration at their new Old Trail office, giving community members a chance to mingle with the officers and check out the new space. The new satellite office space is provided free of charge by Old Trail with the county picking up the utilities, furnishings and maintenance.

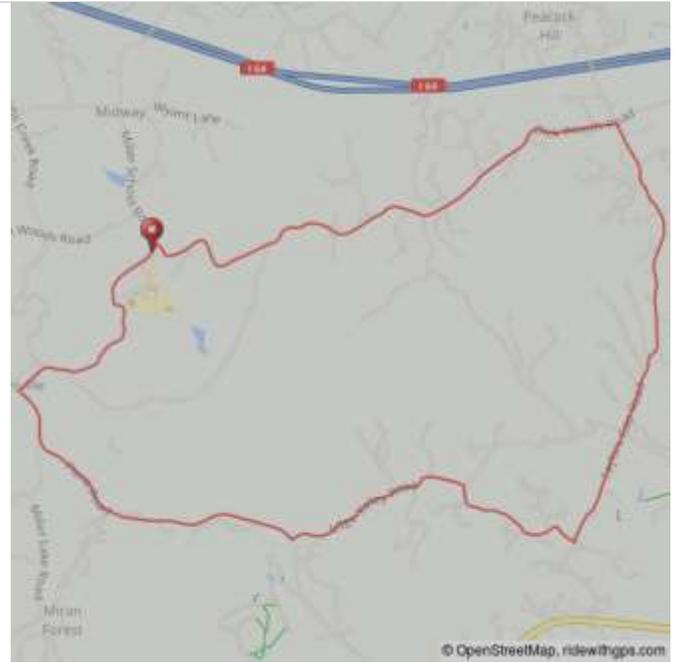
Officer Dominick Zambrotta explained that the office will be very helpful for those patrolling the area as a place to work on reports, file reports, meet residents for interviews, do research and re-charge their battery operated equipment in the

western part of Albemarle County instead of having to travel all the way back to the County Office Building South on Fifth Street Extended. The satellite office will not be staffed 24 hours a day and in emergencies, residents should call 911. The office is located at 1005 Heathercroft Circle, Suite 109 in Old Trail Village was made possible through a partnership with Old Trail Village, and its opening represents a step toward establishing police precincts as part of the department's “geo-policing” initiative, according to Madeline Curott, public information officer.

# Miller School Bike Road Race set for Sunday

The Miller School Bike Road Race is scheduled for Sunday, July 16, and will run most of the day. Motorist traveling in the area around the school are cautioned to be on the alert for the participants as they race around the course which begins and ends at the school.

The Miller School of Albemarle Endurance Team is an internationally recognized high school cycling program and a USA Cycling Center of Excellence. Their global team is united by a passion for cycling and a drive to succeed in both sport and academics. Having garnered multiple national championships, college scholarships, UCI World Championship team selections, and professional cycling contracts, MSA has proven to be the world's premier high school for developing junior riders.



The Miller School Road Race course is 15.7 miles in total. It begins and ends at the school entrance on Miller School Road (Rt 637). The course makes a circle on Dick Woods Road to Taylor Mountain Road to Plank Road to Batesville and back to Miller School Road to the school entrance.

# Crozet Firemen begin a tradition with a classic golf tournament

The first Annual Crozet Volunteer Fire Department Gold Classis golf tournament will be played on Wednesday, September 20, at the Old Trail Golf Club to offer a 12:30 Shotgun Start. All proceeds to benefit the fire department.

The individual player fee is \$200 and the team fee is \$500. The fee includes the green and cart fee for four players – one player if individual participant. Each player will receive a goody bag. Lunch and dinner will be provided by the Restoration Restaurant & Hall, and beer, water and soda on the course. There will be a longest drive competition and a closest to the pin completion.

## Deceased Neighbors



(Photo by Dan Addison, University Communications)

### Phillip A. Parrish

Phillip A. Parrish, interim vice president for research at the University of Virginia, died unexpectedly Wednesday evening. Parrish played a key role in the development of three new University-wide research institutes – the UVA Brain Institute, the Environmental Resilience Institute and the Global Infectious Diseases Institute – all part of a major

## Our Snapshots

A picture can be worth a thousand words



The County Police satellite office is located at 1005 Heathercroft Circle, Suite 109 in Old Trail Village and was made possible through a partnership with Old Trail Village

initiative to distinguish the University through trans-disciplinary research and scholarship addressing areas of critical global societal need.

Prior to serving for more than two years as interim vice president for research, Parrish served as the University's associate vice president for research.

"Phil's death is a great loss for the UVA community," said UVA President Teresa A. Sullivan. "Over the years he had a significant impact at UVA, providing steadfast leadership while contributing to the establishment of our pan-University research institutes and fostering cross-Grounds collaboration. Before this sad news, all of us were looking forward to Phil's continued and expanded influence in our academic and research community. He will be dearly missed by colleagues, friends, and students."

During his tenure at the University, Parrish played an integral role in advancing research activity and collaborations across schools, including the development of UVA's Center for Automata Processing, and a joint energy systems collaboration with the Max Planck Society's Institute for Chemical Energy Conversion. He also helped establish an initiative focused on science, technology, policy and innovation partnerships with Latin American universities and companies, and recruitment to UVA of top Brazilian graduate students and postdoctoral fellows.

Parrish also played a key role in the establishment of ResearchNet, a cross-University initiative with the objective of assisting faculty in the discovery of opportunities for external funding support and cross-University collaborations. Parrish additionally served as a principal scientist in materials science at the UVA School of Engineering and Applied Science.

"Phil was an outstanding contributor to UVA, especially as a scholar and researcher with a strong background in materials science," said David Hudson, senior associate vice president for research. "Phil was also an exceptional leader to the creative group of people in the Office of the Vice President for Research. His expertise catalyzed and stimulated our research efforts at the University and throughout the Commonwealth of Virginia. Phil was a kind, thoughtful and considerate colleague and friend and a consummate professional who looked after the best interests of his staff and those of the University."

A funeral has been announced to be on Saturday, July 29, at Emmanuel Church, Greenwood at 10 a.m. Hill & Wood is in charge of arrangements.

- Editor's Note – The majority of this story was written by Fariss Samarra, fariss@virginia.edu and comes from University Communications.

## \$5.5 Million project at WAHS announced

Fruits of the 2016 Bond Referendum are beginning to develop with a \$5.5 million project budget for new science labs and modernized classrooms for Western Albemarle High

School (WAHS) in the form of a 10,000 square-foot addition to include three new labs, an office, and prep rooms with storage.

The project also includes the renovation of seven existing science classrooms and six more classrooms throughout the existing building. These classrooms will be a big part of WAHS Environmental Studies Academy.

## Special Collections dates for hazardous waste set

Rivanna Solid Waste Authority will host its fall special collections dates for household hazardous waste, commercial hazardous waste, and bulky waste amnesty days for Charlottesville, Scottsville, and Albemarle County residents starting on September 28<sup>th</sup> and concluding on October 21st. This event is brought to the community by support from the City of Charlottesville and the County of Albemarle in partnership with RSWA. The event will be held at the Ivy Material Utilization Center (Ivy MUC) on Dick Woods Road south of I-64.

Bulky waste amnesty days will occur on the following dates: Saturday, October 7, from 8:30 a.m.-4 p.m. Household Furniture/Mattresses; Saturday, October 14, 8:30 a.m.-4 p.m. Household Appliances (refrigerators, freezers, washers, dryers, stoves, furnaces, water heaters); and Saturday, October 21, 8:30 a.m.-4 p.m. Tires.

These events are for Albemarle County, Charlottesville City, and Scottsville residents only.

They remind Albemarle, Charlottesville, and Scottsville residents that paint is now collected on a daily basis at Ivy MUC, so no need to wait until this special collection event. (Note: program is restricted to sample, quart, 1 gallon and 5 gallon latex and oil-based paints in their original containers). This special collection is a great opportunity to rid homes of hazardous waste like pesticides and cleaners, as well as household bulky waste items like refrigerators, mattresses, broken furniture, and tires.

Rivanna Solid Waste Authority is dedicated to protecting and improving the environment by providing the recycling, solid waste, residential and small business hazardous waste disposal services as requested by the City and County. RSWA assists thousands of City and County residents each year with their recycling, solid waste, and hazardous waste disposal.

Household hazardous waste days will be held on Friday, September 29 from 9 a.m. till 2 p.m. and Saturday, September 30, from 9 a.m. till 2 p.m.

Commercial hazardous waste collection day will be by appointment and pre-registration must be done by September 21 with John Doffinger of CARE Environmental Corp via email to [john@careenv.com](mailto:john@careenv.com) or Jim McKenna at [jim@careenv.com](mailto:jim@careenv.com). You can call either at 1-800-494-2273. There is a fee associated with disposal. This event is only open to qualifying businesses and commercial establishments in Albemarle County of Charlottesville businesses. Qualifications are defined by federal law to include businesses that (1) generate no more than 100 kilograms (220

pounds) hazardous waste in a month, (2) generate no more than 1 kilogram (2.2 pounds) acutely hazardous waste in a month, and (3) store not more than 1,000 kilograms (2,200 pounds) hazardous waste.

# Anxiety: The Myths & Facts of Anxiety Disorders & What to Do About Them

By Amy Sarah Marshall

Like many mental illnesses, anxiety often gets categorized as a problem easily fixed. The fact is, anxiety disorders are real, and they require real treatment. This infographic addresses common myths about this mental health issue that often prevent people from taking it seriously and getting treated.

Why does it matter? People tend to minimize or dismiss mental illness; our culture stigmatizes psychological disorders. Even if the anxiety feels severe, individuals will consider symptoms of constant worry and fear or panic attacks unimportant or shameful.

The result: Most people who end up having a clinical diagnosis of anxiety tend to wait over 10 years to seek treatment. And research shows that untreated anxiety disorders can interfere with a person's ability to move through life on a daily basis.

(See chart below)

www.charlottesvilleCERT.org



**FREE EMERGENCY PREPAREDNESS TRAINING**

**LEVEL 1**  
**PICK ONE**  
6 - 9 PM

- July 25: Albemarle County Office Building, McIntire
- August 2: Crozet Library
- September 7: Albemarle County Office Building, 5th Street

**LEVEL 2**  
**7 Weeks**

September 12 - October 24  
Every Tuesday  
6:30 - 9 PM

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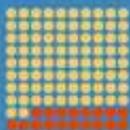
# ANXIETY 7 MYTHS vs FACTS

Anxiety that happens occasionally is normal. You might feel anxious when faced with a problem at work or when making important decisions.

Anxiety disorders act differently. They cause distress that interferes with a person's normal activities. A serious mental illness, clinical anxiety results in constant, overwhelming worry and fear.

Myths	vs	Facts
Anxiety isn't a real "illness." It's all in your head!		An anxiety disorder is a serious mental illness.
Everyone gets stressed out; it's normal.		Everyone has fear, worry and stress sometimes; but daily anxiety that interrupts your life is not normal.
Too much anxiety will give you a heart attack.		A panic attack can mimic a heart attack, but it can't kill you.
People with anxiety just need tranquilizers and sleeping pills.		These may work in the short-term, but they do not help you manage and reduce your anxiety over time.
If you have anxiety, you should avoid stressful situations.		Avoidance makes things worse; a therapist can help you gradually cope with your anxiety.
Talking to a therapist is a waste of time and money.		Research shows that therapy works; and you only need a few sessions to get the tools you need to improve.
Drinking alcohol or smoking marijuana provides the same relief as medication or therapy.		Self-medication does not treat anxiety effectively and can even make symptoms worse.

### Anxiety by the Numbers



About 40 million adults between ages 18-54, or 18 percent, in the U.S., have an anxiety disorder.



Anxiety disorders affect one in eight children.

# 60%

Percentage that women are more likely to have an anxiety disorder than men.

### A Panic Attack Can Feel Like a Heart Attack

You might feel:

- Shortness of breath, pain, nausea
- Heart pounding, racing, skipping, or beating
- Tightness or pressure in chest or throat

## Crozet Library Activities

Learn how to create an email account, search for information online, complete an online job application or download an eBook by meeting with a staff member one-on-one. Schedule a 45-60 minute tutorial at a public library computer or bring in your own laptop. To make an appointment, call 823-4050. For all the library activities and events go to: <http://www.jmrl.org/br-crozet.htm>

The **Summer Reading Challenge** will start in June. For each month (June, July, & August) that you complete at least 5 of our challenges (previous challenges have been things like "Read a green book", "Read a biography", "Read outside", etc), then you'll automatically win a free book of your choosing from our huge collection of adult prize books, and an entry into the grand prize drawing to win a Kindle!

### Connecting @ Your Library

#### Call to schedule an appointment

Learn how to create an email account, search for information online, complete an online job application or download an eBook by meeting with a staff member one-on-one. Schedule a 45-60 minute tutorial at a public library (computer or bring in your own laptop). To make an appointment, call 823.4050.

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