

Crozet Today

Enjoy the spring-like temperatures for most of this week.

Click on this link for the very latest Crozet area forecast:
<https://forecast.weather.gov/MapClick.php?lat=38.0358&lon=-78.4944#.XEcdPZFzuh>

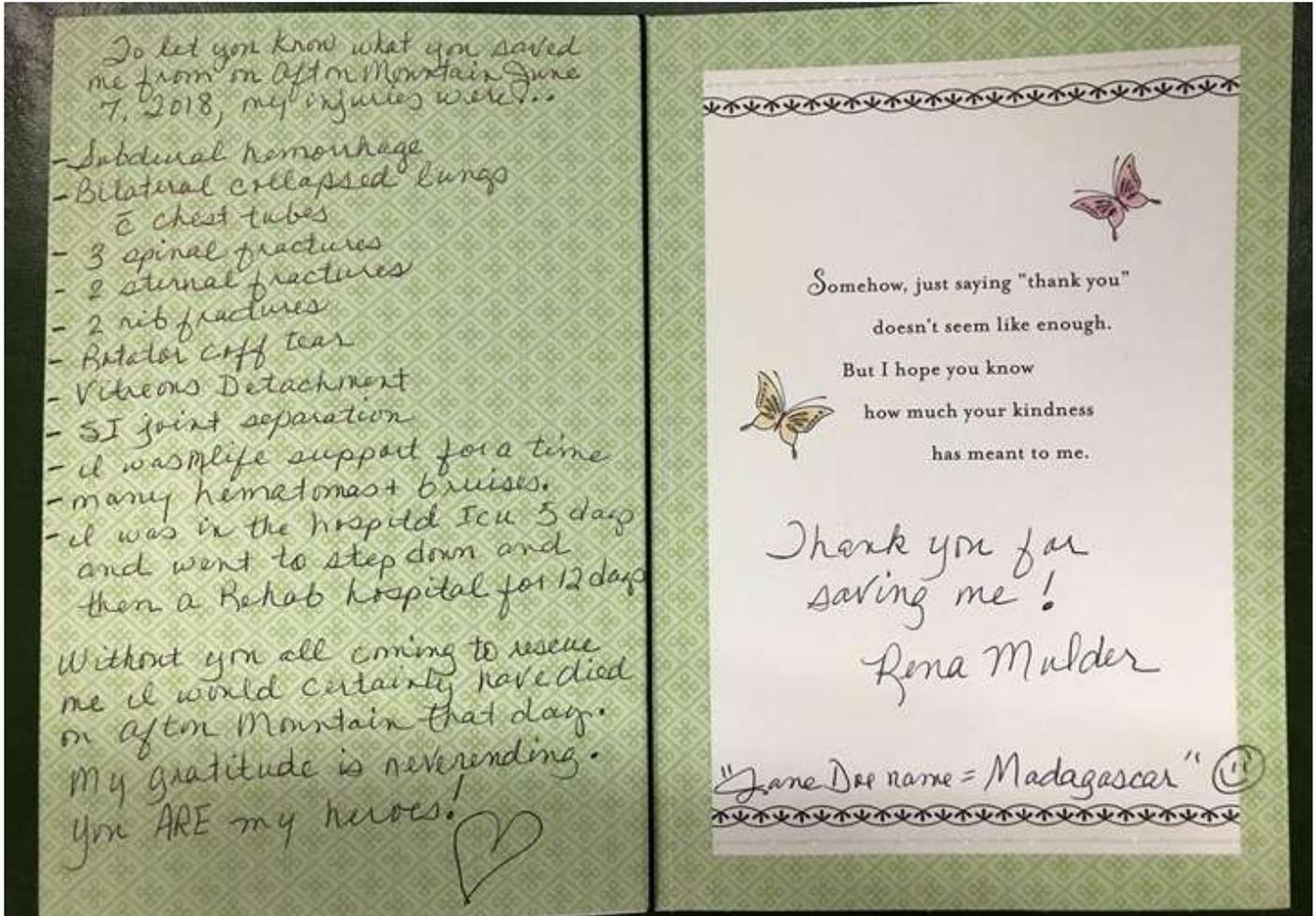
A timely news digest for the communities in and around Crozet, Virginia 22932

Monday, February 4

No bias – Just facts

2019

Our 3rd year of service to the greater Crozet community



Our MVC patient, in the center, with crew members from Western Albemarle Rescue Squad and The Crozet Volunteer Fire Department. (Courtesy Crozet Fire Department)

A big thank you extended to the local emergency service agencies in Crozet



(Photos courtesy of Albemarle County)

Albemarle County officials met with US Congressman Denver Riggleman



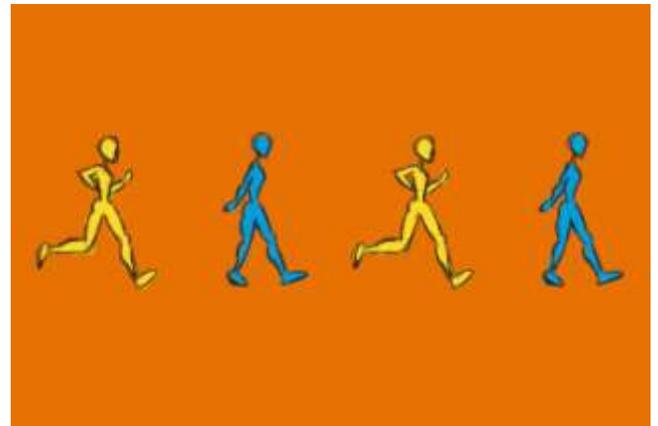
Conservation Police Officers make an arrest in Albemarle County

To increase awareness of Conservation Police Officers (CPO's-previously called game wardens) activities, the "Virginia Conservation Police Notebook" provides an overview of activities encountered by our officers who protect natural resources and people pursuing outdoor recreation in the fields, woods and waters of Virginia. These reports are prepared from the officer's field notes by Kim McCarthy, Executive Assistant to Major Scott Naff [Operations] and Major Bryan Young [Administration] of the Law Enforcement Division of DGIF. These CPO reports show the value of concerned citizens, landowners and true

sportsmen in providing tips to law enforcement officers on suspected violations by lawbreakers who give other outdoor enthusiasts an undeserved bad reputation.

K9 Sky Leads the Way to Trespassers

On Dec 29, 2018, CPO Jacob Chaffin responded to a call in Albemarle County regarding possible hunters trespassing. He recognized the address as a property where he had received a trespassing call earlier in the year, but had not been able to locate any hunters. CPO Chaffin decided to contact Senior K9 CPO Richard Howald and his K9 partner, Sky, for assistance this time. Upon arrival, the officers located two suspect vehicles at the property. K9 Sky led the way as she tracked the suspects through several pieces of property, and then onto a remote piece of land owned by the County of Albemarle where no hunting is allowed. There, with the assistance of K9 Sky, the officers located three hunters, their ATV's, and two tree-stands. The hunters stated that they had permission to hunt some property in the area, but had left that property and crossed several different property boundaries. They said they had been hunting this piece of land for almost 50 years. Charges are pending for trespassing to hunt and ATV related violations.



(Illustration by Alexandra Angelich, University Communications)

A new look at Exercise

By Laura Hoxworth, lh4na@virginia.edu

If your New Year's resolutions included more exercise, you're not alone. Every January, gyms and weight rooms across the country are flooded with people determined to improve their health through exercise. Recently, more and more are including high-intensity interval training, or HIIT, as part of their plan to get fit.

High-intensity exercise is loosely defined as anything that gets your heart pumping near or above 80 percent of your maximum heart rate – like a sprint around the track. In interval training, you alternate short bursts of high-intensity exercise with low-intensity recovery periods. Studies have shown that HIIT is more effective at burning calories than a continuous, moderate-intensity exercise like jogging – and for

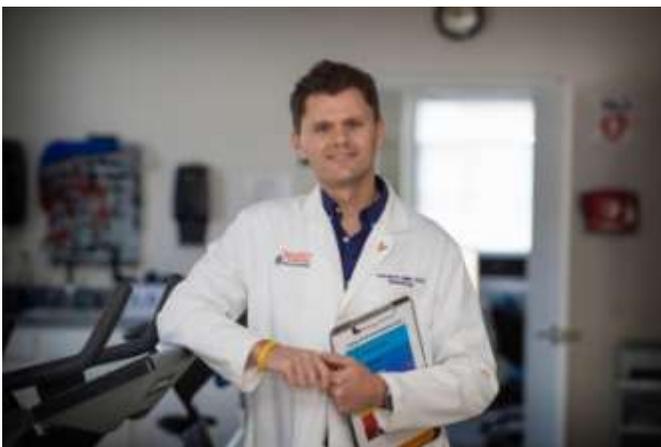
Americans, who list “lack of time” as the No. 1 reason they don’t get enough exercise, that’s a huge benefit.

But while calories are a helpful measure for weight loss, researchers at the University of Virginia’s Curry School of Education and Human Development are more interested in understanding “exercise as medicine” – how to design exercise for optimal cardiovascular and metabolic health.

Obesity-related diseases are among the most common in the country, affecting more than 30 million Americans. Nearly 9 percent of the U.S. population has Type 2 diabetes, while upwards of 35 percent have metabolic syndrome, a clustering of risk factors that increase risk for cardiovascular disease. At UVA’s Applied Metabolism and Physiology, or AMP, lab, researchers are focusing on the physiological processes associated with these conditions. They’re working to understand exactly how exercise affects the body – down to the tissue level – with the ultimate goal of helping pinpoint how doctors can prescribe the right “dose” of exercise to treat and prevent these diseases.

Steven K. Malin, assistant professor of kinesiology and a co-director of the AMP lab, said he and his colleagues were interested in examining the health effects of HIIT when compared to traditional, moderate-intensity, continuous exercise. Unlike other studies, they wanted to know how the two stacked up – independent of weight loss.

“Losing weight is not always the answer to improving health,” he said. “We were excited to identify what exercise can do for blood glucose control – how well the body processes sugar – before weight loss happens.” To find out, researchers recruited about 30 men and women with pre-diabetes to participate in a two-week exercise trial. “These are the patients who are at the highest risk for developing Type 2 diabetes,” Malin said. “They have anywhere from a 5 to 10 percent chance of developing diabetes in the next year, and about a 30 to 40 percent chance in the next five years.”



Curry School researcher Steven Malin said the best exercise regime may be the one you are willing to stick to. (Photo by Dan Addison, University Communications)

Participants were then randomly sorted into two groups. For 13 out of 14 days, both groups spent 60 minutes a day

(the duration recommended by the Institute of Medicine for weight loss or management) exercising on a stationary bike. But, while one group exercised at a moderate intensity (70 percent of maximum heart rate), the other group alternated between three minutes at high intensity (90 percent) and three minutes at low intensity (50 percent).

Malin said the team chose two weeks because it’s enough time for the repeated effects of exercise to take place, but too short to see clinically significant weight loss or improvements in fitness. Importantly, both groups burned about 350 calories per session, which resulted in an average weight loss of less than two pounds.

“By design, we wanted to make sure that the number of calories people were expending were matched so that we could test the independent effect of intensity,” he said. “What we were really after was the question of how the body responds to exercise in an intensity-based manner.” Researchers measured participants’ health by analyzing blood samples taken before and after exercise. They looked for changes in several key blood markers of health, including glucose tolerance, beta-cell function, arterial stiffness and appetite regulation. Given how efficiently HIIT has been shown to burn calories and promote fitness adaptation, Malin said the team expected to see a marked difference between the two exercise “doses.”

Instead, across nearly all measures, participants in both groups saw similar improvements. After only two weeks of either continuous or HIIT exercise, nearly 40 percent of participants were no longer characterized as having pre-diabetes. Both groups also saw improvements in the body’s ability to secrete insulin, decrease arterial stiffness and reduce food intake. The research team has now published four papers on their findings, with more forthcoming.

All of the data, Malin said, point to the conclusion that HIIT may not live up to the hype. “A lot of people will say that HIIT is a superior type of exercise,” he said. “While I won’t disagree that it’s a very effective modality, collectively, the findings we have so far – on glucose tolerance, insulin resistance, beta-cell function, arterial stiffness and appetite regulation – suggest that either exercise type is effective at improving these outcomes independent of intensity.”

Interval training still offers many benefits, particularly the ability to burn more calories in less time. But it may not be the preferred exercise choice for everyone. In that sense, these findings are great news: they suggest that exercise offers significant health benefits, no matter what kind you do. And while the most visible effects of exercise, like weight loss, may not show up right away – that doesn’t mean the exercise isn’t working.

“I think that’s a really powerful message,” Malin said. “It highlights that you don’t have to lose a lot of weight to gain metabolic and vascular health.”

While researchers are encouraged by these unexpected findings, Malin is quick to highlight the many unanswered questions that remain. The jury is still out on exactly how different lengths, frequencies and even different variations of high-intensity interval exercise affect the body. Many other factors can affect individual response to exercise.

For example, Malin said researchers at the AMP lab are pursuing studies that examine how different kinds of exercise interact with certain diets and medications. They envision a future where physicians can prescribe personalized exercise plans to their patients, a growing field of research known as individualized or precision medicine. Increasingly, researchers are looking beyond averages and digging into the many variations of human physiology and lifestyles that lead to varied responses.

“I think we’re really on the precipice of trying to push that envelope,” Malin said.

While there’s no one-size-fits-all approach for health and well-being, by figuring out how different “doses” of exercise affect the body – down to the cellular level – Malin and his team hope their results add to this growing body of research. Ultimately, they want to help people look beyond weight loss to understand their health from a more holistic perspective.

“This idea of exercise dose prescription is a huge passion of the AMP lab,” Malin said. “We want to figure out what’s the best way to prescribe exercise for multiple groups of people.”

Which kind of exercise is “superior?” It all depends on your goals. “For some, ‘best’ is determined by body composition or body weight,” Malin said. “For others, it’s quality of life or even quantity of life.”

If your New Year’s resolution is to improve your health, the most important thing is that you get moving – because in the end, the best exercise is the one you do.

“Both interval and continuous training seem to be effective at improving health,” Malin said. “The real question is, which one do you enjoy enough to stick with it?”



The University of Virginia’s acclaimed Darden School of Business, which the London based business publication Financial Times recently tapped as having the best M.B.A. program in the world for management and for corporate social responsibility, seems to have sprung a leak in this photo taken during a recent sunset. Don’t worry, the school’s home on North Grounds is merely reflected in a fountain. (Photo by Sanjay Suchak, sanjay@virginia.edu)

Events Calendar

A listing of events of interest
List your event here by sending an email to:
editor@crozettoday.com

February 2 – 1 p.m. – Architectural Review Board meeting in the county office building.

February 5 – 2 p.m. – Board of Zoning Appeals meeting in the county office building.

February 5 – 6 p.m. – Planning Commission meeting in the county office building.

February 6 – 1 p.m. – Board of Supervisors regular meeting in the county office building’s Lane Auditorium.

Emmanuel Episcopal Church elected Vestry Members

The following members of the Emmanuel Episcopal Church, Greenwood Parish were elected to four-year terms on the vestry: Bruce Heflin, Camilyn Leone, Norman Moore and Ann Parrish. Harry Lankenau was elected to fulfill the term of a member who resigned.

CERT offers free emergency preparedness training

The Community Emergency Response Team (CERT) will be offering their Emergency Preparedness Training class in the Crozet Library on February 27 from 6 to 9 p.m.

This training is free and can be invaluable to a family or workplace group when an emergency situation strikes. This Level 1 Class offers the minimum of training one should have and is preparation for the Level 2 in depth training that covers the subject more thoroughly.

The Level 2, seven week, course will be offered on Tuesdays between March 14 and April 25. These classes will meet from 6:30 p.m. till 9 p.m.

To sign up, you can send an email to certville@gmail.com or call 434-970-1798

It’s a fact, Jack

The Virginia Legislature has still not reached a decision on the state tax code in light of the new federal tax changes. Your state returns will not

be processed until an agreement is reached which could become effective as late as July 1, 2019. That means no refunds until any changes in the code are made and become effective.

Crozet Today welcomes submissions of anything you would like to share with your neighbors. Send them to: editor@crozettoday.com



Deceased Neighbors

Submissions are free and welcome

Fred Allen Gibson Sr., 78, of Crozet, passed away at his home on Monday, January 28, 2019. He was the son of the late Jesse and Edith Gibson. Fred was a veteran of the U.S. Navy and retired from the Maintenance Dept. at UVA after 39 years.

He served his community for many years as a Volunteer Firefighter with the Crozet Volunteer Fire Department where he was a lifetime member.

He was preceded in death by his brother, Homer Gibson; his sister, Betty Gibson Shifflett; as well as several special friends, Merdith Shifflett, V.L. James, Warren James, Bill Mathias, and Campbell Edenton.

Fred is survived by the love of his life, Ethel McAllister Gibson, to whom he was married for 57 years. He also leaves behind two sons, Fred Allen Gibson Jr. with his wife, Kim, of Fluvanna, and Jeffrey Scott Gibson with his friend, Robin Binger, of Crozet; two grandchildren, Kristie Gibson of Raleigh, N.C. and Jessie Walker (Patrick) of Clarksville, Tenn.; three great-grandchildren, Madilynn, Peyton and Macey Walker; as well as one brother-in-law, Charlie Shifflett; and five sisters-in-law, Dorothy Gibson, Betty Ferneyhough (R.D.), Ann Shifflett (James), Madeline Bailey (Kirk), and Mary McAllister. Fred will also be missed by a host of nieces and nephews.

Fred was an avid hunter and fisherman. His passion was spending time with his sons and socializing with his buddies in one of his all-time favorite places, which was on the mountain. He had many friends but a select-few were particularly special to Fred, E.B. Hicks, Andy Powley, Lee James, Johnny Patterson, Larry Gentry, Kelly Branch, Billy James, and Rocky Conley. Fred will be remembered with honors at a memorial service on Saturday, February 2, 2019, at 11 a.m. at the Crozet Volunteer Fire Department. Lunch will follow.

In lieu of flowers, please send donations to the CVFD at P.O. Box 696, Crozet, VA 22932.



Crozet Library Notes

They have some great things coming up this month for adults. Hope to see you stop by the Library soon and check it out. If one of your resolutions this year is to read more - we've got a fun reading challenge for 2019 that you might enjoy (attached, or pick up your copy next time you're in) - and don't forget about the plethora of books we have devoted to any new activity or habit you'd like to create. Happy New Year!

Monday Night Book Group

Monthly on Mondays at 7-8:30pm

Join this informal group for relaxed and stimulating book discussions. Newcomers always welcome.

February 4: *Ivanhoe* by Sir Walter Scott

March 4: *The Tea Girl of Hummingbird Lane* by Lisa See (Same Page)

April 1: *Pachinko* by Min Jin Lee

May 6: *Killers of the Flower Moon* by David Grann

June 3: *Before We Were Yours* by Lisa Wingate

Live Poets, Too

Monthly on Mondays at 7-8pm

January 14, February 11, March 11, April 8, May 13

Bring several poems to share, either of your own authorship or another's, then sit back and enjoy listening to the language of the poet. Optional writing prompts provided upon group interest. Ages 18+.

A Night at the Movies

Monthly on Mondays at 6:30pm

Join the Crozet Library for a night at the movies with theater-style popcorn and drinks. Refer to ratings for age restrictions.

January 28: Ocean's 8 (PG-13 - 2018) [2hr]

Summary: Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City's yearly Met Gala.

Check out the trailer: <https://www.youtube.com/watch?v=n5LoVcVsiSQ>

February 25: BlacKkKlansman (R - 2018) [2 hr 15 min]

March 25: Lion (PG-13 - 2016) [2hr] (Same Page)

April 29: Loving Vincent (PG-13 - 2017) [1 hr 34 min]

May 20: Crazy Rich Asians (PG-13 - 2018) [2 hr]

Stitches Handcraft Group + Learn to Knit

Last Tuesdays at 4:30-5:30pm

Jan 29, Feb 26, Mar 26, Apr 30, May 28

Bring any handwork project you're working on or are interested in learning, and join this fun group for an hour of handcrafting and sharing. If you'd like to learn to knit, bring along knitting needles and a basic yarn that you would like to turn into a simple scarf, and we'll provide the instruction. Ages 8 to adult.

AROUND THE BRANCH:

Make & Take Projects

Enjoy crafts but short on time? Stop by the Crozet Library for quick and easy projects to do at your own pace, or take them to go. Materials are provided.

Tabor Presbyterian Church

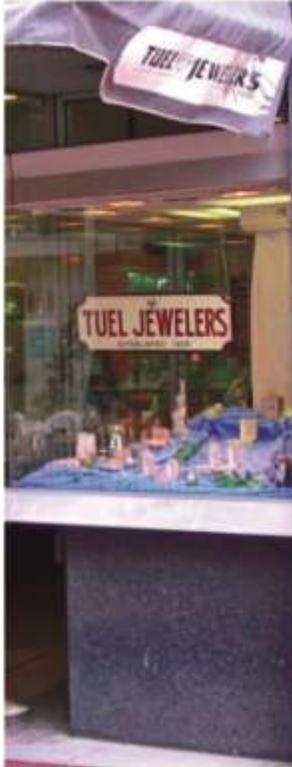
- ~ a soft place to land when you're weary, or hurt, or unsure.
- ~ a people who welcome all, in word and deed.
- ~ where tradition is valued but not made an idol.
- ~ where spiritual development matters more than being right.

Join us for Sunday worship at 10:30 a.m.

Rev. Liz Hulme Adam

434-873-4255 5804 Tabor Street, Crozet www.taborpc.org 

TUEL JEWELERS
- ON THE DOWNTOWN MALL -



Your friendly family full service jewelry store since 1945. Tuel Jewelers offers watch, jewelry & silver repair along with sales of 14k gold, sterling & platinum. We offer Jefferson & Virginia cups, clocks, plaques, Bulova watches, rings, pendants, earrings & gifts. We provide bead restringing, battery replacement & jewelry cleaning. Machine & hand engraving. Wrap & ship. Mon-Fri 10am-5pm. 319 E Main Street (Downtown Mall) 434.295.4258 tueljewelers.com 

Betty Thomas
REAL ESTATE



Thinking of buying or selling your home - call me.

Betty Thomas, Realtor® ABR, SRES, SFR Graduate, REALTOR® Institute
Mobile: (434) 964-6259
Office: (434) 260-5355
Betty.Thomas@longandfoster.com 

LONG & FOSTER | **CHRISTIE'S**
REAL ESTATE INTERNATIONAL REAL FRANCHISE
Licensed to sell real estate in the Commonwealth of Virginia.
800-OK by Way, Suite 200 | Charlottesville, VA 22901 | 404-288-1111

JENKINS AUTOMOTIVE II
Service & Tire Center
1564 Seminole Trail, Charlottesville, VA 22901
(434) 974-6680
www.jenkinstire.com
"Your Professional Car Care Company"

GOODYEAR Dealer  **ALLEN TOMS** Sales

Now Open in Crozet

UNIVERSITY
TIRE & AUTO CENTERS



For all your automotive Needs
Call 812-2318



Bevin Cetta Boissvert
Realtor
Roy Wheeler & Co.
BevinSellsCville.com
BevinSellsCville@gmail.com
434-996-8633



CROZET BICYCLE SHOP

Cor Carelsen 484-983-1795 Louise Carelsen 484-983-1221



crozetbicycleshop.com

C.R.E.A.T.E.

COOKING RESEARCH ERRANDS ART TASKS ETCETERA

LINDA UIHLEIN
lilowlva@gmail.com

P.O. Box 248
Free Union, VA 22940

434-973-6015 C (travel) 434-989-0304

All Work Guaranteed 30 Years Experience

BOB'S PAVING

DRIVEWAYS • PARKING LOTS SEALCOATING

Residential 540-447-6049
Commercial 434-260-2157



Anderson Funeral Services, Inc.
Family Owned & Operated Since 1967
Traditional Services - Pre-Arrangements - Cremations
Robert S. Anderson, Director - John W. Anderson, Jr., Director

434-823-5002
5888 St. George Avenue - Crozet, VA

434-531-2108 kenco292@gmail.com



Kennedy Electric
Chuck Kennedy Owner PO Box 483 Crozet, Va. 22932

SATISFIED CUSTOMERS are our best ADS



Doug Seal and Sons
GENERAL CONTRACTORS
Licensed and Insured Contractor Since 1964
We Do All Home Interior & Exterior Remodeling & Repairs
Plumbing, Electrical, Painting, Carpentry, Floors, Walls, Kitchens, Baths, Etc.
We Also Buy Old Coins and Paper Money

CROZET, VA 22932
PHONE (434) 823-4167
CELL (434) 960-8458



Chris Owens
Licensed & Insured

25 years Experience
Satisfaction Guaranteed
References Available

- ✓ **Roofing**
Tear-offs, Rubber Roofing, Shingle Repair
Major & Minor Leak Repairs, Repair Pipe Collars
- ✓ **Gutters**
Installation, Guard Installation & Cleaning
- ✓ **Chimneys**
Repair Chimney Flashing, Chimney Caps
- ✓ **Painting & Power Washing**

434.531.3269
cowensroofing@aol.com
455 Deer Dr. • Ruckersville, VA 22968



Matthew C. Davis
Independent Broker

665 Berkmar Ct.
Charlottesville, VA 22901
434-978-4930 ext #1
800-979-4467 ext #1
434-978-2089 (fax)
mcdinsurance@gmail.com



Medicare - Health - Life - Dental/Vision

percentage of natural citizens would answer many of them incorrectly. Maybe it's my age, but I don't remember studying all those things in school. As for names of native American tribes, if not for John Wayne, who every American youngster of a certain age group knows won the west single handedly, as well as WWII, I may not have know very many names of Indian tribes. John Wayne, of course, either fought/defeated or befriended all of the better known ones, bless his heart. Such a wonderful man, serving in every branch of service and excelling in each. If you remember, he was a Marine, an Army Air Force pilot, and a Naval Officer. We never questioned the veracity of his exploits. He was way better than Jack Armstrong, the All-American Boy! – Curtis T.

Email: Jim, I missed last week's edition. What happened? Bill W.

Editor: Per our Masthead on the last page it is stated that we do not publish on national holidays. Last Monday was Columbus Day. JEC



Why Patina Wealth?

- You want a FIDUCIARY as your advisor.
- You're looking for a customized portfolio.
- You want an advocate to act in your best interests.

The future you're planning for is completely unique and individual. Let's personalize your portfolio.

Sam Harris
Founder and Owner
434-214-0407
Sam@PatinaWealth.com
www.PatinaWealth.com

Patina Wealth LLC is a registered investment advisor offering advisory services in the Commonwealth of Virginia and in other jurisdictions where exempted.

Are your **investments** working for who you are?

Your Email

Submitted to: editor@crozettoday.com
Submissions are certainly welcome

EMAIL: Jim: If you could, please send me your December 14 Issue because I missed it and would like to take the citizenship test you had in it. Cindy C.

EMAIL: Jim. I'd suggest you keep offering a lesson or two on (citizenship) as you have time and space. Can't hurt, and all of us, including me – maybe especially me, at 85, can use an update in civics. I enjoyed the "test," though it embarrassed me that I didn't know many of the answers. I went online, pulled up other examples, including one that listed 100 possible questions, and many were much harder for me than even those you presented in your article. That's why I said, if it had been a different 10 questions, I might not have passed. Fact, I suspect I would not have passed. Some of the 100 questions, though, appear to me aimed at assuring that prospective citizens not pass the test. My guess is a large

A Crozet Church

This column features Crozet area churches. If you would like to have your church featured in this column, submit your information to: editor@crozettoday.com

Crozet Baptist Church
Rev. David Collyer, Pastor
5804 St. George Avenue
434-823-5171
info@crozetchurch.org

9:15 a.m. Coffee and Fellowship
 9:30 a.m. Children, Youth and Adult Fellowships
 10:30 Worship Service

+++

Crozet United Methodist Church

Rev. Sarah Westella, Senior Pastor
 1156 Crozet Avenue Crozet Virginia
 434.823.4420

<http://www.crozetunitedmethodist.org>

9 a.m. Rise and Shine Children’s Worship
 9:30 a.m. Contemporary worship - 11 a.m. Traditional worship

+++

Emmanuel Episcopal Church

Rev. Neal Goldsborough, Interim Rector
 7599 Rockfish Gap Turnpike
 Greenwood, VA 22943
 telephone: (540) 456-6334

email: info@emmanuelgreenwood.org

9 a.m. – Sunday School and Adult Forum
 10 a.m. – Holy Eucharist Worship

+++

Mountain Plain Baptist Church

Dr. Sam Kellum, Pastor
 4281 Old Three Notch D Rd,
 Charlottesville, VA 22901

www.mountainplain.org

(434) 823-4160

Sunday School: 10 a.m. - Worship Service: 11 a.m.

+++

Tabor Presbyterian Church

Rev. Liz Hume Adam, Pastor
 5804 Tabor Street - Crozet, Virginia

www.taborpc.org

www.facebook.com/TaborPresbyterianChurch

10:30 a.m. – Sunday Worship

Blue Ridge
 BUILDERS SUPPLY
 & HOME CENTER
 PAINT & DECORATING
 Celebrating 30 Years

Locally owned and operated since 1987.
 Unbeatable service for professionals
 and do-it-yourself-ers.

**BLUE RIDGE BUILDERS SUPPLY
 AND HOME CENTER**

5221 Rockfish Gap Turnpike
 (Rt. 250 west near Crozet)
 Charlottesville, VA 22903
 Phone: 434-823-1387
www.brbs.net

KraftMaid VANTAGE Benjamin Moore HunterDouglas
 MARVIN FESTOOL AZEK TimberTech

Warren James Automotive
 Now under new ownership of
Matt Hilderbrand – Master Auto Tech
 Still the same great service!
434-823-4261
 6077 Rockfish Gap Turnpike - Crozet
 Offering
 + State Inspections + Major/Minor Repairs
 Of all kinds
 Specializing in all your
 vehicle maintenance needs
 Free tire rotation with every Oil Change



**Blue
 Ridge
 Fine
 Wood**

We are a small environmentally friendly forestry operation in Greenwood with a sawmill, drying shed and a focus on direct wood sales to local builders and hobbyists. We sell green and naturally-dried, native species boards and construction lumber as well as provide custom milling based on your specific needs. Our wide selection of lumber is ideal for the smallest craft projects to large construction operations. The unique aesthetic qualities of our lumber, including quarter sawn, live edge, and large slabs, contrasts the homogeneity in regular store-bought lumber. For pricing and more, or to discuss your specific project needs, please visit at:

<http://mi3587.wixsite.com/blue-ridge-fine-wood>

Contact us via email at: wood@sreva.com

Crozet Today

An Electronic Newspaper saving trees

Crozet Today is a timely news digest for the Greater Crozet Community. Featuring news items with a Crozet area focus, it is published weekly on Monday. No issues on national holidays with special editions posted for important breaking news. Subscriptions and all submitted content are published free. This newspaper is supported entirely at the personal expense of the publisher and free will donations from the public of \$25 or less in each with no more than \$400 in any given year. These free will donations are used to support the costs of production, website maintenance and fees. They must be payable to: James Crosby and mailed to 5571 Brookwood Road, Crozet, VA 22932. Crozet Today has no IRS status or bank account and is my sole property as publisher. However, as a legitimate newspaper of general circulation, it has the full protection of the FREEDOM of the PRESS under the Constitution. It is not a blog and that is an important legal status.

Submissions are solicited and should be sent electronically to:

editor@crozettoday.com

Jim Crosby.....Editor & Publisher
Website..... <http://crozettoday.com>
Copyright 2018 - James E. Crosby
All rights reserved with fair use honored with credit.