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NEWSLETTER FOR RESIDENTS AND FRIENDS OF THE LODGE AT OLD TRAIL

Measuring Time of Day

This may come as a surprise to some of us, but not everyone keeps time like we do. More than half the world lacks a.m. and p.m. in their vocabularies. The 24-hour clock is the standard convention for keeping time except in most English speaking countries. Why do we use the 12-hour clock instead?

In fact, 12-hour clocks became the standard in the 15th and 16th centuries and remained so until the beginning of the 20th century. Days were split into two time periods of 12 hours each, a.m. (before noon) and p.m. (after noon) to distinguish daylight hours from those during the evening.

Lore has it that an influential Scottish engineer promoted the reform of timekeeping to 24-hour clocks in 1876 after missing a train in Ireland that was mistakenly listed in the timetable as p.m. instead of a.m. Early clockmakers disliked 24-hour clocks, however, because the extra strokes it required wore out the mechanisms faster.

The upshot was a mixture of both. Although we speak in terms of the 12-hour clock, scientific and military entities use the 24-hour clock system and the dials of some analog time pieces show the 24-hour notation paired with 12-hour numbers.

Both methods are prone to ambiguity. The use of 24:00 is sometimes avoided in the 24-hour system since 24:00 of one day is the same as 00:00 of the next day. In the 12-hour system, 12 midnight and 12 noon are often used for clarity in place of 12 a.m. and 12 p.m.

But why a.m. and p.m.? You would think b.n. (before noon) and a.n. (after noon) would make more sense. Sometime in the past, the use of Latin was opted for. In Latin, a.m. stands for *ante meridian* and p.m.

stands for *post meridian*. Translated, they mean before and after midday.

Do not expect any messing with how we express time though. The UK's BBC in switching to the 24-hour notation for program listings created such a public backlash that it was forced to revert to the 12-hour clock.



A 24-hour clock in Greenwich at 14:06 (2:06 p.m.).

RESIDENT FOCUS

A lifetime resident of Albemarle County, Mary Trogdon was born in Proffit, lived in Charlottesville for 75 years, and is one of the first residents of The Lodge. She moved to The Lodge in 2014 after suffering the loss of her husband Ralph with whom she had spent 51 years. Always a dedicated homemaker and proud parent, Mary is immensely pleased with all four of her children having gone to college, something neither she nor her husband had achieved. Her children and her church continue to be the highlights of her life, but she regrets no longer being able to care for a pet dog. Mary cultivated a special relationship with the dogs that had been part of her family.

Mary recalls her first school in Proffit that had five grades in one classroom. She graduated from Lane High School in Charlottesville after her parents and six siblings moved to the city in 1939. Proffit is an unincorporated hamlet established by African Americans after the Civil War and became largely inhabited by whites when the railroad came to the settlement in 1881.

Mary's father was a traveling inspector for the C&O Railroad. The railroad graciously assigned him to locomotive inspections at the C&O roundhouse in Charlottesville after losing his leg in a railroad accident. Her mother was a school teacher in Greene County before raising her children.

Mary worked summers at the Essex Pencil factory, a past premier Charlottesville employer, and full time after high

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Resident Focus (cont'd)

school graduation. "I attached little gold bands on the barrels of the pens that the company molded," says Mary. She was later a secretary for a medical doctor who had the name Paine! It was then that Mary began dating Ralph, whom she met at the church where they both worshiped. Ralph was a postman for the U.S. Postal Service. They married in 1948.

The Trogdons raised four children, one son and three daughters. Son Steven is a UVA graduate and professor of mathematics at the University of Minnesota in Duluth. Daughter Susan is a retired registered nurse who attended Longwood College (now Longwood University) in Farmville and graduated from UVA. Susan lives three miles from Crozet. Daughter Faith went to Longwood College and was a school teacher in Fluvanna County before her tragic death in 1994.

Daughter Miriam studied speech and communications at UVA and became a TV comedy writer in California. Among the several notable comedy stars she wrote for were Bob Newhart and Roseanne Barr. Mary recalls her husband querying "Why Roseanne?" Miriam's response: "Money, Daddy, money." Mary has made annual sojourns to California at Christmas visiting Miriam and her family, but at age 92, she says it is time for them to come visit her.

A quintessential homemaker, Mary made most of the clothes for her young daughters and was a prolific cook. Sunday picnics became a family favorite when Mary would load the car with the ingredients she used to make lunches at places like the Skyline Drive. To this day, she prepares casseroles and pies and cakes, often dividing them with her friends at The Lodge and sharing them at the potlucks held at her church.

Attendance at church events are important to Mary. Besides attending Sunday services, she participates in bible study at a new daughter church in Crozet started by Trinity Presbyterian Church in Charlottesville where she used to attend.

When her large home in Charlottesville became too much to maintain, she and her daughter shopped for a senior living community. "The minute I saw The Lodge and the mountain backdrop, I knew that is where I wanted to be," thought Mary. "I love it here!"

Mary's relationship with her dogs was special. Buckwheat, her Dachshund-Schnauzer mix, was her intercom. She would take notes from family members in her mouth, deliver them to Mary, and wait to return her reply. Food would remain in her bowl in front of her untouched until Mary gave a command to eat. Wandering into the busy street where Mary lived was never a worry—Buckwheat always respected the property boundaries that Mary had set. The children had found Buckwheat advertised in the newspaper for \$10. Years later, Daisy became Mary's companion for 19 years, since her infancy when the Pomeranian fit in the palm of her hand. Mary recalls how Daisy would come into the living room to bark along with the Think theme music on the Jeopardy TV show. Daisy used Mary's baby doll crib as her private bed and traveled every year to California by air in her pet carrier "without a peep." Daisy died in California in 2015.



Mary and Ralph with their children (from left) Miriam, Susan, Steven, and Faith. Mary as a teenager.

Another Sign of the Times

September's hurricane Dorian was the second-strongest storm recorded in the Atlantic Ocean but stronger than any other storm so far north, making it the first time a Category 5 storm occurred four years in a row. It obliterated settlements in the Bahamas with wind gusts up to 220 mph and made homeless at least 76,000 persons. Fatalities are still being determined. More than a day-long stall broke records for its creeping pace. Atmospheric scientists say you can blame the increasing ferocity on rising ocean temperatures. Here is a rundown of these ferocious Category 5 Atlantic hurricanes with their peak sustained winds over the last four years, all making landfall. In accord with hurricane protocol, their names will be permanently removed from reuse due to the storms' ultra damaging and deadly effects.

2016

Matthew, 165 mph

2017

Irma, 180 mph

Maria, 175 mph

2018

Michael, 160 mph

2019

Dorian, 185 mph

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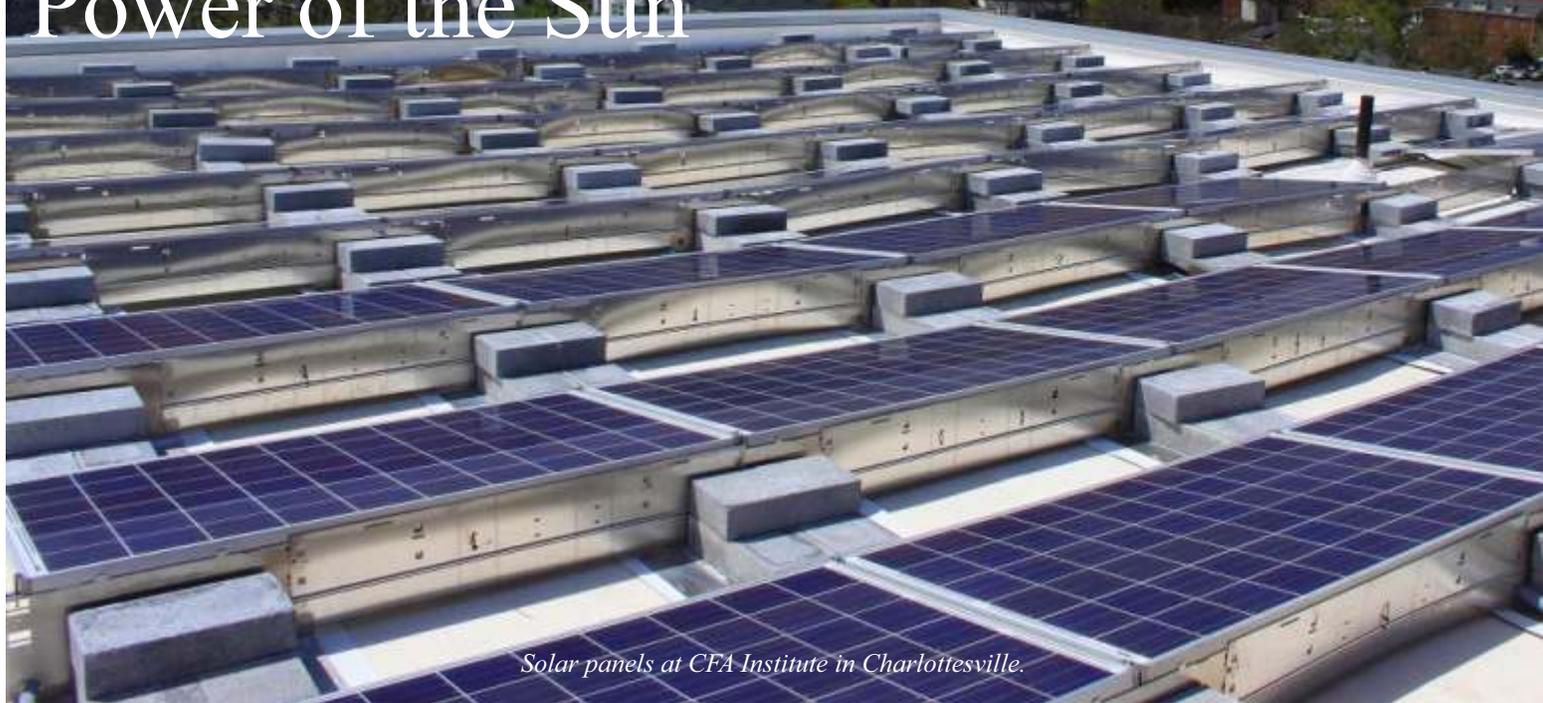
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Tapping Into the Power of the Sun



Solar panels at CFA Institute in Charlottesville.

Harnessing the energy of sunlight is propelling a local company into a multi-state presence in a little over five years. Starting as a three-man operation in Waynesboro in 2011, Sigora Solar has developed into an award winning solar system installer based in Charlottesville with offices in four states, a subsidiary in The Republic of Haiti, and a workforce of 200 employees. The promising company has been named the number one solar installer in Virginia and has already left a lasting mark on homes in Old Trail. The company is helping make Virginia a leading incubator of futuristic businesses.

Founder Andy Bindea began installing roof-top solar panels for homeowners in Waynesboro to make hot water. He used a beat up '97 Honda Civic with a top-mounted ladder rack to go from job to job. Realizing the high cost of single jobs was a hindrance to growth, he adopted a new business model by buying in bulk at lower costs and aiming at servicing whole neighborhoods like Old Trail. As a result, Sigora Solar was created. The name is nothing more than what popped into Bidea's head one day. Business has mushroomed. To remind him of those leaner days, Bidea kept the steering wheel of his Honda as a memento.

"Our company is like a rocket ship," says Tad Luttrell, Sigora's Vice President for Sales and Marketing. "We are seeing growth of 250 to 300 percent every year." Now solar systems are installed to make homes and businesses their own power plants, expecting to generate all the electricity they will ever need and to eliminate all power bills. "We estimate an average savings of \$85,000 in electric cost over the life of a solar system," says Luttrell.

Luttrell began his career in reducing energy cost by selling

more-efficient windows and siding in Maryland. When the economy faltered and home sales plummeted, he went looking for another job. His intrigue with solar power drew him to an expanding Sigora in 2016. Bindea had turned his attention to powering thousands of homes in Haiti without electricity. While establishing small solar power plants in Haiti, he needed help to run the business in Virginia..

"If you have a roof and an electric bill, it probably makes sense to install a solar system," says Luttrell. The company has installed solar systems in nearly one out of three homes in Old Trail. Some homeowners opted for solar when buying from Craig Builders, Southern Homes, or Stanley Martin Homes, builders who have partnered with Sigora. Others have retrofitted their existing homes. The orientation, size, and tilt of roof are the main determining factors in how much electricity can be generated.

Because solar powered structures in Virginia are connected to the Dominion Energy grid, the electricity

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The heart of a solar power system is the panels mounted to absorb sunlight. The panels consist of silicon cells that use light energy from the sun to generate direct electric current through what is known as the photovoltaic effect. The sun's energy excites the atoms in the cells to generate electricity. The effect was discovered in 1839 by a French experimenter who was only 19 years old at the time, but it was minuscule and inefficient. Solar systems contain an "inverter" that converts the electricity to alternating current before being routed further.

Out-dated solar panels are put to use as desks at the Sigora headquarters.



Solar Power (cont'd)

can flow either way. If more electricity is generated than used, Dominion will provide credit for the surplus. When solar power is insufficient, Dominion lets the customer pay for the backup by using the credit. Utility companies in other states are not as cooperative, says Luttrell, often requiring a regulatory push to garner cooperation.

Sigora was recognized by the industry news and information resource, Solar Power World, as the Most Forward-Thinking Company of 2019 for its progress in making a more sustainable future. The magazine rates Sigora number 30 among the top residential solar companies in the U.S.

The company's "Give Back" program provides two years of free electricity for one home in Haiti for every home solar installation in the the states. Bidea's long-term goal is to provide electricity to two million people in the island country by 2025.

Among the local businesses equipped with solar by Sigora are Chiles Peach Orchard, the library in Crozet, DuPont Community Credit Union and all 13 of its branches, and the CFA Institute in Charlottesville.

"Solar is truly just starting to scratch the surface of what's possible," says Luttrell. "The more people realize they actually have an option for electricity and that they can make it themselves cheaper than they can buy it, the more they will gravitate to solar. It's the solution to a problem that a lot of people don't realize they have."



One of a fleet of Sigora service vehicles is often seen in the area and residential, and commercial solar systems by Sigora at a home in Crozet and Chiles Peach Orchard in Albemarle.



Andy Bidea was not even a U.S. citizen when he founded Sigora. He emigrated from Romania where as a teenager he developed an environmental consciousness after witnessing the major poisoning of a river that made people sick. He joined Greenpeace as a coordinator of water, ethical mining, and renewable energy campaigns for six years in central and eastern Europe. But his desire was to be more active in sustaining the environment. After coming to the United States, Bidea studied engineering at Piedmont Virginia Community College. He used \$4,000 left over from a scholarship to fund the start of his solar business in Waynesboro. He marvels at the skills of his ancient ancestors, but observes one element that is unchanged. They used fire to cook food and light caves. And so do we—a fire, says Bidea, that is burning 93 million miles away.



Andy Bedia (right), with a colleague, holding the steering wheel of the Honda Civic he kept as a memento of the vehicle he used when he founded Sigora. Photo by Jessie Knadler

Afton Mountain Became Official in 1998

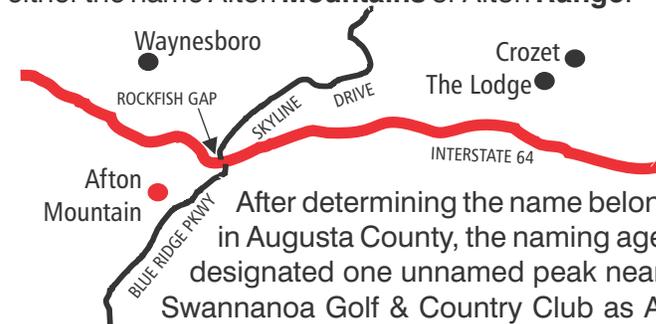
Location is Misunderstood, but Nobody Cares

Local residents have always known the part of the Blue Ridge Mountains that Interstate 64 crosses as Afton Mountain. But you couldn't find the mountain name on maps. It did not exist—at least up until 1998. That is when the U.S. Board of Geographic Names, the agency responsible for geographic names, approved the use of the mountain name on official maps. But Afton Mountain is probably not where you think it is.

The lack of recognition of such a commonly known name bothered Marlene Condon, a naturalist and writer living in Crozet. "This is incredible," wrote Condon to the geographic name board, "because the name is in use constantly."

A case study was established in response to her letter and research was conducted to verify local acceptance of the name. Nelson and Augusta counties and the Virginia State Archivist favored the addition of the name to maps. The Virginia Department of Transportation was found to regularly refer to Rockfish Gap on Interstate Route 64 as Afton Mountain. Several businesses had adopted the name, too. It became clear to the board the name was well known to area residents.

But one question lingered. At what location on maps was the name to be applied? If applied to the mountain as the name is commonly used, according to the naming rules several peaks would be involved requiring either the name Afton **Mountains** or Afton **Range**.



After determining the name belonged in Augusta County, the naming agency designated one unnamed peak near the Swannanoa Golf & Country Club as Afton Mountain. Located southwest of Rockfish Gap, the peak is 2,418 feet high. Nearby Elk Mountain is 150 feet higher and Bucks Elbow Mountain just to the north rises to 3,163 feet.

Even though the Afton name officially applies to a single peak, which most no one can identify, area residents continue to consider Afton Mountain as the entire ridge that cradles Rockfish Gap.

So be it; saying Blue Ridge Mountains at Rockfish Gap instead is a mouthful.