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Oak Hill Herndon CONNECTION

Herndon High School's NJROTC Cadets spent part of their Memorial Day weekend in the hot sun at Chestnut Grove Cemetery helping to restore and clean Veteran Headstones. Cadets kicked off the three-day holiday by helping The American Legion Post 184 install American Flags at every Veteran Headstone and then raise the flag for the Memorial Day celebration at the Chestnut Grove Cemetery.

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JUNE 1-7, 2016

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Herndon Remembers on Memorial Day

Memorial Day Observance held at Herndon Cemetery.

BY RYAN DUNN
THE CONNECTION

Herndon's Memorial Day activities began at Jimmy's Old Town Tavern with 152 riders departing the Town of Herndon on May 29 to participate in "Rolling Thunder." A family-owned business since 1997, Jimmy's Old Town Tavern is operated by Jimmy Cirrito and located in downtown Herndon at 697 Spring St. Herndon Mayor Lisa Merkel and former town council member Melissa Jonas cheered on riders as they headed towards Washington, D.C.

Each year, members of "Rolling Thunder" and other motorcyclists, veterans and supporters of the military join on a ride from Fairfax to Rolling Thunder in Washington DC, a weekend event to bring attention to Prisoners Of War and those Missing In Action (POW/MIA) of all wars. Patriot H-D and the Harley Owners Group sponsor this community event where bikes from across Northern Virginia and the D.C. region, the United States, and Canada go on a police-escorted ride to meet up with more than 400,000 other bikers at Rolling Thunder in D.C.

On Monday, May 30, Herndon area residents observed Memorial Day at Herndon's Chestnut Grove Cemetery. Officially established in 1872, Herndon's Chestnut Grove Cemetery is the final resting place of veter-



Attending the May 30 Memorial Day observance at Herndon's Chestnut Grove Cemetery were Herndon residents, including (from left) Town Councilmember Grace H. Wolf, Vice Mayor Jennifer Baker, Mayor Lisa Merkel, councilmember David Kirby, Del. Jennifer Boysko, and councilmember Sheila Olem.

ans, dating back to the Civil War. The cemetery was deeded to the Town in 1997 from the Chestnut Grove Cemetery Association, which had operated the cemetery from the early 1950s. Also attending the event were Town of Herndon's Mayor Lisa Merkel as well as town council members and state Delegate Jennifer Boysko.

After the posting of colors by members of the Herndon High School Navy JROTC, Reston South Lakes High School junior Joseph Letteri played the national anthem on the violin. Herndon councilmember and commander of American Legion Post 184

David Kirby welcomed everyone to the event. After an invocation by Post Chaplain David Womack, Kirby discussed the significance and history of Memorial Day and introduced guest speaker Captain David B. Adler, USN (retired).

Adler is a Naval Officer with over 25 years of service, with most of his career in combat systems and the AEGIS Weapons System. In 2015, Adler took the position of Senior Naval Science Instructor at Herndon High School, teaching Naval Science and leadership to 9th- to 12th-graders. "This holiday is not about holiday discounts and

a short workweek," said Adler. He spoke of the sacrifice made by those who served in places of combat. "Each of us must make sure their legacy endures," said Adler. Following the remarks, there was the laying of memorial wreaths, a benediction, and retiring of the colors. This year's Herndon NJROTC color guard included Chris Nesseltree, Brian Alvarado, Jorge M. Melendez, and Santiago Lizama. "It was a good crowd," said David Lacombe, a resident of Herndon and member of American Legion Post 184.

"Every year on Memorial Day more and more Herndonians gather at Chestnut Grove Cemetery to remember the fallen. Councilman Kirby, Commander of the American Legion Wayne M. Kidwell Post 184, does a wonderful job planning a memorable event each year. More than 500 veterans are laid to rest in Chestnut Grove, and the Council and I were honored to be there this morning to pay our respects," said Mayor Lisa Merkel.

"It is very important we honor our fallen soldiers... It is good to have events like this," said Joseph Letteri.

Many enjoyed Letteri's violin presentation, which was a new feature for the occasion. Also attending the event were over 20 area Boy Scouts and Girl Scouts. "We think it important the scouts we mentor get an idea of the price of freedom," said Roger Claff, who is on the District Committee of the Powhatan District and associated with Troop 1570. The Town of Herndon and the Herndon Women's Club have previously honored veterans laid to rest at Chestnut Grove Cemetery in December by placing balsam wreaths on the headstones of fallen veterans.

Get Involved: Herndon's Future Downtown

The Herndon Town Council wants the public's feedback on two potential proposals for Town's downtown.

At Herndon Council Chambers at 7 p.m. on both Wednesday, June 8 and Tuesday, June 14, Comstock Development Services and The Stout and Teague Company will present their proposals for the redevelopment of 4.675 acres in historic downtown.

Herndon's Council voted in May 2015, to purchase 1.67 acres of land in Herndon's historic downtown from Ashwell, LLC for \$3.519 million that added to the three acres of downtown land it already owns.

The purchase clears the way for a comprehensive development project in the downtown, in accordance with the Downtown Master Plan adopted by the Town Council in 2011.

"The Town of Herndon has been envisioning a comprehensive redevelopment in our downtown for decades," said Mayor Lisa Merkel, around the time of

the purchase. "We made significant strides toward that vision by adopting our Downtown Master Plan.

"Until this purchase, however, we have been limited in our ability to effectively position downtown Herndon for comprehensive redevelopment, as much of the necessary land was under private ownership," she said.

The Town of Herndon's adopted master plan for the downtown envisions a mix of retail, office and residential development, to include four-story, mixed-use/residential structures; three-story mixed-use/commercial structures; a jointly-funded public/private parking structure; an arts center and more. The land is generally described as between Station Street to the east, Center Street to the west, south of the W&OD Trail, and north of Elden Street.

See the two proposals on the Town's website at www.herndon-va.gov/downtownrfp.

The community will also have the opportunity to ask questions at the community meeting at 765 Lynn St.



Residents are invited Give Herndon's Town Council feedback on the redevelopment of historic downtown on Wednesday, June 8 or Tuesday, June 14, at Council Chambers.

OPINION

Talk to Your Teens

So much at stake as teens approach graduation and summer.

It's hard to talk to your teens and young adults about alcohol and drugs.

But consider this.

Last year, more people died in Virginia of heroin overdose than in car accidents, more than 700 in all. There have been multiple overdoses of high school students in the last few months, high school students like yours. At this point in the opiate epidemic, you also need to talk about heroin and pills.

On graduation day in 2007, West Potomac High School endured the unimaginable tragedy. Two young women who had graduated just hours before died in a car driven by another young woman who had alcohol in her system. The driver and another passenger, a 2005 West Potomac graduate, also died in that crash.

More recently, in June, 2015, Alex Murk and Calvin Li, shortly after graduation from Thomas Wootton High School in Rockville, Maryland, died in a car accident after leaving a party where alcohol was served. The owner

EDITORIAL

of the house where the party took place, the father of the student hosting the party, was fined for knowingly allowing underage drinking. A newly passed law in Maryland, named for Alex and Calvin, means parents who knowingly host underage drinking parties in Maryland could face the possibility of up to a year in jail if an underage drinker leaves their home and is injured or killed in a car crash. The driver recently pled guilty to two counts of vehicular manslaughter.

Summer is the most dangerous time of year for teenagers.

Many teenagers will be celebrating, or possibly self-medicating, with alcohol. Many will engage in binge drinking.

While drinking and driving, or getting into a car with a driver who has been drinking, can kill, there are many other problems that come along with binge drinking. The question of consent and sexual activity looms. Young men and women need to hear from their parents that they are expected to respect the idea of

consent, all the more so in circumstances where alcohol or drugs might be involved. The potential consequences are enormous.

Parents owe it to themselves to talk to their teens about it, even as the teen turns away, rolls eyes, and otherwise indicates he or she is ignoring everything you say, some information will go in. They do hear you. They can't hear what you don't say.

Keep talking. Tell them you love them. Tell them it's been too much work to get them to this point to risk losing them now. Tell them not to text and drive. Tell them not to drink and drive. Tell them not to get in a car with anyone driving who has been drinking or otherwise under the influence. Tell them to wear their seatbelts.

Tell them you'll come pick them up anytime that they need a safe ride home, with the only consequence that they have to talk to you about it the next day.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

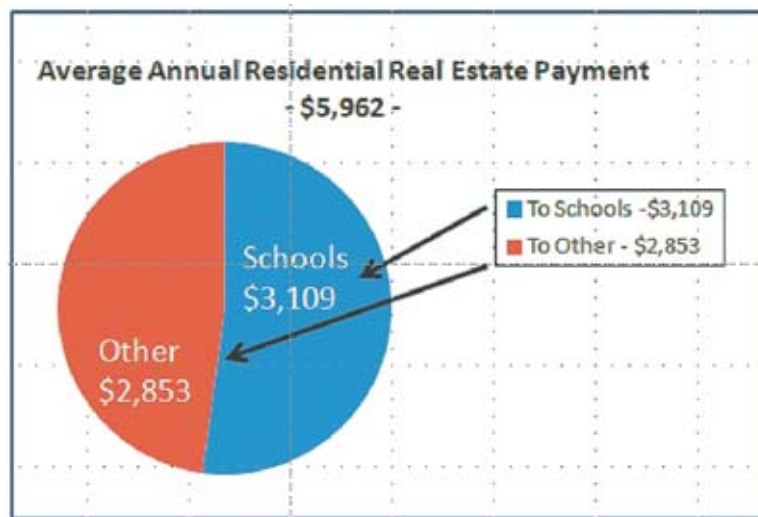
Seniors Unfairly Tapped for School Budget

To the Editor:

The May 19-25, edition of the Connection had an opinion page article titled, "In Search of Diversified Revenue – Fairfax County residents expect to see meals tax question on November ballots." The article began by saying that local governments pay for almost all of local services, including schools, by taxing a single industry, property owners.

It's time to address a real estate tax inequity, i.e., the continued full taxation of elderly homeowners who have not had children in the school system for years and years. The average annual real estate tax per household after the recent FY 2017 rate increase is \$5,962; 52.2 percent of that (a little over \$3,100) goes to support the county school system. (See chart.)

Residential homeowners pay the full real estate tax whether or not they have children in schools.



There is never any age at which a homeowner sees a dime's decrease in his or her taxes. Parents of students do not pay any "tuition."

My proposal is that elderly homeowners, starting at age 65 or maybe 70, be given a small "tax forgiveness" rebate, funded by a per-student user fee assessed at annual school registration. This would be revenue-neutral to the county. The fee would pass through the county from parents

to elderly taxpayers via a tax reduction. Here's the math for a hypothetical example for 65 year old and over taxpayers:

❖ The county's 2015-16 school enrollment is about 187,000 (K through 12).

❖ In 2015, there were about 412,000 housing units in Fairfax County (Source: "Demographic Reports 2015, County of Fairfax, Virginia"). In 2014, about 19.1 percent of housing units were oc-

cupied by persons 65 years old or older (Source: U.S Census Bureau, 2014 American Community Survey 1-Year Estimates"). So, assume that roughly 19.1 percent of those 412,000 housing units, or 78,692 units, were owned by 65-and-older persons (actual ownership data not available to author).

❖ An annual school system revenue-neutral "user fee" of \$100 per student, paid at the time of annual registration, would yield about \$18,700,000 (187,100 students x \$100).

❖ Now, spread the \$18,700,000 over about 78,692 housing units (the estimate of housing units owned by folks age 65 and over) and it would yield about \$238 per year for each of those senior households (\$18,700,000/78,692). That is a very modest 4.0 percent annual tax "rebate" from the average 2017 tax bill of \$5,962 per household. The seniors deserve a little break.

See what your supervisors think.

John A. Knight
Springfield

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Eight students from Fairfax County Public Schools — all attending Thomas Jefferson High School for Science and Technology (TJHSST) — have been named semifinalists in the 2016 Intel Science Talent Search. The students, with their project names, are:

❖ Jake Cui, A Machine Learning Approach to Identifying Ordered Binding

Regions on Order-disorder Protein Interfaces.

❖ Tarun Kamath, Marked Decreases in Pediatric and Young Adult Solid Organ Cancer Mortality in the United States Since 1940: Analysis and Hypotheses.

❖ Ava Lakmazaheri, Brain-actuated Robotics: A Logic-based Approach for Multimodal Programming and Operation of Assistive Humanoid Robots.

❖ Austin Mills, Demonstrating the Development of Heavy Metal Resistance

in Non-tolerant Multigenerational Brascara rapa.

❖ Kunal Shroff, The Relationship Between Lethality and Genomic Instability in Euploid and Aneuploid Yeast Cells Expressing Pathological Huntingtin.

❖ Matthew Sun, Hyperacute Temporal Resolution with a Neural Population for Biologically Plausible Firing Rate Change Detection.

❖ Jason Wei, Improving Lateral Flow Immunoassay Sensitivity by a Palladium-catalyzed Dye Reaction.

❖ Michael You, Two-degree-of-freedom Bubble Oscillations in Elastic Vessels and its Application in Sonar-induced Marine Mammal Injuries.

The 300 semifinalists were chosen from more than 1,750 entrants and will receive matching awards of \$1,000 along with their school.

This is the 75th year of the Science Talent Search, which Intel has sponsored since 1998, providing \$1.6 million in awards and scholarships to contestants.

Oak Hill & Herndon
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FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

The **LDS Church** at 1515 Poplar Grove Drive in Reston will hold a discussion led by scriptural scholars on "The Book of Mormon: Another Testament of Jesus." The class is from May 31 to Dec. 20. Free. Contact: 703-582-3169 or 7461810@mormon.org.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the

Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis.

Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction. No cost and yarn can be provided. Email shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

JUNE 11TH

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Mosquitos, Zika and a Healthy Summer

BY SENATOR TIM KAINE
U.S. SENATOR

As warm weather returns and the last days of school draw near, I'm sure that, like me, you're looking forward to spending a lot of time outdoors this summer. As you read troubling headlines from Latin America and other parts of the world about the Zika virus, I'm also sure you are concerned about how to keep yourself and your family safe.

Let's first understand the virus and the threat it poses to Virginia. According to the Centers for Disease Control and Prevention (CDC), the Zika virus spreads primarily through the bite of an infected Aedes mosquito, which is one of the types of mosquito present in Virginia during the summer months.

According to the CDC, Texas, Florida and Hawaii are likely to be the U.S. states with the highest risk of experiencing local transmission of Zika virus by mosquitoes, based on prior experience with similar viruses. However, additional states

are assumed to be at some risk due to the presence of Aedes mosquitoes. While, as of May 11, there have been 15 cases of Zika virus among individuals traveling abroad and returning to the Commonwealth (or among family members and close contacts of such individuals), there have been no recorded cases of someone contracting the virus from a mosquito in Virginia. Furthermore, while I'm writing this, no one has been shown to have acquired the virus from a mosquito bite anywhere within the continental United States.

Most people infected with the Zika virus display no symptoms. Among those whose infections do develop into Zika virus disease, the illness is largely mild and marked by fever, rash, joint pain and/or red eyes for two to seven days. An infection usually does not lead to hospitalization, and death from Zika is extremely rare.

As you probably already know, though, the virus does pose significant risks to a fetus during pregnancy. The CDC and the World Health Organization (WHO) have

both concluded that Zika infection during pregnancy is a cause of microcephaly and other severe fetal brain defects.

Because of the connection between Zika and birth defects and the rare health threats the virus can pose to infected individuals, it is important for us to prevent the spread of the disease now and minimize our own risk of infection.

On Thursday, May 19, the Senate voted to approve a bipartisan \$1.1 billion package to prevent transmission of the virus and treat infections. I also supported a larger \$1.9 billion package that provided more resources to the Department of State, the United States Agency for International Development (USAID), and the Department of Health and Human Services to address this crisis both at home and abroad. Combined with efforts already underway by the Virginia Department of Health (VDH) and many localities, this federal effort would ensure that a robust public health initiative is in place to help control this pandemic.

Zika virus spreads through bite of infected Aedes mosquito, a type present in Virginia in summer.

With public health officials at each level of government working to combat this disease, we should consider our own role in preventing infection and stopping the potential spread of the virus. VDH recommends that Virginians follow the CDC's guidance for preventing Zika. By visiting www.cdc.gov/zika/prevention or www.ZikaVA.org, you can learn about what types of insect repellent are most effective at preventing mosquito bites and how bed nets, water treatment tabs, permethrin spray and condoms can help prevent the transmission of the disease in your home and outdoors. On www.ZikaVA.org, you can see the state Zika plan and other Virginia-specific information. The CDC's site contains specific guidance for pregnant women (www.cdc.gov/zika/pregnancy), women and couples considering pregnancy (www.cdc.gov/zika/pregnancy/thinking-about-pregnancy) and parents (www.cdc.gov/zika/parents).

The Aedes mosquito does not fly far from where it breeds. Therefore, it is important to prevent the

population of mosquitoes from growing in and around your home. Make sure to use window and door screens; regularly clean, turn over, cover or throw out any indoor and outdoor items that hold water (e.g. tires, flower vases, toys, garbage bins); and use sprays or foggers to kill mosquitoes. For more information on where to look out for mosquitoes and what products to use in controlling them around your home, you can visit www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home.

It's important to reiterate that there are currently no reported cases of mosquitoes transmitting the Zika virus in Virginia or anywhere else in the continental United States. While this fact offers us some reassurance, it also provides us with a clean slate and golden opportunity to prevent or lessen the severity of a large-scale outbreak in the coming months. With proactive and responsive steps from all levels of government and due care from each of us, we can take control of this public health threat and enjoy this summer to its fullest.

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, June 14, 7-8 p.m.** This month's topic is "Caregiver Vacationing: How to Make it Work When You're a Caregiver". Register beforehand at www.fairfaxcounty.gov/olderadults and click on Caregiver Support/Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, June 15 at noon** at the Kings Park Library, 9000 Burke Lake Rd., Burke. (Please note new meeting location.) The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

Fairfax County is offering a free **Medicare 101 workshop, Wednesday, June 15, 2-4 p.m.** Learn the facts about health insurance for seniors. Reston Community Center, 2310 Colts Neck Rd., Reston. To register, call Karen Brutsché at **703-390-6157**, TTY 711.

Korean Meals on Wheels urgently needs drivers to deliver meals. Frail older adults are not receiving much-needed nutrition due to a shortage of drivers. (Speaking Korean not required.) Email VolunteerSolutions@FairfaxCounty.gov, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs **drivers, coordinators, and co-coordinators** for routes throughout the county. There is an urgent need for a route **coordinator** in the **Franconia** area. The majority of work for that position can be done from home via email and phone. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Gum Springs Senior Program** in

Alexandria is looking for a **Line Dance Instructor**.

For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Kingstowne Center for Active Adults** in **Alexandria** needs Instructors for the following classes: **Country-Western Line Dance, Hula Hoop and African Style Dance**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Hollin Hall Senior Center** in **Alexandria** needs instructors for the following classes: **Basic Woodworking, Italian and Ballroom Dance**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Wakefield Senior Center** in **Annandale** needs **Fitness Instructors**. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Vietnamese Meals on Wheels needs drivers in **Annandale** to deliver meals. (Speaking Vietnamese not required.) For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Bailey's Senior Center** in **Falls Church** is in need of a **Volunteer Trip Assistant**, for weekly shopping trips.

For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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Staying Safe This Summer

Tips and precautions for avoiding warm-weather hazards.

BY MARILYN CAMPBELL
THE CONNECTION

The start of summer means pools and backyard grilling. It also means an increased risk of accidents and injuries. Local safety officials are offering safety tips during June, which is National Safety Month.

With warm weather come health threats posed by ticks and mosquitoes. In addition to the Zika virus, which is not currently a local threat, mosquitoes can carry the West Nile Virus, while ticks can spread Lyme disease.

Recommended defenses against these pests include using insect repellent to protect against mosquito bites and eliminating potential mosquito breeding sites like pools of standing water or heavily foliated spaces such as tall grass, where bugs often hide.

"We ... have to be prepared and be ready in the event that we get local spread of [the Zika virus]," said Mary Anderson, a spokeswoman for Montgomery County. "The information on preventing bites and ridding your property of mosquitoes is good whether we have Zika or not."

Local county health departments, including Montgomery and Fairfax, have established websites with current information on the Zika virus. Anderson also recommends a Zika virus webpage, created by the Centers for Disease Control, which includes a map with updated information on areas where Zika is spreading: <http://www.cdc.gov/zika/index.html>

"We're taking the Zika virus seriously and preparing as though as though it could be a potential threat," said Kurt Larrick, spokesman for the Arlington County Department of Human Services.

In addition to insect bites, time spent outside in hot weather can lead to heat-induced illnesses like sunburns, heat rashes, heat exhaustion and heat stroke, and the elderly and very young children are at greatest risk. Health officials say that the best lines of defense include limiting sun exposure, especially between 10 a.m. and 4 p.m., the period considered the peak intensity hours. Wearing a hat and sunglasses that provide 97-100 percent protection against

Safety Tips

From the Centers for Disease Control
Water Safety

- ❖ Learn how to prevent recreational water illnesses (RWI)
- ❖ Always supervise children when in or around water.
- ❖ Teach kids to swim.
- ❖ Learn CPR
- ❖ Install a four-sided fence around home pools.
- Boating Safety
- ❖ Wear a properly fitted life jacket every time you and your loved ones are on the water

Heat Safety

- ❖ Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- ❖ Dress in loose, lightweight, light-colored clothing.
- ❖ Schedule outdoor activities carefully, for morning and evening hours.
- ❖ Stay cool with cool showers or baths.
- ❖ Seek medical care immediately if you or your child has symptoms of heat-related illnesses

Sun Safety

- ❖ Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
- ❖ Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

Protection from Mosquitoes and Ticks

- ❖ Use an effective insect repellent when spending time outdoors.
- ❖ Make your backyard a tick-safe zone.
- ❖ Check yourself and your children for ticks.

Prevent Injuries

- ❖ Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained.
- ❖ Supervise young children at all times around fall hazards, such as stairs and playground equipment.
- ❖ Use stair gates, which can help keep a busy, active child from taking a dangerous tumble.
- ❖ Learn concussion signs and symptoms and what to do if a concussion occurs.
- ❖ Make sure kids and teens wear the right protective equipment for their sport or recreation activity.

For More Information

Fairfax County
<http://www.fairfaxcounty.gov/living/summer/>

both UVA and UVB rays, and applying sunscreen even on cloudy days and reapplying it every two hours or after swimming or sweating are also advised.

"You want to dress lightly and intake a lot of fluid, but avoid alcohol and sugary, sweet drinks when you're in the heat," said Captain Troy Gibbs, a spokeswoman for the Alexandria Fire Department's Community Services Unit. "Staying hydrated by drinking a lot of water is your best bet."

Health officials recommend checking on elderly neighbors who don't have air conditioning and avoiding leaving pets, small children and older adults in small, enclosed spaces like cars, where conditions can turn deadly even after a short period of time in extreme heat.

Local county facilities, including libraries and community centers, are air conditioned and open to the public. Know the warning signs that it's time to get out of the heat, says Gibbs.

"If they stop sweating, that can be a bad sign," she said. "Profuse sweating can be an indicator that the body is trying to compensate, but if a person stops sweating totally, that is usually not a good

sign." While spending time at the pool is a popular cooling method during hot weather, residents should be aware of the potential threat of recreational water illnesses (RWI). Taking a shower with soap and checking the diapers of small children frequently can help keep germs that lead to RWI out of pool water. Health officials say that chlorinated water doesn't kill all germs, diapers sometimes leak and both adults and children should stay out of the public pool when they are sick. Other preventative measures include frequent hand washing, discouraging children from drinking water that is used for swimming and giving young children bathroom breaks at least every 60 minutes.

"We take safety seriously all the way across the board from pools to barbecuing to riding bikes and even walking," said Larrick.

In addition to RWI, other water-related dangers spike during the summer. Ensuring that children know how to swim, watching young children very carefully when they are near water, swimming with a partner and wearing a life vest when boating are important safety precautions.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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South Lakes Softball Beats South County at Regionals

Seahawks advance to 6A North region semifinals.

BY JON ROETMAN
THE CONNECTION

The 2015 South Lakes softball team ended its season with a loss at South County in the opening round of the 6A North region tournament. The Seahawks had their best season in years but weren't able to knock off the defending state champions.

One year later, an improved and more experienced South Lakes team returned to Lorton for another crack at the Stallions. This time, it was the Seahawks who walked away a winner.

Second baseman Calista Somer drove in a pair with a bases-loaded single in the top of the eighth inning, sophomore pitcher Aly Rayle tossed a four-hit shutout and South Lakes defeated South County 2-0 in the region quarterfinals.

The Seahawks, who earned a rare region tournament victory over Battlefield in the opening round on May 24, faced Madison in the semifinals on Tuesday, after The Connection's deadline.

While Rayle shut down South County, the Conference 7 champion, South Lakes left eight runners in scoring position through seven innings and the teams went to extras locked in a scoreless tie. South Lakes loaded the bases with one out in the eighth, but after a foul out to the catcher, the Seahawks were in danger of squandering another scoring opportunity.

That's when Somer, a four-year varsity player, stepped up.

After falling behind in the count 0-2, Somer smacked an opposite-field single to right, which drove in the first runs of the game and gave South Lakes a 2-0 advantage.

"Eleni [Petersen] was on third one time with two outs [in the fourth inning] and I ended up [making an] out," Somer said, "so I didn't want it to happen again."

Somer was 0-for-3 in her three at-bats prior to delivering the game-winning hit.

"She's not shy," second-year head coach Carlos Soto said. "...



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Aly Rayle, seen earlier this season, and the South Lakes softball team defeated South County on May 26 in the 6A North region quarterfinals.

if you challenge her, she's going to come right back at you."

Rayle retired South County in order in the bottom of the eighth, putting the finishing touch on a complete-game shutout.

Then-senior Tess Rayle, Aly Rayle's sister, pitched in last year's region tournament loss to South County. On Thursday, the sophomore Rayle did not allow a South County runner to reach third base. Rayle allowed four hits, walked one and struck out 10 in eight innings.

While Rayle answered postgame questions from a reporter, South County head coach Gary Dillow stopped and told the South Lakes hurler: "You were freakin' awesome. Great job."

"It's really exciting," Rayle said about helping South Lakes softball improve. "You can just feel the energy in the dugout and the energy at practices. You can really feel how motivated we are to improve our program."

South Lakes left fielder Petersen finished 2-for-3 with a double and a walk. Center fielder Rachel Abelson went 2-for-4 with a double. Designated player Natalie Pritz, catcher Danielle Barr, first baseman Anne DiMaio, Somer and right fielder Melanie Hempel each

had a hit for South Lakes.

South County pitcher Aubrey Bates suffered the loss. The senior allowed two earned runs and nine hits in eight innings. She walked three and struck out six. She pitched her way out of several jams before surrendering two runs in the eighth.

"She was in trouble all night and we found ways out of it," Dillow said. "Just real proud of her. She pitched her heart out like she does every time. Shut a team out for seven innings, it should be enough. We just didn't get her any runs."

South County center fielder Victoria Figueroa, third baseman Mollie Maglich, catcher Emma Yates and second baseman Sydney Haas each had a hit.

South Lakes needed to defeat Madison on Tuesday to earn a state tournament berth. The Seahawks suffered a 2-0 road loss to the Warhawks on April 5 and were on the wrong end of a 2-1 home game on April 29 that took 10 innings to finish. Thursday's win improved South Lakes' record to 17-7. South County ended the year with a 19-6 record.

"It's crazy," Somer said. "We've come such a long way. We did to them what they did to us last year."



PHOTOS BY Ed Lull

South Lakes High School junior Devyn Jones ran a 14.74 for fourth place in the 100 meter hurdles finals, which broke the record she set last month.

South Lakes Sets Two School Track and Field Records

South Lakes High School junior Devyn Jones and the girls 4x800 meter relay team had school record setting performances at the 6A North Region Track and Field Championships May 26-27 at James Robinson Secondary School. The Seahawks will send 22 athletes to the Virginia High School League 6A State Track and Field Championships June 3-4 in Newport News.

Jones ran a 14.74 for fourth place in the 100 meter hurdles finals, which broke the record of 14.99 that she set at the Arcadia (CA) Invitational last month. She also finished third in the 300 hurdles (46.09) and 10th in the long jump (16-05.00).

Freshman Sophie Halkett, sophomores Olivia Beckner, Sarah Wolfe and senior Golden Kumi-Darfour ran a 9:20.81 for fourth place and a school record in the 4x800 relay. The previous mark of 9:24.37 was set at the 2015 region meet.

Both the boys and girls 4x400 relay teams finished second:

Jones, Halkett and Kumi-Darfour teamed with senior Monica Lannen for a 3:58.25 finish. Junior Ashton Reinhold and seniors Nikolai Waithe, John LeBerre and Skander Ballard ran a season-best time of 3:22.15.

Ballard finished second in the 400 meters (48.29) and sixth in the 200 (22.49). LeBerre took third in the 800 meters (1:55.19) while Kumi-Darfour (2:14.23) and Beckner (2:15.44) were fifth and seventh, respectively, in the girls 800. LeBerre, juniors Peter Sepulveda, Jack Watkins and sophomore Alex Loukili ran a season-best 8:03.58 for sixth place in the 4x800 meter relay.

Senior Anas Fain finished second in the 110 high hurdles with a personal best time of 14.44 and was eighth in the 300 hurdles (40.28). Senior Isaac Mensah was eighth in the shot put (45-08.25).

Junior Nikayla Hoyte was fifth in the long jump (17-04.50) and eighth in the 200 meters (25.76).



From left — Golden Kumi-Darfour and Sarah Wolfe helped South Lakes 4X800 relay team set a new school record of 9:20.81.

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

Truths in False Positives. June 11-26. ArtSpace Herndon, 750 Center St., Herndon. Sherwood Gainer's Pattern Recognition: Truths in False Positives offers vibrant and often chaotic abstractions, and explores how visual cues from a canvas can inform a dialog unique to each observer. artspaceherndon.com. 703-956-9560.

Technology Changing Arts. May 24-June 1. ArtSpace Herndon, 750 Center St., Herndon. Exhibit featuring a selection of winners and entries in the 11th Annual Council for the Arts of Herndon Tech Arts Competition in categories including digital art, digital photography, and digital animation. artspaceherndon.com.

"City of Angels." Through June 5. NextStop Theatre, 269 Sunset Park Drive, Herndon. Award-winning musical. Contains adult content. <http://www.nextstoptheatre.org/>.

Herndon Town Calendar Photography Competition. Deadline June 7 at 2 p.m. ArtSpace Herndon and the Council for the Arts of Herndon present the Sixth Annual Herndon Town Calendar Photography Competition. Professional and amateur photographers are invited to submit entries to the Herndon Town Calendar Photo Competition. Subjects for all entries must be located within the corporate limits of the Town of Herndon. artspaceherndon.com. 703-956-9560.

Integral Tai Chi. 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-\$5. 703-464-6200.

THURSDAY-SUNDAY/JUNE 2-5

Herndon Festival. Thursday: 6-10 p.m. Friday 5-11 p.m. Saturday: 10 a.m. - 11 p.m. Sunday: 10 a.m. - 6 p.m. Herndon Town Green, 777 Lynn Street, Herndon. Four-day outdoor festival with three entertainment stages, a carnival, two fireworks displays and more. All ages. Visit www.herndonfestival.net for more information.

SATURDAY/JUNE 4

Jimmy Gaudreau and Moondi



PHOTO CONTRIBUTED

Jimmy Gaudreau and Moondi Klein will showcase their bluegrass chops at Holy Cross Lutheran Church in Herndon on Saturday, June 4.

Klein. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Free/\$15. These two legendary bluegrass musicians, as a duo, are something to behold. 703-435-8377.

Virginians who participated in the 1970's movements for equality, particularly the Chicano movement, discuss their experience in light of the novel "Bless Me, Ultima" by Rudolfo Anaya. Recommended for adults. artspaceherndon.com. 703-956-9560.

THURSDAY/JUNE 9

Paint the Story. 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. Melanie Stanley will usher participants into the indigenous Mexican culture as depicted in the book "Bless Me, Ultima" by Rudolfo Anaya. Register at artspaceherndon.com. 703-956-9560.

FRIDAY/JUNE 10

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center St., Herndon. Seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea. Free. artspaceherndon.com.

Chicano Movement of the 1970s. 1-3 p.m. ArtSpace Herndon, 750 Center St., Herndon. Northern

SATURDAY/JUNE 11

Dead Men's Hollow. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Free/\$15. Magnificent three part female vocal harmony is the centerpiece of this fine group and male voices round things out appropriately. 703-435-8377.

SUNDAY/JUNE 12

Dance Off and Stories from Mexico. 2-4 p.m. ArtSpace Herndon, 750 Center St., Herndon. With guest Acoatzin Torres. Free. Seating limited. Register at artspaceherndon.com.

PHOTOGRAPH BY KATIE AND TONY DE LA PAZ/COURTESY OF CLASSICAL BALLET THEATRE

Classical Ballet Theatre dancers perform "Standing in Tears and Wet Stones," by Ronen Koresh, Artistic Director, Koresh Dance Company. Pictured front left is Camille Passante, who will be dancing with Pittsburgh Ballet Theatre next year, and front right is Sonia Boroday, who attends Thomas Jefferson High School for Science and Technology.



Classical Ballet Theatre Dancers Thrill Audience

Classical Ballet Theatre's (CBT) dancers thrilled audience members with a contemporary gala at CenterStage in Reston Community Center on Saturday, May 14. The highly celebrated event featured works choreographed by esteemed CBT faculty as well as by internationally acclaimed choreographers. Among these is Ronen Koresh, founder and artistic director of Koresh Dance Company in Philadelphia.

In 1991, Koresh founded Koresh Dance Company, which quickly became renowned for performing works that are very technical and emotionally powerful. Rather than limiting himself to a specific technique, Koresh uses a unique blend of jazz, modern and ballet to convey movement that is ever evolving. This made his choreography a perfect fit for CBT dancers, who train extensively in ballet and modern.

"Mr. Koresh has a signature

style that is highly valued," said Meghan Rudorfer, director of CBT's Contemporary Program. "It is very rare for him to allow another company - much less pre-professional dance students - to perform his work. We at CBT felt so honored to have this privilege."

The highly expressive Koresh choreography that CBT dancers performed is titled "Standing in Tears and Wet Stones." Before the gala, Koresh visited CBT to review dancers' progress with the challenging work, and he gave them his personal stamp of approval to perform the piece. The gala also included inspiring works by CBT faculty members Meghan Rudorfer and Tara Henderson, who formerly danced with Martha Graham 2 and Alvin Ailey, respectively. The evening also highlighted choreography by Michael Shannon, Lauren Edson, and Iquail Shaheed. For more information about CBT, please visit <http://www.cbntva.org>.

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editors@connectionnewspapers.com

Just a Regular Guy, Hopefully



By KENNETH B. LOURIE

As a long-time cancer patient (seven-plus years), I have heard much cancer talk. I have not read nearly as much, as I was advised early on by my primary care physician to try and refrain from going online too often to research my condition/treatment because the information provided can sometimes be misleading; given my own unique set of medical circumstances, it might not pertain to me, exactly. Mostly I have followed his suggestion. One time, I remember, I couldn't resist and "Googled" my chemotherapy drug. Nine to 12 months was the prognosis. I've lived three-plus years ever since. And though I certainly understand and appreciate the relevance and availability of the "information super-highway," I have, generally speaking, tempered my enthusiasm for such investigative pursuits.

However, as much as I've followed my doctor's advice, I have not been a total blockhead. And one of the concerns I've come to believe is, that with many cancer patients, it's not the actual cancer that kills them but rather the collateral damage the treatment causes to other vital organs, systems, areas of the body, etc. As a matter of fact, I'm living proof, sort of. Presumably, because of seven-plus years of chemotherapy, I have irreparable kidney damage and some unspecified liver damage. Accordingly, every four weeks when I go in for my pre-chemotherapy lab work, my levels of creatinine (kidney) and bilirubin (liver) are measured (among many others) to determine if my treatment can proceed or if waiting a week for a retest would be more prudent. At some point, I think (fear) that I'll have to stop treatment because the damage to certain major organs (as indicated by the levels of bilirubin and creatinine) will pose such a risk/complication that continuing the previous/current course of treatment would be irresponsible (heck, maybe even malpractice, for all I know). The cancer, then untreated, could potentially cause further life-threatening problems. Consequently, I'm always mindful of, and sensitive to, changes/deficiencies I'm experiencing that might indicate a bodily function is no longer working properly: "collateral damage."

Recently, I've had such an occurrence. It's nothing major, so far as I know, and I certainly don't have any supporting lab work to corroborate anything since I'm between infusions, but I've had some difficulty eliminating. Now I don't know if this is a function of age, something I ate and/or drank, something I didn't eat and/or didn't drink or fearfully the cancer doing what it often inevitably and destructively does, but it's atypical, and from what little I've learned over these years, new problems/conditions are noteworthy, generally. As such, this past weekend has been particularly challenging, emotionally as well as physically, not to go to a bad place when you're not able to go all. I wish I could take it all in stride, but left to my own thoughts and chronic discomfort, I find it difficult not to wonder if I have crossed some sort of Rubicon and moreover, worry that the amazing good fortune I've experienced since being diagnosed in late February, 2009, has finally begun to give way to reality. Perhaps, I just need to remember what my Auntie Irene used to say: "This too shall pass," and think ahead, not behind.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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News



PHOTO CONTRIBUTED

Cadets march to military music and conducted a 'Pass in Review Salute' to the outgoing seniors.

Herndon High Cadets Hold Spring Awards and Change of Command Ceremony

Cadets from Herndon High School Navy Junior ROTC held their Spring Awards Ceremony Friday May 13 to recognize cadets for their work and accomplishments from the past school year. The evening began with a dessert reception hosted by the NJROTC Booster Club for all cadets and their families. Representatives from the American Legion, Daughters and Sons of the American Revolution, and the Scottish Rites Freemasonry were on hand to make special awards to the top cadets. After awards and recognition of their achievements, the cadets executed a military style Change of Command in which rising juniors relieved the current leadership of the Corps of Cadets of their responsibilities for the unit. Jonathan Frohm, Herndon High School director of Student Activities delivered remarks. After the seniors were officially relieved the cadets marched to

military music and conducted a "Pass in Review Salute" to the outgoing seniors. Finally, in the long tradition of the Navy, the outgoing leaders were "piped ashore" through a set of "Cadet Side Boys and Cadet Bosun" to symbolize their departure from the Corps of Cadets. Captain Adler and Senior Chief John Maness, the Navy JROTC Instructors at Herndon High School, stated that they were extremely proud of the cadets for not only the military precision of the ceremony but for organizing and managing the hundreds of details required to plan and execute the event. Captain Adler also recognized Melissa Lippmann, the outgoing Booster Club president for resurrecting the Boosters Club which has contributed to every major event this year by running concessions, organizing spirit wear and setting up the organization for the future.

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on the Friday prior to the following week's paper.

SATURDAY/JUNE 4

Clean the Bay Day. 10 a.m.-noon. An annual opportunity for the whole family, office, civic or church group—anyone!—to give back to local waterways. For more information or to sign up, go to, <http://www.cbf.org/events/clean-the-bay-day/northern-va/reston>.

WEDNESDAY/JUNE 8

How Can State Laws Differ from Federal Laws. 7:30-9 p.m. Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston.

Sponsored by the League of Women Voters — Reston. Free. Open to the public (men and women). 202-263-1311. Background papers at www.lwv-fairfax.org.

SATURDAY/JUNE 18

North county Governmental Center Grand Opening and Open House. 10 a.m.-2 p.m. 1801 Cameron Glen Drive, Reston. Family-friendly event includes public safety interactive displays, vehicles to explore and tours of the police station. For

more information and to RSVP by email at huntermillRSVP@fairfaxcounty.gov or call 703-478-0283.

ONGOING

The **Herndon Adult Day Health Care**

Center needs a bingo caller and an art therapy assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Herndon Senior Center** needs a volunteer trained in taking blood pressure, Social Visitors and a Baked Goods Table Manager. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Wings of Magic

Help Herndon sign the Mayors for Monarchs pledge to increase monarch butterfly habitat and population.

BY KEN MOORE
THE CONNECTION

Carol and Jay Hadlock take precise details to facilitate the birth of monarch butterflies in their Herndon home. They hope their efforts are one part of a cross-continent movement to save the extinguishing monarch butterfly population.

"You can tell when they are getting ready to lay eggs because they hang from the underside of the leaf," said Jay Hadlock.

One female monarch can lay more than 400 eggs.

"When we see some activity like that, we'll wait for a couple of days, then we'll go out and check on the milkweed, we'll carefully lift up that leaf, carefully break that leaf off and bring it inside and put it in a cage," he said.

"Nature takes its course," he said. "And if the eggs are viable and hatch, a tiny caterpillar will start to feed on that milkweed."

The Hadlocks continuously feed the caterpillars milkweed leaves, the only thing they will eat, and the fortunate caterpillars get bigger and bigger. "It sheds its skin several times and when it's ready, it climbs up the side of the cage and spins a silvery thread and hangs from the top of the cage," said Hadlock.

The caterpillar then develops into a chrysalis.

The Hadlocks describe the exact colors of the chrysalis, and how the colors change when a butterfly is about to emerge.

When a monarch hatches about 10 days after the chrysalis is formed, it will open its wings to dry a couple of days.

The Hadlocks said they grew tired of missing the moment of the birth, so now they just sit, wait and watch. They always ask themselves how such dazzling monarch butterfly wings can emerge from such a tiny sack.

"It's magic," said Della Brown, who also plays midwife to the butterflies with her husband Bill Brown.

Last year, Jay and Carol had 81 monarch butterflies babies, that they helped fly out of their nest en route to the butterflies' winter habitat.

These butterflies are the third generation, and their children become the last generation that makes it to Mexico.

"If all goes well, it will get to Mexico," he said.

THE MONARCH POPULATION has declined by more than 90 percent in the past two decades. Twenty years ago, more than one billion Eastern monarch butterflies migrated to Mexico. In the winter of 2014, only 60 million made the trip, according to the National Wildlife Foundation.

Last Wednesday at Runnymede Park in Herndon, Mayor Lisa Merkel became the first mayor in Virginia to sign her commitment to help save the monarch butterfly.



Friends of Runnymede Park watch Mayor Lisa Merkel sign the Mayor for Monarchs pledge. The Town will initiate efforts to help the monarch butterfly population, which has dwindled by 90 percent the last two decades, according to the National Wildlife Federation.



Carol Hadlock said "It's very easy, very easy" to include milkweed in private gardens. Monarch butterflies need milkweed plants to lay their eggs; it is the only thing their caterpillars will eat. "We like the saying, if you plant it they will come," said Hadlock.

See www.nwf.org/mayorsmonarchpledge. Monarch scientists attribute the decline to degradation and loss of summer breeding habitat in the U.S., and loss of winter habitat in Mexico, according to the National Wildlife Federation. Western populations of monarch butterflies that overwinter in California are also in decline.

"The idea is to get people to plant milkweed, encouraging the butterflies to lay eggs and raise these caterpillars that will turn into butterflies and send them on their way to Mexico," said Carol Hadlock, presi-

dent of The Friends of Runnymede Park.

They planted a couple of milkweed plants in a new monarch garden at Runnymede. They do so in their own gardens as well.

"Once it gets started it goes on its own. We like the saying, if you plant it they will come," said Carol Hadlock.

"It's very easy. It's very easy," she said. "And Friends of Runnymede park are trying to get plants that we can sell to people to plant in their own gardens. More and more nurseries are also starting to carry it because the word of the monarch butter-

Mayors for Monarchs

Verbatim: The monarch butterfly is an iconic North American species whose multigenerational migration and metamorphosis from caterpillar to butterfly has captured the imagination of millions of Americans. We, the undersigned Mayors and local government chief executives, are deeply concerned about the decline of the monarch butterfly population.

Municipalities in particular can provide habitat at public parks, median strips, community gardens and municipal buildings that serve as community hubs such as recreation centers and libraries. Schools, homes and businesses can all provide essential habitat for monarchs too. Simple changes in landscaping ordinances or school policies can make a big difference for the monarch. Educating citizens about how and where to grow milkweed is also a key piece of the puzzle. Creating habitat and educating citizens will benefit other pollinators that need healthy habitat as well.

When Mayors speak up and take a stand, citizens notice. Therefore, we hereby commit to help restore habitat for the monarch and encourage our citizens to do the same, so that these magnificent butterflies will once again flourish across the continent.

SOURCE: www.nwf.org/mayorsmonarchpledge

PHOTOS BY KEN MOORE/THE CONNECTION

flies is really spreading. It's encouraging."

MILKWEED IS THE ONLY thing that the caterpillar can feed on, said Hadlock. "So even if we get monarch adult butterflies and there's nothing for them to lay their eggs on and for these to hatch and have their caterpillars feed on we're not making any progress."

In addition to the site of the monarch butterfly waystation planted by the Friends of Runnymede Park, the Town plans to include information distribution at the Herndon Farmers Market by the Herndon Environmental Network; a monarch butterfly activity at Farmers Market Fun Days on July 28; and inclusion of a monarch butterfly station in the town's annual Nature Fest, Sept. 25 at Runnymede Park.

Friends of Runnymede Park will make milkweed plants available for sale on the garden tour on June 18. The Hadlock's home and garden is on the tour, and they and the Browns will be available to answer questions on how they plant their own garden to attract monarch butterflies.

"This year, we thought we had a bit of a rebounding populations and then in March there was a historic storm that came through the forest and knocked down trees and killed millions and millions of them," said Carol Hadlock. "So we're back to needing to build it up again. This whole project is to encourage people in the Town of Herndon, public and private citizens and everything, to plant milkweed."

"It's just became an iconic insect and iconic butterfly, kids in school do whole units on raising butterflies and learning about this metamorphosis," said Carol Hadlock. "It would be such a terrible shame to lose the monarch."