Butterflies May Be In Trouble
`Senior Living`

**“Flourishing After 55”**
Office of 55+ Programs  
Department of Parks and Recreation  
300 N. Park Dr., Arlington, VA  
22203 703-228-4747

55+ Programs are in person at 55+ Centers unless otherwise noted. A 55+ Pass is required to participate starting at a $20 annual fee. To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Registration is open for 2024 Northern Virginia Senior Olympics to be held Sept. 14-29. Register online at www.nvso.us. Cost $20 for multiple events. For more information, email nvso1982@gmail.com.


Medicare’s prescription drug benefit explained by VICAP counselors, Wednesday, Aug. 14, 10:30 a.m. – 12 p.m., virtual. Register by calling 703-228-1725 or email, MedicareHelp@arlingtonva.us.

“Cold War Virginia” authors Gary Powers Jr. and Chris Sturdevant, will discuss several top-secret intelligence bases in Virginia and their critical role in protecting our national security during the Cold War. Thursday, Aug. 15, 11:30 a.m., virtual. Registration # 914400-31.

Virtual tour of Bolivia, fourth in a series of five South American countries, Thursday, Aug. 15, 12:45 p.m., Lubber Run 55+ Center. Presented by 55+ Center Director Ashley Gomez. Registration # 914400-41.

Introduction to online payments, learn how to use Venmo, CashApp and PayPal services, Thursday, Aug. 15, 6 p.m., Lubber Run 55+ Center. Presented by 55+ Center Director Ashley Gomez. Registration # 914403-05.

55+ Travel group will visit the “Bond in Motion” exhibit at the International Spy Museum, Friday, Aug. 16. Cost $52, Arlington resident; $60, non-resident. Registration # 902408-08.

Chess games, Monday, Aug. 19, 9:30 a.m. – 2:30 p.m. Madison Community Center. Players of all levels and newcomers are welcome. Drop-in.

Movie matinee, “Next Goal Wins” (2023) (PG-13), Monday, Aug. 19, 1 p.m., Arlington Mill 55+ Center. Registration # 914804-08.

55+ Travel group will visit the Tanger Outlets at National Harbor or the MGM Casino, Tuesday, Aug. 20. Cost $12, Arlington resident; $14, non-resident. Registration # 902408-09.

Genealogy 101, learn to use primary sources, grave sites, family records, DNA services and more, Tuesday, Aug. 20, 11:30 a.m., Lubber Run 55+ Center. Led by experienced genealogist Eileen Bogdanoff. Registration # 914402-03.

Introduction to online payments, learn how to use Venmo, CashApp and PayPal services, Thursday, Aug. 15, 6 p.m., Lubber Run 55+ Center. Presented by 55+ Center Director Ashley Gomez. Registration # 914403-05.

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Piano lounge and sing-along with Valerie Welsh, featuring summer songs, Wednesday, Aug. 21, 4 p.m., Lubber Run 55+ Center. Registration # 914304-20.

Opera appreciation group to discuss and hear musical selections from “Tannhauser” by Ger...
Neighbors Across Arlington Enjoy National Night Out

By Shirley Ruhe

Neighbors in communities across Arlington closed their doors and ventured out to celebrate National Night Out on Aug. 6. This nationwide event is held the first Tuesday in August to help people get to know their neighbors and to foster good community relations with the police and other emergency responders.

Cherrydale Library was one of 19 spots around Arlington that sponsored an event. Other areas included Barcroft Apartments, Amazon, Green Valley Civic Association, Melwood and Virginia Gardens AHC.

Sliders were provided by Burger Billy’s Joint just down the street from the Cherrydale Library. “I brought 80, 40 cheeseburger sliders and 40 hamburgers but cheeseburgers are the 3-1 favorite for sure.”

“Mmmm,” someone commented. “I don’t get out much but I’ll have to give you a try.”

Neighbors spread across the yard outside the library chatting about vacations and watching their children chase each other around the tables. Three-year-old Tina and one-year old Sylie Sherman from just down the block were favoring the long plastic wrapped popsicles. Their mom explained she came here because there is free food and she doesn’t have to make dinner and they had a library book on hold. “It’s a double whammy.” She tells Tina, “No more grapes, you can have a bottle of water or another burger instead.”

Del. Patrick Hope mingled in the crowd chatting with some about the very hot weather and others about the legislation he finally got passed making it illegal to hold prisoners in solitary confinement. “It’s been a long battle but now we’ve done it.”

ACPD Deputy Chief enticed several children to find the surprises in the large paper bag he was holding while other members of the ACPD Community Engagement division passed out stickers. “Every kid loves stickers.” The bean bag throw was popular and if you liked music, there was a sing along inside the library on the second floor.

See National Night Out, Page 7
Cure for Olympics Withdrawal

2024 Northern Virginia Senior Olympics offers 70 events.

Source: www.nvos.us

“The 2024 Northern Virginia Senior Olympics (NVSO) may not have breakdancing or pole vaulting or water polo, but we do have 70 plus events including track and field, swimming, cycling, pickleball, bocce, and so much more beginning Saturday, Sept. 14,” said Chair Riley Geary. “Hundreds of folks are registering as they check out the wide variety of both indoor and outdoor events,” he said. “We also award gold, silver and bronze medals at each event and encourage families to attend,” he said. Online registration closes Thursday, Aug. 29 at www.nvos.us. The fee of $20 covers a multitude of events.

Participants must be 50 years of age by Dec. 31, 2024 and live in a sponsoring jurisdiction. “Last year we hit a record number of registrations and are prepared for even more this year,” said registration chair Herb Levitan. “We have also added new events including a Sudoku pentathlon, a 100 yard individual medley to the swimming events, and badminton and bunco are returning this year,” said Levitan.

NVOS opens Saturday, Sept. 14 at the Thomas Jefferson Community Center in Arlington and closes Sunday, Sept. 29 after 10K and 20K cycling events. Throughout the two weeks of competition, events will take place at 26 different venues throughout Northern Virginia.

Sponsors of the NVOS are Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, Loudoun County, Fairfax County, Fauquier County and Prince William County. NVSO is also supported by patrons including AARP Virginia, Adobe, Anthem Healthkeepers, Goodwin Home Health, Greenspring by Erickson Senior Living, Johns Hopkins Health Plans, Sentara Health Plans, The Jefferson, The Virginia, The Woodlands and the Woodbine, Alexandria and Mount Vernon Rehabilitation & Healthcare Centers.

NVSO is a non-profit, 501(c)3 thus making donations tax deductible. Revenues received from registration, patrons and individual donations are used for equipment, judges, event officials, T-shirts for participants plus volunteers, graphics and flyers. There is no paid staff. Committee members include representatives and volunteers from the sponsoring jurisdictions.
ENTERTAINMENT

CENTER FOR OPPORTUNITY ARLINGTON

The Centers for Opportunity Arlington is a safe, stay-free place to spend time for those recovering from homelessness, substance use, and mental illness. It has a donation closet that needs adult clothing and shoes. Some participants at the Center are looking for jobs and need the proper attire. Located at 2110 Columbia Pike, Suite 101, Arlington. Contact Greg, Program Coordinator at 703-567-1346.

THURSDAYS THRU NOV. 21
Ballston Farmers Market
Every day from 3-7 p.m. At Wellburn Square, near Ballston Metro, Arlington. More than 20 vendors in Ballston – both fan-favorites and newcomers. This year also sees the return of the Mega Markets – sponsored this season by VIDA Fitness. Mega Markets feature the season’s best live music from local musicians and a Beer and Wine Garden.

THRU AUG. 23
Fridays at the Fountain. At the Water Park, National Landing, Arlington. Step into the rhythm of summer every Friday thru Aug. 23 at Water Park. This free concert series features a range of musical talent from all around the region. Feast on food and drink at one of the area’s best new outdoor food halls as you groove to soul, salsa, and more.

COFFEE AND CONVERSATION WITH ARLINGTON

NEIGHBORHOOD VILLAGE

“Coffee and Conversation” speaker series. 10-11 a.m. Everyone is invited to join the conversation via Zoom. Bring your own coffee, learn interesting things about our community and hear from the speakers listed below.

August 14th: Estate Planning. Explore the ins and outs of estate planning from an expert perspective. Jennifer Schiffer of Bean, Kinney & Korman will discuss how to take stock of your estate, define and organize your objectives, and develop appropriate strategies that best suit your desires. She will also review recent changes in the law that you should be aware of, and ways to avoid being scammed. Jennifer is a shareholder of Bean, Kinney & Korman. She has been hailed as a “Go-To Lawyer” by Virginia Lawyers Weekly, and a Top Attorney by Arlington Magazine.

August 21st: Never Stop Learning: Cover for the Future and Protect Your Nest Egg. Tom Manganello from the U.S. Securities and Exchange Commission’s Office of Investor Education and Advocacy will guest lecture on the importance for older Americans to “Never Stop Learning” when it comes to protecting their hard-earned money and investing for their future. Tom will discuss free tools and resources on the SEC’s website, Investor.gov, where you can learn about investing in retirement, spotting fraud, and background checks on investment professionals, and more.

August 28th: Ask the Pharmacist! Recommendations for Safe Medication Use at 65+. Chad Worz is a board-certified geriatric pharmacist and leads a professional association of pharmacists and pharmacies that specialize in older adults. The American Society of Consultant Pharmacists (ASCOP) has been in Alexandria, Virginia for over 50 years and Chad can share the latest insights on safety, effectiveness and costs of modern medicines and vaccines. He will share some tips for managing medications in everyday life and answer your questions.

Zoom link for Coffee and Conversation: https://us02web.zoom.us/j/89845771067?pwd=eW0rN1RTU1JTb3N5b29QX2ZmdQ09v

You also have the option to dial in by phone at 929-205-6099. The meeting ID is 889 4857 7106 and the Passcode: 872327

THRU AUG. 23
Mason Exhibitions Presents A Close up of Conflicted Art from Ukraine. At Mason Exhibitions Arlington, 3636 Fairfax Drive, Arlington. Conflicted Art from Ukraine. Venge Nemchenko, the exhibition offers a nuanced exploration of the impact of war through the lens of contemporary Ukrainian artists. It is easy to feel overwhelmed and detached from the deeper questions surrounding the persistence of war in the 21st century. A Closer Look: Conflicted Art from Ukraine seeks to bridge that gap by showcasing the work of 13 Ukrainian artists who confront head-on the experiences of direct conflict. Through photography, video, painting, sculpture, literature, and installation, these artists offer a multifaceted perspective from the fringes of this conflict. Their works invite viewers to engage in dialogue beyond statistics and headlines – to consider the issues of existence distorted by violence and uncertainty.

AUG. 14-18

The seventh Arlington Sister City Association and Conflicted Art for a tour through 13 Ukrainian artists’ interpretations of war and resiliency.

TUESDAY/AUG. 20
EnergyMasters Happy Hour. 6:8 p.m. At Rocklands BBQ, 3471 Washington Blvd, Arlington. Learn how to become an Energy Master at this informational happy hour on Aug. 20 at Rocklands BBQ. Training begins Oct. 1, application deadline 9/20. RSVP https://tinyurl.com/EMhappyhour

FRIDAY/AUG. 23
Summer Concert Series. The U.S. Air Force Band returns to the Air Force Memorial in Arlington. Free and open to the public.

Friday, Aug. 23 at 7:30 p.m. – Airmen of Note, Friday, Sept. 13 at 7:30 p.m. Air Force Birthday Concert.

SATURDAY/AUG. 24
Charity Volleyball Tournament. 10 a.m. to 2 p.m. At Club Volo, National Landing, 223 23rd Street, South Arlington. PathForward, in partnership with Club Volo, Sports, is hosting a Charity Volleyball Tournament! All proceeds from the event will support PathForward’s essential programs. This is a great opportunity to come together, network, engage in a little friendly competition, and support a worthy cause! Participation Fee: $30 individual; $220, pre-paid team

WEDNESDAY/SEP. 7
Overdose Awareness Candlelight Vigil. 7 p.m. At Courthouse Plaza, Arlington. The third annual overdose awareness Candlelight vigil – come together as a community to remember those who have lost their lives to overdose and honor the family, friends, and first responders impacted by overdose.

SEPT. 4-28
Close Encounters Solo Show by Jessica Mickey. At 2100 Crystal Drive, Arlington. Close Encounters is a vibrant exploration of the personal, the up close, and the crowded. Jessica’s paintings radiate calculated energy and love, and her beautiful imagery of people, places and objects enthusiastically invites the viewer to be a part of each specific encounter. Opening Reception: Friday, September 6, 2023, 5-7 p.m.; Closing Reception: Saturday, September 23, 2-5 p.m.; New Gallery Hours WED-FRI 11 a.m.-6 p.m. | SAT 12-6 p.m.

The seventh Arlington Visual Art Studio Tour takes place Sept. 21-22, 2024 at 59 art studios in Arlington.

Flourishing After 55

From Page 2

ABC LICENSE
Flight Wine Company to do business as Flight Wine Shop, 269 19th CT S STE 90, Arlington, VA 22202-2364. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for an Internet Retailer Application – Wine, Beer. Consumed license to sell or manufacture alcoholic beverages. Swati Bose, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-652-3200.

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ABC LICENSE
Taqueria Xochi AMZ, LLC trading as Taqueria Xochi, 510 14th St S, Arlington, VA 22202-2900. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer, Mixed Beverage license to sell or manufacture alcoholic beverages. Brett Burka, Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-652-3200.

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Let us know about an upcoming event
connectionnewspapers.com/calendars
Greg and Suzanne Embree have come for the third year to the Cherrydale event. Greg says they came to chat with neighbors and the police as well as enjoy the good food. “We also wanted to meet Helen Ignatenko, the new manager at the Cherrydale Branch.” Greg is also the photographer for “Sweet and Sour News,” the neighborhood newspaper.

Burger Billy’s Joint, located just down the street and around the corner provides cheeseburger and hamburger sliders for National Night Out.

Colin takes a big bite out of his burger from Burger Billy’s Joint just down the street in Cherrydale

**Really Dina?**

*By KENNETH R. LOURIE*

How long have we been married? Nearly 46 years, right? Yet, I felt the need to tell me, as an inducement to go to a Saturday-crowded local farmer’s market to buy two tomatoes and six ears of corn: “Why don’t you buy yourself a whoopie pie while you’re there?” Dina, of course, thought of that. If there ever was a sentence/suggestion that didn’t need to be uttered, it was that one: “Get a whoopie pie! Are you serious?” I’m getting six for $9.95. If I wouldn’t have considered running that errand if it were not for the whoopie pies at the other end.

She could name you a few things about me after all these years. Things, let’s say in-controversial facts, that she never need think about. She never need think about the other is saying, but we can, with reasonable confidence, list some of undeniable truths about each other.

Now I’m going to save the Dina a temporary lapse in her judgment, or was it an early sign of older age? After all, we have been married since “before the flood,” as my late mother so often said. We’re not exactly spring chickens, we’re more like old goats.

Pet Food Bank. AWLA has DONATIONS NEEDED

Laura Queen of Peace Catholic Church, 2770 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, not small), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.louray-queenofpeace.org for more.

**ONGOING**

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna.

Visit audubon.org/audubon-at-home for more. Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anybody who assists a person in need is protected from liability by the Good Samaritan Law.

**National Night Out**

From Page 3

Greg and Suzanne Embree have come for the third year to the Cherrydale event. Greg says they came to chat with neighbors and the police as well as enjoy the good food. “We also wanted to meet Helen Ignatenko, the new manager at the Cherrydale Branch.” Greg is also the photographer for “Sweet and Sour News,” the neighborhood newspaper.

Burger Billy’s Joint, located just down the street and around the corner provides cheeseburger and hamburger sliders for National Night Out.

Colin takes a big bite out of his burger from Burger Billy’s Joint just down the street in Cherrydale

**BULLETIN BOARD**

Submit civic/community announcements to Arlingtonconnectionnews@wfilm.com. Deadline is Thursday at noon, at least two weeks before the event.

**TRAFFIC ALERT: 2024**

**ARLINGTON COUNTY FAIR**

The Arlington County Fair will take place from August 14th to 18th at Thomas Jefferson Community Center located at 3501 2nd Street South. The Arlington County Police Department will conduct the following road closures to accommodate the event:

- 2nd Street S., between S. Jackson Street and S. Irving Street, will be closed daily from August 14th to 18th, 2024, until 11:00 PM on August 18th, 2024.
- S. Old Glebe Road between S. Glebe Road and 2nd Street will be closed from 2:00 PM until 11:00 PM on August 14th, 15th, 16th, and 17th, 2024.
- Old Glebe Road between S. Glebe Road and 2nd Street S. will be closed from 10:00 AM until 11:00 PM on August 17th and 18th, 2024 for Bus Traffic Only.

Additional road closures not mentioned above may be implemented at police discretion in the interest of public safety. Street parking in these areas will be restricted. Motorists should be on the lookout for temporary “No Parking” signs and illegally parked vehicles may be ticketed or towed. If your vehicle is towed, please use the online portal to find out the status of your vehicle and where it is located. The online portal is updated in real time. If you cannot locate your vehicle or need additional support using the online portal, call the County non-emergency number at 703-558-2222. For additional information on getting to the fair, visit the event organizer’s website.

**ROAD CLOSURES FOR SUMMER BARK BASH**

The Arlington County Police Department will conduct road closures on Sunday, September 29 to accommodate the Summer Bark Bash. The following roadways will be closed from approximately 9:00 a.m. to 5:00 p.m. to accommodate the event:

- S. Nelson Street between S. Four Mile Run Drive and S. Oakland Street
- S. Oakland Street between S. Four Mile Run Drive and S. Nelson Street
- Additional road closures not mentioned above may be implemented at police discretion in the interest of public safety. Street parking in these areas will be restricted. Motorists should be on the lookout for temporary “No Parking” signs and illegally parked vehicles may be ticketed or towed. If your vehicle is towed, please use the online portal to find out the status of your vehicle and where it is located. The online portal is updated in real time. If you cannot locate your vehicle or need additional support using the online portal, call the County non-emergency number at 703-558-2222.

**DONATIONS NEEDED**

Pet Food Bank, AWLA has DONATIONS NEEDED.

Additionally, the online portal is updated in real time. If you cannot locate your vehicle or need additional support using the online portal, call the County non-emergency number at 703-558-2222. For additional information on getting to the fair, visit the event organizer’s website.

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Donations Needed. Our Lady Queen of Peace Catholic Church, 2770 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, not small), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.oaschristwoodfoundation.org/naloxone for details.

Monthly Memory Cafe 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Cafe, a social gathering for individuals living with memory loss and their families, virtually. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5554 or email bdseal@seniorhelpers.com. Visit www.dementia-areacommorations.com/memoro-ry-cafe or www.seniorhelpers.com/arlington-alexandria-cafe for more.

**ONGOING**

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home’s natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubon.org/audubon-at-home for more. Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anybody who assists a person in need is protected from liability by the Good Samaritan Law.

Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a RE:VIVE! training. Contact Emily Sippelrand at 703-228-0913 or ensippe@avlnogva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Avwood Foundation also offers training to the public. Visit www.chrisavwoodfoundation.org/naloxone for details.

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Arlington County, in partnership with the Human Rights Commission’s Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholar- ship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/QBHQ-resources.
Butterflies May Be in Trouble

**By Glenda C. Booth**

**WILDLife**

This summer's heat and drought have not only taken a toll on humans, they may also be affecting the butterfly population. Some local naturalists believe there are fewer butterflies this summer in the region, but definitive conclusions cannot be reached until the season’s end in late fall.

Though Hurricane Debby brought some welcomed rain to Virginia, the drought could persist. Virginia had the driest June on record since 1895 according to Drought.gov. And other factors may be involved.

Larry Meade conducts an annual butterfly survey and maintains, “Lower numbers are likely because of the heat and dry conditions. These are harsh conditions for caterpillars and there seem to be fewer flowers in the field than usual.”

Alexandrian Rod Simmons has also seen fewer butterflies this year than in past years. Butterflies need plants for all of their life stages. The National Wildlife Federation explains, “The insects need places to lay eggs, food plants for their larvae (caterpillars), places to form chrysalides and nectar sources for adults . . . many butterflies and native flowering plants have co-evolved over time and depend on each other for survival and reproduction.” If plants dry up and die, the caterpillars and butterflies have less food.

Other factors can affect them too, like habitat loss, the ubiquity of non-native plants and pesticides that kill all exposed insects, not just the target insects. On mosquito spraying, for example, Elizabeth Tran and Elizabeth Martin wrote in a recent article, “Pyrethroids, the main chemicals that mosquito services use to kill mosquitoes in residential yards, are a class of broad-spectrum insecticides that are acutely toxic to terrestrial invertebrates, including pollinators such as bees and butterflies. Mosquito sprays kill all insects, including the caterpillars that birds rely on to feed their young throughout the breeding season. Nearly all terrestrial birds (96 percent), even seed eaters, feed their nestlings insects.”

Meade is optimistic about this year’s butterflies, offering, “I think butterflies can bounce back. Insects are resilient, so with better conditions next year, they may well do better.”

**Migration Miracle Is Underway**

In late summer and early fall, monarch butterflies zigzag through the area en route to Mexico, joining millions to overwinter on oyamel fir trees at 9,000 to 11,000 feet. Observers estimate the size of the population by measuring the area of the forest occupied by overwintering monarchs.

The monarch is the only butterfly to regularly undertake a two-way migration. Monarch expert, the late Dr. Lincoln Brower called it “one of the most extraordinary annual migrations on our planet, an amazing migration that eludes explanation.” A western monarch population winters in California.

These orange and black butterflies, weighing 598 milligrams or one-fifth the weight of a penny, have evolved to lay their eggs on only one plant species, milkweed, called their host plant. English colonists named the insect for its colors, which reminded them of British royalty, the prince of Orange, later King William III.

When spring temperatures rise in Mexico and nectar sources become available, monarchs mate, head north and females lay eggs. The eggs become adults (see below for cycle) and this new generation flies north.

**Under Stress**

Jim Waggener leads butterfly surveys in Northern Virginia and observes, “We’re certainly seeing far fewer monarchs than usual. In the areas we’re surveying, monarchs are on track to have a very bad year, possibly — without a great pickup from fly-ins in the fall — a record bad year.”

University of Wisconsin-based Journey North tracks migrations and reported in February, “This past overwintering season was the second lowest on record but reports this spring and summer have been promising.”

On Aug. 4, Chip Taylor with Monarch Watch emailed, “I can’t tell you how big the migration will be. A lot depends on how many eggs were laid over the last 2.5 weeks north of 40 degrees latitude and then the forthcoming temperatures as that generation develops.”

For details, visit https://monarchwatch.org/blog/.

**The Monarch Cycle**

Butterflies have four life stages. Females lay eggs on a leaf. After the egg hatches, the larva or caterpillar fattens up by eating leaves. That’s all they do — eat milkweed. A monarch outgrows its outer skin or exoskeleton several times and attaches itself to a support by a silky adhesive substance and becomes a pupa, a green, bag-like chrysalis that dangles delicately and transforms into a butterfly. When the adult butterfly inside is fully formed, the chrysalis splits open, the butterfly pumps fluid into its wing veins, basks in the sun to dry, hardens its wings and takes flight.

Monarchs lay eggs exclusively on milkweed plants. Adult monarchs nectar or feed on a variety of plants. Nectar is especially important for fueling the fall migration.

Virginia has over 170 species of butterflies, reports the Department of Wildlife Resources.

**How to Help**

Plant native milkweed and nectar plants. See https://www.pollinator.org/monarch/monarch-resources-for-appropriate-plants.


**EVENTS**

The Friends of Dyke Marsh butterfly walk, Aug. 17, www.fodm.org

Annual butterfly survey, Sept. 15, led by Larry Meade, www.nvbirdalliance.org

Photos by Glenda Booth

Tiger swallowtail butterfly on thistle

Cabbage white butterfly

Common buckeye butterfly

Monarch butterfly nectaring on milkweed

Monarch butterfly caterpillar

Photos by Glenda Booth

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