

Be safe - follow these tips

June is National Safety Month. Each week is the focus of a specific safety issue:

- June 1 - 7 is Teen Driving Safety Week
- June 8 - 14 is Fall Prevention Week
- June 15 - 21 is Overexertion Safety Week
- June 22 - 28 is Distracted Driving Week

Stay safe all year long by following these tips from Angela Little, Director of the Retired and Senior Volunteer Program (RSVP), and Montgomery County Sheriff Tommy Whitt.

"Inexperience and driver distractions are two of the leading causes of traffic crashes," Whitt said.

The Sheriff's office urges motorists to buckle up, concentrate on their driving, know their route, don't multitask behind the wheel and pull over in a safe place to deal with distractions.

The same goes for teen drivers; ensure your teen knows where they are going, takes necessary safety precautions and always abides by the law.

Overexertion and fall-related injuries commonly occur among elderly individuals. This does not mean that we all cannot benefit from taking extra care when performing physical tasks.



"Nearly one third of persons over the age of 65 fall each year," Little said. "Most falls in the home occur in bathrooms, bedrooms and on stairs."

To help prevent falls, follow these tips:

- Have a lamp or light switch that you can easily reach without getting out of bed
- Use nightlights in the bedroom, bathroom and hallways
- Have light switches at both ends of stairs and halls; install handrails on both sides of stairs
- Add grab bars in shower, tub and toilet areas
- Use nonslip adhesive strips or a mat in shower or tub

To avoid overexertion - especially during the summer months - pay attention to your body. Stay hydrated, lift heavy items with a partner, and know your limits while doing physical work or exercising.

For more information on how to stay safe and prevent injuries, visit the National Safety Council at www.nsc.org.

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Important dates:

• **June 5** - First half of real estate taxes due to Treasurer's Office

• **June 8** - Board of Supervisors Meeting - 7:15 p.m. - Board Room, 2nd Floor, Montgomery County Government Center, 755 Roanoke St., Christiansburg

• **June 12** - 'Rock the Pond' concert series kicks off at the Frog Pond pool - 390 Cinnabar Drive, Christiansburg - with a performance from the Fiddler Crab Band; For more information, call Parks & Rec at 382-6975

• **June 22** - Board of Supervisors Meeting - 7:15 p.m. - Board Room, 2nd Floor, Montgomery County Government Center, 755 Roanoke St., Christiansburg

Summer Activities ...

Go green, become a frog hopper, build a robot

"Mom! Dad! I'm so bored!" Now that school is out, those will be the words of many children. We have the solution! Combine education and recreation with one of the County's summer camps.

Frog Hoppers Summer Camp (ages 6 - 10)

This is a weeklong well structured camp that involves small group learning activities in Mid County Park around the Frog Pond. The camp entails arts and crafts, nature activities and hikes, sports and games, two weekly swim lessons and free swim time at the Frog Pond. There are eight summer sessions; registration deadline is the Wednesday prior to the week of camp. Cost: \$115

Lego/Robotic Camp (4th and 5th grades)

Tired of chores? Using Lego Mindstorms Robotic NXT Invention System, invent a machine to pick up trash or even write your name on your homework! This four-day camp will give children entering the fourth through sixth grades the opportunity to build

and program small Lego robots. This is a great experience for any child who is considering joining a Lego League team in the fall. Instructing this camp is the head coach for the Montgomery County Public Schools robotics team, known nationally as "Team 401." Registration deadline is June 8. Cost: \$150. Camp takes place June 15 - 18, 9 a.m. to 12 p.m.

Go Green Camp (4th, 5th and 6th grades)

This new camp will explore the many different ways next generation alternative energy technologies are being used to power our everyday lives. All campers will visit a local alternative energy vendor and make and take home their own solar-powered vehicle! Registration deadline is July 20. Cost: \$130. Camp takes place July 27 - 30.

To sign up for a camp, call Montgomery County Parks & Rec at 382-5795 or view more information online at www.MontgomeryCountyVa.gov/parks

View our online calendar at

MontgomeryCountyVA.gov/calendar.php

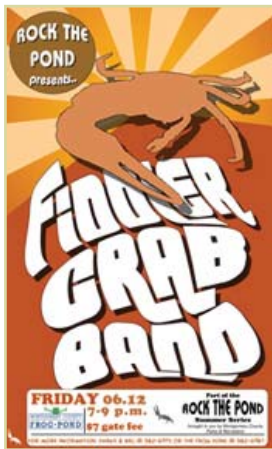


Rock the pond!

The kick-off of Montgomery County Parks & Recreation's 'Rock the Pond' summer concert series begins on Friday, June 12. The Fiddler Crab Band will be performing from 7 to 9 p.m. at the Frog Pond, 390 Cinnabar Dr., Christiansburg.

Bring the family and enjoy good music and fun! There is a \$7 entry fee and food and refreshments will be available.

For more information, call 382-6975 or visit Parks & Rec at www.MontgomeryCountyVa.gov/parks



Summer fun for less

Vacation can be expensive - book a hotel, buy an airline ticket, rent a car. With today's economy, we all need a cheap getaway. Parks and Recreation has several trips this month that provide just that!

Theatre West Virginia

The historical drama between the Hatfields of West Virginia and the McCoy's of Kentucky chronicles the battles between the two families spurred by pride and politics. Dinner will be on your own at Southern Reds Bar-B-Que, featuring southern homestyle cooking. Deadline to register is June 8. \$27, includes admission. Trip will take place on June 16.

Antique Appraisals

Bring two or three of your treasures for a free appraisal by Ken Farmer Auctions and Appraisals. Farmer has served as a guest appraiser on the PBS television series, Antiques Road Show. Lunch will be on your own at The River Company Restaurant, featuring American cuisine, unique sandwiches and burgers. Deadline to register is June 10. \$8 transportation fee. Trip will take place on June 17.

Friday Night Fish Fry

Take in the Friday Night Fish Fry at Bakers Best Catering featuring an all-you-can-eat

buffet. Learn about Radford's rich heritage as you tour the Glencoe Museum, home of Confederate Colonel Wharton and Anne Rebecca Radford, the daughter of Dr. John Radford, for whom the City is named. The museum houses 1870's furnishings, artwork, tools, a bookstore and gift shop. Deadline to register is June 12. \$27, includes buffet. The trip will take place on June 19.

Hopper Brothers Concert

A special concert will be held at the Princeton Church of God featuring the Reunion Tour of the Hopper Brothers & Connie. You will have dinner and time on your own at Mercer Mall. Deadline to register is June 15. \$28, includes admission. Trip will take place on June 25.

To register for a trip, visit Parks at Rec at 755 Roanoke St., Suite 1E, Christiansburg, or call 382-6975.

Celebrate Independence Day at the Frog Pond on 4th of July Fun Day. Go for a swim or - for only \$1 more - play putt-putt, jump in the moon bounce and more!

Interesting Facts:

The last freight train left Blacksburg June 30, 1966.
The last passenger car pulled by a steam-powered engine left Blacksburg July 25, 1958.

Giving back to our community

Seniors were invited to an open house for the Retired and Senior Volunteer Program (RSVP) recently. RSVP gives seniors an opportunity to give back to their community by offering their time and services.

The open house was held at RSVP headquarters, 210 South Pepper St., Suite D, in Christiansburg. There were 15 vendors looking for volunteers, including RSVP, Free Clinic of the New River Valley, Project Linus, Montgomery Museum and Good Samaritan Hospice.

RSVP Director Angela Little deemed the event a success. Twelve potential volunteers signed up by the end of the day and many more mingled and familiarized themselves with opportunities.



If you are interested in learning more about becoming a volunteer, call 382-5775 or visit their office Monday through Friday between 8:30 a.m. and 5 p.m.

Your newsletter

This newsletter is for and about Montgomery County and its citizens. Please feel free to e-mail feedback to: corrella@montgomerycountyva.gov



This newsletter is a product of the Montgomery County Public Information Office, Montgomery County Government Center, 755 Roanoke St., Christiansburg.

Pick up your Spring/Summer Parks and Recreation brochure at the Montgomery County Government Center, 755 Roanoke St., Christiansburg, the Montgomery-Floyd Regional Library or view it online at www.MontgomeryCountyVa.gov/parks

Time is running out to support your local youth baseball league by purchasing a chance to win a 2009 Chevy Traverse or 2009 Chevy Malibu! \$5 per ticket, 5 for \$20! No limit.

Tickets for sale at the Parks & Recreation office, 755 Roanoke St., Suite 1E, Christiansburg. Ticket sales will end June 29.