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PHOTO BY BONNIE HOBBS/THE CONNECTION

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(From left) Juan Jerez, 8 1/2; Benjamin Clark, 8; Giacomo Jreige, 8; and Timothy Fitzpatrick, 8, with their remote-controlled LEGO vehicles and the track for Battletrack. They attended the "Engineering Fundamentals with LEGO" camp, Aug. 4-8, at the Vienna Community Center.

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Super H 5K Funds Paraplegic Rehabilitation

Unique race allows handcyclists and wheelchair-bound racers to compete.

BY REENA SINGH
THE CONNECTION

Harry Freedman wears his baseball cap low over his eyes. He speaks quietly, recounting the accident that made him start a 5K eleven years ago.

It was just another day of work for him at Auto Recyclers of Leesburg until an 18 ton front loader backed up onto him, crushing his leg.

He arrived at the hospital in a helicopter under "code blue" - what he says is when the paramedics give up hope.

When he came out of the hospital 54 days later, he had a prosthetic leg.

Eleven years later, his Super H 5k "Walk and Wheel" in Tysons Corner is attracting more adaptive athletes every year. Prosthetic legs, wheelchairs and handcycles are the first to whiz by due to tradition. Then the runners - who have the advantage with both legs - take off.

As a triathlete, training for a race again - his race - felt like a part of the healing process at the time. "The terrible thing I went through gives it some meaning," he said. "It takes a lot to survive something like this, and this was a part of it."

This year's race will begin at the Sport and Health Fitness Club in Tysons at 8 a.m. on Sept. 21.

That first race was to help to offset the cost of a running and biking leg. Now, him and his wife Renie Freedman, donate the proceeds to the adaptive sports program at Medstar Rehabilitation Center. Last year, the 5k made

about \$40,000 thanks to the sponsors and 400 runners who participated in whatever way they could.

His training partner, Don Brazelton, was the one who originally convinced him to start the 5k. Brazelton was a personal trainer at Sport and Health, a place that supported Harry when he was learning how to walk again. Now every year, Brazelton wears a Super H costume - which looks a lot like a Superman costume, but with an H on his chest - to get everyone excited before the race.

"Being an instructor here, he has to convince people to do things they might not want to do," said Harry. "He has personality and the ability to turn people around."

Rather than running this year, Harry will be leading the race in Volkswagen Bug - one of the race's newer sponsors. The founding sponsor of the race is Darren Star of Sex and the City fame. He still donates \$5,000 per year.

With the money, the rehabilita-



PHOTO CONTRIBUTED BY RENIE FREEDMAN

Renie Freedman and Harry Freedman. Super H 5k was started by Harry Freedman after an accident left him learning how to walk again.

tion center builds traveling adaptive sports teams. Even though the money is for a good cause, Harry said his favorite part is watching the paraplegics and runners conquer the last hill of the race.

"These kids that come in their wheelchairs and handcycles, they go up that hill and when they get over it, it's hard to describe," he said.

His face lights up - the only way he knows how to describe the feeling of conquering a physically and

mentally draining experience.

He jokes with his wife, who he recently celebrated 40 years of marriage with, that she won't get rid of him any time soon. She laughs.

"You just have to go through life and make the best of it," Renie said.

To register for the race, visit <http://www.MedStarNRH.org/SuperH5K> or call 202-877-1781. The registration fee is \$35 until Sept. 1 and \$45 after.

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Learning and Having Fun with LEGOs

Camp teaches children engineering principles.

BY BONNIE HOBBS
THE CONNECTION

Sure, LEGOs are great to play with, just for fun. But they can also be used to teach children real-world concepts in physics, engineering and architecture.

And that's just what children taking "Engineering Fundamentals with LEGO" learned. That was the name of a camp they attended, Aug. 4-8, at the Vienna Community Center.

There were two, three-hour sessions a day, for ages 6-8 in the mornings and ages 7-11 in the afternoons. The instructor was Austin Lounds of San Francisco-based Play-Well TEKnologies, which is now both national and international.

"It's an after-school, enrichment program that also offers summer camps demonstrating engineering fundamentals and properties with LEGOs," he explained. Why LEGOs? "Because they're so easy to put together and take apart," said Lounds. "The kids already love them and the parents know what they are."

The children started each session with free play "to get their creative minds working and build whatever they wanted," said Lounds. "Then I had a project that I already built. I showed them what it does and the engineering concepts behind it, and I also told them its real-world use."

For example, he said, "On Wednesday [Aug. 4], we built airplanes, using a pull-back motor which – as it's wound – stores potential energy in its spring. Then once you let it go, it changes into kinetic energy which allows it to move forward."

"We also went over the four forces of flight – gravity, which pulls a plane down; lift, which pulls it up; drag, which slows it down; and thrust, which propels it forward," continued Lounds. "I'm trying to convey concepts like this so that, when children see the real thing, they'll understand a little more about how it works."

THE FIRST DAY OF CAMP, Aug. 6, the children built cars to demonstrate the difference between speed and torque. Explaining speed, Lounds said, "When a large gear drives a smaller gear, the axle spins faster than the motor can turn. But torque is the opposite, when a small gear drives a larger one. Although it's slower, it's stronger because it has a lower gear ratio."

Now, he said, his students will know why particular vehicles move the way they do and are able to carry out certain tasks. "For example, 'When they see a dump truck, they'll know it's using torque,'" said Lounds. "And when they put their bicycle in a low gear to help get up a hill, they'll realize that their feet are moving faster and their bike



(From left) Daniel Potorac, 8, and Jacob Peel, 8 1/2, hold their Battletrack cars.



Rebecca Roby, 9, proudly shows the Battletrack car she built.



Two jousting Battletrack vehicles in motion.

is moving slower, but it's much easier to pedal. Hopefully, knowing about these engineering concepts will spark their interest in the field."

On the camp's last day, Aug. 8, the children played a game called Battletrack, similar to jousting, except with vehicles. Two opponents try to knock each other off a line of track made from LEGO bricks and rack, or flat, gears.

"These rack gears transfer circular motion to linear motion which allows the LEGO cars to go forward and backwards," said Lounds. "And the kids modify their cars, either for defense or offense, by adding ramps, weapons and wedges."

During the week-long camp, the children used more than 100,000 pieces of LEGO. "Play-Well TEKnologies provided \$12,000

worth of LEGOs, but the kids don't get to keep them," said Lounds. "We want them to understand that struggling through a problem and coming up with the solution is the fun part of building something."

Daniel Potorac, 8, who attends Dominion Christian School in Oakton, named his vehicle Dog.

"I like LEGOs because I like building," he said. "At this camp, I learned how to make a car and just need a remote control to make it at my house. It was fun because we got to make cool things. My favorite was the Battletrack vehicles because the other things [we made] weren't as fast and strong as these are."

Jacob Peel, 8 1/2, of Vienna's Freedom Hill Elementary, also liked Battletrack best "because I like to battle" and named his car

Monster. "Each vehicle starts at opposite ends of the track and tries to knock the other one off," he said. "If you win three times, you get a mini figure as a prize."

However, Stenwood Elementary third-grader Christopher Paine, 8, enjoyed making an elevator most of all. "I love buttons and building things that go up and down," he explained. Freedom Hill second-grader Carlos Sanchez-Zapata, 7, liked Battletrack because "it's more like war." Juan Jerez, 8 1/2, agreed, saying the Battletrack vehicles were "really easy to build, and it's fun to battle with your friends."

At the camp, said Juan, a third-grader at Our Lady of Good Counsel in Vienna, "I learned that you can do a lot of stuff with LEGOs and learned about motors and gears. I'd recommend it to others because it's a fun camp and it's fun to build LEGO cars with motors so they can drive. It's really cool."

A FOURTH-GRADER at the same school, Rebecca Roby, 9, was one of just three girls out of the 24 children attending the camp's afternoon session. "I've been building with LEGOs since I was 5 and it's fun," she said. "When you finish making something, you're really proud of yourself because, if it's hard, it's really cool to do. And it's fun to do it with friends and family."

Glad that she took this camp, Rebecca said, "I learned how to connect wires together and how gears mesh to turn the vehicles. I liked the machines we got to build, especially the elevator. It was advanced and it had rack gears, which I'd never seen before. And I'd never seen a moving elevator without the walls."

PHOTOS BY BONNIE HOBBS/THE CONNECTION

NEWS

Lily Campbell during Exploring Ballet with Suzanne Farrell.



Lily Campbell dances at Kennedy Center's three-week exclusive dance training program.

PHOTOS BY CRAIG CAMPBELL

A Summer with Suzanne Farrell

BY CAROLINE BURR
THE CONNECTION

Ever since she could remember, Lily Campbell has been a dancer. Now 15 and a rising sophomore at James Madison High School, Lily just finished the three week 22nd Annual exclusive training program with Suzanne Farrell at The Kennedy Center.

Of the hundreds of dancers from all over the country, ages 14-18, who auditioned last winter, only 26 were chosen to take part in the Kennedy Center's exclusive three-week ballet training program, "Exploring Ballet with Suzanne Farrell." Six days a week, the students took two daily ballet classes with legendary ballerina, Suzanne Farrell. When the dancers were not busy on their feet, they were able to participate in many D.C. cultural activities. Suzanne Farrell danced with the New York City Ballet from 1961-1969 and 1974-1989, originated 23 roles in Balanchine ballets, and received numerous awards including a 2005 Kennedy Center Honors.

"I am really grateful for this opportunity to train at the Kennedy Center. It's always been a goal of mine and I am thrilled to be there with Ms. Farrell," Lily said. Last year at 14, Lily first auditioned for the program and was lucky enough to be invited back for a second session. "Working with Suzanne Farrell who is a legend in the ballet world is truly amazing. Her classes are very challenging and very fun but very hard." When asked about her dedication and passion for dance, Lily said, "It's a real way to express myself through movement and it's something that we all dream of when we are really little... and I just never stopped."

Lily's mother, Jennifer Campbell, is "thrilled and proud" about her daughter's achievements. "As a parent," she said, "when your child goes to do something and is suc-



Lily Campbell stands outside of the Kennedy Center after her performance at Exploring Ballet with Suzanne Farrell.

cessful with what they do...it's very exciting." With ballet taking up so much time, Lily said she is "very academic, and besides dance, there isn't much time for much else."

Her mother agreed. "Ballet is so physically taxing," said Jennifer Campbell, "you have to be driven to succeed in it. They have to be smart kids as well...For Lily, when she started getting very intensive in ballet, her grades actually went up and now she is a strong honors student."

Currently, Lily studies under Jody Skye Schissler at a pre-professional program at The Skye Ballet Center in Herndon. Exploring Ballet with Suzanne Farrell finished on Aug. 16, and Lily talked about how much she was able to grow in the two years she worked with her. "Ms. Farrell often talks about artistry and I've definitely learned about being an individual in my dancing and showing expression."



PHOTOS BY BONNIE HOBBS/THE CONNECTION

Board of Supervisors Chairman Sharon Bulova gets drenched. (From left) are Jo Ormesher, Sharon Bulova, Scott Silverthorne, Chap Petersen and Beverly Myers. Petersen's daughter, Eva, a Fairfax High sophomore, had the honor of dousing her dad with ice water.

Getting Drenched to Help Others

The Ice Bucket Challenge has a simple premise, but it's doing a great deal of good. To raise money to fight ALS, people all over the country have been making videos of themselves getting buckets of ice water dumped on their heads.

They post them on social media and challenge others to do likewise within 24 hours or donate \$100 to the ALS Assn., and many have done both things. It's taken off since July 29 and, between then and Sunday, Aug. 17, the organization has received \$13.3 million because of this challenge.

Locally, five prominent leaders took the challenge, Sunday evening, outside Coyote Grille in Fairfax. (From left) are Jo Ormesher, City of Fairfax cultural tourism and marketing manager; Fairfax County Board of Supervisors Chairman Sharon Bulova; City of Fairfax Mayor Scott Silverthorne; Sen. Chap Petersen (D-34) and Beverly Myers, City of Fairfax Fourth of July and Chocolate Festival chairman.

Before they were drenched, they held hands in solidarity – and to buck up their courage – and called out other people to take the challenge, too. Ormesher challenged City of Fairfax Police Chief Carl Pardiny and Fire Chief Dave Rohr and D.J. Makovich of the World Police and Fire Games.

Bulova challenged her son, Del. David Bulova (D-37); U.S. Rep. Gerry Connolly (D-11); and Fairfax County Sheriff Stacey Kincaid. And Silverthorne called out Benjamin Tribbett, Billy Reilly and the female members of the Fairfax City Council – Janice Miller, Ellie Schmidt and Nancy Loftus.

Petersen challenged his law partner, Scott Surovell, Town of Vienna Mayor Laurie DiRocco and county School Board member Ilryong Moon. And Myers singled out Fairfax City Manager Bob Sisson, John Horn, David Rodenberger and Victoria Montaganano.

To donate, go to www.alsa.org.

— BONNIE HOBBS



The aftermath: (from left) are Jo Ormesher, Sharon Bulova, Scott Silverthorne, Chap Petersen and Beverly Myers.

WEEK IN VIENNA

Vietnam Veterans To Meet Sept. 18

Chapter 227, Vietnam Veterans of America Inc., invites all veterans, friends, and the general public, especially teachers and students, to attend the Sept. 18 chapter meeting at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna, at 7:30 p.m. Marc Leepson, Vietnam War veteran, journalist, and author of eight history books, will discuss his latest book, "What So Proudly We Hailed: Francis Scott Key, A Life," the first biography of the author of "The Star-Spangled Banner" in more than 75 years. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit www.vva227.org.

Vienna Farmers Market

The Vienna Farmers Market is held Saturdays, from 8 a.m.-noon, in the Faith Baptist Church parking lot at 301 Center Street S. And it will remain open during the construction on Center Street. Customers may access the market via Courthouse Road to Locust Street or via Park Street to Cherry Street.

Courthouse Road Bike Lanes

As part of VDOT's summer repaving program, Courthouse Road from Route 123 to the Town of Vienna is being reconfigured to include bike lanes. Where the road is too narrow for bike lanes, shared-lane markings are being used. Final pavement mark-

ings are now being installed. This popular bike route runs parallel to Route 123 between Oakton and Vienna.

Prescription Drug Take Back Initiative

In conjunction with the United States Drug Enforcement Administration (D.E.A.) and state and local law enforcement agencies, the Vienna Police Department will again participate in a one-day initiative to remove potentially dangerous controlled substances from area homes.

On Sept. 27, between 10 a.m. and 2 p.m. the Vienna

Police Department will have a collection site for old, expired, unused, or unwanted medications. Prescription medications, controlled or non-controlled substances, and over the counter drugs may be turned in anonymously at the collection point inside Vienna Police Headquarters at 215 Center Street, South, Vienna.

Participants may dispose of medication in its original container or by removing it and disposing of it directly in to the collection box. If an original container is used the individual should consider removing any identifying information from the prescription label.

Liquid products should remain sealed in their original container to prevent leakage.

Intravenous solutions, injectables, and syringes will not be accepted due to associated hazards.

Commercial businesses, pharmacies or other medical facilities may not use this as a means to discard expired medications or medical waste.

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OPINION

Accountability for Police in Northern Virginia

There is more transparency in the police shooting in Ferguson last week than in police shootings in Northern Virginia.

This is not Ferguson, and tanks do not roll down the streets of Northern Virginia driven by police officers pointing sniper rifles at residents. But police departments here are engaged in serious and significant abuse of power. This is the perfect moment to do something about it.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records “shall be presumed open.” But the legislation includes an exception that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a “blanket” approach to using their exemption. That

means they have decided to withhold any document they can without any analysis of whether they should, whether the case is open or closed, whether they are about a “police-involved shooting” or information requested by a family about a homicide victim.

This isn’t about race; this is about abuse of power. This is about lack of accountability and denying the public access to information that must be made public.

Consider: Police shot and killed 46-year-old John Geer standing unarmed in the doorway of his home on Pebble Brook Court in Springfield on Aug. 29, 2013. Unlike in the case in Ferguson last week, the officer who shot him remains unnamed, and we have no official explanation of what happened or why.

In December, 2008, Fairfax County police officers chased 19-year-old Hailu Brook across the county line into Arlington and shot him dead. Brook, a senior at Yorktown High School, had reportedly robbed a BB&T in McLean. The autopsy report, one of the few documents his parents were able to obtain, shows that the teen was shot 20-25 times by three officers with large caliber handguns. Baffled by what happened to their son, the parents sought access to police reports and documents, but even now that the case is closed, their requests have been denied.

Other police-involved shootings include the November 2013 death of James Bryant, 28, a

resident at the Eleanor Kennedy homeless shelter in Mount Vernon, who assaulted other residents at the shelter and then police when they arrived, wrestling away the baton of one police officer; David Masters, an unarmed man with mental illness who was shot and killed by police in 2009 on Route 1 in Mount Vernon; there are many other examples.

Even for family members of crime victims, documents are routinely withheld by police agencies. One example is the 2009 murder of 19-year-old Kossi Djossou, who was shot at his workplace in Alexandria. After the murder, the Djossou family tried to find out what had happened, but their repeated attempts to get documents in the cases were denied. “How can something happen to your son, and you’re never going to know the facts?” asked Geoffrey Josseau.

Police wield power unlike any other entity — the power to detain and question, the power to arrest, the power to respond with force when necessary, the power to use deadly force.

With that power, comes responsibility — the responsibility to operate openly and with transparency, the responsibility to make available the greatest possible amount of information, especially the responsibility to provide the public with a full picture of what happened when something goes wrong.

It’s time for a change.

— MARY KIMM,
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LETTERS TO THE EDITOR

Opposing Medicare Expansion

To the Editor:
Four years ago, a practical doctor said something like this: “So let me get this straight. We’re going to be gifted with a healthcare plan we are forced to purchase, and fined if we don’t, which purportedly covers at least 10 million more people, without adding a single new doctor, but provides for 16,000 new IRS agents, written by a committee whose chairman says he doesn’t understand it, passed by a Congress that didn’t read it (but exempted themselves from it), supported by a government which has already bankrupted Social Security and Medicare, all financed by a country that’s broke. So what the “blank” could possibly go wrong?”

Virginians are fortunate that

Medicaid Expansion was defeated in our state. The Fed’s promises of temporary bailouts are merely band-aids, inadequate to the task of repairing dysfunctional “business models” such as Medicaid, Medicare, Obamacare, and the Veterans Administration health care. Their inherent fraud, waste, and corruption end up destroying the very goals they aim to achieve; namely: quality, affordable, health care! Most doctors even refuse to accept new Medicaid patients anymore. They can’t afford to because Medicaid does not reimburse enough to cover their costs. This begs the question: Why would we want to expand a system that would put doctors out of business?

Last week, the California Insurance Commissioner, a Kaiser Fam-

ily Foundation survey, and a Government Accountability Report all reported cost increases, continued failures in the Healthcare.gov exchanges, and billions more in subsidies needed to prevent collapse. So where will the money come from to pay for the doctors, nurses, administrators, hospitals, clinics, contractors, pharmaceuticals, medical schools, research and development, retirement plans, supplies and suppliers, utilities, and overhead? If it’s all “free”, then who will pay for it? “Free” health care is unsustainable because people don’t make responsible decisions when something is free. Furthermore: When government pays our bill, then we lose our freedom because they get to tell us what to do. That’s a dangerous trade-off, because it leads to productive people being enslaved by

an insatiable government that promises to take care of all the world’s unproductive people. Poverty can only be cured by making people more productive, not by eroding their work ethic and creating a culture of dependency.

“Free” Care does not result in Health Care. It results in more layers of expensive bureaucracy that must be created (and paid for by us) in order to administer and enforce largely irrelevant regulations. This increases costs and destroys the doctor-patient relationship. Doctors should be accountable to patients, not bureaucrats. America’s health care system needs market-based solutions such as choice (that meets patient, not government, needs), portability, and tort reform.

Elinor Bartlett
Vienna

Well Deserved Endorsements

To the Editor:
The recent endorsement of Barbara Comstock by both the National Association Realtors and the Virginia Association of Realtors is not only well deserved, but speaks volumes as to the impact that both Barbara and Congressman Frank Wolf have played in helping further both our local

economy and that of the country. As a Virginia resident for nearly 30 years and a Realtor for nine years, I know firsthand what

Barbara has meant to our community. Barbara received these endorsements because of her longstanding commitment to pro-growth economic policies and common sense legislation.

I am confident that she will be a strong voice in furthering this approach once she is elected to the U.S. Con-

gress. Having met Barbara Comstock in 2009 when she was running her first campaign for state delegate, I have proudly endorsed her since then. I say proudly because she has yet to disappoint either myself, or our community, in what she has accomplished in Richmond. Whether it’s stepping in to break deadlocks on roadway construction projects or ensuring that communities impacted by past storms received the appropriate attention, she has al-

ways been there. I have no idea how she manages to do so, but Barbara is always there for Memorial Day remembrances, Fourth of July parades or our local Military Appreciation Monday events.

I personally can’t wait to see how she takes this same level of commitment, energy and unabashed patriotism to the Hill as our next Congresswoman!

Bob Nelson
Great Falls

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Removing Barriers to College

Local services help students complete college paperwork, remove barriers.

BY MARILYN CAMPBELL
THE CONNECTION

LaQuita King relocated across the state from Chesapeake, Va., to Alexandria in the summer of 2013, moving into an apartment with her aunt and three cousins. King had just graduated from high school and was looking forward to taking classes at Northern Virginia Community College. So far, that hasn't happened.

"There were a lot of financial aid forms that I needed to fill out," said King, who is one of six children in her family and the first to finish high school. "Everything is online and if you make one mistake you have to start over. There were a ton of registration forms that I had to fill out. It just got to be too much."

Finally, King got a job, although she still hopes to attend college one day. Her plight, say college officials, is not uncommon. In fact, the amount of paperwork that students must complete can overwhelm some students, particularly those with limited financial means and who might be the first in their families to seek higher education. A recent study by researchers at Stanford University showed that the stacks of forms that students must complete in order to enroll in college deter students from lower and working class backgrounds.

"Paperwork can sometimes hinder some students from attending because they may not know how to follow up in regards to what documents to submit, or may be afraid to do it and get discouraged if they do not have someone to help them figure out how to complete paperwork and requirements," said Laydy Reyes, program coordinator, Early Identification Program in George Mason University's Division of University Life.

However, programs, on college campuses and in the community can assist students. "There are counselors and programs available to help them," said Jennifer Gonzalez of the Public Information Office at Northern Virginia Community College (NOVA). "There

are some students who don't know how to fill out forms and our counselors have a full range of tools to help those students."

For example, NOVA's College Pathway Initiatives is a set of four programs that provides support and service to students from underrepresented populations. The initiatives help remove some barriers to higher education while helping increase the number of students who succeed in and graduate from college.

REYES HAS SEEN FIRST-HAND how a simple bit of assistance can mean the difference between attending college and not. "[There is] a Mason student who comes from a single parent household. The student was granted a scholarship through the Early Identification Program and Mason's financial aid services that has helped to pay for the student's college education," she said. "The student is currently a senior working on a degree in bioengineering."

Mason's Early Identification Program (EIP) has a long record of helping first generation students

from low-income families cross some of the hurdles to a higher education. "Mason's Admissions Office plays an instrumental role of support in collaborating with EIP regarding the college application process so that it is more simple, and that our students receive advice and resources to complete the application and successfully transition to Mason," said Reyes.

Some of the services that George Mason University offers are college essay and resume workshops where students have access to a computer lab and assistance completing college entrance essays. Mason also has no-cost Free Application for Federal Student Aid (FAFSA) workshops where students and their families meet in a computer lab and get assistance completing financial aid forms.

Reyes points to other programs on campus that are available to assist students:

- ❖ **College Prep:** For three weeks during the summer, students are introduced to financial aid advisors, academic advisors, and others who could be a resource to students once they are in college.



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Parents and students attend a college readiness presentation at Westover Public Library in Arlington. While completing the necessary paperwork to attend college can overwhelm some, local educators say there are community resources to help.



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Langley Lax Standout Duenkel Committed to JMU

Junior an all-conference field hockey player, enjoys cooking.

It didn't take long before Halle Duenkel was a two-sport standout at Langley High School. As a freshman, Duenkel, a midfielder on the girls' lacrosse team, received second-team All-Liberty District honors and helped the Saxons reach the state championship game.

In the fall of 2013, Duenkel, then a sophomore forward on the field hockey team, received first-team All-Conference 6 honors. Later in the school year, Duenkel garnered first-team all-conference and second-team all-region accolades in lacrosse.

It also didn't take long for Duenkel to figure out her future.

As a sophomore, Duenkel committed to play lacrosse at James Madison University. Now entering her junior year, Duenkel recently participated in a Q&A via email with The Connection.

❖Connection: You're committed to James Madison University. What made JMU the right fit for you?

Duenkel: James Madison was the right fit for me because it is a top-20 Division I lacrosse program and it has a top-20 business school. I love the coaches and I already feel at home!

❖Connection: At what age did you start playing lacrosse? When did you realize playing college lacrosse was a possibility for you?

Duenkel: I started playing lacrosse when I was in third grade and realized that playing in college was a possibility for me when I was in seventh grade and quit soccer to focus on my lacrosse career. The recruiting process began so early that I committed in November of my sophomore year. I could have committed sooner but I wanted to take my time and find the perfect school for me.

❖Connection: You're a junior. How do you feel about your lacrosse game now compared to when you were a freshman on the



Langley junior Halle Duenkel is committed to James Madison University.

varsity?

Duenkel: I feel that there is more responsibility for me to be a leader on the team because when I was a freshman the upperclassmen were great role models for me. I really want to help the team go to states and win a state title for Langley. I'm excited about this year!

❖Connection: How much time do you spend working on your lacrosse skills in the offseason?

Duenkel: Between wall ball and running I spend a couple hours every day to work on my skills in the offseason. I am also working on strength training at Max with Doug Vasiliadis to get a stronger shot and be bet-

ter on defense.

❖Connection: What is your favorite lacrosse moment from your first two years at Langley?

Duenkel: Beating Westfield my freshman year in a last-second buzzer beater and advancing into the state tournament.

❖Connection: You also play field hockey at Langley. At what age did you start playing?

Duenkel: I started playing field hockey in eighth grade for Potomac Field Hockey. I wanted to understand the game before I played in high school.

❖Connection: Do field hockey skills in any way translate to lacrosse?

Duenkel: Field hockey has taught me better body control and to move my feet on defense.

❖Connection: How would you describe the Langley-McLean rivalry?

Duenkel: The rivalry is awesome! My mom went to McLean so there is always teasing and fun in our household during that time.

❖Connection: What is your favorite food?

Duenkel: My favorite food is a good burger and a milkshake.

❖Connection: Who is your favorite music artist? Why?

Duenkel: Either Maroon 5 or Gavin DeGraw. I just saw Gavin DeGraw in concert last week at Wolf Trap. I love the lyrics to the music.

❖Connection: What is your favorite movie? Why?

Duenkel: 'The Hunger Games,' because I read the books, so it was interesting to see the director's spin on the book, or 'Happy Gilmore,' because any movie with Adam Sandler is hilarious.

❖Connection: What is your favorite hobby outside of lacrosse and field hockey?

Duenkel: I love to cook and bake! I could watch the Food Network 24/7.

❖Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?

Duenkel: The farthest I have traveled is San Diego, Calif. The San Diego Zoo was incredible and I got a backstage tour with Shamu at Sea World. You can also just walk up to sea lions in La Jolla.

❖Connection: Are you a pro sports fan? If so, who are your favorite teams?

Duenkel: My favorite sports teams are the Pittsburgh Steelers, Washington Nationals, and Washington Capitals.

❖Connection: Do you have a favorite pro athlete(s)?

Duenkel: [Steelers safety] Troy Polamalu, [Nationals third baseman/outfielder] Ryan Zimmerman, and [Capitals right wing] Alex Ovechkin. I love it that Ryan Zimmerman lives in Great Falls now. Maybe someday I can coach his daughter if she wants to play lacrosse.

— JON ROETMAN

SPORTS ROUNDUPS

Reston to Host Charity Tennis Tournament

The 3rd Annual Rally for a Cause tennis tournament dates are set for Sept. 20-21, at Reston's Lake Newport tennis courts. The charity event will feature brackets for 3.0, 3.5 and 4.0 and above players, competing in men's and women's doubles and singles matches. The \$30 entry fee guarantees each player two matches with awards, raffle prizes and participation t-shirts. It is through the generosity of presenting sponsor, Dr.

Hani Thariani, and donations from local businesses that make this tournament possible. Entry is open to all tennis players, regardless of USTA membership. All proceeds will go to the charity organization of each participant's choice: USTA Serves Foundation/Wounded Warriors Program Curriculum, supporting rehabilitation through tennis for wounded, ill and injured military service members and veterans or Cornerstones/Laurel Learning Center, providing comprehensive family services and developmental childcare programs. Last year's event hosted 65 players and raised \$3,100 for charity organizations.

Registration is now open. For more information or to sign up, email

rally4acause@restontennis.org or visit www.restontennis.org.

NVSO 10K, 20K Cycling Events Enter 5th Year

The 2014 NVSO will be held Sept. 13-24 with more than 50 events taking place at 19 venues throughout Northern Virginia. Events include 10K and 20K cycling, with each event entering its fifth year.

In addition to cycling, other events include 5K road race, badminton, volleyball, handball, racquetball, pickleball, tennis,

table tennis, swimming, diving, ten pin bowling, Wii bowling, card games, board games, track and field and more. Registration is available online at www.nvso.us. Registration forms are also available at senior centers, community centers, senior residences or by calling 703-228-4721. Registration fee is \$12 which covers multiple events. There is no onsite registration for any event. Information is available at nvso1982@gmail.com. Participants must be 50 years of age by Dec. 31, 2014 and live in a sponsoring jurisdiction. NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Falls Church and Fairfax.

CALENDAR

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

THURSDAY/AUG. 21

Robyn + Royksopp. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Pop vocalist Robyn is joined by duo Royksopp. \$30-\$55. 1-877-WOLFTRAP.

Classic Books Discussion Group. 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Discussion on Crossing to Safety by Wallace Stegner. 703-938-0405.

"Not Just For Teens" Adult Book Club. 10:00 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Adult book discussion. 703-938-0405.

FRIDAY/AUG. 22

Skyward To Play in Jammin' Java's Mid-Atlantic Band Battle #11 Finals. 7:30 p.m. Jammin' Java, 227 Maple Avenue East, Vienna. After winning their preliminary round on July 1st, Virginia natives, "Skyward", will return to Jammin' Java in the hopes of winning it all. www.jamminjava.com.

Lyle Lovett and His Large Band. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Country artist Lyle Lovett performs with his band. \$25-\$50. 703-255-1900.

Pokemon League. 3 p.m. Patrick Henry Library, Maple Avenue East, Vienna. Come play Pokemon with friends. 703-938-0405.

SATURDAY/AUG. 23

Sing-A-Long Sound of Music. 7:15 p.m. Wolf Trap - The Filene Center,

Watch pop vocalist Robyn joined by duo Royksopp at Wolf Trap on Thursday, Aug. 21 at 8 p.m.



1551 Trap Road, Vienna. Big Screen showing of The Sound of Music with lyrics. \$25-\$38. 703-255-1900.

Sound of Music Sing-A-Long. 7:15 p.m. Wolf Trap, The Filene Center, 1551 Trap Road, Vienna. Come watch the classic movie shown on big screens with a costume contest and sing-a-long. Admissions: \$25-\$38. 703-255-1900.

Free Live Music and Kids Entertainment at Vienna's Farmers Market. 8 a.m. - noon. Faith Baptist Church parking lot, 301 Center Street South, Vienna. http://www.viennafarmersmarket.com/

SATURDAY/AUG. 24

Boston - Heaven on Earth Tour. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Performance by Boston a rock and

roll band. \$35-\$60. 703-255-1900. **Vienna Youth Soccer Community Day.** 2 - 5 p.m. Caffi Field, 120 Cherry Street SE, Vienna. Kids and adults of all ages can enjoy running through the inflatable obstacle course, shooting hoops, or dunking their favorite VYS trainer in the large dunk tank. Participants will also have the opportunity to meet and take a photo with Talon, D.C. United's mascot, enter to win D.C. United game tickets, or take part in one of the several small-sided soccer games.

Author A.G. Alabaster Book Signing Event. 8:30 a.m. - 12 p.m. Vienna Presbyterian Church, 124 Park St NE, Vienna. Alabaster, a resident of Midlothian, Va., will be available to sign copies of her book, Shaken Not Forsaken. A.G. Alabaster discovered her life had really been

threatened, but then it had felt that way for so many years. This memoir portrays one woman's struggle to find the depths of her soul.

MONDAY/AUG. 25

Treasured Threes to Fives. 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Storytime for young children. 703-938-0405.

A Face of America Production. 8 p.m. Wolf Trap, The Filene Center, 1551 Trap Road, Vienna. Come watch the Pacific Northwest Ballet and Oregon Ballet Theatre dance to the music of Fleet Foxes and Chromatics with site-specific film. Admissions: \$10-\$44. 703-255-1900.

WEDNESDAY/AUG. 27

A Face of America Production. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Pacific Northwest Ballet and Oregon Ballet Theatre dance to the music of Fleet Foxes and Chromatics. \$10-\$44. 703-255-1900.

Preschool Story Time. 10:30 a.m. Lynnhaven Place, Oakton. Story time for young children. 703-242-4020.

THURSDAY/AUG. 28

The Band Perry. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Performance by country-pop trio The Band Perry. \$35-\$60. 1-877-WOLFTRAP.

Patrick Henry Book Club. 1:00 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Discussion on The Big Burn by Timothy Egan. 703-938-0405.

FRIDAY/AUG. 29

Pokemon League. 3 p.m. Patrick Henry Library, Maple Avenue East, Vienna. Come play Pokemon with friends. 703-938-0405.

SATURDAY/AUG. 30

The Fresh Beat Band Live in Concert! 2 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Performance by Nick Jr.'s TV band. \$25-\$50. 1-877-WOLFTRAP.

SUNDAY/AUG. 31

George Benson with Special Guest Andreas Varady. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Jazz and pop performance. \$25-\$55. 1-877-WOLFTRAP.

THURSDAY/SEPT. 4

Gipsy Kings with Special Guest Ole' Noys. 8 p.m. Wolf Trap, The Filene Center, 1551 Trap Road, Vienna. Rumba to guitar rhythms of flamenco's royal family! Admissions: \$35-\$50. 1-877-WOLFTRAP.

FRIDAY/SEPT. 5

Cirque Dreams - Jungle Fantasy. 8 p.m. Wolf Trap, The Filene Center, 1551 Trap Road, Vienna. Come and watch the acrobatics in a musical adventure that New York Magazine calls "the grandest circus spectacle east of Vegas." Admissions: \$25-\$50. 1-877-WOLFTRAP.

SATURDAY/SEPT. 6

Cirque Dreams - Jungle Fantasy. 7:30 p.m. Wolf Trap, 1551 Trap Road, Vienna. Watch the acrobatics in a musical adventure. Admissions: \$25-\$50. 1-877-WOLFTRAP.

SUNDAY/SEPT. 7

Colbie Caillat Gypsy Heart Tour. 8 p.m. Wolf Trap, The Filene Center, 1551 Trap Road, Vienna. Grammy award-winning pop star comes to Wolf Trap for a one-night performance. Admissions: \$30-\$100. Philip Cangelosi, 703-255-1900 ext 1729.

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All Write For Now



By KENNETH B. LOURIE

And so it goes, every three months or so; a CT Scan, a week or so of waiting, and then a face-to-face appointment with my oncologist to learn/discuss the results. Thankfully, the results continue to be amazing. My doctor has told me that I'm his third miracle; stage IV, non-small cell lung cancer patients generally don't live beyond two years. I'm in year six. And though this CT cycle never gets easy, it does get familiar, and with that familiarity comes a certain predictability that creates its own peculiar sort of calm (it probably helps that I've been asymptomatic most of the time). Still, from the initial diagnosis/prognosis ("cancer," "13 months to two years") given to me in late February, 2009, I've been characterized as "terminal." As my oncologist said to me at that very first Team Lourie meeting: "I can treat you but I can't cure you." Unsettling and surreal doesn't begin to describe my/our reaction to his words. However, five and a half years later, I've become accustomed to the precarious and indeterminate nature of my future.

It's somewhere (and I'm happy to be anywhere, rather than you know where) between a rock and hard place. Nevertheless, receiving encouraging CT Scan results ("diminution," "stable," "no change") feels like a reprieve on the one hand and a reward for good behavior on the other. Certainly nothing is guaranteed going forward, other than my eventual demise that is, but since nothing else is new, no problem. And though I'm not exactly counting deceased chickens before they've hatched (or after for that matter), I am assessing and considering the unexpected survival of a terminal patient (yours truly) who has far outlived his original prognosis. Ergo my ongoing dilemma: Am I closer to the end of my life or simply further from the beginning?

As much as I don't want to focus (you'll note I didn't say obsess) on my disease and my presumptive, abbreviated life expectancy, given the change in my lifestyle as well as my daily anti-cancer routine (pills, smoothies, alkaline water, apple cider vinegar, etc.), the best I can do is compartmentalize. Put it in the vault, to invoke a Seinfeld reference. And usually, I can manage it. However, "vaulting" it gets a bit more challenging and complicated – and more difficult to ignore/pretend/deny when you're rolling in and out of a CT Scan and being told to "hold your breath," and "breathe out" as the tomography scans your lungs looking for potential trouble.

In spite of it all, my life is going on. My next scan is in three months. For the next two and a half months, I can sort of relax and bask in the glow of these most recent results. A few weeks before the next scan, anxiety will return, however, as the cancer reasserts its figurative control and starts to break down my emotional barriers. It's inevitable but it's nothing I haven't experienced before. No complaints though, just observations and admissions. I may be compromised, but I'm still living and breathing – and lucky as hell.

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

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THURSDAY/AUG. 21

Computer-one-on-one. 11a.m. 10304
Lynnhaven Place, Oakton. Learn how to work with the internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

Okaton Book Discussion Group. 7 p.m. 10304
Lynnhaven Place, Oakton. Discussion will be on The Book Thief by Marcus Zusak. 703-242-4020.

FRIDAY/AUG. 22

English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Practice English conversational skills. 703-938-0405.

MONDAY/AUG. 25

English Conversation. 7 p.m. 10304 Lynnhaven Place, Oakton... Practice conversational English in a group setting. 703-356-0770.

English Conversation Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Practice conversational English in a group setting. 703-356-0770.

Spanish Conversation Group. 1p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice Spanish with a group. 703-757-8560.

American Red Cross Blood Drive. 10 a.m.-3:30 p.m. Cordia Partners, 8229 Boone Blvd., Vienna. To learn more and make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS.

TUESDAY/AUG. 26

Improve Your English Skills. 11a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Receive help with reading, speaking and listening to English. 703-365-0770.

Computer-one-on-one. 11a.m. 10304
Lynnhaven Place, Oakton. Learn how to work with the internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

English Conversation Group One-On-One. 7 p.m. 10304 Lynnhaven Place, Oakton. Practice conversational English in a group setting. 703-356-0770.

One-On-One Computer Tutoring. 11a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn the basics of a computer. 703-938-0405.

WEDNESDAY/AUG. 27

Computer-one-on-one. 11a.m. 10304
Lynnhaven Place, Oakton. Learn how to work with the internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

One-On-One Computer Tutoring. 11a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn the basics of a computer. 703-938-0405.

ESL Conversation Group. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice English with a group. 703-757-8560.

THURSDAY/AUG. 28

Computer-one-on-one. 11 a.m. 10304
Lynnhaven Place, Oakton. Learn how to work with the Internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

FRIDAY/AUG. 29

Drop-In-Chess. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All skill levels welcome. 703-757-8560.

English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Practice English conversational skills. 703-938-0405.

MONDAY/SEPT. 15

MCC Governing Board Work Session and Public Hearing on FY 2016 Budget. 7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Open to the public. www.mcleancenter.org or 703-790-0123.

SATURDAY/SEPT. 27

McLean Child Safety Inspection. 9:30 a.m. - 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The Mclean District Police Station holds child safety seat inspections once per month.

SATURDAY/OCT. 25

McLean Child Safety Inspection. 9:30 a.m. - 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The Mclean District Police Station holds child safety seat inspections once per month.

New Day in Old Dominion

Gay couples eagerly anticipate same-sex marriage in Virginia.

BY MICHAEL LEE POPE
THE CONNECTION

Dwayne and Rodney Byrum will be at the Fairfax County Court house long before it opens this Thursday on a civic mission decades in the making — to become one of the first same-sex couples to receive a marriage license in Virginia. The couple has already been married on reality television, appearing in the pilot episode of the TLC show “Wedding Island.” The marriage took place on Dec. 12, 2012 at 12:12 p.m. in Vieques, Puerto Rico.

That was reality television. This week, the marriage license will become a real-life reality.

“We’re bouncing off the walls happy,” said Dwayne Byrum, a native of Lumberton, N.C., who lives in Groveton. “It’s come along a lot faster than we ever dreamed than it would.”

Just a few short years ago, voters in Virginia approved a constitutional amendment banning same-sex marriage. Since that time, a dramatic shift has happened as public opinion polls have flipped. That has allowed elected officials more latitude to take actions that would have been unthinkable a few short years ago. Democratic Attorney General Mark Herring, for example, voted in favor of the amendment as a member of the General Assembly. But now that he’s the commonwealth’s chief law-enforcement officer, he says it’s unconstitutional. Now the Virginia courts have struck down that law, and same-sex marriage could become legal in the commonwealth as early as this week unless the U.S. Supreme Court intervenes.

“This is especially exciting because Virginia had to be dragged kicking and scream-



Liane Rozzell, left, and Linda Kaufman exchange wedding vows in a 2010 District of Columbia service.

ing into marriage equality for races,” said Liane Rozzell, an Arlington resident whose D.C. marriage to her longtime partner could become legal this week. “So I think it’s really exciting to have Virginia be one of the states where marriage equality will be happening and it won’t be the last one.”

LAST WEEK, the 4th Circuit Court of Appeals declined to issue a stay of its ruling affirming that Virginia’s marriage ban is unconstitutional. Unless the U.S. Supreme Court issues its own stay, which it has done in nearly identical pending cases, Virginia’s marriage ban will end on Aug. 20. In a written statement outlining his action, the attorney general said he believes the case will prove compelling for the court because of the “stringent, discriminatory nature of Virginia’s marriage ban.” He also drew attention to Virginia’s previous ban on inter-

racial marriage, a legal precedent known as the Loving case.

“Virginia got that case wrong,” said Herring. “Now we have a chance to get it right and to help extend to all Americans the right to marry the person they love.”

Civil rights advocates across the commonwealth cheered the attorney general’s decision.

“There is no doubt that Virginia is ready for the freedom to marry,” said James Parrish, executive director of Equality Virginia in a written statement. “Marriage validates the commitment couples make to one another and, if the Supreme Court doesn’t intervene, achieving marriage equality in Virginia will be a tremendous step forward.”

FOR THOSE who have been fighting for marriage equality for years, recent events seem like a headlong rush into the future.

“We’re bouncing off the walls happy. It’s come along a lot faster than we ever dreamed than it would.”

— Dwayne Byrum

Back in 2006, many advocates for civil rights believed they could beat back the push toward adding a new amendment to the Virginia Constitution excluding a gays and lesbians from the institution of marriage. But advocates for the Marshall-Newman amendment won a decisive victory, winning with 57 percent of the vote.

“It was shocking,” a native of the Philippines who has lived with his partner in Ballston since 2001 and campaigned against the amendment. “I was surprised very much at how decisive than I thought it was going to be.”

Herring is the first state attorney general to argue successfully at the federal district and appeals levels that a state marriage ban should be struck down.

Virginia had supported a previous request for a stay because of the uncertainty that families could face if marriages proceed in Virginia and neighboring states and the Supreme Court ultimately rules against marriage equality.

“Throughout this process, we have fought for the principle of equality, moving the case forward in a swift and orderly way,” said Herring. “That is why I have asked the Supreme Court to review the case to quickly and definitively resolve the issue for the Commonwealth and all the states.”

VOLUNTEER OPPORTUNITIES

The Wakefield Senior Center in Annandale needs Spanish-speaking volunteers to assist participants Tuesday-Friday, 10 a.m.-2 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Sully Senior Center in Chantilly needs a certified personal trainer, preferably with experience working with older adults, for one hour, twice a week. 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 an art instructor, who can teach a variety of mediums, and a garden group leader. 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 Senior Center in Alexandria needs an experienced boater to share the ins and outs of boating. 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 a DJ to provide a wide array of music from ballroom to line dancing, Wednesdays 2-4 p.m. and a ballroom dance instructor to teach a basic class on Thursday afternoons. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Adult Day Health Care Centers need marketing assistants to distribute brochures to health care providers. 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 needs office assistance with the front desk and data entry, Monday-Friday, 10 a.m.-2 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Lewinsville Senior Center in McLean needs a certified volunteer Zumba Instructor to teach a class on Friday afternoons. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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.

Meals on Wheels needs drivers in Lorton, Clifton, Franconia, McLean and Falls Church between the hours of 11 a.m.-1 p.m. on Mon-

day, Wednesday and Friday. Substitute drivers needed throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs Korean speaking volunteers to deliver meals 11 a.m.-1 p.m. Monday, Wednesday and Friday in the Centreville, Reston area. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

❖ Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor’s appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.