



# Great Falls CONNECTION

## SUMMER FUN

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Halle Duenkel and the Langley girls' lacrosse team lost to Robinson, 13-11, in the 6A North region quarterfinals on May 19. The Saxons finished the season with a 17-2 record.

# Strong Season

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## Golf Tournament To Benefit Great Falls Schools

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Anyone can look on a map to find parks. Not everyone can tell you where the hidden dog paths are.

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Keith Foxx looks forward to Travis Parnell's turn to pay-it-forward.

PHOTOS BY JOAN BRADY/THE CONNECTION



"Travis was an amazing person when I met him. In the past 9 years he has grown into an amazing man and father," says Alexis Albritton. The two plan to get married next year.

## Mentoring Guides Foster Care Alum

**"If God doesn't have a plan for you, have a plan for yourself."**

BY JOAN BRADY  
THE CONNECTION

**T**ravis Parnell and Keith Foxx don't remember exactly when they met. Parnell was around 14 and had been in foster care for 6 or so years. He estimates he had already lived in 10 different foster homes, several in Fairfax County. Foxx, a civil engineer from Springfield, was married with two children.

Foxx says that one of the things that set Parnell apart was that despite everything he had been through, he didn't feel sorry for himself. More than that, while Parnell acknowledged the challenges of being a foster child, he was appreciative of the benefits of being in care.

Parnell was able to stay with one foster mother for almost 5 years. "Miss Bertha," he says, made it possible for him to be a regular kid. That is unusual for foster kids who move often and aren't always able to participate in school and sports activities, attend slumber parties or go to the prom.

During those years with Miss Bertha, Parnell had stability and chores and she treated him like family. In fact, she still does. He is brother to her older children and uncle to the younger ones today.

"When you are in and out of foster homes, it's hard to trust," Parnell said. "Social workers and other professionals are doing a job." But when he learned that Foxx was taking time away from his wife and two young daughters to spend time with him, he knew Foxx was different.

And it wasn't just that Foxx spent time away from his family. Parnell was also wel-



Some day, when Xavier is old enough, Travis Parnell will tell him of the struggles he and Alexis Albritton had starting out. But, for today, Parnell just wants him to be a happy, well-loved four-year-old.

**Nationwide, four years after aging out of foster care, 25 percent have been homeless and more than 80 percent are unable to support themselves, according to an Association of Small Foundations/Annie E. Casey report.**

come in the Foxx home. "No one had ever brought me into their house before," he said quietly as his four-year-old son sits contented in his lap. "I wanted Keith to know that he could trust me with his family."

Foxx's older daughters laugh as they say that when he first started coming around, they asked their parents if Parnell was their new brother. Twelve years later, that's the way they introduce him.

"I thought it was great," says Foxx's wife,

Michelle. "But it wasn't unexpected. That's who Keith is, the type of guy who will reach out to help the next person."

"There were people in my life that gave me good advice and recognized that I had potential. It was that little bit of encouragement on their part that made the difference. I was just passing that on," says Foxx.

Parnell nods, "People will say, 'I know just how you feel,'" but to Parnell, those were empty words. "Nobody knows how you re-

### How To Help

#### May Is National Foster Care Month

To learn about ways to make a difference in the life of a child currently living in foster care:

**Main site for foster care:** <http://www.fairfaxcounty.gov/dfs/childrencyouth/fca.htm>

**FairfaxFamilies4Kids:** <http://www.fairfaxcounty.gov/ncs/fairfaxfamilies4kids.htm>

**BeFriend-A-Child:** <http://www.fairfaxcounty.gov/dfs/childrencyouth/befriendachild.htm>

**Foster Care 2 Success:** <http://www.fc2success.org/>

**Court Appointed Special Advocates/CASA:** <http://www.fairfaxcasa.org/volunteer-or-donate/becoming-a-volunteer/>

ally feel. No one can put themselves in somebody else's shoes. But, you can tell someone you feel for them and you are here to help them."

The bond between them took time to build. In those early years, they got together two or three times per month. Parnell recalls that if he was reluctant, Foxx was unimpressed. "You are coming dude," Foxx would tell him. Often, Foxx's daughters would come along, too. And when the baby arrived, she joined them as well.

Out of seven biological siblings, Parnell is the only one to have earned a high school diploma. Parnell says that he was told by social workers that he should drop out, that he wasn't going to make it. He wanted to prove them wrong and he recognized that having a diploma would expand his opportunities.

For young adults who have the continued support of parents and family, the path to independence can be daunting. For those without strong support, it can feel downright hopeless. When Parnell left foster care at 18, he was completely responsible for himself.

Those early years were very dark. Parnell worked in a series of dead-end sales jobs

SEE FOSTER CARE, PAGE 4





PHOTOS CONTRIBUTED

**Tournament Chair Tim Burke (right) and Mike Kearney holding up the sign last year.**



**Committee members, administration of the three schools and some GFES children holding up the check that was donated in 2014.**

## Golf Tournament to Benefit Great Falls Schools

Celebrate Great Falls Foundation will hold the 10th Annual Charity Golf Tournament to benefit three local elementary schools on June 6. Over the years, the tournament generated over \$200,000 for Great Falls Elementary, Forestville Elementary and Colvin Run Elementary.

This tournament takes place at Hidden Creek Country Club.

U.S. Rep. Barbara Comstock (R-10) has donated a Personal Tour of the Capitol. There are other unique items, including ride with Santa on the Great Falls antique firetruck, an Instant Wine Cellar being built

by our neighbors over at Classic Wines or naming the flavor of the month at the Great Falls Creamery.

Last year's tournament netted over \$21,000 for the schools. Interested golfers and sponsors can register for a foursome (\$600) or individually (\$175) at

[www.greatfallsgolf.org](http://www.greatfallsgolf.org).

Celebrate Great Falls Foundation is dedicated to fostering the sense of community that makes Great Falls such a special place to call home.

It will host the Summer Concert on the Green series on Sunday evenings and annual Fourth of July festivities. For more information, go to [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

## Colvin Run Elementary Runs for Sports

**Colvin Run Elementary covers 617 miles on Saturday, May 7 and collects sports equipment for Hybla Valley Elementary.**

PHOTO CONTRIBUTED



## Foster Care Alum Moving Forward

FROM PAGE 3

that did not afford him a reliable income. Things got worse he says, when, "I made a mistake and my driver's license was suspended. That limited my job opportunities even further." It seemed hopeless when he found a job that was good money, but required a license.

That was when Foxx stepped up, "It was a blessing," says Parnell, "I didn't have anybody else who would do that for me. No one who would say, here are the stipulations. I will help you if you do this." Parnell is proud to say that with his reinstated license, he got that job.

And five years later, he is working at a national company in Lorton, a senior technician in HVAC/air duct cleaning.

The hours are long and the job pays on commission, but Parnell says if you have patience, customer service and sales skills, it's a good job. And he enjoys educating people on what they can do to improve their air quality, especially for families who have children. It makes him smile to know that when he leaves a job, people will breathe better.

Parnell and his girlfriend, Alexis Albritton, have been together since they were 17. Albritton had imagined a future with the two of them and a house full of dogs. But

today, you would never know that children weren't always part of her plan, as she fusses over young Xavier.

Albritton works as a veterinary assistant and receptionist at Crosspointe Animal Hospital in Fairfax Station. She too has goals for her future. Her sights are set on becoming a certified veterinary tech.

Parnell and Albritton said their biggest challenge is their budget; making sure that more money is coming in than needs to go out. They live frugally, rarely eating out or buying clothes; they cut their own hair and are happy for the generous donations to the Salvation Army that allow them to dress Xavier at prices they can afford.

The couple appreciates having Albritton's parents and Foxx to offer guidance. Now 26, Parnell says there isn't anything he wouldn't share with Foxx. They check in with each other regularly, "We are both men with our own families. If he has an issue, he'll call and say what do you think I should do? We talk through it. Then I tell him, 'time to be a grown man' and that gives him the confidence to handle the situation," said Foxx.

"Not everyone has the tools to make it in this world," says Parnell, "The only thing you can do is put the past behind you and take the initiative to keep moving forward."



# ArtFest

*on the Green*

June 3-5

## Come to Great Falls Village for a Weekend of Art



### Art Walk in the Village: First Fridays (Friday, June 3rd, 6-9pm,) **FREE**

This month's Art Walk is combined with ArtFest! Stroll through 20 artists' booths on the Green and 3 indoor art studios (info below). Live music at The Old Brogue starts at 9pm.

### Art Show & Sale (Fri. 6-9pm, Sat. 9am-5pm & Sun. 11am-8pm) **FREE**

20+ **Great Falls Studios** artists under tents will display oil, acrylic, watercolor & mixed media paintings; pottery; photographs; jewelry; weaving; and fabric art. Browse the indoor studios at **Artists on the Green** (776-B Walker Rd.), **Artists' Loft** (766 Walker Rd.), and **Artists' Atelier** (756 Walker Rd) *Oil Paintings, Mixed Media, Photography, Fiber Arts, Abstracts*

This is a great opportunity to see a wide variety of art & chat with the artists who make it.



### Activities (Sat. 12-4pm & Sun. 2-6pm) **FREE**

Youth Drama: *Alice in Wonderland* Sat., 12-12:30pm (756 Walker Rd.)

Live Music with *Reston Station* Sat. 1-3pm *Norman Dovberg* Sun. 1-3pm

Art Activities at The Arts of Great Falls School Sat. 12-4pm, Sun. 2-6pm



### Concert on the Green (Sunday 6-8pm) **FREE** Celebrate Great Falls Foundation

Enjoy the kick-off Concert: Mike Terpak Blues Explosion sponsored by Roz Drayer Real Estate. Bring your picnic baskets & chairs for an entertaining evening of free, live music on the Green!

**LOCATION:** The tents will be set up on the Green in Great Falls Village Centre (Georgetown Pike & Walker Road) walk through to the Green at The Old Brogue, Great Falls Creamery or the Art Studios at 756, 766 or 776 Walker Road.



Sponsors:



Great Falls Studios



Details online at [www.greatfallsart.org/ArtFest/](http://www.greatfallsart.org/ArtFest/)



# Remembering on Memorial Day 2016

## Observe a moment of silence.

On Memorial Day, we remember all of those who have died in military service, more than 400,000 in World War II, more than 30,000 in Korea, more than 50,000 in Vietnam.

As many as 620,000 soldiers died in the line of duty in the Civil War, stunningly about 2 percent of the population at that time. To compare, while more than 2.5 million soldiers have served in Iraq and Afghanistan, that number is still less than one percent of the U.S. population.

Since Sept. 11, 2001, more than 6,880 U.S. military service men and women have died in support of the wars in Iraq and Afghanistan.

On Memorial Day, there are many ways to remember the fallen, including a visit to Arlington National Cemetery, or many other local commemorations. But at a minimum, wherever you are, you can observe a moment of silence at 12:01 p.m. along with Iraq and Afghanistan Veterans of America (IAVA), or you can set your own moment at some point during the day.

More than 52,000 U.S. military service members have been wounded in action, although that number is likely to be revised upward. In 2013, the military confirmed traumatic brain injury in more than 220,000 of the more than 2.5 million troops who have served in Iraq and Afghanistan. The long-term consequences of many of these injuries, including mental health consequences, are unknown, but they will require a national commitment to excellence in health care and services for both active duty military personnel and veterans. Virginia's U.S. Senators Mark Warner and Tim Kaine continue to advocate for better service from the Veterans Administration.

Since Memorial Day 2014, the Department of Defense announced the death of one service member from Virginia, Marcus D. Prince, 22, of Norfolk, Virginia, who died April 26 in Juffir, Bahrain.

Between Memorial Day 2014 and 2015, two military service members from Virginia. Sgt. Charles C. Strong, 28, of Suffolk, died Sept. 15, 2014 in Herat Province, Afghanistan while conducting combat operations. Sgt. David H. Stewart, 34, of Stafford, was one of three Marines who died June 20, 2014 while conducting combat operations in Helmand province, Afghanistan.

**EVERY YEAR** before Memorial Day, this newspaper names the local men and women who have died in military service since Sept. 11, 2001.

Army Sgt. Lyle D. Turnbull, 31, of Norfolk, died Oct. 18, 2013 in Kuwait, from a medical emergency. Capt. Brandon L. Cyr, 28, of Woodbridge, was one of four airmen who died April 27, 2013, near Kandahar Airfield, Afghanistan, in the crash of an MC-12 aircraft.

1st Lt. Robert J. Hess, 26, of the Kings Park West neighborhood of Fairfax, was killed by enemy fire on April 23, 2013, Afghanistan. Hess was known as "RJ" and graduated from Robinson Secondary School in 2005, where he played football, lacrosse and was the captain of the swim team. He was a U.S. Army Blackhawk helicopter pilot who deployed to Afghanistan on April 11, 2013. His family remembers his sense of humor and his natural leadership ability.

Master Sgt. George A. Banner Jr., 37, of Orange, died Aug. 20, 2013, of injuries sustained when enemy forces attacked his unit with small arms fire in Wardak Province, Afghanistan.

Spc. Caryn E. Nouv, 29, of Newport News, was one of two soldiers who died July 27, 2013 in Ghazni Province, Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device and small arms fire.

Lance Cpl. Niall W. Coti-Sears, 23, of Arlington, died June 23, 2012, while conducting combat operations in Helmand province, Afghanistan. Coti-Sears loved music, played the guitar, composed songs and entertained family and friends at holiday gatherings. Niall was very close to his grandfather, William Coti, who was a Marine. "He was always my protege," William Coti told the Arlington Connection. "He always wanted to be a Marine and he followed my example. It weighs heavily on me that this had to happen."

Chief Warrant Officer Five John C. Pratt, 51, of Springfield, died May 28, 2012 in Kabul, Afghanistan, when his helicopter crashed.

Staff Sgt. Jessica M. Wing, 42, of Alexandria, died Aug. 27, 2012 in Kuwait City, Kuwait.

In February 2012, Brig. Gen. Terence J. Hildner, 49, of Fairfax, was the highest ranking military officer to die in the war. Hildner died Feb. 3, 2012 in Kabul province, Afghanistan.

Sgt. Aaron X. Wittman, 28, of Chester, Virginia, died Jan. 10, 2013 from small arms fire. Sgt. David J. Chambers, 25, of Hampton, Virginia, died Jan. 16, 2013 from a roadside bomb. Sgt. Robert J. Billings, 30, of Clarksville, Virginia, died Oct. 13, 2012 when enemy forces attacked with an improvised explosive device. Staff Sgt. Jonathan P. Schmidt, 28, of Petersburg, Va., died Sept. 1, 2012 from enemy small arms fire. 1st Lt. Stephen C. Prasnicky, 24, of Lexington, Virginia, died June 27, 2012, from a roadside bomb.

Aaron Carson Vaughn, 30, was one of 30 American service members and 22 Navy SEALs killed Aug. 6, 2011 when their Chinook helicopter was shot down in Afghanistan. Vaughn's family has ties to McLean and Burke. He is survived by his wife, Kimberly, and their two children.

Spc. Douglas Jay Green, 23, of Sterling, died Aug. 28, 2011, when insurgents attacked his unit using a roadside bomb in Afghanistan. Green enlisted in 2007, after attending Potomac Falls High School.

Pfc. Benjamin J. Park, 25, of Fairfax Station, died June 18, 2010 at Zhari district, Kandahar, Afghanistan, of injuries sustained when insurgents attacked his unit with an improvised explosive device.

May 12, 2010, Donald J. Lamar II, 23, of Fredericksburg, was killed in Afghanistan. Christopher D. Worrell, 35 of Virginia Beach, was killed in Iraq on April 22, 2010. Steven J. Bishop, 29 of Christianburg, was killed March 13, 2010 in Iraq. Kielin T. Dunn, 19, of Chesapeake, was killed Feb. 18, 2010 in Afghanistan. Brandon T. Islip, 23, of Richmond, was killed Nov. 29, 2009, in Afghanistan. Stephan L. Mace, 21, of Lovettsville, died Oct. 3, 2009 in Afghanistan.

Bill Cahir, 40, of Alexandria, died Aug. 13, 2009 of a gunshot wound while conducting combat operations in the Helmand Province of Afghanistan. After Sept. 11, 2001, Cahir decided to leave his career as a journalist and join the Marine Corps. His application to become a Marine was denied because of his age, but he successfully lobbied members of Congress to get a special exemption.

Lance Cpl. Daniel Ryan Bennett, 23, of Clifton died Jan. 11, 2009, in Helmand Province, Afghanistan. 2nd Lt. Sean P. O'Connor of Burke died Oct. 19, 2008 while stationed at Hunter Army Air Field, Savannah, Georgia. O'Connor was an athlete in soccer, baseball and football who attended Fairfax County Public Schools and was a 1999 graduate of Bishop Denis J. O'Connell High School in Arlington.

Pfc. David Sharrett II, 27, of Oakton, died Jan. 16, 2008 in Iraq. On Oct. 24, 2008, his father, David H. Sharrett, was on hand as the Oakton Post Office on White Granite Drive was renamed to honor his son. But the senior Sharrett has battled to learn the truth about his son's death, that he was killed by his lieutenant in a "friendly fire" incident. In April 2012, Sharrett Sr. obtained documents confirming some of the details of his son's death and a subsequent cover-up.

Army 1st Lt. Thomas J. Brown, 26, a George Mason University graduate and Burke resident, died on Sept. 23, 2008, while serving in Iraq, from small arms fire.

Sgt. Scott Kirkpatrick, 26, died on Aug. 11, 2007, in Arab Jabour, Iraq. Kirkpatrick, who graduated from

Park View High School in Sterling, and also considered Herndon and Reston as his hometowns, was a champion slam poet.

Ami Neiberger-Miller lost her brother, U.S. Army Spc. Christopher Neiberger, in August 2007 when he was killed by a roadside bomb in Iraq. He was 22.

Staff Sgt. Jesse G. Clowers Jr., 27, of Herndon, died when an improvised bomb exploded near his vehicle in Afghanistan on Aug. 12, 2007. Jonathan D. Winterbottom, 21, of Falls Church, died in Iraq on May 23, 2007, when an IED exploded near his vehicle.

Nicholas Rapavi, 22, of Springfield, died Nov. 24, 2006, during combat in Anbar province in Iraq. Army Cpl. Andy D. Anderson, 24, was killed by enemy fire in Ar Ramadi, Iraq on Tuesday, June 6, 2006.

Spc. Robert Drawl Jr., 21, a 2003 graduate of T.C. Williams High School, was killed by a bomb in Kunar, Afghanistan, on Aug. 19, 2006.

U.S. Army Specialist Felipe J. Garcia Villareal, 26, of Burke, was injured in Iraq and flown to Washington Hospital Center, where he died Feb. 12, 2006. He was a graduate of Herndon High School.

Capt. Shane R. M. Mahaffee, 36, a 1987 graduate of Mount Vernon High School, died May 15, 2006. He was a lawyer, married, with two children.

U.S. Marine Lance Cpl. Nicholas Kirven, 21, was killed in Afghanistan in 2005 during a firefight in a cave with insurgents. He enlisted while still in high school after Sept. 11, 2001.

Fairfax Station resident Pfc. Dillon Jutras, 20, was killed in combat operations in Al Anbar Province of Iraq on Oct. 29, 2005.

Maj. William F. Hecker III, a 1987 graduate of McLean High School, was killed in action in Iraq, Jan. 5, 2005. Staff Sgt. Ayman Taha, 31, of Vienna, was killed Dec. 30, 2005, when an enemy munitions cache he was prepping for demolition exploded. Army Capt. Chris Petty of Vienna was killed Jan. 5, 2006.

Staff Sgt. George T. Alexander Jr., the 2,000th soldier to be killed in Iraq, was literally born into the Army here in Northern Virginia, at DeWitt Army Hospital at Fort Belvoir. Alexander died at Brooke Army Medical Center in San Antonio, Texas, Oct. 22, 2005, of injuries sustained in Iraq five days earlier.

Lt. Col. Thomas A. Wren, 44, of Lorton, died in Tallil, Iraq on Nov. 5, 2005. Marine Capt. Michael Martino, 32 of the City of Fairfax, died Nov. 2, 2005, when his helicopter was brought down in Iraq.

1st Lt. Laura M. Walker of Oakton was killed on Aug. 18, 2005, in Kandahar, Afghanistan. CW4 Matthew S. Lourey of Lorton died from injuries sustained on May 26, 2005 in Buhriz, Iraq. Operations Officer Helge Boes of Fairfax was killed on Feb. 5, 2003, while participating in counterterrorism efforts in eastern Afghanistan.

Among other local lives lost: Lance Cpl. Tavon Lee Hubbard, 24, of Reston; 1st Lt. Alexander Wetherbee, 27, of McLean; 1st Lt. Jeff Kaylor, 25, of Clifton; Coast Guard Petty Officer Nathan B. Bruckenthal, 24, of Herndon; Army Chief Warrant Officer Sharon T. Swartworth, 43, of Mount Vernon; Command Sgt. Maj. James D. Blankenbecker, 40, of Mount Vernon; Capt. James F. Adamowski, 29, of Springfield; Sgt. DeForest L. Talbert, 22, of Alexandria; Marine Cpl. Binh N. Le, 20, of Alexandria; Staff Sgt. Russell Verdugo, 34, of Alexandria. Army Capt. Mark N. Stubenhofer, 30, from Springfield; Marine Gunnery Sgt. Javier Obleas-Prado Pena, 36, from Falls Church; Marine Sgt. Krisna Nachampassak, 27, from Burke; Army Staff Sgt. Nathaniel J. Nyren, 31, from Reston; Marine Lance Cpl. Tenzin Dengkhim, 19, from Falls Church, Navy Chief Joel Egan Baldwin, 37, from Arlington; Maj. Joseph McCloud, of Alexandria, and Major Gloria D. Davis, 47 of Lorton.

Capt. Jesse A. Ozbat, 28, of Prince George, Virginia, died on May 20, 2012 in Afghanistan from a roadside bomb. Constructionman Trevor J. Stanley, 22, of Virginia Beach, died April 7, 2012 while deployed to Camp Lemonnier, Djibouti. Pfc. Michael W. Pyron, 30, of Hopewell, Virginia, died Jan. 10, 2012 in Afghanistan. Maj. Samuel M. Griffith, 36, of Virginia Beach, died Dec. 14, 2011 in Afghanistan. Staff Sgt. James Ronald Leep Jr., 44, of Richmond, died Oct. 17, 2011 at Forward Operating Base Kalsu in Iraq. Spc. Levi Efrain Nuncio, 24 of Harrisonburg, died June 22, 2011 in Afghanistan. Capt. Michael Wray Newton, 30 of Newport News, died June 11, 2011 in Afghanistan. Capt. Charles A. Ransom, 31, of Midlothian was one of eight airmen who died April 27, 2011, at the Kabul International Airport, Afghanistan, from gunfire. Sgt. Sean T. Callahan, 23, of Warrenton died April 23, 2011

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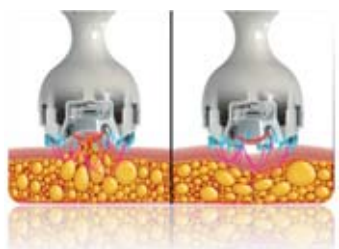
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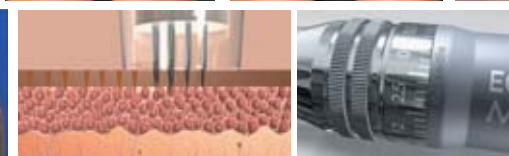
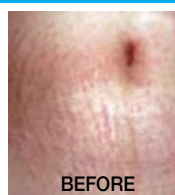


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## SPORTS

## Langley Girls' Lax Suffers Season-Ending Loss

BY JON ROETMAN  
THE CONNECTION

Katie Checkosky glanced up at the Coffey Stadium scoreboard as she cradled the ball in her stick pocket, watching the final seconds tick off the clock while she ran around the field. After the horn sounded, the Robinson attacker tossed the ball in the air and hugged teammate Elli Kluegel before the rest of the Rams arrived to celebrate.

The Robinson girls' lacrosse team, which won the 2015 state championship and hasn't lost to a public school opponent since 2014, faced a rare test on May 19. Taking on a Langley team that went undefeated during the regular season, the Rams trailed 7-5 at half-time and found themselves down by a goal with less than 20 minutes remaining in the contest.

In a postseason matchup that arrived sooner than expected, Robinson scored six of the final nine goals and kept its season alive.

The Rams defeated the Saxons 13-11 in the 6A North region quarterfinals at Robinson Second-

ary School. Robinson remained unbeaten, earned a state tournament berth and advanced to the region semifinals, where the Rams faced Patriot on Wednesday, after The Connection's deadline.

Langley's season came to a close. The Saxons finished the year with a 17-2 record.

"This is a huge boost-up win," Kluegel said. "This pumps us up so much. It's made us really hungry, knowing that this is potentially the hardest or one of ... the hardest teams we're going to face this year. To beat them and to come out with a great victory like we did, that's just driving us forward."

LANGLEY scored the first two goals of the game and led 5-2 after Elise Kim put one in the cage with 14:18 remaining in the opening half. Rebecca Bair scored with 23 seconds left, giving the Saxons a 7-5 halftime advantage.

"It was weird for us being in that situation because we've never been down, except for against Westfield earlier this year," said Kluegel, the Conference 5 Player of the Year. "That was a little alarming, how fast they came out ..."



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION  
Langley's Anna Hofgard, right, had one goal and one assist against Robinson on May 19.

After Robinson tied the score at 7 with goals by Kluegel and Kaitlin Luccarelli early in the second half, Langley senior Halle Duenkel, the Conference 6 Offensive Player of the Year, put a free position goal in the cage for an 8-7 Saxons lead with 19:22 remaining.

A goal by Robinson's Kate Mulvenon tied the score at 8 with

18:05 on the clock and, less than a minute later, Luccarelli put the Rams ahead to stay with her third goal of the contest.

Luccarelli, a senior midfielder, finished with five goals.

"We got together at half and we had a talk," Luccarelli said, "and we realized that this is our home stadium, this is our game and we



Marina Smith and the Langley girls' lacrosse team had a lead against Robinson in the region quarterfinals on May 19, but fell 13-11.

need to keep continuing on, that we're not going to lose tonight, that we're better than this — we're undefeated and we're a better team all around and that this is our game."

Robinson head coach Liz Case said the Rams became more aggressive as the game progressed. "[Our halftime talk] was basi-

## Saxons fall to Robinson in region quarterfinals.

Robinson after Langley, thanks in part to junior midfielder Emma Crooks, had success with draws early in the game. The move paid off.

"If it wasn't working one way, we've got to switch it up quickly because it was all about the draw, and we weren't winning the draw," Case said. "Once we switched it up, we started winning the draw. ... [Skrzypczak is] our powerhouse coming up off of defense."

Robinson senior midfielder Taylor Caskey finished with three goals and two assists. Kluegel tallied three goals and Checkosky totaled one goal and two assists.

Langley's Duenkel finished with three goals and three assists, Crooks had three goals and two assists and Bair scored two goals.

ROBINSON-LANGLEY was once viewed as a potential state championship matchup. But after the Saxons lost in their conference championship game, Langley entered the region tournament as the No. 2 seed from Conference 6, meaning a likely second-round meeting with the Conference 5

champion Rams.

Despite winning 17 of its first 18 games, Langley had to face an undefeated opponent early in the region tournament and came up short.

"I'm beyond proud of our team," said Duenkel, who will play for James Madison University. "... Even though this year we couldn't quite make it, next year I have full faith that this program has been turned around by [head coach] Maggie [Kovacs] and [assistants] Bucky [Morris] and Annie [Swanson]. It's just a very different team than it was at the beginning of the season."

While Langley will lose Duenkel to graduation, Kovacs said a talented Great Falls feeder system makes for a bright future.

"I coached last spring the seventh-/eighth-grade 'A' team for Great Falls [and I'm] counting down the days until those eighth-graders get here," Kovacs said. "... This is a little heartbreaking for me because these seniors were the first kids I ever coached lacrosse to [from] a team standpoint ... but Langley has a really bright future ahead of it."

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# SUMMER FUN

## ONGOING

### Summer on the Green Concert

**Series.** 6:30 p.m. Wednesdays, Fridays, Sundays. Vienna Town Green, 144 Maple Ave. E., Vienna. A series of free performances presented by the Town of Vienna and its sponsors. Please bring chairs and/or blankets. No alcoholic beverages are permitted. They recommend leaving pets at home. 703-255-7842. [viennava.gov](http://viennava.gov).

### Summer Entertainment Series.

June 1-Aug. 31. Fairfax County Parks. A summer-long calendar of shows, concerts and movies appropriate for you and your family. These concerts held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Free. To find out what's playing at your nearby park, go to <http://www.fairfaxcounty.gov/parks/performances/>.

### Summer Stories and Sprinklers.

Wednesdays. 1:30 p.m. June 29-Aug. 13. Historic Vienna Little Library, 131 Church St. NE, Vienna. Children can run through the sprinklers on the lawn of the Town Green and enjoy stories. [viennava.gov](http://viennava.gov).

### Wolf Trap Theatre-in-the-Woods.

10:30 a.m. Tuesday-Saturday. June 21-Aug. 6. 1551 Trap Road, Vienna. D.C. area summer tradition for children and their families, featuring diverse acts including puppetry, storytelling, dance, theater, and music. [wolftrap.org](http://wolftrap.org).

## MONDAY/JULY 4

**Great Falls 4th of July Celebration and Parade.** 8 a.m. - 6 p.m. 5K Walk Run, Blood Drive, Little Patriot Parade, and floats, horses, antique



PHOTO BY NIKKI CHESHIRE/THE CONNECTION

**Come out on Sundays and listen to some live music at the Great Falls Village Centre Green, Sundays, 6-8 p.m., May 31-Aug. 16.**

cars and pets making a loop in the Main Parade. Fireworks start after dusk. <http://www.celebrategreatfalls.org/4th-of-july-celebration-parade/>

**Vienna 4th of July Festival and Fireworks Show.** 4-9:30 p.m. Live musical entertainment, arts and crafts for kids, antique and classic car show and fireworks. Visit [www.viennava.gov](http://www.viennava.gov) for more.

**McLean Fourth of July.** 6:30 p.m. Churchill Road Elementary, 7100 Churchill Road, McLean. Free shuttle buses. Disc jockey, snack vendors. [mcleancenter.org](http://mcleancenter.org).

## SATURDAY/JULY 16

**Slide the City.** 7920 Branch Drive McLean. Slip and slide the city streets of Tysons at Slide the City. Come dressed to impress because it's not every day you can strut through town with little friction. There will be live music, food, drinks, water, and of course the biggest slip and slide ever to hit asphalt. Don't worry, it's padded. \$30-\$99. <https://www.slidethecity.com/location/tysons/#387>



PHOTO BY DONNA MANZ/THE CONNECTION

**Summer on the Green Concerts at the Town Green of Vienna begin May 20. There will be performances on Wednesday, Friday and Sunday nights from May to August.**

## SATURDAY-SUNDAY/JULY 16-17

**Colonial Market Fair.** 11 a.m.-4:30 p.m. Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Savor roast chicken and spicy sausages, enjoy dancing and singing with the fiddler, test your water color and writing skills with Mr. Andrews at the Stationer. Muster with the militia and re-outfit your home in furniture from the Cabinet Maker. Only at Market Fair can you catch up on the latest news from the frontier and trade stories while enjoying local ale and porter at the Tavern. Try hands-on crafts such as spinning and dyeing, and shop for goods from the finest merchants in the colonies. [1771.org/marketfair](http://1771.org/marketfair).

## SUNDAY/JUNE 17

**Tour de Tysons.** 7:30 a.m.-5:30 p.m. 10 races between 8 a.m. and 5 p.m. on a closed, circular course. One of the races will be for elite cyclists and will feature a cash purse. <http://www.tysonspartnership.org/event/tour-de-tysons/>

## SATURDAY/AUG. 13

**Kid's Adventure Race.** 10 a.m. Southside Par, 1315 Ross Drive, Vienna. All participants will receive a race t-shirt and light refreshments. All finishers will receive a medal. A registration fee of \$7 is required; no registration the day of the race. Ages 5-13. [viennava.gov](http://viennava.gov).

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# CALENDAR

Send announcements to [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

## ONGOING

**Krop's Crops Flea Market.** 9 a.m.-3 p.m. Second and fourth Saturdays from May to August. 11110 Georgetown Pike, Great Falls. Shop for vintage, antique and used items. Or sell you treasures. [kropsfleamarket@gmail.com](mailto:kropsfleamarket@gmail.com).

### "So Many Parks - So Little Time."

Through May 31. Katie's Coffee House, 760 Walker Road, Great Falls. Artist Dee Leggetts photographs of national parks. 703-861-3335.

### Lashley Artist Showcase.

May 2-28. Broadway Gallery and Fine Art and Framing, 1025-J Seneca Road, Great Falls. The paintings of award-winning "plein air" artist Christine

Lashley. [broadwaygallery.net](http://broadwaygallery.net). 703-450-8005.

### Time Traveler Tuesdays.

4:30 p.m. March 29-June 7. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This weekly series will take participants on an interactive journey through time, focusing on a different period in Virginia history each week. Register at <http://www.fairfaxcounty.gov/parks/colvinrunmill/events.htm>.

### Tai Chi Beginners' Practice.

Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. [FreeTaiChi.org](http://FreeTaiChi.org). 703-759-9141.

## SATURDAY-SUNDAY/MAY 28-29

### Model Trains at Open House.

1-5 p.m. Historic Vienna Train Station, 231 Dominion Road, NE, Vienna. Part of ViVa Vienna Days. Thomas and his friends will be there. 703-938-5157. [nvmmr.org](http://nvmmr.org).

## SUNDAY/MAY 29

**National Men's Chorus.** 5 p.m. Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Memorial day concert. \$20. Students and children free. [nationalmenschorus.org](http://nationalmenschorus.org). 202-244-

SEE CALENDAR, PAGE 12



## Public Hearing Notice

### Fairfax County Secondary Six Year Plan

The Virginia Department of Transportation (VDOT) and The Board of Supervisors of Fairfax County, in accordance with Section 33.2.331 of the Code of Virginia, will conduct a joint public hearing in the Board Auditorium, Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, VA 22035 at 4:30 p.m. on June 21, 2016.

The purpose of this public hearing is to receive public comment on the Secondary Six Year Improvement Plan for Fiscal Years 2017 through 2022. Copies of the proposed plan may be reviewed at the VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights at 703-259-1775 or TTY/TDD 711.

Persons wishing to speak at this public hearing should contact the Office of the Clerk to the County Board of Supervisors at 703-324-3151.

## PHOTO GALLERY!

### "Me and My Dad"

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

[editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)



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## Here's What's Happening at MCC

### The Old Firehouse Friday Field Trip



### Medieval Times

Friday, June 3  
3:30-10 p.m.  
\$50/40 members

### Concerts @ The Alden

### Young Soloists Recital

Sunday, June 5, 3 p.m.

Free admission, tickets are not required.

### Classics of the Silent Screen

### Buster Keaton's "The Cameraman" (1928)



Tuesday, June 7  
7:30 p.m.

\$12/8 MCC district residents

### The Old Firehouse

### Summer Kick-Off Party

Friday, June 10, 7-9 p.m.

\$35/25 members

### Onstage @ The Alden

### "Gut Churn" from Radiolab's Jad Abumrad

Saturday, June 11, 8 p.m.

\$30/15 MCC district residents

### Onstage @ The Alden



### Morgan Taylor's "Gustafer Yellowgold's Show"

Sunday, June 12, 2 p.m.

\$15/10 MCC district residents

The McLean Community Center

[www.mcleancenter.org](http://www.mcleancenter.org)

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[www.aldentheatre.org](http://www.aldentheatre.org)



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## Route 7 Corridor Improvements Fairfax County Public Information Meeting

**Thursday, June 16, 2016**  
Colvin Run Elementary School  
1400 Trap Road, Vienna, VA 22182

**Meeting Time: 6 p.m. to 8:30 p.m.**  
**Presentation: 7 p.m.**

**Find out** about plans to widen Leesburg Pike (Route 7) from four to six lanes between Reston Avenue and the west end of the bridge over the Dulles Toll Road (a 6.9 mile segment), to increase capacity, decrease congestion, and improve safety, in conformity with the Fairfax County Comprehensive Plan.

The project would also include intersection improvements, as well as a 10-foot shared-use path on both sides of the road to increase mobility for cyclists and pedestrians.

**Stop by** between 6 p.m. and 8:30 p.m. to view displays and learn more about project design, status of the preliminary noise analysis, and stormwater management. VDOT staff will be available to answer your questions. A brief presentation will begin at 7 p.m.

**Review** project information at [www.ConnectRoute7.org](http://www.ConnectRoute7.org), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2950, 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written comments** at the meeting, or submit them by **June 30, 2016** to Mr. William Dunn, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email [ConnectRoute7@VDOT.virginia.gov](mailto:ConnectRoute7@VDOT.virginia.gov). Please reference "June 16 public information meeting" in the subject line.

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State Project: 0007-029-128, P102, R202, C502, B610

UPC: 52328

Federal Project: DEMO-5A01(439)

## CALENDAR

FROM PAGE II

7191.

### MONDAY/MAY 30

**Memorial Day Great Falls Freedom Memorial.** 11 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Taps bugler, patriotic songs, remarks by retired Air Force Brigadier General Richard Stephen Ritchie (one of five American aces during the Vietnam War), a reading of the names and bell-ringing for each of the 25 residents of Great Falls who have fallen in service to our country, a wreath-laying by local dignitaries, and a raising of the flags by Boy Scout Troop 55. 703-450-5220.

### FRIDAY-SUNDAY/JUNE 3-5

**Great Falls SpringFest.** Great Falls Village Green, behind the shops at Walker Road and Georgetown Pike. For updated information on time, events and performers, go to [www.GreatFallsStudios.com](http://www.GreatFallsStudios.com).

### SATURDAY/JUNE 4

**Community Flea Market.** 8 a.m.-1 p.m. Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. Flea market with food and bake sale. Sales space available, \$15, for advanced reservation. [oaktonbrethren.org](http://oaktonbrethren.org). 703-281-4411.

**Spring Fair.** 10 a.m.-2 p.m. Pleasant Grove, 8641 Lewinsville Road, McLean. Includes plant sale, "attic treasures" quality yard sale and antiques, homemade bake sale, food, crafts, and artisan made quilts. [www.HistoricPleasantGrove.org](http://www.HistoricPleasantGrove.org).

### SUNDAY/JUNE 5

**Israel Fest 2016.** Noon-4 p.m. Lerner Town Square at Tysons II. Join the community in celebrating Israel's 68th year of independence! Engaging events and interactive activities will run throughout the afternoon. [jccnv.org/Israel-fest](http://jccnv.org/Israel-fest).

### MONDAY/JUNE 6

#### Annual Charity Golf Tournament.

Starts at 6:45 a.m. Hidden Creek Country Club, 1711 Club House Road, Reston. The tournament includes a 4 person scramble, lunch or dinner and awards. Receptions follow both the morning and afternoon shotguns. [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

### TUESDAY/JUNE 7

**A Walk in the Garden.** 1-5 p.m. Atrium Building, 9750 Meadowlark Gardens Court, Vienna. A standard flower show. Free. [lmc323@aol.com](mailto:lmc323@aol.com).

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## LETTERS

### 'Meal Tax' and Fiscal Responsibility

To the Editor:

The never ending push for new revenue streams for Fairfax County with their tax and spend policies really knows no end. The overall real estate tax bill for the typical Fairfax county household increased by 154 percent between the years 2000 and 2016, and now the county will try for a new source of revenue called the "meal tax." In the same period of time, household income increased by 35 percent with overall inflation at roughly 49 percent. Somehow the word needs to be conveyed to the county supervisors that they need to practice some fiscal responsibility. The taxpayers can't afford their Cadillac health plans, pensions with retirement at 55 along with overall 3.5 percent raises for 33,000 county school employees. Fairfax should not try to compete with nearby Maryland county's spending policies. I would like to know how many recommendations the FCSB implemented from the task force set up to find cuts in school spending? Wait, I know the answer; None. If the Fairfax county voters are naïve enough to approve a meal tax in the name of "diversifying the revenue" stream the future increase in the meal tax and property taxes will be well deserved by the voters.

**Dudley Losselyong**  
Great Falls

### Remembering on Memorial Day

FROM PAGE 6

in combat in Afghanistan. Sgt. 1st Class Anthony Venetz Jr., 30, of Prince William died Jan. 28, 2011 in Afghanistan, after being seriously wounded months before. Spc. Sean R. Cutsforth, 22, of Radford, died Dec. 15, 2010 in Afghanistan. Spc. William K. Middleton, 26, of Norfolk died Nov. 22, 2010 in Afghanistan. Staff Sgt. Christopher F. Cabacoy, 30, of Virginia Beach died July 5, 2010, in Afghanistan.

If you know of someone who should be included in this list, or if you would like to share how you are honoring the memory of a family member or friend lost, or about the progress of someone injured, please let us know.

— MARY KIMM  
MKIMM@CONNECTIONNEWSPAPERS.COM

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# Concerts on the Green

Great Falls Village Centre Green at the Gazebo



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### 19<sup>th</sup> Tender Polman

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Koko Fit Club  
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## In Effect/ To Affect



By KENNETH B. LOURIE

I've been trying to write this column/organize my thoughts/stay on this task for years but haven't been able to do so. It's nothing serious, really, other than the side effects – potentially, of many of the prescription drugs now available (perhaps characteristic of many of the prescription drugs ever since they've been prescribed). But given the frequency and variety of their advertising of late, I have been unable to ignore their message, both good and in some instances, shockingly bad/scary.

Granted, I watch way too much television where many of these ads regularly appear, so I may be a bit of a sitting duck. I won't name names, maybe just a few potential side effects though: ALS, cancer, heart attack, stroke, suicidal thoughts, depression, kidney and liver damage, high blood pressure/low blood pressure, blackouts, blood clots, shortness of breath, four-hour erections; and on and on and on. (I don't recall seeing too many commercials where lung cancer is a possible side effect. I suppose that's because lung cancer is not exactly a "side" effect, it's more of a main effect.) Nevertheless, being a stage IV, non-small cell lung cancer patient/survivor, I can't help but have noticed the ads on television for "OPDIVO." Obviously the subject matter interests me, but maybe I've just learned – instinctively almost, to pay stricter attention to such enticements. It might actually relate to me. Or maybe I've simply gotten better at listening to voice-overs and reading small print scrolling beneath the visuals while ignoring more the apparent healthy recipients living wonderfully enjoyable and uninhibited lives thanks to these medications.

Believe me, I understand that these prescription drugs are not "over the counter" so it's unlikely I'll happen on to them sitting on some pharmacy shelf next to the Advil and wonder, on my own, if they could help me. The only way, so far as a law-abiding citizen like myself would have/gain access to any of these prescriptions, would be through a conversation with, and prescription written by, my treating physician where many of the potential side effects and/or risk-rewards would be discussed. Still, trading one set of problems for another, which in turn possibly could lead to their own set of unintended but not totally unanticipated consequences seems a bit problematic – even to me, and all I have is lung cancer.

I don't know that I have a choice, though. There is treatment. There are consequences. There are alternatives. There is life and there is death, and always there is hope. But treatment-to-date, I've never felt as if I was trading one for the other. Oddly enough, I've always thought, I was making decisions to stay alive, not to make my life worse; attempting to sustain it, not diminish it. With some of the prescription advertising I see and hear on television now, I'm confused. Many of it sounds both encouraging and discouraging, and somewhere between cautiously optimistic and a cautionary tale, even as the advisory to "speak to your doctor before you start a..." voices over. Not that it sounds so great in the first place, but in the last place, I am often reminded of the old adage: "If it sounds too good..." Well, when you consider the potential side effects, it doesn't sound too good at all.

Certainly I realize that there are governing/regulating bodies like the F.D.A. that approve/regulate/mandate what is said/advised/printed/labeled, etc., prescribed even, for our mutual protection. Still, it's difficult for me to ignore everything I see, hear and read, especially when left to my own devices. Devices which, had they been similarly regulated, would likely have come with their own set of warning labels.

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

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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 legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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### 21 Announcements

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## News

# Community Foundation Establishes Endowment for Innovation Fund

The Community Foundation for Northern Virginia has been presented with a rare opportunity. Anonymous donor has challenged the community with a \$250,000 matching gift to endow the Innovation Fund, a source of venture philanthropy at the Community Foundation that invests in inventiveness, creativity and new design. The Community Foundation has partnered with Kiddar Capital, to launch a Granted! campaign that seeks community input on how to best deploy this philanthropic support now and into the future. At the Community Foundation's Chairman's Breakfast at Tegna Headquarters, they announced a 30-day public campaign to raise \$30,000 and to collect "wishes" through the Granted! platform. It has already secured \$131,000 towards this match.

## BULLETIN BOARD

To have community events listed in the Connection, send to [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/). The deadline for submissions is at noon on the Friday prior to publication.

### THURSDAY/MAY 26

**Home/Investment/Discussion.** 8-9 a.m. The Old Brogue Back Porch, 760 Walker Road, Suite C., Great Falls. Informal conversation with experts offers homeowners a fresh perspective on investment and alternative ways to save through property development. 703-865-5065. [AVArchitectsbuild.com](http://AVArchitectsbuild.com).

### SATURDAY/JUNE 4

**Gun Violence Discussion.** 8:30-10 a.m. Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Explore the issue of gun violence in America. The discussion will focus on the Armor of Light documentary available on iTunes. Breakfast provided. 703-356-7200.

### SUNDAY/JUNE 11

**Disability Resource Fair.** 10 a.m.-2 p.m. ServiceSource Disability Resource Center, 10467 White Grante Drive, Oakton. The fair will provide personal access to experts in the disability field. We will have resources, nonprofit partners, and vendors covering a range of disability topics including children, autism, aging, and veterans. [communications@servicesource.org](mailto:communications@servicesource.org). 703-461-6000.

**Community Accessibility Forum.** 11 a.m. and 12:30 p.m. ServiceSource Disability Resource Center, 10467 Granite Drive, Oakton. Review the forum information to develop an action plan that addresses community recommendations, barriers, and service gaps. Register at 703-324-5847 or [disabilityservices@fairfaxcounty.gov](mailto:disabilityservices@fairfaxcounty.gov).

### SUNDAY/JUNE 12

**Rights When Dying.** 2-4 p.m. Unitarian Universalist Church of Fairfax, 2709 Hunter Mill Road, Oakton. Rosalind Kipping will tell the Memorial Society of Northern Virginia about efforts to make medical aid-in-dying a legal option for terminally ill, mentally competent adults. She will also explain how, without this right, a dying person can still maintain control. Free. 703-765-4779.

### ONGOING

**SCOV Caregivers Support Group** meets twice a month, on the first and third Thursdays, as coming up from 10 am to noon. All caregivers are welcome to join anytime. Location: Unitarian Universalist Congregation of Fairfax (UUCF), 2709 Hunter Mill Road, Program Building, Oakton. The group includes those presently and previously caring for a loved one

The Innovation Fund uses a "Venture Philanthropy" model of grant making in which donors to the Innovation Fund find investment opportunities in Northern Virginia that help diversify the local economy, level the playing field for disadvantaged youth, and promote grassroots innovation.

The Innovation Fund has helped launch the Mason Innovation Lab at George Mason University; launch the very first cyber security course of study in Prince William County Public Schools and expand the Cyber Patriot program in Fairfax County Public Schools into their middle schools; and launch the very first Mini Maker Faire at South Lakes High School in Reston that was attended by more than 3,000 visitors in 2014, 2015 and 2016.

Find more information at [www.cfnova.org](http://www.cfnova.org).

of any age or circumstance. For more info, please contact the facilitator, Jack Tarr at 703-821-6838.

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

Fairfax County needs volunteers to **drive older adults to medical appointments and wellness programs**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://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 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov).

Fairfax County needs a volunteer **Senior Center Marketing Coordinator** to assist the Friends of Fairfax County Senior Centers with marketing. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Lewinsville Senior Center** in McLean needs instructors for the following classes: Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Shepherd's Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit [www.scov.org](http://www.scov.org) or contact the Volunteer Coordinator at 703-281-5086 or email [volunteer@scov.org](mailto:volunteer@scov.org).

**Food Addicts in Recovery.** Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or [www.foodaddicts.org](http://www.foodaddicts.org).

**Vienna Toastmasters.** 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.





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