



COMMONWEALTH of VIRGINIA

DEPARTMENT OF SOCIAL SERVICES

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Volunteer Opportunities Plentiful for MLK Day 2010 *Service Projects Planned Throughout Virginia for Jan. 18th*

Richmond, Va. – A “green-friendly” wellness fair in Chesapeake, a teen brainstorming session in Richmond, a canned food drive in Arlington. Across the Commonwealth, community and faith-based organizations will host service projects and events to honor the legacy of Martin Luther King Jr. MLK Day is recognized nationally as a day of volunteer service, and [opportunities](#) to help in Virginia are plentiful.

“Dr. King was a man of incredible eloquence with his words, but his *actions* made America a better place,” said Nikki Nicholau, director of the Virginia Department of Social Services’ Office on Volunteerism and Community Service. “To continue his good works, we’re hoping that Virginians will make this a ‘day on’ rather than a day off, and participate in an event that interests them.”

In addition to what is planned specifically for MLK Day, there are hundreds of volunteer opportunities for families and individuals throughout the year. “Some people prefer a one-time service event, while others enjoy ongoing projects,” explained Nicholau. “And for a lot of folks, Jan. 18 might be their first time volunteering. No matter where someone is in the spectrum, those efforts are appreciated and important! Dr. King told us that ‘everyone can be great, because everyone can serve’.”

For details on MLK Day in Virginia, visit:
www.vaservice.org/go/news/2010_mlk_day_of_service_in_virginia/.

For additional events, to register an event, videos, tools and more, go to the official MLK Day Web site at www.mlkday.gov/.

For general information, visit www.vaservice.org and www.serve.gov

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Editor's Note: For more information on national and community service programs in Virginia, visit www.vaservice.org. To arrange interviews, contact Carla Harris at (804) 726-7107.