

Miklos Horvath, a Life Time Fitness general manager, and guests prepare to cut the ribbon at the grand opening ceremony for Life Time Athletic Reston.



OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 12 ♦ SPORTS, PAGE 13 ♦ CLASSIFIEDS, PAGE 14

Life Time Athletic Opens in Reston

SPORTS, PAGE 3

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Lake Anne Interim Agreement Approved

NEWS, PAGE 3

A New Beginning For County Libraries?

NEWS, PAGE 8

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Lake Anne Interim Agreement Approved

Board of Supervisors hopes project will serve as revitalization catalyst.

BY ALEX MCVEIGH
THE CONNECTION

The Fairfax County Board of Supervisors approved an interim agreement for the re-development of the Crescent Apartments, which are located in the Lake Anne Commercial Revitalization District.

The 16.5-acre site contains 181 affordable housing units. The county purchased the site in February 2006.

"This purchase was part of the county's efforts to preserve affordable housing and to encourage and guide revitalization at the Lake Anne Village Center," said Supervisor Cathy Hudgins (D-Hunter Mill), at the board's Sept. 10 meeting.

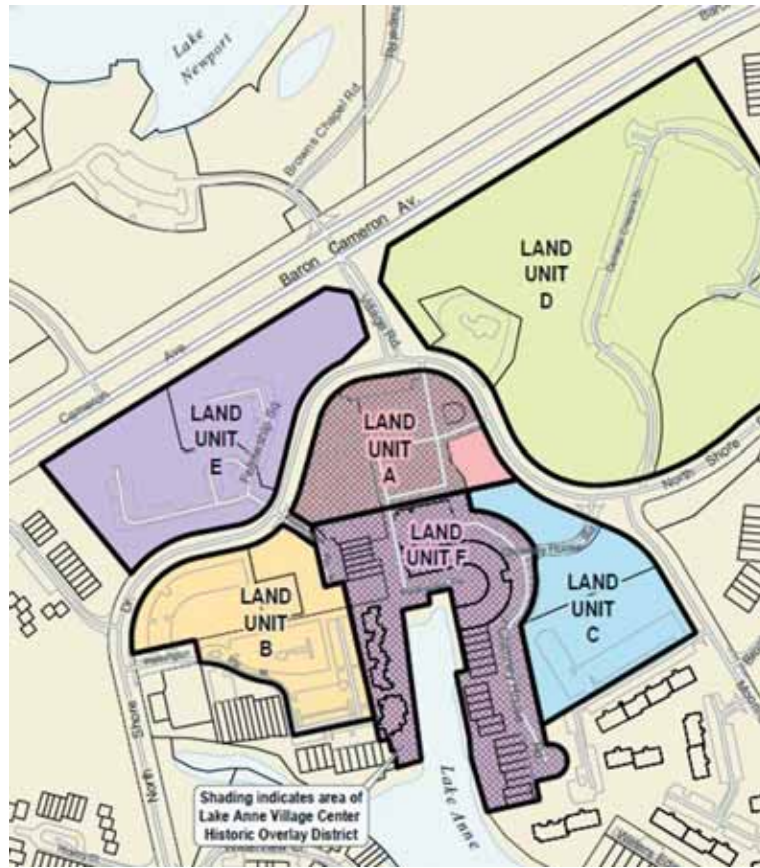
Also in 2006, the board approved a Comprehensive Plan Amendment that addressed the need for revitalization of the Lake Anne area. In 2009, a Comprehensive Plan Amendment was added that provides guidance on the desired mix of uses and design guidelines that were aimed to offer re-development.

THERE WERE SEVERAL OPTIONS given for possible re-development. Hudgins said the preferred option would consolidate three parcels of land just north of the plaza itself, known as Land Units A, D and E.

Land Unit A is the parking lot and buildings between the first plaza buildings and North Shore Drive. Unit D is northeast of the plaza and contains the Crescent Apartments, and Unit E is northwest of the plaza, between Baron Cameron Avenue and North Shore Drive.

In recent years Fairfax County staff requested another amendment that would allow for a plan that would consolidate Units A and D only.

The county advertised a request for development proposals in



The various land units surrounding Lake Anne. The Fairfax County Board of Supervisors recently approved an interim agreement with a developer for Land Unit D and A.

2012. According to Hudgins, the county sought proposals that would address "the preservation of affordable housing, the creation of additional workforce housing and development that could serve as catalyst for revitalization of the village center."

Eight proposals were received, with the one from Lake Anne Development Partners LLC being chosen. "Their proposal best demonstrates the ability and capacity to meet the county's needs as identified in the RFP," Hudgins said.

The interim agreement will allow Lake Anne Development Partners to file necessary applications for zoning and land use approvals prior to a final master development agreement.

It requires a re-alignment of Village Drive and the maintaining of the 181 affordable housing units as part of first phase, as well as a relocation plan for residents, which must be approved by county.

The plan can include an option for current residents at time of re-development to live there during the project life at affordable rates, provided eligibility requirements are met.

THE AGREEMENT also states that the county is not obligated to contribute financially to re-development.

"We had quite a few people come out to the public hearing [July 30]," Hudgins said.

"I think this is what they've been waiting for, this means they will be hearing from the applicant now and we will be meeting with Crescent Apartment residents to discuss details on what the potential development will be."

Hudgins said the plan presented by Lake Anne Development Partners strikes the balance the county was seeking between preserving affordable housing and serve as a catalyst for revitalization.

Board of Supervisors Chair Sharon Bulova said this agreement is a strong step toward preserving the spirit with which Reston was founded.

"Lake Anne and the Reston Community was a pioneer when it comes to planned communities," she said.

"I'm pleased to support this revitalization effort that will allow for Lake Anne and Reston to continue to be the attractive, exciting and vital place it is."



PHOTOS BY RYAN DUNN/THE CONNECTION

Miklos Horvath, a general manager at Life Time Fitness, speaks at the grand opening ceremony in Reston. Behind him are Mark Ingrao, Del. Ken Plum (D-36), and Supervisor Catherine M. "Cathy" Hudgins (D-Hunter Mill).

Life Time Athletic Opens in Reston

New gym brings jobs, promotes fitness in Reston.

BY RYAN DUNN
THE CONNECTION

Life Time Athletic Reston held an official opening ceremony on the evening of Sept. 12. The grand opening ceremony was open to the public, and several local dignitaries attended, including Robert "Bob" Simon, Jr., founder of Reston. Life Time Athletics staff from the Reston store and other locations including Centreville were also on site to attend to the large number of visitors.

Jeff Zwiefel, executive vice president and chief of operations for Life Time Fitness recognized Mr. Simon. "Without this gentleman we would not be able to make this possible," said

Zwiefel. Mark Ingrao, president and CEO of the Reston Chamber of Commerce, also came up to the stand to speak, as did Supervisor Catherine M. "Cathy" Hudgins (D-Hunter Mill). Delegate Ken Plum (D-36) complimented Life Time Fitness staff on the new building. "This is a wonderful facility, you are going to fit right in," said Plum.

"Our whole goal is to do the best and to provide unparalleled experience," said Miklos Horvath, a general manager at Life Time Fitness. A resident of Ashburn, Horvath also grand opened the second Life Time Fitness in Westminster, Colo. Horvath has been working in the health and fitness industry for 22 years, having starting as a personal trainer and worked his way up. "The population here is very health conscious and we are looking for customers who want something better," said Horvath.

SEE LIFE TIME, PAGE 4



Alyssa Carr, Reston gym instructor (left) with Natalie Bushaw, director of Public Relations for Life Time Fitness.



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Stefanie Weaver, Life Time group fitness head.

Life Time Fitness Celebrates

FROM PAGE 3

UNTIL 9 P.M. the facility was open to visitors who wanted to visit or view different parts of the building. Life Time Athletic Reston is a 114,000-square-foot facility, including the parking lot. The building has two full-size basketball courts, and indoor and outdoor pools. "The outdoor pool is now closed but will reopen after Memorial Day weekend," said Natalie Bushaw, director of Public Relations for Life Time Fitness. "We have the best instructors in the region," said Bushaw, "our health programs set us apart."

The Life Time facility in Reston has hired approximately 225 employees. One of them is Alyssa Carr, resident of Sterling, Va. Carr spent most of the evening at the kids academy center greeting visitors.

"I have been a gymnast for 15 years, and joined this job at Life Time in August," said Carr. Life Time Kids Academy is a new membership program for children ages 3-11 that gives access to 11 engaging classes on mind and body, fitness and agility, arts and culture, and life skills.

The Reston Life Time has more than 400 pieces of cardiovascular and resistance training equipment, much of it located on the second floor of the building. Stefanie Weaver, resident of Haymarket, and Life Time group fitness head was also attending the event. "Life Time is one of the top clubs of the country," said Weaver. "We have personnel training, group fitness, yoga, dance and many other fitness programs," said Weaver.

In addition to the exercise facilities, Life Time Fitness in Reston hosts a spa and café which are available to both members and non-members of Life Time Fitness.

Life Café Department Head Miriam Winter, currently a resident of Fair Lakes in Fairfax, was greeting visitors to the Life Café. "Our motto at the café is that if it is here, it is healthy ... about 30 percent of our menu is organic, including our shakes and smoothies," said Winter. Samples of the food and beverages from Life Café were available during the event.

LIFE TIME ATHLETIC RESTON has no membership contracts, complimentary towel and locker service, and an initial 14-day money-back guarantee. For membership rates and more info, visit their webpage at: <https://www.lifetimefitness.com/en/clubs/reston-va/your-lt.html>.



Chairman, President, Chief Executive Officer and Founder Bahram Akradi founded Life Time Fitness: He attended a fitness program after the opening ceremony at Reston.



The inside pool of the Life Time Fitness Reston.

PHOTOS BY RYAN DUNN/THE CONNECTION

NEWS



PHOTO COURTESY OF VINCE MENDOZA

The Great Falls and Reston girls of the Reston Strikers Blue team played and won their first tournament of the season.

Reston Strikers Blue Win First Tournament

The Great Falls and Reston U11 girls of the Reston Strikers Blue team played and won their first tournament of the season. They got a new coach (Georgiou Apostolos) this year as well as a couple of new players to round out the team. This tournament was the first time they stepped on the field together as a team.

To note—Coach Apostolos also coaches his daughter's U14 Team (they are currently ranked No. 1 in WAGS—Washington Area Girls Soccer). They also won in this same tournament.

The tournament was the OBG Capital Cup Labor Day Tournament, which is one of the top rated Labor Day tournaments in the region.

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OPINION

Addressing Virginia's Economy

Ending gridlock in Congress and supporting health care reform would be huge steps in supporting economic recovery in Virginia.

The strength of Virginia's economy, especially Northern Virginia's economy, comes significantly from federal spending.

So while the governor and other elected officials claim that Virginia's success is because Virginia is a low-tax state with fewer regulations, it's worth considering that the sequester and continuing gridlock in Congress threaten Virginia's most important resource, federal spending.

Virginia receives more federal money per capita than any other state except Alaska. Virginia received \$136 billion in federal funds in

2010, more than \$17,000 from the feds per capita, and paid \$2,807 per capita in federal income taxes. (Data from Consolidated Federal Funds Report for Fiscal Year 2010 by state and county from the Census Bureau.)

EDITORIAL Two examples: \$1.3 billion in federal transportation money came to Virginia. Virginia was on the receiving end of more than \$5,000 per capita in defense spending.

Current Virginia elected officials have barricaded the doors against expansion of an industry that would add more than 30,000 quality jobs in Virginia at no cost to taxpayers. The

expansion of Medicaid, which would provide healthcare to as many as 400,000 Virginians who currently cannot afford health insurance, would give Virginia's economy a significant boost, and create more than 30,000 jobs. Virginia taxpayers will still pay the taxes that will fund the expansion of Medicaid in other states without reaping the benefits of a healthier population and economic stimulus.

Private sector growth in Virginia depends on its educated and sophisticated workforce, on top school systems and universities. It depends on reliable transportation systems and access to high-speed Internet. And it depends on continuing to attract federal contracting dollars.

Virginia's U.S. Senators Tim Kaine and Mark Warner both work in the best interests of the commonwealth when they work to promote a culture of moderation and compromise in Congress.

Voter Suppression

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

As fundamental as the right to vote is to a democratic republic, free and open access to voting continues to be a contentious issue. From the earliest days of our nation's history when only white male landowners could vote to recent history when the Voting Rights Act was intended to ensure that

COMMENTARY voter registration processes were open and fair, there have been expansions of the suffrage followed by efforts at retrenchment. While the Emancipation Proclamation may have freed the slaves, African Americans and other minorities have seen a steady stream of legislation and intimidation to keep them from voting.

When those in power are threat-

ened at the ballot box, one response has been to try to redefine the electorate. When newly enfranchised slaves had the potential to upset the whites in power, various Jim Crow laws including poll taxes, literacy tests and other means were devised to keep African Americans from voting. These obstructions to African American voters continued until the 1970s in Virginia. Unfortunately, efforts to suppress the vote are not a matter of history; they continue today. Just as Democrats used voter suppression methods in the past, Republicans seeking to hang onto power in the red states are using them today. Under the guise of preventing voter fraud, a number of laws have been passed in recent years that do not eliminate the phantom fraud but instead add ob-



stacles to voting procedures that hinder such groups as minorities who are not likely to vote for the party in power. No evidence has been produced to prove that fraud has been committed in voter registration or in casting ballots; the only fraud has been in the party in power counting the ballots to always be in their favor.

A series of bills have been introduced in Virginia in recent years to make voter registration easier and to make the act of voting more open and accessible. Most of these bills have been defeated. Bills, however, to complicate the voting process with personal identification requirements have succeeded. Major campaigns are needed to ensure that voters are educated and confident in going to the polls and voting. The real concern in

Virginia need not be that people are voting fraudulently. The concern needs to be that too few people vote; Virginia has one of the lowest rates of voter participation in the nation.

Aside from the laws that needlessly complicate the voting process and suppress the vote, another clear concern is that political campaigning turns off so many people that they simply choose not to vote. After months of charges and counter-charges, endless television commercials, robo telephone calls and mailboxes full of slick fliers, some people simply throw up their hands and decide not to vote.

Overcoming voter suppression means that we work for better laws on registering and voting. It means also that we keep our families, friends and neighbors engaged in the process to survive the campaigns and vote.

LETTERS TO THE EDITOR

Why They Are Tired in the Morning?

To the Editor:

In "Later Start Times for High School" [The Connection, Sept. 4-20, 2013] all the facts that you cite are 100 percent correct but you failed to point out exactly why our children are so tired in the early morning hours. The answer is very simple — they don't go to bed early enough to get a good night's rest. It's as simple as that! When I was a high school student I went to bed at 9 p.m. and got up at 5:30 a.m. — eight and one-half hours sleep. Of course today's students can't do this because it would

mean missing the late evening TV shows and doing the other the things they do until

some crazy late hour. You write that students are getting less than five hours sleep and having to get up at 5:30 a.m.— this means they are going to bed at midnight. Is something wrong with that picture? I am sending this message to Judith Owens, MD, Director of Sleep Medicine at Children's National Medical Center to get her response.

Dixon Hemphill
Fairfax Station

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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By e-mail: reston@connectionnewspapers.com

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OPINION

Joining Forces to Prevent Homelessness

To the Editor:

You can prevent homelessness, you can end chronic homelessness, you can move people rapidly out of homelessness. What you cannot do is stand aside and let people fall.

This simple belief—that together we can change the rate and severity of people losing their homes—brings together nonprofits, for-profits, civic leaders and government staff. We each play a special role, depending on our location and mission. For United Community Ministries (UCM), prevention is the key.

What does that look like day-to-day? Consider the children. They need early learning and safe care to get a good start. They need parents that understand how to help them. The children need early intervention for any physical or mental delays.

So programs such as the Bryant Early Learning Center, full-day care for parents of diverse incomes and backgrounds, ensures a good start. Healthy Families, operated by three nonprofits in Fairfax County, provides in-home education and support to new parents. And caring professionals in all these programs ensure that children receive the care they need and deserve.

Consider the adults. In Northern

Virginia, a minimum wage job does not get you far. Rent, transport, food and medicine, clothing... workers need help, not just to get a job, but to get training and support to move on to a career.

Without long term increases in income, workers fall further behind every year.

I have not mentioned housing. Many low cost options, such as boarding houses, have been zoned out of existence. We struggle to create enough homes for the workers in our midst. Land is expensive, businesses need profits and neighborhoods worry about property values.

We have had some notable successes in producing affordable units, especially nonprofit partners like Cornerstones and Wesley Housing. But to make an impact on the large number of families struggling to stay out of homelessness, we must do much more. We must increase our prevention efforts while we find new incentives for affordable housing development.

Homelessness literally is a lack of housing. Whether a family keeps their home through more earning power or through lower rent, the benefit to the community is the same: stability, security and success.

Shirley Marshall
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PHOTOS BY VICTORIA ROSS/THE CONNECTION

Tresa Schlecht, a member of the Board of the Friends of Tysons-Pimmit Regional Library, was one of five public speakers during the Sept. 11 Fairfax County Library Board of Trustees meeting held at George Mason Regional Library in Annandale. She criticized the library's process for discarding books and urged board members to reconsider the "beta" plan.



From left—Library Board of Trustees member Charles Fegan, Board Chairman Willard Jasper and Library Director Sam Clay listen to public testimony during the Sept. 11 Fairfax County Library Board of Trustees meeting held at George Mason Regional Library in Annandale. More than 250 people attended the meeting.

What's Wrong With This Picture?

County suspends discarding of library books.

BY VICTORIA ROSS
THE CONNECTION

Just when Sam Clay, Fairfax County's Public Library director, thought FCPL's public image couldn't get any worse, Supervisor Linda Smyth (D-Providence) released photos of bins filled to the brim with discarded library books.

Acting on a tip from a volunteer Friend of the Library member, Smyth drove out to the library's technical operations center in Chantilly, glanced into a bin and saw hundreds of discarded books. A few days later, she made a second trip, found twice as many tossed books and filled a box full of rescued books.

Clay admits the photographs Smyth (D-Providence) took of books in seemingly good condition paid for by taxpayers tossed in trash bins are a powerful, startling image.

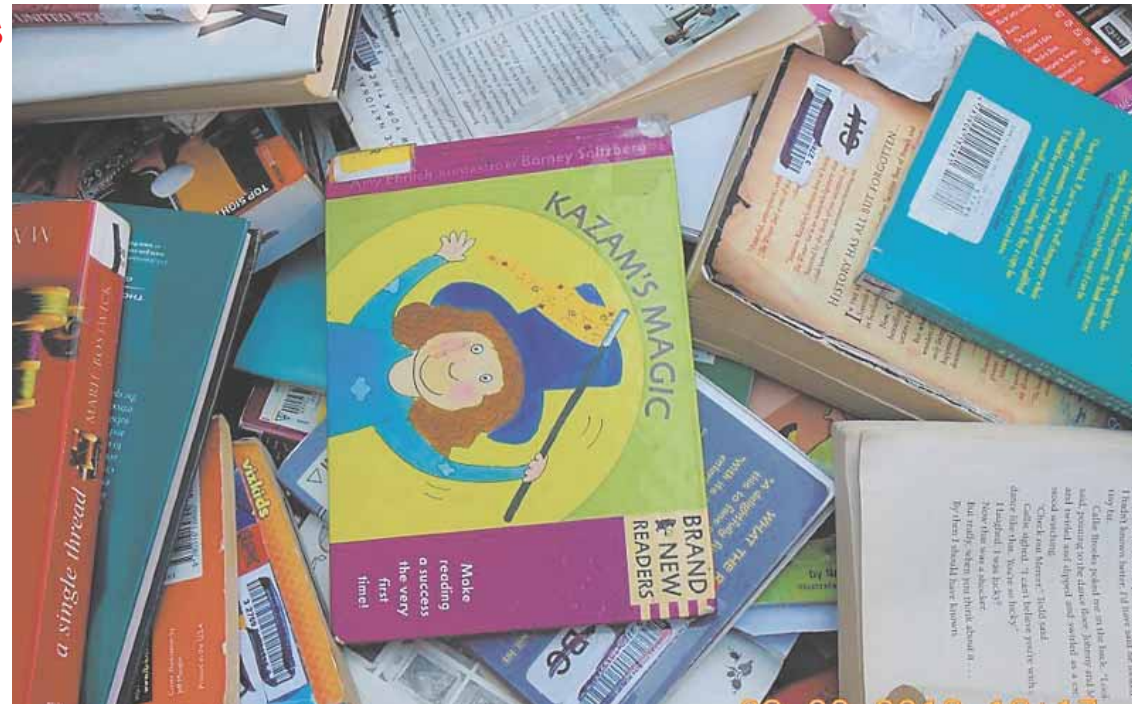
But he insists the story is more complex than the photographs suggest.

"The books that were in the dumpster were materials that, in a professional librarian's opinion, a librarian who holds an MLS degree, that these books were no longer usable," Clay said.

"Have we never thrown away a book that was [usable]? Have we ever made mistakes? Of course we have. ... But we go through all kinds of processes and options before the books go to the recycle bins. ... So the material that was discovered, those were carefully reviewed and vetted by our best minds, by MLS librarians," Clay said.

Clay said FCPL's collection includes nearly 300 million books. "It's an incredible library asset that requires extensive library management; it's not just about acquiring, but de-acquiring. We don't build enough shelves to house all of our books, no library does, because a certain number is always in circulation," Clay said.

"But you see a dumpster full of books, and you think 'My God, what are they doing?' They are being efficient and good stewards of the taxpayer's money by maintaining a vibrant collection, a great collection. We've done that in the face of



PHOTOS BY SUPERVISOR LINDA SMYTH (D-PROVIDENCE)

Sup. Smyth found bins of discarded children's books behind the county libraries' technical operations center.



Dumpster filled with discarded library books.

50 percent budget reduction in past five years for books."

Smyth is not quite satisfied with that answer. After hearing allegations about trashed library books from members of the Friends groups, Smyth decided to investigate the claims herself. On Aug. 29, she drove to the Fairfax County Public Library's technical operations center in Chantilly.

WHAT SHE FOUND, she said, was mystifying and dismaying.

"I found stacks and stacks of books tossed away in these bins behind the center," Smyth said. A few days later, she went back and found that the pile of discarded books had grown.

Furious, she collected a box of books, several in seemingly good condition, and dumped them on the desk of Fairfax County Deputy County Executive David J. Molchany. Molchany is in charge of the county's libraries and archives. The next day, Molchany issued a directive to all branches suspending the practice until the

we want to go."

He said David C.F. Ray would head the committee and that Susan C. Thorniley and Mary Petersen would also be on it, along with members of the public and library staff.

On Sept. 2, Tresa Schlecht, a member of the Friends of Tysons-Pimmit Library and one of five public speakers at the Library Board meeting on Sept. 11, sent an email to Smyth thanking her for investigating the matter:

"Apparently, there are several interpretations of the facts surrounding disposal of excessed books during the past year... I personally visited Tech Ops in Chantilly to request that we be allowed to pick up discarded books, especially children's books, before the books were placed in the dumpster by Tech Ops.

I was told that my request would be considered, but that it was unlikely that TY Friends could obtain discarded books, as it would be unfair to let TY Friends have books simply because we were willing to pick the books up when other Friends groups could not.

... TY offered to share the books with any other Friends groups, or to use the discarded books as directed by FCPL. Thus, our request for books would not have required FCPL personnel time, other than an e-mail to me naming the time/dates for pick-ups, nor would it have involved any cost to the county.

TY Friends was not granted permission to pick up discarded books at Tech Ops ..."

A New Beginning for Fairfax County Public Libraries?

Library trustees vote to discard beta plan in favor of more public outreach sessions.

BY VICTORIA ROSS
THE CONNECTION

On Wall Street, a "beta" test refers to assessing the risk, volatility and expected return of a particular portfolio.

If Fairfax County Public Library (FCPL) officials had a crystal ball to assess the volatility of its planned beta tests this fall, it's likely they may have steered clear of the project that became a quagmire of epic proportions.

"Yes, absolutely, this is the worst PR nightmare," said Library Director Sam Clay, in an interview with The Connection Tuesday, Sept. 10. "I've been amazed at the power of social media, and the inaccuracies in all the blogs, emails and reporting. There's no one magic button to press to correct all the inaccuracies."

There may not be a magic button, but Library Board Chair Willard O. Jasper spoke the magic words that more than 250 critics



The Clements family of Fairfax held up signs protesting proposed "beta" changes during the Sept. 11 Fairfax County Library Board of Trustees meeting held at George Mason Regional Library in Annandale. More than 250 critics of the plan attended the meeting.

of the plan turned out to hear during the Library's Board of Trustees meeting on Sept. 11 at the George Mason Regional Library in Annandale.

Jasper announced that the library board had voted to immediately halt the beta tests until the

board could schedule more outreach and communication opportunities for employees and patrons. The crowd, which spilled out into a hallway where they could watch the proceedings on a video monitor, applauded as the board approved Jasper's motion to suspend

consideration of the plan, a motion submitted by library Director Sam Clay.

"This is a new beginning for us," Clay said after the two-hour meeting. "This is an opportunity to get

SEE LIBRARY. PAGE 15



Michele Sendow of Herndon and Anita Ramos of Centreville, both longtime library supporters and patrons, attended the Sept. 11 Fairfax County Library Board of Trustees meeting held at George Mason Regional Library in Annandale to urge board members to put the "beta" plan on hold. More than 250 critics of the plan attended the meeting.

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BULLETIN BOARD

To have community events listed in the Connection, send to reston@connectionnewspapers.com by the Friday prior to the following week's paper.

FRIDAY/SEPT. 20

Great Decisions Discussion Group: Iran and the U.S. 2 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discuss the topic "Iran and the U.S.: Three Decades of Futility" with others, employing the materials available at the library.

SATURDAY/SEPT. 21

Hoofin' it 5K. 8 a.m., at Fairfax Corner, Fair Oaks, Fairfax. A fall 5K to benefit Special Olympics Virginia; includes free sandwiches and cheering Chick-fil-A Cows as well as race t-shirts and awards for winners. \$35 through Sept. 19, \$40 day-of. pracing.com.

Help the Homeless Walk. 8:30 a.m. registration, 9 a.m., at Southview Community Church, 2620 Reston Parkway, Oak Hill. The annual community walk helps the homeless with monetary donations and support through charities. \$20 for 25 and under; \$30 for 25-plus. www.hthwalks.org.

Susco 8K. 9 a.m., at South Lakes High School, 11400 S. Lakes Drive, Reston. An 8K race and 2K walk/fun in memory of Timothy P. Susco, promoting brain aneurysm and organ donation awareness; door prizes, t-shirt, and awards included. \$35; \$40 day-of. http://susco8k.com/race_information.

WEDNESDAY/SEPT. 25

Herndon Historical Society. 7:30 p.m., at Herndon Depot Museum, 717 Lynn St., Herndon. David Guillaudeu, author of "Washington & Old Dominion Railroad (Images of Rail)," will talk about the trials and tribulations of making do with scrounged equipment and materials on the always financially strapped line. carolbrcom@aol.com.

THURSDAY/SEPT. 26

Show in artReston. 9 a.m.-9 p.m., Monday-

Saturday, 9 a.m.-8 p.m. Sunday, at the Jo Ann Rose Gallery, Lake Anne Community Center, 1609-A Washington Plaza, Reston. The League of Reston Artists invites submissions of paintings, mixed media, two-dimensional fine art excluding photography and fine crafts to the exhibition. The deadline to enter in Sept. 26. www.leagueofrestonartists.org.

Migrating Towards Prosperity. 5:30-7:30 p.m., at 3080 Centreville Road, Herndon. An event sponsored by the Hispanic Business Council featuring discussion on current issues in the Latino community. Deep Dreams plays for the crowd to dance, Hispanic restaurants of Northern Virginia cater and Latino dancers and musical groups perform. \$20, prepaid members; \$25, members at the door and prepaid non-members; \$30 non-members at the door.

FRIDAY-SATURDAY/SEPT. 27-28

Volunteering for Reston Multicultural Festival. 3-6 p.m. setup Friday, 7-8 p.m. shifts Saturday, at Lake Anne Plaza, 1609A Washington Plaza, Reston. The Reston Multicultural Festival is an annual event that brings together the people of Reston to celebrate our rich medley of cultures. The festival opening will include a Naturalization Ceremony where America's newest citizens will take the Oath of Allegiance. Shifts involve set-up, parking attendant, volunteer-relief "floaters," arts and crafts, survey takers, concessions, break down, etc.

SATURDAY/SEPT. 28

Volunteer for Reston Multicultural Fest. 7 a.m.-8 p.m., at Lake Anne Plaza, 1609A Washington Plaza, Reston. Volunteers ages 13 and up are needed to help make the event a success; volunteers receive a free t-shirt and food voucher.

Beat Honeysuckle Bushes. 10 a.m.-noon, at Oldfield Tot Lot, 10805 Oldfield Drive, Reston. Battle invasive bush honeysuckle, an exotic plant taking over the natural area at the lot; the shrubs produce many seeds and spread rapidly, so many hands are needed to cut and uproot the shrubs; gloves, snacks and water provided. 703-435-7986 or habrock@reston.org.



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Copland: Music for the Theatre
Copland: Clarinet Concerto
Beethoven: Symphony No. 7



OCTOBER 26, 2013 - 8 PM
Tony Arnold, Soprano
Haydn: Symphony No. 60, "Il Distratto"
Theofanidis: Virtue
World Premiere
Stravinsky: Pulcinella Suite



NOVEMBER 16, 2013 - 8 PM
Carrie Koffman, Saxophone
Grieg: Peer Gynt Suite No. 1
Larry Alan Smith: Concerto for Soprano
Saxophone and Strings
Rachmaninoff: Symphonic Dances

Program and artists subject to change

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Students in the Art Explorers class at Art at the Center in Mount Vernon explore mediums like clay, collage, painting and drawing. Experts say creating art helps children build relationships.



PHOTOS COURTESY OF ART AT THE CENTER

Art Matters Local experts say art classes help children develop new skills.

BY MARILYN CAMPBELL
THE CONNECTION

If you walk into Art at the Center in Mount Vernon on a Tuesday morning, you might find a group of preschool students and their parents or caretakers squishing potting clay with their fingers. In the same room, several other tots could be brushing an array of paint colors across art paper, making a mess but having fun. The children are part of the Center's Art Explorers class, designed for children ranging from 18 months to 5 years old.

"Parents say it is their happy place where they can explore with their child without worrying about a mess," said Kathryn Horn Coneway, director of Art at the Center. "It brings both parent and child into the present moment."

In addition to having fun, art educators say that art can help children develop a myriad of skills and abilities that range from self-expression to self-confidence.

"Creating art can help them work through their emotions," said Gioia Chilton, an art therapist who teaches art at Marymount University in Arlington. "It gives them a place where they can be confident, and where they can feel powerful and in control over something."

Creating art teaches patience, said Coneway. "When children are working with clay, for example, there is little instant gratification. You make a piece, it has to be fired and then glazed. It is a process. But at the end, they can tell the story of how they made it."

Chris Haggerty, a professor of fine and applied arts at Marymount University, says research shows that art develops the right side of the brain, which affects perception rather than logic. "Creating art teaches problem-solving skills," she said. "They get to try things out, see if they work, change their minds and start over."

Coneway, who is also an art

therapist, said she has seen first-hand how art can help children share feelings that are difficult to verbalize. "Making things is a wonderful way for kids to connect ideas, express emotions and share what is going on with them," she said. "Additionally, art is noncompetitive. Children progress at their own rate."

Art also helps establish a sense of community, she added. "Sometimes connections happen when children share their art," she said. "It is neat when kids ask questions of each other. The sharing of what they make is as important as what they make."

Carolyn Webber, an art teacher at St. Andrew's Episcopal School in Potomac, Md., said, "Art is a universal language. Art education enables students to make creative connections with art and the world around them. [It] provides life-long learning in areas of visual arts, art history, interdisciplinary connections, multiculturalism and job opportunities."

Haggerty said, "The most successful people are creative thinkers, people who don't just think linearly, but who think outside of the box."

Coneway hopes that both her classes and others establish a life-long appreciation for art. "One of the things that I hope is happening is that parents and children are leaving my classes, going home and asking, 'Can we set up a corner of our basement and have an art studio at home?'"

"Art is a universal language. Art education enables students to make creative connections with art and the world around them."

— Carolyn Webber, art teacher, St. Andrew's Episcopal School



Creating art projects, such as these, which were made by students at Art at the Center in Mount Vernon helps strengthen artistic behaviors such as observation, persistence and reflection.

"Fore" the Kids Golf Tournament

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MON, OCTOBER 7TH, 2013
9:30 A.M.
LOCATION:
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The Third Annual "Fore" the Kids Golf Tournament will be held October 7th, 2013 at International Country Club in Fairfax County. Each year the event brings together golf enthusiasts for a round of golf, skills competitions, great food and wonderful raffle and silent auction items all to support Boys & Girls Clubs of Greater Washington, Fairfax County Region.

The event helps to fund programs run in the region's clubs. These range from daily homework help, participation in local sports leagues to STEAM (Science, Technology, Engineering, Arts and Mathematics) programming and financial skills building. Our clubs are helping members build confidence, develop character and learn skills that will help them become productive, civic-minded, and responsible adults.

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This service campaign has been organized as a BSA Eagle Scout project under the direction of Conor Mears and BSA Troop 150. Your support and participation are GREATLY APPRECIATED!

ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/>.

THURSDAY/SEPT. 19

Beverly Cosham. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Cabaret singer, actress and Reston singer populaire with experience performing at nightclubs all over the country sings at the "Meet the Artists" concert co-sponsored by Osher Lifelong Learning Institute. 703-503-3384, olli@gmu.edu or www.olli.gmu.edu.

FRIDAY/SEPT. 20

Red Molly and We're About 9. 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Folk trio Red Molly performs their acclaimed music as part of the CenterStage Professional Touring Artist Series. \$15 Reston, \$30 Non-Reston. www.restoncommunitycenter.com.

SATURDAY/SEPT. 21

Run With the Doctor. 7 a.m. 108 Elden St., Herndon. The Center for Orthopaedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

4th annual Latino Festival of Reston. 1-5 p.m., at 12125 Pinecrest



"La Chien de Grange" by Mireille Molette, a native of France who studied at the Corcoran School of Art and is in the Art League of Old Town Alexandria. Molette creates painted landscapes, seascapes and still-lives; her work will featured alongside other artists' at Paint Herndon, Saturday, Sept. 21. The exhibit is up through Sept. 29.

Road, Reston. Neighborhood and Community Services of Fairfax County celebrates Latino Heritage Month with dance, music, games, free raffles and informational tables at a free festival. 703-860-0676, TTY: 711 or www.fairfaxcounty.gov.

Circle, Dulles. A career fair where students can learn about the latest careers in science and engineering; interactive activities abound, such as "creating your own earthquake," designing solar cars, launching weather balloons and more. Congressman Frank Wolf speaks at the opening reception at 11 a.m. Friday. http://www.nsf.gov/events/event_summ.jsp?cntn_id=128634&org=NSF.

SATURDAY-SUNDAY/SEPT. 21-22

Grand Opening. 9 a.m.-9 p.m. Saturday, 11 a.m.-7 p.m. Sunday at The Container Store, 1851 Fountain Drive, Reston. The retailer's 62nd location opens with executives performing a kick line, an award presentation to "super fan" Julie Bacon and organization makeover prizes; 10 percent of opening weekend sales will go to Cornerstones (formerly Reston Interfaith). <http://www.containerstore.com/locations/showStore.htm?store=RES>

SATURDAY-SUNDAY/SEPT. 21-22

Rally for a Cause Tennis Tournament. 9 a.m., at Lake Newport Tennis Center, 11452 Baron Cameron Ave., Reston. Men's and women's singles and doubles, with brackets for all levels of players, to benefit USTA Serves, Heart and Cornerstones. \$30. www.restontennis.org or rally4acause@restontennis.org.

SUNDAY/SEPT. 22

America's Adopt a Soldier 5K/10K Fun Walk/Run. 10 a.m., at Lake Fairfax Park, 400 Lake Fairfax Drive, Reston. Wear red, white or blue and run or walk varied terrain in support of America's Adopt A Soldier projects and programs; donate coats for homeless veterans or other items (see at <http://run-walk.eventbrite.com/>) for care package assembly during and after the event. Preregistration only. \$40. <http://run-walk.eventbrite.com>.

THURSDAY/SEPT. 26

Violin and Piano Concert. 2:15 p.m., at Hunters Woods Village Center, Reston Community Center, Center Stage, 2310 Colts Neck Road, Reston. This is the second of six Thursday afternoon "Meet the Artists" concerts cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olli@gmu.edu, www.olli.gmu.edu.

FRIDAY-SATURDAY/SEPT. 27-28

Science and Engineering Career Fair. 10 a.m.-7 p.m. Friday, 10 a.m.-5 p.m. Saturday, at Dulles Town Center Mall, 21100 Dulles Town

SATURDAY/SEPT. 28

Reston Multicultural Festival. 11 a.m.-6 p.m., at Reston Community Center Lake Anne, 1609 Washington Plaza N., Reston. The highlighted event is the naturalization ceremony, where American's newest citizens take the Oath of Allegiance. Also a festival of music, entertainment, dress, food and cultural treasures. The 2013 National Heritage Award Fellowships at the Reston Community Center celebrates recipients of the nation's highest honor in folk and traditional arts. Volunteers needed. www.restoncommunitycenter.com/arts_community_MCFvolunteer.shtml.

Harvest Fest. Noon-4 p.m., at Woodland Park Crossing, 12960 Highland Crossing Drive, Herndon. The fall-themed family event features a walking scarecrow, juggling unicyclist, DJ music, and free activities such as face painting, glitter tattoos, pumpkin painting, fitness demos, food samples, tastings and giveaways, prizes and more. 703-785-5634, <http://www.facebook.com/WoodlandParkCrossing?ref=ts> or www.woodlandparkcrossing.com.

FRIDAY/OCT. 4

Art House Cinema and Brew Series: "Citizen Kane." 7 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Nominal fee includes microbrews and film screening in the Post Gallery, with a little intro on what makes these films the best of all time; proceeds for the series will go toward supporting ArtSpace Herndon. www.artspaceherndon.com.

SATURDAY/OCT. 12

The Om Shalom Trio. 8 p.m., at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. Award-winning musicians draw upon their Far Eastern and Middle Eastern roots to create a fusion of Indian Classical and Jewish Folk music. \$18, adults; \$15, students and seniors. www.artspaceherndon.org or 703-956-6590.

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SPORTS

South Lakes Football Overcomes Fourth-quarter Deficit

Denny scores two touchdowns in win against W-L.

BY JON ROETMAN
THE CONNECTION

Not much had gone right for the South Lakes offense when the Seahawks took over on their own 19-yard line with less than 5 minutes remaining.

South Lakes trailed Washington-Lee, 8-7. Other than a long touchdown pass in the third quarter, the Seahawks struggled to move the ball against the Generals defense. South Lakes was running out of time and needed to make something happen.

"I just told the line to block hard and just give it your all," South Lakes senior Khayri Denny said, "and I'll go down and get the yards for them."

Denny had some help along the way, but his 12-yard touchdown run with 1:27 left on the clock capped a 13-play, 81-yard drive and propelled the South Lakes football team to a 14-8 victory over Washington-Lee on Sept. 12 in Arlington.

W-L took the lead with 6:58 remaining in the fourth quarter, when quarterback Sam Appel scored on a 1-yard run and followed by reaching the ball across the goal line for a two-point conversion. South Lakes fumbled the ball away to W-L on its next play, setting up the Generals at the Seahawks 31-yard line.



South Lakes' Khayri Denny carries the ball against Washington-Lee.

WITH THEIR BACKS AGAINST THE WALL, the Seahawk defense stopped the Generals on fourth down at the 19-yard line, and the South Lakes offense responded with the winning touchdown drive.

"It's definitely a great win," third-year South Lakes head coach Marvin Wooten said. "What I love most about this game — because we knew W-L, they're a good football team — what I loved most about it is our kids had to overcome adversity."

This group right here, they haven't really been faced with a lot of adversity. ... To watch these kids come together and overcome that adversity is just a great feeling.

"... We wouldn't have won this game a year ago. We wouldn't have won this game two years ago."

Denny finished 37 yards and a touchdown on the ground and caught four passes for 85 yards

and another score. Denny took a direct snap and ran 12 yards for the game-winning touchdown.

"He's our most dynamic player [on] both sides of the ball," Wooten said. "... Any great coach will tell you, when it's time to really test these kids, put the ball in your playmaker's hands and that's what we did. We just made sure that he got his touches. We kind of threw it on his back and he stepped up. He answered the call and that's what great players do."

Wooten acknowledged the performance of sophomore quarterback Seth Ravenstahl, giving him the game ball after he completed 7 of 15 passes for 107 yards, with one touchdown and an interception. Ravenstahl connected with Denny for a 65-yard touchdown with 10:58 left in the third.

"Seth's just a sophomore, so he still has some time to develop," Wooten said. "Right now, we don't have a seasoned quarterback. Seth is going to be that guy, but it's go-



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

R.J. Lee and the South Lakes football team beat Washington-Lee on Sept. 12.

ing to take time. We don't want to rush him. ... That pass he threw in the third quarter — that was as good a pass as anybody's going to throw. He read it perfectly. I really thought that was the play of the game."

SOUTH LAKES IMPROVED to 1-1. The Seahawks dropped their opener against Westfield, 45-7, on Sept. 6.

A gutsy call by Washington-Lee head coach Josh Shapiro gave the Generals a fourth-quarter lead against South Lakes, but the Generals failed to hold on. Appel's 1-yard touchdown run with 6:58 remaining in the contest pulled W-L within a point at 7-6. The Generals lined up to attempt the game-tying extra point, but South Lakes jumped offside. The penalty moved the ball inside the 2-yard line and Shapiro elected to send his offense back onto the field for an attempt at a two-point conversion. Appel kept the ball and

reached across the goal line to give W-L an 8-7 lead.

On the next play from scrimmage, W-L recovered a South Lakes fumble at the Seahawks 31-yard line. After the Generals picked up a first down at the 19, Appel threw incomplete four consecutive times, giving the ball back to South Lakes on downs.

The Seahawks responded with the game-winning drive.

"It was kind of one of those things where, how many times can we rely on our defense to bail us out?" Shapiro said. "And finally they caved."

Appel completed 14 of 26 passes for 109 yards and an interception. Junior running back Daquay Harris carried 23 times for 70 yards.

"Offensively, we can't really find our identity," Shapiro said. "We're so inconsistent."

South Lakes will host rival Herndon at 7:30 p.m. on Friday, Sept. 20. W-L will host Stuart at the same time.

FOOTBALL ROUNDUPS

Oakton Football To Face Annandale

The Oakton football team (1-1) had a bye last week and will return to action on the road against Annandale at 7:30 p.m. on Friday, Sept. 20.

Herndon Football Loses to West Springfield

The Herndon football team lost to West Springfield, 23-21, on Sept. 12.

The loss dropped the Hornets' record to 0-2. Herndon will travel to face rival South Lakes at 7:30 p.m. on Friday, Sept. 20.

McLean Football Beats Marshall

The McLean football team defeated Marshall 32-3 on Sept. 12. The victory improved the Highlanders' record to 1-1. Marshall dropped to 0-2.

McLean will travel to face Falls Church at 7:30 p.m. on Friday, Sept. 20. Marshall will host Freedom at the same time.

Langley Football Falls to Stone Bridge

The Langley football team lost to Stone Bridge, 45-35, on Sept. 12.

Langley quarterback Nick Casso completed 19 of 27

passes for 251 yards and four touchdowns. He also ran for a score. Receiver Garrett Collier finished with 13 catches for 209 yard and two touchdowns.

The loss dropped Langley's record to 1-1. The Saxons will travel to face T.C. Williams at 3 p.m. on Saturday, Sept. 21.

Madison Football Falls to Chantilly

The Madison football team lost to Chantilly, 41-17, on Sept. 12.

Madison's Marcus Pearson scored on an 8-yard run in the third quarter and Jason Gastrock connected with Brad Leydig for a 5-yard touchdown pass.

The Warhawks (0-2) will travel to face Fairfax at 7:30 p.m. on Friday, Sept. 20.

A Study in Contrasts



By KENNETH B. LOURIE

The decision for yours truly to participate in a Phase 1 Study at N.I.H. or Johns Hopkins (depending upon availability and qualifications) discussed in last week's column has been put on hold, temporarily. It seems that my oncologist was thinking about me over the holiday weekend and called me on Wednesday following Labor Day to say he had a diagnostic idea concerning me: a 24-hour urine collection (a "Creatinine Clearance Study") which would provide a more accurate reading (than the regular lab work I have; from blood) of my kidney function. Although the logistics haven't been worked out – insofar as exactly how I get a sample to their lab – "the idea" as my father used to say, "has merit," so I happily agreed in principle and awaited a phone call from my oncology nurse to explain the dos and don'ts.

Apparently, there is yet one more chemotherapy drug – of recent vintage, and design, that my oncologist would like to try. He hasn't suggested its infusion previously, because like many drugs, it is filtered through the kidneys; and after four-and-a-half years of varying types of chemo/targeted therapy, (I.V. and oral) the damage to my kidneys – particularly as evidenced by my elevated creatinine level and below-average "glomerular filtration rate" (45 when 60 is normal) is and always has been cause for concern and caution. Collateral damage as I call it, is still damage, and renal failure/kidney dialysis is all it's cracked up to be: not good, so diagnosis-to-date, we've avoided the risk. I've always agreed that since trouble has already found me, I'm hesitant to look for it. Perhaps there will yet be a reward for our prudence and patience.

Per the over-the-phone instructions I eventually received, I submitted my 24-hour sample on Monday morning. At 10:11 that evening, my oncologist e-mailed my test results. Although the colors were not flying, the test results were nonetheless improved, sufficiently so that we are indeed going ahead with I.V. chemotherapy once again. Therefore, for the immediate future, anyway, N.I.H. and Johns Hopkins are "back-burnered." Alimta, the I.V. chemotherapy drug which I will be infusing, is my new best friend. A drug designed specifically for the treatment of patients with non-small cell lung cancer (me); every three weeks living forward, I will be infused at the Infusion Center. The entire process will take about two hours, I was told. "Two hours" I can do in my sleep, which sometimes is exactly what I do (the BarcaLoungers are extremely comfortable and the warm blankets are super cozy). So here we go, again. Nevertheless, it feels right.

If I had been accepted into a Study, my treatment would have been experimental and as much – if not more, about the next person. As it was explained to me by my oncologist, I would have been sort of a guinea pig, being injected with an experimental, non-FDA-approved medicine that previously had showed some promise when treating mice. I have no problem with this process and understand that such pursuits occasionally provide miraculous outcomes, and I'm certainly open to reconsidering should the opportunity present itself. However, going from a definite maybe at N.I.H. to an FDA-approved for the treatment of non-small cell lung cancer drug seems like a no-brainer, even for me. Granted, I'm still a long way from anywhere, but it feels good to be back in the game, rather than being on the sidelines, sort of (with all due respect to N.I.H. and Johns Hopkins).

My future is now and thanks to this most recent diagnostic test, my treatment with Alimta can also be now; Friday the 20th, actually.

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

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Library Trustees Suspend Beta Plan

FROM PAGE 8

more feedback and people involved in the process.”

Karrie Delaney, the Sully District appointee to the Library Board of Trustees, acknowledged “challenges ahead,” but added that it was “great to see people so engaged and to know that our public libraries are treasured. ... With the support of our community, and the expertise of our library staff and administration, I believe we can build and sustain an exceptional library system that serves all the people of Fairfax County.” Delaney has already planned a series of public town hall forums at Centerville and Chantilly libraries in October.

SEVERAL MEMBERS OF THE PUBLIC spoke briefly before the board’s vote, imploring board members to put the beta plan on hold.

“Libraries are sacred space. Books are sacred vehicles that transmit our culture,” said Kathy Kaplan, a longtime Reston resident and member of the Fairfax County Federation of Citizens Associations. “You are the trustees of the library. You have a sacred trust to protect the libraries for the people of Fairfax County,” Kaplan said to applause from the audience.

Criticism of the beta plan had been building since July, when Clay unveiled a program that would test a new organization model at the Burke Centre Library and the Reston Regional Library, the busiest library branch in the county. The reorganization, Clay said, streamlined staffing and eliminated redundancies while retaining a high level of service.

But the plan, which include reduced staffing, cross-training staff members and lowering the education requirements for librarians sparked outrage among library volunteers, staff and patrons who call the plan “disastrous,” “a library meltdown” and “the end of our libraries as we know it.”

Clay said he was taken aback by the tone and tenor of the criticism.

“Everyone has difficulty with change. When all is said and done, when you have been in a job for a while, change is quite rightly a concern. I understand that,” Clay said.

Clay, who has a Master’s of Library Science degree and has been head of the Fairfax library system for 31 years, said a makeover of the of the library system was necessary to deal not only with diminishing budgets, but also a digital world, where the Internet has replaced newsprint, e-books have supplanted paperbacks, and the latest films stream directly to your laptop.

Clay noted that in the past five years, the libraries’ budget has been cut by 23 percent and library visits have declined about 10 percent. Circulation is down about 6 percent over that time.

“We have a responsibility to look at the future of libraries and find ways to evolve and compete,” Clay said. “It’s a constant question—‘can you try to change too much?’ The beta plan was not etched in stone. It

was a test,” Clay said. “And it seemed to me it was prudent, to say, ‘let’s try these things out. Let’s look at things like appropriate staffing levels.’”

But certain measures in the beta plan, such as giving the county the flexibility to hire librarians who may not have a master’s degree and reshaping the role of youth services librarians—infuriated employees and patrons and sparked a storm of protest.

Clay said he is committed to “starting from scratch,” getting feedback and input from stakeholders and employees. “New beginnings are always good. We welcome everyone’s input,” Clay said.

Michele Endow of Herndon said she looked forward to participating in the outreach meetings. A lifelong library patron, Endow said she was disappointed that Fairfax County seemed to be losing ground when it came to keeping up with library innovations.

“I signed up for computer classes, and instead of computer terminals, the instructor had just a slide machine. These classes should be hands-on, with computer terminals for students.

BUT SOME library staff and members of the volunteer Friends of the Library groups remain skeptical of any real change as a result of outreach efforts.

“I’m glad they put this on hold,” said Anita Ramos of Centerville. “But I won’t be happy until this entire beta plan is dead. Dead, dead and dead. Fairfax libraries have played an important role for ethnic minorities and people who don’t speak English. We need specialists who can provide the knowledge that the Internet doesn’t.”

Another longtime library advocate who asked not to be named because of possible job repercussions said much of the damage has already been done.

“Trashing thousands of perfectly good books, proposing the elimination of librarians, proposing the elimination of services for kids, proposing the downgrading of library staff both in literal grade and in the variety of depth of their work, sidelining the staff and Friends in the planning process—it is almost a posture of resignation and despair,” he said. “There is already a ruptured trust and lack of confidence from almost every stakeholder group which makes it hard to envision a bright, hopeful new future for FCPL under this leadership.”

“My 32 year commitment has been to produce the very best public library services in Fairfax County and the City of Fairfax,” Clay said. “There’s no way I would jeopardize that.”

Clay said the criticism stings—“It is hard. ... I can’t say this whole thing doesn’t bother me”—but what he needs to focus on is helping navigate the future of the library “at an incredibly perilous time.”

“Here’s the bottom line for me. I want the Fairfax County Public Library to be so vital and so vibrant in five years that no one could imagine going a day without interacting with our library,” Clay said.

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