

Oak Hill ❖ Herndon CONNECTION

Students in the Boyle School of Irish Dance visited several restaurants in Fairfax County on Thursday, March 17, St. Patrick's Day. This included the O'Sullivan's in downtown Herndon.

Celebrating St. Patrick's Day In Herndon

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Herndon High School Navy Junior ROTC Pay Tribute to Nation's Heroes

Herndon NJROTC Cadets traveled to Arlington Cemetery to visit the Tomb of the Unknown Soldier and other historic sites. The cadets first paid tribute to the memorials that represent the astronauts who died dedicating their lives to human exploration. Next they walked up the hill to visit the Maine Memorial. The mast from the Battleship Maine is surrounded by a marble chamber which is inscribed with the names of the sailors who died on the fateful day which thrust the nation into the Spanish American War.

The cadets were met by retired LTC Steve St Clair, a former member of "The Old Guard," the soldiers that guard the Tomb of the Unknown Soldier. Walking down the hill to where the tomb lays, the cadets were shown Audie Murphy's memorial, the most decorated soldier in the U.S. history. Arriving at the tomb was a solemn experience. The sentinels that march back and forth in front of the tomb are the most impressive soldiers one will ever witness – their discipline and military bearing are unsurpassed. Every step, every move they make is timed and synchronized to a ceremonial plan. The sentinel on duty takes 21 steps across the mat, turns and faces the tomb for 21 seconds, representing the highest military tribute, the 21-gun salute. Inscribed on the 50-to marble cap are the words "Here Rests in Honored Glory An American Soldier Known but to God." The unknown servicemen are under 24-hour guard that was established in 1937. The Cadets observed the



Cadets visit the Kennedy memorial.

changing of the guard followed by a wreath laying ceremony. Next the cadets walked over to the Kennedy Memorial and stood around the eternal flame, lit by Mrs. John F. Kennedy in 1963. As they departed, they read some of the inscriptions from the fallen president's famous speeches.

Finally, the cadets bussed over to Fort Myer where The Old Guard is headquartered and visited the stables where the horses and caissons that carry our fallen soldiers to their final resting place are maintained and housed. This was the first time the corps of cadets has visited Arlington Cemetery.

Herndon Police Reports

Notable incidents from the Herndon Police Department from March 7-13.

Fraud Warning: Internet Check Scam

Some residents of the Town of Herndon have reported being the victim of fraud after items were sold using the Internet on sites such as Craigslist.

The victim is contacted by a suspect posing as a legitimate buyer. The suspect then sends a check to the victim for the agreed upon price plus shipping. The victim is then asked to send a MoneyGram to a third party for the shipping costs. The victim deposits the check, and ships the item. A few days later, the victim is contacted by their bank and told the check was not valid.

Residents are cautioned to use care if asked to deposit a check and return a portion of the money. Always wait for checks to clear before disbursing funds from your account, or shipping items.

Incidents

Burglary - March 10, 1200-Blk Jeff Ryan Drive. An unknown person entered the residence through a basement window while the victim was not home. Approximately \$7,600 worth of electronics, jewelry, and cash were taken. The case is under

investigation.

Aggravated Assault - March 11, 1200-Blk Springtide Place. The 20-year-old male victim reported being shot in the leg with a BB gun as he was entering his residence. The unknown suspects are described as 3-4 hispanic males 5'6"-5'9" aged 19-20. The victim received minor injuries and declined medical attention. The case is under investigation.

Forcible Fondling - March 13, Worldgate Drive/Elden Street. The victim reported being approached from behind by the suspect who, after gaining her attention by speaking to her, touched her on her buttocks. The suspect then walked past the victim, turned around, and exposed himself. It is believed this is the same suspect who exposed himself to two other victims in the same vicinity within approximately 45 minutes. The suspect is described as a black male approximately 5'10" - 6', with a slim to athletic build, with facial hair.

March 7, 12:11 a.m. Driving Under the Influence, Lynn Street/Station Street.



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Art and Music at ArtSpace Herndon

Annual Mind Heart Vision exhibit presented in Herndon.

BY RYAN DUNN
THE CONNECTION

ArtSpace Herndon presented its sixth annual Mind Heart Vision Exhibit, with a reception on March 16. The juried exhibit showcases the artworks of Herndon High School art students embarking upon their senior thesis. In collaboration with Herndon High School's Art Department, ArtSpace Herndon provided students with the opportunity to display artwork in a professional gallery. The Wednesday reception included music by the Herndon High Chamber Players, and catering from Herndon High's Gourmet and International Hospitality Class. Herndon High School Chamber Players included Misha Barth, Michele Becker, Melissa Kramer, Christina Ngo, Mary Ogborn and Saah Przybysz.

The exhibit includes pop art, photography, sculpture, animation and more. The student artwork on exhibit will also be available for purchase. This year's jurors are local artists Melanie Stanley, Livingston Rodgers, Marjorie Powell, Andrea Cybyk and Joanne Wittauer. The reception offered students the opportunity to greet and network with patrons, provide background information on their works, and interact with professionals and art enthusiasts alike. One of the students attending the reception, Herndon High School senior Robin McGrath said "I really like to paint at my house, I took the school art class and I really enjoy it."

"We are delighted to be working with Herndon High School to



Herndon High School art teachers Tammy Morin, Jennifer Diglio and Alexa Mamatas smile for a photo at the ArtSpace Herndon. Since 2008, Tammy Morin has been an arts instructor at Herndon High School.



Herndon High School senior Anisha De Silva by her watercolor and pencil artwork on display at ArtSpace Herndon. The Annual Mind Heart Vision Exhibit had a reception on March 16 which included music by the Herndon HS Chamber Players.

showcase some of the most outstanding student talent in the district," said executive director Signe Friedrichs. The exhibit will close on March 27.

On March 19, 7-9 p.m. jazz virtuoso Victor Haskins performed with Mike Hawkins on bass and Tony Martucci on drums at ArtSpace Herndon.

Friday, March 25, ArtSpace

Herndon is hosting the award-winning GMU Indie Film Showcase. The Best of FAVS Showcase spotlights award-winning films produced by students in Film And Video Studies (FAVS) at George Mason University from Fiction and Documentary Directing classes and Senior Thesis projects. FAVS alumnus Scott Cooper's film Cafe Kreyól will be one of the films shown at the event. Cafe Kreyól won Best of Festival Documentary Short at the Richmond International Film Festival.

The next art exhibit at ArtSpace Herndon is New Forms and Horizons: Abstract Art and Sculpture. The exhibit, featuring contemporary landscape artist Jorge Luis Bernal and sculptor Eric Garner, is on display April 5 – May 1. The reception for the exhibit is on Saturday, April 9, 7-9 p.m.

ArtSpace Herndon will host another ticketed music event with Harrison "Slam" Allen on Saturday, April 23. Allen is a soulful blues singer and guitarist. At this show, Allen pays tribute to one of the now immortal — B.B. King. The show is Saturday, April 23, 7:30–10 p.m. Complimentary hors d'oeuvres and soft drinks will be provided.



Herndon High School students pose for a picture during the March 16 evening reception at the 6th Annual Mind Heart Vision Exhibit. The exhibit closes on March 27.

PHOTOS BY
RYAN DUNN
THE CONNECTION

Principal of the Year

Fairfax County Public Schools named Herndon Middle School Principal Justine Klena the 2016 Outstanding Principal.

"She is the visionary, the planner, the problem solver, and most importantly, she is the lead learner," says Cassie Eatmon, ESOL teacher.

Klena has been Herndon Middle School's principal since 2008.

"When I came to Herndon Middle School last year, I quickly learned why great teachers make this school their home," said instructional coach Emily Preston.

"Justine exemplifies what it means to be a collaborative leader. She models what it is to be a learner, promotes the best interests of students at every turn, and maintains perspective by keeping a close tie to what is happening in classrooms."

KLENA SERVED as assistant principal at Herndon and Cooper Middle Schools prior to being named principal at Herndon Middle School. She earned her bachelor's degree in history from Georgetown University and master's degrees in both special education and educational leadership from George Mason University. She completed a teacher certification program at the University of North Carolina-Chapel Hill, according to Fairfax Public Schools documents.

Klena offers support to families who live in poverty or have experienced traumatic border crossings.

"We now host a major community event to supply food to families through the Generosity Feeds program, and regular meals are provided through Herndon Helping Hands," said Klena. Herndon Middle School offers reunification counseling, parent education and weekend English classes for students and families.

One wing of the school is designated for the Family Resource Center. This year, the school's bike club gave away 22 bicycles—refurbished by Herndon Middle students—to needy families.

OFFICIALS PRAISE Klena for giving necessary support to



Principal Justine Klena, Herndon Middle School

PHOTO COURTESY OF FAIRFAX COUNTY PUBLIC SCHOOLS

each student to succeed academically as well as socially. Her teachers encourage students from all backgrounds to engage in activities including performing arts, National Junior Honor Society, Spanish for Fluent Speakers and higher level classes.

"During every meeting, dialog and debate, she will listen, reflect and bring the group back to the purpose of the conversation, which at HMS is always, 'What is best for students?'" said Preston.

Klena focuses on equitable access for all students into rigorous courses; during the past school year, 10 percent more black and Hispanic students were taking four honors classes. In addition, 28 pre-algebra students, mostly English language learners, were enrolled in algebra honors in ninth grade, setting them on a course for more advanced math in high school. She also works with Herndon Pyramid elementary school principals offering the Young Scholars program to open honors classes to more students from diverse backgrounds.

Klena set a course to make meeting student needs the primary focus and providing teachers with more support to accomplish this. She instituted professional conversations with staff members at quarterly Snack and Study meetings, invited teachers to take a course on "Differentiation for Diverse Learners," and created an environment characterized by collaboration and trust that encourages innovation.

—KEN MOORE

OPINION

Purple State

Nonpartisan redistricting could support the best interests of the population, not the politicians.

While the case of Virginia gerrymandering argued before the Supreme Court on March 21 does not impact Congressional Districts in Northern Virginia, it shows again that partisan efforts have diminished voter power in the Commonwealth.

This is one of multiple challenges in the courts about how political boundaries are drawn in Virginia.

Consider that in statewide elections, Virginia voters have chosen Democrats in the last two presidential elections, for U.S. Senate, for Governor, Lieutenant Governor and Attorney General, as we have said in previous editorials.

Here are the actual numbers:

In 2013:

McAuliffe (D) 1,069,789; Cuccinelli (R) 1,013,389
Northam (D) 1,213,155; Jackson (R)

980,257

Herring (D) 1,103,777; Obenshain (R) 1,103,612

In 2012:

Obama (D) 1,971,820; Romney (R) 1,822,522

Kaine (D) 2,010,067; Allen (R) 1,785,542

It's reasonable to assume that a state so evenly divided would be about evenly divided in political representation.

How is possible then that Virginia House of Delegates consists of 67 Republicans and 33 Democrats?

Why is it that Virginia's delegation to the U.S. House of Representatives consists of 11 Republicans and three Democrats?

Virginia's 11 Congressional districts should be split about evenly. You could understand a split of five Dems and six Republicans; or five Republicans and six Democrats. A four and

seven split would smack of some unusual circumstance. But three and eight?

The answer is gerrymandering. Political parties should not control the drawing of political districts. Gerrymandering thwarts the will of the voters.

Both political parties have been guilty of this when in power, although new technology and better data have made the process more egregious, the effects more damaging.

The courts will have a hand in redrawing boundaries in some Virginia districts. It's past time for courts to challenge political gerrymandering in general. Virginia's current system is an incumbent protection plan. Every incumbent who sought reelection to the General Assembly last November won. Why? Their districts were drawn for them, not for the voters who live there.

Virginia should embrace nonpartisan redistricting that supports the best interests of the population, not the politicians.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

A Day in the Life at the Virginia General Assembly

BY DEL. JENNIFER BOYSKO
(D-86)



Jennifer Boysko

Last week, Delegate Plum provided an excellent recap of the legislative session we just completed. As a follow up, I'd like to provide a snapshot of an average day, although no two days were ever the same.

I typically arrived at the General Assembly building before the rest of the staff arrived to study for the upcoming day.

People traveled from all corners of Virginia to share their concerns and perspectives in morning and afternoon receptions. One memorable example: Brain injury services advocates came and brought a human brain for us to see as we discussed the plight of people living with brain injuries. Another day, Volkswagen and Audi representatives gave me a ride on the highway in a self-driving car.

The bulk of work vetting bills happened in committee meetings.

Over 3,000 bills were introduced. I serve on Counties, Cities, & Towns and Privileges & Elections, which fit my background well because I worked in local government for years. Especially on the CC&T committee, members worked well in a bipartisan manner. We considered concerns from simple town charter changes to the complex proffer bill that will change the way we consider local land use. On P&E, our outcomes were typically more partisan as we considered changes to the Virginia Constitution and voting rights.

Daily at noon, Session began, starting with the Morning Hour, where members made speeches with no limit on what could be addressed. Some representatives

focused on Governor McAuliffe's economic achievements. Members gave powerful personal speeches relating to legislation under consideration. Delegate Rasoul, a Muslim, spoke beautifully about his concerns relating to prejudice faced by minorities. Delegate Miller, a former policeman, gave a 15 minute speech to justify bringing back the electric chair, recounting a grizzly murder so graphically, that the young Pages were removed from the gallery. I spoke for women's equality, an issue close to my heart.

Following morning hour, we considered bills passed out of committee. The pace often moved at lightning speed. When the Speaker asked, "Shall the bill be passed?" there were only seconds to cast your vote and you'd better have made a decision. It was imperative to be prepared, as we might consider as many as 50 bills in one day that would affect the lives of Virginians. Debate sometimes felt

personal on the most controversial bills, as Delegate Plum discussed in last week's article.

Throughout the day, constituents, stakeholders and groups wished to meet individually, and I made it a priority to listen and work to find consensus to solve the problems presented. Working with Republicans and Democrats, we passed the biennium budget, brought back money for our schools, provided raises for our teachers, made compromises on I-66 and gun legislation. With my colleagues, I've never worked harder. We fought some painful battles, built new working relationships and learned an enormous amount. I look forward to continuing to serve our community in the 86th District. Thank you for the opportunity to serve you in the oldest governing body in North America.

To sign up for my weekly email reports send an email to deljboysko@house.virginia.gov.

CAREGIVING

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, April 12, 7-8 p.m.** Learn techniques for effective communication and holding family meetings that will help keep communication open and more productive. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices and click on Caregiver Support. Call **703-324-5484**, TTY 711.

Fairfax County and partners are

sponsoring the **Living Well, Aging Well Summit** on **Saturday, April 16, 9 a.m.-3 p.m.** at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. This free event explores multiple ways to age well and features a transportation/mobility expo, technology fair, volunteer opportunities, a CarFit program, health screenings, presentations and more. Register at www.livingwellfairfax.org or call **703-324-7647**, **TTY 711**. Call 703-324-5219, TTY 711 for ADA requests.

Meet dozens of job recruiters at the **50+ Employment Expo** on **Monday, April 18, 10 a.m.-2 p.m.** Attend seminars on changing careers, online job searching, continuing education, starting your own business, job training, and job interviewing. Chief Meteorologist Doug Hill from ABC 7/WJLA-TV News is the keynote speaker. This free event is sponsored by Fairfax County, Jewish Council for the Aging of Greater Washington, D.C. and partners. It takes place at Sheraton Tysons Hotel at Tysons Corner, 8661 Leesburg Pike, Vienna. Find out more at

www.accessjca.org/50plusjobexpos or call Micki Gordon at **301-255-4209**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, April 20 at noon** at the Burke Regional Library, 5935 Freds Oak Road, Burke. A public comment period begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

Oak Hill & Herndon
CONNECTION

www.ConnectionNewspapers.com

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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NEWS

Herndon's traditional Easter Egg Hunt will be on Saturday, March 26 on Lynn Street.

PHOTO CONTRIBUTED



Celebrating Easter in the Area

SATURDAY/MAR. 26

Traditional Easter Egg Hunt. 9-11:30 a.m. Check for times for age groups. 777 Lynn St., Herndon. Easter Egg Hunt, featuring: craft projects, story time, petting zoo, coloring mural, potting station, and photos with the Easter Bunny. Bring a basket or bag to collect your eggs in the hunt. \$9/\$10. Register at 703-435-6800, ext. 2106. herndon-va.gov.

Easter Egg Hunt. 10:15 a.m. Forest Edge Elementary School, 1501 Becontree Lane, Reston. Join Restoration Church for an Easter service followed by a free egg hunt! Our Egg Hunt will begin around 11:15 a.m. immediately following the 10:15 a.m. Easter service. Come enjoy an egg hunt, moon bounce, snacks and more. restorationreston.org/egg-hunt. 703-405-7238.

Easter Egg Hunt at Colvin Run Mill. Starting at 10 a.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Hunt for eggs filled with treats

and treasures of the grounds of Colvin Run Mill Historic Site. Separate hunts by age group. Before the hunt, make egg-cellent crafts to take home. Bring your own basket; program will be held rain or shine. Ages 2-9. \$6/\$8. Register at <http://www.fairfaxcounty.gov/parks/colvinrunmill/events.htm>.

Old-Fashioned Egg Hunt and Roll. 10:30-11:30 a.m. Freeman House, 131 Church St., NE, Vienna. Children 12 and under and their parents are welcome to participate in an egg roll and visit with Easter Bunny, hosted by Historic Vienna, Inc. 703-938-5187.

SUNDAY/MARCH 27

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on

Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources.

Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Epiphany United Methodist

Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. 703-938-2391 or www.epiphanypreschool.com.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m.

The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

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Family Worship 9:30am
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Easter Sunday – March 27

Worship services at 8:30 am and 11:00 am
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Children's Easter Egg Hunt at 10:00 am
(No Sunday School or Godly Play)

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trinity

Palm Sunday & Easter Services: 8:30am & 11am
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11:15 a.m. Holy Eucharist, Rite II
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SPRING FUN & ENTERTAINMENT



Dancers in the Boyle School of Irish Dance visited several restaurants in Fairfax County on Thursday, March 17, St. Patrick's Day. This included the O'Sullivans in downtown Herndon.



Students of the Boyle School of Irish Dance pose for a photo outside Ned Devine's in Herndon. Twelve students from this Northern Virginia based school qualified to compete in the the 46th World Irish Dancing Championships at The Royal Concert Hall in Scotland.

Boyle School of Irish Dance Celebrates St. Patrick's Day

Dancers visit locations throughout Herndon and Fairfax County.

By RYAN DUNN
THE CONNECTION

Thursday, March 17, St. Patrick's Day was celebrated throughout Herndon and Reston. At Jimmy's Old Town Tavern in downtown Herndon, chef Eric Quarnstrom prepared 80 lbs. of corned beef and 24 heads of cabbage for the St. Patrick's Day menu. Eateries including Ned Devine's on Centreville Road and P.J. Mulligans put out decorations and offered Irish fare such as corned beef and cabbage, shepherd's pie, and potato soup. Musicians, including dancers from the Boyle School of Irish Dance, also made visits to many cafes.



Students in the Boyle School of Irish Dance visited several locations Thursday, March 17, St. Patrick's Day. This included the P.J. Mulligans in Herndon. The dance program has an estimated 500 dancers.

said Sweeney.

THE SISTERS learned Irish dance as children. While a student at Seton School in Manassas, Alannah Sweeney offered tutoring lessons in Irish dance. Then in the 1990s the successful Riverdance show debuted featuring Irish music and dance. "When Riverdance came out, you had so many people suddenly enjoy Irish dancing. I still have some people who come up to me and say, 'Oh, you are a Riverdancer!'" says Sweeney.

After Sweeney graduated from college, the sisters obtained teacher certification and became dance judges. To become a certified Irish dance teacher there is an exam that requires under-

standing of music and timing, written dance theory, and practical "caeli, Ó or dance with self-choreographed arrangements. The sisters opened schools in Alexandria and Chantilly in 2002. When the business could hire new teachers, they hired former students and award-winning dancers, siblings Elizabeth and Katie Francis, graduates of Christendom College in Front Royal.

The Boyle School has won "Best Irish Dancing School," "Best Performing Group" and "Best Dance School" in the Washington D.C. and Alexandria St. Patrick's Day parades. In 2007, Boyle School dancers did a performance preview at Wolf Trap on the opening night of Riverdance. In 2010, the Boyle

School was asked to perform as headliners at the Key Largo Irish Fest.

Eleven-year-old Chip Krese who practices at Boyle School of Irish Dance Alexandria campus attended the March world championships in Glasgow, Scotland. Krese is one of 12 dancers from the Boyle School of Irish Dance participating in this year's championship competition, and one of 45 boys enrolled in the Boyle School of Irish Dance program. Samantha Haas, 21, who practices at the Boyle School Alexandria studio will also be dancing at the Scotland championship games. Haas, who attends George Mason University, has been dancing for 13 years, and has been to the world's championship games before. Other Boyle students participating in the Scotland competition include James O'Reilly, Joe O'Reilly, Finn O'Reilly, Brennen Peters, Jenna Spedden, Rose Francis, McCall Moran, Emily Miller, Lizze McCardell and Madeleine Cabral.

"They are very active in the community and are a family friendly school," said parent and Chantilly resident Kim Kenna. All seven of her children have taken lesson with the Boyle School of Irish Dance. "It is a great opportunity to expose the Irish culture, my daughter has a great time," said Fairfax resident Courtney Marsh, whose daughter takes classes with the Boyle School.

THE BOYLE SCHOOL offers summer camps in June and July. The camps are a way for children to experience Irish dance for the first time. Summer camp is for brand new beginners, as well as returning champions. All camps fill up quickly.

Celebrating Spring

TUESDAY/APRIL 12

Design and Wine: Spring Wine Glasses with Cheryl Wilson. 7-9 p.m. ArtSpace, 750 Center St., Herndon. Workshop on finding passion within to create beautiful wine glasses. \$30. artspaceherndon.com. 703-956-9560.

STARTS FRIDAY/APRIL 1

SingStrong A Capella Festival. 7-11 p.m. South Lakes High School, 1400 South Lakes Drive, Reston. The first night of SingStrong DC is ACA-Idol - the chance for a cappella groups to compete for \$1000 prizes - and entertain. \$30. Weekend pass available. 703-517-3520. dc.singstrong.org.

SUNDAY/MAY 1

Spring Backyard Burn Trail Running Series. Lake Fairfax Drive, Reston. Five or 10-mile trail running race on some of the best trail networks in Northern Virginia. Race 4 in a series of four. http://www.ex2adventures.com/byb-spring.php

SATURDAY/MAY 21

Northern Virginia Fine Arts Festival - 25th Annual. 10 a.m.-6 p.m. Pavilion, streets, and Reston Town Square Park. View and purchase art from 200+ artists from across the nation and enjoy two days of live performances, acclaimed children's activities, and more. \$5 donation encouraged. Presented by Greater Reston Arts Center. 703-471-9242. restonarts.org.

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

New Forms and Horizons: Abstract Art and Sculpture. April 5-May 1. ArtSpace, 750 Center St., Herndon. Featuring contemporary landscape artist Jorge Luis Bernal and sculptor Eric Garner. artspaceherndon.com. 703-956-9560.

Mind, Heart, Vision. March 15-27. ArtSpace Herndon, 750 Center St., Herndon. Juried exhibit showcases the extraordinary artworks of Herndon High School art students embarking upon their senior thesis. artspaceherndon.com. 703-956-9560.

Herndon Town Calendar Photography Competition. Deadline: July 7 at 2 p.m. ArtSpace Herndon and the Council for the Arts of Herndon present the Sixth Annual Herndon Town Calendar Photography Competition. Professional and amateur photographers are invited to submit entries to the Herndon Town Calendar Photo Competition. Subjects for all entries must be located within the corporate limits of the Town of Herndon. artspaceherndon.com. 703-956-9560.

Dress Drive for Prom. Jan. 2-March 3. www.ConnectionNewspapers.com



SingStrong A Capella Festival starts Friday, April 1 at South Lakes High School.



The Northern Virginia Fine Arts Festival will be on Saturday, May 21 at the Reston Town Square Park.

26. Monday-Saturday, 9 a.m.-5 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. RCC is collecting formal dresses, shoes, handbags, scarves and shawls, jewelry and accessories for Diva Central. All donations are appreciated, however, we ask that donations are in good condition, no older than 5 years old (circa 2011), and dry cleaned before they are donated. 703-390-6158.

Integral Tai Chi. 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-\$5. 703-464-6200.

THURSDAY/MARCH 24

"Another Way of Living: The Story of Reston, VA." 6:30-8:30 p.m. National Building Museum, 401 F St. NW, Washington. Documentary of the story of Reston will be shown at the Environmental Film Festival. <http://anotherwayoflivingfilm.com/screenings/>.

Poker Night. 7 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N, Reston. World Tavern Poker. Fireball

and cider specials. 703-707-0660. www.kalypsosportstavern.com.

FRIDAY/MARCH 25

Best of FAVS Showcase. 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. Spotlights award winning films produced by students in Film and Video Studies (FAVS) at GMU from Fiction and Documentary. Directing classes and Senior Thesis projects. \$10. artspaceherndon.com. 703-956-9560.

Bushmaster with Gary Brown: Funky Blues and Rock. 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N, Reston. 703-707-0660. www.kalypsosportstavern.com.

Reeds, Strings and Cords Band. 7:30-10:30 p.m. Cafe Montmartre, 1625 Washington Plaza North, Reston. Pop, Jazz, Blues, Standards, and even a little C&W with Jack Fretwell (harmonica), Ben Hamblin (guitar), Niels Jonker (acoustic bass) & Ron Goad (percussion). 703-904-8080. www.cafemontmartre.com.

SATURDAY/MAR. 26

Cooking Class. Noon-2 p.m. Il Fornaio, 11990 Market St. #106, Reston. Includes three-course

SEE CALENDAR, PAGE 9

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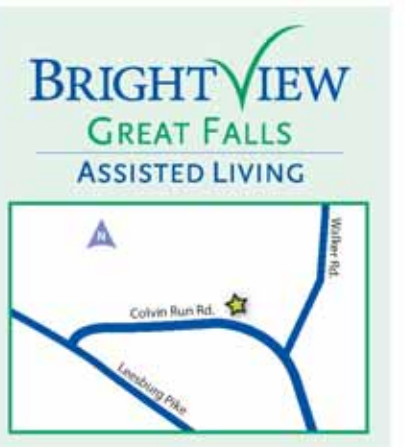
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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

APRIL

4/6/2016.....Wellbeing - Senior Living Pullout
Easter Sunday is March 27

4/13/2016.....Real Estate Pullout - New Homes

4/20/2016.....A+ Camps & Schools

4/27/2016.....A+ Camps & Schools Pullout

4/27/2016.....Mother's Day Celebrations,
Dining & Gifts I

4/27/2016.....Spring Outlook 2016

MAY

5/4/2016.....McLean Day Pullout

5/4/2016.....Mother's Day Dining & Gifts II

5/4/2016.....Wellbeing

Mother's Day is May 8

5/11/2016.....HomeLifeStyle

5/18/2016.....A+ Camps & Schools, Proms,

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• Chantilly Connection • Mount Vernon Gazette • Vienna/Oakton Connection



Herndon junior Indeya Sanders earned VHSL second-team all-state honors.



Oakton senior guard Alex Marquis was a VHSL first-team all-state selection.



Oakton junior forward Delaney Connolly was named to the VHSL all-state second team.

PHOTOS BY WILL PALENSCAR

Herndon's Sanders Receives All-State Honors

Herndon junior guard Indeya Sanders was selected the VHSL 6A all-state second team for the 2015-16 season. Sanders, who surpassed 1,000 career points during the season, helped the Hornets earn the program's first-ever state tournament berth. Herndon upset 6A South champion

Woodside in the state semifinals before the Hornets were eliminated by eventual champion Cosby in the semifinals. Oakton had a pair of players earn all-state honors: Senior guard Alex Marquis earned first-team honors and junior forward Delaney Connolly was a second-team selection.

The Cougars won their first 29 games

before losing to Langley in the state semifinals.

Other first-team selections: Noe'll Taylor (Fairfax), Genesis Parker (Stonewall Jackson), Paige Galiani (Langley), Jocelyn Jones (Cosby), Tyra Whitehead (Cosby), Cynita Webb (Landstown) and Asia McCants (Woodbridge). Jones was named Player of

the Year and Cosby's Rachel Mead earned Coach of the Year honors.

Other second-team selections: Haley Blankenship (West Springfield), Jalita Montgomery (Fairfax), Khiana Johnson (Western Branch), Cam Wilson (Woodside), Jay Kilpatrick (Woodside) and Shakira Austin (Colonial Forge).

Langley's Galiani, Shafer First-Team All-State Selections

The Langley girls' and boys' basketball teams each had a player receive VHSL 6A first-team all-state honors.

Senior guard Paige Galiani and senior forward Nate Shafer were each all-state selections for the Saxons.

Galiani became the girls' program's all-time leading scorer during the 2015-16 season. She helped the Saxons win the Conference 6 championship, the program's first district/conference title since 1988, and reach the state tournament for the first time. Langley beat Landstown in the state quarterfinals and upset previously unbeaten Oakton in the semifinals before falling to Cosby in the championship game. Shafer was a 6-foot-5 defensive presence for the boys' team, which finished 20-6 and won the Conference 6 championship.

Girls' first-team selections: Galiani, Noe'll Taylor (Fairfax), Genesis Parker (Stonewall Jackson), Jocelyn Jones (Cosby), Tyra Whitehead (Cosby), Cynita Webb (Landstown) and Asia McCants (Woodbridge). Jones was named Player of the Year and Cosby's Rachel Mead earned Coach of the Year honors.



Langley senior guard Paige Galiani was a 6A VHSL first-team all-state selection.

Boys' first-team selections: Shafer, Tyler Scanlon (Westfield), James Butler (Lake Braddock), Keaton Simmons (Stonewall Jackson), Jerry Carter (Hylton), Chris Orlina (Woodside), Donald Hicks (Oscar Smith) and Daryus Evans (Landstown). Scanlon was named Player of the Year and Westfield's Doug Ewell was named Coach of the Year.

PHOTO BY WILL PALENSCAR



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Langley senior midfielder Jon-Michael Duley scored four goals against Yorktown on March 17.

Langley Boys' Lax Splits First Four Games

After winning its season opener against Westfield, 12-9, on March 15, the Langley boys' lacrosse team dropped a double-overtime contest against Yorktown on March 17 in Arlington.

The Saxons opened Conference 6 play with a 9-8 loss to the Patriots, during which Langley overcame a two-goal fourth-quarter deficit to force overtime. After neither team scored during the first four-minute OT, Yorktown's C.J. Stowell scored the game-winner in the second OT.

Langley senior midfielder Jon-Michael Duley scored four goals — all in the second

half. Junior attackman Daniel Orme, junior midfielder Michael Levetown, junior midfielder Michael Killion and senior midfielder Parker Kaplan each had one.

The Saxons defeated Battlefield 14-9 on March 19 and lost to Chantilly 10-4 on March 21 — both games were at Robinson Secondary School.

Langley, led by first-year head coach Bo Ingalsbe, will travel to face two-time defending 6A state champion Robinson at noon on Wednesday, March 23. The Saxons' home opener is scheduled for 8 p.m. on Friday, April 1 against Dominion.

WWW.CONNECTIONNEWSPAPERS.COM

Herndon's Top Shot Competes In Navy National Championship

Allison Maxwell, a senior at Herndon High School, made Herndon Navy JROTC history. For the second year in a row, she competed in the Navy JROTC Service Championship, held Feb. 18-20, in three regions throughout the United States, including Camp Perry, Ohio, where Maxwell competed as an individual representative of Area 5, composed of units in Virginia, Maryland, and the District of Columbia. Out of a national field of over 2,800 Navy JROTC marksmen who shot the qualification match, she received her invitation after finishing second in Area 5's Secretary of the Navy Postal Competition.

"I was so excited to represent my unit, school, and Area 5 once again in the sporter air rifle class at Navy Nationals," said Maxwell. "In addition to being an honor, it was really fun and a great experience."

After shooting close to her average on the first day of competition, Maxwell fought from behind to score a personal best of 554 and earn herself a spot in the finals. During the intense ten shots standing/fifty seconds per shot match, Maxwell overtook Illinois' Luis Nevarez, and finished with 1178.2 points. This earned her a seventh place finish in the Navy service and a tenth place finish among all of the services, including the Navy, Marines, Army, and Air Force. She is



Allison Maxwell keeps her cool during the intense 10 shots standing/50 seconds per shot finals at Camp Perry, Ohio.

now ranked 22nd among all Navy JROTC marksmen in the nation. After this experience, she also learned that she had reached a long-term goal — securing her Junior Distinguished Badge, the mark of excellence in high-level, three-position air rifle com-

petitions.

Cadet Maxwell said, "I am so grateful to the Herndon Navy JROTC for providing me the opportunity to learn a new sport and to compete at the national level. It has made me a better leader and student, and it has opened many doors for me."

For four years, Cadet Maxwell has been a top athlete on the Herndon Navy JROTC Rifle Team, where she was coached by former Senior Naval Science Instructor, Richard Cassara, CDR, USN (retired) and by Kris Young, LTC, USA (retired).

Maxwell currently is the Executive Officer of the Herndon Navy JROTC and the Commanding Officer and Coach of its Rifle Team.

Maxwell also competes in the Potomac High School Rifle League as a precision shooter under the instruction of Mavericks Coach Tom Pike.

Maxwell is a National Merit Commended Scholar and an Advanced Placement Scholar with Distinction. Maxwell plans to attend college next year and study biology, psychology, and neuroscience. She hopes to become a pediatric neurosurgeon.

Herndon High's Navy JROTC is for anyone interested in real leadership experiences, teamwork, and/or high-level competition. There is no military commitment. To learn more about this program, contact David Adler, Captain, USN (retired) at 703-755-5710 or dbadler@fcps.edu.

PHOTO COURTESY OF HERNDON NAVY JROTC

WEEK IN HERNDON

Comstock Announces Military Academy Day

Congresswoman Barbara Comstock (R-10) has announced the annual 10th Congressional District Military Academy Day. This year's Military Academy Day will be held Saturday, April 2, from 10 a.m. to 1 p.m. at the Loudoun County Public School Administration building located at 21000 Education Court, Ashburn. The event is free and open to all students, parents and guidance staff who are interested in learning more about the nation's service academies.

"To keep America's fighting force the best in the world our military service academies must recruit the finest young men and women to be our nation's future leaders," said Congresswoman Comstock.

Representatives from all of the service academies — Army, Navy, Air Force, Merchant Marine and Coast Guard — will be in

attendance. Representatives from the Marine Corps ROTC program, the Virginia Army National Guard, Virginia Military Institute, the Virginia Tech Corps of Cadets and The Citadel have also been invited. Additionally, the American Legion and Randolph-Macon Academy will be represented.

Beginning at 10:30 a.m. to noon a formal presentation will commence. Each of the academies will make a presentation and students will be able to meet with admissions staff and ask questions. If you have questions, contact Mary Ann Cannon at 703-404-6903 or by email at Maryann.Cannon@mail.house.gov.

Dulles Regional Chamber To Debut Dished

The Dulles Regional Chamber of Commerce will host Dished: Dulles Chefs Show-

down, the first major culinary competition ever for the Dulles Region. Competing for the top prize will be the executive chefs from Hilton Washington Dulles Airport, Holiday Inn Washington Dulles, Hyatt Regency Dulles, The National, Westfields Marriott and Westin Washington Dulles.

As they develop their dishes from their mystery baskets, the audience will be able watch their preparations while enjoying food and drink, including tastings from local wineries and breweries. Entertainment will be provided by Tom Gavin's DJ Delights. The judging team will host Robert Wiedmaier, celebrity owner and chef with Marcel's, Beck's and the Mussel Bars. At evening's end, they will award the Golden Whisk to one of the competing chefs.

The event takes place Friday, April 22, 6:30-9 p.m. at the Hilton Washington Dulles Airport, 13869 Park Centre Road, Herndon. Tickets are \$50 and a portion of the proceeds will go to aid the hungry of our area. Register at www.dulleschamber.org.

CALENDAR

FROM PAGE 7

luncheon with wine and recipes. \$55. Tax and gratuity not included. Reservations: 703-437-5544. banquets.reston@ilfo.com.
Traditional Easter Egg Hunt. 9-11:30 a.m. Check for times for age groups. 777 Lynn St., Herndon. Easter Egg Hunt, featuring: craft projects, story time, petting zoo, coloring mural, potting station, and photos with the Easter Bunny. Bring a basket or bag to collect your eggs in the hunt. \$9/\$10. Register at 703-435-6800, ext. 2106. herndon-va.gov.

SUNDAY/MARCH 27

Easter Egg Hunt. 10:15 a.m. Forest Edge Elementary School, 1501 Becontree Lane, Reston. Join Restoration Church for an Easter service followed by a free egg hunt! Our Egg Hunt will begin around 11:15 a.m. immediately following the 10:15 a.m. Easter service. Come enjoy an egg hunt, moon bounce, snacks and more. restorationreston.org/egg-hunt. 703-405-7238.

MONDAY/MARCH 28

NARFE Dulles Chapter 1241 Luncheon. 11:30 a.m. Amphora Diner, 1151 Elden St., Herndon. Christopher Krell, Principal, Cassidy & Company, will be speaker. \$18. Reserve by Thursday, March 24. 703-435-3523 or nana492@aol.com.

THURSDAY/MARCH 31

"Tevye's Daughters: Jewish Women in America." 8 p.m. Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. Dr. Pamela Nadell, Chair of the Department of History and Director of the Jewish Studies Program at American University speaker. Free. 703-863-7639.

TUESDAY/APRIL 5

Reston Garden Club. 1-4 p.m. Nature House, Walker Nature Center, 11450 Glade Drive, Reston. Steve Gable, the Perennial and Annual buyer/manager from Merrifield Garden Center will be talking about "Exciting Times" chiefly on perennials. Free. therestongardenclub.com. 703-391-0666.

FRIDAY/APRIL 8

Author Talk Linda Frank. 8 p.m. Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Discusses "The Lost Torah of Shanghai." 703-860-4515.

Empty Bowls Fundraiser. 5:30-8 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. For a small donation, guests receive a simple supper of soup, bread, beverage, and dessert, as well as a handmade ceramic bowl to keep as a reminder that there are those in our community with empty bowls. \$25/\$30/\$15. givingcircleofhope.org.

Senior Tea. 1-2 p.m. ArtSpace, 750 Center St., Herndon. Seniors visit the gallery and view current exhibit and have a cup of tea. Free. artspaceherndon.com. 703-956-9560.

SATURDAY/APRIL 9

Reston Founder's Day. Noon. Lake Anne Plaza, 11404 Washington Plaza W, Reston. Join the fun, with Reston Chorale as Reston marks its 52nd Anniversary and celebrates the 102nd birthday of founder Robert E. Simon, Jr. Free. www.restonmuseum.org.

Joyful Color in Reston Opening Reception. 1-4 p.m. Reston Art Gallery and Studio, 11400 Washington Plaza W, Reston. Joan Kelly's colorful acrylic paintings of Reston scenes will be on exhibit in unison with Founder's Week, a celebration of the life of Reston founder, Robert E. Simon, Jr. RestonArtGallery.com.

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"It's Enough Already, K.B."



By KENNETH B. LOURIE

...as my mother used to say (the initials represent my first and middle names). But is it? The context to which I refer is chemotherapy. After seven years of being infused every three weeks, most recently every four weeks, is it indeed "enough already?" At some point, if I understand my predicament/precipice correctly, the chemotherapy stops working – and then a new protocol begins. What will be treating forward, we rarely discuss. My oncologist prefers not to consider scenarios. Generally speaking, I know what awaits. The question is: is it worth the wait and/or worth the quality of life issues likely to impact?

Perhaps it's time to give my body a rest from toxic chemicals and allow it to heal itself through a combination of anything and everything except chemotherapy: diet/nutrition, exercise, Essential Oils, yoga, I.V. vitamin C therapy, oxygen therapy, cannabis oil, coffee enemas/detoxification, acupuncture, aromatherapy, and on and on and on? Unfortunately, many of these alternatives are not found in the oncologist's standard issue handbook. Presumably, they're aware of many of the non-traditional/non-Western options, but without getting into or even understanding the/their issues, it might not be in their best interests to color outside the conventional cancer-treatment lines. Ergo, as cancer patients, not only must we advocate, we must anticipate and ruminate outside the protocols to try and find some light in an otherwise extremely dark place.

But there is lots of light out there. I'm living proof of that, and I am not alone (I have five cats so I'm never alone). More to the point though, I know of many people who have died from lung cancer since I was diagnosed and "prognosed:" "13 months to two years" in early 2009. Many others, however, are living longer than ever before. Whether it's the luck of the non-Irish (in my case) or lifestyle choices or unexpectedly positive responses to standard treatment protocols, success stories are easy to find. Not only is there hope, there is research and dollars supporting it all. Granted, a lung cancer diagnosis is hardly joy to the world, but neither is it the lost/underfunded/under-researched cause it used to be.

And with the evolution in the cancer-treatment world, I can't help wondering (and listening and reading too; and you know who you are) if it's the right time to get off the horse upon which I've been riding so successfully for seven-plus years now and leap – with faith, into the wild blue yonder and hopefully live longer and prosper more, naturally. I have to admit, in spite of hearing the echoes of one of my mother's favorite sayings, the thought of changing horses in midstream scares the heck out of me. I can't get the "if it ain't broke, don't fix it" expression out of my head. And as the conflict in my head continues, it becomes a bit more difficult to turn my back on the status quo. Still, if I don't consider thoroughly the past, present and future and my respective place in them, I may regret the omission and be damned if I don't.

Nevertheless, surviving seven years post a "terminal" diagnosis, is hardly cause for concern. In fact, it's cause to celebrate. Even so, I just wish I knew where to go from here: straight on through (hopefully not to the other side) or deviate from the norm that has kept me around in such fine form. Sometimes, I feel like "Bob's Big Boy." I don't know whether to stay or go...

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

Fairfax County REAL ESTATE

2016 Assessments by Area

Also home values for members of
Fairfax County Board of Supervisors.

Hunter Mill Supervisor **Cathy Hudgins (D)**
2015 — \$638,100
2016 — \$674,430
5.69%



Dranesville Supervisor **John Foust (D)**
2015 — \$2,939,290
2016 — \$2,788,330
- 5.14%



Mason Supervisor **Penelope Gross (D)**
2015 — \$462,630
2016 — \$478,490
3.43%



Lee Supervisor **Jeff McKay (D)**
2015 — \$774,620
2016 — \$728,080
- 6.01%



Braddock Supervisor **John Cook (R)**
2015 — \$664,480
2016 — \$677,950
2.03%



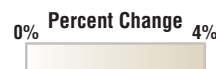
Mount Vernon Supervisor **Daniel Storck (D)**
2015 — \$579,700
2016 — \$585,460
0.99%



Fairfax County Chairman **Sharon Bulova (D)**
2015 — \$645,830
2016 — \$665,090
2.98%



Springfield Supervisor **Patrick Herry (R)**
2015 — \$599,600
2016 — \$587,370
- 2.05%



2016 Countywide average for all homes — \$527,648

Single family-detached homes — \$632,507, up 1.69 percent

Townhouse/duplex properties — \$392,951, up 2.05 percent

Condominiums — \$261,792, up 0.73 percent

ZIP CODE AREA	2015 MEAN	2016 MEAN	PERCENT CHANGE
Alexandria/Mount Vernon	419,966	428,621	2.06
Annandale	436,194	444,426	1.89
Burke	438,919	447,099	1.86
Centreville	381,645	385,089	0.90
Chantilly	450,015	462,509	2.78
Clifton	648,374	659,408	1.70
Fairfax	476,037	482,115	1.28
Fairfax Station	643,207	647,290	0.63
Falls Church	434,062	447,822	3.17
Great Falls	1,047,755	1,055,259	0.72
Herndon	472,236	475,057	0.60
Lorton	381,572	390,687	2.39
McLean	885,556	894,285	0.99
Oakton	685,967	694,101	1.19
Reston	424,021	428,378	1.03
Springfield	416,853	428,503	2.79
Vienna	686,293	698,974	1.85

for single family, townhouses and condominiums

The average assessed value of a
single family home in Fairfax County
for 2016 is \$632,507, up 1.69 percent

SOURCE: FAIRFAX COUNTY