Oakton High Presents ‘Starcatcher’

Early Risers Congregate at Polls

Memorial Garden Dedicated in Oakton
Vienna Church to Host Benefit Car and Bike Show

On Saturday, Nov. 17, The Church of the Good Shepherd (United Methodist) in Vienna will host the Thanksgiving Car and Bike Show. The event, a benefit for hungry families and a nonprofit focused on men’s health, will be held in the parking of the church at 2351 Hunter Mill Road in Vienna from 10 a.m. to 3 p.m. Spectators have free admission, but are asked to bring canned goods for the hungry. “The church is teaming up again with a local car club (UnAffiliates Mopar Club) to raise food for the hungry and funds to help a charity tackling prostate cancer, testicular cancer, mental health and suicide prevention,” said Good Shepherd pastor Eric Song. “We’ll also have a bounce house for children and food, as well as the opening of a new art exhibit by Alice Nodine. So please come and join in on the fun!”

Entry fee for those who show a car or bike is $20 (or $15 plus five canned goods). Spectators have free admission, but are asked to bring canned goods for the hungry. Registration is from 10 a.m. to noon. Judging of the cars and bikes will be held from noon to 2 p.m., and awards presented at 3 p.m.

Proceeds will benefit the Movember Foundation (https://us.movember.com), the leading charity changing the face of men’s health, and collected food will go to So Others Might Eat (www.SOME.org).

The Church of the Good Shepherd celebrated its 50th anniversary last year. For more information, visit the church website at www.GoodShepherdVA.com or at www.Facebook.com/GoodShepherdVienna.
Darkness persisted through the first half hour of voting on Nov. 6, 2018. Voters line up outside the polls at Madison High School on Nov. 6, 2018.

Early Risers Congregate at Polls

Voters registered in Virginia’s 204th and 218th precinct descended upon Madison High School early Tuesday to cast their votes in the 2018 election.

According to the Virginia State Board of Elections, a total of 3,428 registered voters participated in the state’s early voting period.

Precinct captain sees ‘a lot of energy’ in early voting.

“Last election,” said Deborah Roney, an election worker for the 204th, “they gave us nine so obviously they think [turnout] is going to be higher.”

Madison High School is just one total of the 243 different precincts for the 702,792 active registered voters in Fairfax County during an election that has seemingly mobilized citizens.

Rosie the Riveter Memorial Garden Dedicated in Oakton

On Sunday, Oct. 28, more than 200 Girl Scouts and their families came together with Elinor Otto, a real-life Rosie the Riveter, to dedicate the state’s first Rosie the Riveter Memorial Garden in Oakton and to engage in service projects that will benefit the men and women who defend the United States today. After the United States entered World War II in 1941, approximately six million women entered the nation’s factories to build aircraft and other equipment essential to the war effort. These Rosie the Riveters were pioneers in the nation’s technological workforce at a crucial time in U.S. history. Now, 75 years later, groups across the United States are working to honor their groundbreaking efforts through a series of dedicated rose gardens.

Organized by iWitnessed->iRemember (IWiRe), a non-profit organization committed to remembering American heroes of World War II, this event featured a series of service projects intended to benefit current members of the U.S. Armed Forces and their families as well as a dedication ceremony featuring speeches from Lidia Soto-Harmon, the CEO of the Girl Scouts Council for the Nation’s Capital, and Dr. Sharla Rausch of the Daughters of the American Revolution.

However, the most memorable highlight for many participants was interacting with Ms. Otto, who began working in an aircraft factory during World War II and continued to work in the industry until her plant closed four years ago. After the dedication ceremony, and a short birthday celebration for Ms. Otto, this longest-working Rosie the Riveter spoke individually to Girl Scouts, who asked questions ranging from what it was like during the war to whether she still likes to use a rivet gun. Madeleine LeBeau, the founder and president of IWiRe, was delighted to be able to introduce Ms. Otto to the hundreds of Girl Scouts that attended the event. “One of the primary goals of IWiRe is to remind today’s teenagers that history can be made by all of us — just like the teenagers of the Greatest Generation helped to save the world during World War II. When Ms. Otto tells today’s teens about going to work in an aircraft factory in the middle of the war, we all better appreciate what the Rosies did and are inspired to do more ourselves.”

The Rosie the Riveter Memorial Rose Garden was planted on land contributed by the Girl Scouts Council of the Nation’s Capital at Camp Crowell. More information about the Rosie Memorial Gardens is available at @iWitnessedIRemem or iwitnessediremember.jimdo.com. Contact Madeleine LeBeau at iWitnessed.Iremember@gmail.com (703-817-0687) or Josephine Aiello LeBeau at bjalebeau@gmail.com or (202-615-5791) for more information.
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*Stem cell therapy is still considered experimental by the FDA.
A Creative Comedy

Oakton High School’s production of the prologue to ‘Peter Pan’ kicks off their Fall Performance Season.

By C.J. Greco
The Connection

A dark and nearly empty auditorium is usually the sign of a cancelled show or an empty playbook. Yet, the focused activity being generated by this space’s sparse populace was worthy of admiration.

The first installment of Oakton High School’s Fall Performance Season begins with its production of “Peter and the Starcatcher,” a prologue to the much loved “Peter Pan.” With performances scheduled on Nov. 8, 9, and 10 at 7 p.m., the Theatre Arts Department was hard at work after school on Oct. 29. “Because we have a lot of students, I try to pick shows that have big casts,” said Vanessa Gelinas, Oakton’s Speech and Drama teacher. “We started reading a lot of plays, but ‘Peter and the Starcatcher’ was one I had seen on Broadway, and knew how much fun it was. The kids read it and loved it!”

See ‘Starcatcher’. Page 8
Be Part of Children’s Edition 2018

Get creative and send art, poetry and more.

Dear Delegate Plum:

I commend your attention to the topic of climate change, addressing it with urgent warnings as you did in your past two commentaries shared with newsletter subscribers and Connection newspaper readers. Any reader would agree with you that the politics of the issue present the greatest challenge. We can hope that the United States is moving closer to joining the rest of the world in seeing the climate as a non-partisan challenge that our elected officials must work on together to address for all our sakes.

Thanks for including pricing carbon in your state-level climate to-do list, and here’s why I agree with you that it’s important. It will drive all the other necessary actions and generate buy-in from every household, which is the level of engagement we need to be successful.

As you have previously endorsed, the carbon fee and dividend proposal of Citizens’ Climate Lobby frames the pricing as a revenue-neutral fee, not a tax. As demonstrated by our northern neighbors, successful introduction in British Columbia is now set to expand to all of Canada. Washington State has passed a similar initiative, and the Washington Department of Ecology is examining the possibility of enacting one.

To the Editor:

Thank Mary Kimm for sharing Representative Connolly’s letter to the President telling him that his proposal to end “birthright citizenship” is “patently unconstitutional” (“Most Important Election, So Far?” — Connection, November 1-7, 2018).

It may also be of interest to the readers, and you, that the 14th Amendment was specifically ratified in 1868, to apply to the slaves who were freed by the 13th Amendment which was ratified in 1865. It was not meant to apply to every pregnant female tourist or illegal interloper that visits the US. The part of the 14th Amendment most liberals ignore or misinterpret is “and subject to the jurisdiction of their homeland, not the State they are visiting. They are subject to the laws of the State, but not the jurisdiction of the State, but not the jurisdiction of the United States.”

Gene Phillip
Great Falls

Ed. note: This issue is more complicated than this letter, or U.S. Rep. Connolly’s note last week. We’ll write about it next week.

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.

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The Connection
1606 King St.
Alexandria, VA 22314
Call: 703-917-6444
By e-mail: north@connectionnewspapers.com

XIIV Amendment - Another View

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There are about 40 kids that are involved."

**SO STUDENT-DRIVEN** is the show, that even the directors are students.

“I had to turn in an application of my idea for the staging and character choices, which is how I got chosen for director,” said student-director Emma Schacochis. “Then, during the first two-three weeks of school we just went through auditions and we chose scenes between the characters who interact the most, and in the end we chose these three.”

“This is actually my first year of drama,” said senior Rachel Bloom. “Because this is my first lead,” said Bloom, “It’s just been really fun getting involved. I get to interact with every character, and be in almost all the scenes, so there’s a lot I get to do and experience in the show.”

Bloom plays the part of Molly, the daughter of a Victorian Lord and, in later works, mother to the character Wendy. While aboard the ship The Neverland, a weather-beaten vessel containing precious cargo belonging to the Queen, she meets an orphan who goes only by “Boy.”

“I was in a couple shows last year, but they were more minor roles,” said Gabe Villarroel, who plays Boy. “I didn’t do much in terms of being active — jumps and all that. So, definitely this is more than last year!”

“'Starcatcher'**

From Page xx

There are about 40 kids that are involved.”

**ESSENTIAL MEMBERS** of the crew are student-musicians and brothers Nathan and Peter Guevara. With an array of instruments including but not limited to a drum set, multiple keyboards, and a violin, the Guevara brothers will be handling the production’s live music.

“There’s a bunch of weird sound effects,” said Nathan, who had just moments ago recreated the sound of a creaking door using his violin. “The hardest part has probably just been learning everything in such a short amount of time and doing everything together, but we’ll make it work.”

In what can be considered proof of the creativity and determination of the entire cast and crew, Peter held up what looked like part of a broken pogo stick.

“I made this instrument,” he said. As he held the large black cylinder connected to an elastic, he explained that it was a “thunder tube.” He then grabbed the end of the spring, and as he shook it, the unmistakable sound of rolling thunder was emitted from the top of the cylinder.

“To catch this comedy curated almost entirely by creative local youths, step by one of the 7 p.m. shows on the Nov. 8, 9 or 10 at Oakton High School. Visit oaktondrama.org for ticketing and information.**

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**News**

Drama teacher Vanessa Gelinas (center right) oversees rehearsal with her student-technicians.
A Good Night’s Sleep

By Marilyn Campbell

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can’t afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

“Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory,” said Dr. Linda Gulyn, professor of psychology at George Mason University. “That’s why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students.”

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don’t get enough sleep.

“This country is very achievement-oriented. It’s go, go, go and we think that sleeping is for wimps,” said Adam Winsler, Ph.D., professor of applied developmental psychology at George Mason University and lead author of an article published in the Journal of Youth and Adolescence called “Sleep loss in Fairfax…”

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one’s overall wellbeing. Winsler’s study looked at 39,000 8th, 10th and 12th graders in Fairfax County. The researchers recorded the average number of hours of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. “We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and serious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens,” said Winsler. “But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don’t get adequate sleep can experience problems with self-control and behavior regulation.”

“When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who’s sleep deprived] might have a tough time completing tasks,” added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effects of sleep patterns on overall health and wellness. “Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer,” he said. “In recent research with college students, I found that the combination of vigorous exercise and adequate sleep on weekends led to next day positive mood, he said. “The combination of moderate exercise and longer sleep led to reduced negative mood.”

“During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues,” said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. “Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke.”

Adequate sleep can be elusive in a social environment where social media and information on demand are prevalent. “It’s critical to reduce screen time before bed and not allow video games and computers and phones use late at night,” said Winsler. “Dimming the lights and doing calming activities also helps. One big ussie is that teens sleep with their phones next to them and the phones vibrate and wake them up.”

“Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep,” added Dr. Jerome Short.

To improve the quality of one’s sleep, Gulyn advises that “if sleep problems are associated with excessive worry or depression, then it’s important to seek professional advice.”

Avoiding activities like playing video games before bed can improve the quality of one’s sleep, says researchers.

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Entertainment

THURSDAY/NOV. 8

Annual Charity Holiday Auction.
11 a.m. at the Country Club of Fairfax, 12010 Ox Rd., Fairfax. Northern Virginia Women's Club will hold a charity auction to benefit the Fairfax County Area Agency for Aging. Registration is required. For information, call 703-451-8378. www.nvwm.org.

SUNDAY/NOV. 11

Choral Evensong.
5 p.m. at Church of the Holy Comforter, 543 Beulah Road NE, Vienna. Free. Straining Forward is the true story of Minh Phuong Towne’s tragic life, her escape from Vietnam by boat, and her perseverance to overcome PTSD and become a pastor. Meet Minh and Michelle Layer Rahal. Music will include canticles by Herbert Howells, and organ music by Herbert Howells and Dorian-Bruntsch. Visit www.olgcva.org. Admission is $3, with funds raised to support the club’s scholarship programs. Visit www.churchofholycomforter.com.

THURSDAY/SATURDAY/NOV. 9-10

“Noises Off.”
7:30 p.m. on Nov. 8-10; 2:30 p.m. on Nov. 9. At James Madison High School, 2500 James Madison Dr., McLean. MAD Drama at James Madison High School invites you to a hilariously bad theater production of “Noises Off,” a comedic farce about a hilariously bad theater company. Tickets are $10 online at www.madjon.org and $12 at the door. Visit madjmon.org.

SATURDAY/NOV. 10

Harvest Marketplace.
9 a.m.-5 p.m. at Old Leesburg Country, 8601 Wolf Trap Rd, Vienna. For gifts, baked goods and more. The Women of OLCG will host the “St. Vincent’s Cafi,” a homemade sweet treat, a cup of coffee and music. Shoppers are invited to bring an unwrapped toy and participate in our “Help Through Holiday Giving” toy drive benefiting Second Story. Visit www.vuta- bility.com for more.

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SUNDAY/NOV. 11

Turkey Trot.
8 a.m. at Vienna Volunteer Fire Department, 400 Center St. South, Vienna. The James Madison High School Band will be hosting the 16th Annual Vienna Turkey Trot 5K/10K and Kids’ Fun Run. All proceeds benefit the JMSB “Pride of Vienna” Band and the Vienna Volunteer Fire Department. For more information and to register visit the website www.vlvf.com.

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**From Page 2**

Sheehy Auto Stores will collect canned goods and non-perishable food as part of the company’s annual Fall Harvest Food Drive to benefit food banks serving each community. Benefiting food banks include the Olson Hill Food Pantry, ECHO, Manassas Food Pantry, Central Virginia Food Bank, Ashland Christian Emergency Assistance (ACEA), Fairfax Food Bank, House of Mercy, Emmaus Center, Samaritan Project, The Light House, Western Fairfax Christian Ministries, Perry Hall United Methodist Church, SERVE, Fredericksburg Regional Bank and Food for Others.

**Scouting for Food** Starting Nov. 3, Scouts will post reminders. Buoys to homes/hunting area, then return to collect non-perishable food items that will nourish the area’s hungry on Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock shelves in the months between when food demands are the greatest. Items in highest demand include: canned goods (canned milk, beans, potatoes); soups and stews (beef stew, chili, meat-based soups); 100 percent fruit juices (all sizes); grains (pasta, whole grain pasta, rice, brown rice, boxed macaroni and cheese); cereals (multi-grain, low sugar cereals); oil and margarine; powdered milk; non-perishable milk; frozen dairy products (milk, eggs, butter); poultry and meat (turkey, ham, other meats); canned vegetables; canned fruits; condiments; and hygiene products (diaper, toilet paper, tissues, soap, toothpaste). Visit www.scouting.org for more.

**Food Collection.** Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations, including: PenFed, NBCC, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over 4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit visit PenFed.org or PenFed branch locations collecting donation items include:
- Fort Myer – 2nd St. & McNair, Building 450, Fort Myer
- Kingstowne – 7775 Barkley Drive, Alexandria
- Pentagon City – 701 S. 12th St., Arlington
- Fort Belvoir – 9601 Gunston Road, Bldg 1532, Fort Belvoir
- National Geospatial-Intelligence Agency – 7500 Geost data Drive, Springfield
- Tyson Corner – 7940 Jones Branch Dr., McLean

**Food for Fines.** Through Nov. 30, Fairfax County Public Library will be hosting a food drive called “Food for Fines.” Canned goods and other non-perishable items collected during the drive will be donated to Food For Others, a not-for-profit organization that serves Fairfax County. Each item donated will erase $1 from a parent’s overdue fines up to a maximum of $15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

**WEDNESDAY/NOV. 7**

**Trees Talk in Tree Town.** 7 p.m. at Town Hall, 127 Center Street S., Vienna. Trees provide cover, shade, protection, property value, habitat, and a feast for all of the senses. Learn just how trees provide Fairfax County. Each item donated will erase $1 from a parent’s overdue fines up to a maximum of $15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more. Visit www.fairfaxcounty.gov/library/food-fines for more.

**FRIDAY/NOV. 9**

**Collaborative IEP Meetings: Parents as Partners, 10 a.m.-noon.** At Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. Parents are essential partners in the Individual Education Plan (IEP) process. Join us for this important workshop for parents of children receiving special education services. Participants will explore the IEP process and its components, your role in the IEP meeting, responsibilities of the IEP team members, and planning for your child’s IEP meeting. Call 703-204-2941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

**SUNDAY/NOV. 11**

**OLGC School Open House.** 10:30 a.m.-1 p.m. at Our Lady of Good Counsel School, 8601 Wolftrap Road, Vienna. Parent and student-guided tours, meet teachers, and see the school’s mascot, PAW$ Principal presentation at 11 a.m. Free. Visit www.olgc.org or call 703-996-7412.

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**By KENNETH B. LOURIE**

With apologies to Simon and Garfunkel: buffing, hiccupsing, coughing, “expectorating,” wheezing, sneezing, sniffing, nose running, too much noise blowing, “gassing,” gurgling and “naseating.”

If this were football, I’d likely receive a penalty. Coughing or sneezing too much not of a good thing. For me, it’s just another day in cancer’s side-effect paradise. For my wife, Dina, however, it’s worse; caught in this crossfire so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I’m self-conscious or anything. I’m just more self-aware. But there’s only so much one’s going to be some disconcerting, and I have to manage/control one’s sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn’t experience identical symptoms, we’re all warned equally that many could be quite a bit, “that” pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you’re receiving, you could be experiencing side effects that manifest more like a hurricane.

Generally speaking, unless I was really uncomfortable and/or insist upon speaking to my oncologist, he has refrained from treating side effects too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull human being; duller and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one’s tail. It may be amusing to look at (if you’re a cat or dog owner, but it’s a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there is a benefit food banks serving each community. Benefiting food banks include the Olson Hill Food Pantry, ECHO, Manassas Food Pantry, Central Virginia Food Bank, Ashland Christian Emergency Assistance (ACEA), Fairfax Food Bank, House of Mercy, Emmaus Center, Samaritan Project, The Light House, Western Fairfax Christian Ministries, Perry Hall United Methodist Church, SERVE, Fredericksburg Regional Bank and Food for Others.

Scouting for Food. Starting Nov. 3, Scouts will post reminders. Buoys to homes/hunting area, then return to collect non-perishable food items that will nourish the area’s hungry on Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock shelves in the months between when food demands are the greatest. Items in highest demand include: canned goods (canned milk, beans, potatoes); soups and stews (beef stew, chili, meat-based soups); 100 percent fruit juices (all sizes); grains (pasta, whole grain pasta, rice, brown rice, boxed macaroni and cheese); cereals (multi-grain, low sugar cereals); oil and margarine; powdered milk; non-perishable milk; frozen dairy products (milk, eggs, butter); poultry and meat (turkey, ham, other meats); canned vegetables; canned fruits; condiments; and hygiene products (diaper, toilet paper, tissues, soap, toothpaste). Visit www.scouting.org for more.

**Food Collection.** Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations, including: PenFed, NBCC, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over 4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit visit PenFed.org or PenFed branch locations collecting donation items include:
- Fort Myer – 2nd St. & McNair, Building 450, Fort Myer
- Kingstowne – 7775 Barkley Drive, Alexandria
- Pentagon City – 701 S. 12th St., Arlington
- Fort Belvoir – 9601 Gunston Road, Bldg 1532, Fort Belvoir
- National Geospatial-Intelligence Agency – 7500 Geost data Drive, Springfield
- Tyson Corner – 7940 Jones Branch Dr., McLean

**Food for Fines.** Through Nov. 30, Fairfax County Public Library will be hosting a food drive called “Food for Fines.” Canned goods and other non-perishable items collected during the drive will be donated to Food For Others, a not-for-profit organization that serves Fairfax County. Each item donated will erase $1 from a parent’s overdue fines up to a maximum of $15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.
Oakcrest Varsity Tennis Team Claims Major Wins

On Oct. 23, the Oakcrest Varsity Tennis Team claimed major wins in the PVAC tennis tournament. Senior Grace Falatko won the #3 singles court and juniors Claire Falatko and Kyla Payne won the #1 doubles court. The team, coached by Oakcrest alumna Amanda Hernandez (‘12), also secured the tournament runner up plaque. Grace, Claire, and Kyla have all been named to the PVAC First Team All Conference.

About Oakcrest: Oakcrest School is an independent school for girls in grades 6-12 guided by the teachings of the Catholic Church.

For more than 40 years, the school has provided an exceptional liberal arts education to girls of all faiths while fulfilling its mission to grow, challenge and inspire its students to thrive in college and throughout their lives. Learn more at Oakcrest.org.