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Dr. Christine Mason leads her class in meditation chants: Mason teaches yoga classes in Vienna, Oakton.

# Vienna and Oakton CONNECTION

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# Black History Month: A Look at African American Art

Promoting and preserving a part of history.

BY MARILYN CAMPBELL

**D**espite his predilection for visual arts, Allen Carter, an African American boy growing up in pre-civil rights era Arlington, might not have been granted entrance into some the nation's museums due to segregation. Still, he persisted, and years later he became a lauded artist, distinguished teacher and mentor to underprivileged children. And in February — African American History Month — his work is being shown in an exhibit, "Big Al Carter: A Retrospective," at the Fred Schnider Gallery of Art. While his work is part of the permanent collections of both the Smithsonian Institution and the Corcoran Gallery of Art, this is the first exhibit of Carter's work in the Washington, D.C area since his death in 2008.

"Big Al's family has given us an incredible gift by sharing his art, allowing us to continue to reflect on his life, his art and his message for future generations," said Marty Schnider, president of Fred Schnider Investment Group and founder of Fred Schnider Gallery of Art.

As a painter, printmaker, sculptor and muralist, Carter, also known as "Big Al" drew inspiration from his life experiences,

art history and everyday life. He believed that his life's purpose was to use art to heal. "Art is my emotion. Art is my memories. Art is my life. I create the essence," he once said.

"He paints poor people, he paints people who are fishing or people who are having dinner at the table ... his work is very vast," said Carter's daughter, Cecilia Carter.

Carter's exhibit is particularly noteworthy to some African-American art historians who point to a recent study showing that just 2.4 percent of all acquisitions and gifts and 7.6 percent of all exhibitions at 30 prominent American museums have been of work by African American artists. The recent Andrew W. Mellon Foundation Art Museum Staff Demographic Survey of 181 art museums in North America found that African Americans are greatly under-represented in mainstream art museums as directors, curators, conservators and educators. Those who study African American art say that solving this dilemma requires a year-round approach.

"We can't just focus on it during Black History Month," said African American art historian Crystal Johnson, Ph.D. "These two statistics go to hand-in-hand and prove what we already know. We need more African American students to explore their ar-



**President of Fred Schnider Investment Group, LLC and Founder of the Fred Schnider Gallery of Art, Marty Schnider with Allen "Big Al" Carter's daughters, Cecilia Carter (left) and Flora O. Stone (right)**

tistic talents and we need more students to take chance on a non-mainstream career and pursue jobs in museum administration. In order to make any changes, we need to have a seat at the table."

One such aspiring decision maker is recent a George Mason University graduate who landed a position as the co-curator of an exhibit at Howard University. "I'd worked with an exhibition, but I've never had the chance to curate before. I was excited and

nervous," said Kourtney Riles of the exhibit called, "An Examination of Feminist(s) Subjectivity in Modern and Contemporary African American Art."

Art plays a vital, but often overlooked role in African American history, not just during Black History Month, but all year long, advises Angela Black, who has taught art history. "Art is a way of preserving our history," she said. "It tells our story and we need more professionally trained artists who can do that."

Carter's exhibit, which features rarely seen artwork from his daughters' private collection, runs through March 3 at the Fred Schnider Gallery of Art, 888 N. Quincy Street, Arlington. Several pieces will be available for sale.

"The exhibit and his work reflect everything that he's been through, what he's seen, and what other people have been through and seen," said Big Al's daughter Flora O. Stone, Carter's daughter.

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# Tolls Off the Table for Area Parkways

Public opposes Express Toll Lanes on Fairfax County and Franconia-Springfield Parkways.

BY ANDREA WORKER  
THE CONNECTION

Fairfax County Department of Transportation (FCDOT) planner Thomas Burke told the Board of Supervisors Transportation Committee that “tolls were not included in the strategies under consideration” as improvements to the Fairfax County and Franconia-Springfield Parkways at their meeting on Feb. 12 at the Government Center.

Burke was there to update the committee on the progress being made by FCDOT and the Virginia Department of Transportation (VDOT) on the “Alternatives Analysis and Long Term Planning Study” of the two major thoroughfares. The multimodal corridor study spans the often-congested 31 miles from Route 7 (Leesburg Pike) in the north, to Route 1 (Richmond Highway) in the south and includes 17 interchanges and 83 intersections.

FCDOT is leading the long-range aspect of the study, reviewing today’s deficiencies along the network and projecting future needs in order to make recommendations for improvements for 2040 and beyond. VDOT, in conjunction with the county, conducted an Existing Conditions study in 2017, developing more than 350 recommendations for immediate or near-term improvements to the roadways. To date, said Burke, 49 of those recommendations have been implemented. Still in the works for VDOT is a planned widening of a section of the Fairfax County Parkway from Route 29 to Route 123, including the interchange at Popes Head Road and Shirley Gate Road extension.

In October of 2018, FCDOT held three public outreach meetings to inform the com-



Public Outreach Summary “Fall 2018”



FAIRFAX COUNTY DEPT. OF TRANSPORTATION

**Fairfax County Dept. of Transportation’s Thomas Burke presented an update on the study of the Fairfax County and Franconia-Springfield Parkways which included a summary of the public’s feedback the department received after a series of outreach meetings last October. A number of proposals met with public approval, however the notion of adding Express Toll Lanes to either roadway received opposition.**

munity of the project and to solicit public feedback before developing recommendations.

Some of the questions being posed included:

- ❖ How transit should be integrated into the corridor
- ❖ Addition of, or improvements to, interchanges and intersections
- ❖ Bicycle/pedestrian considerations
- ❖ Possible implementation of Toll and/or HOV lanes

At the meetings, attendees were invited to participate in several interactive exercises to offer their own suggestions. Comments sheets were also made available and, in addition, project managers produced a 45-

day on-line survey and commentary forum that gave participants the opportunity to “plan” various segments of the parkways, or simply leave written comments as they wished.

The number of respondents exceeded their expectations.

“We were thinking maybe 3 or 4 thousand would participate,” admitted Burke, judging by the response to previous on-line transportation-related surveys. Instead, a total of 15,150 responses were recorded via the online survey, with 108 more responses received via emails, the website comment form and to district offices. Another 71 comments were recorded on the project’s Facebook page.

FCDOT and the project planners were pleased that their efforts to engage the public through numerous methods, including social media, resulted in “so many voices being heard.”

Burke summarized the responses for the committee. While HOV lanes were generally ranked below road widening and addition of transit options, the idea of adding toll lanes to any segment of either parkway was met with significant opposition.

FCDOT got the message. None of the preliminary strategies under review will include toll lanes as an option, although HOV-2 lanes, possibly just at certain junctures, are still being considered.

Burke’s presentation was met with appreciation for the work already done and still to come. Supervisors John Cook (Braddock) and Pat Herrity (Springfield) however, cautioned that they would like to see any strategies for improvements take a “more regional outlook” before recommendations are developed, with Cook asking “how do these concepts affect others roads in the region?”

Supervisor McKay (Lee) also asked that the FCDOT team keep up communications with the county’s delegates in Richmond, in light of upcoming legislation that could affect the project.

Burke says there will be more public outreach events in the next few weeks to report on the survey results to the community and gather additional feedback before further recommendations are brought before the committee and the full Board of Supervisors.

The update presentation, as well as history and additional information, are available on the county’s website.

## Fairfax Adult Softball Holds Record-setting Fundraiser

More than 250 participants, friends and long-time supporters of Fairfax Adult Softball, Inc. (FAS) united together on Sunday, Jan. 27 for the 19th Annual Benefit Bowling Tournament to raise funds for INOVA Children’s Hospital and Fairfax County Park Authority field improvements. The event took place at the Falls Church Bowl America and grossed more than \$22,000 making it the most successful event in its 19 year history. In fact, this is the fourth straight year that the fundraising record was broken.

“Even though we sold out in just two short weeks with several teams on the waiting list, with the Government being shut down, I wasn’t sure what to expect at this year’s event,” said FAS Program and Media Manager, Becca Frece. “We managed to raise more funds than any year in the event’s history which speaks volumes for the amazing people involved in the event. We are beyond grate-

ful and are very excited to be able to donate to INOVA Children’s Hospital.”

“INOVA relies on community support to provide world-class care to Northern Virginia’s children and their families,” said Kristin McArthur, Director of Leadership Giving. “We are grateful for the generous gift from the members of the Fairfax Adult Softball league. The gift is already having an impact on our youngest patients and we look forward to partnering on more events in the future,” McArthur said.

FAS softball offers play for adult men and women in a number of different leagues across Fairfax County: Men, Women, Coed, Modified Coed, Social Coed, Fast Pitch, Men’s

35+, Men’s 50+ and Church. Registration is currently open for 2019 Spring Season for both team and individual registration. The deadline for applications and payment is March 1, 2019. Visit and register online at: [www.fairfaxadultsoftball.com](http://www.fairfaxadultsoftball.com)



PHOTO CONTRIBUTED

**Benefit Bowling Tournament raised more than \$22,000 making it the most successful event in its 19 year history.**



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PHOTOS COURTESY OF  
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## Spaghetti Supper for 500

Annual event serves more than 500 meals and engages more than 125 volunteers.

As Northern Virginia braced for a snow storm, Our Lady of Good Counsel (OLGC) Catholic Church parishioners were busy decorating DeSales Hall for its annual Spaghetti Supper. On Saturday, volunteers of all ages were busy creating a magical Italian setting with posters, balloons, flowers, and homemade breadsticks for the supper held on Sunday, Feb. 10 serving more than 500 people with the help of more than 125 volunteers.

Spaghetti Supper Co-Chairs, Georgene Wall and Anna Somers orchestrated the evening that included two seatings at 4:30 and 6:30 p.m. The Women of OLGC partnered with the Men's Club to create a delicious meal that included spaghetti, tomato and mozzarella salad, garlic bread, salad, homemade desserts, and wine for only \$8 per person. Mike Gadell served as the head chef, a role he's led for 21 years, and led a team that made the homemade gravy or sauce, meatballs, and pasta. The team worked together to serve more than 110 takeout meals, including OLGC's Youth Ministry.

For more information, contact the Women of OLGC at [olgswomen@gmail.com](mailto:olgswomen@gmail.com) or visit the website at [www.olgcv.org](http://www.olgcv.org).



Co-Chairs Anna Somers and Georgene Wall



Volunteers Jane Heishman and Rose Keating prepping the salads.

Serving as chefs:  
Mike Kennedy,  
Charles Fulghum,  
Tom Gadell,  
Mike Gadell and  
Charlie Richie.



Dr. Christine  
Mason with her  
book 'Mindful-  
ness Practices.'

PHOTOS BY LISA FAY/THE  
CONNECTION

## Gentle Yoga Taught in Vienna

Dr. Christine Mason teaches  
yoga classes in Vienna, Oakton.

BY LISA FAY  
THE CONNECTION

Looking for a way to detach from the daily stressors of life? Then look no further than Christine Mason's Kundalini Yoga classes. She has been teaching yoga for 19 years and is a certified Kundalini teacher. "Kundalini is the yoga of energy," explained Mason. "It has rhythmic movements to it. Research shows that all yoga is good for the brain but with Kundalini it will give you changes in the brain more quickly. There's something about that rhythmic movement and how you're focusing your breath when you move."

According to 3HO, which stands for happy, healthy, and holy, the pillars of which Kundalini Yoga stands for, Yogi Bhajan brought Kundalini to the West from his home of Pakistan. In this specific type of yoga, you are trying to harness the mental, physical and nervous energies of your body. By using breadth, mudra, eye-focus, chanting, and postures you are balancing your glandular system, stringing your nervous system, expanding lung capacity, and purifying your blood. It brings together body, mind, and the soul.

Years ago, Dr. Mason decided to try yoga to fix her allergies to certain foods. "I was having trouble with food sensitivity and I visited a variety of people



Dr. Christine Mason  
leads her class in  
meditation chants.

to try and get better. I finally saw this woman who was advertised as a healer and she suggested I teach yoga because of my energy. I got such relief from what she did and I thought 'wow I should do it' and it's been life changing."

Dr. Mason has co-written a book called "Mindfulness Practices" with Michele M. Rivers Murphy and Yvette Jackson. She has another book set to come out this year. Dr. Mason teaches Kundalini classes on Thursday evenings in Vienna at the Emmaus United Church of Christ (located at 900 E Maple Ave. E) from 6-7:15 p.m. and in Oakton on Saturdays from 9:30-11 a.m. at the Unitarian Universalist Congregation of Fairfax (located at 2709 Hunter Mill Road). You can find out more about her classes at [www.edimprovement.org/local-yoga-meditation-classes/](http://www.edimprovement.org/local-yoga-meditation-classes/).



## VIENNA POLICE HIGHLIGHTS

The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna, Virginia Police Department from Feb. 8 – Feb. 14, 2019.

### INCIDENTS

**Fraud** — Giant Food, 359 Maple Avenue, East, Between Jan. 17 at 8:05 p.m. and Jan. 23 at 7:05 p.m. A recently terminated employee returned to the store on two separate days to cash out his check. It was later determined that the check had already been deposited into the former employee's bank account.

**Found Property** — 100 Block Saint Bernard Drive, NE, Jan. 18 between 12 a.m. and 11:59 p.m.

A citizen found a wallet while walking the dog. After making several unsuccessful attempts to locate the owner, the citizen brought the wallet to the police station.

**Suspicious Event** — Vienna Adventist Academy, 340 Courthouse Road, SW, Feb. 4 between 3:30 and 4 p.m. A citizen reported a couple of incidents between her daughter and another student at the academy. She is concerned that the other student may be bullying her daughter.

**Animal Case** — 100 Block Park Street, SE, Feb. 5, 11 a.m. A citizen found a dog running at large. Officers were unable to locate the dog's owner. The dog was transported to the Fairfax County Animal Shelter.

**Found Property** — 200 Block Locust Street, SE, Feb. 7, 1:12 p.m. Officers found a purse near one of the apartment buildings.

**Emotionally Disturbed Person** — Park Terrace Court, SE, Feb. 7, 5:31 p.m. Employees from Mobile Crisis requested assistance from officers while they interviewed a resident. Upon their interaction with the resident, it was de-

termined that further evaluation at a medical facility was necessary. The man was transported by officers to an area hospital.

**Open Door** — Symphony Circle, SW, Feb. 8 11:09 a.m. Officers responding to the report of a residential alarm found an open door. Nothing in the home appeared to have been disturbed. Officers notified the homeowner and secured the house.

**Domestic Dispute** — Westbriar Drive, NE, Feb. 8, 6:08 p.m. A resident reported a suspicious vehicle that continuously goes to his neighbor's house. The driver begins sounding the horn and shining the vehicle's high beams on the home. The vehicle left the area before officers arrived. The neighbor advised the driver is her ex-husband who becomes upset when he has to wait when picking up their daughter.

**Petit Larceny** — Jammin Java, 227 Maple Avenue, East, Feb. 8, 9:21 p.m. A customer advised they were attending a concert at Jammin Java when they realized their wallet was missing.

**Noise Violation** — The Bey Lounge, 303 Mill Street, NE, Feb. 9 12:43 a.m. A resident reported loud music coming from The Bey Lounge. An officer responded but did not observe any violation. The officer advised an employee of The Bey Lounge of the complaint. Although no violation was observed, the employee agreed to turn the music down.

**Found Property** — Lawyers Road and Windover Avenue, NW, Feb. 9 between 8 and 9 a.m. A citizen was walking their dog when they found a driver's license and a store card on the road and brought them to the police station. When an officer notified the owner, they were advised the cards were in their wallet which had been reported as sto-

SEE POLICE, PAGE 9

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# OPINION

## A Historic Session

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

**A**s you read this column the Virginia General Assembly will be nearing its adjournment *sine die* for the 400<sup>th</sup> year of its existence, having first met in the church on Jamestowne Island in 1619. During this commemorative year there will be many opportu-



come of the Civil War and women the twentieth century before they became part of the electorate. While the right to vote has begrudgingly expanded over time there continues to be a resistance to making it easier to vote. In the current session there were proposals to allow people to vote early or vote absentee without an excuse and to make election day a holiday for the convenience of

continued to limit the rights of black people who were kept in line by the Ku Klux Klan and by public lynchings. White supremacy reigned with black-face entertainment intended to degrade black people through crude humor. Happenings during this legislative session showed how little we have progressed on issues of human rights and respect, but there is hope. The reminder to the Governor of his racist past will make him an even more enlightened person who if he continues can provide important leadership to dismantling racism in the state. The incredible people of color who were elected to the House of Delegates in the last election bring strong voices to the need for greater equity and justice in the Commonwealth. Some limited reforms that will help establish equity and remove racism in the criminal justice system are on their way to passage.

Women first came to the Virginia colony in 1619. While rights of women have expanded slowly over the centuries, having Virginia ratify the Equal Rights Amendment is still in doubt. May the lessons of this historic legislative session move us forward in future years.

To check on the fate of specific bills, go to <http://lis.virginia.gov>.

### COMMENTARY

nities to learn more about Virginia and to reflect on how its history influences it to today even in the current legislative session and in what on another occasion was referred to as its "recent unpleasanties."

That first session of what became known a century and a half later as the General Assembly was composed of a representative of the 22 plantations that had sprung up along the major rivers of the state as there were no local government, political boundaries, or transportation networks in existence. The representatives were all white males who were land owners. African Americans had to wait for the out-

voters, but it does not appear that any will become law. Establishing a fair way to draw legislative boundaries has been hotly debated, but the decision to establish an independent redistricting commission will await the closing hours of the session.

Slaves were brought to the colony of Virginia in 1619 to work the tobacco fields that were the mainstay of the colony's economy. They had none of the rights that Englishmen claimed and beginning in the 1640s were subjected to "slave codes" that defined them as property to be bought and sold with no access to learning to read and write or to move about freely. After the Civil War these restrictive laws became the Jim Crow laws that con-



**Alejandra Duran, Julie Benalja and Michella Saad (surgical assistants) getting ready to assist in Amelioblastoma removal with Dr. Gocke as the surgeon/**



**Dr. Gocke in surgery**

PHOTOS CONTRIBUTED

## McLean Team on a Mission to Help

BY MICHAEL TIMOTHY GOCKE  
DDS, CEO

**O**n Jan. 26, 2019 a team from team Virginia Oral, Facial & Implant Surgery of McLean flew from Dulles Airport to Punta Cana, Dominican Republic.

The excitement from the team was palpable, yet this being the team's first medical mission trip there was a little fear of the unknown. We were greeted by our contacts from the mission and oriented on how the week would flow. As the next morning arrived, so began the journey. The team drove to La Romana to deliver oral and maxillofacial surgical care to those in need. World Mission Partners (<http://www.worldmissionpartners.org>), a non-profit

501 (C)-3, coordinated the logistics of our mission trip. In La Romana, we treated both children and adults of Dominican and Haitian background. The current state of the infrastructure and quality of life in Haiti is still dire. After the earthquake which devastated Haiti in 2010 followed by a tsunami, many people fled to neighboring Dominican Republic to seek refuge. Many Haitians are living in the Bateyes (small villages) and work in the sugarcane fields. There are several hundred Bateyes in La Romana and these Haitian residents have not had any medical or dental care since they have arrived. A majority of the treatments and patients, during our trip, were performed at The Good Samaritan Hospital. (<http://www.laromana.org>)

In order to provide the medical attention needed for the Haitians in the Bateyes, we traveled to them in a medical RV that was outfitted with 2 treatment rooms. The Bateyes do not have running water so this was mandatory in order to provide care. We also knew the residents there lack the funds and ability to travel. We were able to treat many adults, most of whom have been living in pain for months by performing extractions under local anesthetic.

Approximately 50 children were also provided prophylactic care with a caries preventing varnish by our team. In the dental clinic and the operating room, at the Good Samaritan Hospital, we performed dental and facial

SEE MISSION REPORT, PAGE 11

Vienna & Oakton  
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## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar).  
Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### WINTER SHELTERS

**Find homeless and cold weather** drop-in centers and shelters that serve Northern Virginia at [www.novaregion.org/174/Homeless-Shelter-Lists](http://www.novaregion.org/174/Homeless-Shelter-Lists).

### INPUT SOUGHT

#### Shaping the Future Together.

Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit [fairfaxcounty.gov/strategicplan](http://fairfaxcounty.gov/strategicplan) and:

- Take a short five-question online survey
- Join a community conversation in person: Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.
- Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

### WEDNESDAY/FEB. 20

#### Fairfax Commission on Aging

**Meets.** 1-3 p.m. at the Hunter Mill District Office, Community Room A, 1801 Cameron Glen Drive, Reston. The public is welcome to attend and join in the comment period that begins each session. Find out more at [www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm). Call 703-324-5403, TTY 711 for meeting access needs.

#### Planning Commission Meeting.

7:30 p.m. at the Fairfax County Government Center Board Auditorium, 12000 Government Center Parkway, Fairfax. For agendas or to sign up to speak, visit [www.fairfaxcounty.gov/planningcommission](http://www.fairfaxcounty.gov/planningcommission). For more Planning Commission information,

questions or a printed copy of the agenda, call the Planning Commission office at 703-324-2865 (TTY 703-324-7951).

### THURSDAY/FEB. 21

**Caregivers Support Group.** 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, [scov.org](http://scov.org). Contact facilitator Jack Tarr at 703-821-6838 or [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

**Memory Cafe.** 2-4 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Connect with others living with loved ones with dementia. Helping those with dementia and their caregivers find fun, resources and "family." Email Carol Blackwell at [lovrive@aol.com](mailto:lovrive@aol.com) or call at 571-236-6933.

**Conversation About Suicide.** 7-9 p.m. at Our Lady of Good Counsel, 8601 Wolftrap Road, Vienna. "A Conversation about Suicide: Warning Signs and Common Misconceptions" facilitated by Jessica Zappia, Bilingual Clinical Mental Health Counselor with Catholic Charities Diocese of Arlington. RSVP by Wednesday, Feb. 20 to confirm catering and to capture any questions in advance. If plans change, please just show up. Free. Visit [www.olgcva.org/news-post/~post/suicide](http://www.olgcva.org/news-post/~post/suicide) for more.

### FRIDAY/FEB. 22

**Selective Mutism.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Learn about the diagnosis of Selective Mutism and how symptoms are

maintained and persist. Dr. Kristin Swanson is a clinical psychologist, specializing in work with young children (ages 2-12) and their families. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

#### Scholarship Application Deadline.

The Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. will award scholarships to African American female students who demonstrate a high degree of scholarship, leadership, and community service. Applicants must have a 3.0 or higher grade point average on a 4.0 scale and be a resident of Fairfax County. Download an application at [www.fcacd.org/scholarship-application](http://www.fcacd.org/scholarship-application). Email [fcacscholarship@fcacd.org](mailto:fcacscholarship@fcacd.org) with questions.

**Language Immersion Lottery Registration Deadline.** Immersion lottery registration will close on Feb. 22 for grade 1. A SIS parent account is required to register. More information about Immersion programs and information meetings can be found at [www.fcps.edu](http://www.fcps.edu).

### SATURDAY/FEB. 23

**Super Transition Saturday.** 8:30 a.m.-12:15 p.m. at Luther Jackson Middle School, 3020 Gallows Road, Falls Church. This workshop is for parents and educators of students receiving special education services. Learn about Career and Transition Services (CTS) programming and course options for students with disabilities. This event also includes a student/parent panel where members describe their personal experiences. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

### Camp Grow Registration Open.

Camp Grow at Meadowlark Botanical Gardens, in Vienna, invites children to explore nature through hands-on activities, gardening, discovery walks, crafts, music, storytelling, and animal programs. Camp Grow is designed to engage, challenge, educate and encourage a sense of community. Camp Grow values and encourages inclusion of all campers in every activity. Visit [www.novaparks.com/things-to-do/camps/](http://www.novaparks.com/things-to-do/camps/).

**Winter Golf.** Through Feb. 28, skip the traffic with the Afternoon Drive special at the newly renovated Oak Marr Golf Complex. All buckets are \$2 off, Monday-Thursday, 4 p.m. until closing. Visit [www.fairfaxcounty.gov/parks/golf](http://www.fairfaxcounty.gov/parks/golf).

**The Golden Girls** of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Games are on Wednesday evenings and Saturday mornings in Vienna, April-October. Other activities during the year. Visit [www.goldengirls.org](http://www.goldengirls.org).

## FRIDAY/FEB. 22

**Genealogy Society Meeting.** 7-9 p.m. at Dunn Loring Volunteer Fire Station Hall, 2148 Gallows Road, Vienna. Monthly meeting of Fairfax Genealogical Society with presentation, "Mosby's Combat Operations in Fairfax County." Don Hakenson will discuss Mosby's operations in Fairfax County and the stories of the men involved. Free. Call 703-644-8185 or visit [www.fxgs.org](http://www.fxgs.org).

**Unruly Theatre Project.** 7 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. (The) Unruly Theatre Project (UTP) is The Alden's professional teen improv company dedicated to bringing comedic productions to the community. Make plans now to attend a hilarious and unpredictable performance. Admission is free. Visit [mcleancenter.org/performing-arts/unruly-theatre-project](http://mcleancenter.org/performing-arts/unruly-theatre-project).

**BRAWS Hosts Mardi Bras.** At Westwood Country Club, 800 Maple Ave. E, Vienna. More than 500 guests are expected at Mardi Bras, which is the largest annual fundraiser for BRAWS, a volunteer-driven, community-based 501(c)3 nonprofit organization that provides homeless women and children with necessities including new bras and underwear as well as menstrual supplies. Tickets are on sale now at [www.braws.org/mardi-bras-2019.html](http://www.braws.org/mardi-bras-2019.html) for \$100, which includes hors d'oeuvres, two drinks, raffles, silent auction, music, photo booth, swag bags, special guests and more. BRAWS is seeking event sponsorships as well as donations of items for the raffles and silent auction. More information can be found at [www.braws.org](http://www.braws.org).

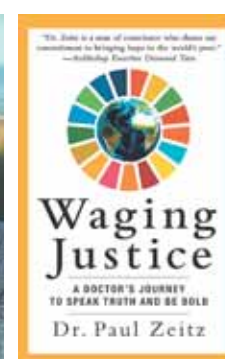
## SATURDAY/FEB. 23

**Wolf Trap Tickets On Sale.** Tickets go on sale to the public Feb. 23 at 10 a.m.; Wolf Trap members are buying now. Additional shows to be announced in March. Buy tickets online at [wolftrap.org](http://wolftrap.org); by phone at 877-WOLFTRAP; or in person at the Filene Center Box Office, 1551 Trap Road, Vienna or after Feb. 24, at The Barns at Wolf Trap Box Office, 1635 Trap Road, Vienna.

**The Okee Dokee Brothers.** 1 p.m., 4 p.m. and 6:30 p.m. At The Alden,

## Author Event

Dr. Paul Zeitz, activist and author of "Waging Justice: A Doctor's Journey to Speak Truth and Be Bold," will discuss opportunities to work for social justice. Some of the big-picture advocacy priorities include climate restoration, renewable energy, sustainable development, ending child sexual abuse, and gender equality. 1 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Visit [www.unityoffairfax.org](http://www.unityoffairfax.org) or call 703-281-1767.



1234 Ingleside Ave., McLean. Cost is \$20/\$15 MCC district residents. As childhood friends growing up in Denver, CO, Joe Mailander and Justin Lansing were always exploring the outdoors. Now, as the Grammy Award-winning Okee Dokee Brothers, they have put this passion for the outdoors at the heart of their Americana Folk music and hope that it will inspire children and their parents to get outside and get creative. Visit [mcleancenter.org](http://mcleancenter.org).

## FRIDAY-SATURDAY/FEB. 23-24

**Scrapbooking Weekend.** Friday, 6 p.m.-midnight; Saturday, 9 a.m.-7 p.m. at Vienna Volunteer Fire Department, 400 Center St., South, Vienna. The Vienna Volunteer Fire Department Auxiliary is sponsoring a scrapbooking weekend. Registration fee includes cropping space, lunch on Saturday, coffee, tea, lemonade, goody bag and a raffle ticket. Dinner available for \$15 for both nights, or \$8 each. \$50 if registered by Feb. 2; \$55 by Feb. 9; \$65 if registered later; \$70 to register at the door, if space is available. Proceeds purchase lifesaving equipment for the fire department. For information or to receive an application contact email [lisaemerson3@verizon.net](mailto:lisaemerson3@verizon.net) or call 703-981-4504.

## SUNDAY/FEB. 24

**Maple Syrup Fresh from the Trees.** Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See sap dripping into collection pails on the trees, and discover the surprising amount of sap it takes to make just a little syrup. \$5 per person for visitors age 3-adult. No reservations are required. This is an outdoor program, dress for the weather. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

**Perspectives Speaker Series: Walter Mosley.** 2 p.m. at The Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. Presented in partnership with the Fairfax County Public Library, Author Walter Mosley will give a 60-minute talk followed by a book signing. NAACP Image Award-winning writer of mysteries and crime fiction, in 2016 Mosley was named Grand Master by the Mystery Writers of America (Edgar Award). Free. Pre-registration required. Visit [mcleancenter.org/alden-theatre](http://mcleancenter.org/alden-theatre).

**Winter Concerts: IONA.** 4 and 6 p.m. seatings at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. The Old Brogue Irish Pub of Great Falls and Barnaby Productions, Inc. present the 30th season of family friendly, Winter Traditional Celtic Concerts performed in a listening room by the fireside. Tickets must be purchased in advance at [oldbrogue.com](http://oldbrogue.com): \$18 general admission; \$12 children.

**The Capitol Steps Benefit Performance.** 7 p.m. at Fairfax High School, 3501 Rebel Run Road,

Fairfax. Join in for a SILLYarious evening as the Capitol Steps political satire comedy troupe performs a show to benefit high school theatre for the Cappies of the National Capitol Area. Free parking. Adults, \$30; students/senior citizens, \$20; children 12 and under, \$10; and groups of 10 or more, \$15. Contact Amy.Young@cappies.com or visit [www.cappies.com/nca](http://www.cappies.com/nca).

## MONDAY/FEB. 25

**Tyler Hilton w/ Emma Charles.** 8-11 p.m. at Jammin' Java, 227 Maple Ave., East, Vienna. Join singer-songwriter Emma Charles opening for Tyler Hilton. \$15-\$20. Call 703-255-1566 or visit [jamminjava.com](http://jamminjava.com).

## WEDNESDAY/FEB. 27

**Foreign-Language Film.** 1 p.m. At The Alden, 1234 Ingleside Ave., McLean. Free admission. Come enjoy foreign films selected by The Alden staff, then stay after for a discussion backstage in The Alden's green room. These movies are chosen for adult audiences and may contain mature content, language and themes. Visit [www.mcleancenter.org](http://www.mcleancenter.org).

**Holy Happy Hour Recital Series.** 6:15 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Featuring Nicholas Quardokus, Organ Scholar at St. Paul's Parish in Washington, D.C., the 30-minute musical offering will be followed by wine, hor d'oeuvres and fellowship. Free and open to the public; a good will offering to support the music department will be taken. Visit [www.Lewinsville.org](http://www.Lewinsville.org) or call 703-356-7200.

## THURSDAY/FEB. 28

**Movie Screening: "Angst."** 7-8:30 p.m. at Langley High School Auditorium, 6520 Georgetown Pike, McLean. Join the Safe Community Coalition and Langley High School PTSA for a showing of "Angst: Raising Awareness Around Anxiety." Free. Recommended for 6th grade and up. Email [gina@stationwagon.com](mailto:gina@stationwagon.com).  
**Burke Historical Society Speaker.** 7:30 p.m. at Patrick Henry Library, 101 Maple Ave. East, Vienna. Mary Lipsey will share stories from her latest book, Aviation: From Curiosity to Reality. Learn about the early years of flight and some of the less-remembered pioneers. Visit [burkehistoricalsociety.org](http://burkehistoricalsociety.org).

## FRIDAY-SUNDAY/MARCH 1-3

**Tyson's Library Book Sale.** Friday, 11 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m., and Sunday, 1-4 p.m. at Tyson's-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Large selection of books and media for all ages and interests. Half price and \$10 per bag sale on Sunday. Volunteers needed. Email [tysonslibraryfriends@gmail.com](mailto:tysonslibraryfriends@gmail.com) or call 703-790-4031 or 703-338-3307.



## NEWS

**Oakcrest won the right to go on to States after a strong finish at the regional competition on Feb. 9.**



PHOTO  
CONTRIBUTED

## Oakcrest Science Olympians Headed to State Competition

Oakcrest's Science Olympiad team is headed to the state tournament at the University of Virginia on March 23. This is the first time in Oakcrest's history that its team earned a spot as a school at the state competition.

Oakcrest won the right to go on to States after a strong finish at the regional competition on Feb. 9 at Fairfax High School. Students competed well and medaled in several categories. Helen Molteni and Grace Falatko won 4th place in the Designer Genes category; Julie Fischer and Sofia Juargegui claimed 5th in Dynamic Planet; and Ana Victoria Smith and Eli Crischock placed 6th in Chem Lab.

Dr. Kat Hussmann, Science Olympiad coach and teacher at Oakcrest, said, "[The students] did a won-

derful job in representing Oakcrest in spirit, sportsmanship, and science!"

Science Olympiad is a school-based program for students from third grade through their senior year in high school. It offers students the opportunity to improve their understanding in science, technology, engineering and mathematics (STEM) and to work together in teams to learn new skills. Virginia science Olympiad (VASO) is a non-profit organization engaging and challenging students in these disciplines through team-based competitive tournaments in Virginia.

Learn more about the state competition at <https://virginiaso.org/>.

Learn more about the school at [Oakcrest.org](http://Oakcrest.org).

## VIENNA POLICE HIGHLIGHTS

FROM PAGE 5

len in Reston the previous day.

Grand Larceny — Marshall Road Elementary School, 730 Marshall Road, SW, Feb. 9 between 10 and 11:05 a.m. A citizen advised that her vehicle was legally parked in the parking lot behind the school. When she returned to the vehicle, she found that someone had forced entry into it and stole her purse.

Arrest — Warrant Service — Vienna Hardwoods, 241 Mill Street, NE, Feb. 9, 11:51 a.m. Officers responded to the report of a man acting disorderly. When the officers checked the man's identification, they found he was wanted in Texas for a parole violation. MPO Lyons arrested the 40-year-old man from Cross School Road in Reston. He was transported to the Fairfax County Adult Detention Center where he was charged as a Fugitive from Justice and will await

extradition back to Texas.

Fraud — 500 Block Kingsley Road, SW, Between Feb. 10 at 12 a.m. and Feb. 11 at 11:59 p.m.

A resident reported unauthorized charges that were placed on one of her bank accounts.

Assist EMS — Cedar Lane, SE, Feb. 10, 12:45 a.m. Officers responded to assist rescue personnel with a juvenile who had cut herself. The juvenile was transported to an area hospital with non-life-threatening injuries.

Natural Death — 600 Block Valley Drive, SE, Feb. 10, 6:25 a.m. A resident, who suffered from medical issues, was found deceased in his living room.

Domestic Dispute — Glyndon Street, SE, Feb. 10 7:59 p.m. A resident had a verbal dispute with his juvenile son. The dispute was settled before officers arrived.

## Robert Beatson II

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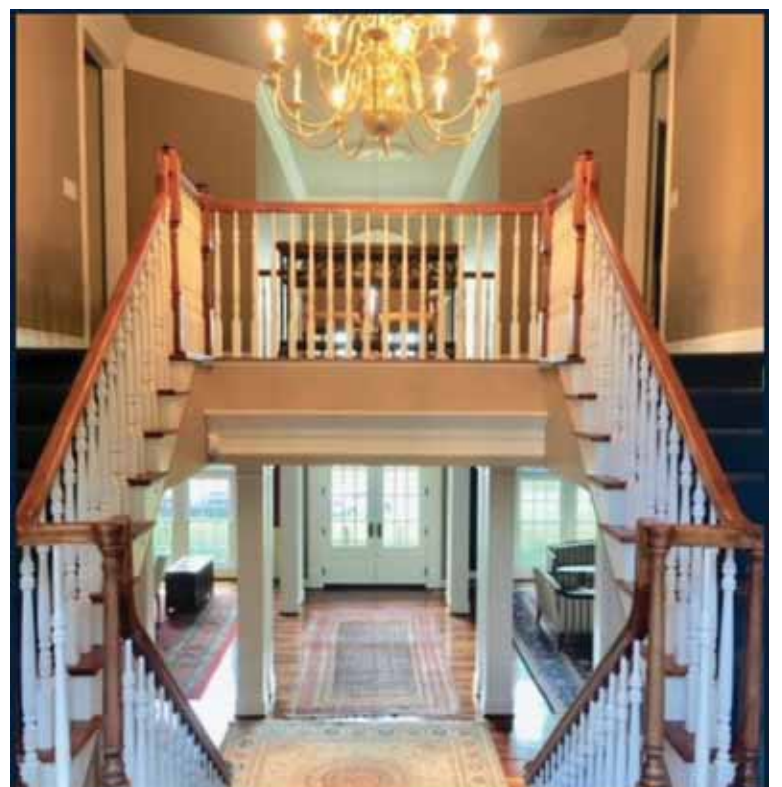
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## NEWS



PHOTO COURTESY OF SCOV

## The Shepherd's Center of Oakton-Vienna Recognizes Support of Great Falls Assisted Living

Shepherd's Center of Oakton-Vienna (SCOV) recently had the opportunity to personally thank Great Falls Assisted Living, a Memory Care Community in Herndon, for their support as a Silver Sponsor for SCOV's 2018 Gala. Pictured presenting the Certificate of Appreciation to Great Falls Assisted Living are, from left, Lynette Jacobs, Director of Partnership Development at Great Falls; Jayne Young, SCOV Board/2018 Gala co-chair and Monica Jenks, Director of Marketing and Family Relations at Great Falls.

## Shepherd's Center of Oakton-Vienna Names Susan d. Garvey Executive Director

The Shepherd's Center of Oakton-Vienna (SCOV) Board of Directors has named Susan d. Garvey as the nonprofit's new Executive Director.

"When we began our Executive Director search earlier this year, we wanted to find someone who not only could fill the current position but bring SCOV to the next level. It had to be a special person. Someone with executive experience in a service organization with development skills, and a kind heart. We found that someone in Susan d. Garvey," said Bill Farrell, Chairman of SCOV's board.

Garvey has an extensive nonprofit background with more than thirty years as an executive, fundraiser and volunteer. Some of the organizations she has repre-



PHOTO CONTRIBUTED

**Susan d. Garvey**

sented include; Inova Health System Foundation, Inova Kellar Center, Best Buddies Virginia, the Alzheimer's Association and Cornerstones. Throughout her career, she has demonstrated the ability to foster meaningful connections and partnerships with leaders in the community. In addition to being the public face of SCOV, Garvey's duties include managing the annual budget, overseeing a three-person staff and dedicated volunteers, who last year devoted 9,900 hours of service in support of the communities.

Garvey and her husband raised their two daughters' in Reston. She has been the primary caregiver to her ninety-two year old parents since she

moved them to the area in 2016.

## Shepherd's Center of Oakton-Vienna Offers Turkish Cultural Experience

Shepherd's Center of Oakton-Vienna (SCOV) will take the first trip of the year to the Turkish House of DC Cultural Center and Leziz Café and Restaurant as an opportunity to participants to immerse themselves in the Turkish cultural experience on March 8, 2019. There will be a presentation on Turkish culture, history and arts. Included will be a demonstration of the art of paper marbling called Ebru. Ebru is the ancient art of 'Painting on Water'.

A short walk away is Leziz Café and Restaurant where the Turkish experience continues with a 7 item tasting menu including coffee/tea/soft drink. Cost includes round trip bus transportation, entrance fees and lunch. Cost is \$50 per person due



**Turkish House  
D.C.**

PHOTO COURTESY OF SCOV

by March 4, 2019 and made out to SCOV. As there is limited seating on the bus, organizers suggest early registration. Call 703-281-0538. The bus will leave the Vienna Baptist Church parking lot at 541 Marshall Rd., Vienna, on Friday March 8 at 9 a.m. and return at approximately 3 p.m.

Throughout the year SCOV hosts a series of trips for the enjoyment of adults 55+. These events are open to 55+ adults only. SCOV's local and out-

of-town excursions provide opportunities for friendship and learning. A river cruise, theater excursions, and tours of the Library of Congress and Annapolis are some of the outings our participants have enjoyed.



# Mission Report

FROM PAGE 6

surgeries of varying kinds and our assistants also provided dental cleanings for most of these patients as well.

In the variety of surgical patients Dr. Gocke met and treated, there are two that we would like to share as an example of what was encountered. Dr. Gocke met, examined and diagnosed an 18 year old Haitian female with an ankylosed TMJ (jaw bone fused to the skull). She has not been able to open her mouth since birth and is deformed because of it. The basic function of eating is not possible for her except for a small space between her teeth in which she consumes only liquids and pureed food. She is underweight and has been teased by the other kids her age because of this condition all her life. The main hospital in Santo Domingo declined care to her because of the complexity of her condition. Dr Gocke will be flying back as soon as possible with the proper treatment planning and equipment (which will be significant) to replace her joint with a prosthesis, perform jaw surgery to restore function to the jaw and to make her face more symmetric and harmonious. He may have to remove a rib in order to create a jaw for her as well. She also has an infected tooth which cannot be accessed because she cannot open her mouth which can be a life threatening condition for her. This patient's condition deeply affected the entire team. Dr. Gocke has decided to do what he can with his expertise to help her in any way he can to improve the quality of life for this young lady.

In another case, a young Dominican man, with pain for 6 months, presented with a tumor of his jaw. In the hospital operating room, under general anesthesia, Dr. Gocke resected the tumor.

The patient had to lose 8 teeth and a large amount of bone, as part of the resection. This tumor was approximately the size of a ping pong ball. Once he has healed and the cancer has remained clear, Dr. Gocke will return to reconstruct his jaw with bone grafting from his hip.

Eventually, he will be replacing his teeth with dental implants and hoping to give him a second chance at a normal healthy life.

This trip was a great success and we would like to thank all of our supporters. As you can imagine, this trip was a true journey. We feel humbled and grateful to have the opportunity to serve our fellow mankind. Ours souls feel nourished and full of gratitude. We are particularly grateful to our family members who supported us on this venture. This would not have been possible without them. We would also like to thank our our surgical supply vendors who donated many disposable supplies. We thank our Virginia patients who donated clothes, toys, hats and sandals. Lastly, we are especially grateful to our friends and family members who made cash donations. Everyone involved was a part of changing a person's life for the better!

May we all continue to strive to make our communities and world a better place.

Thank you all for being a part of this and making an impact on this life changing care.

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-Thomas Fuller

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## Enough About Cancer



By KENNETH B. LOURIE

At least that was my intention when I sat down to write this column. I was planning on highlighting a couple of my pet peeves: One was about people who back into parking spaces, an all-too common practice (which does not make perfect) that irks me no end and often inconveniences me while idling in my car waiting for the driver to crane his neck and coordinate his mirrors while backing into a head-first space, all while blocking my passage.

The second peeve also involves cars, but this action has potentially far more dangerous consequences: Drivers who, while motoring along, completely ignore my car's blinkers/indicator lights – **WHEN THEY'RE FLASHING**.

I was taught that when driving a vehicle and needing to turn/switch lanes, I was to indicate that to other drivers by using my blinkers, look into my mirrors and then move right or left accordingly. Moreover, when I observed those same lights flashing in other vehicles, I was to respect their intentions and give them a wide berth. I was not to speed up and interfere with their indications. Unfortunately, the exact opposite often happens.

Though I am still respectful when drivers flash their blinkers, it often happens that when many of my driving brethren see those lights, they react much the same way as a bull does when he sees red: they SPEED UP, and in their vehicle's acceleration, they put me and my passengers at risk. If it has happened once – which it has – it has happened a thousand times.

Unfortunately, neither of these car-related “misbehaviors” has been able to block out one of my key cancer anniversaries: Feb. 20, 2009, and as such, I will now be returning to the scene of the semi crime. And though I am not Billy Shears 20 years after the band taught me how to play, I am a lung cancer survivor who 10 years ago on Feb. 20 learned that I had cancer. That was the day when my primary care physician called me at work, about noon-ish on a Thursday to discuss the results of my previous week’s surgical biopsy.

After declining the offer to come to his office, I encouraged him to just tell me – which he did: the growth was malignant. Dumbfounded, I asked for further details, which he politely deferred to an oncologist (a specialty with which I was totally unfamiliar), with whom, while we spoke on the phone, my primary care physician scheduled a Team Lourie appointment for the following Thursday.

This officially ended the diagnostic process which had been going on since I showed up at the Emergency Room on Jan. 1, 2009 complaining of pain in my right side, an inability to take a deep breath and difficulty bending over.

With an inconclusive X-Ray to not corroborate, an otherwise healthy patient with no family history of anything relevant – especially cancer, the doctor was perplexed. Fifty days later I learned I had cancer. And so I remember that day/date, a day which will go down in infamy, so to speak – in my family anyway.

The intervening days, as I have written about recently, were spent investigating the cause of my original symptoms. Eventually all test results led to one conclusion: non-small cell lung cancer, stage IV.

Meaning metastatic and inoperable, meaning "terminal." It was Feb. 20 when I learned my fate. (The following Thursday, Feb. 27, is another anniversary; that's when we met my oncologist for the first time and learned that my life would never be the same, or last nearly as long.)

But yet here I am, alive and reasonably well, writing about nonsense, mostly, instead of cancer, for this week, anyway. Good therapy for sure, and a nice change of pace.

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



## SPORTS

# Madison Takes District Championship

**T**he Madison Warhawks (19-5) girls raced out to an early 16-0 advantage before the Oakton Cougars (18-7) were able to score midway through the 2nd quarter. Bit Madison would never trail throughout the game, winning the Concorde District Championship 54-44 on Feb. 15.

The number one seed Warhawks applied heavy pressure to the number two seeded Cougars for the majority of the first half establishing a 28-6 half-time advantage.

However, Oakton battled back and made a competitive game, pulling to within 48-38 with 2:19 to play in the 4th quarter. Oakton's Kate Vietmeyer who led Oakton with 13 points scored the majority from inside the paint but would foul out.

Hannah Kaloi scored 8 and Grace



**Oakton's Micah Johnson - Parotte #2 led all scorers with 33 points in his teams loss to Centreville in the Concorde District Championship .**

PHOTOS BY WILL PALENSCAR/THE CONNECTION

Meshanko added 9 points. Madison was led by Grace Arnolie with 17 points and Tedi Makrigrigoros added 16. The two combined for 3 three pointers. Both teams will ad-

vance to the region tournament which will begin later this week.

— WILL PALENSCAR



WILL PALENSCAR/THE CONNECTION

**Oakton's Micah Johnson - Parotte #2 led all scorers with 33 points in his teams loss to Centreville in the Concorde District Championship .**

## Wildcast Outscore Cougars in District Championship

The Concorde District Boys Championship was a matchup of the #1 seed Centreville Wildcats and #2 seed Oakton Cougars with Centreville winning both matchups in the regular season.

The Cougars scored 14 1st quarter points with Micah Johnson-Parrotte scoring 12 of them and Centreville scoring 13.

In the 2nd quarter Centreville took the lead for good outscoring Oakton 16-12 to give the Wildcats a 29-26 halftime advantage.

The 3rd quarter saw the Wildcats add to that lead converting on three 3 pointers bringing their total to eight for the game and giving them a 49-42 advantage with a quarter to play.

In the 4th quarter the Wildcats took full command. Centreville added their ninth three pointer of the game, but most of their work in the quarter was done by getting to the charity stripe where they were successful on 15 of 16. For the game, the Wildcats were successful on 22 of their 25 free throw attempts.

Centreville's 79-55 win was led by Bryce Douglas's 22, Lance Douglas 17 and Chris Kuzemka's 15 points. Oakton was led by Micah Johnson-Parrotte who had a game high 33 points while teammate Garrett Johnson added 9 points. Both teams will compete in the regional tournament. Centreville improves to 18-5, Oakton falls to 14-9.

— WILL PALENSCAR



**Grace Arnolie #21, scored 17 points to lead Madison to the Concorde District Championship.**



**Lauren McMarlin #32 and Alayna Arnolie #22 battle for a loose ball in the Concorde District Championship.**



### 1st Team All District: Boys

The following were named to the Boys Conference 1st Team All District: Garrett Johnson, Oakton; John Finney, Madison; AJ Arnolie, Madison; Micah Johnson Parotte, Oakton; Marshall Reed, Westfield; Bryce Douglas, Centreville; Derek Smith, Chantilly; Chris Kuzemka, Centreville; Lance Douglas, Centreville; and Kevin Harris, Coach of the Year, Centreville.



### 1st Team All District: Girls

The following were named to the Girls Conference 1st Team All District: Grace Meshanko, Oakton; Hannah Kaloi, Oakton; Meghan O'Brien, Chantilly; Tedi Makrigrigoros, Madison; Grace Arnolie, Madison; Meghan O'Brien, Chantilly, Player of the Year; and Kirsten Stone, Madison, Coach of the Year.