



Reston
CONNECTION

By Afia Konadu,
grade 6, Lake Anne
Elementary.

Children's Connection 2014

DECEMBER 31, 2014 - JANUARY 6, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

CHILDREN'S CONNECTION



By Gia Ahuja, grade 2, Buzz Aldrin Elementary.

My Little Pony Fun Time

Friendship is magical
Unicorns are also My Little Ponies
Nothing gets in the way of friendship
Terrific fun ponies
Inspiration!
My favorite is Pinky Pie
Every day is fun when playing with ponies!

— LIZZY DIXON,
GRADE 4, BUZZ ALDRIN ELEMENTARY

Thanksgiving: Call me in Fall

Tell me about thanksgiving you see,
pumpkin pie and the turkey.
I will come and fill my tum.
I will be thankful you see,
thankful, thankful yes siree.
As the leaves fall around the yard, I want
to check in with my family.
Call me in fall.
Don't ruin the pie brother,
for I will tell mother.
I could do fine without the nagging.
I'm not saying that just to make you pout,
I love you inside out.
Call me in fall.
For I'm thankful to have such a great
brother and mother.
I'm not saying this to make my dad sad,
I'm thankful for him in every way.
Now that you know it all,

call me in fall.

— REILAN GARCYNski,
BUZZ ALDRIN ELEMENTARY

A George Thanksgiving

On Thanksgiving morning the car is
packed, luggage filling most and excitement
the rest.

It is ready to carry us down the cold asphalt
roads across the state though the multicolored
leaves ready to rest in Grandma's driveway
after 2 hours of heaving.

We unload the car our excitement at its
peak.

Our ravenous appetite rushing us to the
door we are greeted by our many relatives,
almost as happy to see us as we are to see
them.

We're getting lunch.
It's about time.

It's nice eating a yummy turkey sandwich
without paying a dime.

Everyone's here!
Let's play in the yard!

We had better get our jackets or it might
be very hard.

Tag you're it!
Yay we scored a goal!

Let's go in, it's getting too cold.
We run inside wishing the cold air

wouldn't bite our little red faces.

Dinner's ready!

It's time to eat!

The table's set up, it looks very neat.

I'm thankful just because this moment has

Redskins Touchdown

By Marquette Thaxton

Aldrin, 4th grade

Fabulous running.

Outstanding throws,

Outdoor fun

Touchdown, Redskins!

Best football team ever!

All stars.

Lots of hard-working players.

Loved by their fans.



By Megan Kruse, grade 6, Buzz Aldrin Elementary.

come and that so far we have not done anything
dumb.

I wonder if this is how the pilgrims felt in
front of the indians that were trying to help.

They were probably glad that they could
just eat, without any worries or fears to beat.

The turkey, mashed potatoes, cranberry
sauce and pumpkin pie.

It was all so good just like it should be.

But now it's over and we have to go

I wish it could've been a little more slow.

I hope we can remember today and have
this much fun forever.

— COLIN GEORGE, BUZZ ALDRIN
ELEMENTARY SCHOOL

Thanksgiving Poem

Every year a day is filled with joy and
laughter

A swarm of a people fills the room

A feast to remember on a whispering
night

The fire licks the kettle silently
Every year a feast continues

Scents waft in the air

Sweet pumpkin pie chases the children's

bitter fears

Adults and children laugh and sing

Every year children play and pout

Adults laugh and shout
Beautiful songs of a violinist
Cheerful and frolicking steps are echoing
in a room

Every year a church is filled with people
The holy church is filled with hopes
Prayers that are hoped to be answered
A calm voices replies

Every year food is set on table
Children dream of a turkey being chased

The feast ends with a turkey big and fat
Children and adults eat until they are
stuffed

Every year the feast ends
The flock leaves with full bellies

And all that is left is a silent room like a
quiet mouse

And the room is full of memories of all of
Thanksgiving joys and laughters

The room is alone until next year but for
now...Happy Thanksgiving!!!

— KATIE RAUST,
BUZZ ALDRIN ELEMENTARY



By Dave, grade 3, Our
Lady of Good Counsel

Desire

BY EMILY S., GRADE 7,
OUR LADY OF GOOD COUNSEL
SCHOOL

The aching desires of the few,
include the necessities for me and you,
but the vast majority want the new,
they want the luxury and they lust,
because they must,
they need the future in the past,
they need products that must last,
for as long as they want them to.

What happened to this world, what must
we do?

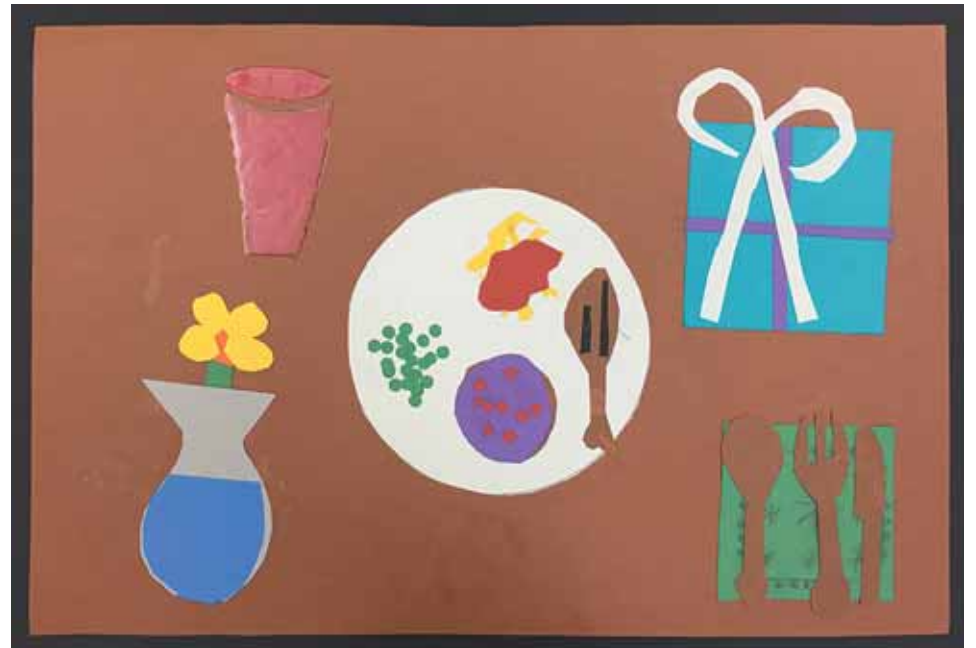
release the greed,
make a creed,
and find the greatness in giving and not
wanting,
loving not taunting,
and fulfill the deserved desires of peace,
nourishment, and fair treatment for
others,
for the fathers, children, brothers, sisters,
and mothers.

CHILDREN'S CONNECTION

RESTON CONNECTION EDITOR
KEMAL KURSPAHIC
703-778-9414 OR
RESTON@CONNECTIONNEWSPAPERS.COM



By Irina Simonenko, Langston Hughes Middle School.



Grace Shifflett,
grade 3, Armstrong
Elementary School.

Welcome

Dear Readers:
This week, the Reston Connection turns over its pages to the youth and students.

We asked principals and teachers from area schools to encourage students to contribute their words, pictures and photos for our annual Children's Issue.

The response as always was enormous. While we were unable to publish every piece we received, we did our best to put together a paper with a fair sampling of the submitted stories, poems, drawings, paintings, photographs and other works of art.

We appreciate the extra effort made by school staff to gather the materials during their busy time leading up to the holidays. We'd also like to encourage both schools and parents to mark their 2015 calendars for early December, the deadline for submissions for next year's Children's Connection.

Please keep us in mind as your children continue to create spectacular works of art and inspiring pieces of writing in the coming year.

The children's issue is only a part of our year-round commitment to cover education and our local schools. As always, the Connection welcomes letters to the editor, story ideas, calendar listings and notices of local events from our readers. Photos and other submissions about special events at schools are especially welcome for our weekly school pages.

Our preferred method for material is e-mail, which should be sent to north@connectionnewspapers.com, but you can reach us by mail at 1606 King Street, Alexandria, VA 22314 or call 703-778-9414 with any questions.

— EDITOR KEMAL KURSPAHIC



By Megan Kruse,
grade 6, Buzz Aldrin
Elementary.



By Anjana Nair, grade 10, South Lakes High School.



By Karen
Lainez-Diaz,
grade 4, Hunters Woods
Elementary.

CHILDREN'S CONNECTION

A Warm Christmas

BY EMMA SWEARINGEN
GRADE 6, ARMSTRONG ELEMENTARY

It was going to be the best reunion I would ever have. It had been a long time since I had been in Texas with my grandparents. I said goodbye to my dad with a big hug. It was early in the morning and I wanted to be in bed under my cozy covers instead of being at the airport. I was still in my dark blue fuzzy PJs, dragging my red, big, suitcase behind me and my favorite pillow under my other arm with my small pink suitcase. I was the first person to be boarding. I waved my last goodbye and started my long walk down the boarding hall. I walked into the plane and the flight attendant sat me in my seat. The flight attendant also put my red suitcase up in the shelf above me. I sat in the window seat and buckled my seatbelt and watched people walk by as they found their seats. A tall man with blond hair sat in the aisle seat in my row. I put my pink suitcase under the seat in front of me. The speaker came on and a voice said, "Welcome to the Southwest Airline. We thank you for flying with us. We have drinks and small snacks." She showed us where our safety things were. Then our flight started. We zoomed on the ground. I felt my whole body lifting up, my ears popping. I popped a piece of bubblegum in my mouth and started chewing. I settled down and got on my iPad and played Minecraft for a while. I kept looking out the window at the city lights in the darkness. I was so relaxed that I soon fell asleep.

Before I knew it the speaker came on. "We will be landing in 30 minutes. Thank you for flying with us." I felt my heart booming with excitement. We soon landed on the ground. I boarded off the plane and I saw them with open arms. "Nana! Papa!" I said. I ran to them and hugged them. "I missed you!" I said, and Papa said, "It's been too long." It was dark outside but I was wide awake. We drove to their house and I fell asleep half way there. Once we got there I felt the bumpy road under the car as it woke me up. We took a right turn and we rode down the rough driveway. I pushed the car door open into the warm air. We went inside the small house. Nana and Papa showed me the house because it had been five years since I had a look at the house. "We will show you outside tomorrow. You need your sleep," Nana said. "But I'm not tired," I told them. They both said, "It's 12:00." They showed me where I would be sleeping. I slipped under the heater cover. Nana turned out the light and I turned the dial on the controller for the heater blanket. "Good night," I said. "Good night," Nana and Papa both said and closed the door.

A couple days later it was Christmas morning. I woke up with excitement and jumped up from my bed. I ran out the door of my bedroom and down the white hallway feeling the soft green carpet under my feet as I ran into the living room. Papa was watching TV and Nana was in the kitchen. "Good Morning!" I said to both of them. "Can I open the presents?!" I asked. "Sure," Papa said to me. We gathered in the living



By Sidney Bourdeau, grade 6, Armstrong Elementary School.

room. I got the biggest box from under the small plastic tree. The wrapping paper was red with Christmas trees on it just like every other box under the tree. I ripped off the wrapping paper and I found a box inside. I finished opening all of my presents. I thanked them and told them that they were the best grandma and grandpa in the world! I hugged them both.

The Time I Almost Gave My Doctor a Shot

BY COREY LACY
GRADE 6, ARMSTRONG ELEMENTARY

How bad could it be? Taking my first shot ever, I would expect to be nervous but it couldn't be scary... RIGHT? When I was nine years old my mom and I were driving to CVS for a flu shot, my first in a long time. I was pretty nervous, but my mom cheered me up by playing my favorite song, "What does the fox say." Then we finally got there.

When we walked in the pharmacy, my mom asked for the appointment and the lady said to go in the specific room. We had to wait for a long time. Finally, the doctor came to give me my flu shot. But first she told me some rules about the shot like how not to move when she's about to give it to me, and she told me that it would not hurt at all. My mom said I shouldn't be scared at all. I was talking to my mom while the doctor got the needle ready. I was feeling really confident.

When the doctor walked over and I saw the needle, my face twisted in fear. The needle looked like it was about a foot long.

I felt like everything was in slow motion looking at the needle. I felt like my life was going to end! I moved so much and I would not let her give me that needle! Then I grabbed the needle and I got so ready, I felt like I was in slow motion again and aimed the needle at the doctor. I almost stabbed her with the needle, but my mom brought my arms down and held me to the seat while the doctor finally gave me the shot. But when she took the needle and gave me the shot ... it didn't feel bad at all!

When I went home I told everybody how brave I was. But my mom told me to never do that again. Next year, when I get my flu shot I won't be scared and I won't move around so much, because now I know it doesn't even hurt!

Almost Breaking My Baby Sister

BY LAUREN NORLEY
GRADE 6, ARMSTRONG ELEMENTARY

Flashback:

I walked into my mom's room, and there she was. She used to be so cute, but now that she's eight years old she can be really annoying. As the thunderstorm approached, I was taken back to a time when I was four years old, and my sister was only three months old.

I was sitting on the couch when my mom came in and said, "It's time for bed." So I got in my favorite blue pjs and brushed my teeth. My mom tucked me into my bed. When I went to bed it was drizzling rain. I

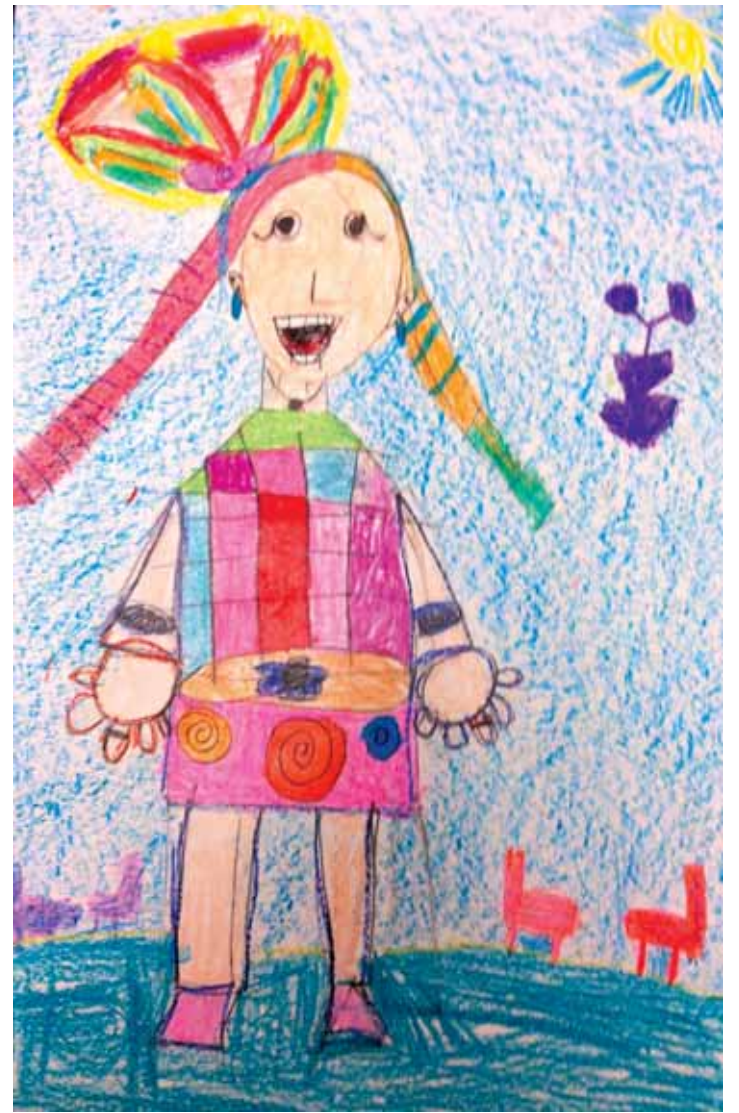
could hear the "pitter patter" of the raindrops on the roof. "In the middle of the night it is supposed to rain harder," my mom said. "Ok," I said, and went to bed.

Suddenly, I woke up to a big crash of thunder. I looked at my alarm clock and it said 3:02, well something like that. I couldn't fall back to sleep so I went to my mom's room, where my little sister, Ella, was sleeping. I looked in her bassinet and there she was - that cute little baby at the time, and since I loved her so much I wanted to sleep with her.

So I climbed into her bassinet and picked her up and held her. Thankfully she didn't wake up. I finally got tired of holding her and put her back down and went to bed... in her bassinet, but since I couldn't fit inside her bassinet I had to curl up into a ball and sleep in there. It was so cramped in there, but my sister looked so cute and she smelled like baby shampoo. As I lay my head down next to hers I thought, "It is so great having a baby sister to love."

When my mom woke up the next morning and found me in my sister's bassinet she said, "NO! Get out!" I looked at her with confusion. "Why? I love her." "Lauren, the bassinet could have collapsed with you in it!" she said. "Or, you could have rolled over on her! Don't ever do that again!"

Looking back on that night, I cannot believe I ever attempted to climb into that bassinet. Now that I am eleven, I don't know how I ever fit! But one thing I have learned is this: if you have a baby sister, enjoy her while you can. Because before you know it, she'll grow up to be a little pain.



By Safa Janjua, grade 1, Armstrong Elementary School.

IT'S ABOUT

17 Weeks

TO GRASS ALLERGY SEASON*



GRASTEK®
Timothy Grass Pollen Allergen Extract
Tablet for Sublingual Use 2800 BAU

GRASTEK should be started at least 12 weeks before the season. Talk to an allergy specialist now about whether GRASTEK is right for you.

*Date is approximate, depending on your region.



Not actual size

GRASTEK is grass allergy immunotherapy in a tablet. It may help you gradually build tolerance so you become less sensitive to grass pollen.



Made from small amounts of natural Timothy grass pollen, GRASTEK treats the grass allergies that cause eye and nose symptoms. Starting treatment early may give your body time to become less sensitive to grass pollen in preparation for the allergy season. It's recommended that you start taking GRASTEK at least 12 weeks before the grass pollen season. Make an appointment with an allergy specialist soon. **To find a doctor near you, go to grastek.com/thinkspring.**

GRASTEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat Timothy and related grass pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. GRASTEK may be prescribed for persons 5 through 65 years of age who are allergic to grass pollen.

GRASTEK is taken for about 12 weeks before grass pollen season and throughout grass pollen season. GRASTEK may also be taken daily for 3 years to provide a sustained effect for a fourth year in which you do not have to take GRASTEK.

GRASTEK is NOT a medication that gives immediate relief for symptoms of grass allergy.

Important Safety Information about GRASTEK

- GRASTEK can cause severe allergic reactions that may be life-threatening. Stop taking GRASTEK and get immediate medical treatment right away if you or your child has any of the following symptoms after taking GRASTEK: trouble breathing; throat tightness or swelling; trouble swallowing or speaking; dizziness or fainting; rapid or weak heartbeat; severe stomach cramps or pain, vomiting, or diarrhea; severe flushing or itching of the skin.
- Do not take GRASTEK if you or your child has severe unstable, or uncontrolled asthma; had a severe allergic reaction in the past that included trouble breathing, dizziness or fainting, or rapid or weak heartbeat; had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before; has ever been diagnosed with eosinophilic esophagitis or is allergic to any of the inactive ingredients contained in GRASTEK.
- For home use of GRASTEK, your doctor will prescribe epinephrine if you or your child has a severe allergic reaction after taking GRASTEK. Talk to your doctor or read the epinephrine patient information.
- The first dose of GRASTEK must be taken in the doctor's office. After taking the first dose, you or your child will be watched for at least 30 minutes by a healthcare professional for symptoms of a serious allergic reaction.
- Children should be given each tablet of GRASTEK by an adult.
- You should tell your doctor about any medicines you or your child take.
- Stop GRASTEK and contact your doctor if you or your child has any of the following after taking GRASTEK: Any type of a serious allergic reaction; heartburn, difficulty swallowing or pain with swallowing, or chest pain that does not go away or worsens; any mouth surgery procedures (such as tooth removal), develop any mouth infections, ulcers or cuts in the mouth or throat.
- The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Brief Summary on the following page for more detailed information.

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Brief Summary



GRASTEK®

Timothy Grass Pollen Allergen Extract
Tablet for Sublingual Use 2800 BAU

Carefully read the Medication Guide before you or your child start taking GRASTEK and each time you get a refill. This Brief Summary does not take the place of talking to your doctor about your medical condition or treatment. Talk with your doctor or pharmacist if there is something you do not understand or you want to learn more about GRASTEK.

What is the most important information I should know about GRASTEK?

GRASTEK can cause severe allergic reactions that may be life-threatening. Stop taking GRASTEK and get medical treatment right away if you or your child has any of the following symptoms after taking GRASTEK:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For home administration of GRASTEK, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you or your child has a severe allergic reaction after taking GRASTEK. Your doctor will train and instruct you on the proper use of auto-injectable epinephrine. Talk to your doctor or read the epinephrine patient information if you have any questions about the use of auto-injectable epinephrine.

What is GRASTEK?

GRASTEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat Timothy and related grass pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. GRASTEK may be prescribed for persons 5 through 65 years of age who are allergic to grass pollen.

GRASTEK is taken for about 12 weeks before grass pollen season and throughout grass pollen season. GRASTEK may also be taken daily for 3 years to provide a sustained effect for a fourth year in which you do not have to take GRASTEK. GRASTEK is NOT a medication that gives immediate relief for symptoms of grass allergy.

Who should not take GRASTEK?

You or your child should not take GRASTEK if:

- You or your child has severe, unstable or uncontrolled asthma
- You or your child had a severe allergic reaction in the past that included any of these symptoms:
 - o Trouble breathing
 - o Dizziness or fainting
 - o Rapid or weak heartbeat
- You or your child has ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before.
- You or your child has ever been diagnosed with eosinophilic esophagitis.
- You or your child is allergic to any of the inactive ingredients contained in GRASTEK. The inactive ingredients contained in GRASTEK are: gelatin, mannitol and sodium hydroxide.

What should I tell my doctor before taking GRASTEK?

Your doctor may decide that GRASTEK is not the best treatment if:

- You or your child has asthma, depending on how severe it is.
- You or your child suffers from lung disease such as chronic obstructive pulmonary disease (COPD).
- You or your child suffers from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.
- You or your daughter is pregnant, plans to become pregnant during the time you will be taking GRASTEK, or is breast-feeding.
- You or your child is unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to GRASTEK.
- You or your child is taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction. These medicines include:
 - o beta blockers and alpha-blockers (prescribed for high blood pressure)
 - o cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
 - o diuretics (prescribed for heart conditions and high blood pressure)
 - o ergot alkaloids (prescribed for migraine headache)
 - o monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
 - o thyroid hormone (prescribed for low thyroid activity).

You should tell your doctor if you or your child is taking or has recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of GRASTEK. Ask your doctor or pharmacist for advice before taking GRASTEK.

Are there any reasons to stop taking GRASTEK?

Stop GRASTEK and contact your doctor if you or your child has any of the following after taking GRASTEK:

- Any type of a serious allergic reaction
- Throat tightness that worsens or swelling of the tongue or throat that causes trouble speaking, breathing or swallowing
- Asthma or any other breathing condition that gets worse
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin
- Heartburn, difficulty swallowing, pain with swallowing, or chest pain that does not go away or worsens

Also, stop taking GRASTEK following: mouth surgery procedures (such as tooth removal), or if you develop any mouth infections, ulcers or cuts in the mouth or throat.

How should I take GRASTEK?

Take GRASTEK exactly as your doctor tells you. GRASTEK is a prescription medicine that is placed under the tongue.

- Take the tablet from the blister package after carefully removing the foil with dry hands.
- Place the tablet immediately under the tongue. Allow it to remain there until completely dissolved. Do not swallow for at least 1 minute.
- Do not take GRASTEK with food or beverage. Food and beverage should not be taken for the following 5 minutes.
- Wash hands after taking the tablet.

Take the first tablet of GRASTEK in your doctor's office. After taking the first tablet, you or your child will be watched for at least 30 minutes for

symptoms of a serious allergic reaction.

If you tolerate the first dose of GRASTEK, you or your child will continue GRASTEK therapy at home by taking one tablet every day. Children should be given each tablet of GRASTEK by an adult who will watch for any symptoms of a serious allergic reaction.

Take GRASTEK as prescribed by your doctor until the end of the treatment course. If you forget to take GRASTEK, do not take a double dose. Take the next dose at your normal scheduled time the next day. If you miss more than one dose of GRASTEK, contact your healthcare provider before restarting.

What are the possible side effects of GRASTEK?

In children and adults, the most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

GRASTEK can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to GRASTEK include:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For additional information on the possible side effects of GRASTEK, talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or www.fda.gov/medwatch.

This Brief Summary summarizes the most important information about GRASTEK. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about GRASTEK that was written for healthcare professionals. For more information go to www.grastek.com or call toll-free at 1-800-622-4477.

The Medication Guide has been approved by the U.S. Food and Drug Administration.

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Manufactured by: Catalent Pharma Solutions Limited, Blagrove, Swindon, Wiltshire, SN5 8RU UK

For more detailed information, please read the Prescribing Information.

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CHILDREN'S CONNECTION



By Katelynn Wang, grade 3, Sunrise Valley Elementary School.



By Justin France, grade 2, Sunrise Valley Elementary School.



By Sienna Alexander, grade 2, Sunrise Valley Elementary School.



By Cynthia Yuxin Huang, grade 3, Sunrise Valley Elementary School.



By Christopher Zhong, 10, Sunrise Valley Elementary School.

January 10th
(Snow Date: January 17th
Please call to confirm!)

12:00 to 4:00pm

**REMODELER'S
CHARITY
HOME TOUR
OAKTON**

Presented by
SUN DESIGN
Design. Remodel. Relationships.

Join Sun Design to **tour design trends of this renovated home and learn more about the Northern Virginia Therapeutic Riding Program (NVTRP)**, headquartered in Clifton, VA. **It's FREE.**

2529 Hunter Mill Road, Oakton, VA 22124

Project Features:

- Uniquely designed kitchen with dual islands for cooking and entertaining, complete with a separate beverage center
- Open floor plan, enhancing the function and flow between the kitchen and adjoining rooms
- Contrasting kitchen islands made of cherry wood with a molasses finish
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**ABOUT
THE TOUR**

Visit the website for more details:
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What do a remodeling company and the Northern Virginia Therapeutic Riding Program (NVTRP) have in common? The simple answer is this; a desire to help families enhance quality of life today and in the years to come.

NVTRP offers a wide range of programs and services to children and adults who live with disabilities in the Washington Metropolitan Area. *Come out and show your support by taking a tour and visiting with volunteers of the Northern Virginia Therapeutic Riding Program.* The chance to donate or learn about volunteering will be made available.

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CHILDREN'S CONNECTION

By Lauren Hannafin, grade 5



By Alison Silas, grade 6



By Cyrus Rivers, grade 4



By Sally Chang, grade 6



By Alina Gaularia, grade 6



By Pranati Nadevalura, grade 2

HUNTERS WOODS ART GALLERY

By Srinija Kovvali, grade 6



By Lisa Carlen, grade 6



By Catherine Xu, grade 6



By Dhruv Sarang, grade 4



By Karen Lainez-Diaz, grade 4



By Trudy, grade 8, Our Lady of Good Counsel



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Our website provides valuable information about cremation, allowing you to make an informed decision about your final wishes. You even have the opportunity to complete all arrangements online, from the comfort of your home.

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For more information or to arrange a cremation, please visit our website today.

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ST. VERONICA Catholic School **OPENING OUR DOORS TO CHRIST**

Open House: Thursday, Jan. 29th at 9:30am
Celebrating Catholic Schools Week!

- Small class sizes with instructional assistants in grades pre-K to 2
- Middle school advanced math to include Algebra and Geometry
- New LabLearners science lab for students in grades K-8
- Bus Service for students living in Loudoun County
- Middle School electives for all students in grades 6-8
- Wireless mobile computer labs with laptops
- New Pre-K program for 4 year olds
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reston celebrates

FOUNDING OF RESTON — 1954 — **50 YEARS** — **100 YEARS** — BIRTH OF ITS FOUNDER — 1914 —

Reston's civic and community organizations will be celebrating anniversaries all year. Check out all the fun in store for the community at www.restoncelebrates.org. For information about how to add your organization's anniversary-themed event, please email restoncelebrates@myerspr.com.

PARTICIPATING ORGANIZATIONS:

[WWW.RESTONCELEBRATES.ORG](http://www.restoncelebrates.org)

CHILDREN'S CONNECTION

LANGSTON HUGHES GALLERY

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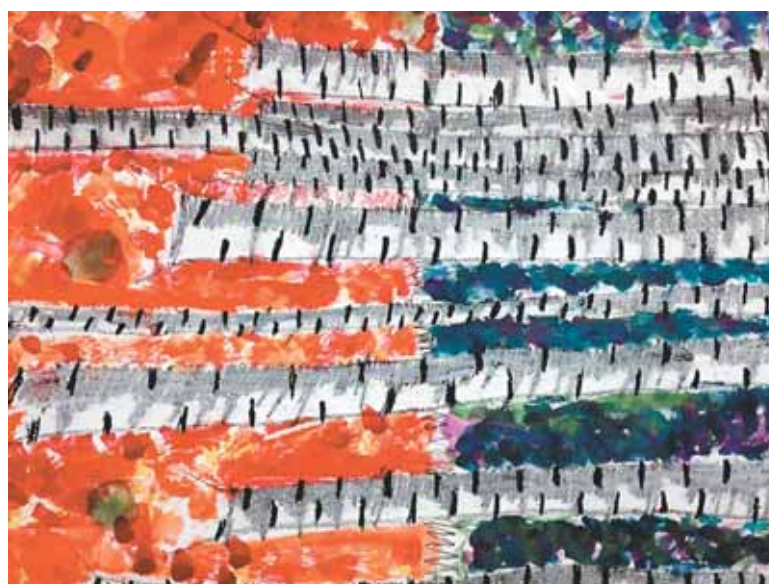
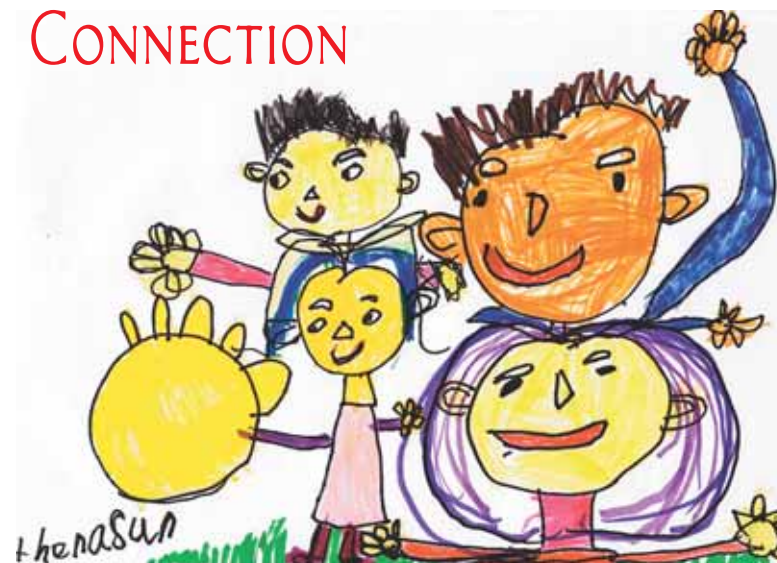
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Level Best



By KENNETH B. LOURIE

If I wanted to rationalize the benefit of delaying my heretofore every-three-week chemotherapy infusion from three weeks to four and now on to five, possibly six – and that's dependent on improved results from a second/maybe even third retest upcoming (this retest a bit more involved than drawing blood) – I would say it's only fitting that I should have a break/brake; after all, it is the holiday season when all good things; yada, yada, yada. If only it were that simple.

But simple is the last thing that a cancer patient's life can be characterized as being; whether they have been "prognosed" as "terminal" as I was, or are at the beginning (diagnosis), middle (under treatment and surviving under circumstances too numerous and varied to list) or end of their cancer-affected life. And so for me to expect smooth sailing at any time during this process is totally and entirely unreasonable – and mostly, I haven't. I'm just lucky to be in a boat with a few provisions still left in it. Ergo, this column is not a complaint, just an update, as the previous few columns had sort of led you regular readers on a bit of a walk in my shoes, although one likely without the neuropathy nearly six years of non-stop chemotherapy can exact. Still, I am mostly upright, up and about and able to handle any and all activities, especially those relating to daily living. However, right now I worry that after two consecutive three-week-interval, pre-chemotherapy lab results specifically measuring my creatinine levels (which reflects kidney function), and a second retest as well, all indicated too high/abnormal (a first-time occurrence), thereby preventing my regularly scheduled Alimta infusions – twice – if I have indeed crossed the Rubicon, so to speak. Obviously, it serves no particular purpose for me to invoke history, especially history with which I have very little familiarity. However, if some of what I've read concerning this historical event is true – the event's significance notwithstanding, it has partially led to the creation-and-then-acceptance of a word/s/phrase's figurative meaning – then I sure hope my die has not been cast.

But who knows, really? And even though this cancer stuff is all very personal – and my circumstances are unique to me as a cancer patient – I try not to take it personally, if that makes any sense? Somehow, I try to minimize the negative effect of any of it, mentally, that is. As concerns me and my treatments (starts, stops and fits), it has always been about what happens next. Until there's no more next, there's always what's next. Now I have a third round of lab work next week and a 24-hour creatinine clearance collection in the interim to measure my levels as accurately as possible to help determine what happens next. Hopefully, levels will reduce, and more of the same treatment which has resulted in my unexpectedly long life expectancy and most recent "shrinkage," can continue. But of course, there are no guarantees either. Oh, there is one: this process is excruciating.

Nevertheless, somehow the patient (or at least this patient) has to be patient and life has to be lived. Otherwise the cancer wins. And to quote Brian Dennehy, a/k/a Sheriff Cobb, from the movie "Silverado," completely out of context: "We can't be having any of that now, can we?"

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

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Ocean Pines



Dr. Donald Anthony Flegler, age 85, passed into eternal rest at Atlantic General Hospital on Sunday, December 14, 2014. Born November 21, 1929, in Cleveland, Ohio, he was the son of the late Anthony A. and Mary Nemec Flegler. He is survived by his beloved wife of 59 years Mary K. Flegler and children, Kathleen Mary Tracy and her husband Patrick of Pittsburgh, PA, Dwayne Edward Flegler and his wife Marti of Reston, VA and Stephen Anthony Flegler and his wife Melanie of Herndon, VA. There are nine grandchildren, Patrick Tracy, Christopher Tracy, Timothy Tracy, Cassie Jackson, Kirstie Flegler, Kalla Flegler, Katherine Flegler, Andrew Flegler, Jordan Flegler, and four great-grandchildren, Madison Flegler, Lilliane Flegler, Andrew Flegler, Jr., and Evelyn Flegler.

His family moved to Washington, DC in 1940 when his father was elected to the U.S. House of Representatives. During that tenure, Don attended Capital Page School where he served two years as a Page in the US House. He attended University of VA and was a 1955 graduate of the Georgetown University School of Dentistry. He then served as a dentist in the US Army for two years as a Captain while stationed at Fort Meade, MD. Following his discharge, he moved his family to Virginia and opened a dental practice. After 30 years he retired to Ocean Pines in 1988. There he served as an active member of the Environmental Control Committee for approximately 20 years.

Donald was an affectionate husband and caring father who adored his grandchildren and great grandchildren. In his spare time he enjoyed boating, wood working, model building and watching the Washington Redskins. Above all, he will be remembered for his love of family, optimistic outlook and tenacious drive to never give up.

A Mass of Christian Burial will be held on Friday, December 19, 2014 at 11:00 AM at St. John Neumann Catholic Church. Friends may call on Wednesday, December 17, from 3:00 until 6:00 PM at the Burbage Funeral Home in Berlin. Prayers will be said beginning 4:00 PM by Rev. William Porter. A donation in his memory may be made to: St. Jude's Children's Research Hospital 262 Danny Thomas Place, Memphis TN, 38105. Letters of condolence may be sent via: www.burbagefuneralhome.com

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BY SARA ELLEN RUSSELL,
KINDERGARTEN, TERRASET ELEMENTARY

body that just loves to play with you. A friend likes to wait in line with you. And, that person enjoys you.

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