

Burke CONNECTION



By Victoria Phinzy,
Grade 6, White Oaks
Elementary, submitted
by Art Specialist
Susan Mosios.

Children's & Teens' Connection 2017

2017 -
2018

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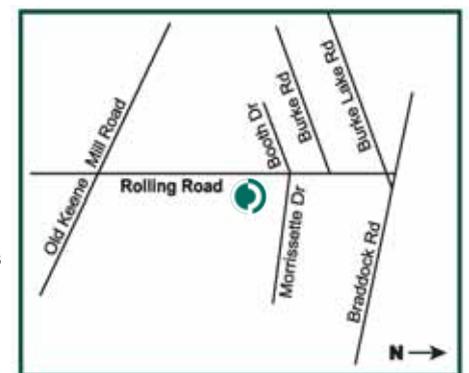
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CHILDREN'S CONNECTION

Dancers by Claire Ashley, Art Classes in Burke, Instructor Carol Zeitlin



Winter Fun, by Allyson Nguyen, Grade 8, Lake Braddock SS, Teacher: Victoria McGrath



By Noah Kwasnoski, Grade 6, White Oaks Elementary, submitted by Art Specialist Susan Mosios.

Welcome

Dear Readers:

This week, the Burke 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 was always 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 2018 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 schools pages.

Our preferred method for material is e-mail, which should be sent to south@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 Riley Betzel, Grade 4, Cherry Run Elementary, Art Resource Teacher Melanie C. Rodas.



Cherry Run Spirit Day, dressed up as "teachers" — Brielle Crowell, Victoria Shea, Kiera Crowell, Deborah Busch (Submitted by Mary Ellen Zavaleta, Fourth Grade Teacher)

CHERRY RUN ELEMENTARY

Photos submitted by Mary Ellen Zavaleta, Fourth Grade Teacher

Cherry Run Elementary fourth graders displaying words they love. First row: Fiona Mulcahy, Faith Emerson; Second row: Dalton Childress, Nathan Hodge, Brielle Crowell, Kiera Crowell, Leo the guinea pig (on lap), Victoria Shea; Third row: Courtney Dang, Keshav Parikh, Anthony Manikas; Fourth row: Alex Robehmed, Samuel Griffith, Fifth row: Nicolas Moreno, Randy Steele.



Fiona Mulcahy: Picture Puzzle Piece by Shel Silverstein



Fourth grader Deborah Busch with the class guinea pig, Leo, sharing him with her dance class friends - Bella Turner, Victoria Barnhouse, Anna Drozdova and Chloe Busch.



Kiera Crowell: Cat by Marilyn Singer in "Turtle in July."

Fourth Graders' Opinions in Mary Zavaleta's class.

Favorite animal?

A human- because I'm a human and we can find a way to live peacefully (or not.)

—EVAN JONES

Cheetahs- it must feel good to run that fast! I wish I could. Do you?

—VICTORIA SHEA

Elephant- When I was younger, I thought an elephant could give me a shower. When I was 2 or 3, I wanted to be an elephant when I grew up. Even now, I still like elephants because they are very cool.

—FIONA MULCAHY

A Galapagos tortoise- I want to ride it! They were almost instinct.

—KESHAV PARIKH

A dog- It's a very interesting story about how dogs came to be real. They have super puppy cuteness that can make a heart melt. They are friendly-well, most of them. You can teach them tricks.

—SAMUEL GRIFFITH

Favorite game?

I like soccer because it's a sport that can burn your energy. If you're feeling squirrely, you should play this sport. It requires a lot of stamina, endurance and brainpower and skill. Can you kick a ball?

—SAMUEL GRIFFITH

Roblox is a game I love to play. You can play tons of different games on it. You can create an avatar. You can have friends. You can enjoy relaxation time.

—SAMUEL GRIFFITH

My favorite game is Rocket League. It's a game where you have cars and you can play hockey, soccer or basketball. You hit the ball or puck with the car and try to make a goal. I play it with my neighbor all the time.

—NICOLAS MORENO

I think Minecraft is a very convenient game because you can play it on almost any device, from your X-box to your iphone! Minecraft is good to build things and has two main game modes: Creative and Survival. In Creative, you are free to do and build whatever you want, but in Survival you have limited resources.

—FIONA MULCAHY

Something you remember doing for the first time?

I remember the first time I rode my bike. It was on a soccer field. Then when I got the hang of it I rode on a tennis court. When I mastered that, I went on the sidewalk and road.

—NICOLAS MORENO

I remember going to a farm. The farm had roasting marshmallows, a mountain you could look up to see its beautiful land, and apple trees that had not-ready apples, rotten apples and good apples on the ground.

—BRIELLE CROWELL

The best thing that ever happened to me was when I caught a grass carp. It weighed 24 pounds and was three feet long. It was the biggest fish my family ever caught. It was the size of my little brother!

—DALTON CHILDRESS

Favorite restaurant?

I went to Cava. It had a handwash-o-matic! You would roll up your sleeves then stick your hands in it. It would spin and spray water.

—KESHAV PARIKH

What would you like to do for your first paid job (as a teenager)?

I would like to work at the Nike store. I like Nike clothes and shoes. Nike and Adidas are my favorite brands.

—NICOLAS MORENO

When I'm a teenager, I want to be a nature guide. The thought of spending all day in the forest makes me happy. I love watching animals, playing in the woods, and building shelters made from natural resources, so that's the job for me. I am good at talking to people about nature and I can memorize trails. I would like the job as a nature guide very much.

—FIONA MULCAHY

I want to be a lacrosse player because playing lacrosse makes me feel so happy when I'm with a team.

—KIERA CROWELL

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Let us know about an upcoming event

connectionnewspapers.com/Calendar

CHILDREN'S CONNECTION

Cherry Run Elementary

Artwork submitted by Mary Ellen Zavaleta, Fourth Grade Teacher



By Kiera Crowell and Victoria Shea



By Dalton Childress 10, Burke

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CHILDREN'S CONNECTION

Lake Braddock Secondary School

Artwork submitted by Ceramics Teacher Josephine Stokes



Snake Vase by Mark Dubon — 3D AP Studio Art.



Flower vase pair by Victoria Cecchetti — 3D AP studio Art.



Autumn Leaf bowl by Devin Sheridan — Ceramics 1



Crown of Thorns by Zoe Mermagen — 3D AP Studio Art.

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CHILDREN'S CONNECTION



Ethan Brown, Grade 4

Cherry Run Elementary

Artwork submitted by Melanie C. Rodas, Art Resource Teacher.



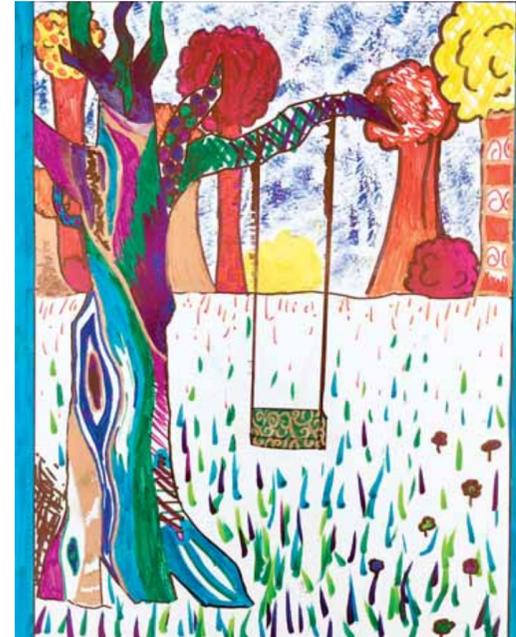
Abigail Schuettler, Grade 4



Stanley Carroll, Grade 2



Alicia Cali, Grade 1



Julia Woods, Grade 6



Braden Hodge, Grade 1



Shelby Anderson, Grade 2



Ayden Dang, Grade 4



Gavin Smith, Grade 2



Wyatt Jarosz, Grade 2



Sydney Scott, Grade 6



Rouben Ohannessian, Grade 6



Ben Taylor, Grade 3



Anna Sinclair, Grade 3

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Self-Portrait drawing by Katie
Weyrich in Art Classes in Burke



Seasonal Drawing by Holly Barker,
Art Classes in Burke

CHILDREN'S CONNECTION

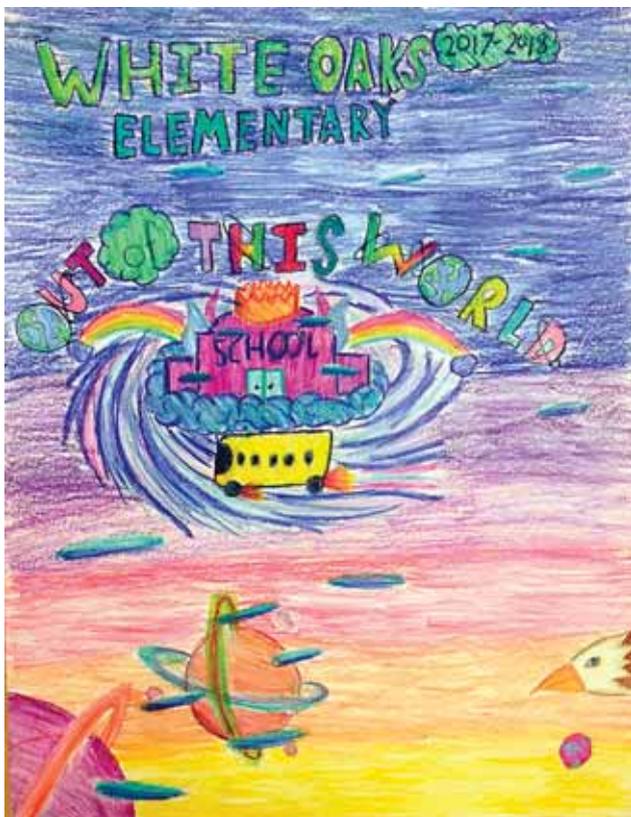
White Oaks Elementary

Artwork by sixth grade students submitted by Susan Mosios, Art Specialist.

By Michelle Wang



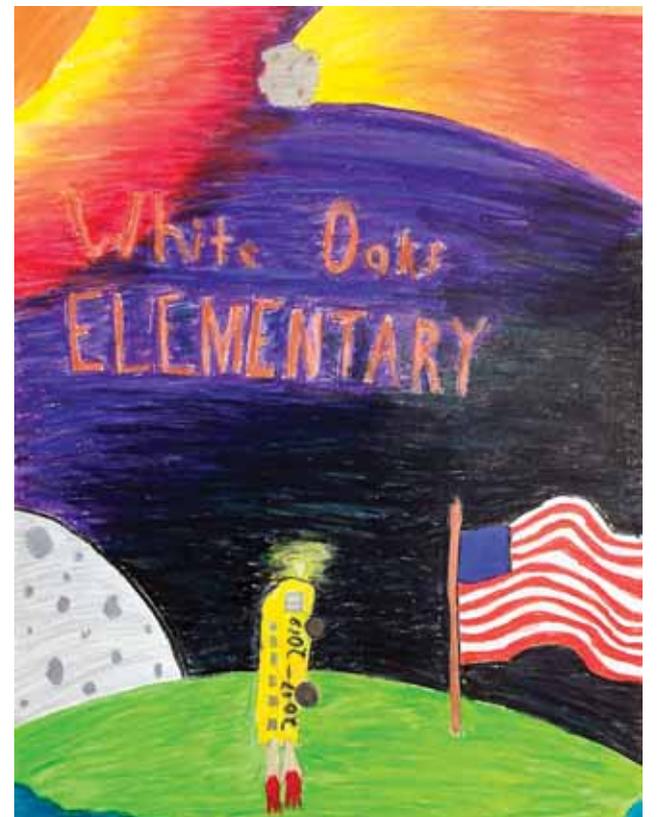
By Owen Corley



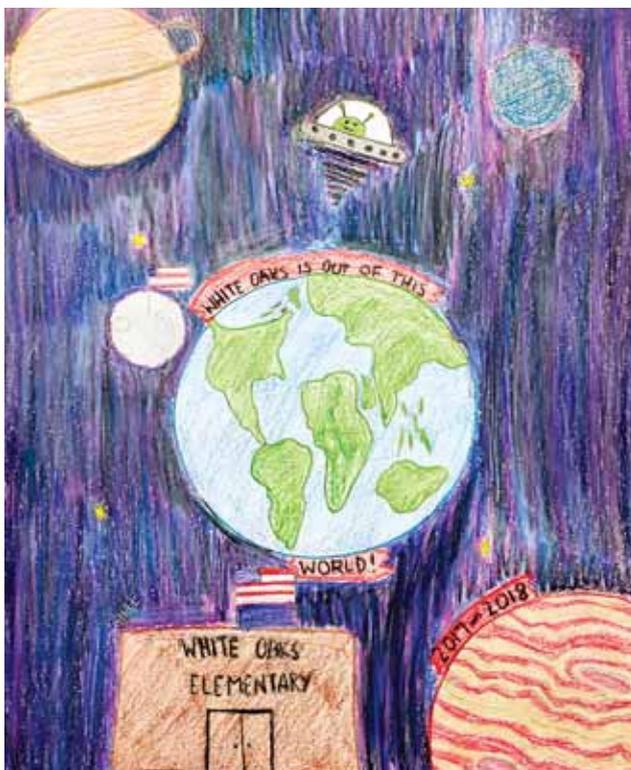
By Anna Gospodinova



By Ariana Marticio

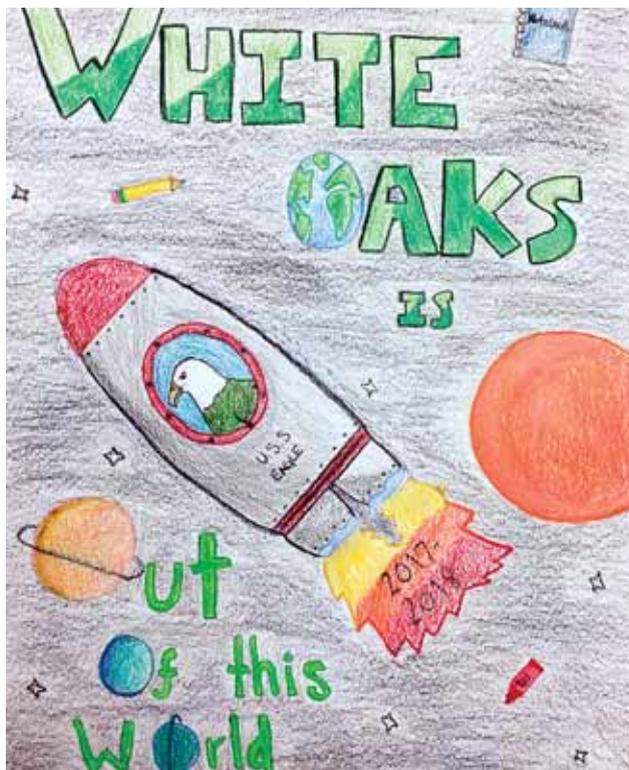


By Devon Rudolph

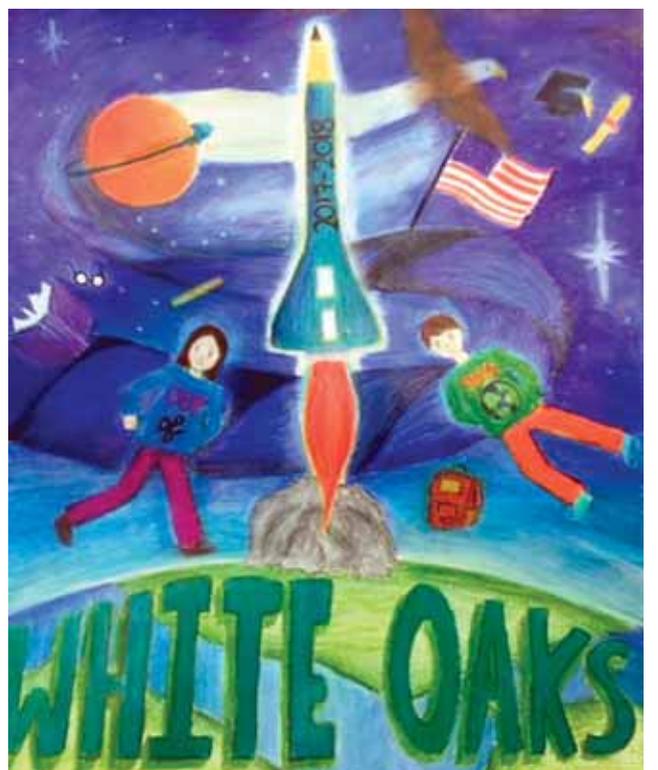


By Jeevan Kaur

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By Katelyn Sullivan



By Maribelle Chu

CHILDREN'S CONNECTION

POETRY

A Flight in the Night

Soaring with my might
In my midnight flight
The moonlit sky
Filling up my eye
Barely moving my wing
So happy I could sing
Oh what a sight
That is to be seen at night!

—JIMIN YIO OF FAIRFAX, 12, GRADE 7,
ROCKY RUN MIDDLE SCHOOL

The Gift

If I were to give a gift to my parents,
it would be something that's not so apparent.
It's something that can grow like a tree
and it's something that can be from you and me.
Love is the word that I'm thinking of,
It flies into life like a little dove.
It doesn't matter whether you're big or small,
As long as you know that there is love for all.

—PETER SHERIDAN, AGE 11- GRADE 5,
LAUREL RIDGE ELEMENTARY

The R in RESPECT

Respect is a gift.
The most important thing to a friend.
Respect is a beautiful and delicate thing,
Worth being treasured in every way imaginable.
The gift of respect is giving to people of all different sizes.
Respect is given to the tall,
Respect is given to the small,
Respect is given to the strong,
Respect to the wrong.
Respect to yourself,
Respect to your peers and toys on the shelf.
But the R in RESPECT, is for resilience.
Resilience to love, resilience to respect everyone.
The R in RESPECT represents the people who care,
Who love, who hope, who dream,
Who live, who laugh, who respect.

—VIOLET TAYLOR, AGE 11,
LAUREL RIDGE ELEMENTARY

Hope

Earth is a fallen world
So many disasters
But there is one thing we can clutch onto to preserve it
forever
Hope
We must share it with others
It's too good to keep to ourselves
We must believe that everything will be alright
We need to hold on tightly
To hope

—GRACE OH, GRADE 6,
MOSBY WOODS ELEMENTARY

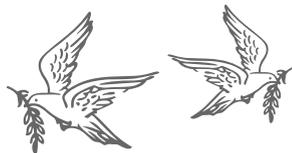


Autumn by Amanda Liu, age 6, First grader in Mrs. Tredinnick's class at Canterbury Woods Elementary School in Annandale

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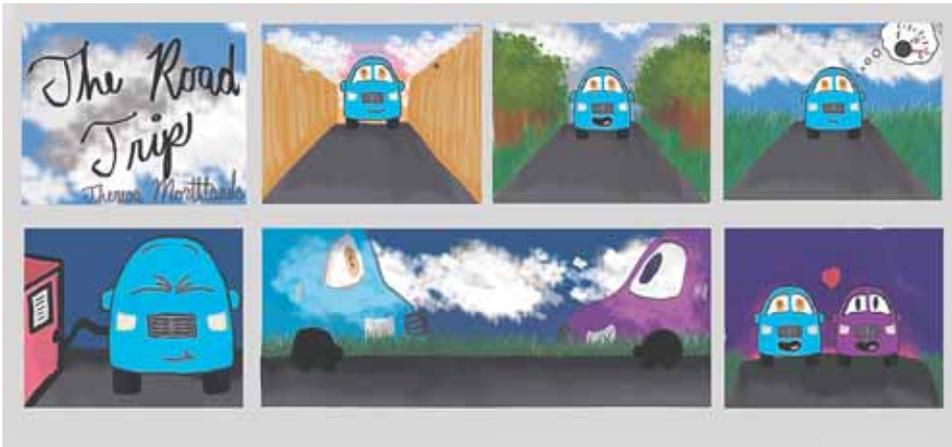
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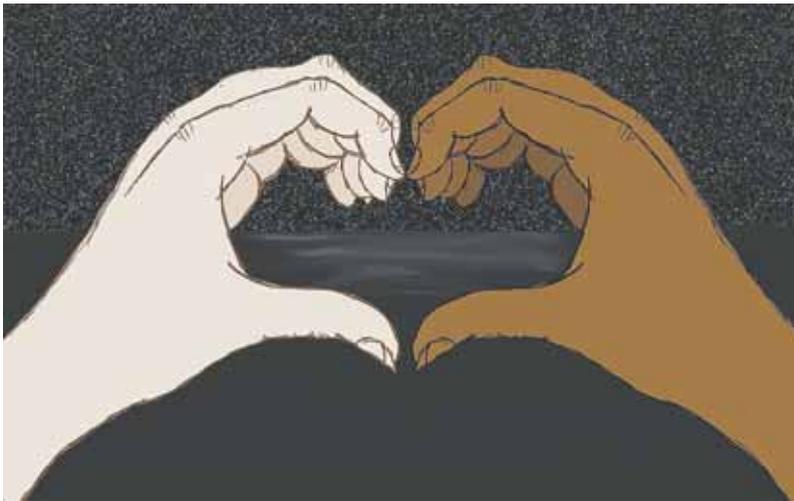
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LAKE BRADDOCK SECONDARY SCHOOL



Road Trip Comic, by Theresa Morthland, Grade: 12, Class: Digital Art 4, Teacher: Mr. Feeney

Love Knows No Bounds, by Theresa Morthland, Grade: 12, Class: Digital Art 4, Teacher: Mr. Feeney



Friends, by Lily Miller, Lake Braddock Secondary - Middle School, Grade 8, Teacher: Victoria McGrath

Precious love, by Kealani Nanz, Grade 8, Lake Braddock SS, Teacher: Victoria McGrath



City of Fairfax Children's Events

Funday Monday

Mondays, 10:30am, Old Town Hall

Free, weekly children's series sponsored by the City of Fairfax Commission on the Arts

Jan. 8 - Story Time & Craft

Jan. 22 - Zumba Kids

Jan. 29 - Oh Susannah

Feb. 5 - Mr. Skip

Feb. 12 - Story Time & Craft

Feb. 26 - Zumba Kids

Mar. 5 - Mr. Skip

Mar. 12 - Story Time & Craft

Mar. 19 - Drew Blue Shoes Magic

Mar. 26 - Zumba Kids

There is no Funday Monday on Jan. 1, Jan. 15, or Feb. 19 due to City holidays.



Sherwood Family Movie Nights

Select Fridays

7:00pm

Sherwood Center



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January 19 - Smurfs Lost Village

February 23 - Captain Underpants

March 23 - Despicable Me 3

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Announcements

POETRY CORNER
Heart of Ice, Cave I Dwelled

My eyes drifted to the snow
Feelings faster than the storm
I saw my joy fade
The sun's light fading
Foggy mist
I couldn't see
My steps led me to snow
Like being buried
Beneath it all
My heart stung
The wolves hungry for my soul
I started forward
I didn't look back
Mind swirling
Tears a blizzard
White scattered my path
Icicles dripped like how I faded
I Wish you could know
I'm sorry
But I knew I must keep going
The fog then lifted
Bringing the sun to my heart
It reached out its hand
I opened my eyes
The frozen dew sparkled
The snow endless mountains of white
I cried for it
I didn't know why
As the wind shifted my coat
My heart as well
I found myself on a cliff
I slipped on pure ice
And started to fall
The ice was so pure
It's cold, the sparkling crystals swept me off my feet
It wasn't just my feet
I hung paralyzed
Lost
Afraid
Alone
My joy ran away
It leaped so fast a blur
Swallowed by shadow
My heart of ice
But it came back to me
Back to me as wonder
With wonder came joy
As I hung with shadows growling
The jagged peaks begged for gloom
I only held on tighter
I then knew I must not fall...
Delicate snowflakes stroked my skin
I knew those who need me

I hung
My eyes glistening with glaze
If you were to throw an arrow at my heart
It wouldn't pierce my heart of ice
I'm so sorry
I let go
My heart was glowing
Brighter than that below
Fell to the cliffs...
Fell to the peak of my life...
The shadow...
The snow that scarred me...
Landed on a cloud
I lived
I yelled
I yelled because of it that haunted me
For the snow that had me survive
No, I'm going back
I started to run
The frozen pond singing
Tears dripping
Heart knowing not
But to keep going
Not today...
Not today...
I will run till I die
Death's scythe will not touch me...
It's not my time...
I grasped onto my life
I knew
And I ran home
That it wasn't I
But my wonder
Than the light
It came through the clouds
Not a seep
But the entire sky
I hugged my life
Only I will touch
You will not haunt me
I had run away
I had fallen
But had gotten up again
The birds of past screeched
The present birds cried
The future eagle looked with its eyes
So that it pierced so much
My heart of ice melted
I do not know why
The ice wrapped around me
And then I flew

BY HANNAH BANG, 12, 6TH GRADE
GRADE 6, FAIRHILL ELEMENTARY

Can you guess my favorite season?

It's a season where people may get fevers or shivers from the cold
It's a season where divine, decorative, and delightful snowflakes unfold
It's a season with laughter and soft and warm dinks where we hit them together and they go CLINK!
This season gives you a reason to go to the ice skating rink
Did you guess it, it should be clear, so grab your coats because my favorite season winter is here

—RUGIATU AISHA WURIE, 11, FAIRFAX, GRADE 6, COLIN POWELL ELEMENTARY



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BULLETIN

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

HOLIDAY SOBER-RIDE

Free Sober Rides. The annual Holiday SoberRide program will operate 8 p.m.-4 a.m. each night from Friday, Dec. 15, 2017-Monday, Jan. 1, 2018. Area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter the code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's weekly Holiday SoberRide promo codes will be posted at 2 p.m. on Dec. 15, Dec. 23 and Dec. 31 on www.SoberRide.com.

BLOOD DONATIONS NEEDED

The American Red Cross urges eligible donors to give more life by giving blood this December. In December, donations decline but the needs of patients remain steady. During the holiday season, set aside an hour to give the most important gift – give blood and give more life. All those who come to give blood or platelets Dec. 21, 2017, through Jan. 7, 2018, will receive a long-sleeved Red Cross T-shirt, while supplies last. Make an appointment to give blood by downloading the free Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

Springfield

- Dec. 26: 1-5 p.m., South Run RECenter, 7550 Reservation Drive
- Dec. 27: 12:45-8 p.m.
- Dec. 28: 9 a.m.-2 p.m., Pennino Building 10th Floor Conf Rm, 12011 Government Center Parkway
- Dec. 28: 12:45-5:45 p.m.
- Dec. 29: 7:45 a.m.-3 p.m.
- Dec. 30: 7:45 a.m.-3 p.m.
- Dec. 31: 7:45 a.m.-2:45 p.m.

TUESDAY/JAN. 9

American Legion Post 177 Luncheon. 11:30 a.m.-1:30 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. Presentation on "Advanced preparation and arrangement for funeral/memorial" by Peter Hause, Fairfax Memorial Funeral Home. \$11. Call 703-280-2356 for more.

SUPPORT GROUPS

Shepherd's Center of Fairfax-Burke sponsors a monthly meeting on the 2nd Tuesday of each month, noon-1:30 p.m., for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or eileen.thompson1@gmail.com.

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

ONGOING

Volunteers needed at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact volunteers@fairfax-station.org or 703-945-7483 to explore services that will fit your schedule and interests. Visit www.fairfax-station.org, or call 703-425-9225 for more.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

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"Cansir"



By KENNETH B. LOURIE

Though I want to treat the disease – and my having been diagnosed with the disease, with respect, I don't want to treat it with the utmost reverence. I mean, it's not the Pope. It's an affliction, not an affection. Certainly not one worth embracing anyway. But definitely one which needs engaging.

Treating and living with lung cancer shouldn't be a vertical-type, up or down, either-or set of options. There should be more integration with non-Western, holistic and alternative approaches rather than, as has been my experience: you're on your own; and your oncologist, generally speaking – or potentially legally-liable from speaking, knows/say less about it than you the patient.

I've tried to straddle this line going on nearly nine years now. Adhering to the conventional wisdom/treatment didn't seem like enough. Perhaps hearing the extremely grim prognosis that I received on Feb. 27, 2009: "13 months to two years," affected my thinking. Perhaps hearing the equally grim likelihood – statistically referencing, of living beyond five years (low single digit percentage); heck, even living beyond two years, might have given me pause as to what course of treatment: chemotherapy, I was starting and why. But what did I know? I had just been blindsided and then bewildered as to why and how I was going to live the rest of my life.

Yet here I sit, nine-years old, so to speak. Some days I believe my amazing good fortune has to do with the treatment and care I've received from my oncologist and staff at the Infusion Center. Other days, I think it has to do with some of the alternatives I've assimilated into my life. Though I can't honestly include exercise in that life, I have modified my diet somewhat and most definitely can mention vitamins, supplements, alkaline water and apple cider vinegar, among a few others; along with a positive attitude with mostly good humor, as important elements. It hasn't been easy, but it has been me. Meaning, I am proud of how I've managed a bad situation and so far, not made it worse.

Though I am somewhat unique, statistically measuring, in how long I've survived (however, I'm not exactly 108-year old Paul Edgecomb/Tom Hanks from the movie "The Green Mile"), I don't know that the varied steps I've taken and the humor and attitude with which I've put one foot in front of the other are likewise unique.

Of the many patients/survivors I've met along this way, many, if not all, have exhibited similar good humor and more of a can-do attitude quite frankly, than I. I've always been happy to make their acquaintance and eager to hear their stories, as they have been interested in hearing mine. Although cancer is not exactly catchy, I've found that, in speaking/sharing with fellow cancer survivors, what goes around comes around. And what "that" is that is going around is, to invoke The Beach Boys: "Good Vibrations," and that is catchy and healthy too!

When I was first diagnosed – and caught up in my own circumstances, I was not interested – too much, in interacting with other lung cancer patients/survivors. I was more concerned with my own fragile emotional state and was afraid that exposing myself to more bad news: other "terminal" lung cancer patients' stories would weaken my resolve.

I don't recall how many months or years it was before I realized how wrong I had been. Weaken? My involvement with fellow lung cancer patient/survivors has only strengthened my resolve. Has that openness and appreciation for my fellow lung cancer patient extended my life? I'd like to think it has.

But if it hasn't, I guess the jokes on cancer. And that's a laugh with which we can all live.

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

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