

Reading Fun,
by Herwen Xu, 12,
Grade 7,
Rachel Carson
Middle School

Oak Hill Herndon CONNECTION

Children's & Teens'
Connection 2017



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CHILDREN'S CONNECTION



**Maylee Batucan, 6, Grade 1, Yan's Art Studio, Fairfax,
Teacher: Yanshun Sui**



**Sophiya Neupane, Grade 5, Dranesville ES, Herndon,
Art teacher: Anne Nagy**

Welcome

Dear Readers:

This week, the Herndon/Oak Hill 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 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 edi-

tor, 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 community 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 KURSPAHC



By Neev Naguboyina, Grade 3, Floris Elementary School, submitted by Art Teacher Joan Hussey.



**By Ailee Byington, 6, of Herndon,
Grade 1, Fox Mill Elementary, Teacher:
Yanshun Sui**



Halloween 2017, by Michelle Bi, 7, Grade 2, Crossfield Elementary (Herndon), Teacher: Ms. Clark

LUTIE LEWIS COATES ELEMENTARY

Artwork submitted by Maria Claessen, Art Resource Teacher



Family Tree, by Yosuf Rahimi, Grade 1



Tiger mask, by Surya Kokkonda, Grade 5

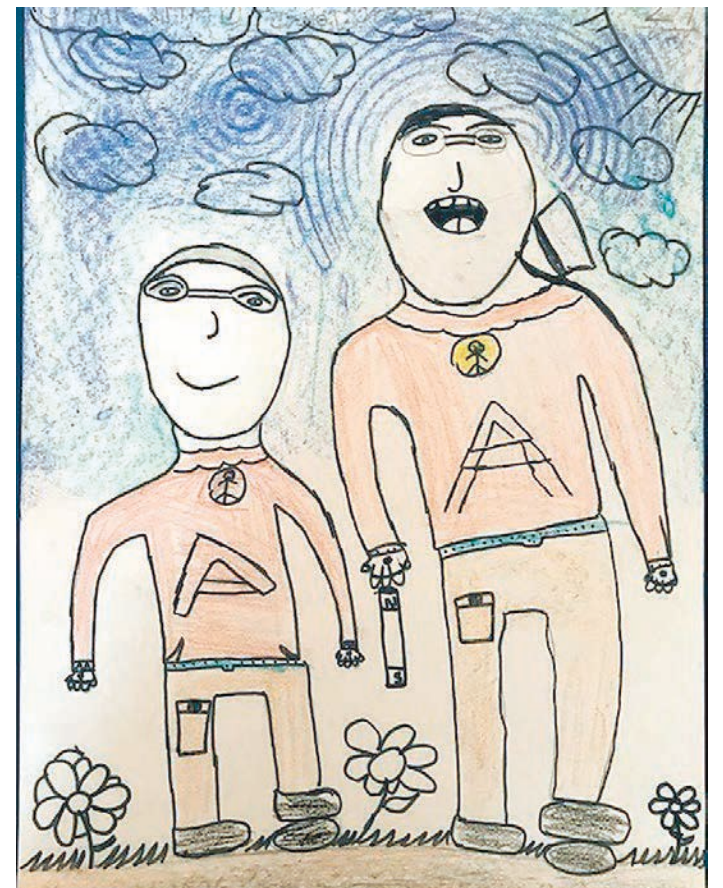


Family Drawing , by Kayla S. Sykander, Grade 1

**Family Drawing, by
Lule Alemayehu,
Grade 1**



**Shoe, by Andy
Vasquez-Garcia,
Grade 6**



Family Drawing, by Harshad Sivapuram, Grade 2

**Shoe, by Alex
Ramos-Marquez,
Grade 5**



**Paper de-
sign, by
Ariyah
Culbreath,
Grade 6**

CHILDREN'S CONNECTION

Crossfield Elementary



Playing with Friends at the Pool, by Michelle Bi, 7, Grade 2, Crossfield Elementary (Herndon) Teacher: Ms. Clark



Raining Day at Costco, by Michael Lin, 9, Grade 4, Crossfield Elementary (Herndon) Teacher: Ms. Yan Sui

YAN'S ART STUDIO FAIRFAX



Maylee Batucan, 6, Grade 1, Yan's Art Studio, Fairfax, Teacher: Yanshun Sui



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By Drishti Nishar, Grade 5

Floris Elementary School

Artwork submitted by Art Teacher Joan Hussey.



By Jaayla Davidson, Grade 3



By Ava Connor, Grade 3



By Steffi Rana, Grade 5



By Ray Shen, Grade 5



By Sachika Mann, Grade 5



By Hatim Ghatim, Grade 3



By Kyle Weiss, Grade 3

CHILDREN'S CONNECTION



Circus with Blue Unicorn, by Isabella Chu, 10, Grade 5, Oak Hill Elementary, Teacher: Ms. Bowe



Jumping Horse, by Samantha Chu, 10, Grade 5, Oak Hill Elementary, Teacher: Ms. Fredericks

The Oak Hill / Herndon Children's Connection

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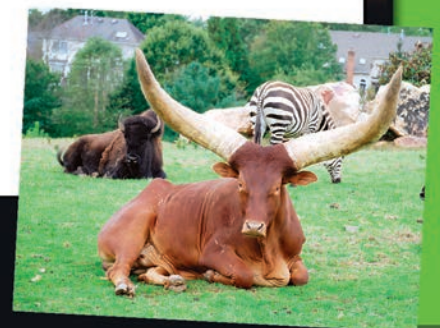
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DRANESVILLE ELEMENTARY SCHOOL

Artwork submitted by Art Teachers Anna Cadin and Anne Nagy.



Andrea Guillen, Grade 5, Dranesville ES, Herndon, Art Teacher Anne Nagy



Leo Loria, Grade 6, Dranesville ES, Herndon, Art teacher Anne Nagy



Beckham Roane, Grade 2, Dranesville ES, Herndon, Art teacher, Anna Cadin



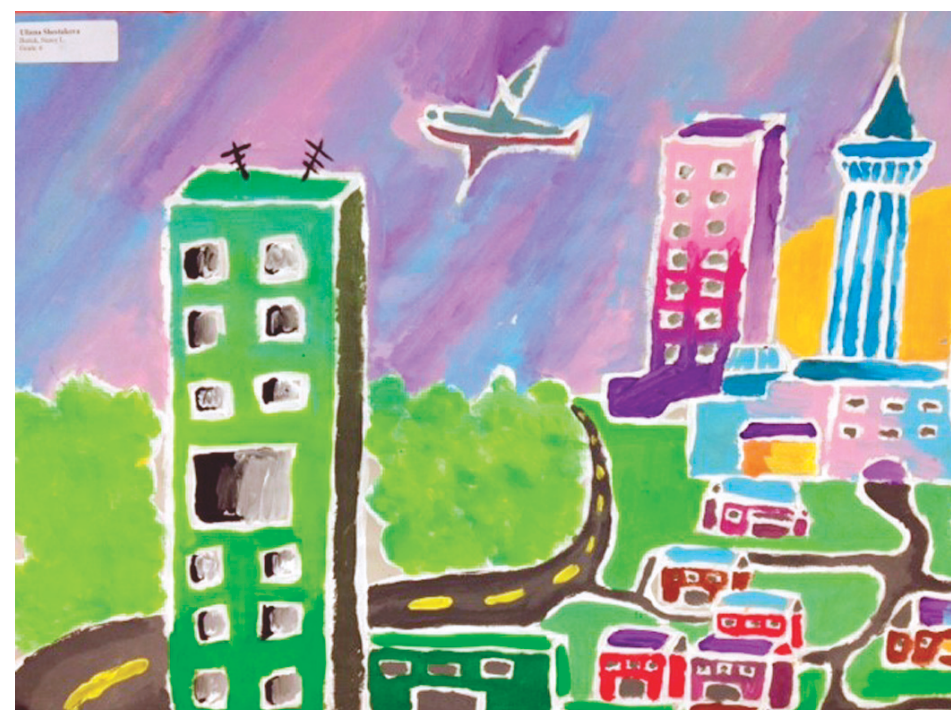
Michelle Lopez, Grade 3, Dranesville ES, Herndon, Art teacher Anna Cadin



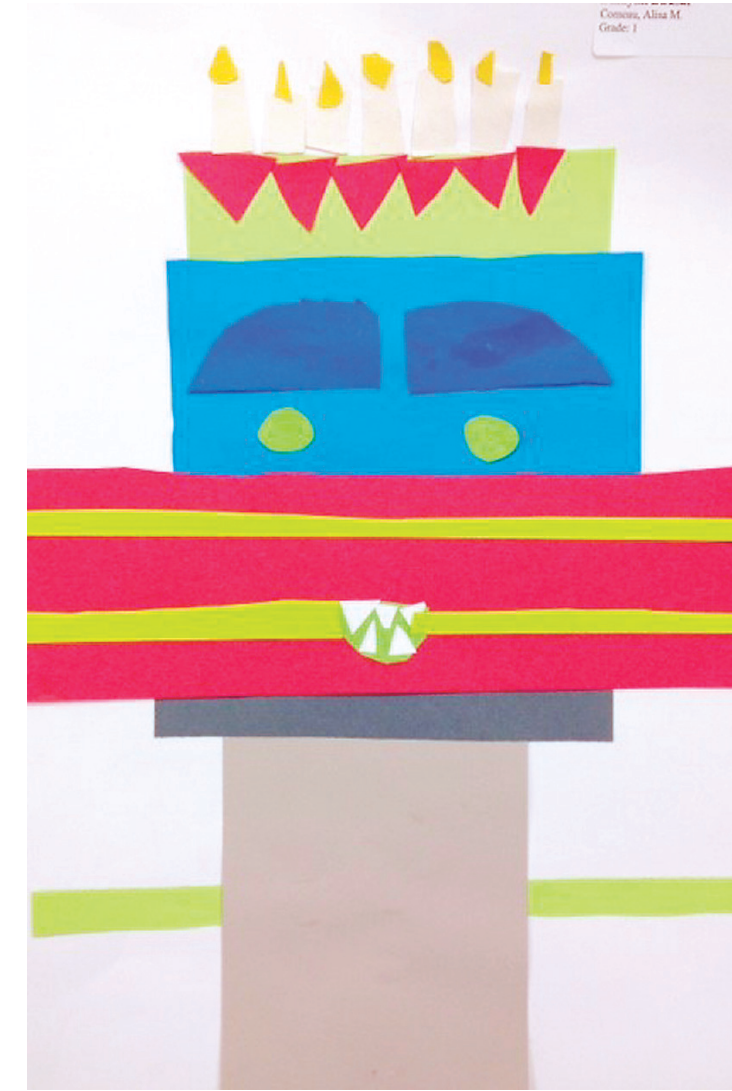
Thatcher Swinton, Grade 6, Dranesville ES, Herndon, Art teacher Anne Nagy



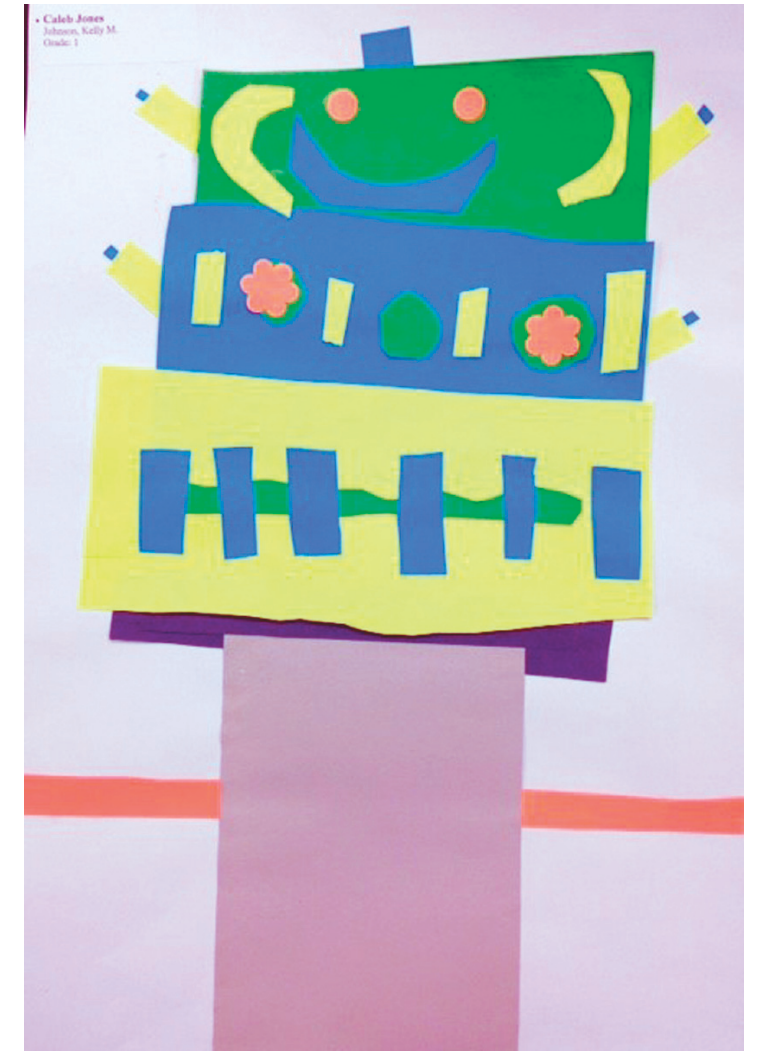
Kyla Gordon, Grade 6, Dranesville ES, Herndon, Art teacher Anne Nagy



Uliana Shestakova, Grade 6, Dranesville ES, Herndon, Art teacher Anna Cadin



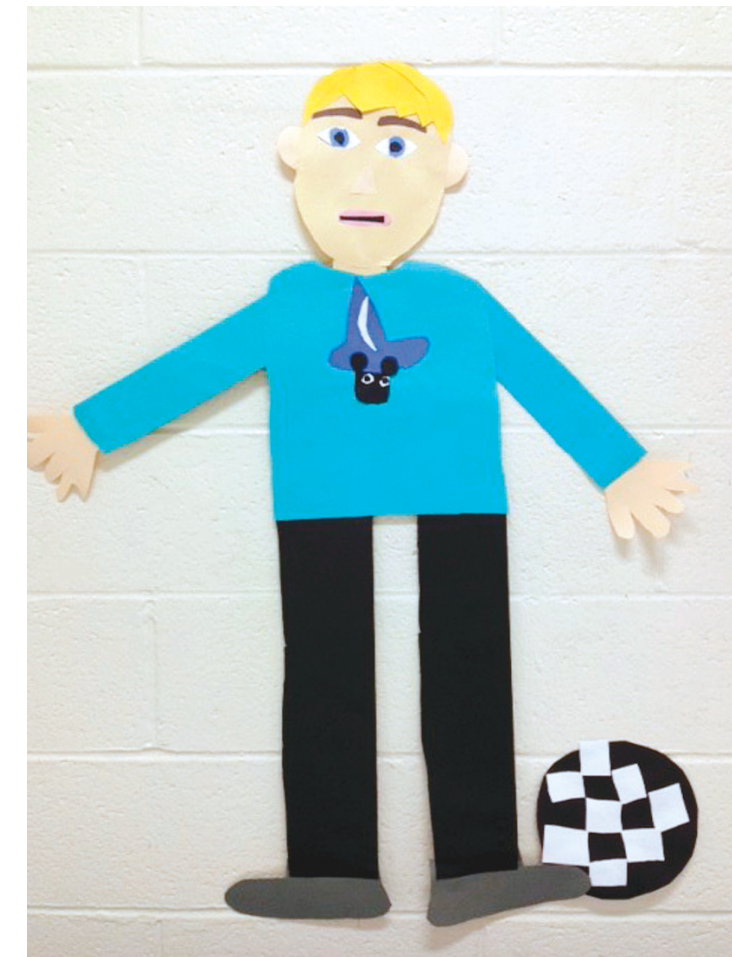
Binayak Bhusal, Grade 1, Dranesville ES, Herndon, Art teacher Anne Nagy



Caleb Jones, Grade 1, Dranesville ES, Herndon, Art teacher Anne Nagy



Avery Swinton, Grade 2, Dranesville ES, Herndon, Art teacher Anne Nagy



Caleb Torgerson, Grade 3, Dranesville ES, Herndon, Art teacher Anna Cadin



Ericka Lopez, Grade 3, Dranesville ES, Herndon, Art teacher Anne Nagy

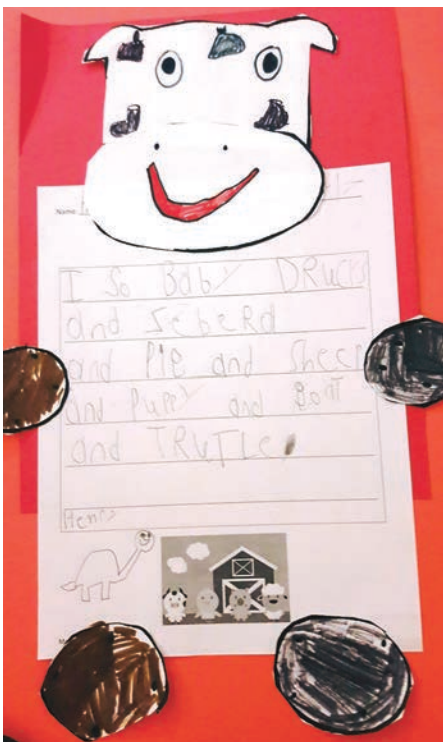
CHILDREN'S CONNECTION



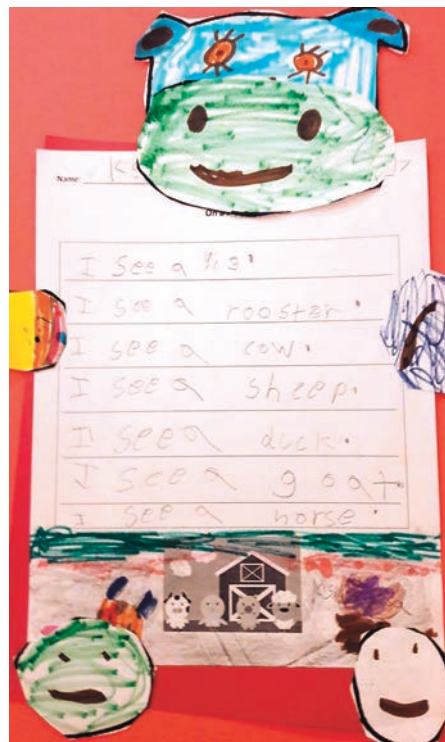
By Yazhini Sundhar, 7

McNair Elementary School

Submitted by Kimberly Perri, School Based Technology Specialist (SBTS), Instructional Technology Coach



By Henry Rivera, Grade 1



By Kshetra Konapalli, Grade 1

By Mounika Neelisetty, Grade 6

Are YOU a Digital Citizen?

Think About It

- Is it helpful
- Is it true
- Are you doing the right thing
- Is it kind
- Is it inspiring
- Is it necessary

PAUSE & THINK ONLINE

Digital Citizens are

- Responsible, respectful and safe while using technology
- Stand up to cyberbullying
- Balance the time

Be Safe

- Make good choices
- Go to safe websites
- Protect passwords and personal information

KEEP CALM AND THINK BEFORE YOU POST

What is digital citizenship? Digital citizenship can be defined as the norms of appropriate, responsible behavior with regard to technology use. 1. Digital Access: full electronic participation in society. Technology users need to be aware that not everyone has the same opportunities when it comes to technology.

POETRY CORNER

A Good Friend

A good friend can see if you are dispirited and solitary
A good friend can see your success and your failure
A good friend can see the light that shines in you
A good friend is an inspiration
A good friend is an advocate
A good friend is an optimistic person
A good friend is there to encourage you
A good friend is there to cheer you up
A good friend is there to pick you up when you fall down
A good friend always keeps you in their heart
A good friend always share your happiness
A good friend always is a good person to depend on
A good friend's heart is always pure
A good friend's talk will bring cheer
To me a good friend likes you for what you are

—JAITHA JASTI, McNAIR ELEMENTARY, GRADE 6

A Priceless Gift

If I could give my family a gift,
It would be my love.
For my love makes them happier
Than anything in the world.
Anything other than my
Love would not be from my heart.
It would be from how much
Money I spend.
My love for them will always be real,
As nothing can break it,
And nothing can tear it,
And it is everlasting.
My love makes them proud
To be my family.
As no-one can give them that
But me!
My world is my love for them,
And that is what they mean for me.
My love is what makes them merry,
And my love is what keeps them cheerful.
Most of all, our love for each other is
What keeps us a family, and is what means
Most in our hearts!

—AKSHAYA CHAKRAVARTHY, II, McNAIR ELEMENTARY, GRADE 6, HERNDON



What makes a good digital citizen.

By Sebastian Nassiri in 5B

Be nice online. No cyberbullying

Do not talk to strangers. Do not put your personal info online. Have fun



By Sebastian Nassiri, Grade 5

CHILDREN'S CONNECTION



By Chloe Mia Zhu, 6, Grade 1, Fox Mill Elementary School, Teacher: Nakayama Sensei



By Ethan Zhu, 8, Grade 3, Fox Mill Elementary School, Teacher: Ms. Hardtke



Annie Wang,
7, Floris
Elementary,
Grade 2,
Teacher: Ms.
Lovett



"The Growing Flower,"
by Zariya Khan of
Reston, 9, Grade 4,
Forest Edge Elementary,
Teacher: Ms. Mayberry

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What Makes A Good Friend?

What makes a good friend? A good friend makes you happy. They cheer you up when you are upset and play with you whenever you want. A good friend shouldn't hurt you or bully you. They stand up for you when you are bullied and when you are hurt. They are there for you when you need advice and are a good influence to you and others. Friends stick by your side no matter what. They should be respectful to you and to others. If your friend hurts you don't stick around with them. If your friend is being rude to people, don't be rude as well. Choose your friends wisely so you won't be hurt. Friends are also care for you when you are in trouble. Help you when you have bad grades or when you change schools. They should still be your friend when you are in a different school or country. They shouldn't change their mind about being your friend if you have been in a different country for vacation. I had a friend in 5th grade that hurt me physically. She slapped me in the face. I still hung out with her, but it was a bad choice. I started being mean and saying inappropriate words. I stopped hanging out with her and still have. I also had a friend in 4th grade that was rude to me and my two other friends. We had had a small group. One of them decided to ignore me when I had gone on vacation to a different country. She told my other two friends to ignore me too. So they followed what she said. When I came back they wouldn't talk to me anymore. I got mad and so did my other two friends. So we decided to stop hanging out with her. I have had a lot of friends that have decided to be rude to me and others people. So I know how it feels like to be under pressure. So decide wisely and choose correctly. So that won't happen to you.

— GABRIELLE NORONA, 12, GRADE 6

The Best Gift Ever

The best gift I've ever been given would be my family. The reason I chose my family besides of all things is because they are my world and everything to me!!! These examples below are the reasons why every single member in my family is important to me and why they are the best gift I've ever received. Lets just start with my parents. My parents are very kind and thoughtful. I am very grateful for them always. They advise me on what to do and what not to do. Their decisions always end up with a positive effect. The next person who is very important to me would be my brother. Even though I don't have much to say about him since he is just a five month old baby, I would like to say that whenever I'm not in a good mood, he always puts a smile on my face! The next members I would like to mention would be my grandparents. I am very thankful for them because whenever I am in trouble they always try to support me and help me out. They also tell me a lot of childhood stories of my parents which I personally think is very funny. The last person that I would like to point out would be my great grandma, she is about 83 years old and she is still very active! The reason I chose her is because she is the reason that I actually get to watch T.V. She also has a very good sense of humor. She always murmurs old sayings which always makes me laugh. So this is why I chose "My Family" for the best gift that I've ever received. So what do you think? Would you pick your family for the best gift you have ever gotten? Yes or No?

— HARINI VIJAYANARASHIMAN, 11, GRADE 6

When I Grow Up

I want to be a doctor. I want to be a doctor because I want to help people out. I will do a lot to cure people. I know it includes going through a lot of degrees and school but it's worth it. I want to help people out everyday. I want to get noticed for a good thing. My parents and family will be happy and proud of me. My parents want me to be a doctor. Everyone does If I have a good career I will have a good future. Most of the time I will be able to know what cures what and it will make me feel confident. I like to heal people. That is why I want to be a Doctor.

HERMELA TEREFE, 11, GRADE 6



"Santa going around and making his list for Christmas," by Ahmet Niyazmuradov, 8, Herndon.

What Is One Thing That You Would Want to Change About School?

In my opinion, there are many things to change in schools that would encourage and stimulate kids in school. If kids were able to pick what they wanted to do, they could enjoy their studies instead of being forced to do something that they wouldn't have done if they had a choice. For example, if one kid enjoyed math very much, he would enjoy school much more if he could focus on math while still studying every other subject for a decreased time. He would spend time doing math in our specials time, instead of getting bored in art, music, or any other special. Because of his interest in math, he would desire to strive and achieve in math, therefore getting better at math. This way, he could excel in math and improve in life, therefore helping him get a career later on. In our normal schools, if there was a kid like that, he would only get a portion of the day to do what he wanted to do. He would learn things that he would later on not use. Previously, if there was a kid like that, he would have graduated into a mathematician. He would have not needed to spend time learning art or music if he wouldn't use it in his career later on. This would also encourage students to decide what they wanted to become prior to their normal decision time. An example of a normal school day is: 1 hour math, 1 hour reading, 1 hour writing, 1 hour science/ social studies, and 1.5 to 2 hours of specials. An example of a school day with an altered schedule with a kid who was interested in math: 1.5 hours reading and writing, 1.5 hours science and social studies, 3 hours math, 30 mins of specials that that person actually wanted. This would also help students pick courses in college, so they would actually know what they wanted to learn instead of being confused at that time. This way, students can excel in one area, while still keeping up in everything else. This is what I think you should change in school.

— KARTIKEYA VINAYKUMAR, 11, GRADE 6

The Attributes of a Good Friend

The first attribute I would like a friend to have is the ability to comfort. This helps me when I'm feeling really down. I always want someone there to hold me up and get me back up on my feet. I also

want someone to be there to just catch me up, or fill me in. For example, they can just help me out in science, give me a pat on the back, let, me cheat on a test (just joking). This attribute makes me feel important, someone who's cared about. It makes my day. The second attribute I would like a friend to have is someone I can depend on. If I ever need someone to just hold on to something for me, or someone I can trust will work on a project, or cover for me. This builds up my trust for them, and our friendship gets stronger. It also helps when I miss 2 weeks of school, and I can count on them to be there with all the things I missed. The third attribute I would like a friend to have is the sense of humor. It's always good when you have someone who can always crack you up. This relaxes my mind, and gives me a jolly mood. I also love to hear a joke that I can use or something cheerful that's not dull or boring. The last attribute I would like a friend to have is just friendliness and to not be selfish. I don't want to just be a puppet that you throw away at the first sight at someone else who's cool. I want someone stick with me for everything, whether it's harsh or it's tough. This is the attributes I would think a good friend should have.

—KESHAV SUBRAMONIA, GRADE 6

What I Am Looking Forward To This Year

Hi, My name is Pranav and this is what I wrote about what I am looking forward to this year. One thing that I am looking forward to this year is winter break. My reason is that during this time, I will visit my friends and family and celebrate Christmas with them. I really like this because during this time everyone has fun and you get together with loved ones and spend time with them. Also, two weeks before winter break, my class had a lot of events coming up such as tests. Winter break is a time to take the time off and relax. I will need it a lot as I took many test and I MEAN it. Also, I cannot wait for Christmas mainly to give gifts to my family and of course, I want to see what things I will get. Did you also know that while having break, we also have NEW YEARS? For me that basically means staying up late, which I like to do and having a New Years party. Finally, in winter break I also hope snow falls. Although it has barely happened, I will get to play in the snow only IF it comes. I would at least expect a minimum of three to five inches of snow based on how cold it has been since November. Just so you know, I don't think three to five inches of snow is much. So, in conclusion, I this is what I am looking forward to this year!

—PRANAV BANSAL, 12, GRADE 6

What Makes A Good Friend? Pal. Friend. Companion. Alter Ego. Second Self.

You may call a friend all of these things. If you look online, the definition of the word "friend" is "a person whom one knows and with whom one has a bond of mutual affection." Oh, come on! A friend is a lot more than that. A friend is someone who will stick by you through the thick and thin. Someone who picks you up when you fall down. What actually makes a good friend? One thing I value a lot in a good friend would be a friend, not a pleaser. A pleaser is someone who goes along with everything you say, like your servant. I would appreciate a friend who would feel comfortable enough around me to voice their opinions and speak their mind. A pleaser wouldn't be a friend – a more appropriate word would be "stooge" or "henchman" or "minion".

Another trait that makes a good friend would be to be trustworthy. Wouldn't it be awful if your "friend" or someone you trusted went and told everyone your secrets? I would definitely not like that. I would appreciate a friend who would keep information I told them safe, especially if it were personal or embarrassing. The best part of having a good friend is that they are the best. I love and value my friends for every single perfect imperfection they carry. No human is perfect, and have to respect that. I cherish and appreciate my friends for the beauty inside of them, not their physical appearances. Even if no one is perfect, everyone has perfection inside of them. In my eyes, my friends are perfect – more than I could ever dream of. We as people shouldn't take friend for granted, and we should try to improve our bonds that we already have and make an effort to create more of these friendships.

—SAIPRIYA BUDDHAVARAPU, 12, GRADE 6

What is one thing that you would change about school?

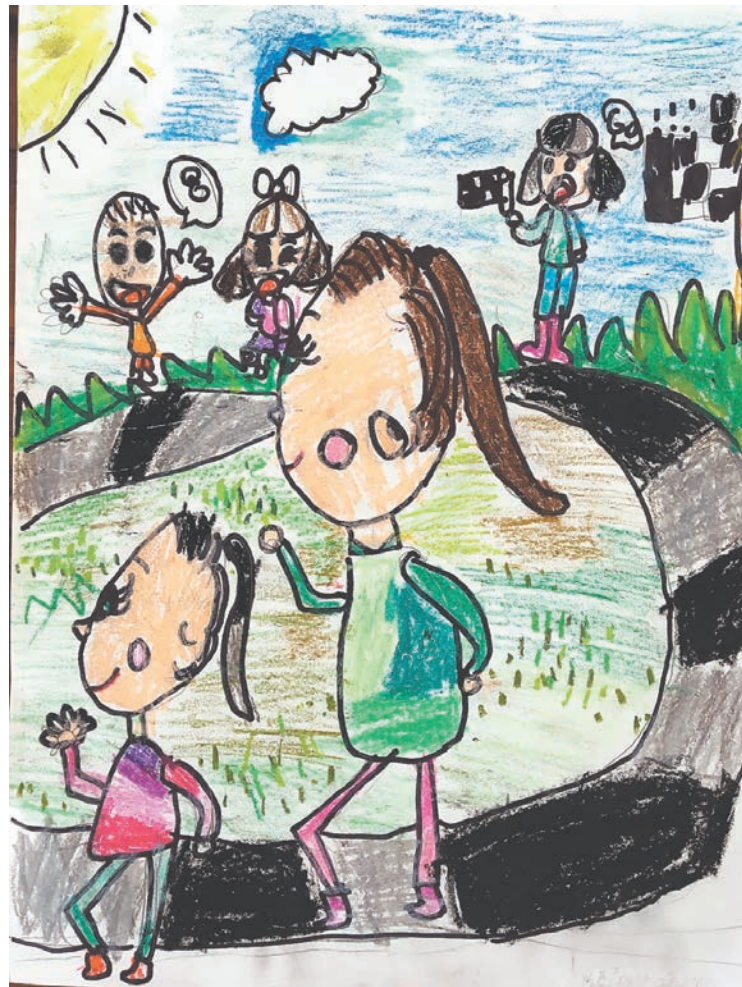
If I were to change something about school, I would change something that all kids would love to do, and something teachers feel comfortable to teach and something we will all enjoy! Something I want to add is just to have classes where all you do is fun, and very interactive hands-on activities! This is something that kids will like because something you do is the most remembered. Teachers also can incorporate this because teachers want to be fun and want to teach something which doesn't need a lot of work. For any hands-on activity it will be just to get some simple materials and ... voila! You have your own DIY hands-on activity. What will this little adjustment of work do to benefit schools around America and the world? Kids these days want to play and experiment with anything and everything that's around them. Teachers want to teach in the best way possible too. Students in the future want to do various jobs such as being a doctor, an engineer, or an astronaut. Something we all need to be perfect in something or to be proficient in something is practice. Practice helps us master the skills needed to do anything in our world. When kids grow up to be adults, and they face of with a tough and physical or mental challenge, they will remember how to do it because they know the exact process in schools. Some schools already do this a lot and that's great! But not all schools do and that doesn't offer students all the things they can learn. The most important thing for people in the 21st century is what we can do to better the world for the incoming generations. We have evolved a lot and with this simple improvement in schools worldwide, we can make the world a better place for the future!

—TEJESH DANDU, 6TH GRADE, HERNDON

CHILDREN'S CONNECTION



Save the Dinosaur, by Winston Andrew Wang, 10, Grade 5, teacher: Eileen Glass



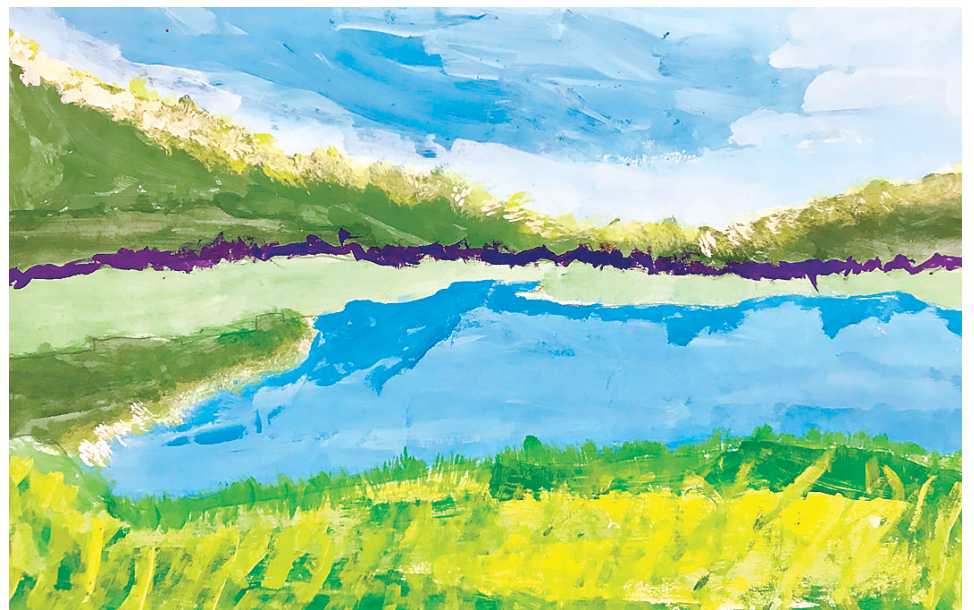
By Ailee Byington, 6, of Herndon, Grade 1, Fox Mill Elementary, Teacher: Yanshun Sui



Science Fair, by Sophia Yingxuan Wang, 8, Grade 3, teacher: Caitlin Barnes



A Day With Monkeys, Winston Andrew Wang, 10, Grade 5, teacher: Eileen Glass



A landscape scene from the Coastal Region of Virginia, by Justin Herrera-Obando, 10, Grade 4, Hutchison Elementary, Teacher: Laura Yuska.



Night Lights, by Sophia Yingxuan Wang, Age: 8, Grade 3, teacher: Caitlin Barnes



Growing Future, by Herwen Xu, 12, Grade 7, Rachel Carson Middle School

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**CHILDREN'S
 CONNECTION**

By Kevin Su, Age
 9, Grade 4, Oak
 Hill Christian
 School, Herndon,
 Teacher: Rita
 Barillas



Leo Su, 7, Grade
 2, Oak Hill Chris-
 tian School,
 Teacher:
 Katherine Culver



Leo Su, 7, Grade
 2, Oak Hill
 Christian School,
 Teacher:
 Katherine Culver



By Connor Soto, 7,
 Grade 1, Sunrise
 Valley Elementary,
 Teacher: Ms Barna

BULLETIN

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

HOLIDAY SOBER-RIDE

Free Sober Rides. The annual Holiday SoberRider 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.

FRIDAY/DEC. 29

Blood Donations Needed. 9 a.m.-2 p.m. at Extended Stay America, 12190 Sunset Hills Road, Reston. 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).

ONGOING

Herndon High School Library needs volunteers. Training available to help with reshelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email hhs_library@fcps.edu.

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. Visit www.rsvpnova.org.

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956- 8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. Call Natalie McCall nmccall@onelifefitness.com 703-904-7600 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email skeduman@aol.com for more.

Hypothermia Prevention: An Emergency Program for the Homeless. To help our vulnerable neighbors survive the winter, we provide overnight shelter with a "no turn-away" policy at all emergency homeless shelters during freezing weather. Through the coldest months of the winter, we also provide the Hypothermia Prevention Program, a countywide community network of 45 overnight shelters. Through this program last winter, our nonprofit and faith-based community partners served almost 1,000 men and women with a safe, warm place to sleep. If you see someone at night who is unsheltered and you think could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711.

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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.

Reston's 5th Annual Camp Expo is Bigger & Better than Ever!

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It's not too early to plan for summer. Don't miss your chance to learn about hundreds of Reston-area summer camps and out-of-school activities – all in one place. This year's event will also feature youth sports organizations and camp providers! Bring the whole family out for a fun and informative morning of snacks, music, games, prizes and resources.

This event is coordinated by local non-profit organizations and Fairfax County government agencies in support of the Reston Opportunity Neighborhood program. It is hosted by Reston Community Center.



For more information, please contact LaTanja Jones, RCC Collaboration & Outreach Director at 703-390-6158.



www.restoncommunitycenter.com

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