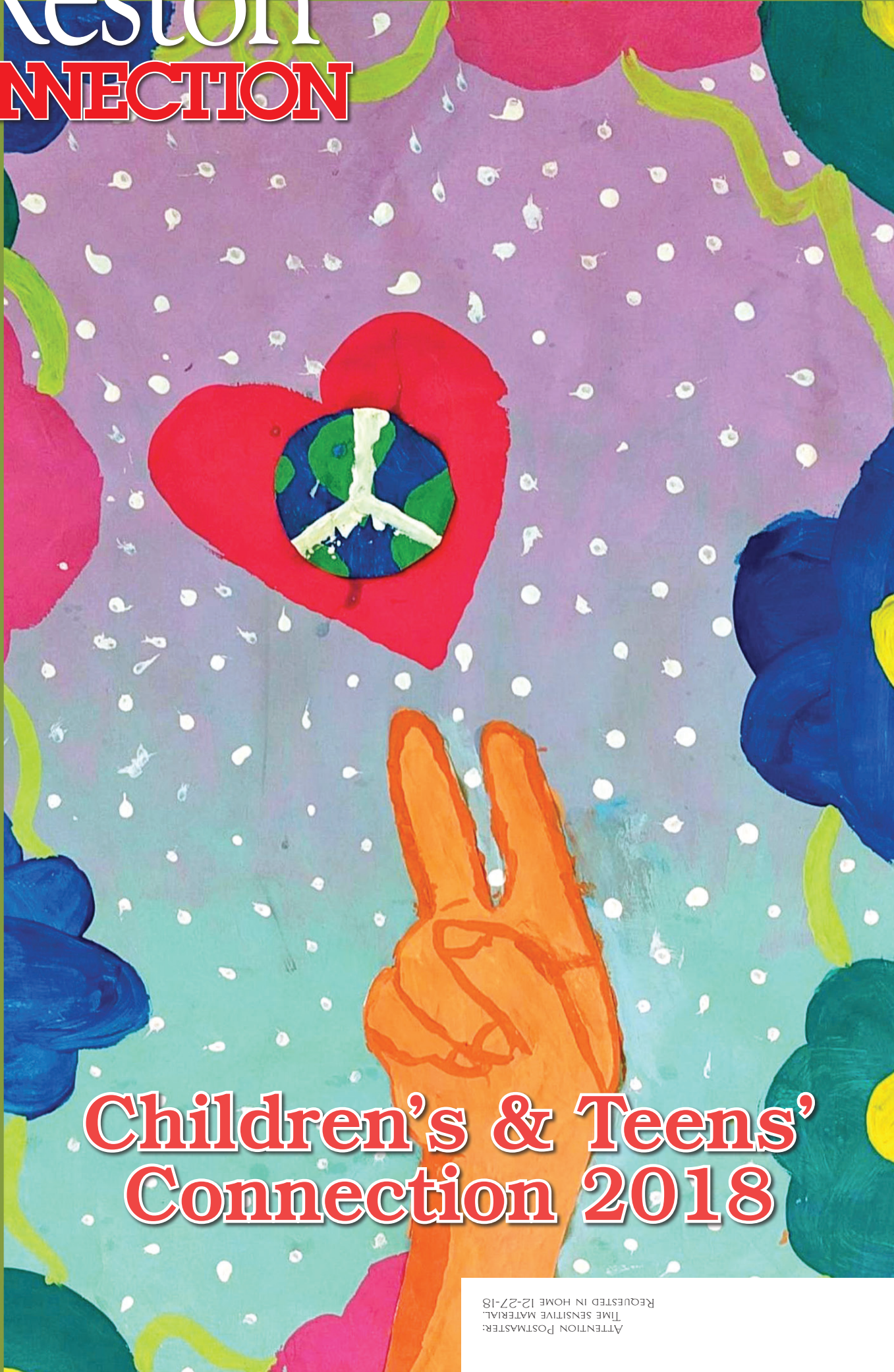


Reston CONNECTION



Children's & Teens' Connection 2018

By Lucy Biesecker,
Lake Anne Elementary

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POETRY CORNER

By fourth grade students at Flint Hill School, Oakton, submitted by teacher Lori Emerick.

Where I'm from

I am from games,
electronics
nature
woods
sleeping
Sports
Tv
Books
Super Mario
Yep - that's all about me.

— DEMETRIOS DEMETRIOU

What am I?

I'm round and orange
I'm quite smooth
I scare the little ones away and I glow
I have very very triangle eyes I have
a round nose
And I have a scary smile.

You can make pie out of me You can
smash me up
You can technically make anything
you want out of me.

— MIRA DUNN

It's Halloween!

It's Halloween, It's Halloween
Everyone is filled with cheer,
tonight will be a special night
Because they are coming to haunt you
here.
They will steal all of your candy,
without any second thoughts on why
to do it or how
But keep in mind to be careful,
because it could happen right NOW!

— ERIN DORAN

Fire

You roar like a lion with your mane
so bright,
you keep me warm on this cold, win-
ter night
You might give people a fright
but I know that you want to make
things right
You glow in the dark as you start as
a little spark
You do so many wonderful things
as you go help others in the snow
You get bigger as you grow
I love you and I hope you know
Fire is what you are, from a spark
you are born a star.

— OLIVIA PARHAM

Red

Red is as red as a tomato.
Red smells like a raspberry.
Red look like red twirlers.
Red sounds like a war raging on.
Red feels like a strawberry in the sun.
Red tastes like a juicy watermelon.
Red is a strong color.

— BEN WHITE

CHILDREN & TEENS CONNECTION



By Maggie Ryan, Lake Anne Elementary



By Jamie Banton, Grade 5, Hunters Woods Elementary

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 & Teens' 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 2019 calendars for early December, the deadline for submissions for next year's Children's & Teens'

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 email, which should be sent to reston@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 Alisa Kasemi, Grade 2, Hunters Woods Elementary



My Cozy Room by Angelina Lin, 7, of Reston, Grade 2 at Academy of Christian Education



At the Airport, by Sophia Wang, 9, Chantilly, Grade 4, Academy of Christian Education, Reston



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POETRY CORNER

Loki

An obese cat
rolls around on his bed,
kicking his rabbit-like feet.
Loki.

— MAYA CALLAHAN, 13, RESTON
GRADE 8, HOME SCHOOL STUDENT
OF KATHY KAPLAN

Snowflakes

The snow is falling, falling, falling, down.
I can see the snowflakes, all around.
The snowflakes never stay the same.
It's almost like a game, of no copycats.
The snow is falling, falling, all down.
All around,
I can see the snowflakes.

— SASHA CALLAHAN, 10, RESTON
GRADE 5, HOME SCHOOL STUDENT
OF KATHY KAPLAN

The Senses of Fall

In the Fall, out of doors is a great place to be.
There are so many beautiful colors to see.
The great showers of leaves that cascade from the trees,
Are like snowflakes; so gorgeous, and each one unique.

When the leaves on the ground make a crunch when
you walk,
And you brush the rough trees up and down the whole
block.

When the wind tugging you is a friend out to play,
This is the feeling of cool Autumn days.

The distinct tastes of Fall emerge on a cold day,
With a freshly made donut devoured on the hay,
And a hot mug of cider that thaws frozen limbs,
And a pie made of pumpkin and fresh cinnamon.

It's the wildly wet whip of the whispering wind,
And the hoot of an owl 'neath the moon slightly dimmed.
It is these that are sounds that make us think of Fall,
They're the noises inviting us out with their call.

When the crisp, cool, dry air of an autumn breeze blows,
It brings with it clear smells of wet leaves to your nose.
Along with the warm smell of a recent lit fire,
With the golden-brown marshmallows toasting on wires.

— MAGGIE NOVAK, 12, OF RESTON
GRADE 7, HOMESCHOOL,
MRS. HOLCOMB'S POETRY CLASS



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TERRASET ELEMENTARY

Submitted
by Mary
Wehle, art
specialist



By Anya
Bishop,
Grade 4



By Gracia Retzer, Kindergarten



By Leila Grunspan, Kindergarten



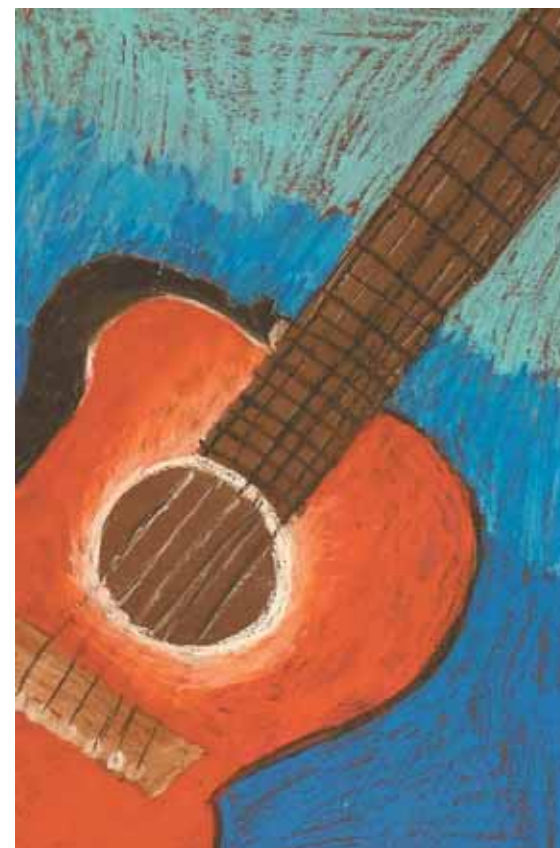
By Hadleigh Wallin, Grade 3



By Brooke Flores, Grade 4



By Aleecia Johnson, Grade 5



By Sophie Smurda, Grade 5

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HUNTERS WOODS ART GALLERY

Artwork submitted by Norma Morris, Art Specialist,
Hunters Woods Elementary School for the Art & Sciences, Reston.



By Jamie Banton, Grade 5



By Jesus Garcia Ferrufino, Grade 6



By Violet Sleeper, Grade 2



By Claire Verburg, Grade 3



By James de Bruijn, Grade 3



By Bunyodbek
Shamurodov,
Grade 5

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HUNTERS WOODS ELEMENTARY

Submitted by
Judy Sohn, Art
Specialist at
Hunters Woods
Elementary for the
Arts and Sciences.

By Teddy
Cope,
Grade 2



By Irena
Tan,
Grade 5



By Alisa
Kasemi,
Grade 2



Re: Dr. Kathryn Sowerwine

Dermatology & Allergy Specialists of Virginia
1800 Town Center Dr. Suite 415, Reston VA 20190
1715 N. George Mason Dr. Suite 105, Arlington VA 22205

Dear Patient:

For professional reasons, I have decided to close my Allergy & Immunology portion of practice at Dermatology & Allergy Specialists of Virginia. Thus, I will no longer be able to provide your medical care. The last day I will see patients is January 31, 2019. I will be available for emergency care and scheduled appointments until the closing date.

We are happy to notify you that Dr. Daneshvar will be taking over the Allergy portion of the practice at his offices. Dr. Daneshvar is board certified in Allergy, Asthma and Immunology as well as Internal Medicine. He is the president of the Allergy and Asthma Care Center and has been in practice for more than 25 years. We are glad to offer our loyal allergy, asthma and immunology patients a provider who is highly regarded in the medical community.

Dr. Daneshvar of Allergy & Asthma Care Center provides exemplary care to both pediatrics and adult populations suffering with immunology, asthma and allergy concerns. Dr. Daneshvar is continuing care initiated by this office and looks forward to this opportunity to continue in your care and wellbeing. He has office locations in Reston, Leesburg and Alexandria is accepting new patients at this time. His website and telephone number can be found below.

Your health and well-being are of utmost importance to me and my staff at Dermatology & Allergy Specialists of Virginia. I encourage you to choose another provider as soon as possible to ensure uninterrupted care. For your convenience, I am including contact information for the Virginia Hospital Center, Reston Hospital patient referral line and websites as well as the American College and the American Academy of Allergy, Asthma and Immunology websites and telephone numbers.

PLEASE CHECK YOUR INSURANCE COMPANY FOR PROVIDERS COVERED WITHIN YOUR NETWORK AND REGION.

If you have a medical emergency, please dial 911 or go to the nearest emergency department.

As a reminder, your health records are confidential. **A copy of your records can be released to you or your new provider with your written permission. To obtain an electronic copy of your medical records at no charge please access your patient portal at www.dermspecialistsva.ema.md** Please complete the records release form and return it in the self-addressed stamped envelope and the fee, if requesting physical paper records, of \$50 per page for the first 50 pages then \$75 per page after that. Postage and a \$10.00 handling fee will be charged to the patient.

Thank you for trusting me with your healthcare needs. It has been a pleasure to provide your care, and I wish you the best in the future.

Sincerely,
Dr. Kathryn Sowerwine

**Dr. Daneshvar; Allergy & Asthma Care Center: Reston; 703-709-7736 Alexandria; 703-931-2164
Leesburg; 703-777-1411**

<http://www.allergyandasthmacarecenterpc.com/>

Virginia Hospital Center: 703-558-5000
<https://www.virginiahospitalcenter.com/doctors/default.aspx>

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LAKE ANNE ELEMENTARY

Submitted by
Adam Kidder, art
teacher at Lake
Anne Elementary
and Pine Spring
Elementary.



By
Elizabeth
Hu



By Lucie Cloney



By Margot Ripley



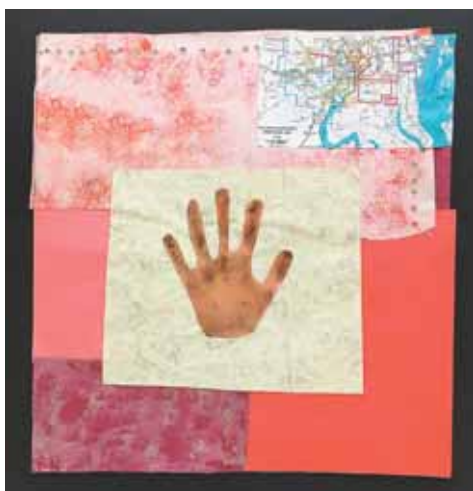
By Issac Yudkovsky



By Diana
Hernandez-
Recino



By Lola Riesco



By Karen Vasquez



By Juliana Aguirre-Martinez



By
Caroline
Kohn

SUNRISE VALLEY ELEMENTARY

Submissions from students of Eliza Brown, Art Specialist



By Hanna Ye, Grade 4



By Sofia Molnar, Grade 4



By Seojin Park, Grade 3



By Lena Kappatos, Grade 2



By Sienna Alexander, Grade 6



By Julie Hsiung, Grade 1



By Liam Grisard, Grade 2



By Jake Burton, Grade 1



By Quinn Randall, Grade 2



By Damawi Mitiku, Grade 5

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**Created by Chris, Brian
and Will Wacker of Reston
in the summer of 2007 in
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**Balloon Girl by
Angelina Lin, 7, of
Reston, Grade 2 at
Academy of Christian
Education**

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COLVIN RUN ELEMENTARY

Artwork submitted by
Art Teachers Lauren
Grimm and Rachel
Wiseman.

**By Ella DeGraaf,
Great Falls, Grade 4**



POETRY CORNER

Think

Inhale, Exhale
Breathe in, Breathe Out
Think

Close Your Eyes
Remember Your Past
See your Future
Think

Think About your Decisions
Learn From Your Mistakes
Think

Remember Your Hopes
Live Your Dreams
Love What is Around You
Think

Fear The Rage
Hear The Thunder
Just remember to
Think

Be Calm
Stay Focused
Think

Everyone Is Different
Everyone Has Their Own Path
Be You
Think

Be Positive
Be Unique
Shine, be a star
Think

Believe In Yourself
You Will Try
You Will Succeed

Open Your Eyes
Look Around You
No one is the Same
Inhale, Exhale
Breathe In
Breathe Out
Think

— SOPHIA BEELAND, 13,
OF GREAT FALLS
COOPER MIDDLE SCHOOL, GRADE 8

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Back to Abnormal



By KENNETH B. LOURIE

Now that the drama of the last five weeks – and the last three columns – is mostly over, life can return to its previous/usual ebb and flow of cancer highs and lows.

For the moment, what I don't know: the effect on my "Adam's Apple" tumor (as I will call it) of the aggressive, every-three-week-infusion-schedule I've been on since early October, is definitely not hurting. Though I am under no delusions about what my next CT scan might show, I also have no confusion as to the road ahead: stay positive and remain engaged and live life with the least amount of focus and conversation on the dominating fact that I was diagnosed with an incurable form of cancer: non-small cell lung cancer, stage IV, almost 10 years ago. A diagnosis which came with a "13 month to two year" prognosis.

By most accounts, I shouldn't be writing this column – or doing anything else for that matter. I should be somewhere else – doing absolutely nothing, so far as we know, anyway. And I don't mean lying on a chaise lounge somewhere soaking in the local culture as I try not to sunburn in the midday sun. I mean... well, I presume you know what I mean.

But here I am, alive and reasonably well; not boasting, just saying.

Because, as amazingly fortunate as I am to still be anywhere nearly 10 years post diagnosis, there's a part of me that believes not so much in what I've done to support my chemotherapy/conventional treatment (non-Western alternatives) as in thinking I've fallen through some crack somewhere and have been forgotten by whatever reaper is sowing these things.

Granted, he/she/it has a lot of work to do and an incredibly long list to get through; still, as the centuries have confirmed, eventually, everyone's die is cast.

Having survived so long when so few of the thousands of similarly diagnosed cancer patients have not, certainly gives this one pause. But the pause passes quickly and is taken over by positivity; as in I must remain positive about the negative and not allow any semblance of "woeing" about me or moaning and groaning about what I'm able to do or disabled and unable to do. Never!

I have been given the gift of life and I see no point in looking that gift-horse in its mouth. It is my job, if it could even be characterized as such, to keep my head down and keep moving forward, figuratively speaking. There is no point in thinking backwards or wondering who, what, where, when and how. The point is the future, not the past.

Unlike the country music song by Tim McGraw, "Live Like You Were Dying," I don't want to live like I'm dying. I want to live like I'm living. A living which takes into account the good, bad and the indifferent.

If I stray from what I perceive to be my usual path, I will know that I'm doing so for a reason: cancer.

And since I never want to reinforce a negative, let alone give it room to roam, I will continue to try and take it all in stride and be grateful along the way for the life I've been granted and try not to weaken in my resolve to not let others be adversely affected or diminished by my situation.

I pretty much do whatever I want to do anyway. Though there are many things I can't do (particularly, bending), there are still many activities I am able to enjoy.

To quote Spock from Star Trek: "The good of the many outweigh the good of the few." A bit of a stretch I know, but I hope you get the association.

For me to survive the ordeal of cancer requires taking the emotion out of it. The highs and lows must become evens. And the levels and test results which occasionally have become odds, merely moments in time and subject to change.

If I am to finish this race, time cannot be of the essence, time must be what I make of it.

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

Reston Camp Expo

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This event is coordinated by local nonprofit 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's Collaboration and Outreach Director at 703-390-6158.



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