



Reston CONNECTION

By Grace Meade,
Grade 8,
Hughes Middles School,
submitted by Art Teacher Arline Liu.

Children's & Teens' Connection 2017

DECEMBER 27, 2017-JANUARY 2, 2018

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VIENNA ELEMENTARY

What do the third graders think and say (Teacher: Cheryl Allen).

What makes a good parent?

A parent that keeps me safe and still does activities.

What is one thing that you would change about school?

5 hours of recess and 2 hours of P.E.
— QUINN BROWN, AGE 8

What is one thing that you would change about school?

I would make bullying against the rules everywhere. Also, I would make P.E. where you just run around talking.

What makes a good parent?

If they help you with homework, listen to you, and tell you they love you.

If you could give your parents, family or friends any gift that didn't cost money what would that gift be?

Hugs. Lots and lots of hugs.
—NOLA KENNEY, AGE 9

What do you want to be when you grow up?

An actor because you can be super famous.

—CARSON WRIGHT, AGE 8

What makes a good parent?

You need to watch your kids.

—LILY SIDDON, AGE 8

What do you want to be when you grow up?

I want to be a soccer player because I love soccer. I also want to be a security guard, or maybe military, or a youtuber, NBA, football player, traveler, and work at a hospital.

—JAYDEN DONG, AGE 8

What makes a good friend?

A good friend listens to everything you say.

—MOLLY SCOTT, AGE 8

What makes a good friend?

Someone who includes people in their games and helps friends. Also, someone who stands up for friends is a good friend.

—CONNOR PRENTICE, AGE 8

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CHILDREN'S CONNECTION



By Anna Stewart, Grade 5, Hunters Woods Elementary,
Art Teacher Norma Morris.



By Celia Golden, Grade 8, Hughes Middle School,
submitted by Art Teacher Arline Liu.

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 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 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 KURSPAHIC



By Alice Frankenfield,
Grade 3, submitted by Art Specialist Judy Sohn.



By Cameron Soto, 8,
Grade 3, Sunrise Valley Elementary,
Teacher: Ms Scruggs



By Jami Burgess,
Grade 5, Lake Anne Elementary,
submitted by art teacher Kris Johnson

ALDRIN ELEMENTARY SCHOOL



Landscape, by Sofia Kortanek, Grade 5, Teacher: Ms. Nakonieczny



Monumental Hat, by Polina Tishina, Grade 6, Teacher: Ms. Davis



Snowstorm, by Campbell Krider, Teacher: Ms. Ward



Landscape, by Alexandra Connelly, Grade 5, Teacher: Ms. Nakonieczny



Landscape, by Gia Ahuja, Grade 5, Teacher: Ms. Nakonieczny



Cultural Celebration, by Eren Buyuk, Grade 3, Teacher: Ms. Davis



Cultural Celebration, by Lindsey Jaxtheimer, Grade 3, Teacher: Ms. Davis



Cultural Celebration, by Athena Oxford, Grade 3, Teacher: Ms. Davis

CHILDREN'S CONNECTION

"Electric Love,"
by Maya Callahan, 12, Reston, Grade 7, home school student of Kathy Kaplan.



Angry Loki

Stella casually walks over and licks angry Loki on his head.
Loki stops being angry.
Calm Loki

—MAYA CALLAHAN

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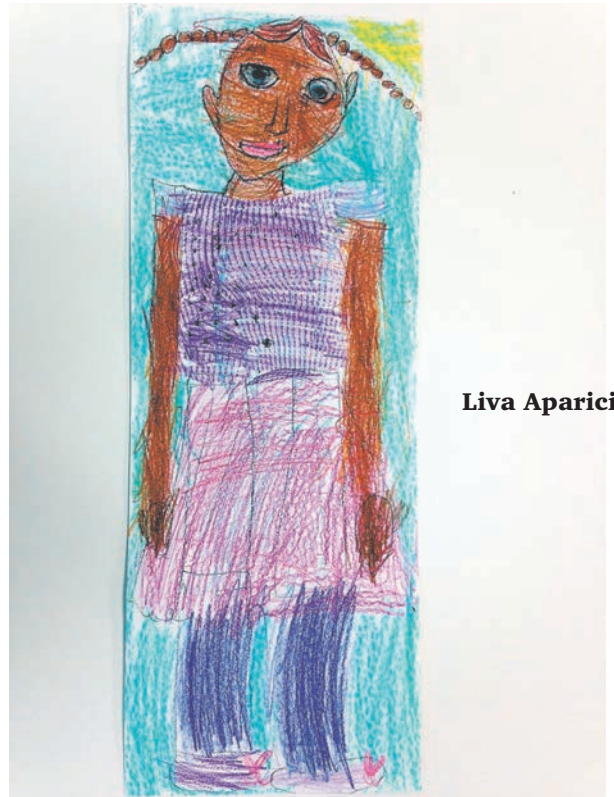
Artwork submitted by Eliza Brown, Art Specialist



Lena Kappatos, Grade 2



James Curran, Grade 2



Liva Aparicio, Grade 2



Sophia Randall, Grade 6



Rhiannon Stevens, Grade 6



Katie Fatianov, Grade 5



Sienna Alexander, Grade 5



Itsuko Scoville, Grade 5

CHILDREN'S CONNECTION

Submitted by Kimberly Perri, School Based Technology Specialist (SBTS) at McNair Elementary in Herndon.

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

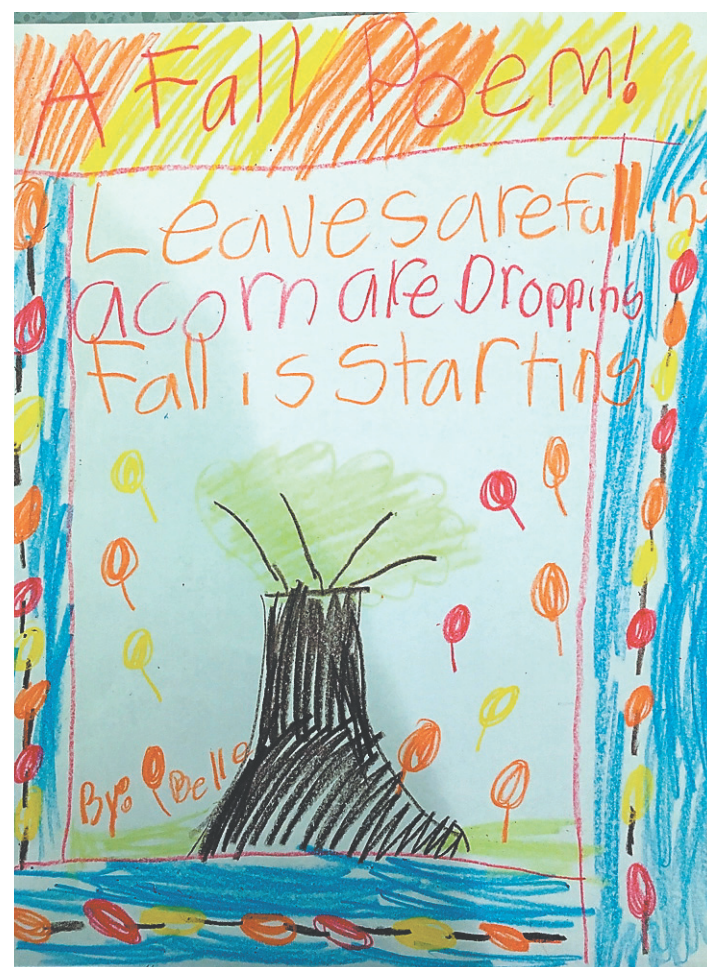
When I Grow Up

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

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

In my opinion, there are many things
SEE MCNAIR, PAGE 10



By Belle Walke of Great Falls, 8, Grade 3, Aldrin Elementary School, Reston, Teacher: Mrs. McCoy

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HUGHES MIDDLE SCHOOL

Artwork submitted by Art Teacher Arline Liu.

By Diana Ibanezl, Grade 7



By Lily Mutzig, Grade 7



By Madelyn Castro, Grade 7



By Celia Golden, Grade 8, Hughes Middles School, submitted by Art Teacher Arline Liu.

By Maya Rivas, Grade 7



By Christian Bair, Grade 8



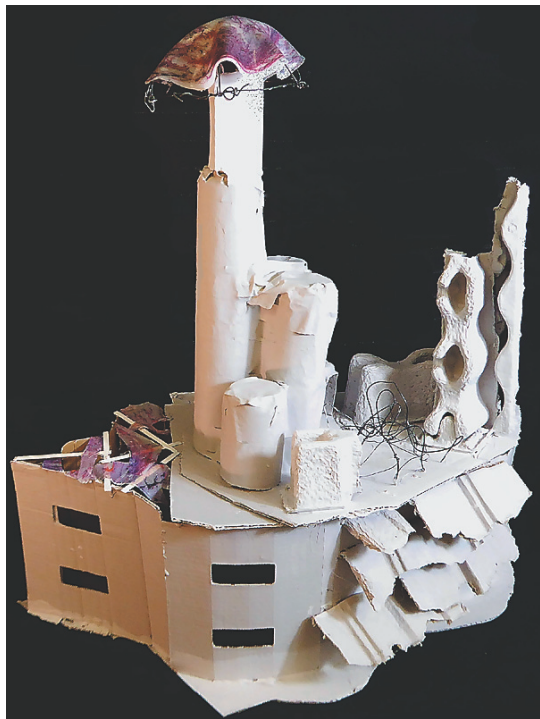
Madison Tesnow, Grade 7



By Kendra Griessel, Grade 8



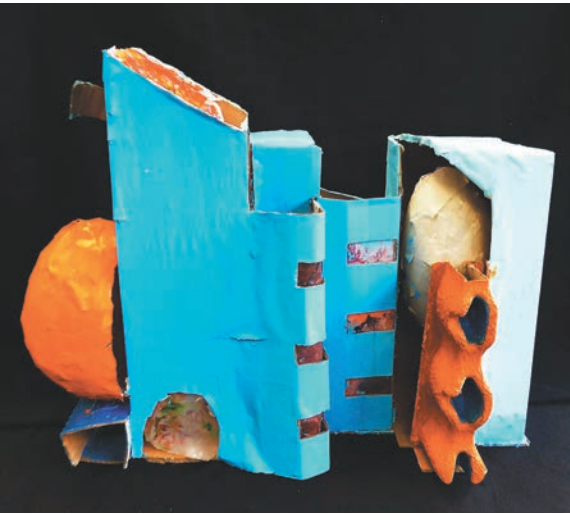
By Samuel Evangelista, Grade 8



By Juana Hernandez, Grade 7



By Alan Coello, Grade 8



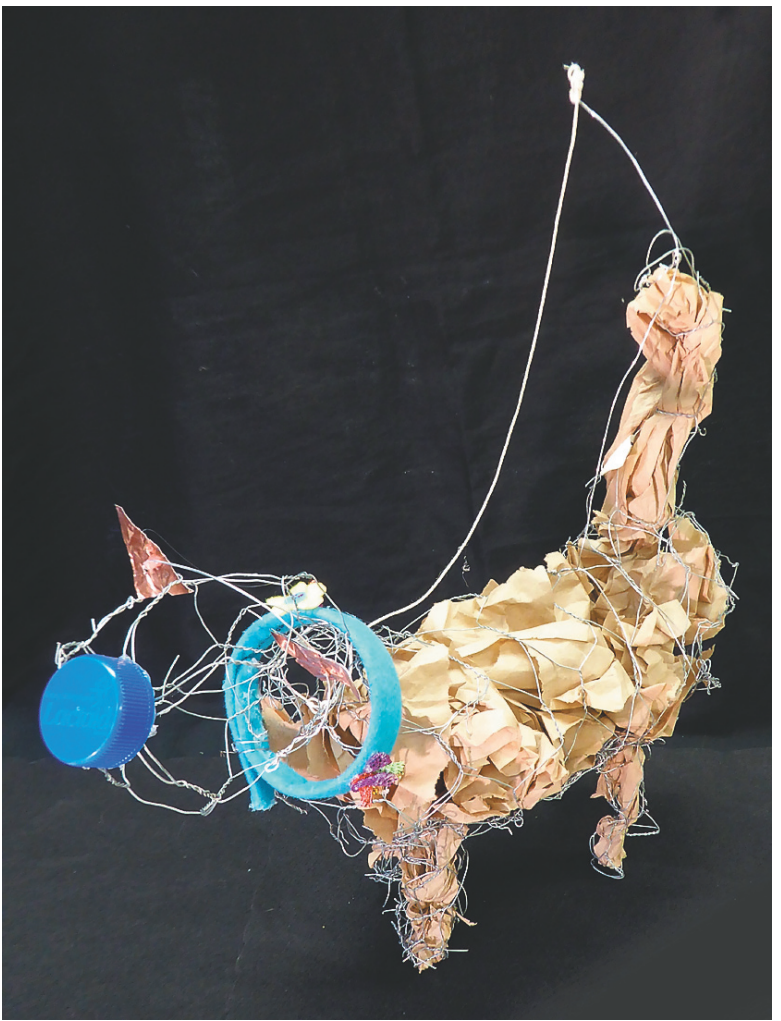
By Kaliyah Wooten, Grade 7



By Erik Smith, Grade 7



By Nina Cralle, Grade 8



By Thinlay Norbu

LAKE ANNE ELEMENTARY

Submitted by art teacher Kris Johnson



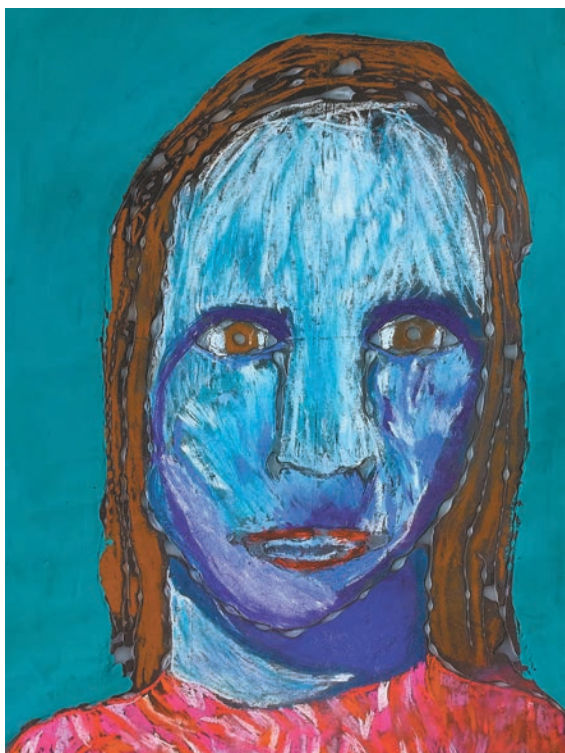
By Marcos Joglar-Viera, Grade 5



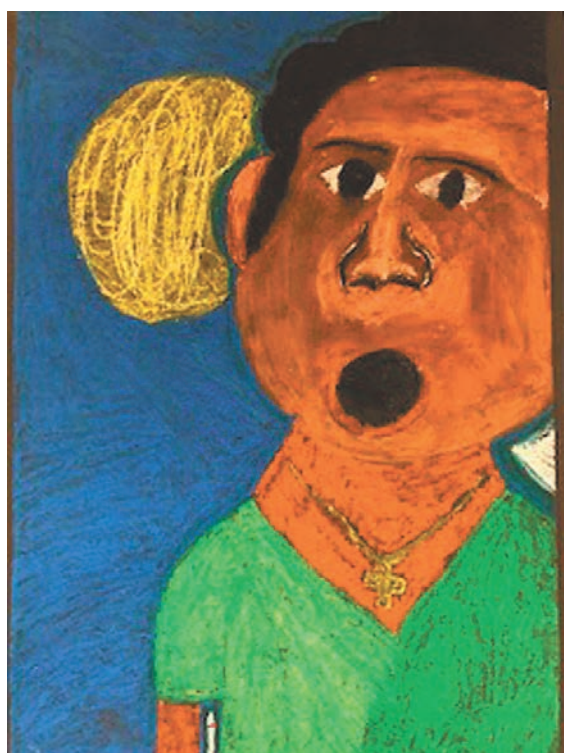
By Kaiden Jones, Grade 1



By Sophia Merino, Grade 5



By Gina Quaresima, Grade 3



By Daylin Paige, Grade 3



By Caroline Kohn,
Grade 5



By Laura Diaz, Grade 5



By Keren Aguilar Ramierez, Grade 1



By Eshraga Abdon, Grade 5

CHILDREN'S CONNECTION

McNair

FROM PAGE 7

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



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

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

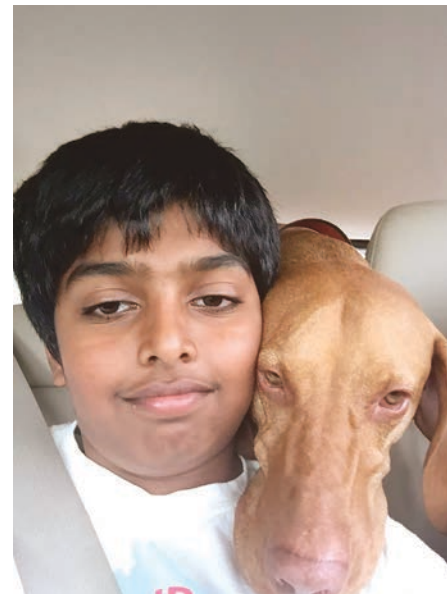
What I Am Looking Forward To This Year

Hi, My name is Pranav and this is what I wrote about what I am looking

Mysterious Footprints

BY AJIT
SIVAKUMAR
GREAT FALLS
GRADE 6 AT FOREST
EDGE ES, RESTON

In the middle of the night, I heard a bang. I gazed around my room and flicked the lights on. I saw muddy footprints leading out of my room. They were not regular footprints because they were paw shaped. I assumed that it was my dog so I followed the footprints down the stairs. I made my way down to the kitchen. Munching noises were coming from a cabinet so I walked over to it. I nudged it opened and saw something unexpected, a raccoon. It looked me straight in the eyes, and then leapt out of the cabinet and went to an open window which I had not noticed previously. I scurried over to the window and slammed it shut. I went to check on my dog. He was peacefully sleeping and made a grunting noise when I



Self Portrait: Chase and me

got close. I decided everything was fine so I went upstairs to my room to see how the creature gained entry to my room. It was obvious when I walked in. My window was also open and there was a ladder sticking into it. Surprised, I nudged the ladder away from my window and closed my window shut. Then I glanced at the clock, turned off the light, and went right back to my cozy bed.

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

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HUNTERS WOODS ELEMENTARY

Artwork submitted by Art Teacher Norma Morris.



By Anna Stewart, Grade 5



By Persephone Shultz



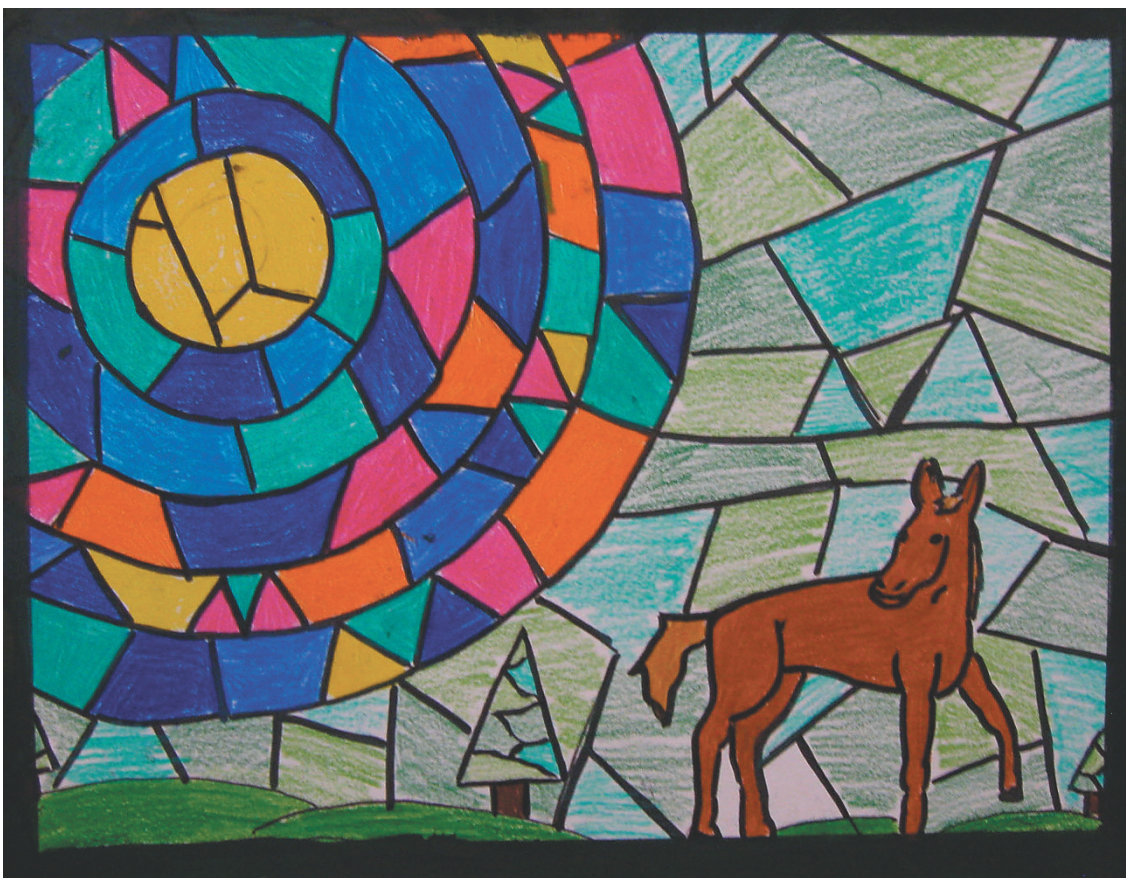
By Isiah Gbana, Grade 3



By Aara Durrani, Grade 3



By Sissi Rafael-Morales



By Adam Kowalchuk, Grade 5

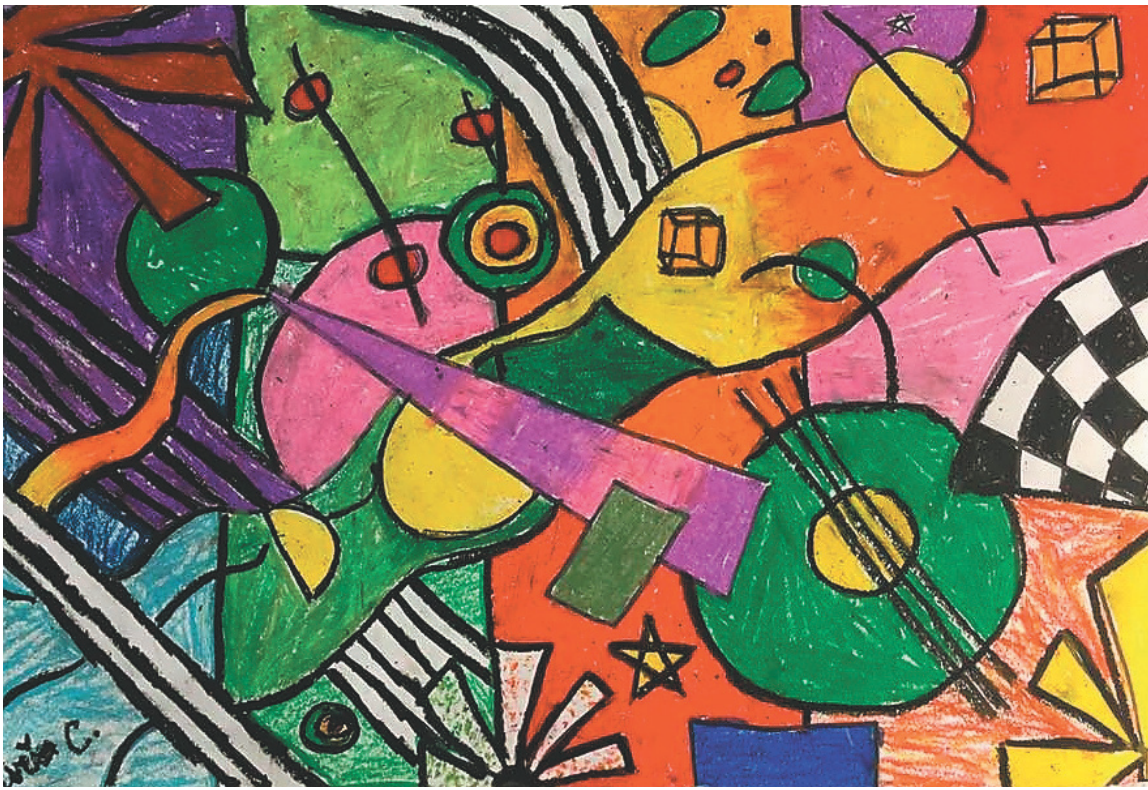


By Willa Foxen, Grade 5



By Anna Fiske, Grade 2

CHILDREN'S CONNECTION



By Aria Caldwell, Grade 5

Hunters Woods Elementary

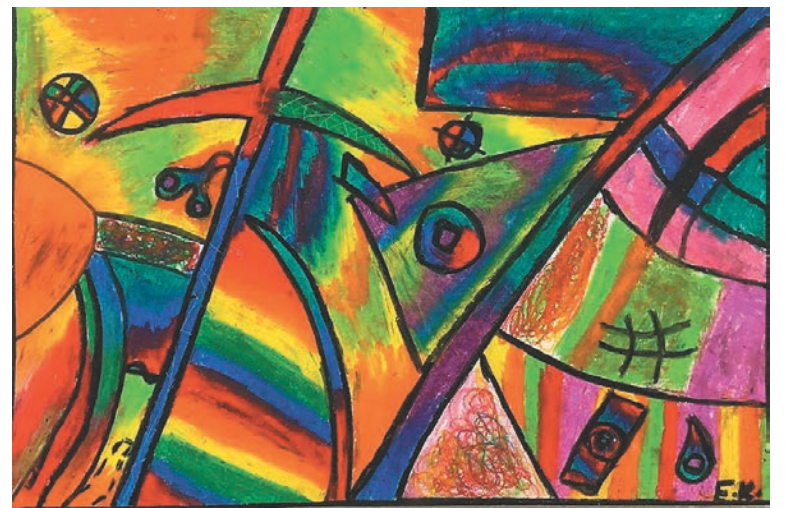
Artwork submitted by Art Specialist Judy Sohn



By Tubhyam
Karthikeyan,
Grade 5



By Lea Soderholm, Grade 5



By Ethan Kim, Grade 5



By Julia Busch, Grade 6

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By Samantha Voelkel, Grade 3



By Estrella Rafael Morales, Grade 3

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* Free phone may be provided by Access Wireless. Access Wireless is a service provider for the government-funded Lifeline Assistance program. Lifeline Service is provided by i-wireless, LLC, d/b/a Access Wireless, which is an eligible telecommunications carrier. Lifeline service is non-transferable. Only one Lifeline discount may be received per household. Only eligible customers may enroll in the program. Customers who willfully make a false statement in order to obtain the Lifeline benefit can be punished by fine or imprisonment, or can be barred from the program. Customers must present proper documentation confirming eligibility for the Lifeline program.



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Announcements

Announcements

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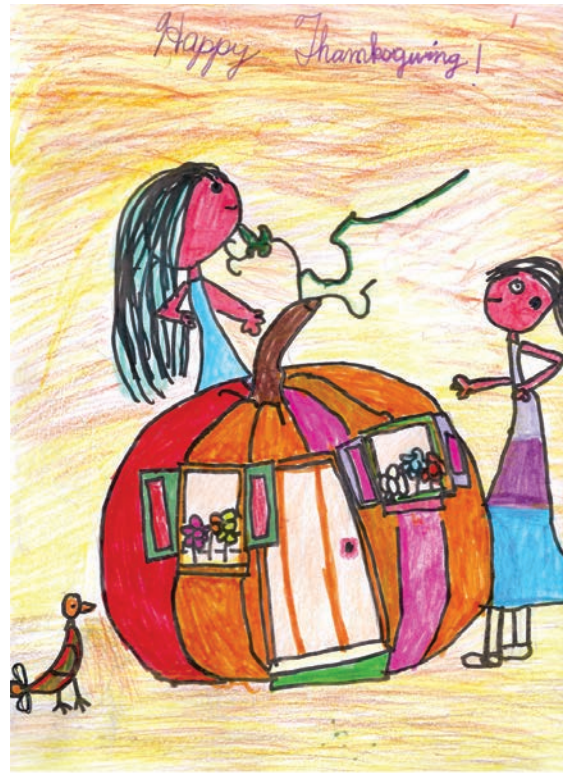
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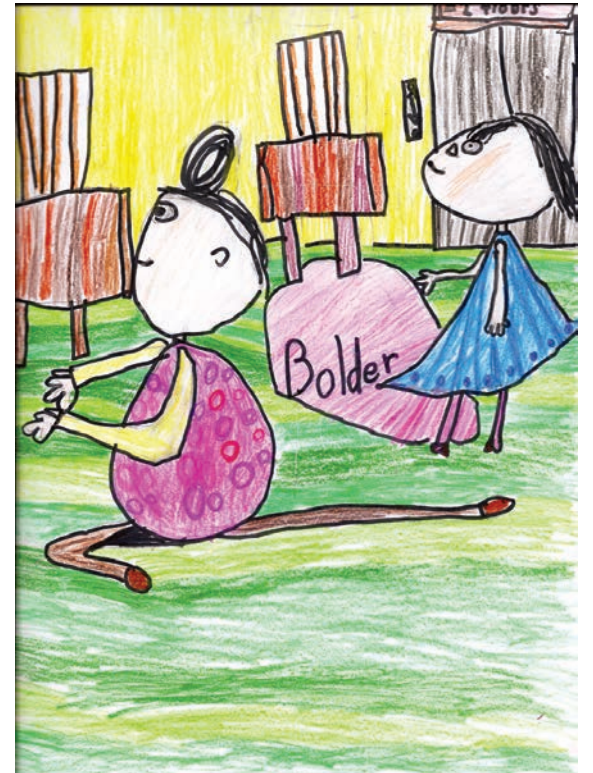
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CHILDREN'S CONNECTION



Thanksgiving by Angelina Lin, age 6 of Reston
1st Grade, Academy of Christian Education (ACE)
Teacher: Ms. Yanshun Sui

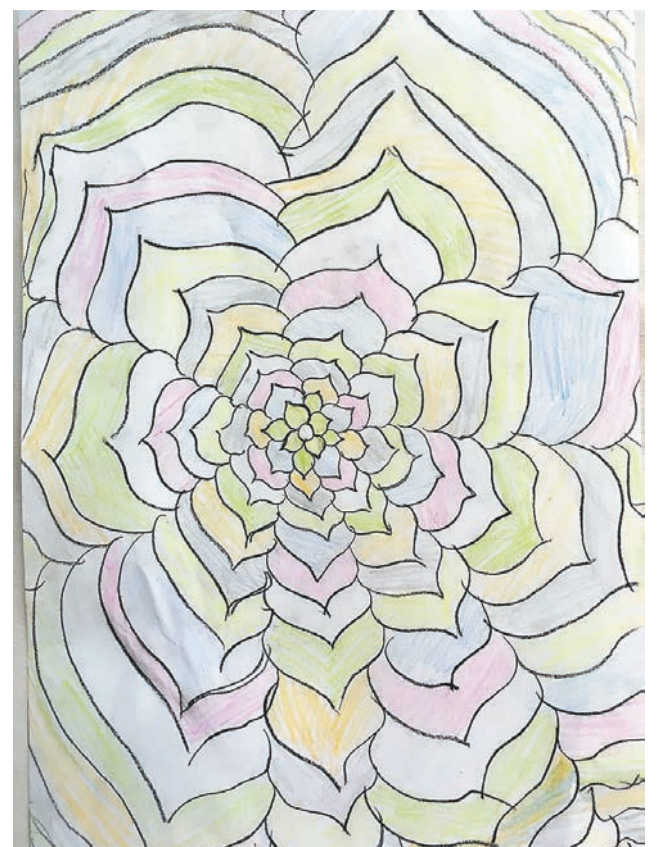


Gymnastic contest by Angelina Lin, age 6 of Reston
1st Grade, Academy of Christian Education
Teacher: Ms. Yanshun Sui



Ocean swimming by Angelina Lin, age 6 of Reston
1st Grade, Academy of Christian Education (ACE)
Teacher: Ms. Yanshun Sui

**Angelina Lin, 6, from
Reston, shares drawings
on daily life: Gymnas-
tics, Swimming and
Thanksgiving.**



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

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 shelving 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@onelifitness.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.

BUSINESS DIRECTORY

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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!

Reston Camp Expo

SATURDAY, JANUARY 27, 2018

Reston Community Center • 9:00 a.m. – 12:00 p.m.
2310 Colts Neck Road, Reston, VA

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

2310 Colts Neck Road, Reston VA 20191

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