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# Laurel Ridge ELEMENTARY

Submitted by Linda E. Simon. Advanced Academic Resource Teacher

#### Reflections

Written by students in Grade 4 at Laurel Ridge Elementary School, submitted by Advanced Academic Resource Teacher Linda E. Simon.

The best thing that has ever happened to me is having everything that I need or wanted from the beginning of my life. I didn't have to live on the streets or have to be something I'm not. I have people who look out for me so I can live my life, like my school, friends, family, sports, clubs, band, and trusted adults. There is happiness all around me (it's a little but it means a lot).

#### - Katie McCormick, 9

One of the best things that happened to me is when I was born being the youngest child. One of the reasons why I love being the youngest is because I never get in trouble, and another reason is because my mom thinks I am the sweetest. One of the worst things that has happened to me is one night I woke up to get some water or something like that and I stepped out too far and my foot slid on the carpet and I hit my head on the corner of the bed. Then I ran to my mom and tried to tell her what happened but I had lost my mind! I didn't know what had happened so in the middle of the night, me, my mom and my dad ended up going to the hospital! Thank goodness I was okay. Just so EV-ERYONE knows, I still LOVE being the voungest!

#### – Norah O'Mary, 9

The worst thing that has ever happened to me is when I was seven I was riding my scooter down a hill and when I was almost all the way down I hit a pothole and fell off my scooter and landed on my arm. I chipped my tooth and broke my wrist. I went back to my house and sat down at the kitchen table. My mom was focused on my mouth but my sister Anna was focused on my arm. She asked if I could move it and I said no. My mom got me into the car and my neighbor came to the car door. She was crying and she asked me if I was okay. I said I was (I was not!). The end.

#### - Charles Hanus, 10

I would like to see all the changes and new things to do in 2019. I want to know how school will be with new teachers and friends. I hope that in the summer of 2019 we have a good time too. I hope I can go to the beach or pool or I can just have fun. I also cannot wait for my birthday in April. I will be turning 10. I can't wait to learn new things in 2019. There will be so many fun and exciting class jobs and work. I think 2019 will be a very amazing year.

#### Troy Kang, 9

The thing I am most looking forward to in 2019 is football. I play football every year. Next year my friend Troy will be on my team. My dad will be the coach. I will have fun. I like playing football because it is a really fun sport. You play with your friends and with family, but you can get hurt a lot. I have gotten hurt a few times in my three years. I Hopefully we can win the champion-

#### - Dalton Seay, 9

What I am most excited about in 2019 is going to 5th grade because you learn new things! In 5th grade you make new

friends and new adventures come towards you. I will also gain new dreams that I want to come true. I am also excited to turn 11 because it is one step closer to achieving my dreams. Probably, I will gain new friends who will inspire me to do new things that I didn't even know I was capable of doing. Anyways, that's what I am excited for in

#### GABBY BETANCOURT, 10

I can't wait until 2019. There will be so many new things to learn. After school I go to a place where the do Tae Kwon Do, Judo, Hapkido and it is called OSA, which stands for Oriental Sports Academy. I am a nominal black belt so far but in 2019 I will test for my black belt. To test for my black belt I need to know all moves, all of the forms (after my black belt test I will learn Korean) and I need to know over 100 words in Korean by memory. I am working on five words a day and I can't wait until 2019!

#### - EITAN MILLER, 9

I am most looking forward to bringing out my lemonade stand in the summer of 2019, but there's a twist: the money I make isn't my allowance. Say I make \$100. Cha-ching! Another buck for charity, meaning it's a gift for the needy, not my allowance. Pretty generous, right?

#### Isaac Klontz, 9

The thing I am most looking forward to in 2019 is the World Scout Jamboree! I want to go to the jamboree because my dad might be part of the staff and it sounds really cool, although I don't think I can do too much because it's for a higher level than I'm at in scouts. I also want to go because I know some people that went and it sounded very fun. They also gave me a cool gift, a handkerchief slide. I can't wait!!

#### Chris Jones, 9

If I could give my family any gift that didn't cost money, it would be love. If they pass away, I would pray and make sure they got accepted into heaven. I would give them a kiss, hug and I will miss them when they go. I'll be a good host if they come to my house. I will use good manners if I'm going to their place. I will pray for them if they're sick. I will achieve if they want me to. I will cherish them forever! That is what I would do for my family and relatives.

#### Lauren Nagler, 9

If I could give my parents, family or friends any gift that didn't cost money, I would give them me. Even though it wouldn't be much of a gift for my parents because they have to take care of me and that stuff, so it might be a better gift for my friends, because they don't have to do anything for me except be kind to me. It might also be a bad gift for my older brother because sometimes I annoy him a lot! I would also like to give everybody happiness, because when somebody is sad I get sad too. Also I don't think anybody likes being sad!

#### — Olivia Kucharski, 9

If I could give my friends or parents a gift that didn't cost money, I would help them take care of my younger siblings. I would help out in the house, and for my friends I would be kind and if someone gets bullied I would stand up

SEE REFLECTIONS, PAGE 7

# CHILDREN'S & TEENS'



Come Visit Virginia, by Harley Malig, 9, Grade 4, Fairhill Elementary, Art Teacher Sarah Florjancic



Dear Readers:

This week, the Fairfax 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 fairfax@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 Aslesha Gurung, Grade 3, Mantua Elementary, Submitted by Nathalie Shirley, art specialist.



By Jennifer Xu, 10, Mosby Woods Elementary School, teacher Courtney Stevens



By Michelle Nguyen, 9, Grade 4, Mosby Woods Elementary, Art Teacher: Lois Shumway



By Ivy Johnson, 8, of Annandale, Grade 3, Wakefield Forest Elementary, Art Teacher Brittani Ko

# FAIRHILL ELEMENTARY Artwork submitted by Art Teacher Sarah Florjancic





Grace McPeak, 10, Grade 7, Transformed **Environ**ment

Catherine Baylyff, 10, Grade 5, Transformed **Environ**ment



Djaber Bibet, 7, Grade 2, **Neighbor**hood Friends





Kinga Giemza, 6, Grade 4, Come Visit Virginia





Rory Hooker, 7, Grade 2, Neighborhood Friends

10, Transformed **Environ-**

# CHILDREN'S & TEENS'

## What Do I Want to be When I Grow Up?

I want to be a veterinarian when I grow up! Veterinarians are awe-some people, and you may not realize just how important they are! Pets are like a key to friendship, and you are the lock. If your pet gets sick or injured, veterinarians help a ton by taking care of your beloved friend. They may even save the day! Veterinarians need to study a lot of different subjects like biology and math, which I think is pretty incredible (math is definitely not my favorite subject, but I would do anything to be a vet!). I have always loved animals, and I even have a dog of my own. I also think that if I am a vet, and I help an animal get back to being healthy, then I would also help the family as well! You may have to operate on the animals or give the animal an injection. I know I am going to have to be brave and hardworking, so I can perform these important tasks. That's what I want to be when I grow up, so I hope you'll reach for the stars too, so you can know what YOU want to be when you grow up!

— Evelyne You, 11, of Fairfax Station Grade 6, Oak View Elementary School Teacher, Mrs. Heaney Art classes with Ms. Sui Yanshun.



Girls with Big Hats by Monica Xu, 4, from Fairfax



I Love My Home by Monica Xu, 4, from Fairfax

## Glasses

I have lost my glasses, I need them to see I cannot think of what will become of me, For I am nearsighted And not so delighted Yes, my pair of glasses ARE LOST!

SARAH CHAYKIN, 9, OF BURKE
 GRADE 4, KEENE MILL ELEMENTARY

## Haiku

We see the beauty Of things when we look close. Nothing from afar.

— Sara Yoshikawa Mosby Woods Elementary, Grade 5

> By Sara Yoshikawa, Mosby Woods Elementary, Grade 5



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# MANTUA ELEMENTARY



By Shambi Kumaran, Grade 6



By Victoria Pham, Grade 5



By Katie Rose Klemm, Grade 4



By Grace Taylor, Grade 4



By Isaac Villa, Grade 5



By Audrey McCarthy, Grade 1



By Aviva Aschan, Grade 2



By Arthur Daberkow, Grade 1



Submitted by Nathalie Shirley, art specialist.

By Keira Cheng, Grade 6

#### LAUREL RIDGE **ELEMENTARY**

## Reflections

From Page 2

for them. I could do whatever they wanted me to do or if they give me a direction when my parent or teacher asks me. I would show respect to my parents and listen to whatever she or he is telling me. I would give a craft that they do not know how to make with paper. You don't have to be rich or pool to be a good friend or son.

ETHAN GREEN, 9

If I could give my family anything that doesn't cost any money, I would give them happiness, because I want my parents to be happy every day and I don't want them to stress or get worried. I also think that some people say you can buy anything in the entire world with money. I think that is not true-you can't be love or imagination or happiness. So I could give them happiness that's worth more than anything you can buy. That way we wouldn't fight over things, or argue over useless stuff, and then everyone would be happy! Then that could influence their friends, and then more people could always be happy!

Kai Luther, 9

The best gift I have ever been given is my life, but second would be my Play Station 4 because it is the way that I can enjoy myself. Life is a gift that's the brightest thing on planet Earth, and back to the PS4: although it's a video game it still makes me happy. I have many ideas of what I want to be when I grow up. I want to work for NASA or maybe be a paleontologist, an archae-

SEE REFLECTIONS. PAGE 15



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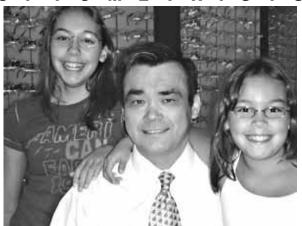
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# Wakefield Forest Elementary



By Claire Campion, 12, Grade 6, of Annandale



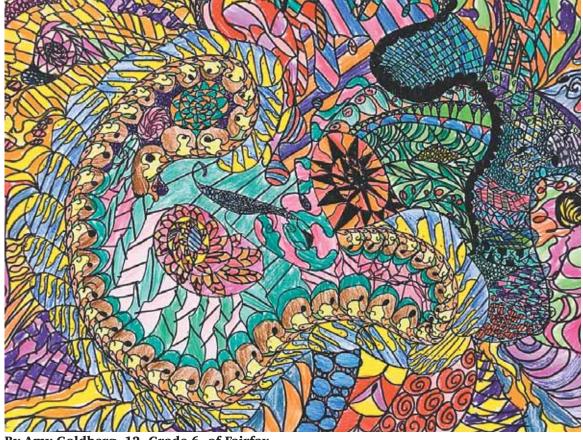
By Rachel Harrar, 12, Grade 6, of Annandale



By Lydia Yu, 5, Kindergarten, of Annandale



By Selah Yoon, 5, Kindergarten, of Fairfax



By Amy Goldberg, 12, Grade 6, of Fairfax



By Avery Simmons, 6, Grade 3, of Annandale



By Emma Ishikawa, 9, Grade 4, of Fairfax



By Jesse Thomas, 11, **Grade 6, of Annandale** 

By Lindsay Kim, 10, Grade 4, of Annandale



By Rowan Santos, 9, Grade 4, of Annandale

# GALLERY

Submitted by students in the Fairfax area.



Happy Time by Emma Yuan, 5, from Fairfax, in Kindergarten at Daniels Run Elementary School with Ms. Bayder.



Car Washer by Aidan Qiao, 6, from Fairfax, in Grade 1 at Navy Elementary School with Miss Coreno.



Photo of a pet bearded dragon by Jasmine Sklarew, 11, from Fairfax, in Grade 6 at Oak View Elementary with homeroom teacher Mrs. Heaney.



By Hannah Dai, 11, Fairfax, Grade 5, Navy Elementary, Teacher Ashley Yamoah.



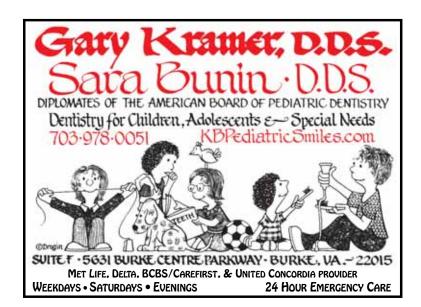
By Elizabeth
Dai, 8,
Fairfax, Grade
3, iNavy
Elementary,
Teacher:
Laura
Delaney.



By Annie Zeng, 5, Fairfax Villa Elementary



By Nora Li, 7, from Fairfax, Grade 2 at Greenbrier East Elementary School with teacher Tammy Ashforth.



# VDDT Virginia Department of Transportation

# Fairfax County Parkway Widening Fairfax County

**Public Information Meeting** 

Monday, January 7, 2019 6:30 p.m. to 8:30 p.m. Presentation starts at 7 p.m Inclement Weather Date: Monday, January 14, 2019

> Robinson Secondary School 5035 Sideburn Road, Fairfax, VA 22032

**Find out** about plans to widen Fairfax County Parkway (Route 286) from four to six lanes between Route 29 (Lee Highway) and Route 123 (Ox Road). The proposed project design also includes an interchange at Popes Head Road and the future Shirley Gate Road extension, improvements to the existing trail in the Fairfax County Parkway right of way and construction of a new shared-use path to make the trail continuous within the project limits.

**Stop** by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and its preliminary design, including Popes Head Road interchange options under consideration. VDOT will hold a presentation beginning at 7 p.m. Project staff will be available to answer your questions.

**Review** project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-691-6710 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written comments** at the meeting, or submit them by **January 22, 2018** to Mr. Sitaram Kodali, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "Fairfax County Parkway Widening" in the subject line.

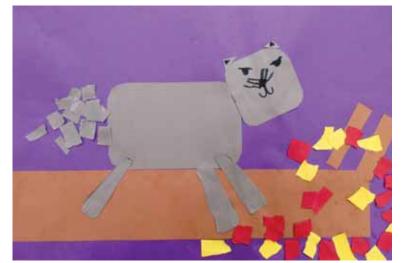
VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Mr. Sitaram Kodali at 703-691-6710 or TTY/TDD 711.

State Project: 0286-029-259, P101, UPC: 107937, Federal: STP-5A01 (775)



# FAIRFAX VILLA ELEMENTARY

Submitted by Danielle Paramore.



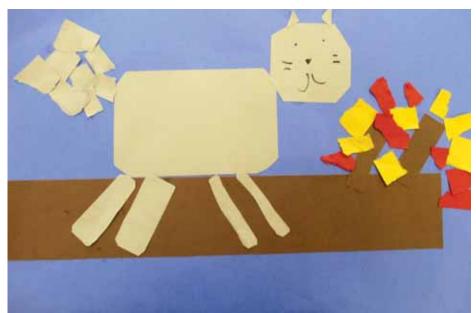
By Sam P., Kindergarten



By Layla R., Grade 2



By Surya B., Grade 2



By Korbin Y., Kindergarten



By Ava N., Grade 6



By Ella P., Grade 1



By Audrey O., Grade 1



By Natai N., Grade 3

# GALLERY

Art classes with Ms. Sui Yanshun.



My Playdate by Miranda Xu, 6, from Fairfax, Grade 1 at Colin Powell Elementary



Sisters on a Swing by Miranda Xu, 6, from Fairfax, Grade 1 at Colin Powell Elementary



One Morning in the Spring by Miranda Xu, 6, from Fairfax, Grade 1 at Colin Powell Elementary

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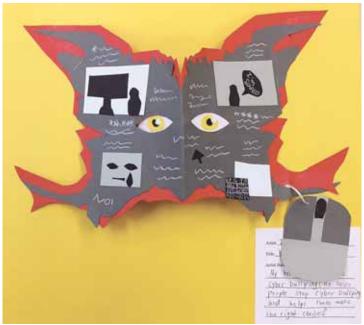
# EAGLE VIEW ELEMENTARY Artwork submitted by art teacher Jessica Chinn.



**Cultural Identity Self Portrait by Andrew** Jones, Grade 3.



**Cultural Identity Self Portrait by Burak** Kiraz, Grade 3.



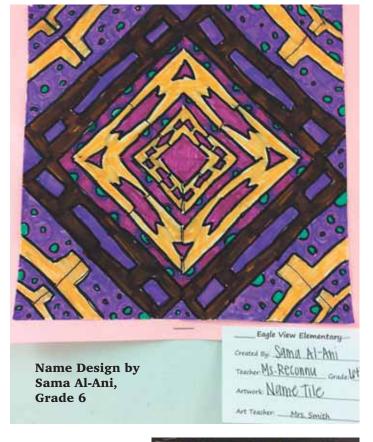
Global **Hero Masks** by Iaan Ha, Grade 5.



Cultural **Identity Self** Portrait by Batu Munkhsaikhan, Grade 3.



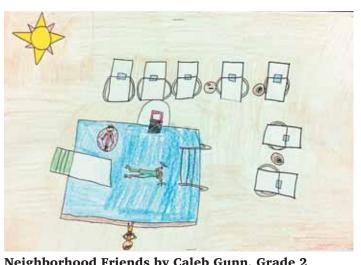








Neighborhood Friends by Chason Cai, Grade 2



Neighborhood Friends by Caleb Gunn, Grade 2

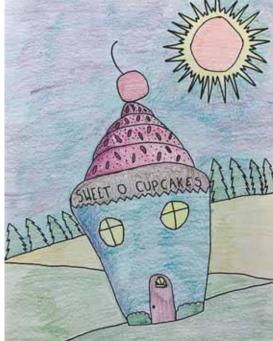
# MOSBY WOODS ELEMENTARY Submitted by art teacher Lois Shumway



By Meena Rose, 8, Grade 3



By Caitlin McCluer, 9, Grade 4



By Zoe Van Eyck, 7, Grade 2



By Hannah Wibowo, 8, Grade 3



By Juha Choi, 8, Grade 3



By Charlie Taylor, 8, Grade 3



By Vivian Kim, 8, Grade 3





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# Laurel Ridge Elementary

## Reflections

Written by students in Grade 6 at Laurel Ridge Elementary School.

When I grow up I want to be a professional soccer player. The reason I want to do this is because soccer is my passion. A second reason I would want to do this is because good soccer players make a lot of money. Right now, I play on a U13 travel soccer team, "SYC". My team is third in the state of Virginia. My team won the state cup last summer, it made me feel very accomplished. It also made me want to keep striving to go professionally. The team I would like to start off with is DC United and this is why I want to be a professional soccer player.

#### CALEB MALEKZADEH, 12

Over the years, I have wanted many different jobs. Some of them include an actor, a marine biologist, band artist, and a dentist. These occupations have their different values, but none of them felt quite right. One day, my mom gave me a piece of advice that I will never forget. She told me that I should have a job that benefited the world and not just myself. I thought about the people who fight and die for our country every day, and then I realized what I wanted to become more than anything. I know it will be hard, unforgiving, dangerous, and sometimes tedious, but being a Federal Agent for the military and protecting those that protect us, there could be no greater honor.

#### - Violet Taylor, 12

I'm sure you know that the world is advancing and fast. The arts are fueled by new creators, sciences are powered by improving technologies. So many fields are getting better, but the two I mentioned really inspire me. That's why when I grow up I want to be an actor or a quantum physicist. "Why?" you might ask. "These jobs are so different!" Well, my friend, actors can represent who or whatever they want. I've performed in a few plays, and it's cool to stand in front of an audience! Physicists use math and science to figure things outs. I take classes for physics, and it's even improved my math! Both professions require mighty creativity, and everyone gets something from creativity. Maybe...I'll be both!

#### — Sahara Martin, 11

What I want to be when I grow up is a teacher for children who have autism. I would like to be a teacher because I think that teachers have super powers that make amazing children who grow up to be great people. The reason I want to be a teacher for children with autism is because I want them to also have the opportunity to be great people just like everyone else. The thing that inspired me to want to be a teacher for autistic children is that in 5th grade I would use my Friday recess to go down to PE when the classes with students with autism were there, and it was really inspiring to see how hard the kids worked and persevered to accomplish everyday things, so I want to become a teacher for those

— Aвву Meehan, II

When I Grow Up shows up in some way.

Adults ask it and expect Little

However, They don't

think we will say

anything with a large amount of thought.

I have taken my interests and formed them into

a fun and interesting

One I think is suited for me

and many other people

To strive for this profession will be quite tough

however, my love for art and technology

will help throughout this journey

The job I would

Design and Engineering

Elena Paulson, 11

I want to be a children's author and illustrator when I grow up because it would be a fun and cool job. Also, you can work at home. I think it would be fun to make stories for little kids like me. I also believe that it would be cool to read your own book to your kids.

If I were an author, I would write books like the Elephant and Piggy books. The books would be about friends who are different animals and go through problems that little kids actually go through. I would illustrate simple things and only the main ideas of the

This is the job for me because I'm an artist and I like to write short, fictional stories about animals. I would enjoy working at home because I could stay home with my kids and dogs but still be working. Being a children's author and illustrator would be a fun and cool job.

- Julie Davis, 12

When I grow up I want to open a restaurant with my co-worker Dahlia. She would make the main course and the appetizers and I would make the desserts. It would be called 'C and D's Catastrophe.' I have many reasons for this incredible idea. One reason I would want to do this when I'm older is because you get to make people happy with your delicious creations. I mean, who can be sad while eating dessert? You can also eat on the job! The best win-win ever created! I could also get famous because of my restaurant's amazing food. Doing what you love and getting famous for it sounds like the best life ever.

#### — CATE FLECK, 11

When I'm older, I want to either be an elementary school teacher, or a teacher for kids with autism. As the oldest of four, I'm around kids a lot. I think what I'm attracted to is their energy and eagerness to do what they love. As a sixth grader at Laurel Ridge Elementary, I get to have a kindergarten buddy, who I spend time with every other Friday. We do things ranging from playing on the playground, to doing projects for holidays, and I really love spending time with younger kids.

My interest in being a teacher to kids with autism was sparked last year when I spent my Friday recess doing gym class with the autism class. I loved seeing

their determination, excitement to be with other kids like them, and their good friendships with each other. This energy in younger kids is why I want to be an elementary school teacher.

Aine Maloney, 11

One thing I would change about my school is to go back to half days on Monday. I don't know about other school districts, but in Fairfax County we used to have a 2 hour early release on Mondays, but they stopped doing it around the time I started 1st grade. One of the reasons I want to go back to this is because Mondays are always so boring, and it's right after the weekend so you could ease right into the week. And I bet lots of people have activities that they have to do in the afternoon. If you disagree with me I'll be surprised.

#### - Gabe Presidio, 12

The one thing I would change about my school is to have art twice a week. I would change this because I think art helps you relax, opens your brain to the creative side, and it also lets your brain rest from the hard work you had been doing. We get two hours of P.E., and two hours of music a week, so why can't we get two hours of art, or at least one and a half hours. We could also combine P.E. and art, or music and art, so we can still have two hours of P.E. or music.

#### — Lilah Cohen, 12

If there could be one thing I could change about school, it would be removing school in general. When people are born, they could have education chips inserted into their brains so that they already know everything. Whenever new information is discovered, the chips can be updated to hold the information. Kids can make friends during a new holiday on Tuesdays called FriendDay, where kids in the same area in the same age range can come together for five hours. Boom! School problem solved.

#### – Nora Prather, II

What I would change about my school is we would have no school but still be smart. I guess that doesn't happen on its own and that's not changing something about school, because there would be no school. The problem with school is that it is 90.5% boring. It would be a lot less boring if I could bring my all-time best friend/cat, Lilly, She's great! She has white fur and blue eyes. She is so pretty! Animals help me focus a lot and they make me happy when I am stressed or upset. That is only one of the long crazy list of possibilities to change about school.

#### – Sarah Lockard, 11

One thing I would like to change about our school is the way students and teachers are put together. I think that the students and teachers should both be able to assess each other and that they should be put together based on their preferences. I think that it is unfair how teachers randomly get paired with students because some students might have specific teachers in mind that they think will bring out their full potential. In the teachers' point of view, they might also have some students in mind who they think will be best suited for their teaching. Of course, not everyone's preferences can be fulfilled, but by trying to listen to the voices of the students and the teachers. I think that our school would be more harmonious. By letting teachers pick students and students pick teachers, students' overall performance could improve because of a more suitable method of teaching for them.

— Grace Im, 12

#### LAUREL RIDGE ELEMENTARY

## Reflections

From Page 7

ologist and/or a scientist, but when I grow up I want to have a good job.

- Juan Pable Osorio Daza, 10

My best gift from school is a Lego set that my teacher gave me. I built it as soon as I got home. I also got a coding book from her. I can't wait for my USB to arrive!!! I want to code at home. I'm going to miss my teacher, still I can't wait to move back to my base school. I'll miss the big playground although our lobby is pretty cramped. My base school's lobby will be much bigger. I'll miss AAP as well, well at least I'll get out early and see my friends at the playground and I'll also see Tyrone there. It will be fun but I won't see Aiden much, but I will get to see my brother in school.

Lucas Johnson, 9 3/4

If I could change something in our school it would be the food. I would change the food because (no offense) it's not that good. For example, in Puerto Rico they would give you a full meal like an empanada with real meat, hot rice with salsa. Here they give you two breadsticks filled with cold cheese. The best thing here is the pizza and that's only on Fridays, but sometimes there's not even that. I think if the food was better people would buy it and the school would make more money for

#### - Alfonso Cordero, 10

One thing I would change about school is that everyone can go to recess whenever they want. because now it might be recess time and some people are tired, so when they are outside they just sit there. Later when they feel energetic they are stuck in their classrooms. There will be some rules like you can't go to recess in the middle of a test or during specials, and students still have to do all their work. I think that will make school better.

— Aayam Dhakal. 9

One thing that I would change about school is I would make school have way more recess, because we do not have enough recess in our schools. Lots of people in our school would like more recess and more people would probably like to go to this school if we had more recess. That's what I think.

— ETHAN PAULSON, 9

One thing I would change about school is that I would have more recess and a shorter school time. My mom thinks that recess should be longer and school should be shorter because when she was in school the recess was longer and the school was shorter. I would also change that we should not repeat subjects and that they start school earlier.

– Brandon Rebeyro, 9

When I grow up I want to be an astronaut. When I did a report on Neil Armstrong, I got hooked on astronomy. I have been researching/studying space since 2<sup>nd</sup> grade. Neil Armstrong inspired me to do what I love most, which is space. At first, I wanted to be an engineer but I learned about space and somehow got connected. I wanted a telescope last Christmas and Santa Claus brought my dream tool/ toy! Even though my dog broke it, it's still useful. Remember: even if other people hold you back, you can still reach your dreams no matter what!

- MARY GRACE ANDERSEN. 10

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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 or 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

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 been 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 Mc-Graw, "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

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

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 any-

way. 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.

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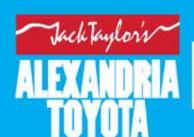
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