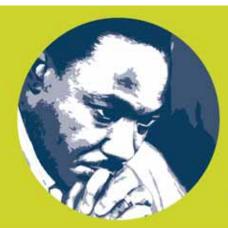


Critter's Skating by Iyla Sharifahmadian, 8, of Fairfax, Grade 3 at Nysmith School for the Gifted in Herndon

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Reston Dr. Martin Luther King Jr. Birthday Celebration January 19 – 21

Are We Keeping the Promise?



Saturday, January 19

Community Service Projects

9:00 a.m. • Southgate Community Center, 12125 Pinecrest Road
1:00 p.m. • North County Government Center, 1801 Cameron Glen Drive
All Ages • Free • Registration required through Reston Association

Reston Community Orchestra 13th Annual Tribute to Dr. Martin Luther King Jr.

4:00 p.m. • RCC Hunters Woods — Community Room All Ages • Free, donations are appreciated



Sunday, January 20

Singer-Songwriter Crys Matthews

2:00 p.m. • RCC Hunters Woods – the CenterStage \$15 Reston/\$20 Non-Reston (Tickets sold through the CenterStage Box Office)

Voices of Inspiration

4:00 p.m. • Northern Virginia Hebrew Congregation, 1441 Wiehle Avenue All Ages • Free





Keynote Address and Community Lunch
DeRay Mckesson, Civil Rights Activist
Author of On the Other Side of Freedom: The Case for Hope

12:00 p.m. • RCC Hunters Woods — the CenterStage and Community Room \$5 Reston/\$10 Non-Reston (Tickets sold through the CenterStage Box Office)

Especially for Youth

11:30 a.m. – 2:30 p.m. • RCC Hunters Woods
6 – 12 Years Old • Free • Registration Required: #704750-9A

For more information, please contact Kevin Danaher, Reston Community Center's Community Events Director, at 703-390-6166.

The Reston Dr. Martin Luther King Jr. Birthday Celebration weekend is presented by Reston Community Center in cooperation with the Martin Luther King Jr. Christian Church, the Office of Fairfax County Supervisor Catherine M. Hudgins, Reston Community Orchestra, Reston Association, Southgate Community Center and Cornerstones, with the support of other religious and civic organizations, business groups, and schools.







www.restoncommunitycenter.com

& To request reasonable ADA accommodations, call 703-476-4500, TTY 711.





CHILDREN & TEENS CONNECTION



A Rainy Day by Parsa Sharifahmadian, 6, of Fairfax, Kindergarten at Nysmith School for the Gifted in Herndon



By Aayush Mehrota, Grade 2, Floris Elementary, art teacher Joan Hussey

Welcome

Dear Readers:

This week, the Oak Hill/Herndon 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.

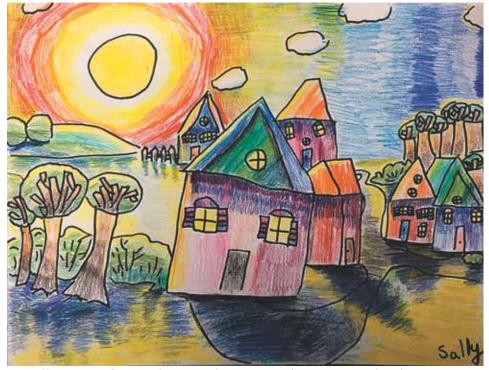
The children's issue is only a part of our year-round commitment to cover education and our local schools. As always, the Connection welcomes letters to the editor, story ideas, calendar listings and notices of local events from our readers. Photos and other submissions about special events at schools are especially welcome for our weekly schools pages.

Our preferred method for material is email, which should be sent to herndon @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 Kali Collins, Kindergarten, Floris Elementary, art teacher Joan Hussey



By Sally Yu, 9, of Herndon, Grade 3, Navy Elementary School



My Family by Aarul Panganamala, Grade 2, Lutie Lewis Coates Elementary, Art Teacher Mrs. Claessen

CHILDREN & TEEN CONNECTION

FLORIS ELEMENTARY ART GALLERY
Artwork submitted by Art Teacher Joan Hussey



By Abbie Meng, Grade 2



By Kushal Medikonduri, **Grade 4**



By Lara De, Grade 5



By Lavina Colac Grade 5



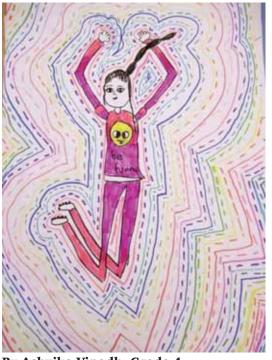
By Milly Navarro, Grade 4



By Zoe Muchnik, Grade 3



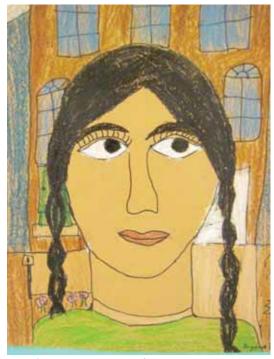
By Diya Kotha, Grade 3



By Ashvika Vinodh, Grade 4



By Amaira Kishore, Kindergarten



By Aiyana Bage, Grade 3

CHILDREN & TEEN CONNECTION

LUTIE LEWIS COATES ELEMENTARY

Submitted by Mrs. Claessen, art teacher.





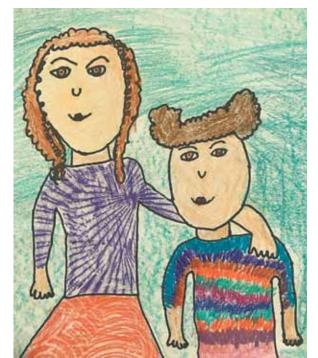
Mom by Lena Russell-Skeels, Grade 1



Mom by Dristi Pokharel, Grade 1



My Family by James Martinez, Grade 2



My Family by Setareh Trapp, Grade 2





Radial Design by Alexandra Seemueller, Grade 6



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Announcements









Soldier by Winston Wang, 11, Chantilly, **Grade 6 at Oak Hill Elementary.**



Wild Hair Day by Sophia Wang, 9, Chantilly, Grade 3 at Oak Hill Elementary.



Drawing by Carys Lauren Dahlin

Youngest Person on Earth

Abbey Hearts Aybeesee was the youngest person on Earth. She grew to be 99,000 years old. Everyone else was long dead. When she was 1001 there was still one friend with her. When she was 1040, the news in the newspaper said there would be monsters arriving in a few weeks, but they did not show up until she was 99,000.

Abbey went in a spaceship because she knew there were people on another planet. She had dusty pictures of her family in her pocket. She tried to find people who looked like them. She didn't find anyone.

— Carys Lauren Dahlin, 5, Herndon

CHILDREN'S Connection

My Favorite Season

Fall oh fall, where do I begin? When I look around I see a pigskin The leaves are turning oh so bright Just happy I survived the Halloween fright I jump into a giant leaf pile It's time for long pants after quite a while Getting excited to eat lots of food I'm definitely in the Thanksgiving mood Around the corner then Christmas cheer Hurry, hurry Santa get here Fall you are my favorite season Holidays are the main reason

> Brody Neihardt, 11, of HERNDON

GRADE 6, CROSSFIELD ELEMENTARY

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 **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

- 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

But keep in mind to be careful, because it could happen right NOW!

- Erin Doran

The Oak Hill / Herndon Children's Connection

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Good is not good, where better is expected.

-Thomas Fuller

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Abnormal



By KENNETH B. LOURIE

Back to

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 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.



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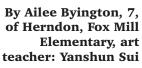
CHILDREN & TEEN CONNECTION

More Artwork from Herndon/Oak Hill

By Sally Yu, 9, of Herndon, Grade 3, Navy Elementary School









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 c50 per page for the first 50 pages then c75 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/

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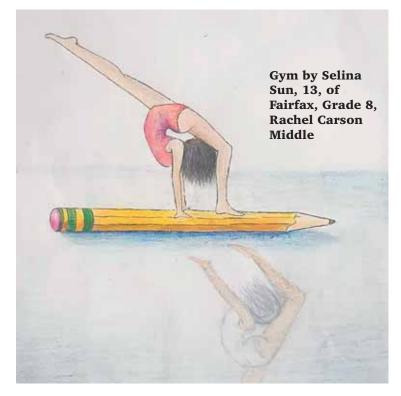
Reston Hospital Center: 703-689-9000 https://restonhospital.com/physicians/

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The Rabbit and the Big Visit by Chloe Mia Zhu, 7, Herndon, Grade 2, Fox Mill Elementary





Drawings by Samantha Avery, 7, Floris Elementary, Herndon.