Children’s & Teens’ Connection 2017

By Victoria Phinizy, Grade 6, White Oaks Elementary, submitted by Art Specialist Susan Mosios.

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At Peter K. Cocolis, Jr. and Associates, we believe optimum oral health is key to total body health and well-being. These days, going to the dentist is not just about taking good care of your teeth; it is about taking good care of your health. Problems in your mouth can be signs of trouble elsewhere in your body. Your oral exam reveals important early warning signs for many total-body conditions including diabetes, oral cancer and high blood pressure.

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- Implants
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Peter K. Cocolis, Jr., DMD
& Associates
Peter K. Cocolis, Jr., DMD, MAGD
Emily A. DaSilva, DDS, FAGD

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Monday–Thursday 8 A.M.–5 P.M.; Friday* 8 A.M.–1 P.M. *Once monthly for sedation appointments
Welcome

Dear Readers:

This week, the Burke 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 schools pages.

Our preferred method for material is e-mail, which should be sent to south@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 Kurshpahic

Dancers by Claire Ashley, Art Classes in Burke, Instructor Carol Zeitlin

Winter Fun, by Allyson Nguyen, Grade 8, Lake Braddock SS, Teacher: Victoria McGrath

By Noah Kwasnoski, Grade 6, White Oaks Elementary, submitted by Art Specialist Susan Mosios.

Cherry Run Spirit Day, dressed up as “teachers” — Brielle Crowell, Victoria Shea, Kiera Crowell, Deborah Busch (Submitted by Mary Ellen Zavaleta, Fourth Grade Teacher)

By Riley Betzel, Grade 4, Cherry Run Elementary, Art Resource Teacher Melanie C. Rodas.
**Favorite animal?**

A human—because I'm a human and we can find a way to live peacefully (or not.)
—Evan Jones

Cheetahs—it must feel good to run that fast! I wish I could. Do you?
—Victoria Shea

Elephant—When I was younger, I thought an elephant could give me a shower. When I was 2 or 3, I wanted to be an elephant when I grew up. Even now, I still like elephants because they are very cool.
—Fiona Mulcahy

A Galapagos tortoise—I want to ride it! They were almost extinct.
—Keshav Parikh

A dog. It's a very interesting story about how dogs came to be real. They have super puppy cuteness that can make a heart melt. They are friendly, most of them. You can teach them tricks.
—Samuel Griffith

**Favorite game?**

I like soccer because it's a sport that can burn your energy. If you're feeling squirrelly, you should play this sport. It requires a lot of stamina, endurance and brainpower and skill. Can you kick a ball?
—Samuel Griffith

Roblox is a game I love to play. You can play tons of different games on it. You can create an avatar. You can have friends. You can enjoy relaxation time.
—Samuel Griffith

My favorite game is Rocket League. It's a game where you have cars and you can play hockey, soccer or basketball. You hit the ball or puck with the car and try to make a goal. I play it with my neighbor all the time.
—Nicolas Moreno

I think Minecraft is a very convenient game because you can play it on almost any device, from your X-box to your iphone! Minecraft is good to build things and has two main game modes: Creative and Survival. In Creative, you are free to do and build whatever you want, but in Survival you have limited resources.
—Fiona Mulcahy

**Something you remember doing for the first time?**

I remember the first time I rode my bike. It was on a soccer field. Then when I got the hang of it I rode on a tennis court. When I mastered that, I went on the sidewalk and road.
—Nicolas Moreno

I remember going to a farm. The farm had roasting marshmallows, a mountain you could look up to see its beautiful land, and apple trees that had not-ready apples, rotten apples and good apples on the ground.
—Brielle Crowell

The best thing that ever happened to me was when I caught a grass carp. It weighed 24 pounds and was three feet long. It was the biggest fish my family ever caught. It was the size of my little brother!
—Dalton Childress

**Favorite restaurant?**

I went to Cava. It had a handwash-o-matic! You would roll up your sleeves then stick your hands in it. It would spin and spray water.
—Keshav Parikh

**What would you like to do for your first paid job (as a teenager)?**

I would like to work at the Nike store. I like Nike clothes and shoes. Nike and Adidas are my favorite brands.
—Nicolas Moreno

When I'm a teenager, I want to be a nature guide. The thought of spending all day in the forest makes me happy. I love watching animals, playing in the woods, and building shelters made from natural resources, so that's the job for me. When I am good at talking to people about nature and I can memorize trails I would like the job as a nature guide very much.
—Fiona Mulcahy

I want to be a lacrosse player because playing lacrosse makes me feel so happy when I'm with a team.
—Kiera Crowell
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Children’s Connection

Cherry Run Elementary
Artwork submitted by Mary Ellen Zavaleta, Fourth Grade Teacher

By Kiera Crowell and Victoria Shea

By Dalton Childress 10, Burke
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SNake Vase by Mark Dubon — 3D AP Studio Art.

Flower vase pair by Victoria Cecchetti — 3D AP studio Art.

Autumn Leaf bowl by Devin Sheridan — Ceramics 1

Crown of Thorns by Zoe Mermagen — 3D AP Studio Art.
Children’s Connection

Cherry Run Elementary
Artwork submitted by Melanie C. Rodas, Art Resource Teacher

- Ethan Brown, Grade 4
- Abigail Schnettler, Grade 4
- Braden Hodge, Grade 1
- Sydney Scott, Grade 6
- Rouben Othmanov, Grade 6
- Rouben Othmanov, Grade 6
- Ben Taylor, Grade 3
- Anna Sinclair, Grade 3
- Alicia Call, Grade 1
- Julia Woods, Grade 6
- Ayden Dang, Grade 4
- Ben Taylor, Grade 3
- Anna Sinclair, Grade 3
- Wyatt Jarosz, Grade 2

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Art Classes in Burke

Seasonal Drawing by Josephine Bronson in Art Classes in Burke

Original Female Character, line drawing by Kayleen Grasso, Art Classes in Burke

Seasonal Drawing by Jean Seo in Art Classes in Burke

Seasonal Drawing by Kayla Martinez in Art Classes in Burke

Self-Portrait drawing by Katie Weyrich in Art Classes in Burke

Seasonal Drawing by Holly Barker, Art Classes in Burke
Children's Connection

White Oaks Elementary

Artwork by sixth grade students submitted by Susan Mosios, Art Specialist.

By Michelle Wang

By Owen Corley

By Anna Gospodinova

By Ariana Marticio

By Devon Rudolph

By Jeevan Kaur

By Katelyn Sullivan

By Maribelle Chu
COMMUNITIES OF WORSHIP

Worship Gathering – Sunday 8:45 & 11 AM
Sunday School – Wednesday 11:15 AM
Sun. Evening – Realtime Worship & Youth 6 PM
Family Night – Wednesday 7:15 PM
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Children’s Connection

Poetry

A Flight in the Night
Soaring with my might
In my midnight flight
The moonlit sky
Filling up my eye
Barely moving my wing
So happy I could sing
Oh what a sight
That is to be seen at night!

—Jimin Yio of Fairfax, 12, Grade 7, Rocky Run Middle School

The Gift
If I were to give a gift to my parents,
it would be something that’s not so apparent.
It’s something that can grow like a tree
and it’s something that can be from you and me.
Love is the word that I’m thinking of,
It flies into life like a little dove.
It doesn’t matter whether you’re big or small,
As long as you know that there is love for all.
—Peter Sheridan, Age 11, Grade 5, Laurel Ridge Elementary

Hope
Earth is a fallen world
So many disasters
But there is one thing we can clutch onto to preserve it forever
Hope
We must share it with others
It’s too good to keep to ourselves
We must believe that everything will be alright
We need to hold on tightly
To hope
—Grace Oh, Grade 6, Mosby Woods Elementary

Autumn by Amanda Liu, age 6, First grader in Mrs. Tredinnick’s class at Canterbury Woods Elementary School in Annandale

The R in RESPECT
Respect is a gift.
The most important thing to a friend.
Respect is a beautiful and delicate thing,
Worth being treasured in every way imaginable.
The gift of respect is giving to people of all different sizes.
Respect is given to the tall,
Respect is given to the small,
Respect is given to the strong,
Respect to the wrong.
Respect to yourself,
Respect to your peers and toys on the shelf.
But the R in RESPECT is for resilience.
Resilience to love, resilience to respect everyone.
The R in RESPECT represents the people who care,
Who love, who hope, who dream,
Who live, who laugh, who respect.
—Violet Taylor, Age 11, Laurel Ridge Elementary

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As long as you know that there is love for all.
—Peter Sheridan, Age 11, Grade 5, Laurel Ridge Elementary
Lake Braddock Secondary School

Road Trip Comic, by Theresa Morthland, Grade: 12, Class: Digital Art 4, Teacher: Mr. Feeney

Love Knows No Bounds, by Theresa Morthland, Grade: 12, Class: Digital Art 4, Teacher: Mr. Feeney

Friends, by Lily Miller, Lake Braddock Secondary - Middle School, Grade 8, Teacher: Victoria McGrath

Precious love, by Kealani Nanz, Grade 8, Lake Braddock SS, Teacher: Victoria McGrath

City of Fairfax Children's Events

Funday Monday
Mondays, 10:30am, Old Town Hall
Free, weekly children's series sponsored by the City of Fairfax Commission on the Arts

Jan. 8 - Story Time & Craft
Jan. 22 - Zumba Kids
Jan. 29 - Oh Susannah
Feb. 5 - Mr. Skip
Feb. 12 - Story Time & Craft
Feb. 26 - Zumba Kids
Mar. 5 - Mr. Skip
Mar. 12 - Story Time & Craft
Mar. 19 - Drew Blue Shoes Magic
Mar. 26 - Zumba Kids

There is no Funday Monday on Jan. 1, Jan. 15, or Feb. 19 due to City holidays.

Sherwood Family Movie Nights
Select Fridays 7:00pm
Sherwood Center
Free movies on the big screen! Food drive donations accepted for Britepaths.

January 19 - Smurfs Lost Village
February 23 - Captain Underpants
March 23 - Despicable Me 3
Heart of Ice, Cave I Dwelled

My eyes drifted to the snow
Feelings faster than the storm
I saw my joy fade
The sun’s light fading
Foggy mist
I couldn’t see
My steps led me to snow
Like being buried
Beneath it all
My heart stung
The wolves hungry for my soul
I started forward
I didn’t look back
Mind swirling
Tears a blizzard
White scattered my path
Icicles dripped like how I faded
I Wish you could know
I’m sorry
But I knew I must keep going
The fog then lifted
Bringing the sun to my heart
It reached out its hand
I opened my eyes
The snow endless mountains of white
I cried for it
I didn’t know why
As the wind shifted my coat
My heart as well
I found myself on a cliff
I slipped on pure ice
And started to fall
The ice was so pure
It’s cold, the sparkling crystals swept me off my feet
It wasn’t just my feet
I hung paralyzed
Lost
Afraid
Alone
My joy ran away
It leaped so fast a blur
Swallowed by shadow
My heart of ice
But it came back to me
Back to me as wonder
With wonder came joy
As I hung with shadows growing
The jagged peaks begged for gloom
I only held on tighter
I then knew I must not fall...
Delicate snowflakes stroked my skin
I knew those who need me
But it came back to me
Back to me as wonder
With wonder came joy
As I hung with shadows growing
The jagged peaks begged for gloom
I only held on tighter
I then knew I must not fall...
Delicate snowflakes stroked my skin
I knew those who need me
I hung
My eyes glistening with glaze
If you were to throw an arrow at my heart
It wouldn’t pierce my heart of ice
I’m so sorry
I let go
My heart was glowing
Brighter than that below
Fell to the cliffs...
Fell to the peak of my life...
The shadow...
The snow that scared me...
Landed on a cloud
I lived
I yelled
I yelled because of it that haunted me
For the snow that had me survive
No, I’m going back
I started to run
The frozen pond singing
Tears dripping
Heart knowing not
But to keep going
Not today...
Not today...
I will run till I die
Death’s scythe will not touch me...
It’s not my time...
I grasped onto my life
I knew
And I ran home
That it wasn’t I
But my wonder
Than the light
It came through the clouds
Not a step
But the entire sky
I hugged my life
Only I will touch
You will not haunt me
I had run away
I had fallen
But had gotten up again
The birds of past screamed
The present birds cried
The future eagle looked with its eyes
So that it pierced so much
My heart of ice melted
I do not know why
The ice wrapped around me
And then I flew
---

By Hannah Bang, 12, 6th grade
Grade 6, Fairhill Elementary

Can you guess my favorite season?

It’s a season where people may get fevers or shivers from the cold
It’s a season where dice, decorative, and delightful snowflakes unfold
It’s a season with laughter and soft and warm dinks where we hit them together and they go CLINK!
This season gives you a reason to go to the ice skating rink
Did you guess it, it should be clear, so grab your coats because my favorite season winter is here

—Rugiatu Aisha Wurie, 11, Fairfax, Grade 6, Colin Powell Elementary
HOLIDAY SOBER-RIDE
Free Sober Rides. The annual Holiday SoberRide program will operate 8 p.m.-4 a.m. each night from Dec. 15 to Jan. 1, 2018. Reservations are required to receive a no-cost (up to $15) safe transportation home. WRAP’s weekly Holiday SoberRide promo codes will be posted at 2 p.m. daily Dec. 15 - Dec. 31 on www.SoberRide.com.

BLOOD DONATIONS NEEDED
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 – 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).

TUESDAY/JAN.
American Legion Post 177 Luncheon: 11:30 a.m. - 1:30 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. Presentation on “Advanced preparation and arrangement for funeral/memorial” by Pete Hassel, Fairfax Memorial Funeral Home. $11. Call 703-280-2356 for more.

SUPPORT GROUPS
Shepherd’s Center of Fairfax-Burke sponsors a monthly luncheon on the 3rd Tuesday of each month, noon-1:30 p.m., for caregivers to learn and to share with others experiencing similar challenges. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or eileenthompson08@gmail.com. Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

ONGOING
Volunteers needed at the Fairfax Station Railroad Museum, 11220 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact volunteer@fairfaxstation.org or 703-945-7483 to explore services that will fit your schedule and interests. Visit www.fairfaxstation.org, or call 703-425-9225 for more.

RSVP: a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria. RSVP 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 Hulicki at chulicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpfairfax.org.

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By KENNETH H. 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 no Pope. It’s an affliction, not an affection. Certainly not one worth embracing anyway. But definitely something I want to fight.

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-labile from speaking, knows/say less about it than you the patient.

I’ve tried to steadfast 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: “I think you have two years – at most.” I was shocked. Perhaps hearing the equally grim likelihood – I had no personal experience – of living beyond five years (low single digit percent- age); heck, even living beyond two years, might have depressed me to what course of treatment: chemotherapy. I was starting and why. But what did I know? I had just been blindsided and then h锤ed into it as to what course of treatment: chemotherapy. I was starting and how. 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 I have 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 along with, 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 (how ever), I’m not exactly 108-year old Paul Edgecombe/Tom Hanks from the movie “The Green Mile”). I don’t know that the varied steps I’ve taken have dramatically changed my attitude quite a bit. 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 on what it all means. In my case, I was not inter- ested – 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 would weaken my resolve. I don’t recall how many months or years it was before I realized how wrong I had been. Probably several months after I’d been confronted with a fellow lung cancer patient/survivor has only strengthened my resolve. Has that openness and appreciation for my own good fortune extended my life? I’d like to think it has.

I’ve been able to see the good in cancer. And that’s a laugh with which we can all live.
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**BASIC LUBE, OIL & FILTER CHANGE SERVICE**

- **$29.95**
- **$44.95**

Includes Genuine Toyota oil filter up to 5 quarts of conventional oil, inspect windshield wipers, check tire condition, check battery (with parasitic), inspect and adjust all fluid levels, inspect air & cabin air filters.

**4 WHEEL ALIGNMENT**

- **$64.95**

Your car’s alignment suffers, and can cause uneven tire wear and steering problems.

**BRAKE SPECIAL**

- **$79.95**

Includes:
- Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Parts only.

**SIGHT LINE WIPER BLADES**

- **$10.00 OFF**

Sight Line only.

**VARIABLE DISCOUNT**

- **$15.00 OFF** when you spend $100.00 - $199.99
- **$30.00 OFF** when you spend $200.00 - $299.99
- **$45.00 OFF** when you spend $300.00 - $399.99
- **$50.00 OFF** when you spend $400.00 or more

**FREE BATTERY CHECK-UP**

- Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

**FREE BATTERY INSTALLATION**

- Includes 1 year warranty, 24-month FREE replacement.

**FREE TRUESTART BATTERY**

- Includes battery installation.

**FREE VIRGINIA STATE INSPECTION**

- Check your windshield. Does your sticker say 11/17, 12/17, or 11/18? If so, your VA Safety Inspection is now due.