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

Monday, January 21
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.
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
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 Milly Navarro, Grade 4

By Zoe Muchnik, Grade 3

By Amaira Kishore, Kindergarten

By Ashvika Vinodh, Grade 4

By Lavina Colac, Grade 5

By Diya Kotha, Grade 3

By Alyana Bage, Grade 3

By Lara De, Grade 5
Children & Teen Connection

Lutie Lewis Coates Elementary
Submitted by Mrs. Claessen, art teacher.

My Family by Aarul Panganamala, Grade 2

Mom by Lena Russell-Skeels, Grade 1

My Family by Dristi Pokharel, Grade 1

My Family by James Martinez, Grade 2

Birthday Meal by Ibis Fuentes Leon, Grade 3

Radial Design by Alexandra Seemueller, Grade 6
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

Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE

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.

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— Carys Lauren Dahlin, 5, Herndon
My Favorite Season

Fall oh fall, where do I begin?
When I look around I see a pumpkin.
The leaves are turning oh so bright.
Just happy I survived the Halloween fright.
I jump into a giant leaf pile.

It’s Halloween, It’s Halloween
You can make pie out of me You can smash me
I scare the little ones away and I glow
I’m quite smooth
I’m round and orange
Yep - that’s all about me.

— Brody Neihardt, II, 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
TV
Books
Super Mario
Yep - that’s all about me.
— Demetrios Demetriou

What am I?
I’m round and orange
I scare the little ones away and I glow
I have very very triangle eyes
I have a round nose
You can make pie out of me
You can technically make anything you want out of me.

— Mira Dunn

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

— Erin Doran

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/visual ebbs and flows 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 sched-
ule 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 knowledge that the focus and attention on
the dominating fact that I was diagnosed with
an incurable form of cancer: non-small cell lung
cancer, as I maintain positive about the negativ-
eism which came with a “13 month to two year”
prognosis.

Regardless, 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 I know, anyway. And I
don’t mean lying on a chaise lounge somewhere
soaking in the local culture as I try not to sundown in the middle sun. I mean... well, I presume you
know what I mean.

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

Because, as amazingly fortunate as I am to still
be anywhere nearby. 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 (vs Western alternatives)
as in thinking I’ve fallen through some crack
somewhere and have been forgotten by whatever
reaper is sewing these things.

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

Having survived so long when so few of the
thousands of similarly diagnosed cancer patients
have not, certainly gives this one pause. But the
pause passes quickly and is taken over by positi-
vity, as I must remain positive about the negative
and not allow any semblance of “woeing” about me
or meaning or meaning about what I am able to
do or disabled and unable to do. Never!

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

Unlike the country music song by Tim Mc-
Graw, “I’ve Like You Were Dying,” I don’t want
I don’t want to feel like I am dying. I want to live like I am living. A
living which takes into account the good, bad and
the indifferent.

I try from what I perceive to be my usual path,
I will know that I am doing so for a reason:
cancer.

And since I never want to reinforce a negative,
let alone give it room to roil, 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 often be adverse-
ly 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 (par-
icularly, 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 lot 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 even. 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 it.

Kenny Lourie is an Advertising Representative
for The Patomac Almanac & The Connection Newspapers.
More Artwork from Herndon/Oak Hill

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

By Ailee Byington, 7, of Herndon, Fox Mill Elementary, art teacher: Yanshun Sui

Re: Dr. Kathryn Sowerwine
Dermatology & Allergy Specialists of Virginia
12600 Twin Center Dr. Suite 415, Reston VA 20190
1715 N. George Mason Dr. Suite 109, 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. This 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 this 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 wellness. He has office locations in Reston, Leesburg and Alexandria and 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.dermatologistserva.com. Please complete the records release form and return it in the self-addressed stamped envelope and the fee, if requested. Electronic paper records, $30 per page for the first 50 pages, then $75 per page after that. Postage and a $10.00 handling fee will be charged to the patient.

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

Sincerely,

Dr. Kathryn Sowerwine

Dr. Daneshvar: Allergy & Asthma Care Center: Reston; 703-706-7736 Alexandria; 703-931-2164
Leesburg: 703-777-1411
http://www.allergyandasthmacentercpc.com/

Virginia Hospital Center: 703-558-2000
https://www.virginiahospitalcenter.com/doctors/default.aspx

Reston Hospital Center: 703-466-9000
https://restonhospital.com/physicians/

American Academy of Allergy, Asthma & Immunology: (847) 427-1200
http://www.aacpai.org/find

American College of Allergy, Asthma & Immunology: (414) 272-0071
http://acatgasl.org/find/

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

www.ConnectionNewspapers.com