

McLean CONNECTION

HomeLifeStyle

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Artist Eve Stockton explains how pieces of this ocean series were created years apart from one another. The top and bottom pieces were entirely different projects.

Artists Share Their Inspiration in McLean

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PHOTO OLIVIA ANELLO/THE CONNECTION

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Run for a Seat on the McLean Community Center Governing Board



PUBLIC NOTICE OF ELECTIONS

MCLEAN COMMUNITY CENTER GOVERNING BOARD
SMALL DISTRICT 1A OF THE DRANESVILLE DISTRICT, FAIRFAX COUNTY, VIRGINIA



This **OFFICIAL NOTICE** of elections to select members of the 2020-2021 Governing Board of the McLean Community Center (the Governing Board) is given to residents of Small District 1A of the Dranesville District, Fairfax County, Virginia (referred to as "Small District 1A"). The McLean Community Center (MCC) operates as a Special District Agency of the Fairfax County Government through a Memorandum of Understanding between the Fairfax County Board of Supervisors and the Governing Board. On February 8, 1984, the Board of Supervisors approved the Memorandum of Understanding, which authorizes the elections. The MCC is funded by residents of Small District 1A in Greater McLean for their use through a real estate tax surcharge, the result of a 1970 Small District 1A bond referendum.

Elections are held on **McLean Day** at Lewinsville Park, 1659 Chain Bridge Rd., McLean, VA, 22101, on **Saturday, May 16, 2020. Voting on McLean Day takes place from 10:30 a.m. to 5 p.m.**

Candidate Qualifications:

The Governing Board is a volunteer service. Each resident who lives within Small District 1A is eligible to run for a seat on the Governing Board. If you need help determining whether you reside in Small District 1A, please contact the MCC at **703-790-0123, TTY: 711**, or by emailing elections@mcleancenter.org.

ADULTS: Candidates must be residents of Small District 1A and must be at least eighteen (18) years of age on or before May 16, 2020.

TEENS: Candidates must be 15, 16, or 17 years old on or before May 16, 2020, live within Small district 1A, and live in the boundary area for either Langley or McLean high schools. You **do not** have to attend either high school. You may attend another school, including one that is outside of Small District 1A, or you may be home schooled. You can only run for the seat representing the high school boundary area where you live.

Available Governing Board Seats and Terms:

Three (3) Governing Board adult seats will be filled through the election. The candidates who receive the three (3) highest number of votes will serve a three-year term on the Governing Board.

One (1) Governing Board youth seat for teens living within the Langley High School boundary area will be filled for a one-year term.

One (1) Governing Board youth seat for teens living within the McLean High School boundary area will be filled for a one-year term.

Candidate Petition Requirements:

ADULTS: Must get the signatures of ten (10) residents of Small District 1A who are 18 years old or older on or before May 16, 2020.

TEENS: Must get the signatures of ten (10) residents of Small District 1A who are 15, 16, or 17 years old on or before May 16, 2020, and who live within the same high school boundary area as the candidate.

Candidate Packets containing a petition, instructions, and all pertinent paperwork may be obtained at the McLean Community Center, 1234 Ingleside Avenue, McLean, VA, 22101, starting on **Tuesday, Jan. 21**. Candidates must pick up and return their own petitions in person.

DEADLINE: Each resident seeking election to the Governing Board shall file a completed candidate petition with the MCC at the address shown below **by 5 p.m. on Friday, March 13, 2020:**

**McLean Community Center
1234 Ingleside Ave.
McLean, VA 22101**

For more information about the elections, please call **703-790-0123, TTY: 711**, go to www.mcleancenter.org/about/governing-meetings/candidates-page, or email the MCC at elections@mcleancenter.org.

Alicia Plerhoples, Chair
Elections & Nominations Committee
McLean Community Center Governing Board

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Change in the Landscape

401st VA General Assembly reconvenes with a tsunami of filed legislation.

BY MERCIA HOBSON
THE CONNECTION

When the Virginia General Assembly reconvened for the 60-day 2020 Session, the week opened with a series of firsts. The first time since 1993, Democrats took the reins with a trifecta: In the 2019 election, they garnered decisive majorities in the House of Delegates and state Senate, with a Democratic governor.

Women rose to power in numbers and leadership positions. Gov. Ralph Northam announced the new 'Virginia 2020 Plan', and with it said, "The landscape has changed."

For the first time in a long time, Republicans could not stop the Democrats from advancing landmark legislation such as the Equal Rights Amendment, gun policies and climate control measures. Democratic legislators, many from the Fairfax County delegation filed bills and resolutions, rallying in support of the 2020 Plan.

TUESDAY, JAN. 7 - With Speaker-designee Eileen Filler-Corn (D-41), incoming Senate Majority Leader, Richard L. Saslaw (D-35), incoming House Majority Leader Charniele Herring (D-46), and incoming Senate Caucus Chair Mamie Locke (D-2) standing by, Northam talked about his 'Virginia 2020 Plan.' "It's more forward-looking," he said.

The 11-Point Plan includes: pass the ERA; restore women's reproductive rights; ban discrimination in housing and employment; raise the minimum wage; make voting easier with no-excuse early voting and make Election Day a state holiday; reform criminal justice by ceasing suspending driver's licenses for unpaid fines; advance common-sense gun safety measures, universal background checks, "Red Flag" laws, restore one gun a month limits; fight climate change; protect natural resources; increase education funding including free community college for low- and middle-income and people going into high-demand fields with in-state tuition for DREAMers; and expand transit and broadband.

Incoming Senate Majority Leader Saslaw (D-35) said they were going to be sure that Virginia became a better place to work and do business.

Speaker-designee Filler-Corn added: "We intend to protect Virginia's greatest assets."

WEDNESDAY, JAN. 8 - The Virginia General Assembly officially reconvened. Outside the capitol building, demonstrators aired their concerns — ERA, gun reform, climate change, and more.

Inside, shortly after 1 p.m., applause welcomed Del. Filler-Corn as she entered the House floor before being sworn in as House Speaker by Virginia Supreme Court Chief Justice Donald W. Lemons. House Speaker Filler-Corn became the first woman and first Jewish person to hold the office.

"This session brings many firsts. We will have the first women of color to lead committees and have a historically diverse group of committee chairs and vice-chairs. And these leaders are Members of the most diverse House of Delegates in Virginia history. This House is not only diverse in terms of race or



PHOTO CONTRIBUTED

Lawmakers elected Eileen Filler-Corn as the 56th Speaker of the Virginia House of Delegates and the first woman to hold the role in the 401-year history of the body. "We were the country's first legislature, and I strongly believe that Virginia can lead — by showing the country the rewards that collaboration can bring," Speaker Eileen Filler-Corn said in her address.

gender. The Members of this House represent a wide range of experience, thought, orientation, religion and backgrounds... The people demanded we act on many areas where Virginia has lagged behind. This House will pass the Equal Rights Amendment. And we will address discrimination in our laws. We will take common sense measures to prevent gun violence and keep Virginians safe. And, we will address the threat that climate change poses to our entire Commonwealth, especially our coastal communities."

Del. David Bulova (D-37), later said, "I couldn't be more proud of my colleague Eileen Filler-Corn, who my wife and I have called friend for more than 20 years."

That evening, Gov. Northam, 73rd Governor of Virginia, delivered the annual State of the Commonwealth address. He highlighted accomplishments and shared his vision to continue building a "stronger, fairer, and more equitable Virginia," he said.

Afterward, Sen. Dick Saslaw (D-35) tweeted, "This evening, @GovernorVA delivered a resounding message that the state of our Commonwealth is strong! VA is a better place to live and work for so many people. I look forward to the progress the Senate can deliver working with Gov. Northam over the coming months."

Attorney General of the Commonwealth of Virginia Del. Mark Herring tweeted, "I'll be pushing to Decriminalize marijuana Resolve past convictions Move toward legal adult use Pass the ERA Pass common-sense gun safety laws Address the rise in white supremacist violence Stop predatory lending Let's go."

FRIDAY, JAN. 10 - By early morning, the Virginia Legislative Information System posted 2,574 bills and resolutions filed by delegates and senators for the 2020 Session.

ASSEMBLY - WEEK ONE

Highlights of Some of the Bills Proposed

PHOTOS VIA VIRGINIA GENERAL ASSEMBLY

Del. Kathleen Murphy (D-34) introduced *HB 209 Absentee voting; no excuse required*. The bill permits any registered voter to vote by absentee ballot in any election in which he is qualified to vote.



Del. Ken Plum (D-36) - According to Del. Plum the most significant pieces of legislation filed involve background checks for gun purchasers, expanding hate crimes to include LGBTQ+ people; raising the minimum wage; setting up nonpartisan, independent redistricting process and expanding environmental protections. He said the most meaningful happenings were the "wonderful diversity in the membership of House; selection of first woman speaker; and adoption of "her" rather than "his" as the pronouns in the rules of the House."



Del. Marcus Simon (D-53) introduced *HB 255 Charges and convictions, certain; expungement*. The bill allows a person to petition for expungement of convictions and deferred disposition dismissals for marijuana possession, underage alcohol possession, and using a false ID to obtain alcohol when the offense occurred prior to the person's twenty-first birthday; all court costs, fines, and restitution have been paid; and five years have elapsed since the date of completion of all terms of sentencing and probation.



Sen. Scott Surovell (D-36) introduced *SB 436 Establishment of the Virginia Voluntary Do Not Sell Firearms List; penalty*. The bill creates the Virginia Voluntary Do Not Sell Firearms List (the List) that prohibits the possession, transportation and sale of firearms to any person who voluntarily registers himself to be enrolled into the List.



Del. Richard "Rip" Sullivan (D-48), Caucus Chair introduced *HB 461 Renewable energy property; tax credit established*. The bill establishes, beginning in taxable year 2020, a tax credit for renewable energy property placed in service.



OPINION

VIEWPOINTS

Legislators Reflect on the First Days of the 2020 Session

—MERCIA HOBSON

PHOTOS VIA VIRGINIA GENERAL ASSEMBLY

Sen. Jennifer Boysko (D-33): My top priority is recovering the local funding for our regional transportation.

Today (*Monday - Jan. 13), I cast my first votes on the Senate Judiciary Committee and was able to vote for four life-saving bills to prevent gun violence: universal background checks, giving municipalities local control about allowing firearms in government buildings, a red flag law and restricting gun purchases to one gun a month. Last week I cast my first vote on the Senate Privilege and Elections Committee to make Virginia the 38th state to Ratify the ERA.



Del. Ibraheem Samirah (D-86)- introduced *HB 152 Middle housing allowed on lots zoned for single-family use*. “Middle housing is defined as two-family residential units, including duplexes, townhouses, cottages, and any similar structure. Such structures shall not require a special use permit or be subjected to any other local requirements beyond those imposed upon other authorized residential uses.” Samirah said, “Across the country, there is a shortage of affordable units that is putting a squeeze on working families and contributing to rises in rents for existing units...I will certainly get pushback for this”



Del. Mark Keam (D-35) *HB 572 Distributed renewable energy; promotes the establishment thereof*. Del. Keam said, “This bill would free up the solar market, not only for local governments... but also for residents, businesses, schools, institutions and non-profits that want to install solar for their own use... (It would) remove the rule that limits customers to installing only as big an array as would have served their needs in the past year ... Today, residential customers are penalized with so-called “standby charges” if they install more than 10 kilowatts of solar (enough for a larger home, or a modest home with electric vehicles) ... Many Virginians do not have access to solar at all, especially if they live in rental apartments or condominiums, because the building owners are not allowed to install solar panels and sell the output to tenants. My bill would make this legal.”



Del. David Bulova (D-37) introduced HB 1012 Early childhood care and education; establishment of system, licensure. “A child’s earliest experiences - and particularly those in the critical years between birth and age five - have lifelong impacts on their likelihood of success. However, according to statistics from the Virginia Department of Education, 40 percent of students entering kindergarten lack the key literacy, math and social emotional skills that predict success. Further, only 25 percent of Virginia’s early childhood programs that receive public funding participate in the state’s voluntary quality measurement system. I am pleased to be carrying House Bill 1012 on behalf of the Governor, which directs the Board of Education to consolidate and simplify Virginia’s early childhood education programs and create a uniform quality rating system for programs that accept public funding. This will improve quality, foster continuous improvement, and help parents better understand their options. As the parent of three children, this is very important to me. I have personally witnessed the difference that a quality pre-school program has made on my children.”



ASSEMBLY - WEEK ONE

Highlights of Some of the Bills Proposed

—MERCIA HOBSON

PHOTOS VIA VIRGINIA GENERAL ASSEMBLY

Del. Karrie Delaney (D-67) introduced *HB 547 Virginia Energy and Economy Transition Council; established, report*. The bill establishes the Virginia Energy and Economy Transition Council, consisting of 28 members, to develop plans to assist the Commonwealth in transitioning from the use of fossil fuel energy to renewable energy by 2050



Sen. Janet Howell (D-32), Chair Senate Finance and Appropriations, introduced *SB 581 Minors; allowing access to firearms, Class 6 felony* which provides that any person who recklessly leaves a loaded, unsecured firearm in such a manner as to endanger the life or limb of any person under the age of 18 is guilty of a Class 6 felony.



Sen. J. Chapman Peterson (D-34) introduced *SB 26 Plastic bags; tax in the Chesapeake Bay Watershed* which imposes a five-cent per bag tax on plastic bags provided to customers by certain retailers in localities located wholly within the Chesapeake Bay Watershed and directs revenues to be used to support the Chesapeake Bay Watershed Implementation Plan.



Del. Paul Krizek (D-44) introduced *HB 15 Public school buses seat belts*. The bill requires the Board of Education to make regulations to require each new public school bus purchased for the transportation of students to be equipped with a seat belt consisting of a lap belt and shoulder strap or harness in every seat. He also introduced *HB 16 Safety belt system; all occupants of motor vehicles to utilize*.



Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for length, libel, grammar, civility, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314

By email: editors@connectionnewspapers.com
On Line: www.connectionnewspapers.com/contact/letter

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NEWS

Alden Announces Student Art Competition

The deadline to apply is Friday, Jan. 24.

High school students are invited to showcase their artistic achievements in the 2020 James C. Macdonald Performing Arts Scholarship Competition. Sponsored by The Alden, this competition encourages local youths' artistic development and promotes the study of the arts. The deadline to apply is Friday, Jan. 24.



PHOTO CONTRIBUTED

Potomac School student Simon Jian Mostaghim participating in the 2019 Macdonald Scholarship Competition.

The competition is open to ninth- through 12th-grade students who reside or attend school in Dranesville Small Tax District-1A. A \$1,200 scholarship prize will be given to first-place winners in each of the following categories: Dance, Theater, Vocal Music and Instrumental Music; second-place winners in all four categories will receive \$800; third-place winners will each receive \$400. Starting this year, the first-place instrumental music award will be named in honor of Anita Lamkin, a long-time friend of young musicians and supporter of music performances in McLean.

There are no restrictions on the use of the award money. Finalists must be present and prepared to

perform in the preliminary round of the competition the week of Feb. 3, and at the final competition at 8 p.m. on Wednesday, March 18, to be eligible to receive an award.

Applications can be completed online at: <https://www.surveymonkey.com/r/TheAldenMacdonald2020>. A non-refundable, \$20 fee is required for each application form submitted.

For more information, visit: <https://mcleancenter.org/performing-arts/community-arts-2> or contact Alden Youth Theatre Programs Director Danielle Van Hook at danielle.vanhook@fairfaxcounty.gov or 703-790-0123, TTY: 711.

MCC Awarded for Website Home Page Design

McLean Community Center (MCC), received an award for the 2018 redesign of its website home page at the Learning Resources Network (LERN) 2019 Annual Conference. The conference, held Nov. 19-22 in San Diego, Calif., brought more than 800 delegates from around the world together to exchange ideas and discuss issues of common interest to providers of lifelong learning programs.

Highlighting each year's conference is a formal presentation of awards to individuals, departments and organizations who have demonstrated excellence in the area of lifelong learning. Judged by a jury of its peers, MCC was one of two organizations to receive an award for



PHOTO CONTRIBUTED

MCC Executive Director George Sachs with the LERN award.

internet home page design. In presenting the award, LERN President William A. Draves stated the designs signaled "what's coming next in internet home page design for lifelong learning institutions."

MCC offers more than 500 in-person and online classes and workshops each year for preschoolers through mature adults and its website plays a major part in attracting and retaining students. In 2018, MCC engaged D.C.-based web design and development company Fionta, Inc., to redesign the website's home page to improve information accessibility and the user experience.

For more information, call the Center at 703-790-0123, TTY: 711.

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Fairfax County, Va.,
February 2019



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Ads close:

Feb 20, 2020



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Discussing the McDonalds History in Fairfax County

The December meeting of the McLean Historical Society featured Fairfax County archivist Chris Barbuschak discussing the history of the McDonald's restaurants, particularly in Fairfax County. The photo shows, left to right, John Weilar, Chris Barbuschak, Jean Jonnard, and Janet Kohlenberger.



McLean Celebrates Dr. King and Black Culture

Three events, Jan. 22-30, at The Alden in McLean feature film, dance and music celebrating black culture and civil rights leader Martin Luther King Jr. These events lead up to Black History Month in February. The Alden is located inside the McLean Community Center (MCC), 1234 Ingleside Ave.

The activities begin with a free screening of the 2014 French-Mauritanian film, “Timbuktu” at 1 p.m. on Wednesday, Jan. 22. Called “a film that’s a privilege to watch” by The Washington Post’s Anne Hornaday, Director Abderrahmane Sissako’s “Timbuktu” opens viewers to the collision between a community of pious Muslims and the jihadists that overtake their titular city. The screening is free and reservations are not required.

At 6 p.m. on Saturday, Jan. 25, Chicago’s Hiplet Ballerinas will perform at The Alden. Hiplet (pronounced “hip-lay”) is an innovative dance form that blends classical pointe technique with African, Latin, hip-hop and urban dance styles. The company has blossomed immensely since its creation by Artistic Director Homer Hans Bryant in the early 1990s and has received recognition worldwide, with appearances in Germany, France, Spain, South Korea and Hong Kong. Tickets are \$30 for the general public, \$20 for MCC tax district residents.



PHOTOS COURTESY OF MCC

Damien Sneed, Frank Stewart and Alicia Peters-Jordan in “We Shall Overcome.”

In honor of Dr. Martin Luther King Jr., multi-genre artist Damien Sneed will bring his brand of classical music, jazz and sanctified soul to The Alden with “We Shall Overcome.” A joyous celebration reflecting on the triumphant and victorious moments of African American history, the single per-

formance is at 7 p.m. on Thursday, Jan. 30. The Alden is the only DMV stop in the 40-city “We Shall Overcome” tour, and the acclaimed Howard University Gospel Choir is featured. Tickets are \$45 for the general public, \$25 for seniors and students and \$20 for MCC tax district residents.



Chicago’s Hiplet™ Ballerinas will perform at The Alden at 6 p.m. on Saturday, Jan. 25.

Tickets are on sale now! For more information visit: www.aldentheatre.org or call 703-790-0123, TTY: 711. For ADA accommodations, contact Patron Services Manager Evelyn Hill at evelyn.hill@fairfaxcounty.gov or call 571-296-8385.

Good Year, Good Decade in Home Sales

McLean and Great Falls real estate market year over year comparison 2019 to 2018 to 2009.

BY KAREN BRISCOE

The dawn of a new decade has arrived and 2019 has come to a close. The statistics for 2019 real estate transactions in McLean and Great Falls have been tallied. The numbers are up 7.4 percent year over year, with 1,203 total transactions in 2019 compared to 1,120 the previous year. The even better news is the market is considerably improved over 2009 which came in at only 867. That represents an increase in sales of 38.8 percent over the last decade. The improvement in the market is likely due to several reasons.

Over the past year, interest rates have bounced around, and yet remain at historic lows. As interest rates rise which could happen in 2020, buyer’s purchasing power may be affected. On the flip side, there can be a positive market impact too as buyers feel urgency to purchase and lock in their interest rate.

In many price segments, inventory levels are low relative to demand. This is predominately the case in the lower price



points below \$1 million. When there are fewer choices available buyers are faced with several options. In those market dynamics home purchasers often raise their price point, make concessions including housing type, location and upgrades, or put the move on hold.

Some sit on the sidelines to wait for prices to be in line with their purchasing power and others wait for more homes to become available.

Almost every price bracket improved considerably in comparison to the 2018 market. Inside the beltway McLean zip code of 22101 continues to remain the strongest due to the most housing type options and proximity to DC metro center and Amazon HQ2. Outside the beltway, the McLean zip code of 22102 offers both condos in the Tysons market as well as estate style houses on large lots.

Looking forward into 2020 the national elections in November have the potential to impact the real estate market in the Fall. This is particularly the case as Northern Virginia is just across the Potomac River from Washington, DC. Uncertainty in many cases causes buyers and sellers alike to put

moving decisions on hold.

There remain strong indications for sellers that homes priced well and in good condition will sell for solid prices. If demand continues to remain strong relative to supply, some market segments may experience price appreciation.

Home buyers in the area can still purchase with the confidence that buying in an up market cycle frequently proves advanta-

geous over time. Now is the time to work with a professional agent to be in your new home in 2020!

Karen Briscoe with HBC Group at Keller Williams is an active and experienced Realtor® in the Northern Virginia marketplace. Briscoe, alongside her business partner Lizzy Conroy and team, works with sellers, buyers, investors and builders in all price ranges. www.HBCGroupKW.com, 703-734-0192, Homes@HBCGroupKW.com.

McLean & Great Falls Quarterly Market Analysis of Home Sales (Based on List Price):

2019 compared to 2018 and 2009						
2019 Total Sales: 1,203						
	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
Zip Code						
22101	15	47	140	81	166	45
22102	13	16	51	48	44	258
22066	6	11	76	61	92	33
	Total: 34	Total: 74	Total: 267	Total: 190	Total: 302	Total: 336
	Combined Total Upper Brackets: 375			Combined Total Lower Brackets: 828		
2018 Total Sales: 1,120						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	21	46	141	68	163	61
22102	10	14	40	34	52	248
22066	1	6	60	45	76	34
	Total: 32	Total: 66	Total: 241	Total: 147	Total: 291	Total: 343
	Combined Total Upper Brackets: 339			Combined Total Lower Brackets: 781		
2009 Total Sales: 867						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	1	23	55	41	100	179
22102	7	8	22	16	31	206
22066	2	13	35	30	52	46
	Total: 10	Total: 44	Total: 112	Total: 87	Total: 183	Total: 431
	Combined Total Upper Brackets: 166			Combined Total Lower Brackets: 701		

HOME LIFE STYLE

A Classic Blue sofa is complemented by other shades of blue in this living room designed by Keira St. Claire



PHOTO BY
JOHN COLE

Beautiful, Bold, Soothing: Classic Blue

Dependable, stable and calming are the characteristic of the Color of the Year for 2020.

BY MARILYN CAMPBELL
THE CONNECTION

Dependable, stable and calming are the characteristic of the Color of the Year for 2020. For the past 21 years, Pantone Color Institute has announced a “Color of the Year,” which the self-proclaimed authority on color says will be on trend during the year ahead. Local designers share how the color can be used in a home’s interior.

“Classic Blue is a beautiful and bold, yet soothing color reminiscent of the evening sky and the deep blue ocean,” said Keira St. Claire of Anthony Wilder Design/Build in Bethesda, Maryland. “Soft, rich and versatile, this color has the potential to inject creative confidence into your interiors.”

From an accent wall in a child’s bedroom, throw pillows or a kitchen backsplash to a home’s front door, mailbox or shutters, Allie Mann, designer and senior interiors specialist at Case Design/Remodeling suggests a variety of ways to use classic blue. “Perhaps as a ceiling color to draw your eye up or add interest,” she said. “As a powder room wall color or vanity, this bold color will work well in the tiniest of spaces including the back of a bookcase or built-in, a reading nook, a laundry room or mudroom or as cubbies.”

Whether bold or subtle, St. Claire said the design options are plentiful. “Opt to incorporate this color in your home with decorative accents like throw blankets, pillows, rugs, and artwork and even kitchenware to add a pop of color without feeling over-saturated,” she said. “Repurpose old pieces [or furniture]. A fresh blue lacquered coat of paint would magically transform an old chair or dresser into a unique statement piece.”

For the courageous homeowner, St. Claire suggests a bolder approach. “Paint your walls or refinish your kitchen or bathroom cabinets in blue or upholster a large piece of furniture like a sofa or armchair in



PHOTO BY STACY ZARIN GOLDBERG

For this Arlington, Virginia breakfast room, designer Allie Mann incorporated Pantone’s color of the year by using Classic Blue fabric on the chairs, window seat cushion and pillows.

blue,” she said. “Introduce other complementary colors like olive greens, golds or magenta to really offset the color and make a statement. Classic blue doesn’t have to be the only pop of color.”

Adding the color gradually is what Amanda Mertins of Patina Polished Living in Alexandria, Virginia suggests. “Infuse it into your home and fashion design in bits and pieces,” added “Maybe you paint an accent wall classic blue and let that be the focus. The color blue is kind to many colors and therefore easy to use in a room as an accent color. You can also mix varying shades of blue.”

“Classic blue is just that, it’s classic and timeless and can be weaved into many design schemes,” said Mann. “Do not be afraid of color.”



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The Science of Sleep

with WebMD’s John Whyte

In collaboration with WebMD

Wednesday, January 29, 2020

6:45 p.m.

S. Dillon Ripley Center

1100 Jefferson Drive SW, Washington, DC 20560

Metro: Smithsonian (Mall exit)

A good night’s sleep might be a dream for some but how sleep impacts our health is a reality. Hear Dr. John Whyte, WebMD’s chief medical officer, answer questions like, can too little sleep -- or too much -- sleep might be a sign of a serious health condition such as diabetes, cancer, thyroid conditions or heart disease?



Do melatonin supplements help? Can you benefit from a new pillow? How much sleep do you need and, what your sleep pattern might reveal about your health.

Dr. Whyte answers these questions and more, and shares a sleep quiz to help you determine if you’re getting quality sleep.

Tickets: \$30 Member / \$45 Non-Member

<https://smithsonianassociates.org/ticketing/tickets>

Nonmembers can use Promo code “SLEEP30” to receive the member rate (\$30)



For more information please call
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CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/.
The deadline is noon on Friday.
Photos/artwork encouraged.

TUESDAYS/JAN. 14-FEB. 18

Beginners Mah Jongg Class. 12:30-2:30 p.m. At Great Falls Library, 9830 VA-193, Great Falls. Learn to play the fun, fast-paced game of Mah Jongg. Registration is now open for an Adult Beginners Mah Jongg class. The class will run for six weeks on Tuesday afternoons from 12:30-2:30 p.m. beginning January 14 through February 18. Attendees should plan to attend all six sessions. Visit www.fairfaxcounty.gov.

WEDNESDAY/JAN. 15

Preschool Storytime. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun with your little one while building early literacy foundations for reading success. Age 3-5 with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

McLean Newcomers and Neighbors Luncheon. 11:30 a.m. At Mylo's Grill, 6238 Old Dominion Dr, McLean. The cost of the luncheon is \$30 per person. Clare Cushman of the Supreme Court Historical Society will discuss Supreme Court food traditions and recipes. To attend, pay at <https://squareup.com/market/mclean-newcomers-club>. Prospective members are invited. No reservations will be accepted after Friday, Jan. 10. Visit www.McLeanNewcomers.org.

THURSDAY/JAN. 16

Monthly Book Club. 10:30 a.m. to noon. At McLean Community Center, 1234 Ingleside Ave., McLean. Open activities and games at MCC are subject to change and may be canceled due to center wide special events, programs, activities and holidays. In the event of inclement weather, cancellation of these activities and games will follow the MCC inclement weather policy. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

Oakton Book Discussion Group. 7 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. The January selection is Go, Went, Gone by Jenny Erpenback. Everyone is welcome to join. Adults. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

FRIDAY/JAN. 17

Unruly Theatre Project Improv Performance. 7 p.m. At The Old Firehouse, 1440 Chain Bridge Rd., McLean. Free admission The Unruly Theatre Project is The Alden's professional teen improv company dedicated to bringing comedic productions to the community. Call the Center at 703-790-0123, or visit the website, www.mcleancenter.org.

JAN. 17-FEB. 1

"Leading Ladies." At The Vienna Community Center, 120 Cherry Street, SE, Vienna. The romantic comedy "Leading Ladies" centers on two down-on-their-luck English Shakespearean actors, Jack and Leo, reduced to performing "Scenes from Shakespeare" on the Moose Lodge circuit in 1950's rural Pennsylvania. They hear an old lady in a nearby town is about to die and leave two-thirds of her fortune to her two long lost English relatives, Max and Steve. They resolve to pass themselves off as these beloved relatives and get the cash. However, they make a critically incorrect assumption about Max and Steve. Mayhem, madness and mirth ensue. Show times are 8 p.m.: Jan. 17, 18, 24, 25, 31, Feb. 1; 2 p.m.: Jan. 26, and Feb. 2. Tickets are \$15. Tickets may be purchased in advance at VCC or by cash, credit card or check at the door before each performance if still available. Visit www.viennatheatrecompany.org

JAN. 17-26

Joshua's Hands Quilting Event. Location TBA in Purcellville. Joshua's Hands is a non-profit in Loudoun County that hosts free quilting events to support wounded servicepeople. Joshua's Hands will host 10 days of quilting fun to make handmade quilts for servicemen and women wounded while serving our country. All are welcome. No sewing experience or registration needed. Come for an hour or the day. Monday-Saturdays 9 a.m.-9 p.m.; Sundays 1-9 p.m. Purcellville. Check website for exact location. Info@JoshuasHands.org, or call 540-454-7827, or visit www.JoshuasHands.org.



Be Fit McLean Health & Wellness Fair

The Be Fit McLean Health & Wellness Fair will be held on Saturday, Jan. 18 at the McLean Community Center.

SATURDAY/JAN. 18

Be Fit McLean Health & Wellness Fair. 11 a.m. to 2 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Focusing on aspects of healthy living, such as fitness, dance, nutrition, physical and mental health and wellbeing, Be Fit McLean offers participants of all ages the opportunity to learn more about how to create their path to a healthy and active life. Attractions include: health screenings provided by Virginia Hospital Center; lectures on health-related topics such as coping with stress, time management and sleep education; a relaxation room with massage chairs and aromatherapy; clean eating cooking demonstrations and interactive exercise demonstrations of yoga, Body Sculpt, Total Fitness, Aerobic Dance, Tai Chi and others. Exhibitors from local health services and Fairfax County Government offices are participating. Call the Center at 703-790-0123, or visit www.mcleancenter.org/special-event.



"Leading Ladies" is Jan. 17-Feb. 1 at the Vienna Community Center

In rehearsal of VTC's upcoming production of "Leading Ladies," the character Doc, portrayed by Steve Rosenthal, disapproves of the relation his son Butch, portrayed by Ric Anderson and Audrey portrayed by Dana Gattuso.

JAN. 17-FEB. 1

"Leading Ladies." At The Vienna Community Center, 120 Cherry Street, SE, Vienna. The romantic comedy "Leading Ladies" centers on two down-on-their-luck English Shakespearean actors, Jack and Leo, reduced to performing "Scenes from Shakespeare" on the Moose Lodge circuit in 1950's rural Pennsylvania. They hear an old lady in a nearby town is about to die and leave two-thirds of her fortune to her two long lost English relatives, Max and Steve. They resolve to pass themselves off as these beloved relatives and get the cash. However, they make a critically incorrect assumption about Max and Steve. Ken Ludwig's brilliant brand of, mayhem, madness and mirth ensue. Show times are 8 p.m.: Jan. 17, 18, 24, 25, 31, Feb. 1; 2 p.m.: Jan. 26, and Feb. 2. Tickets are \$15. Tickets may be purchased in advance at VCC or by cash, credit card or check at the door before each performance if still available. Visit www.viennatheatrecompany.org

SATURDAY/JAN. 18

Read to the Dog. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Gain reading confidence by reading to one of the therapy dogs. Age 5-11. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

www.fairfaxcounty.gov/library/branches/oakton

Be Fit McLean Health & Wellness Fair. 11 a.m. to 2 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. See above.

NVMR Model Train Open House. 1-5 p.m. At Vienna Historic Train Station, 231 Dominion Road, NE, Vienna. Stop by the Historic Vienna Train Station where you can see and hear HO scale model trolleys and trains including Thomas and some of his friends on display and in operation. Great family fun. Free. Visit the website www.nvmr.org

Unicorn STEAM Party. 2 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Unicorn STEAM activities. Ages 5-8. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

How to Thrift. 2:30-4 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. Are you overwhelmed on where to begin to find second-hand clothes for work, or stuck on how to thrift well? This workshop will cover these topics, and more. Registration required. Free. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/5757776>

Community Tea Party. At Great Falls Library, 9830 VA-193, Great Falls. Join us at the library for an all ages Tea Party celebrating Hot Tea Month. There will be trivia, crafts, games and of course tea and refreshments. Dress up in your high tea finest and join us. Visit www.fairfaxcounty.gov

SUNDAY/JAN. 19

Breakfast Buffet. 8 a.m. to 12 p.m. At Vienna American Legion Post 180, 330 Center Street, N, Vienna. Adults \$10, children 12 and under \$4. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Call 703-938-6580.

Annual Salzman Lecture. 6:30-9 p.m. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. "The #MeToo Reckoning: Facing the Church's Complicity in Sexual Abuse and Misconduct" will be the topic for the annual Salzman Lecture at Lewinsville Presbyterian Church. Rev. Ruth Everhard, author, speaker, and Presbyterian pastor will be the speaker. She has been writing about sexual abuse and faith since 2012, when she began her memoir, Ruined, a deeply personal story of being raped at gunpoint at age 20, and her decade-long journey to build a new faith. The event begins with a reception at 6:30 p.m. and the Lecture at 7 p.m. Visit <https://www.lewinsville.org/events/salzman-lecture-series/>

MONDAY/JAN. 20

Morning of Service. 10 a.m. to 1 p.m. At The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. Join in the "Morning of Service" to help members of the community on Dr. Martin Luther King Jr. Day. The event will include a variety of hands-on service projects for all ages. Visit the website www.GoodShepherdVA.com

TUESDAY/JAN. 21

Unique and Spontaneous Floral Designs. 10 a.m. At Vienna Presbyterian Church, 124 Park Street NE, Vienna. The Five Hills Garden Club presents a program titled Unique and Spontaneous Floral Designs with Jeanne Ha, co-founder of DC Metro Flower Design School and co-owner of Park Florist, one of the oldest florists in the DC area. A silent auction of her designs will follow.

Toddler Tales. 10:30 a.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun and build early literacy foundations for reading success. Books, songs and rhymes. Age 18 months-3 years with adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Canasta Group. 12:30 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Enjoy socializing while you play Canasta. Beginners welcome. Adults. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Job Club. 4 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Have questions about finding or excelling in a job? Receive one-on-one help from a specialist. Presented by Service Source. Age 16-Adult. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

Teen Knitting Club. 5 p.m. At Oakton Library, 10304 Lynnhaven Place, Oakton. Learn knitting techniques to make beautiful creations. Teens. Visit <https://www.fairfaxcounty.gov/library/branches/oakton>

JAN. 21 AND JAN. 22

Auditions. 7-9 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. The Alden's youth production open auditions for "Dorothy Meets Alice or The Wizard of Wonderland" on Tuesday and Wednesday, Jan. 21 and 22, 7-9 p.m. To schedule an audition time, email danielle.vanhook@fairfaxcounty.gov.



PHOTO COURTESY OF McLEAN COMMUNITY CENTER

Damien Sneed will be featured in “We Shall Overcome” performance at the Alden Theatre on Thursday evening, Jan. 30, 2020.

‘We Shall Overcome’ at Alden

Celebrating Dr. Martin Luther King Jr.’s life and legacy with Damien Sneed.

BY DAVID SIEGEL
THE CONNECTION

This year marks the 35th Anniversary of Martin Luther King Jr. Day, which was signed into law and made a federal holiday in 1983. The McLean Community Center will honor the life and legacy of the civil rights leader with Daniel Sneed and “We Shall Overcome.” The acclaimed Howard University Gospel Choir will also be featured.

The performance of Damien Sneed and “We Shall Overcome” will be “something amazing,” said Sarah Schallern Treff, Performing Arts Director, McLean Community Center. “Come to ‘We Shall Overcome’ if you love music, of any genre. If you want to bond with your neighbors. You want to be uplifted. And to celebrate Dr. King.”

Sneed is an award-winning multi-genre artist who will bring his own brand of classical music, jazz and sanctified soul to The Alden. “I look forward to honoring the life and legacy of the great civil rights leader, Dr. Martin Luther King Jr.,” said Sneed. The performance will reflect on African American history.

The “We Shall Overcome” production ties together a lineage of music and culture that includes Aretha Franklin, to Wynton Marsalis; Duke Ellington to Stevie Wonder; Nina Simone to Donny Hathaway; and traditional spirituals and music from “the Wiz,”

Where and When

The Alden Theatre inside the McLean Community Center presents “We Shall Overcome Featuring Daniel Sneed” at 1234 Ingleside Ave, McLean, on Thursday, Jan. 30, 2020 at 7 p.m. Tickets are \$45 for the general public, \$25 for seniors and students and \$20 for MCC tax district residents. Visit www.mcleancenter.org or call 703-790-0123.

among others. Sneed will connect and fluidly cover much musical ground in The Alden performance.

“The musicians and vocalists who make up the ‘We Shall Overcome’ ensemble are astounding,” said Schlalern Treff. “This is not a concert. This isn’t something you hear or see. Damien and his band invade your soul.”

“We Shall Overcome” is a conduit to making friends of total strangers and breaking down barriers.

Audiences can “get ready for some stellar music. Damien Sneed will take you to church, to Broadway, to the jazz club, to the opera house,” said Schallern Treff. “Get ready to be a part of the show. You don’t have to get up on stage, but you will be singing in four part harmony by the end of the concert.” With a smile Schallern Treff added, “Yes, even if your choir director told you just to mouth the words and not sing.”

Inviting audiences to The Alden to take in “We Shall Overcome Featuring Daniel Sneed,” Schallern Treff said, “This concert has the power to bring people together. Let the music and vocals, the words and the energy take your emotions higher and your connections stronger.”

Artists Share Their Inspiration

McLean Project of the Arts exhibiting work of Eve Stockton and Kyujin Lee.

BY OLIVIA ANELLO
THE CONNECTION

On Sunday afternoon, the McLean Project of the Arts held a presentation open to the public where visitors could come and talk with the artists whose works are being shown in the MPA gallery in the McLean Community Center. Currently on display are the works of Eve Stockton, a print maker living in Alexandria, and Kyujin Lee, a painter living in Washington D.C.

Raised in rural Ohio, Stockton jokes that she grew up as an “Ohio farm girl” who enjoyed a happy and privileged upbringing in a family of six, Eve being the youngest of four girls. She remembers always being outside with her sisters, running and playing about the Ohio landscape. She shared that her “upbringing is responsible for her deep-rooted love of nature.” A closer look around the MPA gallery, and visitors would find that a large majority of Stockton’s work are woodcut prints. Stockton told the audience that she enjoys “looking at nature from different points of view, whether that’s microscopic or cosmic.” This variety in perspective is what makes each print vastly different from the next. Print-making is a complicated process that takes days to complete should the artist want to use several colors.

Stockton is a passionate artist that is excited about her work. She got laughs from the audience on a few occasions for sharing that she actually “pays to go to work” so that she can use the printing materials, and that she once completed a six-foot piece in one month, which she reminded the non-artists in the room that “this was not normal.”

The next artist that presented in the gallery was painter, Kyujin Lee. Lee was born in Seoul, South Korea and similarly, her childhood experiences also influence her work. As a child, Lee remembers reading the stories of “Pinocchio” and “The Little Mermaid” and finding that she identified greatly with these characters because of their state of in-between. “In between feeling strong and feeling defeated, they embody the predicament of what they wish to be ideal and what is reality.” Lee continued to discuss the tug-of-war her characters experience, “Pinocchio wishes to be a boy, but he is wood, and the Little Mermaid wishes to be human, but she is part fish.” Lee relates to this conflict and reminds us that “Living can be really hard sometimes... The cycle of life continues to move us but obstacles we are made to face are always along the way.”



Artist Kyujin Lee addresses the crowd and later answers a number of questions. Ambiguity is a theme in Lee’s work that she acknowledges but did not intend, and was eager to listen to ways others interpret her work.



Eve Stockton pictured with a friend who came to show support.

In her art, Pinocchio and the Little Mermaid are frequent protagonists in her pieces, and help tell the visual narrative Lee is trying to share. Lee also shared with the audience that she has not read the fairytales from her paintings since her childhood. She does this to maintain her own memories of the stories and to recall from her young life how she felt she related to the characters.

Stockton and Lee’s artwork will be open to the public in the MPA gallery at the McLean Community Center until March.

PHOTOS BY OLIVIA ANELLO/
THE CONNECTION



This piece by Kyujin Lee, she believes to be the essence of her work. The three characters she uses in her paintings are all rowing a boat together, about to embark on a journey into the unknown, which really summarizes her message of life’s obstacles and how we face them.

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-Werner Heisenberg

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Mediterranean Deli, Inc. trading as Simply Fresh, 6811 Elm St. McLean, VA 22101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage On Premises license to sell or manufacture alcoholic beverages. Rana Sersy, Owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Announcements

NEWS

Premium Appliance Showroom Opens in Tysons

Michael Gross, Isaac Gross and Rabbi Chezzy Deitsch together with a minyan of Chabad Tysons congregants got together to open up a new premium appliance showroom by placing Mezuzahs and having a Minyan for Mincha (afternoon service) as its first order of business. The new showroom boasts a well curated selection of designer appliances including Sub Zero, Wolf, Viking, Thermador, Miele, Jennair, Monogram and many other brand of appliances. They are located at 8500 Leesburg Pike in Tysons corner, AJ Madison caters to designers, contractors, developers as well as consumers.



PHOTOS CONTRIBUTED



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Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

NOW THRU JAN. 21

Spring Class Registration. The Literacy Council of Northern Virginia (LCNV) is hosting February to April classes for beginning-level adult English language learners. Classes are held at various locations in Northern Virginia, including Alexandria, Annandale, Falls Church, Herndon, Lorton, and Springfield. Registration continues through Tuesday, Jan. 21. The classes are designed to provide adult English language learners the fundamental skills to understand and communicate in English, helping them to better engage in the community and advance their careers. In addition to beginning English classes, LCNV offers skills-based classes, family learning programs for parents and children, as well as intensive English classes for job seekers. Classes are \$85 with books and assessment included, and scholarships are available. In-person registration is required, and students may attend any registration for any class location. Visit <https://lcnv.org/learn/>, or call 703-237-0866.

WEDNESDAYS THRU JAN. 29

Active Aging Wellness Exercise Class. 11 a.m. to noon. At Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. The classes focus on low impact aerobics, balance, coordination and stretching. Class meets for 1 hour, once a week. Cost is \$40 for 8 week session – payable to Sun Fitness LLC. Questions or to Register contact Casey Tarr, eileentarr1@verizon.net or 703-821-6838.

WEDNESDAY/JAN. 15

Breakfast Honoring MLK. 7:45 a.m. At Tysons Corner Marriott, 8028 Leesburg Pike, McLean. Help honor Dr. Martin Luther King on his birthday, Jan. 15. Attendees will receive a briefing from Congressman Rob Wittman (VA-1) on the recently formed House of Representatives Suburban Caucus and the legislation the Caucus is championing including his chairmanship of the Task Force on Infrastructure and Transportation.

THURSDAY/JAN. 16

Caregivers Support Group. 10-11:30 a.m. At Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Rd., Oakton. Shepherd's Center of Oakton-Vienna (SCOV) hosts a support group for caregivers of adult family members with dementia the first and third Thursdays of each month, year round. SCOV support group meetings are free. Contact a facilitator, Jack Tarr, at jtarr5@verizon.net or see the SCOV web site: www.scov.org.

THURSDAY/JAN. 23

Open House — Adventures In Learning Registration. 10 a.m. to noon. At Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Stop by the Open House and check out what's in store for the Shepherd's Center's Winter semester of Adventures in Learning. Classes begin January 30 – March 26. Stay for one or all classes that day. \$45 per semester. Call 703-281-0538. View the schedule of classes and registration form at <http://www.scov.org/ail-open-house>.

FRIDAY/FEB. 7

Preschool Transition to Kindergarten for Students with Disabilities. 10 a.m. to noon. At Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring. The transition to kindergarten is a big one for kids and can be even more so for children with disabilities. Learn how parents can collaborate with FCPS to ensure their students have a smooth transition to Kindergarten.

TUESDAY/FEB. 11

Valentine's Day Luncheon. 12 noon to 2 p.m. At Vienna Community Center, 120 Cherry Street, SE, Vienna. Cost is \$18/person. Hosted by SCOV and The Vienna Community Center. Registration required by Feb. 3. Call 703-281-0538. You must be registered to attend. No walk-ins please.

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Still Waiting for "Canswers"



By KENNETH B. LOURIE

As I half expected, with my oncologist out on vacation this week, he and the endocrinologist didn't speak. As a result, after sitting in the examining chair, the first question the doctor asks is "So you have thyroid cancer?" I snickered and said something like "Hopefully," before I began to elaborate. Though she had access to my medical records, I can't say she was prepped and ready for our appointment. As she listened to my story, I could she see was simultaneously trying to review my medical history on her computer. In fact, as I hemmed and hawed in response to some of her medical questions, I kept saying/pointing to her computer for her to get the proper answer.

Nevertheless, eventually we were able to move forward in the determination of exactly what kind of cancer I have: thyroid cancer or lung cancer - or both (it's possible, she said). To that end-result, the doctor performed a biopsy on my "Adam's Apple" tumor, as I call it. The biopsy I had two weeks prior was from a lymph node. The results from which caused my oncologist to call me with his "exciting news." Apparently, those results were not enough for the endocrinologist (who had never seen me before) to make a definitive judgment, so in her office, that day, this second biopsy was performed. Fine with me since a second biopsy from a different tumor is absolutely moving the ball forward, as if is so often said these days; I just hope it leads to a touchdown instead of another possible fumble.

For the last nearly 11 years, I've been diagnosed with non small cell lung cancer, stage IV. Now after two biopsies, not so much. Right now, the assessment of my cancer status is somewhere between a definite maybe and a confirmed I don't know.

Will I now know - in another week's time (when the results of this most recent biopsy are confirmed) whether my non small cell lung cancer is actually thyroid cancer or will there be additional biopsies, additional diagnostic scans, injections of isotopes, etc., to make a once-and-for-all confirmation of what the heck is going on (or has been going on) in my body? If so, it's been a long time coming. I first went to the Emergency Room Jan. 1, 2009 so it's sort of an anniversary of sorts as I write this column. I'd just as soon we get it right this time, if in fact it was ever wrong.

I have a few questions, some of which were answered by the endocrinologist. Yes, I can have two types of cancer. Could my lung cancer have changed to become thyroid cancer? No. And the underlying curiosity/question: During this cancer life that I have lived, I have been told - and seen multiple times on discharge-type paperwork I've received that I have "metastatic cancer" meaning that the cancer has moved. Moreover, when one considers the staging aspect, my cancer was stage IV. Stage IV means, among "relevancies," (like inoperable) that the cancer has moved from its "primary" location. I remember asking my oncologist where did my lung cancer come from (I'm a lifelong non-smoker with no cancer history in my immediate family). His answer, if I recall correctly, and I may not due to "chemo brain," a confirmed side effect of chemotherapy) was that he didn't know, and if I further recall correctly, he wasn't particularly interested in finding out and accordingly no additional tests were ordered. Perhaps we misunderstand the need to know now or misunderstood the answers we were given then (Feb., 2009). But as of this past Friday, Team Lourie is sort of wondering as was the endocrinologist.

As of this moment, our focus is on hearing back from the endocrinologist. Until then, we'll try to move forward. What's done is done and we'll hear back when we hear back. I have what I have (and have had what I've had) and right now, all we can do is wait.

That being said, we are having a little difficulty restraining ourselves. We can't get past the fact that my oncologist called us in the first place, and in the last place, if he wasn't so sure, why call us and get our collective hope sky high? Why go out on such a presumptive limb? In spite of that call, somehow, we have to internalize and compartmentalize and try to synthesize fact from fiction. So far, it's proving extremely difficult.

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