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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



Reston
CONNECTION



Injustice Then,
Injustice Now

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Proclamations and Resolutions,
Board Matters and Votes

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New Trail Launches
Teen Program with
A Free Class

NEWS, PAGE 6

Bryan Hill, Fairfax County Executive; Bakari Sellers, keynote speaker; and Supervisor Walter Alcorn, (D-Hunter Mill) gather in the green room for the CenterStage, Reston Community Center Hunter Woods, after Sellers' keynote address.

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OPINION

Siege of the Capital

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

This column is being written as news stories continue to increase that thousands of persons opposed to gun legislation will be coming to the Capitol grounds to protest. Increased citizen participation is usually a good thing, but in this case it is seeming more like a siege than a peaceful protest. Already the FBI has arrested three individuals in right-wing hate groups who apparently were planning to come with guns that would be fired from various locations to start a race riot. Three other persons were arrested from the same hate group but whose plans for the day were less specific. Law enforcement authorities had gathered enough credible evidence of a threat that the Governor barred any guns on Capitol grounds on Monday except for the police. Security fencing was installed on the grounds. Streets were closed.

The General Assembly had made plans to conduct business as usual as much as that is possible. I am hopeful that the news you have been reading is that the day passed without serious incident. I can assure you that I will be going forward with my bill to close the many loopholes in the current background checks system to ensure that people who have shown themselves to be a threat to themselves or others will not be able to purchase firearms. Recent polls indicate that about 80 percent of people support the bill as a good public safety measure.

Only twice before am I aware that the capital experienced a serious physical siege. The first occurred in 1676-1677 while Virginia was still a royal colony with its capital in Jamestown. Nathaniel Bacon led an armed rebellion against royal Governor William Ber-

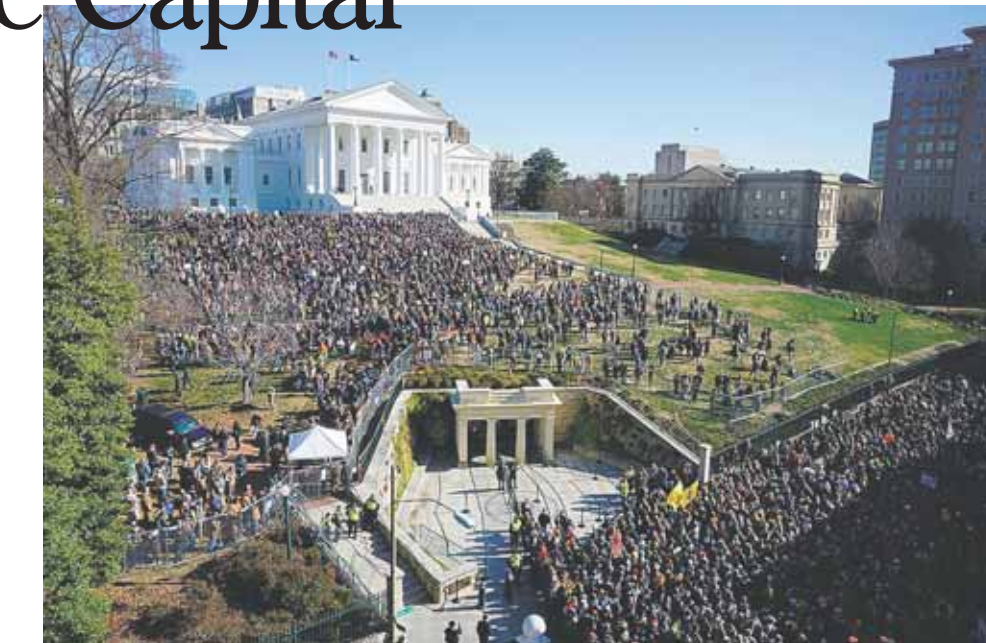


PHOTO BY JEFFREY KNIGHT/VCU CAPITAL NEWS SERVICE

Capitol Police estimated around 22,000 people attended gun rights rally in Richmond on Monday, Jan. 20, with 6,000 entering the secured area where weapons were not allowed.

keley who he contended did not provide adequate protection against Indian attacks for settlers on the western frontier. The story gets more complicated as there was a desire by the settlers to seize more land from the Indians and for Bacon to gain more power in the governance of the colony. His attack led to the capital being burned. You can still view the foundation of the capital if you visit Jamestown Island today.

The second siege of the capital came near the end of the Civil War after Virginia had been out of the Union for four years. Richmond was the capital of the Confederate States, and many skirmishes and battles occurred around it during the war. The city was key to mobilizing,

outfitting and feeding the Confederate army but did not fall to Union forces until April 1865. Confederate forces burned the city as they departed. Fortunately, the Capitol building was saved from the fire that otherwise destroyed the city. A week later the Confederates surrendered at Appomattox west of the city. The war was ended even though there are many who continue to debate who was to blame for the war and who won.

A well-regulated militia made up of state and local police will protect the Capitol building and its occupant legislators from those who would deny freedom to others through their misuse of firearms. We will not be bullied regardless of their siege.

LETTERS TO THE EDITOR

Making Alzheimer's a National Priority

To the Editor:

One in three seniors dies from Alzheimer's Disease. It is the only leading cause of death in the United States that cannot be prevented, cured or even slowed down. It is imperative that we have elected officials who are working to make Alzheimer's a national priority!

As an Alzheimer's Association Advocacy Ambassador I am fortunate to be able to work with Sen. Mark Warner to discuss the staggering impact of Alzheimer's Disease in Virginia and the Nation. I am grateful for his willingness to listen and work with us toward solutions for helping families with a diagnosis of dementia. We are proud Virginia is represented by a champion in Congress to the 150,000 Virginians living with Alzheimer's.

My young family was impacted by Alzheimer's when my 53 year old husband was diagnosed with the disease. Although he died 17 years ago, I am passionate about advocating to find a cure for this dreadful disease. I believe research at the NIH is an important necessity towards a cure so we can live in a world without Alzheimer's!. Please join the Alzheimer's Association and me in thanking Sen. Warner for his continued support in the fight to end Alzheimer's.

Sarah Jewell Harris
Fair Oaks

Dangerous Escalation

To the Editor:

Trump's blatantly illegal assassination of a military leader in a foreign country was a dangerous escalation of hostilities that will affect the whole Middle East region. Imagine if another country had done that to one of our

generals? Fortunately, there is growing bipartisan

support in the House and Senate to reassert Congress's constitutional war authority and prevent another disastrous and endless war. I encourage all citizens to take action by writing or calling their elected representatives and asking them to co-sponsor and vote for proposals that would prohibit the unauthorized use of military force in Iran or any other country. The President has the right to defend our country in a crisis, but we need to take away his ability to exercise arbitrary and unjust actions unilaterally.

Cathy Tunis
Reston

Help Prevent War

To the Editor:

So often I hear people say, "There is nothing I can do to work for a safer, more just world."

In recent days we have wit-

nessed the frightening deadly increase in hostilities between Iran and the United States.

There is something important you can do.

Over the last two years, I have heard from legislative staff that our legislators do not hear from many constituents weighing in on Foreign Policy.

Now you have an opportunity to do something to help prevent war with Iran.

Contact your US representative to support H.R. 5543, a bill to immediately defund military action in Iran. The Trump Administration can't make war without funding. Congress must retake its constitutional duty to decide when we go to war.

Don't know how to contact your Representative? Learn how here: <https://www.usa.gov/elected-officials>. It's easy to write or call.

Make a difference. Speak out to your Representative.

Katherine Cole
Reston

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Proclamations and Resolutions, Board Matters and Votes

It's Day One; Take action for Fairfax County Board of Supervisors.

BY MERCIA HOBSON
THE CONNECTION

A new chapter of government began for citizens in Fairfax County when the 2020 Board of Supervisors convened for the first time Tuesday morning, Jan. 14. Led by Chairman Jeffrey C. McKay, the agenda kicked off with multiple presentations, among them a proclamation to designate January 2020 as Human Trafficking Awareness Month in Fairfax County.

McKay and Supervisor Patrick Herrity (R-Springfield) introduced the request. "I can't think of a crime worse than to hold someone in captivity and make them do awful things... I think raising awareness is critical to ending this crime," said Herrity.

Next on the agenda, the Board completed numerous housekeeping tasks beginning with the appointment of board members to various Inter-jurisdictional Committees and Intra-Governmental Boards and Committees. "I'm excited as we move forward to have every member of this board play a significant role both internally and externally as a region, as we move forward," said Chairman McKay. Unlike the naming of committee members, the position of vice-chairman required a vote by colleagues on the Board. Supervisor Kathy Smith (D-Sully) nominated Supervisor Penny Gross (D-Mason) Vice Chairman of the Board. The motion passed unanimously.

MOVING INTO ACTION ITEMS, the Board approved the resolution adopting a meeting schedule for calendar year 2020 and authorizing the chairman to reschedule in an emergency. The Board then approved a motion by Herrity for a fence height modification for the Police Heliport Project in the Springfield District. The fence would surround the secured police operations area of the Police Heliport.

McKay moved on an Information Item, the Fairfax-Falls Church Community Services board fee schedule. He said while this item did not require a motion, he asked if there were any questions for staff. There were none.

During Board Matters, before McKay presented his first resolution of the year, one with Supervisor James Walkinshaw (D-Braddock), he turned the gavel over to Vice-Chair Gross.

McKay said that the local tax structure in Virginia had become outdated, with limitations on the ability of counties to raise revenues from diverse sources. That resulted in an over-reliance on property taxes to fund core local government programs and services. Under the Code of Virginia, county government had less authority to raise revenues and meet responsibilities than did cities and towns, including meals, cigarette and transient occupancy and such. "This is



Chairman of the Fairfax County Board of Supervisors Jeffrey C. McKay



Vice Chairman of the Board Penny Gross (D-Mason)



Supervisor Kathy Smith (D-Sully)



Supervisor Walter Alcorn (D-Hunter Mill)



Supervisor John Foust (D-Dranesville)



Supervisor Rodney Lusk (D-Lee District)



Supervisor Daniel Storck (D-Mount Vernon District)



Supervisor Dalia Palchik (D-Providence)



Supervisor James Walkinshaw (D-Braddock)

true even though county governments have the same responsibilities as cities for funding core services such as K-12 education, public safety, social services and public health. ... Support for equal taxing authority between cities and counties has long been included in the County's legislative program for an appropriate mix of revenue sources to meet local needs...

The Virginia Association of Counties (VACO) has made support for equal taxing authority a top priority for the 2020 Gen-

eral Assembly Session that began last week," said McKay. He urged the Board to approve the resolution calling on the state to provide equal tax authority for counties and cities and direct staff to transmit the resolution to the Fairfax County General Assembly.

Herrity disagreed.

He said while there was support in "a lot of areas," he did not believe there was support in the Springfield District. "I think what we have is a spending problem more than

a revenue problem. In the last five years, our budget has gone up 20 percent. That's more per year than wages ... that's more a year than the cost of inflation ... I think what this means is Fairfax County is looking at the potential for a meals tax without a referendum, and that's something that our voters overwhelmingly rejected back in 2016 during a presidential election, so I'm going to be voting no," Supervisor Herrity said.

Walkinshaw concurred with McKay. He said that over the last year in Braddock District, there was much concern about over-reliance on the real estate tax to fund all of core services.

"We need to broaden the tax base, and that is a once in a generation opportunity that we have." The motion carried 9-1 with Herrity, sole Republican, voting nay.

McKay's next resolution, jointly co-sponsored with Vice Chair Gross, dealt with the importance of regionalism and the need to work alongside area localities. "Critical to achieving goals and planning for the future of Fairfax," said Chairman McKay. It also urged other jurisdictions in the national capital region to adopt similar resolutions. The motion carried.

Another of McKay's board matters dealt with supplementary notices for the 2020 Census. "Every member of this Board is getting an email today from my office asking you to appoint a staff member to work with the committee on the specific outreach issues in your district. This is really important, not only for political representation, but the estimates are for each uncounted person. We could be losing \$1,200 a year in the potential federal funding," for each uncounted person, he said.

Supervisor Dalia Palchik (D-Providence) said that since this was the first time the census was being done online, she appreciated the outreach efforts, especially for communities that have historically been under-represented. She mentioned increases in other outreach efforts such as through faith-based communities and physicians, members trusted by the community.

Tony Castrilli, Director of Public Affairs Fairfax County, encouraged Palchik to visit the site, Census 2020 Complete Count Committee Members at fairfax.gov/topics/census-2020. "It is a very diverse group of community leaders in different areas, including the hard to reach communities and faith-based leaders throughout the region."

Supervisor Walter Alcorn presented a motion to amend the Reston Comprehensive Plan that would focus, among other things, on projected population thresholds for Reston and land use in the village centers, "I am looking at 12-18 months from start to finish," Supervisor Alcorn said. The motion carried.

PALCHIK brought forward her first board matter relating to the Holmes Run Acres. "Over 70 percent of residents of the neigh-

SEE BOARD, PAGE 7

Injustice Then, Injustice Now

Reston Dr. Martin Luther King Jr. Birthday Celebration held.

BY MERCIA HOBSON
THE CONNECTION

This year's "Reston Dr. Martin Luther King Jr. Birthday Celebration" offered opportunities for service, inspiration and learning. Yet, according to keynote speaker and CNN analyst, Bakari Sellers, King, wrote he was in Birmingham because injustice was there. "Little did I know when I signed up, the fight was literally here ... 90 miles away (in Richmond)," said Sellers. "A fight for justice reform and equal representation."

The three-day celebration kicked off Saturday at Southgate Community Center. Reston Community Center presented its 35th annual event in cooperation with Martin Luther King Jr. Christian Church, Office of Hunter Mill Supervisor, Reston Community Orchestra, Reston Association, Southgate Community Center and Cornerstones, with the support of other religious and civic organizations, business groups and schools.

At the first event of the celebration, Saturday's scheduled Community Service Projects, volunteers sorted 30 bins of donated toys, according to Laura Greenspan of Reston, board member of The Closet of Greater Herndon. Nearby, members of the Omicron Kappa Kappa Chapter of Omega Psi Phi Frater-

nity, among them Brother Shaun Marzett of Fairfax, Brother Dr. Gary C. Powell of Reston and Brother Steven Moses of Woodbridge, sorted bins of toys. "There's a unity that you see here, the diversity of ages and races coming together for a greater cause," said Powell.

Down the hall, Sophie Hupe, and sister Emily, 11, unpackaged applesauce containers for bag lunches and later would help Caroline Susla, 14, of Reston and sister Katherine, 12, prepare sandwiches. "It's important for us to give back," said Caroline.

At 4 p.m., people gathered at Reston Community Center-Hunters Woods to hear the Reston Community Orchestra, under the direction of Dingwall Fleary combine the traditions of African American culture with western classical music, paying tribute to Dr. King's vision of a society free of prejudice and racial divisions. Featured artist, Beverly Cosham of Reston, waited for the program to begin, as did the other artists, Bryan Jackson; the RCO String Quartet; Kurt Usowski, Cello; Fred Rupert, Violin 1; Gary Mosteller, Viola; and Jeannine Everett, Violin 2; and the children of Al Fatih Academy who would recite Dr. King's "I Have a Dream" speech.

SUNDAY featured two performances, the first, "Music of the Movement" at Hunters Woods, the CenterStage. Paul Douglas Michnewicz, Director of Arts and Events at Reston Community Center, said, "Paige Hernandez and the rest of her outstanding musicians have mined the best music of the Civil Rights, drawn connections with the music and move

SEE LEGACY, PAGE 5



PHOTO BY MERCIA HOBSON/THE CONNECTION

Members of the Omicron Kappa Kappa Chapter of Omega Psi Phi Fraternity, Inc., among them Brother Steven Moses of Woodbridge, Brother Dr. Gary C. Powell of Reston and Brother Shaun Marzett of Fairfax check whether battery-operated toys work before putting them in the bin, all part of a community service project at Southgate Community Center held Sat., Jan. 18.

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Reston Celebrates Dr, King's Legacy

FROM PAGE 4

ments of today and created an extraordinary concert of relevance and artistry."

Northern Virginia Hebrew Congregation in Reston hosted Sunday's second performance held at their venue. It represented the 30th Anniversary of the "Voices of Inspiration of Martin Luther King Jr. Christian Church" and a commemoration of the life of "A Drum Major for Peace" Dr. Martin Luther King Jr., according to Rodney Scott. "The program featured four groups and two solo performances. The Voices of Inspiration have drawn various groups over the past 30 years to this wonderful celebration of both its anniversary and the life of Dr. King. It is significant that over those years, we have included choral groups from Reston and other groups in the area," said Scott.

On Monday, the official holiday for Martin Luther King Jr. Day, Bakari Sellers, CNN political analyst, a rising star within the Democratic Party and a leading voice for his generation according to Reston Community Center's Celebration program, served as the featured speaker. Sellers provided the Keynote Address before the Community Luncheon Program. Beverly Cosham, Chair of the Reston Community Center Board of Governors, introduced Sellers.

Cosham said that Sellers made history in 2006 when, at 22 years old, he defeated a 26-year incumbent State Representative to become the youngest member of the South Carolina state legislature and the youngest African American elected official in the nation.

IN HIS KEYNOTE ADDRESS, Sellers detailed the Civil Rights Movement and his present-day efforts, fighting for justice reform and equality. He tied his remarks together, centering on two photographs of his father. The first, when his father was a young man dressed in a "seersucker suit." He sat in the White House with other men, "holding his own" and having a conversation with President Lyndon B. Johnson, who had just signed the Civil Rights Act. The year was 1964.

The second picture was taken two years later. Sell-



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The Reston Community Orchestra, under the direction of Dingwall Fleary, Music Director combines the traditions of African American culture with western classical music, paying tribute to Dr. King's vision of a society free of prejudice and racial divisions.

ers said, "It's a Press Conference in Mississippi. The jacket and tie are gone and my father is in a white t-shirt, looking far older than he did just two years prior ... serious, stern, angry." Sellers described the deaths of multiple Civil Rights icons, which occurred between the two years the photos were taken and his father's active role at that time as he fought for freedom.

"Two years, two photographs and all that death violence in between. See, that's what happens...when you stand firm in the face of bigotry and hate...that's what happens when you find your friends buried in a ditch because they speak out for justice."

Sellers said that Dr. King's best piece of writing was "Letter from a Birmingham Jail." Sellers said King wrote he was invited to Birmingham because he had organization ties there. According to Sellers, they knew from the letter, King was not talking to "white folk," but was talking to his own people. King wrote he was in Birmingham because injustice was there.

"That's why I'm here in Reston today," said Sellers. That's why you all came to this place. I'm here because of the fight that's here. Little did I know when I signed up, the fight was literally here because we are 90 miles away from some crazies... It's in rooms like this, in New York, Minneapolis...with people with sound minds and good hearts...countless individual fights for justice reform and equal representation under the law."



Sophia Quinn, 6, granddaughter of Deborah Green shows off art projects she created based on the history of Dr. King Jr. and the Civil Rights Movement.

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PHOTO BY MIKE OLSON

Students from Al Fatih Academy recite Rev. Dr. Martin Luther King Jr.'s "I Have A Dream" speech during Reston Community Orchestra "Keeping the Dream: 14th Annual Tribute to Dr. Martin Luther King Jr."



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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.

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NEWS

New Trail Launches Teen Program with a Free Class

New Trail Cycling Studio, located at Lake Anne in Reston, is launching its teen program on Jan. 22. Classes will be offered every Wednesday at 4 p.m. for teens ages 12-17. Owner, Liz Kamp shared, "the teen program has always been part of our plan. I started riding in my teens and it was an important part of my teen years. It wasn't just about the workout but it was about being able to let go of the pressures outside the studio and just focus on me for 50 minutes."

Classes will be 50 minutes long but will include an extended 10 minute stretch and core workout at the end. Coaches are trained in working with teens and will provide an appropriate workout and playlist for the group. Teens must be ages 12-17 and at least 4'11" to fit the bikes. Classes will be taught to all fitness levels and each teen will be set up before class starts to ensure a proper bike fit.

Kamp adds, "teens in our area face such an incredible amount of pressure and stress, it's important to give them an avenue to destress without added pressure. When the lights are low in the studio and the music is on, you're not worried about how you look or if you're doing the right thing. It's a judgment-free zone and I think that's so important for teens to



PHOTO CONTRIBUTED

Classes will be offered every Wednesday at 4 p.m. for teens ages 12-17.

have. That's not to diminish the incredible workout. Indoor cycling is also a way for teen athletes to keep up their fitness. There are few workouts out there that give you the cardio challenge that indoor cycling does while also being easy on the joints."

To join the free class on 1/22, teens should create their own account (or have their parents create their account if they're under 13) on www.newtrailcycling.com. From there, they can add a "Free Teen Credit" from the pricing page to their account. At New Trail, you select your bike for each class so teens then need to select the Jan. 22 class and choose a bike.

Announcements

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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.

TUESDAY/FEB. 18

DMV2GO at the Library. 9 a.m.-4 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nam-northernvirginia.org/parent-peer-support.html.

ONGOING

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year. Contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Assistance League of Northern Virginia is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children, including those at 11 Title I elementary schools in Fairfax and Prince William counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, contact info@alnv.org, or visit www.alnv.org

Board

FROM PAGE 3
borhood have expressed interest in consideration of the establishment of a Historic Overlay District for Holmes Run Acres," she said. The district was listed on the National Registry of Historic Places in 2007. The motion carried.

Supervisor Rodney Lusk (D- Lee) requested confirmation of appointments to the Burgundy Village Community Center Operations Board after residents and homeowners in the community elected the candidates through a preference poll. Motion carried.

Supervisor John Foust (D- Dranesville) - in reference to the Cinder Bed Road Bus Garage in Lorton - requested that Metro share the agreement that "supposedly" provides bus transit service in the County. "It has been 80 days. This Board has made numerous requests...Metro has a contract with Transdev. It has not been apparent they have exercised any rights under that contract to bring Transdev to resolve this ... I don't know how someone can take \$159M from us and not share with us the agreement. I renew my request, and I expect Metro to fulfill and respond in a very timely manner." The motion carried. The workers voted to end the strike last week.

Supervisor Daniel G. Storck (D-Mount Vernon District) - in a board matter with McKay and Herrity, brought forward a resolution to recognize the South County Football team as State Champions. "They entered the championship game with a record of 14-0." The motion carried.

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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			

Treat One, Get Two.



By KENNETH B. LOURIE

I'm sure you regular readers are waiting with bated breath for the confirmation of my updated health status. Unfortunately, for the moment anyway, we'll all have to wait a bit longer. Though the needle biopsy of my "Adam's Apple" tumor did indeed confirm thyroid cancer, stage 2, no such confirmation or clarification as to its origin was made, or whether it's been thyroid cancer that I've been living with all these years, instead of non small cell lung cancer, stage 4 or not. However, there is a path forward. Surgery to remove my thyroid gland, along with my "Adam's Apple" tumor, and possibly a lymph node is in the planning stage. As such, scheduled for next Friday is an appointment with a head and neck surgeon to determine my fitness for surgery. All we've been told so far is that the surgery is usually outpatient, arrive in the morning and leave that afternoon (maybe I'll bring along my dry cleaning). Apparently, this is the next step "on the road to find out" (Cat Stevens).

If I am indeed home that same evening, I've been told by my endocrinologist that the recovery period is approximately two weeks. At present I don't have any details of what "recovery" exactly means/entails. If all goes according to the pre-surgical-actually-discussing- the-procedure-with-the-surgeon conversation, a month or so after the procedure, I will revisit my endocrinologist to have radioisotopes administered somehow. Once inside my body, I will be scanned by a machine looking exclusively for thyroid cancer. This will confirm, if I understand the process correctly, whether the tumors in my lungs are thyroid or lung cancer.

In the interim, I am to continue with my immunotherapy ("I. O.") and with any other appointments, scans, etc. I recall something that my oncologist said about my lung cancer tumors during his "exciting" phone call. He said that my tumors never really acted the way he anticipated, as if they weren't non small cell lung cancer at all. And sure enough, some of them, as confirmed by the first of my recent two biopsies were thyroid cancer. As I've been joking, this is what my oncologist gets excited about as opposed to what yours truly would get excited about: a World Series Championship. And also, as he said, thyroid tumors are more treatable, with more choices and better outcomes - which is exciting for me.

OKAY. So I have thyroid cancer and it's more treatable. Wonderful news. But do I still have lung cancer? If so, where's the future in that? Is it somehow no longer a "terminal" disease because I've outlived my original "13 month to two year" prognosis? Will I now be treated for thyroid cancer only to die of lung cancer? Moreover, am I now going to get treated twice, in two medical suites, one for each cancer? Have these multiple biopsies simply determined that the doctors were actually right - both times and I'm just the unfortunate patient to be so wronged?

For 10 or so years, until last January, I was treated for lung cancer - with chemotherapy. However, this past January, the Adam's Apple" tumor appeared and we switched to immunotherapy. The reason for the change: the lung cancer had spread, according to my oncologist. Now, a year later, the story/diagnosis has changed, thanks to my most recent biopsy. The tumor wasn't lung cancer that had spread, it was thyroid cancer that had spread. I didn't even know I had thyroid cancer. Now you're telling me it's spread? How lucky am I? Two cancers for the price of one. I guess this will make health insurance more affordable, sort of like buying in bulk at Costco.

The big question: did my lung cancer treatment inadvertently prevent my thyroid cancer from manifesting/metastasizing or did its non-diagnosis allow it to grow unimpeded and now present this quite unexpected/unanticipated complication? Explain though it may to my oncologist why I haven't succumbed to my original disease, it doesn't quite explain to me what the hell's been going on and why.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

CALENDAR

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

ONGOING

Joshua's Hands Quilting Event. Now thru Jan. 26. At 38997 E. Colonial Hwy., Hamilton VA. 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. All materials are provided but donations are appreciated. 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.

Ken Ludwig's "The Game's Afoot." Now thru Feb. 1. 8 p.m. At Reston Community's CenterStage, 2310 Colts Neck Road, Reston. The Reston Community Players presents this murder-mystery comedy featuring real-life 1930s Broadway star William Gillette, admired the world over for playing Sherlock Holmes. Mystery and hilarity in equal parts ensue in this murderously funny whodunit production that will keep you guessing until the final curtain. Tickets: \$28/adult, \$24/seniors and students. Performance Dates: Jan. 17, 18, 24, 25, 26, 30, Feb. 1. Tickets at www.restonplayers.org.

"The Mountaintop." Now thru Feb. 2. At NextStop Theatre, 269 Sunset Park Drive, Herndon. "The Mountaintop" is a historical drama taking place in Dr. Martin Luther King, Jr.'s hotel room the night before his assassination. He meets a young maid who forces him to consider exactly who and what he is fighting for. Full of vivid theatricality, poetic language, and surprising twists, this drama takes us to the summit of a man's historic life and offers a stunning view of his dream for our nation. Visit the website: www.nextstoptheatre.org/shows/mountaintop

WEDNESDAY/JAN. 22

"Judy" Movie. 10 a.m. At Reston's Bow Tie Cinemas, Reston Town Center. The Reston Association, in cooperation with Reston Town Center Bow Tie Cinemas, and sponsored by Tall Oaks Assisted Living, presents Senior Movie Day on the fourth Wednesday of each month. Refreshments are provided, and door prizes are distributed prior to the movie. Registration is not required. Free for ages 55-plus.

Memory Depot Orientation. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn about the Memory Depot station, a do-it-yourself location for scanning your slides, negatives and photos and to transfer your VHS or audio cassettes to digital formats. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Indoor Cycling for Teens. At New Trail Cycling Studio, Lake Anne, Reston. Classes will be offered every Wednesday at 4 p.m. for teens ages 12-17. Classes will be 50 minutes long but will include an extended 10 minute stretch and core workout at the end. Coaches are trained in working with teens and will provide an appropriate workout and playlist for the group. Teens must be ages 12-17 and at least 4-feet-11 to fit the bikes. Classes will be taught to all fitness levels and each teen will be set up before class starts to ensure a proper bike fit. To join the free class, teens should create their own account (or have their parents create their account if they're under 13) on www.newtrailcycling.com.

Home Selling Seminar. 7 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Peggy Yee with Frankly Realty will present professional tips on selling your home. Adults. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>

THURSDAY/JAN. 23

Toddler Storytime — Big Frog Can't Fit in! 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Come hear this vibrant and engaging pop-out story by Mo Willems. Age 2 with Adult. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Teen Advisory Board (TAB). 7 p.m. At Reston Regional Library, 11925 Bowman Towne Dr,



Virginia Polar Dip

Kalypso's Sports Tavern staff takes the plunge in the 2018 Virginia Polar Dip dressed as Power Rangers.

SATURDAY/FEB. 1

Freezin' for a Reason Polar Dip. 2 p.m. At Lake Anne Plaza, Reston. Registered participants will take the plunge either by canon-ball jump or a "Chicken Dip" – to raise funds for Camp Sunshine. The Virginia Polar Dip is a fundraiser for Camp Sunshine, a national year-round retreat for children with life-threatening illnesses and their families. This year's goal is to raise \$100,000, which will allow 40 families from the Mid-Atlantic area to attend Camp Sunshine. The event is sponsored by: Kalypso's Sports Tavern, David Madison Photography, Lake Anne Village Center, Reston Community Center, Salon Khouri, Ourisman Chantilly Toyota, Reston Association, Fairfax County Cold Water Dive Team, Manor Works Painting, Loebig Chiropractic & Rehab, and Onelife Fitness. Cost is \$100 minimum donation to plunge and is open to anyone willing to brave the elements for a good cause. Visit www.freezinforareason.com.



"The Mountaintop"

"The Mountaintop" will be presented Jan. 9 to Feb. 2 at NextStop Theatre in Herndon.

NOW THRU FEB. 2

"The Mountaintop." At NextStop Theatre, 269 Sunset Park Drive, Herndon. "The Mountaintop" is a historical drama taking place in Dr. Martin Luther King, Jr.'s hotel room the night before his assassination. He meets a young maid who forces him to consider exactly who and what he is fighting for. Full of vivid theatricality, poetic language, and surprising twists, this drama takes us to the summit of a man's historic life and offers a stunning view of his dream for our nation. Visit the website: www.nextstoptheatre.org/shows/mountaintop

Reston. Join TAB to gain leadership and volunteer experience and share your ideas about how to make the library a wonderful place for teens. Volunteer hours granted. Age 13-18. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

FRIDAY/JAN. 24

Family Yoga. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Enjoy playful yoga, stories and songs with a children's yoga instructor. Bring a mat or blanket. Cosponsored by FRRL. Are 2-4 with adult. Please register. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

SATURDAY/JAN. 25

Memoir Writing Workshop. 10 a.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover the power of writing your

story. Everyone, from beginners to published authors, will enjoy learning how to write their unique story in this workshop led by Shabnam Curtis, author of My Persian Paradox: Memories of an Iranian Girl. Adults, Teens. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>

STEM Club. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Navigate and explore a series of challenging Sphero Ball Robot Mazes using iPads. Age 6-13. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

SUNDAY/JAN. 26

Sunday Funday. 1-4 p.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Drop by the Children's desk on any Sunday for a fun independent activity. Perhaps you will create a flannel board, or play Book Bingo, or explore the library with a scavenger hunt. We will have a new activity each month. Age 5-11.

No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

MONDAY/JAN. 27

Cook Up a Pot of Stone Soup. 10:30 a.m. to noon. At Floris Schoolhouse, Frying Pan Park, 2709 West Ox Road, Herndon. Learn how easy and satisfying it is to prepare home-cooked soups in winter and create your very own version of "Stone Soup." Hear the children's tale about "Stone Soup" and work with the group to cook up a pot of soup large enough for everyone to take home a serving. Participants will also learn the history and origins of several different ethnic soup styles and sample each style featured. Cost is \$10 per person. Call 703-437-9101 or visit <https://www.fairfaxcounty.gov/parks/frying-pan-park>.

Nose to Toes Yoga. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Explore yoga poses and movement while enjoying books and songs with a children's yoga instructor. No experience needed. Cosponsored by FRRL. Age 3-5 years with adult. Please register beginning Jan. 13. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Preschool Storytime — Fairy Tales. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. This month we will foster your little one's love of reading with stories, songs, and crafts focused on our favorite classic fairy tales! Age 3-5 with adult. NO Registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Librarians Review the Best Children's Books. 7 p.m. At Scrawl Books, 11911 Freedom Drive, Reston. Caldecott, Newbery, Coretta Scott King, Pura Belpre and Stonewall Medals will be awarded on Jan. 27 by the American Library Association. Join in that evening in-store or via Facebook Live as two of our favorite school librarians, Heather Brown and Kate Clark, review the winners, the contenders and some of the truly great books for kids written in 2019.

TUESDAY/JAN. 28

Baby Steps Storytime. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. An interactive storytime for you and your child. Age 12-23 months with adult. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Baby Play and Explore. 11 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Join in an hour of unstructured play and social time for babies. Cosponsored by Friends of the Reston Regional Library. Age birth-18 months with adult. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Free Ice Skating Event. 3:30-5 p.m. At Ashburn Ice House, 21595 Smith Switch Road, Ashburn. The Ashburn Ice House is celebrating National Skating Month with a free skating event. Skates will be provided at no cost to all participants. Complimentary group skating lessons will be offered at 3:30 p.m., 4 p.m. and 4:30 p.m. All ages are welcome. Ice space is limited to 200, so come early. Visit <https://www.ashburnice.com> or call 703-858-0300.

Distinguished Speaker. 7:30 p.m. At Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. NVHC Distinguished Speaker Series presents Amir Tibon — "An Israeli Reporter in Trump's Washington: Another Year." Tibon is the Washington correspondent for the Haaretz Newspaper. Visit www.nvhcreston.org.

WEDNESDAY, JAN. 29

Memory Depot Orientation. 6:30 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn about the Memory Depot station, a do-it-yourself location for scanning your slides, negatives and photos and to transfer your VHS or audio cassettes to digital formats. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>

THURSDAY, JAN. 30

Dollars and Sense. 7 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Monthly group discussion focuses on business leaders and markets. They will be discussing "Dollars and Sense" by Dan Ariely. The event is free and open to the public. Adults. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>