

# 11<sup>th</sup> International Thyroid Cancer Survivors' Conference

October 17-19, 2008 • St. Louis, Missouri

Sheraton Westport Hotel/Lakeside Chalet, 191 Westport Plaza, St. Louis, MO 63146

Sponsored by ThyCa: Thyroid Cancer Survivors' Association, Inc. (www.thyca.org)

## Program

We're proud to present our schedule as of October 12, 2008. At the conference, you will receive our **Daily Update Bulletin** with any updates or changes. For more details, as well as speaker biographies visit [www.thyca.org](http://www.thyca.org), call us toll-free 1-877-588-7904, or e-mail to [thyca@thyca.org](mailto:thyca@thyca.org) or [conference@thyca.org](mailto:conference@thyca.org).

### Friday, October 17, 2008

#### **8:00 a.m.** Registration Desk Opens in Conference Central. *Zermatt*

- Walk-in conference attendees and registrations are welcome each day. Scholarships are available.
- Purchase tickets for Saturday Night's Dinner/Auction Fundraiser for Thyroid Cancer Research.
- Visit the Survivors' Creative Expressions Exhibit and Resource Tables.
- Lunch options are onsite any time during late morning through mid-afternoon. Get your food before or after "Lunch Hour" to reduce lines during the time of the Lunch and Learn Sessions.

#### **9:30 — 9:45 a.m.**

**101 Welcome and Morning Announcements.** Theresa Wickerham, ThyCa Volunteer. *Versailles I*

#### **9:45 — 10:45 a.m.** Getting To Know Each Other

**111 Open Mike Survivors'/Caregivers Roundtable.** Theresa Wickerham, ThyCa Volunteer. *Versailles I*

**112 Open Mike Survivors'/Caregivers Roundtable.** Mary Seemueller, ThyCa Volunteer. *Alpine I*

**113 Open Mike Survivors'/Caregivers Roundtable.** Joel Amromin, ThyCa Volunteer. *Matterhorn*

**114 Open Mike Survivors'/Caregivers Roundtable.** Tom Engle, ThyCa Volunteer. *Alpine II*

**115 Open Mike Survivors'/Caregivers Roundtable.** Peggy Melton, ThyCa Volunteer. *Davos*

**116 Open Mike Survivors'/Caregivers Roundtable.** Sandy Triplett, ThyCa Volunteer. *Lugano*

**FRIDAY...11:00 a.m. — 12:00 p.m.****121 Treating Metastatic Differentiated Thyroid Cancer With a Particular Emphasis on Clinical Trials.**

Steven I. Sherman, M.D., Endocrinologist. *Versailles I*

**122 Medullary Thyroid Cancer for Beginners.** Experienced Medullary Thyroid Cancer Survivors help beginners get a better understanding of their disease before the medical professional sessions. Kathryn Brubaker Wall, ThyCa Volunteer. *Alpine I*

**123 Patient Preparation Before Radioactive Iodine Treatment and What To Do Post-Therapy as an Outpatient, as Well as Side Effects of Treatment and How To Avoid Them.** Edward B. Silberstein, M.D., Nuclear Medicine, Internist, Medical Oncologist, Hematologist. *Matterhorn*

**124 The ABCs of Thyroid Cancer: An Explanation of Various Terms Doctors Use When Talking With Their Patients.** Uzma Z. Khan, M.D., Endocrinologist. *Alpine II*

**125 Roundtable: Caregivers' Issues.** Jon Guljord and Lee Melton. ThyCa Volunteers. *Davos*

**126 Fine Needle Aspiration (FNA) of Thyroid Nodules: Usefulness, Limitations, and When To Get a Second Opinion.** Rosa M. Davila, M.D., Pathologist. *Lugano*

**12:15 — 12:50 p.m. Lunch and Learn Roundtables. Bring your lunch.**

**131 Ask a Pharmacist About Levothyroxine: Taking It, and Caring for It.** Oralia V. Bazaldua, Pharm.D., Pharmacist. *Versailles I*

**132 Roundtable: Discussion of Different Types of Medullary Thyroid Cancer.** Mary DeBenedetti, R.N., ThyCa Volunteer. *Alpine I*

**133 Treatment Issues Common to Many Types of Cancer, and the Roles of Medical Oncology, Hematology, Nuclear Medicine, and Internal Medicine.** Edward B. Silberstein, M.D., Nuclear Medicine, Internist, Medical Oncologist, Hematologist. *Matterhorn*

**134 Roundtable: If You're New to Thyroid Cancer.** Christine Ciletti, ThyCa Volunteer. *Alpine II*

**135 Roundtable: Long-Term Survivors' Experiences and Issues.** Open discussion about coping with monitoring, persistent or recurrent disease, neck dissection, other issues. Vanda White, ThyCa Volunteer. *Davos*

**136 Roundtable: Non-Medullary Familial Thyroid Cancer.** Leah Guljord, ThyCa Volunteer. *Lugano*

**FRIDAY...1:00 — 2:15 p.m.****141 An Oncologist Discusses Targeted Therapies for Advanced Thyroid Cancer.**

Marcia S. Brose, M.D., Ph.D., Oncologist. *Versailles I*

**142 Medullary Thyroid Cancer Treatment Options, and When To Consider a Clinical Trial.** Steven I.

Sherman, M.D., Endocrinologist. *Alpine I*

**143 Follow-up of Patients with Well-Differentiated Thyroid Cancer.**

Irini E. Veronikis, M.D., Endocrinologist. *Matterhorn*

**144 Complementary Approaches for Well-Being.** Discussion on Reiki, Yoga, Sound Healing, Other.

Betty Solbjor, Reiki Master/Practitioner. *Alpine II*

**145 Roundtable: Coping Skills for Dealing with Testing and Treatment Fears.**

Michael Dubrow, ThyCa Volunteer. *Davos*

**146 QiGong: Zhineng Medical QiGong for Stress Reduction, Normal Vitality, and Well-Being.**

Ron Rain, D.Min., The Wellness Community. *Lugano*

**2:30 — 3:45 p.m.****151 Ask an Endocrinologist About How Doctors Manage Thyroid Cancer in the Short Term and Over the Long Term.** Steven I. Sherman, M.D., Endocrinologist. *Versailles I***152 A Surgical Approach to Medullary Thyroid Cancer.** Elizabeth Grubbs, M.D., Surgeon. *Alpine I***153 Long-Term Management of Papillary and Follicular Thyroid Cancer for Different Risk Levels and Situations.** Rebecca Brown, M.D., Endocrinologist. *Matterhorn***154 How the Medical Team Deals with Pain Management When Coping with Cancer.**

Teresa L. Deshields, Ph.D., Psychologist. *Alpine II*

**155 Ask an Attorney about Legal Issues Related to Social Security and Disability Laws.**

M. Julie Shanahan, Esq. *Davos*

**156 Roundtable: Anaplastic Thyroid Cancer.** Clayton Twigg and Rose Twigg, ThyCa Volunteers. *Lugano***4:00 — 5:15 p.m.****161 Ask an Attorney about Legal Issues Related to Financial and Estate Planning.**

Robert G. Oesch, Esq. *Versailles I*

**162 Medullary Thyroid Cancer: A Discussion About Targeted Therapies.**

Mimi I. Hu, M.D., Endocrinologist. *Alpine I*

**163 Questions About Pregnancy and Parenting When Dealing with Thyroid Cancer.**

Rebecca Brown, M.D., Endocrinologist. *Matterhorn*

**164 Managing Thyroid Cancer for Those Diagnosed Before Age 18: Answering Your Questions About Treatment, Testing and Research.** Paul R. Krakovitz, M.D., Otolaryngologist. *Alpine II***165 Coping with Cancer.** Shannon Nanna, Psy.D., Psycho-Oncology Psychologist. *Davos***166 Anaplastic Thyroid Cancer: Treatment, Research, Clinical Trials.** Julie Ann Sosa, M.D., M.A., Surgeon. *Lugano*

**FRIDAY...5:30 — 6:30 p.m.**

**171 ThyCa Volunteer Appreciation Reception, Annual Meeting, and Informal Social Time with Refreshments.** Free. Bring your suggestions for strengthening ThyCa's support services! Stay for conversation, drinks, and snacks! Refreshments courtesy of our friends at AstraZeneca. *Versailles II*

**5:00 — 9:00 p.m. Your choice for dinner.**

**181 Dinner on Your Own.** Enjoy dinner at the hotel or a local area restaurant with new or old friends.

**182 Dinner for Medullary Families.** See Laura Davidson for details.

**Saturday, October 18, 2008****8:00 a.m. Registration Desk Opens in Conference Central.** *Zermatt*

- Walk-in conference attendees/registrations welcome. Scholarships are available.
- Purchase tickets (by noon) for Tonight's Dinner/Auction Fundraiser.
- Lunch options are onsite any time during late morning through mid-afternoon. Get your food before or after "Lunch Hour" to reduce lines during the time of the Lunch and Learn sessions.

**8:00 — 9:00 a.m. Early-Bird Sessions**

**201 Open Discussion about the Different Types of Thyroid Cancer.** R. Michael Tuttle, M.D., Endocrinologist, and Patti Malloy and Sandy Triplett, ThyCa Volunteers. *Versailles I*

**202 Roundtable: Medullary Thyroid Cancer.** An open discussion of any issue relating to MTC, whether you're new, have remaining cancer, or are dealing with treatment side effects. Paul Etemad, ThyCa Volunteer. *Alpine I*

**203 Dentists' Perspectives: Overview and Introduction to Salivary Issues and Dysfunction.**

Andrew Wolken, D.D.S., and Christopher M. Wolken, D.D.S. *Matterhorn*

**204 Ask a Doctor: Managing Thyroid Cancer for those Diagnosed Before Age 18.**

Paul R. Krakovitz, M.D., Otolaryngologist. *Alpine II*

**205 Starting at 8:30 a.m. Free Reiki Sessions, 15 minutes each.** Betty Solbjor and other Reiki Practitioners.

No reservations or signup. Just walk in. *Davos*

**206 Roundtable: Getting Involved in Raising Awareness for Early Detection, Reaching Underserved Populations.** Sherryl Pascal, Mrs. New Jersey American Beauty 2008, and Cherry Wunderlich, ThyCa Volunteer. *Lugano*

**SATURDAY...9:00 — 9:10 a.m.**

**211 Morning Announcements.** Theresa Wickerham, ThyCa Volunteer. *Versailles I*

**9:15 — 10:30 a.m.**

**221 The Increasing Incidence of Differentiated Thyroid Cancer, and Managing It in the First Few Years After Diagnosis.** Jennifer A. Sipos, M.D., Endocrinologist. *Versailles I*

**222 Ask a Surgeon about Medullary Thyroid Cancer Treatment Options.**

Jeffrey F. Moley, M.D., Surgeon. *Alpine I*

**223 Thyroid Cancer Imaging and Pathology Discussion: Monitoring, Types of Scans, False Negatives, and Other Issues.** Perry W. Grigsby, M.D., Nuclear Medicine Physician. *Matterhorn*

**224 Patient/Physician Relationships: Effective Communication and Coordination.**

Steven G. Waguespack, M.D., Endocrinologist and Sandy Triplett, ThyCa Volunteer. *Alpine II*

**225 Free Reiki Sessions, 15 minutes each.** Betty Solbjor, other Reiki Practitioners. No signup. Just walk in.

*Davos*

**226 Anaplastic Thyroid Cancer, New Treatments on the Horizon.** R. Michael Tuttle, M.D., Endocrinologist.

*Lugano*

**10:45 a.m. — 12:00 p.m.**

**231 Introduction to a New Blood Test That Will Detect the TSH Receptor Messenger RNA, Making It a Marker of Thyroid Cancer Cells Circulating in the Blood.** Mira Milas, M.D., Endocrine Surgeon.

*Versailles I*

**232 Medullary Thyroid Cancer: Novel Therapies Discussion.** Julie Ann Sosa, M.D., M.A., Surgeon. *Alpine I*

**233 Staging and Prognostic Systems: What Do They Mean For Patients Living with Thyroid Cancer.**

R. Michael Tuttle, M.D., Endocrinologist. *Matterhorn*

**234 Pediatric Thyroid Cancer: Answering Your Questions.** Steven G. Waguespack, M.D., Endocrinologist.

*Alpine II*

**235 Free Reiki Sessions. 15 minutes each.** Betty Solbjor, other Reiki Practitioners. No signup. Just walk in.

*Davos*

**236 QiGong: Zhineng Medical QiGong for Stress Reduction, Normal Vitality, and Well-Being.**

Ron Rain, D.Min., The Wellness Community. *Lugano*

**SATURDAY...12:15 — 12:50 p.m. Lunch and Learn Roundtables. Bring your lunch.**

**241 Learn About the International Thyroid Oncology Group, Its Cooperative Relationship with ThyCa, and Challenges for the Future.** Matthew D. Ringel, M.D., Endocrinologist, and Dwight Vicks, ThyCa Volunteer. *Versailles I*

**242 Medullary Thyroid Cancer: An Interactive Discussion About Symptoms, and Treatments that Have Helped.** Paul Etemad, ThyCa Volunteer. *Alpine I*

**243 Thyrogen Update: Using Recombinant Human TSH To Prepare for RAI Scan, Thyroglobulin Testing, or Ablation in Papillary and Follicular Thyroid Cancer.**

R. Michael Tuttle, M.D., Endocrinologist, and Edie Dodson, Genzyme Therapeutics. *Matterhorn*

**244 Roundtable: Pediatric and Young Adults.** Steven G. Waguespack, M.D., Endocrinologist. *Alpine II*

**245 Roundtable: ThyCa's Person-To-Person Network, Phone Support, and E-Mail Team.**

Join a discussion on how to get involved and give support. Peggy Melton, ThyCa Volunteer. *Davos*

**246 Using PubMed, and Searching the Medical Literature in the National Library of Medicine.**

ThyCa Volunteers. *Lugano*

**1:00 — 2:15 p.m.**

**251 Thyroid Cancer Overview, Treatment, and Post-Operative Surveillance, Including Thyroglobulin and Thyroglobulin Antibody Testing.** Matthew D. Ringel, M.D., Endocrinologist. *Versailles I*

**252 Medullary Thyroid Cancer: Questions To Ask When You're Newly Diagnosed.**

Patti Malloy and Mary Seemueller, ThyCa Volunteers. *Alpine I*

**253 Ultrasound Surveillance in Thyroid Cancer: When and How It's Used in Decision-making.**

Mira Milas, M.D., Surgeon. *Matterhorn*

**254 Developing an Educational ThyCa Event.** Theresa Wickerham, Director of Support Group Operations, and Gary Bloom, ThyCa Executive Director. *Alpine II*

**255 Humor and Healing: Laughter Exercise for Everyone.** Janet Adams, ThyCa Volunteer. Come learn techniques to have more humor and joy! No matter what your medical condition, humor can play a role in lifting your spirits. We will briefly discuss the research about laughter and healing...and then we'll apply it by laughing together!

Bring your funny bone to the session! *Davos*

**256 Roundtable: Coping with Thyroid Cancer and Other Health Issues At the Same Time.** *Lugano*

**SATURDAY, 2:30 — 3:45 p.m.**

**261 Ask a Doctor about Surgical Issues Including Additional Surgery of the Neck and Lymph Nodes, Parathyroid Issues, and Minimizing Scarring.** David Myssiorek, M.D., Otolaryngologist. *Versailles I*

**262 Medullary Thyroid Cancer: An Endocrinologist's Perspective.**

R. Michael Tuttle, M.D., Endocrinologist. *Alpine I*

**263 Research into Non-Medullary Familial Thyroid Cancer.** Beatriz Tendler, M.D., Endocrinologist. *Matterhorn*

**264 Financial Wellness During Cancer.** Kevin Ferris, M.S.W., L.C.S.W., C.M.C. Financial Wellness is vital to your overall health. Money has been cited repeatedly in national Gallup polls as the number one stressor in people's lives. Kevin Ferris will speak on this aspect of health and why it is a critical component of any holistic stress reduction program.

*Alpine II*

**265 Discussion About Anaplastic Thyroid Cancer, Including Treatment Options and Considering a Clinical Trial.** Matthew D. Ringel, M.D., Endocrinologist. *Lugano*

**266 Art Therapy for Survivors and Friends.** Rita Banach, BSc., DSC, DTATI. Participants will create simple paintings and may (if they choose to) explore issues in regards to thyroid cancer. Artistic skills not necessary. Limited to 12 participants. No advance registration. *Attendees must arrive within the first 10 minutes of the session.* *Davos*

**4:00 — 5:15 p.m.**

**271 Ask a Doctor About Voice Issues: Causes, Prevention, Solutions.**

David Myssiorek, M.D., Otolaryngologist. *Versailles I*

**272 Medullary Thyroid Cancer: Hereditary MTC/MEN2.** Mary DeBenedetti, R.N., ThyCa Volunteer.

*Alpine I*

**273 Ask a Doctor: Your Questions About Thyroid Cancer.** Beatriz Tendler, M.D., Endocrinologist.

*Matterhorn*

**274 Roundtable: Before and After Receiving Radioactive Iodine.** Topics will include discussions with your doctor, coping with hypothyroidism or receiving Thyrogen, easy tips for the low-iodine diet, planning time off, and coping after RAI in the hospital or at home. Leah Guljord and Other ThyCa Volunteers. *Alpine II*

**275 Roundtable: Current Local ThyCa Support Group Facilitators.** Theresa Wickerham, Director of Support Group Operations, and Gary Bloom, ThyCa Executive Director. *Davos*

**276 Young Adults Roundtable: Parent-Young Adult Communications.** *Lugano*

**6:00—9:00 p.m. ThyCa Dinner/Auction To Raise Funds for Thyroid Cancer Research.**

*Versailles II*

## Sunday, October 19, 2008

### **8:00 a.m.** Registration Desk Opens in Conference Central. *Zermatt*

- Walk-in conference attendees/registrations welcome. Scholarships are available.
- Lunch options are onsite any time during late morning through mid-afternoon. Get your food before or after “Lunch Hour” to reduce lines during the time of the Lunch and Learn sessions.

### **8:00 — 9:00 a.m.** Early-Bird Sessions

#### **301 Discussion: Managing your Thyroid Cancer Care and Your Other Medical Care, Including Patient-Physician Communication, Care Coordination, and When and How To Seek a Second Opinion.**

Christine Ciletti and Other ThyCa Volunteers. *Zurich Ballroom*

#### **302 Roundtable: Sharing Experiences with Other Medullary Thyroid Cancer Survivors.**

John Cucarese, ThyCa Volunteer. *Alpine I*

#### **303 Roundtable: Health Care Access and Insurance for All.** Sheila Williams, ThyCa Volunteer. *Matterhorn*

**304 Roundtable: Pediatric and Young People's Thyroid Cancer.** Lauri Huber and Pam Mendenhall, ThyCa Volunteers. *Alpine II*

**305 Discussion for People Interested in Starting a Local ThyCa Support Group.** Theresa Wickerham, Director of Support Group Operations and Gary Bloom, ThyCa Executive Director. *Davos*

#### **306 Understanding Your Personality Type and Interaction Style: the Myers-Briggs Type Indicator.**

Cheri Lindle, M.Ed., ThyCa Volunteer. *Lugano*

### **9:00 — 9:10 a.m.**

**311 Morning Announcements.** Theresa Wickerham, ThyCa Volunteer. *Zurich Ballroom*



**SUNDAY...9:15 — 10:30 a.m.****321 Ask a Pharmacist: Questions about Medications and Interactions.**

Oralia V. Bazaldua, Pharm.D., Pharmacist. *Zurich Ballroom*

**322 Medullary Thyroid Cancer: Discussion of Treatment Options.**

Bryan McIver, M.D., Ph.D., Endocrinologist. *Alpine I*

**323 Ask a Doctor: How to Choose a Thyroid Surgeon, Questions to Ask, and Key Issues in Thyroid Surgery and Recovery.** Joseph Scharpf, M.D., Surgeon. *Matterhorn*

**324 Introduction to the Labyrinth as a Tool for Health and Well-Being.** Elizabeth J. Reinsch, Ph.D., A.C.S.W./L.C.S.W., Educator. Indoor and outdoor Labyrinths are increasingly present in parks, hospitals, and faith communities, as a tool for walking meditation and reflection, sometimes with music. In this introduction to this centuries-old tool, you will view a video, hear a presentation, and receive answers to your questions. You will also learn how to draw a simple "finger" labyrinth on 8 1/2 x 11 paper, for your use at home. *Alpine II*

**325 Humor and Healing: Laughter Exercise for Everyone.** Janet Adams, ThyCa Volunteer. Come learn techniques to have more humor and joy! No matter what your medical condition, humor can play a role in lifting your spirits. We will briefly discuss the research about laughter and healing...and then we'll apply it by laughing together!

Bring your funny bone to the session! *Davos*

**326 Getting Involved: Volunteering and Becoming Active in ThyCa.** Gary Bloom, ThyCa Executive Director and Leah Guljord, ThyCa Volunteer. *Lugano*

**10:45 a.m. — 12:00 p.m.****331 Papillary and Follicular Thyroid Cancer: Frequently Asked Questions.**

James R. Etzkorn, M.D., Endocrinologist. *Zurich Ballroom*

**332 The Care of Clinical Trial Participants: 1. The role of site investigators and other persons associated with the clinical trial; 2. Integrating care received as part of a trial with that from your long-term physicians.** Mary DeBenedetti, R.N., and Mary Seemueller, ThyCa Volunteers. *Alpine I*

**333 Managing Papillary Thyroid Cancer and Elimination with Ethanol Ablation of I-131 Resistant Residual Neck Nodal Disease.** Ian Hay, M.D., Ph.D., Endocrinologist. *Matterhorn*

**334 Finding Sound Advice and Working with Advisors in Handling Your Insurance, Investments, and Financial Planning Issues.** John Cucarese, ThyCa Volunteer. *Alpine II*

**335 Roundtable: Perspectives of Parents and Siblings of Thyroid Cancer Survivors.** *Davos*

**336 Anaplastic Thyroid Cancer, New Treatments on the Horizon.** Bryan McIver, M.D., Ph.D., Endocrinologist. *Lugano*

**SUNDAY...12:10 — 12:40 p.m. Lunch and Learn Roundtables. Bring your lunch.****341 Choosing and Being in a Clinical Trial: The Patient's Perspective on What To Consider.**

Patti Malloy, Clayton Twigg, and Rose Twigg, ThyCa Volunteers. *Zurich Ballroom*

**342 Roundtable: Medullary Thyroid Cancer.** Help us help each other. What stands out as something that really helped you? Or areas where you would have liked more help? Mary Seemueller, ThyCa Volunteer. *Alpine I*

**343 Caregivers Issues in Support and Advocacy.** Jon Guljord, ThyCa Volunteer. *Matterhorn*

**344 Fundraising for Research: Moving Toward Our Dream of Cures for All Thyroid Cancer.**

Gary Bloom, ThyCa Executive Director. *Alpine II*

**345 Roundtable: Strengthening Patient-Physician Communications.** ThyCa Volunteers. *Davos*

**346 Young Adults Roundtable: Challenges of Coping with Thyroid Cancer as a Young Adult.** *Lugano*

**12:45 — 2:00 p.m.****351 Ask a Doctor About Vocal Cord Paralysis and Other Issues Related to Thyroid Surgery.**

James H. Boyd, M.D., ENT Surgeon. *Zurich Ballroom*

**352 Ask an Attorney about Legal Issues Related to Employment and Workers Compensation Issues.**

Margaret Hesse, Esq. *Alpine I*

**353 Roundtable: Getting Involved, Volunteering for ThyCa.** Gary Bloom, ThyCa Executive Director.

*Matterhorn*

**354. Giving and Receiving E-Mail Support, and Getting the Most Out of www.thyca.org.**

Cherry Wunderlich, ThyCa Volunteer. *Alpine II*

**355 Informal Conversation: Energy, Weight, Fitness, and Exercise While On and Off Thyroid Hormone Replacement.** ThyCa Volunteers. *Davos*

**356 Informal Conversation: Coping with Multiple Health Issues at the Same Time.** *Lugano*

**2:15 — 3:00 p.m.****361 Roundtable: Papillary and Follicular Thyroid Cancer.**

Tom Engle and Theresa Wickerham, ThyCa Volunteers. *Zurich Ballroom*

**362 Roundtable: Medullary Thyroid Cancer.** Mary Seemueller, ThyCa Volunteer. *Alpine I*

**363 Roundtable: Papillary and Follicular Thyroid Cancer.** Christine Ciletti, Leah Guljord, ThyCa Volunteers.

*Matterhorn*

**364 Roundtable: Anaplastic Thyroid Cancer.** Clayton Twigg, Rose Twigg, ThyCa Volunteers. *Alpine II*

**3:00 — 3:30 p.m.****371 Conference Wrap-Up; Your Feedback and Suggestions for Next Year.**

Conference Team. *Zurich Ballroom*

Thank you for coming! We hope to see you in the coming year!