

Rebecca Glaser, Oak Hill,
Grade 6; clay planter, pictured
at Chantilly High's Pyramid
Art Show on April 10.

Artistic Expressions At Chantilly High

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'Inspiring Others To Continue His Legacy'

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Centreville High Gumbo Concert this Friday

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‘Inspiring Others to Continue His Legacy’

Sully Police Sgt. Ryan Lindenbaum honored in memorial golf fundraiser.

BY BONNIE HOBBS
THE CONNECTION

A Fairfax County police officer assigned to the Sully District Station, Sgt. Ryan Lindenbaum was just 30, in August 2015, when a brain tumor he’d fought for 15 months took his life. His loss devastated his family, friends and colleagues; yet even though he’s gone, he continues helping others.

His legacy lives on through The Hercules Foundation, established in 2016 by three of his high school friends, Alex Fetterman, Andrew Donahoe and Brian Beruete. It raises money for college scholarships for law-enforcement families and assists them in other ways during times of need.

The foundation’s premier event – inspired by Lindenbaum’s badge number – is its annual golf fundraiser. And the fourth annual 314546 Invitational Golf Tournament is set for Friday, May 17, at the Pleasant Valley Golf Club, 4715 Pleasant Valley Road in Chantilly.

Cost is \$90/golfer. Breakfast is at 7:30 a.m., the tourney, at 9 a.m. Mission BBQ of Chantilly – where Lindenbaum’s photo is proudly displayed – provides lunch afterward at the golf club, and awards will be



Ryan Lindenbaum (center) on the job, conferring with other police officers.

volunteers include family, friends and police officers, including Chief Ed Roessler. The FCPD Honor Guard kicks things off with the National Anthem. The first three tournaments raised more than \$30,000 to support the law-enforcement community.

LINDENBAUM was with the Department for just nine years, but it was long enough to distinguish himself. He received FCPD’s Meritorious Service Award in 2009 and was named the Fairfax County Police Assn. Officer of the Year in 2010. And at the time of death, he was working on his bachelors in Global Affairs at GMU.

“Ryan was a one-of-a-kind person,” said Beruete. “His personality and infectious laugh lit up whatever room he was in. Ryan’s dedication to family, community and friends inspired me, personally, to help start The Hercules Foundation. Alex, Andrew and I heard about the support network that develops around an officer when someone joins the force. We wanted to supplement that effort and provide assistance to the greater community, as well.”

By awarding scholarships to reflect Lindenbaum’s dedication to excellence, and

presented. Registration is limited to the first 144 golfers. The last two years were sell-outs, so those interested should register quickly at www.herculesfoundation.com

(click on Golf Tournament). Donation and sponsorship opportunities are also on the Website.

It’s attended by FCPD Police Officers, and

SEE GOLF, PAGE 4

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SCHOOLS

Artistic Expressions at Chantilly High

Chantilly High's Pyramid Art Show was April 10.



Megan Sweeney, Chantilly junior, won gold in National Scholastic competition.



Vignesh Karumathil, Oak Hill Elementary, Grade 1



Declan Puia, Lees Corner Elementary, kindergarten; beaded dreamcatcher.



Andrew Coney, Franklin Middle, Grade 7; portrait of his dad.



Emily Maltez Hernandez, Greenbriar East Elementary, Grade 3.



Leah Tyrrell, Chantilly High senior; Scholastic Silver Key Award winner.



Kyle Panizo, Poplar Tree Elementary, Grade 3



Jenny Nguyen, Greenbriar East, Grade 4.

PHOTOS BY BONNIE HOBBS/
THE CONNECTION



Abhinav Prasath, Poplar Tree, kindergarten

Designs to Welcome Spring

Textiles and florals usher in a new season

BY MARILYN CAMPBELL

From pastel colors to floral accents, it's the time of year to celebrate the emergence of spring. Local designers offer spring decorating ideas that embody the season.

"Spring is the perfect time to freshen up your house by swapping out heavy, darker winter fabrics on linens and pillows with crisp and light patterns and designs," said Ann O'Shields of the Nest Egg in Fairfax. "Throw pillows are one of the easiest ways to instantly refresh a space. Greens and yellows are quintessential colors of spring and are popular currently in interior design. Whether you prefer florals or geometrics, there's a variety of options in fabric design for pillows."

When decorating the master bedroom in a Potomac, Md. home recently, designer Cameron Manning finished off the design with a cheery area rug. "The right rug can pull a room together and make a powerful statement," she said. "The client's favorite season was spring and she wanted a bedroom that was light and cheerful. For this master bedroom, I chose a vintage rug in a pale orange shade."

Manning also recommends using paint to breathe fresh, spring air into a winter-worn space. "Painting a room with an off-white shade infused with subtle undertones of yellow, pink or pale blue can really lighten and brighten it. If you don't want to paint and entire room, consider painting just the door frame."

From peonies and daffodils to lilacs and tulips, designer Connie Hall of Hall Designs says that moving spring blooms out of the garden and into a fresh floral arrangement is a sure-fire way to usher out winter.

"Nothing says spring like a bouquet of fresh spring flowers," she said. "A large bouquet can really become the focal point of a room. Sometimes they're all you really need to show that spring has arrived."

Blossoms and branches from one's backyard can create visual interest and O'Shields suggests magnolia stems, cherry blossom stems and forsythia.

"Preserved floral arrangements are also an excellent choice and will last for years," she added. "Hydrangea flowers are a lovely, full option often used in preserved florals."

Lush greenery can be used for more than decorating a garden. "If you have a green thumb, consider adding in some plants in ceramic pots to add color



PHOTO BY THE NEST EGG

Whether fresh or preserved, local designers advise welcoming spring with a seasonal floral arrangement.



PHOTO BY THE NEST EGG

Adding throw pillows in spring colors like green and yellow to an interior space is one of the easiest ways to drive out the winter doldrums.

and texture," said O'Shields.

Among the popular plants that O'Shields suggests fiddle figs. "[They] can also add height to your space," she said. "More foolproof plants include Pachira aquatic, also known as a money tree, succulents and rubber tree plants. They're all easy to care for and add a freshness to your space."

Those who don't have a green thumb shouldn't be afraid to fake it. "There are so many realistic options for artificial greenery available, said O'Shields. "Artificial branches can be almost identical to the real thing."

"Spring is the perfect time to

freshen up your house by swapping out heavy, darker winter fabrics on linens and pillows with crisp and light patterns and designs."

— Ann O'Shields, The Nest Egg, Fairfax

NEWS

Golf Fundraiser

FROM PAGE 2

helping first responders who've fallen on tough times, Beruete said he and his buddies "hope to keep Ryan's memory alive and inspire others to continue his legacy of giving and caring for those around him. If we're able to help even one person gain a degree and better themselves – or if we can help one family through a rough patch – we'll feel as if the effort we've put into the foundation was well worth it."

Since it's been established, said Beruete, "We've met an untold amount of people who were touched by Ryan over the years – either others on the force or just people he'd made relationships. We've heard countless stories we'd have otherwise never been able to hear about Ryan's big heart and fun nature. His passing, while tragic, has brought together so many people. We all aim to celebrate his life each year at the golf tournament and remember him as the beautiful person he was, always."

Donahoe said that, after Lindenbaum's death, "I reflected on his life and realized the positive impact he had on me and many others. I never told Ryan the influence he had on me, and I regret that; I looked up to him. To be friends with him was to be his family. He was a full-time police officer and student, yet somehow always found the time to support us all. He showed up to help after a child was born, helped one of us move or was just there when we needed someone to listen."

Even while recovering from surgery and receiving chemotherapy, said Donahoe, "Ryan informed me he'd be grocery shopping and buying me diapers when my son was born. He put others' needs ahead of his own in his personal and professional life. So, when I had the opportunity to continue his legacy through The Hercules Foundation, I jumped at the chance. It's important to me to honor his legacy and have my children understand the significance of a man like him."

Describing Lindenbaum as "a fun-loving teddy bear," Donahoe said he was lovingly referred to as "Hercules" by his fellow police officers and family. "Ryan had a warm personality and was a natural-born leader and superior police officer," said Donahoe. "During his cancer battle, he displayed

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Centreville High Gumbo Concert this Friday

Under the guidance of guitar teacher Bill Burke – himself a noted guitarist and Centreville’s director of guitar studies – the show is set for Friday, May 10, at 7 p.m., in the school theater. Tickets are \$5, students; and \$10, families, at the door. It’s presented by the school’s Guitar Department,

and 20 student acts will perform songs in a variety of styles. Since gumbo is made with a mixture of ingredients, that name describes this show that offers a variety of acts and types of music. And afterward – as is this concert’s tradition – homemade gumbo made by Burke and his wife, Naila, is served to the performers and their families.



PHOTO COURTESY OF BILL BURKE

Take some talented guitarists, add other musicians and singers, stir well – and the result is Centreville High’s 35th annual Gumbo Concert.



Route 29 Widening Fairfax County Design Public Hearing

**Monday, June 10, 2019
6:30 p.m. to 8:30 p.m.
Presentation begins at 7 p.m.**

**VDOT Northern Virginia District Building
Potomac Conference Room
4975 Alliance Drive
Fairfax, VA 22030**

Find out about plans to widen 1.5 miles of Route 29 (Lee Highway) from four to six lanes between Union Mill Road and Buckleys Gate Drive to relieve congestion and improve operations and safety.

The project will also correct vertical alignment to improve sight distance, add/improve bicycle and pedestrian shared-use paths on both sides of Route 29, and provide connectivity to bicycle/pedestrian trails at the Fairfax County Parkway/West Ox Road interchange.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR Parts 771 and 772, an environmental document in the form of a Categorical Exclusion (CE) has been prepared which includes a Preliminary Noise Analysis. Pursuant to the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on historic properties will be included in the CE. In accordance with 23 CFR 774, notice is given of the Federal Highway Administration’s intent to issue a Section 4(f) de minimis impact finding with respect to the project’s use of Willow Pond Park.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project, its preliminary design and the environmental studies. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT’s Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2907 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **June 20, 2019** to Ms. Hong Ha, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference “Route 29 Widening” in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Hong Ha at 703-259-2907.

State Project: 0029-029-350, P101, R201, C501, D612
UPC: 110329, Federal: NHPP-5A01 (917)



Public Meetings

Funding the Right Transportation Projects

You are invited to share comments on transportation projects that have been recommended for funding in the FY2020-2025 Six-Year Improvement Program (SYIP). Additionally, pursuant to §33.2-202, comments will be accepted for new projects valued in excess of \$25 million. Hearings held in Northern Virginia and Fredericksburg will also provide opportunity for input on the I-95 Corridor Improvement Plan. The Commonwealth Transportation Board (CTB) will consider your comments as it develops the FY2020-2025 Six-Year Improvement Program. The program allocates public funds to highway, road, bridge, rail, bicycle, pedestrian, and public transportation projects. All federally eligible projects in the SYIP will be included in the Statewide Transportation Improvement Program to document how Virginia will obligate its federal funds. Meeting materials will be available at <http://www.ctb.virginia.gov/planning/springmeetings/default.asp> beginning April 11, 2019.

**Public hearings begin at 4 p.m. in each of the locations except as noted below:
A formal comment period will be held at these meetings.**

Thursday, April 11, 2019 Lynchburg District Holiday Inn Lynchburg 601 Main St. Lynchburg, VA 24504	Monday, April 15, 2019 Hampton Roads District Hampton Roads District Office Auditorium 7511 Burbage Drive Suffolk, VA 23435	Monday, April 22, 2019 Staunton District Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486
Tuesday, April 23, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	Thursday, April 25, 2019 Richmond District Richmond Marriott - Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060	Monday, May 6, 2019 Culpeper District Culpeper District Auditorium 1601 Orange Road Culpeper, VA 22701
Tuesday, May 7, 2019 Salem District Holiday Inn Tanglewood 4468 Starkey Road Roanoke, VA 24018	Thursday, May 9, 2019 Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	Monday, May 13, 2019 NOVA District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.

*The Northern Virginia District meeting will serve as the required joint public meeting with the Northern Virginia Transportation Authority, the Northern Virginia Transportation Commission, the Virginia Railway Express, and the CTB per § 33.2-214.3 of the Code of Virginia.

Beginning at 3 p.m. (except in Northern Virginia and Fredericksburg, which will begin at 5 p.m.), there will also be an open house with information and opportunities for public feedback on the statewide, multimodal transportation plan, known as VTrans. This open house will be the first of four for the new plan update and will cover the vision and goals for the plan as well as information on the required statewide multimodal Needs Assessment. More information can be found at www.VTrans.org or via email at comment@vtrans.org. There is no formal hearing for the VTrans open house.

You can also submit your comments via email or mail by May 27, 2019, to:

For roads and highways: Six-YearProgram@VDOT.Virginia.gov, or Infrastructure Investment Director, Virginia Department of Transportation, 1401 East Broad Street, Richmond, VA 23219.

For rail and public transportation: DRPTPR@drpt.virginia.gov, Public Information Office, Virginia Department of Rail and Public Transportation, 600 East Main Street, Suite 2102, Richmond, VA 23219.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation’s Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation’s Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

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NEWS

Hercules

FROM PAGE 4

amazing strength – both mental and physical – and his endless positivity and determination ensured that he was never out of the fight.”

Afterward, since Lindenbaum liked golfing, his buddies gathered together his friends and family for a one-time, golf outing to celebrate his life and raise some money for charity. But seeing the large outpouring of support for him, they decided to create a foundation to help others in his name.

Besides being a police officer and student, said Donahoe, “Ryan was a kind soul and fiercely loyal friend; those are the pillars for The Hercules Foundation. Our vision is to ‘Continue a legacy larger than life.’ We combined Ryan’s passions and have successfully made small impacts on people who play such an integral role in our society.”

So far, 10 scholarships totaling \$23,000 have been awarded, and several financial contributions given to first responders in need. One, for \$5,000, went to a local police officer whose 8-year-old daughter was murdered in 2018.

And each December, the foundation sponsors a local, law-enforcement family facing a challenge similar to Lindenbaum’s. It sends them on a weekend getaway and provides tickets and transportation to a Washington Capitals game, etc., to lift their spirits. That way, said Donahoe, “We’re able to pay forward Ryan’s compassion for others and provide hope to those who’ve had to face uphill battles.”

“We’re proud of all we’ve accomplished over the last few years in memory of Ryan and look forward to a lifetime of success in his name,” added Fetterman. “He had a profound and remarkable influence on my life, and I wish I’d have had the foresight to have told him. Ryan was a patriot who put God, country and family first. As a highly decorated police sergeant, he committed his life and career to protecting and serving his community and his country.”

Fetterman said establishing The Hercules Foundation has been “one of the highest honors of my life, and I view it as a way of telling Ryan what I didn’t have the chance to tell him while he was still here – that he was my role model, a man I looked up to and respected, and a man whose physical and mental strength were truly a gift from God.”

After meeting hundreds of people whose lives Lindenbaum affected, Fetterman called their stories enlightening, saying they “reinforce our belief that Ryan’s

[many attributes] are worthy of being remembered. Through the foundation, we hope to pay forward his values, passion for life and dedication to excellence.”

Ryan’s father, Fran Lindenbaum, called the foundation a blessing. “It benevolently brings the same love and comfort to [the recipients] in their times of tribulation as Ryan’s FCPD brothers and sisters brought to him and the entire Lindenbaum family throughout ours and afterward,” he said.

He’s also pleased the scholarships recognize “Ryan’s ardent commitment to his [own] college education.” Indeed, at the foundation’s first golf tournament, Ryan’s bachelor’s degree from GMU was presented to his family posthumously. Additionally, the Lindenbaums now have their first grandchild. On March 21, Ryan’s brother Kyle and his wife had a son – Jacob Ryan Lindenbaum.

“No words can describe how I feel living in this world without Ryan,” said his father. “However, I know he believed in Jesus as his Lord and Savior and, therefore, is alive in heaven with Christ. Our family knows that, when our time on earth is over, we’ll be reunited with Ryan in heaven.”

“Christ heals my heart and restores my soul. The last time I hugged Ryan was the day he went home to heaven; the next time will be the day I go home to heaven, and that hug will last forever.”

Legals

Legals

“DISSOLUTION NOTICE.....NOTICE IS HEREBY GIVEN that Mid Atlantic Tennis Courts, Inc a Virginia Corporation with an address of 4313-B Walney Rd, Chantilly VA 20151 has voluntarily approved to dissolve and is wrapping up its winding up period. Effective October 17, 2018 the State Corporation Commission accepted articles of dissolution and issued a certificate of dissolution. Any known or unknown customers, creditors or individuals who seek or may have any claim must do so in writing within the next 90 days of this notice to be considered. Please direct all claims to P.O. Box 221254, Chantilly VA 20153. ”

Announcements

Announcements

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

NOW! SUBMIT MOTHER'S DAY PHOTOS

The Connection/Centre View asks for submissions to our Mother's Day photo gallery. Mother's Day is Sunday, May 12. This year we will continue to publish submissions through the May 22 edition. Photo submissions are due by Friday, May 17.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information. You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com. This is a fine time for submissions for our annual Father's Day galleries. Online at www.connectionnewspapers.com/fathersday/

FRIDAY/MAY 10

Digital Citizenship: Tips for Parents. 10 a.m.-noon at at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. As parents in the digital age, being aware, alert and involved in a child's use of the internet is crucial. Digital Citizenship can be described as the norms of appropriate, responsible behavior, its positive and negative impact on self and others, with regard to technology use. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center

SATURDAY/MAY 11

Stamp Out Hunger Food Drive. Letter carriers will pick up donated food. Leave donations before your typical mail delivery time. All food stays in the local community. The top requested non-perishable food items are: cereal, pasta, pasta sauce or spaghetti sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili and pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken and turkey), beans (canned or dry). 202-662-2489.

Fairfax Board of Supervisors Chair Candidate Forum. 3-5 p.m. at Heritage Fellowship Church, 2501 Fox Mill Road, Reston. Join the Fairfax NAACP for an engaging, moderated panel discussion with candidates for Fairfax County Board of Supervisor's Chair. Candidates are Alicia Plerhoples, Tim Chapman, Ryan McElveen and Jeff McKay. Free. RSVP at www.eventbrite.com/o/naacp-fairfax-county-12397167937.

FRIDAY/MAY 17

Emergency Preparedness for Parents of Students with Disabilities. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Fairfax County's Office of Emergency Management is committed to the inclusion of all. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

SATURDAY/MAY 18

Volunteer Habitat Heroes. 10 a.m.-noon at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Volunteers will remove non-native invasive plants to protect native species and support wildlife habitat and will use tools to pull or cut invasive plants in the natural areas. Volunteers may take part in a small planting of native trees and shrubs to help the forest regenerate. Volunteers must be at least 13 years old, and those 15 years and younger must be with an adult. Contact Kiersten Conley at 703-631-0013.

More Than Sad. 4-6 p.m. at Westfield High School, 4700 Stonecroft Boulevard, Chantilly. Centreville Presbyterian Church, in partnership with Westfield High School, is sponsoring "More Than Sad" — an educational program developed for teens (14+) and their parents that teaches participants how to recognize mental health conditions, identify the warning signs of suicide, and get help for those who are at-risk. Free, open to the public. Call 703-244-5042 or visit www.facebook.com/events/415879302478338/.

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The Weak Before



By KENNETH B. LOURIE

Hardly am I Robert Johnson, but every time I'm about to be "CT-scanned," I feel like I'm at a crossroads.

And though I've never made a deal with the devil for good scan results (at least results with which I can live), I have to admit to making a momentary prayer of sorts when I see an email from my oncologist. An email that, given its arrival in my inbox, five days or so after my scan, is generally the one containing the results of the previous week's scan.

So, I take a deep breath and then exhale as I prepare to click until I see his words. More often than not, almost every time, in fact, his words: "CT scan looked good," as an example, have been encouraging. Although, as with many things, past results don't guarantee future performance – or a reasonable facsimile thereof.

Each good scan result (stable, shrinkage) does not portend another good result in the future. The results, both good or bad quite frankly, are kind of a limited offer. If it's good, it means your treatment is likely quo. If it's bad, it probably means things your treatment is about to change.

Whatever treatment protocol you start or stop or continue is only good, bad or indifferent until your next scan (when the rubber hits the road, so to speak). Which for me, according to my current bi-weekly immunotherapy infusion schedule, is every two months. So next week, the hammer comes down or rather the slide (the thing you lay on) comes out of the CT scanner and in and out I go.

Typically (meaning during my previous 10 years of chemotherapy), I have been mostly symptom free – other than the symptoms/side effects of the treatment itself, not from the underlying cancer cause. I have rarely felt anything and I certainly haven't/didn't/couldn't see anything.

It's/I'm different now.

Now I can see and feel something, that something, located under my Adam's apple is what precipitated the change from chemotherapy/alimta to my current immunotherapy/opdivo. The tumors in my lungs (mediastinum), which is where this whole mess began, remain stable. However, the appearance of the "Adam's apple" tumor changed my reason for living.

And my new life, or rather my new cancer life, has been tightened/shortened up. Now my infusions are every two weeks, instead of the most recent seven-week intervals (with alimta) and my CT scans which had occurred every 12 weeks are now only eight weeks apart.

All of which means I am constantly in the throws of some kind of cancer anxiety ("labbing," infusing, scanning, meeting with my oncologist).

Not that after 10 years, I am unaccustomed to this sort of "cancer-centricity," it's more that its crushing regularity is a constant reminder of my mortality.

And not that I'm "woeing" is me, hardly. I'm lucky to be alive. You all know I know that.

It's more the recurrence of "scanxiety" (not my word, although I thought it was when I first used it), the anxiety one feels waiting for the life and death scan results, especially so if the results come more frequently than previously. And believe me, that extra month is well worth not having to wait.

So the news of my possible negative (not good) scan results hopefully will be exaggerated, along with my demise. And in that exaggeration perhaps I can find some solace and humor.

'Solace' in that it turns out: what's all the fuss? Humor, in that "It's better to look good than to feel good, and you know you are, darlings," as when Billy Crystal invoked his inner Fernando Lamas in his famous bit from his 1985 year on Saturday Night Live! In summary, it's nothing until it's something, and even if it's something, it might not be anything.

This sort of confusing mental gymnastics is what occurs before, during and after these diagnostic scans. And until you hear back from your oncologist, you really don't know whether you're coming or going, or whether it's too little, too late.

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

CALENDAR

FRIDAY/MAY 10

6th Annual Casino Night. 6-10 p.m. at Volkswagen Group of America Headquarters, 2200 Ferdinand Porsche Drive, Herndon. 6th Annual Casino Night fundraiser supporting the Boys & Girls Clubs of Greater Washington/Fairfax County Region. Hosted By LaVar Arrington with special guest "Secretary of Defense" Dexter Manley. Visit one.bidpal.net/casinonight2019 for tickets.

SATURDAY/MAY 11

Spring Farm Day. 10 a.m.-3 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Watch sheep-shearing and antique farm equipment demonstrations and try cow and goat milking. Enjoy crafts, games and baby farm animals. \$8 per person at the door; \$7 for pre-paid reservations. People of all ages are welcome, but dogs are not permitted at this event. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

MONDAY/MAY 13

History for Preschoolers. 10-10:45 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Children will enjoy a story and craft in a historic setting as they start discovering how things were in the olden days. Through their senses, participants will experience how different things smelled, looked or worked. "History for Small Fries" is designed for preschoolers age 1-5. \$6 per child. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

FRIDAY/MAY 17

Bike to Work Day 2019. Pit stop times vary, all over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. There are 115 Bike to Work Day pit stops to choose from. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit www.biketoworkmetrodc.org.

Clifton Homes Tour and Silent Auction. 10 a.m.-4 p.m. The Clifton Community Woman's Club hosts the 47th Annual Clifton Homes Tour and Silent Auction on Friday, May 17. Proceeds are distributed to local scholarships and charities. This Clifton tradition offers guided tours of four homes and two historic churches: Clifton Baptist Church (1910) and Clifton Primitive Baptist Church (1871). The silent auction (free admission) is from 10 a.m.-5 p.m. at the Clifton Presbyterian

Ballet Performance

The Fairfax Ballet Company (FBC) presents "Carnival of the Animals," an original story ballet. Other Works performed at this show will include six fairy variations from the Prologue of "The Sleeping Beauty" by Tchaikovsky, set by Marcela Figueroa for the Senior Company. Naomi Widelski has set a contemporary/classical ballet piece for the Senior Company to music by The Piano Guys. Junior Company dancers will perform a piece entitled "Beyond the Within" choreographed by Hannah Locke. Saturday, May 18, 7:30 p.m.; Sunday, May 19, 4 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. Visit fbccarnival2019.brownpapertickets.com for tickets.

Church. Tickets are \$30 in advance, \$33 online, and \$35 the day of the tour; \$10 to tour a single home. Tour tickets may be purchased in advance at local shops, online at www.cliftoncwc.org, or purchased the day of the tour at the Clifton Presbyterian Church, 12748 Richards Lane, Clifton.

SATURDAY/MAY 18

Festival to Fight Cancer. 8-11 a.m. at Centreville High School, 6001 Union Mill Road, Clifton. The CVHS Wildcats vs. Cancer Club hosts their third annual Festival to Fight Cancer. This year's festival features a 1-mile fun run/race and an inflatable obstacle course. The festival will also include a selfie station, vendors, raffle prize drawings, a "Minute to Win It" game station, food, and more. Proceeds go to DC Candlelighters (www.dccandlelighters.org/), a non-profit organization supporting families affected by pediatric cancer. Tickets are \$20 at runsignup.com/Race/VA/Clifton/FestivaltoFightCancer19. Learn more at wildcatsvscancer.wixsite.com/wildcatsvscancer.

Historic Marker Unveiling: Mystery of the Centreville Six. 10 a.m. at McDonald's Restaurant, 5931 Fort Drive, Centreville. Speakers include the Honorable Michael Frey, Sully District Supervisor at the time of discovery and excavation, and a keynote address by Kevin Ambrose, who discovered the first soldier.

Ride4SPIRIT. 10 a.m.-1 p.m. at Frying Pan Farm Park, upper riding ring, 2709 West Ox Road, Herndon. Ride for Spirit, a public presentation of equine assisted activities in therapy nad education. For guests under 13. Junior Horsemanship Workshop (meet, greet and ride SPIRIT horses). Free. Call 703-600-9667 or visit www.spiritequestrian.org.

"Growing and Protecting a Park Forest." 1-2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road,

Chantilly. What does it take to keep Fairfax County's more than 400 parks healthy for residents to enjoy? Get a little insight into park management with the "Growing and Protecting a Park Forest" program at Ellanor C. Lawrence Park. Designed for participants age 4-adult. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY-SUNDAY/MAY 18-19

Ballet Performance. Saturday, 7:30 p.m.; Sunday, 4 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. The Fairfax Ballet Company (FBC) presents "Carnival of the Animals," an original story ballet, as well as other original works and excerpts from "Sleeping Beauty." Visit fbccarnival2019.brownpapertickets.com for tickets.

SUNDAY/MAY 19

Red Shoe 5k. 7:30 a.m. (start 9 a.m.) at Bull Run Special Events Center, 7700 Bull Run Drive, Centreville. Proceeds support Ronald McDonald House. Competitive and non-competitive runners and walkers are welcome. All registrants will receive a t-shirt and Kid's Fun Run participants will also receive a souvenir medal. Mixed gravel and pavement course. Strollers are welcome, but course may not be suitable for the average stroller. Children should always be supervised by parent or guardian. Dogs on leashes are welcome and free. \$25-\$40. Visit rmhcdc.org/red-shoe-5k/ for more.

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold an N gauge Model Train Display Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Wine, Whiskers and Wags. 1-5 p.m.



Members of the Fairfax Ballet Senior Company rehearse for "Carnival of the Animals" and other original works and excerpts from "Sleeping Beauty."

at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Annual fundraising event for Friends of the Fairfax County Animal Shelter will feature silent auction, adoptable pets and training demonstrations. Admission includes heavy hors d'oeuvres, beverages, a ticket for a glass of wine or a wine tasting, a keepsake wine glass, dog demonstrations, participation in the silent auction and access to exhibitors. Tickets are required and may be purchased in advance for \$45 at www.ffcas.org; tickets may also be purchased at the event for \$55.

WEDNESDAY/MAY 29

OAR's 2019 Jazz and Wine Fundraiser. 7:30-9:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Guests will enjoy complimentary wine and catered hors d'oeuvres; the Greg Byrd Band will provide live jazz. Visit www.oarnova.org to register.

SATURDAY/JUNE 1

Clifton Caboose Run. 6-9 p.m. in the Town of Clifton, at the intersection of Clifton Road, Newman Road and Main Street. A 5K Run and 1-Mile Fun Run/Walk beginning in the turn-of-the-century town of Clifton. A post-race party with refreshments, live music and an awards ceremony will take place at the Red Barn near Clifton's Main Street area. 5k run, \$21; 1-mile fun run/walk, \$15. Call 703-968-0740 or visit www.facebook.com/cliftonva.org.

THURSDAY/JUNE 6

Westfield All Night Grad Party. 11 p.m.- 4 a.m. at Uptown Alley, 8300 Sudley Road Suite Unit A-7, Manassas. Westfield High School will be hosting an All Night Grad Party at Uptown Alley. Registration for Seniors and donations is now open (register by May 31). \$75, includes food, drinks, and all activities. Email bocm61@gmail.com or visit

www.ptsa.westfieldhs.org/parents/angp-homepage/.

SATURDAY/JUNE 15

Live Music: Andy & Judy. 2-3 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Enjoy live folk music with Boston-based musical duo, Andy & Judy. They will perform traditional and folk music with influences of country, gospel and blues. All ages. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/4534779 or www.andyjudyding.com.

ONGOING

Fitness for 50+. Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email lynne.lott@fairfaxcounty.gov or call 703-322-4475 for more.

History Volunteers Needed. Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email volunteers@fairfax-station.org or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. www.fairfax-station.org, 703-425-9225.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilairs.org for more.

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.

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