



# Reston CONNECTION

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PHOTO BY MERCIA HOBSON/THE CONNECTION

Members of Team High Energy, Powerful Reston, Carol Welsh, Mariah Wilson, Loaryn Merkley and Rob Cox, don their shower caps and raincoats to make the 650 step dash at the 2nd Annual Do It Your Way 0.5k fundraiser for the SLHS PTSA Food Pantry.

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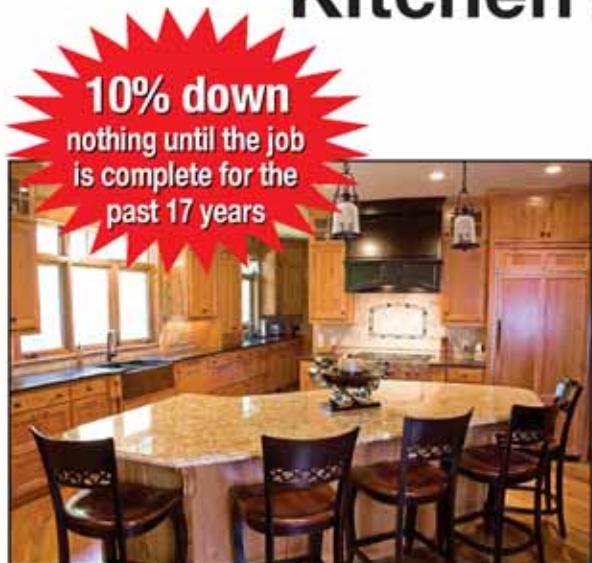
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## Do It Your Way 0.5k Run ‘Rains’ Funds for SLHS PTSA Food Pantry

BY MERCIA HOBSON  
THE CONNECTION

**T**he local community turned out to support the 2nd Annual South Lakes High School PTSA Food Pantry Do it Your Way, the ultimate run for those willing to laugh at themselves while helping others. Held on the Washington Plaza at Lake Anne in Reston, Sunday, Oct. 20, participants registered as a student, adult team or family with all funds raised directed to the SLHS PTSA Food Pantry.

Every \$250 raised would fill 75 much-needed orders at the valuable in-house resource where students can discreetly shop for food and toiletries. Approximately 730 students, 30 percent of all SLHS students experience food insecurity, according to event organizers. To shop at the pantry, students complete a shopping list available in English, Spanish and Arabic and turn it in on Thursdays or students can come in. Volunteers pack shopping bags and have them ready for student pick-up on their way out the door on Fridays. The pantry caters to students in the SLHS pyramid and is operated by the school's Parent Teacher Student Association.

Andy Sigle, event announcer and one of the original organizers of the Food Pantry, waited in the heavy rain outside Lake Anne Brew House, the start and finish line for the race. With a shower cap on his head, he thanked “resilient Restonians and resilient Herndonites” and everyone who is here, for showing up. “We cannot do this without your support...The population at the pantry has more than doubled... Since we opened in March of 2017, we have filled more than 10,000 orders for food and over 20,000 bags of food and toiletries... Your in-kind donations and monetary support are the only way that happens, so thank you.”

On hand at the registration table, members of Team High Energy, Powerful Reston, gathered with umbrellas and rain caps for their epic run. “We’re out to raise \$1000 for the Food Pantry. Rain won’t stop us,” said team leader Carol Welsh to mates, Susan McGeehan, Mariah Wilson, Rob Cox and Loaryn Merkley of Reston. “I’m doing this because I want to help disadvantaged students have the food they need and families cannot afford. Their money is going to pay for rent and other necessities,” said Wilson.

To assure “healthy” fluid and nutrition intake during the most rewarding and fun 650 steps participants would take this month, event organizers and co-founders of the Food Pantry, Roberta Gosling, Amy Shaw, Abbe Pascal, Sherri Pudner and Andy Sigle of Reston mapped a stop on the official route mid-way for donuts and water.

Charlotte Geary of Reston waited for the race to begin with her daughter, Katie



**Pastor Tim Ward and members of Restoration Church in Reston psych up for the rainy marathon run of their life, the 2nd Annual Do It Your Way 0.5k fundraiser for the SLHS PTSA Food Pantry.**



**Charlotte Geary of Reston and daughter, Katie Pritchard, 6, are ready for fun at the 2nd Annual Do It Your Way 0.5k fundraiser for the SLHS PTSA Food Pantry.**



**Kurt Rose leads stretching exercises before racers hit the course at the 2nd Annual Do It Your Way 0.5k fundraiser for the SLHS PTSA Food Pantry.**

Pritchard, 6, who participated last year. “I hope I have on the right shoes. I like the donuts,” said Katie. Asked how many she planned to eat, Katie replied, “It depends on how many my mom will let me.” To keep race memories alive, organizers arranged for runners to snap a picture of themselves

with the bench-seated statue of Reston’s founder, Robert E. Simon Jr.

The morning after the event, organizer Roberta Gosling reported \$18,000 raised, enough to fill 5,500 student orders with 11,000 bags of food. The pantry at SLHS accepts toiletries, canned goods, boxed and

dry goods, cooking oil, laundry detergent, and dish soap. Donations can be dropped off at the school’s main office during school hours. The SLHS PTSA Food Pantry sponsored the race, operated independently of the Fairfax County School Board, the Superintendent and SLHS.



**And they’re off at the 2nd Annual Do It Your Way 0.5k, ‘raining’ funds for the SLHS PTSA Food Pantry. Final fund tallies revealed a stunning \$18,000 raised to fight food insecurity experienced by students in the South Lakes High School Pyramid.**

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## SENIOR LIVING

# 2.4 Million Older Adults Identify as LGBT

BY MARILYN CAMPBELL  
THE CONNECTION

A married father of five, George Murphy seemed to have it all. The successful construction company he founded, afforded him luxuries such as private school tuition for all of his children, a sprawling home in McLean, Va., and a marriage that spanned more than three decades. Still, something was missing: a satisfying romantic life.

"I loved my wife but I was not sexually attracted to her," said Murphy, now 62 and in a seven-year relationship with a man 20 years his junior. "I've known since I was 16 that I was attracted to men, but I kept it hidden. I grew up in southern Virginia and there's no way it would have been acceptable."

According to the American Psychological Association, more than 2.4 million adults over 65 in the United States identify as lesbian, gay, bisexual or transgender, with many coming out later in life. During October, Lesbian, Gay, Bisexual and Transgender (LGBT) History Month, advocates are working to raise awareness of the particular issues facing older adults.

"Many of the issues are emotional," said Bethesda marriage and family therapist Carol Barnaby. "If you think about it, feeling like you're being forced to lead a double life can cause a laundry list of issues."

Anne Whitty grew up in a devoutly Irish Catholic home, one that disavowed any romantic relationship that wasn't heterosexual. "We were taught that relationships with someone of the same sex were one of the worst types of sins," she said. "But I've known that I was lesbian since I was 30."

Now the 62 year old grandmother of four, who is married to a 73-year-old woman, says she feels liberated and finally able to live as she feels she was intended. "I'd felt a low-grade depression for most of my adult because there was a part of me that I tried to pretend didn't exist," she said. "When I was growing up, that was something that we didn't even discuss, so I was never able to get help."

"Being forced to live most of your life as someone you're not can be overwhelmingly stressful and lead to depression," adds Barnaby. "So many older adults – and younger people too – use alcohol and even drugs, to squash those feelings, which in reality only compounds them."

Seniors like Whitty, whose sexuality is at odds with their religious upbringing, can find themselves suddenly disconnected from an important part of their lives, says Barnaby. "To be accepted is something that most of us want, but when you're suddenly rejected by a source of comfort that you've had for 40 or 50 years, it can lead to incredible loneliness, especially if you've also been rejected by some family and friends."

Suddenly experiencing discrimination for the first time in one's life can be perplexing, advises Barnaby. "For those who've never had to deal with being treated differently because of the way they looked, suddenly being singled out as a minority can be tough."

In spite of the emotional obstacles that those who decide to come out after a marriage and family, the outcome makes the effort worthwhile. "I feel like I'm finally free," said Murphy.

## End racial inequality in Virginia public schools - with phonics, not busing.

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# OPINION

## A Green New Deal for Virginia

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

**M**y parents were not political; they tended to always want to avoid controversy. One exception was their support of President Franklin Roosevelt's New Deal. They were married shortly before the Great Depression and had a really tough go of it in rural Virginia during the depression. They were convinced that it was President Roosevelt's New Deal that saved the country, and they never let me forget it! Many historians would agree with them.

While the challenges facing our state today are very different from those that the country faced in the 1930s, there are issues that burden many of our citizens and jeopardize our country's future that demand a plan and a set of actions not unlike those of the New Deal era. Appropriately the response to these needs is called the Green New Deal. (<https://www.greennewdealva.com/>)

Many politicians are shying away from the Green New Deal terming it too ambitious, too hasty, and too costly. I support the plan and share its goals of "creating thousands of good



### COMMENTARY

jobs addressing climate change and restoring Virginia's environment."

A long list of groups and organizations supporting the coalition have very thoughtfully put together our immediate need to respond to climate change with the

need to put more people to work productively. Green New Deal supporters seek "to develop and implement a comprehensive state-wide energy transformation plan that centers environmental sensitivity, equity, transparency, justice and sustainability in its solution."

The devil in the myriad of details that must be worked out over the next several years will require listening to each other, respecting the needs and rights of all our citizens, compromising when it moves us towards our ultimate goals, and giving credit to all stakeholders as they make advances supporting the goals.

With the emphasis being put on climate change and the necessity that we move forward on renewable energy, I was pleased that Governor Ralph Northam last week announced what is being characterized as "the largest state renewable energy contract in the Nation." As

the Governor described it, "With this landmark contract, Virginia is leading by example and demonstrating how states can step up to combat climate change and advance a clean energy economy." Under the contract the partners will supply state government with 420 megawatts of renewable energy, which is the equivalent of powering more than 100,000 homes. It is an important small step forward that puts the Commonwealth on record as being on board with renewables.

Virginia has had a slower start than many of us would like, but I am encouraged by recent developments. The first off-shore wind turbines in federal waters are to be completed by the end of next year leading to full development of 2,600 megawatts of offshore wind that would power 650,000 homes. A press release from the Governor's Office indicates that since January of 2018 the Virginia Department of Environmental Quality has issued 23 permits for solar projects that will generate more than 800 megawatts of energy, and the agency expects to issue permits for an additional 478 megawatts for seven projects by the end of the year.

It is time for a new deal in Virginia and a green one at that. Children of the future will appreciate the wisdom of the actions that we are taking today.

### LETTERS TO THE EDITOR

## Endorsing Fahey for Commonwealth's Attorney

To the Editor:

We are the three Deputy Commonwealth's Attorneys for Fairfax County. Collectively, we have over 40 years of experience prosecuting criminal cases in Fairfax. We have prosecuted cases against some of the County's most dangerous predators, while being responsible for training and supervising dozens of Assistant Commonwealth's Attorneys. We write today, to endorse Jonathan Fahey, Independent candidate for Commonwealth's Attorney. Jonathan is a not an

ideologically driven politician. He is a pragmatist, and a widely experienced prosecutor who will build on our many successes in reducing crime and helping crime victims while working to fix the shortcomings in our system.

Earlier this year, Ray Morrogh, the veteran and well-regarded incumbent Fairfax Commonwealth's Attorney, was narrowly defeated in the Democratic primary by a candidate funded mainly by hundreds of thousands of dollars of out-of-state PAC money. That candidate has no experience with Virginia law or Virginia's courts, in which he has never practiced. He was a tax prosecutor for the federal government who now works in the field of behavioral health. He ran on a "reform" platform that has

taken over in cities such as Philadelphia and Chicago — jurisdictions that continue to be plagued by a level of crime we want to keep at a considerable distance.

On his first day, the Commonwealth's Attorney must be ready and able to make decisions on complex criminal matters including murder, sexual assault, robbery and, occasionally, police misconduct cases. He must mentor new assistants, and must be steeped in the traditions and mores of the Fairfax County courts — traditions that have brought us both safety and respect. Jonathan is such a person; his opponent is not.

That is why, as current members of the Fairfax Commonwealth's Attorney's Office with over 40 years of prosecutorial experience among us, we give Jonathan our strongest endorsement. Jonathan has almost 20 years' experience as a prosecutor trying cases at the Virginia state and federal level. He will be ready the first day. Jonathan worked in this Office and then at the United States Attorney's Office for the Eastern District of Virginia in Alexandria. He is endorsed by Democrats and Republicans alike, and is thus the only candidate in the race with bipartisan backing. He is also endorsed by law-enforcement groups

in the County. He is running as an Independent because he believes the position of chief law enforcement officer for the County should be, and under his leadership it will be, set apart from political influence or ideological extremes.

As longtime members of this Office, serving under proud Democrats Bob Horan, Jr. and Ray Morrogh, we know sensible, hardworking, dedicated prosecutors when we see them. Jonathan Fahey is that candidate in this race. Without Mr. Fahey, the Office is certain to lose some if not most of its valuable, experienced prosecutors — prosecutors who've fought hard for crime vic-

tims while striving to ensure defendants are treated fairly and respectfully. On Tuesday, Nov. 5, please vote to continue the first-rate Commonwealth's Attorney's Office that our County has enjoyed for more than half a century and cast your vote for Jonathan Fahey.

**Casey Lingan,**  
Chief Deputy Commonwealth's  
Attorney for Fairfax County

**Kathy Stott,**  
Deputy Commonwealth's  
Attorney for Fairfax County  
**Robert McClain,**  
Deputy Commonwealth's  
Attorney for Fairfax County

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### Write

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

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# ELECTION

## School Improvement Projects in 2019 FCPS School Bond

**N**ew Construction (Locations to be Determined)

- ♦ Fairfax/Oakton Area elementary school (construction) \$ 35,330,490
- ♦ Silver Line elementary school (planning) \$ 2,007,500
- New Construction Subtotal: \$ 37,337,990

### Capacity Enhancement (Additions and other modifications)

- ♦ Relocation of 1 Modular Addition \$ 2,000,000
- ♦ West Potomac High School Addition (construction) \$ 22,298,143
- ♦ Justice High School Addition (construction) \$ 14,595,641
- ♦ Madison High School Addition (construction) \$ 19,543,731
- Capacity Enhancement Subtotal: \$ 58,437,515

### Renovation Elementary School Renovation

- ♦ Hybla Valley (construction) \$ 27,302,053
- ♦ Washington Mill (construction) \$ 28,727,060
- ♦ Braddock (construction) \$ 33,039,232
- ♦ Fox Mill (construction) \$ 28,379,862
- ♦ Oak Hill (construction) \$ 33,497,669
- ♦ Wakefield Forest (planning) \$ 1,172,318
- ♦ Louise Archer (planning) \$ 1,728,657
- ♦ Crossfield (planning) \$ 1,416,325

### Bond Type

- ♦ Renovations (Construction) - Elementary Schools
- ♦ Renovations (Construction) - Middle Schools
- ▲ Renovations (Planning) - Elementary Schools
- Capacity Enhancements (Construction) - High Schools

### Magisterial Districts

- ♦ Mosby Woods (planning) \$ 1,717,009
- ♦ Bonnie Brae (planning) \$ 1,615,034
- Elementary School Renovation Subtotal: \$ 158,595,219
- ♦ Frost (construction) \$ 53,468,723
- Middle School Renovation Subtotal: \$ 103,129,276

Project Subtotal \$ 357,500,000  
Bond Cost \$ 2,500,000

**REFERENDUM TOTAL \$ 360,000,000**

## Fundraiser Held for South Lakes Scholarships

Reston Scholarship Fund had a fundraiser on Monday evening, Oct. 7 at Cafesano in Reston. Cafesano donated 10 percent of their evening proceeds to the scholarship fund. Restonians may already be aware of the Reston Scholarship Fund, started by Liz and Gil Blankspoor, long time Reston residents, as a part of the Community Foundation for Northern Virginia. Reston Scholarship Fund has awarded 33 \$16,000 scholarships over the past four years to South Lakes graduates demonstrating academic excellence and financial need. Reston Scholarship Fund continues to be committed to help South Lakes students who are most in need and support their dream of a college education. Visit [www.restonscholarship.org](http://www.restonscholarship.org) to find out more or other ways to help support.



PHOTO BY JENNIFER R. CAMPBELL  
**Roz Rakoff, RSF volunteer and Lucrecia DeLeon, South Lakes student volunteer.**

# BULLETIN

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

## Fairfax County Board of Supervisors Meetings in 2019

12000 Government Center Parkway  
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Oct. 29, 2019 9:30 a.m. - Full Board of Supervisors Meeting  
Nov. 19, 2019 9:30 a.m. - Full Board of Supervisors Meeting  
Nov. 26 Committee Meetings  
♦ 9:30 a.m. - Economic Advisory Commission  
♦ 11 a.m. - Personnel Committee  
♦ 1:30 p.m. - Legislative Committee  
♦ 3 p.m. - Budget Committee  
♦ 5 p.m. - Audit Committee  
Dec. 3, 2019 9:30 a.m. - Full Board of Supervisors Meeting  
Dec. 10 Committee Meetings  
% 9:30 a.m. - Health, Housing and Human Services Committee  
♦ 11 a.m. - Development Process Committee  
♦ 1:30 p.m. - Transportation Committee  
♦ 3 p.m. - General Assembly Annual Reception and Work Session

### THURSDAY/OCT. 24

**2019 North/West Fairfax County Distinguished Citizen Dinner.** Powhatan District BSA recognizes a distinguished business and civic leader, Frederick P. Baerenz, President & CEO of AOG Wealth Management. Join for a Great Evening — Celebrate the impact of BSA Scouting in our area. Benefit BSA programs for boys and girls in North/West Fairfax County.  
6 p.m. Reception, Hors d'oeuvres & Cash Bar  
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[Raymond.Poslusny@Scouting.org](mailto:Raymond.Poslusny@Scouting.org). Call 202-669-3548. For online registrations: <http://bit.ly/2lYfhGt>

### MONDAY/OCT. 28

**NARFE Dulles Chapter Meeting.** 11:30 a.m. Meets at Amphora Diner, 1151 Elen Street, Herndon. Morgan Canterbury of Blue Cross / Blue Shield (Anthem) will speak on updates to health benefits. The cost of the luncheon is \$18 which includes tax and gratuity. To reserve a spot, call Shirley at 571-442-8910 no later than Thursday, Oct. 24, 2019.  
**Bus Service Meeting.** 7-9 p.m. At Herndon Middle School Cafeteria, 901 Locust Street, Herndon. Fairfax County Department of Transportation will hold a second round of community input meetings and engagement opportunities to encourage public input on alternatives developed to provide enhanced Fairfax Connector bus service in the Reston and Herndon areas, including connections to the future Metrorail Silver Line Phase 2 stations in Herndon and Reston. The service alternatives were developed based on public input received through community engagement earlier this year, stakeholder engagement and technical analysis. After this round of public engagement, FCDOT staff will develop a preferred service plan to provide better access to destinations, improved travel times, increased schedule reliability and more dependable service. The community will have an opportunity to review and comment on the preferred service plan in early 2020.

### TUESDAY/OCT. 29

**DMV2Go at the Pavilion.** 9 a.m.-4 p.m. at 11900 Market St., Reston Town Center. 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](http://dmv.virginia.gov/general/#dmv_2go).

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## "Maturation"



By KENNETH B. LOURIE

When I heard this word used recently, twice, I thought it was one of my father's made-up words like "surgerize" and "confliction" risen from his memory to finally enter the world of Merriam-Webster. And so they have, sort of. Apparently, "maturation" is a word some doctors use to answer any and all questions asked by patients inquiring as to why something or other health wise is happening to them. In short, "maturation" means wear and tear. If Mick Mulvaney were the doctor, he might have said: "It happens all the time. Get over it!" Fortunately, he wasn't. Rather, he is the acting White House Chief of Staff, a man who likewise may be asking his doctor a few questions. The answers to which will likely not be "maturation." "What were you thinking?" might be first and foremost.

For a cancer patient (yours truly) who has survived above and beyond the call of his oncologist's original prognosis, "maturation," to quote Boston Red Sox television announcer - and Hall of Famer, Dennis Eckersley, "Is a beautiful thing." Diagnosed at age 54 and a half when all bodily functions were "performing within normal parameters," to quote Commander Data from "Star Trek: Next Generation," thinking I'd outlive my original prognosis from late February, 2009, and have senior-type moments 10-plus years later, was unrealistic, if I were to interpret my oncologist's rather grim demeanor.

Yet here I am, Medicare card in wallet and still writing cancer columns as if cancer was only an astrological sign rather than the dreaded - and feared disease, that it is. However, having cancer doesn't mean that I don't experience similar aches and pains as the rest of you. It simply means "Other than that, Mrs. Lincoln, how was the play?" A sarcastic reference to the fact that other things are still occurring, despite the obvious. Cancer doesn't preclude other older age medical realities from rearing their predictable ugly head: gray hair, bone loss, muscle weakness, memory loss, to name a few; it just complicates them and in so doing, confuses you.

It complicates them by ignoring them for fear that they are cancer-related and thus life-threatening and visiting a doctor would merely confirm your worst fear: dying/death, an upside down version of what you don't know not hurting you. And by neglecting to see a doctor, the symptoms (for me, it was a pain in my upper left arm/shoulder which turned out to be a rotator cuff problem) becomes worse and more severe than it otherwise would have become if you simply went to the doctor in the first place, and you end up suffering needlessly because it's actually not cancer, it's "maturation." So you're confused like "Bob's Big Boy" used to be: You don't know whether to stay or go.

When you're diagnosed with a "terminal" disease," you want to live, but it's extremely difficult not to think about dying. It dominates your brain and preoccupies your mind. Old age and living a full retirement become signposts in the distance that you can never quite read. And since you can never quite read them, you're not really prepared for what they say. Some of what they say - or infer, is that you're going to be visiting doctors more regularly than you ever have, and it's not necessarily all bad. It's merely a sign of your times which are now changing and you're living beyond a certain age, unexpected as it may have initially been suggested. As such, maintenance will be required to keep the older body and brain functioning. Ignoring symptoms, as my doctors have made clear to me, is NOT GOOD. Neither is assuming that such and such or so and so is good, bad or indifferent. It is what it is and it may be something or it may be nothing. Presuming facts and feelings which are not yet in evidence is a bit like putting the cart in front of the horse.

I know I'm afraid of dying. What these more recent pains and subsequent visits to the doctors have also shown me is that I can't be afraid of living.

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

# CALENDAR

## ONGOING

**Jack's Pumpkin Glow.** Through Oct. 27, at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Enjoy an immersive Halloween stroll along a trail illuminated by thousands of intricately carved pumpkins, many highlighting the Capital City's most famous including pumpkin look-alikes of iconic landmarks, musicians, movie stars, superheroes and princesses. Master carvers provide tips on how to create your own masterpiece during live pumpkin carving demos. Delicious fall food and beverages at a newly expanded concessions area. Tickets start at just \$16.99 for children and \$22.99 adults, [www.glowpumpkin.com/washington-dc](http://www.glowpumpkin.com/washington-dc).

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

### Fiber Artist Anne Smyers.

Through Oct. 30, at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Smyers exhibits art quilts reflecting her love of flowers and botanicals, which she uses to create gardens, mandalas, and cultural commentary. Visit [www.annesmyers.com](http://www.annesmyers.com).

### A Gentleman's Guide to Love & Murder.

Through Nov. 9 at Reston Community Center's CenterStage, 2310 Colts Neck Road, Reston. Reston Community Players presents "A Gentleman's Guide to Love & Murder," the 2014 Performances dates: October 18, 19, 25, 26, 27\*, November 1, 2, 3\*, 8, 9. Starts 8 p.m. (\*2 p.m. matinee). Tickets: \$28/adult; \$24/seniors and students. Visit [www.restonplayers.org](http://www.restonplayers.org) or 703-476-

4500 x3.

**Murder Mystery Theatre.** 6:30-9:30 p.m., through Nov. 9 at StageCoach Theatre, 20937 Ashburn Road, Suites 115 & 120, Ashburn. "Murder on the British Express" — The British Express, the most elegant train of the 1950s, is bound from Northern England to London when the train comes to a sudden halt. On board are passengers, a mummy and the renowned detective, Hemlock Holmes. As passengers begin to mysteriously die, the famed detective must walk in the steps of the pharaoh to find a murderer most foul! Cost: \$60-65 with dinner, \$25 without dinner, varies by date. Email: [info@stagecoachtc.com](mailto:info@stagecoachtc.com). Visit [stagecoachtc.com/murder-on-the-british-express/](http://stagecoachtc.com/murder-on-the-british-express/).

### Herndon Farmers Market.

Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Visit [www.herndonva.gov/FarmersMarket](http://www.herndonva.gov/FarmersMarket) for more.

### Reston Farmers Market.

Saturdays, through Dec. 7, 8 a.m.-noon at Lake Anne Village Center, 1609-A Washington Plaza, Reston. The largest of the Fairfax County Farmers Markets. SNAP accepted [www.fairfaxcounty.gov/parks/farmersmarkets/reston](http://www.fairfaxcounty.gov/parks/farmersmarkets/reston).

### THURSDAY/OCT. 24

#### Bernstein Does Broadway.

12:30-1:30 p.m. At Reston Town Square Park, Reston. Luncheon with the Arts at Mason. Students from Mason's nationally-recognized jazz studies program play into autumn with standards and pages from the popular repertoire. Free. Presented by Reston Community Center in partnership with GMU College of Visual and Performing Arts. Hosted by Reston Town Center Association. Call 703-476-4500 or visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

### OCT. 24-28

#### Washington West Film Festival.

At Bow Tie Cinemas in Reston Town Center. With films from China, Germany, the United Kingdom, and other countries, this year's lineup features one of the festival's most diverse schedules to date. A highlight is the spotlight that it puts on local filmmakers. This year's selected films showcase a variety of perspectives on Washington, D.C. including "Miss Virginia," which features a powerful performance by "Orange is the New Black's" Uzo Aduba as a mother, based in the inner-city of Washington D.C., who launches a movement to give her son a better education and save his future. [www.filmfest.com](http://www.filmfest.com).

Free. For infants to age 8. Come dressed in your favorite costume and enjoy sensational performances perfect for the whole family. Peter McCory, a famed one-man band, will put children into the Halloween spirit at 12:00 p.m., followed by Bob Brown's Puppets in "Monster Madness" at 1:15 p.m. All children must be accompanied by an adult guardian (18 years and older).

### Family Day.

12-3 p.m. At GRACE, 12001 Market Street, #103, Reston. GRACE opens its doors for a free day of spooky family art making and exploration in the gallery and park celebrating the exhibition featuring artist Nate Larson! Come celebrate Halloween All ages. Sponsored by Reston Community Center. Free and open to the public.

**Trick or Treat at Reston Town Center** 12-4 p.m. At the Pavilion at Reston Town Center. Costumed children can celebrate Halloween with visits to participating retailers and the Guest Center for treats and goodies. Look for the pumpkin flyer in the window. Visit [restontowncenter.com](http://restontowncenter.com).

### Ghost 5k & Scarecrow Sprint Fun Run.

3 p.m. At the Barn at One Loudoun in Ashburn. The Scarecrow Sprint will kick off the races at 3 p.m. with the 5k starting at 4 p.m. The event centers on the spooktacular theme of Halloween and incorporates a costume contest, a "haunted" 3.1 mile course and a pre-race HYPE party starting at 2 p.m. with dance demos, interactive games, and MORE! Great fun for the entire family. Runners are encouraged to run in costume and enter the costume contest after the race or just come as a runner. Register on-line at [www.Ghost5k.com](http://www.Ghost5k.com).

### SUNDAY/OCT. 27

#### Trick-Or-Tri Event.

9 a.m. YMCA Reston and CORE Foundation have teamed up to produce a new multi-sport event, the indoor Reston Trick-or-Tri. There is no better time to set your sights on giving tri a try than now or to extend your triathlon season if you are an avid triathlete or returning to the sport. The best reward is that after 60 minutes, you will be a triathlete, receive a medal, and have a lot of fun while achieving your goal. Cost is \$35 registration - YMCA non-member; \$50 registration - non-member. Send your story of "Y you tri" along with a photo to [info@corefoundation.org](mailto:info@corefoundation.org). If you are interested in being an event sponsor, reach out to [info@corefoundation.org](mailto:info@corefoundation.org). Proceeds from this event are charitable and will be distributed between the Reston YMCA and CORE Foundation to support the underserved communities that are jointly served.

### Amazon Rainforest Fest.

10 a.m. to 4 p.m. At Pony Barn Picnic Area, Steeplechase Drive and Triplecrown Road, Reston. The event will feature live entertainment, a yard sale, Amazon Park Rangers station, kids crafts with recycled items, Amazon photo exhibit, silent auction, Halloween decorations, and more. Kids and adults will have fun while helping the Amazon Rainforest. All the activities are free. Proceeds from the yard sale will be donated to the Amazon Conservation Team. Visit <https://nvvnutrition.com/amazonrainforestfest/>

### West Coast Swing Lesson plus

**Social Dance.** 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended. Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email [herndonsocialdancers@gmail.com](mailto:herndonsocialdancers@gmail.com) or visit [www.facebook.com/herndonsocialdancers](http://www.facebook.com/herndonsocialdancers).

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**★ SHOW HIGHLIGHTS ★**

**THURSDAY OCT 24, 7PM**  
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**FRIDAY OCT 25, 7PM**  
Military Night | Puissance High Jump

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\*Visit [WIHS.org/FreeTickets](http://WIHS.org/FreeTickets) for program details and updates. Subject to terms and availability.