

Springfield CONNECTION

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Alexandra LaJoux, of Fairfax, holds up a poster created by one of the youth she mentors. She attended the Fairfax Families4Kids luncheon for mentors to celebrate National Mentoring Month on Saturday, Jan. 26, at the Pinn Center in Fairfax.

A Chorus Of Praise

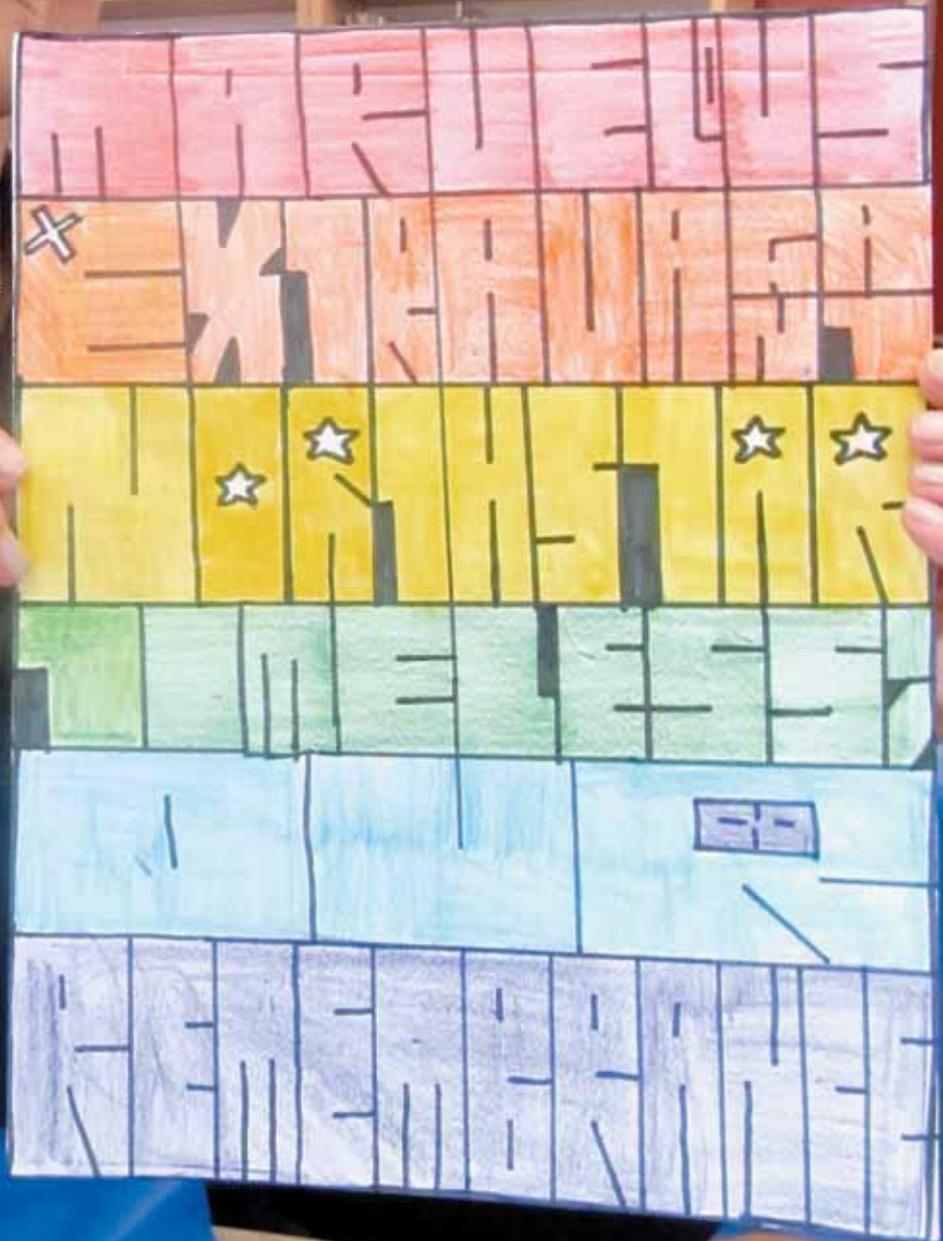
THE COUNTY LINE, PAGE 3

WINTER FUN
& ENTERTAINMENT
PAGE 8

Civic Pride on the Road
NEWS, PAGE 5

Keep Gas Tax;
Cut Meals Tax;
Add 'Sausage'

NEWS, PAGE 12



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ENTERTAINMENT, PAGE 10 ❖ SPORTS, PAGE 13 ❖ CLASSIFIED, PAGE 14

PHOTO BY VICTORIA ROSS/THE CONNECTION

JANUARY 31—FEBRUARY 6, 2013

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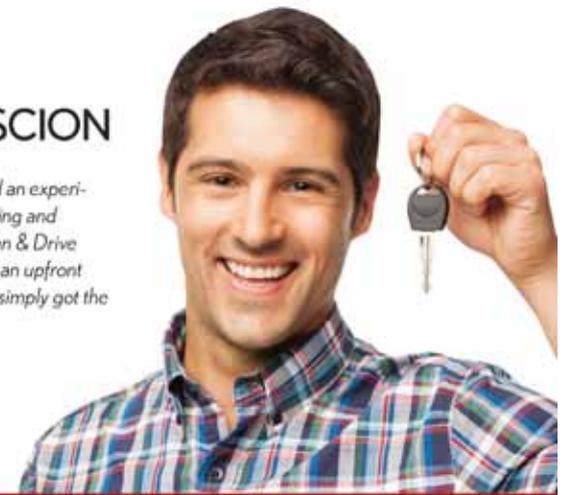
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THE COUNTY LINE



PHOTOS BY VICTORIA ROSS/THE CONNECTION

Stanton (center) with his adoptive parents Mike and Freda Delgado of Fairfax during Fairfax Families4Kids National Mentoring Month Celebration on Saturday, Jan. 26, at the Pinn Center in Fairfax. “This isn’t easy, but you can’t give up. Michael and I always say to Stanton that no matter what, we’re not giving up on you,” Freda said.

Fairfax Families4Kids hosted a luncheon for mentors to celebrate National Mentoring Month on Saturday, Jan. 26, at the Pinn Center in Fairfax. (From left) Alexandra LaJoux; Joan Brady, Paris, 16, a foster teen who was recently adopted; Molly Pell; Carmen Jordan, Carissa and Beverly Howard, the director of the program.

A Chorus of Praise

Fairfax County mentors celebrated during National Mentor Month.

BY VICTORIA ROSS
THE CONNECTION

Second article in a three part series.

Can we get an “amen?” The joyful noise coming from the David R. Pinn Center in Fairfax on Saturday wasn’t a gospel revival, but it was just as inspiring and enlightening.

“C’mon now. I want to hear from everybody. Give me an adjective to describe your mentor... How about amazing?” asked Beverly Howard, the “dynamic” director of Fairfax Families4Kids.

“How about chill!” said Stanton, 14, sporting yellow sunglasses and a baseball cap, making everyone laugh.

“Supportive,” shouted one teen. “Caring and helpful,” shouted another.

The boisterous call-and-response session was part of a special luncheon hosted by Fairfax Families4Kids, a foster-mentoring program run by Fairfax County’s Department of Neighborhood and Community Services, to celebrate National Mentor Month. Created in 2005, the program’s mission is to build bonds between volunteers and foster children, a majority of whom are 14 years old or older.

“Mentors can truly make the difference between struggle and success,” Howard said. “Our mentors are all heroes.” She said research has shown that volunteer mentors can play a powerful role in reducing drug abuse and youth violence as well as boosting academic achievement.

While Howard was more than willing to praise mentors, many of the mentors and youth were just as enthusiastic about her.



Alexandra LaJoux, of Fairfax, holds up a poster created by one of the youth she mentors. She attended the Fairfax Families4Kids luncheon for mentors to celebrate National Mentoring Month on Saturday, Jan. 26, at the Pinn Center in Fairfax.

teach a class.

“And let me add that I love the name Paris,” LaJoux said with a mischievous grin, before snapping her fingers and serenading Paris with the Cole Porter classic “I love Paris.”

“*I love Paris in the spring time; I love Paris in the fall; I love Paris in the summer when it sizzles; I love Paris in the winter when it drizzles...*” I sang that song to her the first time I met her,” LaJoux said, laughing. “You can see, we’re just one big family here.”

“Yeah, one big crazy family,” Paris said, smiling. The celebration ended on a high note, as mentors gathered around a chocolate cake with candles.

“Blow out the candles and make a wish,” said Howard. “I wish all of you loving families.”

“Miss Beverly is fun and funny,” said William, a 13-year-old in the program who was recently adopted. “When we’re sad, she brings us up.”

“She uses her soft, inside voice with us,” said a 16-year-old foster youth. “She doesn’t yell. I like that.”

Another foster child spoke movingly about his mentor, “Mr. Keith” Foxx, one of the program’s first mentors. “He’s a great basketball player. He’s smart, and he’s always happy to see me.”

Paris, a 16-year-old singer/songwriter, praised all the mentors by leading the group in singing “We Are The World,” playing her jazz interpretation of the song on a guitar. After several years in the program, Paris was recently adopted.

“Paris is so talented. She’s an avid reader and she writes poetry,” said Alexandra LaJoux, a mentor who lives in Fairfax. LaJoux—known for her exuberant personality, and her penchant for bursting into song—is a music teacher who became involved in the program when she volunteered to

VIEWPOINTS

Inspired to Mentor

The Fairfax County Board of Supervisors recently recognized January as National Mentoring Month. “As a nation, we need to ensure that all of our young people are well equipped to lead healthy and productive lives. You can help a young person prepare for a successful future

by volunteering with a local mentoring program,” said General Colin L. Powell, the spokesperson for the national campaign, during an event in Washington, D.C. last week. As part of National Mentoring Month, we asked mentors with Fairfax Families4Kids, a Fairfax County foster-mentoring program

“What Inspires You to be a Mentor?”



Alexandra R. Lajoux

“Joy! After songwriting with creative teens in foster care, I wanted to spend more time with them and to mentor. Paraphrasing a prayer: “Child of God, my mentee dear, to whom God’s love commits me here. Ever this life, I’m at your side. To light, to guard, to love, to guide.”

Kathy Moore

“When my younger child left home for college, I realized that I had time, energy, and love to give to teenagers who had no caring adults in their lives. The challenges are great, but seeing the kids become confident, happy and trusting through the mentor relationships is incredibly rewarding.”



Keith Foxx

“It’s simple. These kids need mentors like any other children, but they also need an adult figure in their lives that can help guide them like a parent would. I had a desire to help young people, which soon turned into a love for mentoring, friendship and our kids!”

Molly Pell

“I can’t pinpoint a specific reason that I became a mentor. I had a little bit of free time and I like teenagers, so I thought I’d give it a shot. Six years later, I’m still here. The kids inspire me to stick with it. They’re like family to me, and I look forward to seeing them as often as I can. I am inspired by their strength, resilience and their open hearts.”



Yusef Jamaludeen

“What inspired me to mentor was the overall need for positive non-parental role models for our youth. Mentors are the ‘life coaches for the adolescent.’ In addition, it takes little amounts of effort to be a mentor and it has such a significant impact to the mentees. As a youth with a stable home life, I can’t remember how often I saw my mentor but I will never forget him. Knowing someone cares about you who isn’t related to you or paid to do so makes all the difference in the world sometimes.”

Chavon Rogers

“I started mentoring because I wanted to give back to the community by doing something I love, which is working with children. I continue to mentor because I love working with kids and the program. I mentor some amazing and resilient kids who bring much joy to my life.”



—VICTORIA ROSS

Photos of mentors courtesy of Joan Brady of Great Falls. Brady, a professional photographer, volunteers as a mentor, photographer and videographer for Fairfax Families4Kids.

Local Business Supports Operation Gratitude

Advanced Hearing Technologies, Inc. associate Sherrie Courson accepting a care package at a local hearing lab.



PHOTO CONTRIBUTED

Vienna, Springfield business owner promotes another opportunity for a random act of kindness.

It all started with a “tweet” from NBC News Correspondent Ann Curry last month suggesting a creative way to honor the 26 lives that were lost at a Newtown, Conn. elementary school.

Why can't we all try to perform at least 26 random acts of kindness this next year?

Fairfax County business owner Robert Hutchcraft became inspired to open all 15 of his company's hearing labs to serve as official drop off sites for “Operation Gratitude” care packages and donations for the men and women serving in the U.S. military. “These men and women are on duty around the clock to defend us. They are many thousands of miles away from their hometowns,” Hutchcraft said. “For our soldiers, sailors, airmen and marines being deployed on foreign soil means you are in harm's way. Something as small as an extra pack of chewing gum can really help make the world a better place.”

Hutchcraft is the president and founder of Advanced Hearing Technologies, Inc. located at 380 Maple Avenue, Vienna and 8136 Old Keene Mill Rd. in Springfield. Anyone who wishes to drop off one of the “wish list” items or make financial dona-

tions can walk in during business hours at any Advanced Hearing Technologies location and a company associate will ensure that the contributions are processed for delivery to Operation Gratitude's Headquarters in Van Nuys, Calif. In addition to care packages, Operation Gratitude also encourages people to do something as simple as write a letter or drop off “wish list” items.

“We reach over 2 million people every month through our advertising strategies,” Hutchcraft said. “Now we can also help Operation Gratitude in its noble mission by dedicating some of our prime advertising space and office services to the effort.” Many thousands of people will be able to see how easily they can perform a random act of kindness.

For more information or directions to your nearest Advanced Hearing Technologies location, call 888-333-5744 or visit the company's website www.advancedhearingtechnologies.com. At the bottom of the homepage to the website there is a “Operation Gratitude” clickable banner with links to donation forms and “wish list” items for the collection drive.

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Some people call it nesting—the simple act of enjoying your home. When winter comes, you want that nest, your home, to be warm and cozy. But you also want to keep energy costs in line.

Washington Gas has a few simple things you can do that can help save money on your winter heating bills, without giving up the comfort you want.

- Have a licensed natural gas contractor perform a complete inspection of your heating and water heater systems
- Set your thermostat comfortably low in winter and consider installing a programmable thermostat. Setting your thermostat set just one degree lower can save you as much as 3 percent.
- Install proper insulation in your home.
- When you're not using a fireplace, close the flue.
- Replace your furnace filter once a month.
- Turn your hot water heater down to warm or low, never more than 120 degrees.
- Replace all cracked or broken window glass, consider adding storm windows, caulk and weatherstrip doors and windows.
- Wash full loads of laundry and dishes.

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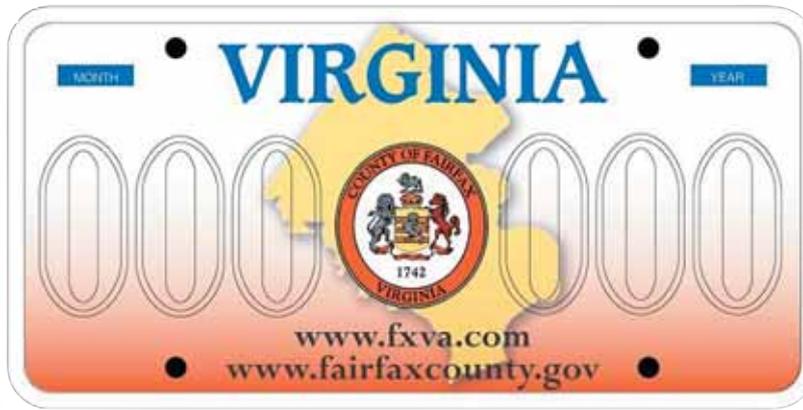
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NEWS

The design of the new license plate features the Fairfax County seal, county map and the Web site of Visit Fairfax and county government.



CONTRIBUTED

Civic Pride on the Road

Fairfax County license plates available soon.

You can flaunt your car and show off your civic pride, thanks to a customized Fairfax County license plate approved Tuesday, Jan. 29, by the Board of Supervisors.

The license plate features the county seal, county map and the website addresses of the government and Visit Fairfax. The plate will cost \$25 a year. By state law, \$10 is retained by the state while the other \$15 goes back to the license plate sponsor after 1,000 plates are ordered.

The Board of Supervisors voted to direct the initial proceeds toward the 2015 World Police and Fire Games that will be held in the county. The World Police and Fire Games are an international sporting event offering thousands of police officers, firefighters, customs and correction officers from

around the world an opportunity to showcase their athletic excellence in over 65 sporting events. These games are the second largest sporting event in the world after the Summer Olympics.

Before the Virginia Department of Motor Vehicles can proceed with plate production, it needs 350 commitments from the community. Visit Fairfax will soon allow you to sign up for one of the first license plates at www.fxva.com.

Supervisor Pat Herrity (R-Springfield), who initiated the plan, noted the City of Fairfax has its own tag which generates roughly \$5,000 per year in revenues at \$15 per vehicle and is dedicated to the city's historical resources. Using Fairfax City's population as a benchmark, Herrity estimated that Fairfax County could generate roughly \$250,000 per year from its own license plates.

"I look forward to being one of the first residents to get my hands on a Fairfax County License plate," Herrity said.

—VICTORIA ROSS

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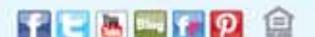
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Extreme, But Brief, Volunteering

More than 150 volunteers needed to survey chronic homeless for three days in February.

The real solution to homelessness is housing.

This week in Northern Virginia, a point-in-time survey will record all of the “literally homeless” individuals and families in the region. Last year, on Jan. 25, 2012, there were 1,534 people who were literally homeless in the Fairfax-Falls Church Community; 697 of them were single individuals and 837 were people in families. A third of the total number of homeless were children. Nearly 60 percent of the adult members of the homeless families were employed.

Later in February, the Fairfax-Falls Church Partnership to End Homelessness will embark on a new, intensive approach to identify the nearly 300 people who are chronically homeless, living on the street or in the woods around the county. This is part of a national effort, 100,000 Homes.

Volunteers will create a registry, including names, photographs and personal stories of all

individuals experiencing chronic homelessness in the area. The information gathered will identify particularly vulnerable people, and help prioritize housing and support resources. The county’s goal is to get half of them in housing within three years.

EDITORIAL

The effort is not without precedent. Arlington’s registry week was in October 2011, and identified 153 homeless individuals, with more than half at risk of dying on the streets. Since then, more than 30 homeless people identified as vulnerable have been placed in permanent housing. Arlington’s campaign is on target to fulfill the goal of housing 100 people in three years.

The Fairfax effort, 100,000 Homes Fairfax, kicks off on Feb. 23 with Registry Week, a multi-day event where volunteers go out on the streets and gather information to create a name and photographic registry.

It will require the work of more than 150 volunteers countywide. Most will help conduct surveys with homeless individuals on the

streets for three days during registry week. Others will help with data entry and other support roles.

It’s a big commitment but also an opportunity to be a part of real change for some of the area’s most vulnerable people. Volunteer efforts on those days will most certainly lead to saving lives.

Survey volunteers make a four-day commitment, a half-day of training plus working three mornings (4-7 a.m.) in teams of four to interview homeless individuals for the registry. The same team of four must survey the assigned geographical area all three days. Survey volunteers will need to be available: Saturday, Feb. 23, overview and training, noon-4 p.m.; Monday, Tuesday and Wednesday, Feb. 25, 26, 27, team survey, 4-7 a.m.

The Registry Week will wrap up with a presentation to the community on March 1.

Other volunteers will help set up for the volunteer training and/or assist at headquarters each survey morning by setting up food, helping with cleanup and answering volunteer questions. You can register online and learn more at <http://www.fairfaxcounty.gov/homeless/100khomes/registry-week.htm>.

LETTERS TO THE EDITOR

Taking Exception on Medicaid Expansion

To the Editor:

Your recent editorial [“Expanding Medicaid Good For Virginia,” The Connection, January 23-29, 2013] is noble in its desire to “extend health coverage to more than 400,000 residents who currently have no health insurance.”

If public policy making were just that easy. The editorial then goes on to indifferently say, “the Federal government picks up the tab.” As if a reminder was needed, that tab is, in fact, picked up by the taxpayer through either more borrowing or more taxes, and not by the ubiquitous “Federal government.” (Plus, states lack a further financing tool the federal government has—printing more money.) There is no proverbial “free lunch.”

Then, the logic and math of later offering an explanation of how the cost will be financed requires a complete suspension of common sense to accept. The editorial cites “new analysis by the Commonwealth Institute showing that expanding Medicaid to 133 percent of the poverty level would generate state general fund savings and new revenues that would total \$2.08 billion and more than offset the state’s share of expansion costs ... plus provide significant numbers of new jobs and eco-

nomie growth.”

If “expanding Medicaid to 133 percent of the poverty level” could conceivably generate that kind of revenue, jobs and economic growth, why stop there? Why not expand it to 150, 175, or even 200 percent of the poverty level? By the editorial’s logic, if the 133 percent figure will get Virginia over \$2 billion in revenue, then expanding it to 200 percent should earn the state hundreds of millions more—right? So why in reality doesn’t it work that way? Because on the flip side—and unwritten in the editorial—are such factors as increased taxes to foot the bill take money from the taxpayer that could otherwise be spent elsewhere in the economy to generate jobs and economic activity.

One last point. The editorial says that “expanding health care will add tens of thousands of new jobs.” No. It is a healthy, vibrant and expanding economy that will add the “tens of thousands of new jobs” as more dollars become available for everyone to make their choice to obtain adequate health coverage.

Chris J. Krisinger
Burke

A Very Proud American

To the Editor:

As a young person who voted in

the presidential election for the very first time, I feel privileged knowing that despite of all the problem[s] in this country I still have the right to voice my opinion through my vote. I am of Pakistani origin, but the thought of a peaceful election or inauguration in Pakistan is a mere wishful thought.

If I lived in Pakistan and attempted to vote, I would be thrown in jail, or even killed for “violating” the blasphemous constitutional amendment. Why? Solely due to my affiliation with the Ahmadiyya Muslim Community. Being able to peacefully participate in an election is an honor and I am extremely grateful to be part of a country where even protests are peaceful. After viewing the Inaugural Ceremony, I can honestly say that voting is a right that individuals of every nation should be entitled to. I am a very proud Ahmadi Muslim and I am a very proud American.

Aneela Wadan
Fairfax

Saving the World, or at Least Fairfax County

To the Editor:

I’ve lived here my entire life. I’ve

ventured through trails all over Northern Virginia, I’ve gazed upon the majestic Blue Ridge Mountains, I’ve sat next to the awesome power that makes up the tidal region of the Potomac River, I’ve stalked trout lying in a stream bed, slowly making their way up to the surface and back down once again. But time and time again, I have seen people abuse our natural resources. The water that makes up our rivers and streams is stained heavily with garbage. The forest floors are littered with beer cans, chip bags, those empty bottles no one wanted to carry to the trash bins. We have been given a great privilege; to be able to enjoy the beauty that is the nature which surrounds us. But with this, there has been an unimaginable amount of responsibility cast upon us. We have to, for lack of a better expression, enjoy responsibly. Although this might seem like a Herculean task, it’s really not. All our lives we have been taught to throw our trash into the proper reciprocals, and to dispose of waste correctly; why not take these lessons to the outdoors? If we don’t start taking care of our world, the world will stop taking care of us.

I leave you with a quote from one of my best friends, Cecil, “If I can take it in full, I can bring it out empty.”

Hameed Ali Talebian
Herndon

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COMMUNITY

Springfield Rotary Supports Edison Academy

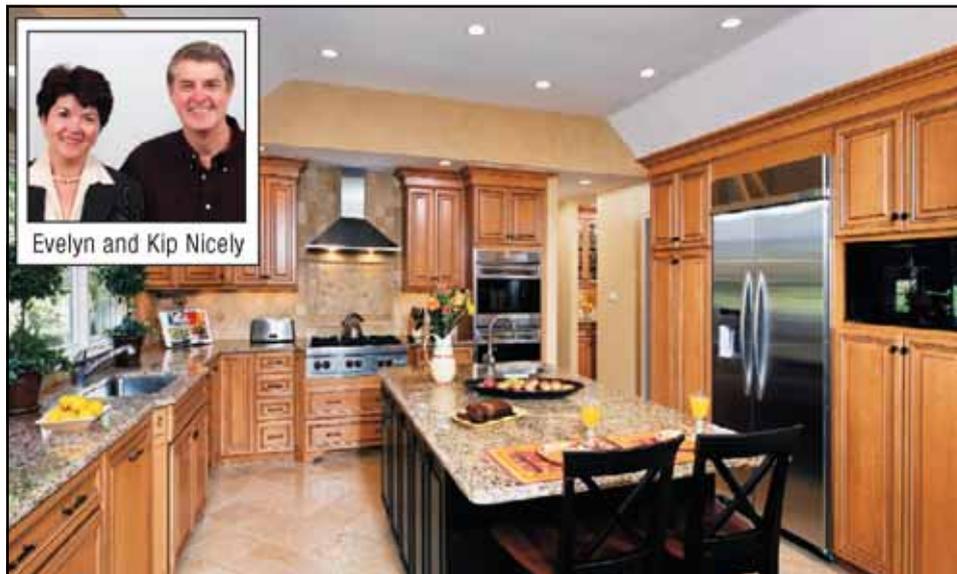
The Rotary Club of Springfield recently donated a complete video camera recording system to Edison Academy for use by students and faculty members. Academy students and teachers plan to record hands-on project activities for portfolios and will be creating videos to promote the academy's programs and student organizations, part of their efforts to recruit new students. Rotary Club member Patrick Barney, who owns 4 More Travel, spearheaded the project. Contact academy administrator Brad Rickel at 703-924-8100 or brrickel@fcp.edu or news liaison Genie Williford at ecwilliford@fcp.edu.

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Where Do You Go, What Do You Do for Fun?

—HANNAH BUNTING & ANAGHA SRIKANTH



Monica Goodwin, junior, Robinson Secondary School, Fairfax

"What I do for fun is just get some friends together and have movie marathons because it's warm inside! Around Alexandria it's fun to just grab some Starbucks and walk around looking at the shops because there's a lot of cool stuff that's not really around where I live."



David Wiener, junior, Robinson Secondary School, Clifton

"I love going skiing in the wintertime; Snowshoe and Wintergreen are my on point destinations. I also love receding into my man cave and spending hours relaxing watching TV and movies."



Chris Mayhew, sophomore, Robinson Secondary School, Fairfax

"My friends and I like going to Starbucks. We go to one another's houses and watch movies. Sometimes we do 'the Brave Party Boat' when we pile in a car and go somewhere far with the music turned up. Last week we were playing manhunt. It was really cold, and with snow on the ground we were sliding around a lot!"



Anna Barr, junior, Robinson Secondary School, Burke

"I love to have friends over and watch movies and do TV marathons, because we're all fans of the same things. It's fun to get together and re-watch the same episodes."



Andie Matten, sophomore, Robinson Secondary School, Clifton

"I have five-and-a-half acres I can sled on and we can build ramps. It's a great stretch of land. I went skiing this weekend at White Tail; it's only about an hour and a half away and the slopes are great."



Maily Pham, 15, sophomore at Robinson Secondary School, Burke

"I like to go ice skating with my friends and my sister. I used to go ice skating when I was small and I used to take lessons, so I like to go in the winters because I have always enjoyed it. When I go with my friends now we like to play around and afterwards we come back to my house for hot chocolate."



Alex Squire, 14, freshman at Robinson Secondary School, Clifton

"I just like to go to the movies because it is warm and a lot of good movies are out. Me and my friends love to go together because it's a great way to just pass the time and still have fun!"

WINTER FUN & ENTERTAINMENT



From left, Christy Boltersdorf of Woodbridge and Genia Rosenblum of Alexandria take advantage of the Workhouse Arts Center's sizeable ceramics studio.



Currently in the Workhouse Arts Center's McGuireWoods Gallery, the Collectors Showcase features multi-media works from over 100 artists and will host many demonstrations, performances and discussions over the next two months.

Arts Blossom in Former Prison

Workhouse Arts Center in Lorton continues tradition of transformation.

By TIM PETERSON
THE CONNECTION

Prisoners—drunks, petty thieves, assaulters, even suffragettes—quite literally laid the foundation for the Workhouse Arts Center in Lorton. Part of a revolutionary self-sustaining rehabilitation program, these men and women did everything down to firing the bricks for the 1920s construction of the Colonial Revival structures still standing today that house over 70 diverse local artists' studios and galleries, and play host to hundreds of events, workshops, festivals, cabarets and lectures for the community.

Make no mistake about it: the Workhouse of today is just the latest transformation of historic property that has seen plenty of ups and downs over the last century.

"It was pretty embarrassing to have to drive by the prison," said current Clifton resident Pam Shepherd Jones. "When I would have to tell people how to get to my house in Barrington, I'd try to avoid it, but usually had to say, 'Go by the prison, then our house is further down the road.' It was an eyesore, and they turned it into something lovely."

GOING BACK TO THE WORKHOUSE'S ROOTS at the turn of the century, the District of Columbia's jail was horrifically filthy and inundated with criminals. Together, President Theodore Roosevelt and Progressive Era reformers conceived of a new penal model in 1908, whereby prisoners

would both labor to run the very facility they were sentenced to serve in and gain trade skills in a positive, outdoor environment. The idea was they could then be reintroduced into society as more successful, higher-functioning citizens.

A trial group of 29 inmates was relocated in the summer of 1910 to a 1,155-acre plot of land to the north of the Occoquan River. There, as part of their incarceration and intended rehabilitation, they built their own prison from the ground up.

The Workhouse campus eventually included a variety of agricultural and skill-based enterprises, such as pastureland, a cannery, hog ranch and slaughterhouse, dairy and blacksmith. For the period, the concept was groundbreaking to say the least.

"It was truly a flaming success in the United States," said Lynne Garvey-Hodge, Fairfax County history commissioner and Progressive Era historian. "In its founding days it was one of the most premiere reformatory facilities in the U.S."

The Workhouse also made its mark by infamously detaining 72 members of the National Women's Party—including a movement founder Lucy Burns—for women's voting rights protests between July and November 1917. Artifacts and mannequins depicting scenes from this controversial period are currently on view in the Workhouse Prison Museum in Building 9.

The prison facilities remained open until February 1968, during which time its occupancy swelled from the initial group of 29 to an

infrastructure-crippling 3,700 worker-inmates. Despite the fact that D.C. had expanded its correctional complex beyond the Workhouse to over 3,200 acres including a reformatory, penitentiary and youth center, this number exceeded the space available by far.

After two unsuccessful attempts at re-using the facilities as both an alcoholic rehabilitation center for the D.C. Department of Public Health and a medium-security prison, a 1997 federal mandate ordered the prison to close for good in 2001. The next year, Fairfax County began the process of transforming the land again by purchasing 2,324 acres of the property for a sum of \$4.2 million.

In addition to the residential developments that sprang up—including Lorton Station, Laurel Hill and Cavanaugh Crossing—the Lorton Arts Foundation stepped in with its own concept to convert some of the one-time prison structures into a multi-use arts and cultural center. The 55-acre segment of the former facility granted to the foundation opened publicly as the Workhouse Arts Center in September 2008.

"A phoenix that rose from the ashes of a very sad and sordid ending to a story, that in and of itself was a phoenix," said Garvey-Hodge, who chaired the Commission in 2005 when the Workhouse site received a nomination for the National Register of Historic Places. "The D.C. prison system was in terrible, terrible shape. I'm delighted and the citizenry is seeing something that's come full circle."

THE CURRENT WORKHOUSE CAMPUS comprises seven artist studio buildings, main galleries and a youth center with over 500

classes and workshops on offer each quarter. And that's just the beginning of a multi-phase renovation project that includes plans for a 900-person event center, 1,000-seat amphitheater, restaurants and a gardening center.

The Workhouse mission is to give both the immediate and wider residential areas as much art, history and culture as they can handle. From visual art to ceramics, textiles, dance, theater, film, there's a little bit of everything taking shape on a daily basis—and always with a sense of community at the core. Artists in residence keep their studio doors wide open and welcome interaction from visitors.

"For me, living here, I think it's one of the greatest things that could've happened to Lorton," said Workhouse director of marketing and Fairfax Station resident Camela Speer. "To bring something that's so culturally vibrant, so community-based, offering something that's really not available in this part of the county."

Indeed, outside of Alexandria, Lorton and Fairfax Station residents previously had few options for engaging in the breadth of artistic endeavors available at the Workhouse.

For instance, Saturday, Feb. 2 features the cabaret series program "Notorious!," the Amazing Gospel Souls—a vocal group made up entirely of former Lorton inmates—perform Sunday, Feb. 10, and the fifth annual Collectors Showcase of all manner of art from over 100 artists is taking place now until a culminating fundraiser event on Saturday, Feb. 23.

"When we were looking for art classes and workshops, the only thing we could do was go to the Torpedo Factory," said Jones, who is president of the BELLES, an 84-



Workhouse Arts Center artist-in-residence Karen Ching works in her studio.



The Workhouse Arts Center's McGuireWoods Gallery plays host to numerous events, including dinner parties, dance instruction and the current Collectors Showcase, on view until Saturday, Feb. 23.

member Bright, Energized Ladies' League for Educating & Socializing.

"This is obviously closer. But it's also bigger and better," Jones continued. "It's very exciting, how they're still leaving the flavor of the prison. They're keeping the good, getting rid of the bad. Like broken glass in the windows—it's artistic. The buildings themselves are works of art. People in the community are really embracing it."

With events like the Workhouse lecture series aptly named "Uncover the Prison in Your Backyard," a curious and proud community has ample opportunities for discovery. On Wednesday, Jan. 9, the installment "Genesis of a Prison" drew a school-night crowd of 100. The next lecture in the series, "Life Behind Bars" (Feb. 13), features a panel of former inmates moderated by retired D.C. Department of Corrections prison chaplain Dr. Elwood Gray and figures to bring out even more curious community members.

"I think now with all the awareness of a new citizenry, people are

wondering: What was the story about the prison in your backyard?" said Garvey-Hodge.

"Take the chapel in the prison," she continued. "It was conceived by a man—jailed for counterfeit—who had never been inside a church, but was artistic. The crucifix itself was sculpted by a prisoner, and the form of a prisoner was used to depict Christ. So, too, these prisoners were hanging between Hell and a new life, with the promise of a new beginning, they could be set free. There's so much richness."

As the Workhouse continues to grow and transform, its rich historical significance and plethora of opportunities for creating, appreciating, experiencing and collecting art in the community have already made it an invaluable landmark and asset to the Lorton area.

The Workhouse Arts Center of Lorton is open to the public Wednesday through Saturday 11 a.m.-7 p.m., Sunday from noon to 5 p.m. 9601 Ox Road, Lorton. For a full schedule of events, visit www.workhousearts.org.

Where Do You Go, What Do You Do for Fun?

—ANNA BLORE



Bridget Demott, student, Fairfax Station resident for 17 years

"I enjoy going to thrift stores and seeing what kind of deals I can find! Shopping is an easy way to pass the time and I like the hunt, trying to see what 'diamonds in the rough' I can find. I can also see myself going ice skating this winter; I'm not very good but I like to skate!"



Alyssa Debra, student, Lorton resident 8 years

"When it's snowing I like to go sledding down the neighborhood hills and pretend I can build good snowmen! I like how peaceful it is here during the winter so I'll sometimes just sit outside, or go watch movies in my living room. I'm a big action fan and I love coming home after school to relax and have a cup of hot chocolate with the "Dark Knight."



Jake Reece, student, area resident for 6 years

"I'm really into cars, so I enjoy driving in the snow with all wheel drive. I think you learn more about your car when you're forced to drive it in the snow or less favorable conditions. Unrelated to cars, I also like heading into Occoquan for a cup of coffee or just to sit and watch the river. Everything's a lot calmer here in the winter and I think that's special from other regions."



Lehna Asongwe, student, Fairfax Station resident for 12 years

"In terms of activities in the local area, I like to go ice skating at the Fairfax City Ice Center. It's fun because professionals skate there, it's cheap and I always have a good time. I've gotten a lot better at skating over the past few years just by watching the competitors that skate there. In the winter I also love going in to D.C. to "Busboys and Poets," they have a lot of winter themed events and poetry slams."



Ali Newton, student, Lorton resident for 12 years

"I usually go snowboarding with my friends. I've been boarding for three years now and it's one of the things I look forward to most during the winter. I also go to local coffee houses, I think the warm atmospheres lift how heavy winter can be sometimes."

Seeking Singers for Anton Bruckner's "Te Deum" at Messiah United Methodist Church

Community members are invited to sing! Required rehearsals are Sundays, February 3, 10, & 17 and Friday, February 22 from 7:30-9:30 pm. You must attend at least 3 of the 4 rehearsals. Mandatory rehearsal with the orchestra on Saturday, February 23 from 9:30 am - noon.



Performance is Sunday, February 24 at 3 pm. Cost is \$10 to purchase the vocal score. Please register by January 27 to ensure a score by the first rehearsal. Call Fran Underwood at 703-569-9862, ext. 107, or email funderwood@messiahumc.org, or look for "te deum singer signup" under worship at our website.

Messiah United Methodist Church
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703-569-9862 • www.messiahumc.org

ENTERTAINMENT

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

SATURDAY/FEB. 2

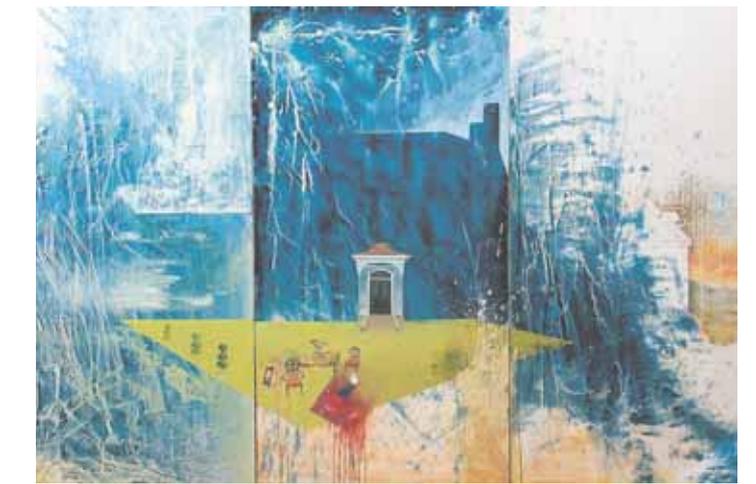
Coin Show. 9 a.m.-5 p.m., at the Holiday Inn Express, intersection of Old Keene Mill Road and Hwy 95, Springfield. The Alexandria Coin Club sponsors a coin show with 50 tables holding a wide variety of coins, currency and numismatic collectables; prizes given to the first 500 guests to arrive. www.alexandriacoinclub.com.

Sleeping Beauty. 1 p.m., at the W-3 Theatre at the Workhouse, 9601 Ox Road, Lorton. Sleeping Beauty keeps falling asleep so her parents find Magical the famous magician who comes to the rescue with Edgar, his talkingcat; concessions available prior to show and during intermission. \$12 for adults; \$8 for children 12-and-under. www.WorkhouseArts.org.

Cabaret Night: Notorious! 8 p.m., at the Workhouse, 9601 Ox Road, Lorton. A journey through the dark side of town filled with songs and laughter led by the cast, a group of notorious characters created for the stage: villains, criminals and femmes fatales; planche campagnarde included. \$25. www.WorkhouseArts.org.

TUESDAY/FEB. 5

Wakefield Chorale. 7:30-9:30 p.m., at the North Springfield Elementary School, 7602 Herring Court, Springfield. Join the local group of men and women who love to sing; no audition required, meet in school



Like a Tree, 84x53, oil on panel, Kristen Calcaterra.

Kristen Calcaterra Exhibit Explores Deteriorated Decor

Kristen Calcaterra uses lines, paint pours and contemporary oil-painting to allude to the deterioration of decorated homes; her work is inspired by travels through Charleston, S.C., Savannah, Ga., and Louisiana, where she saw local historic structures and, in Louisiana, devastation. An opening reception is on Saturday, Feb. 9 from 6-9 p.m., in Building W-8 at the Workhouse, 9601 Ox Road, Lorton. www.WorkhouseArts.org.

susanp@repole.com.

dinner designed to complement the film's theme. Reservations (small parties may share tables). \$45 per person. www.WorkhouseArts.org.

FRIDAY/FEB. 8

Dinner & a Movie Nights: Carmen Jones. 8 p.m., at the W-3 Theatre, 9601 Ox Road, Lorton. Combine culinary and cinema arts in an evening featuring the 1954 film directed by Otto Preminger (his spin

SATURDAY/FEB. 9

2nd Saturday Art Walk. 6-9 p.m.

SEE ENTERTAINMENT, PAGE 11

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OPEN HOUSES SATURDAY/SUNDAY, FEBRUARY 2 & 3

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

Burke

9519 Vandola Ct.....\$575,000.....Sun 1-4.....Helen Grozbean.....Keller Williams..571-233-4287

Centreville

14364 Round Lick Ln.....\$565,000.....Sat 1-4.....Kelly Thomas.....Jobin..703-405-2222

Fair Lakes

5102 Juglan Ct.....TBA.....Sun 12-3.....Ed Lang Team.....RE/MAX..703-932-5753

Fairfax

6050 Colchester Rd.....\$649,900.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812

4615 Village Dr.....\$449,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812

387 University Dr.....\$448,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812

Fairfax Station

7513 South Reach Dr.....\$839,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808

6321 Youngs Branch Dr.....\$719,000.....Sun 2-4.....Christine Shevock.....RE/MAX..703-475-3986

Falls Church

3804 Munson Rd.....\$829,000.....Sun 1-4.....Patrick Kessler.....Keller Williams..703-405-6540

Kingstowne/Alexandria

7151 Barry Rd.....\$829,900.....Sun 1-4.....Bill Halloran.....Acquire..703-932-9683

4904 Apple Tree Dr.....\$739,000.....Sat/Sun 1-4.....Michael Fogarty.....HomeFirst..703-971-1800

5806 Wescott Hills Way.....\$299,950.....Sun 1-4.....Tom & Cindy & Assoc.....Long & Foster..703-822-0207

Leesburg

543 Edmonton Terr NE.....\$359,900.....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365

Lorton

6830 Tiddle Way.....\$699,000.....Sun 1-4.....Beckie Owen.....Long & Foster..703-328-4129

8960 Fascination Ct #130/03..\$199,990.....Sun 12-4.....Shawn Evans.....Long & Foster..703-795-3973

Springfield

7262 Linden Tree Ln.....\$459,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808

8625 Madley Ct.....\$435,000.....Sun 1-3.....Kay Hart.....Long & Foster..703-503-1860

Stafford

11 Clark Ln.....\$319,900.....Sun 2-4.....Tracy Jones.....Acquire..703-231-6094

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SCHOOLS



Keene Mill students square dance to the calls of Mr. Mac McCall, a professional caller at the Hoedown.



Keene Mill Elementary School boys and girls dance at the Hoedown.

Keene Mill Loves to Square Dance

Keene Mill students dressed in their western garb for the 22nd Annual Hoedown held on Friday, Jan. 4, in the school gymnasium. As part of PE, K-6 students quickly picked up the calls of square dancing. On Hoedown day, Mr. Mac McCall, a professional caller who has been at every KM Hoedown, put them through their paces.

Keene Mill Elementary School students dressed Western style for the Hoedown.



SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Andrew Poirier of Springfield has been named to the Deans List for the spring 2012 and fall 2012 semesters at

Radford University.

Allison M. Willner of Springfield has been named to the deans list for the fall 2012 semester at East Tennessee State University.

High school senior Nnamdi Enechionya, of Springfield, was

named to the Saint James School Honors List for Trimester 1.

Saint James School, founded in 1842, is a co-educational boarding school serving students in grades 8-12 dedicated to the development of mind, body and spirit. The school is located south of Hagerstown, Maryland.

ENTERTAINMENT

FROM PAGE 10

Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.

Have a Heart Project. 6-9 p.m., in Studio 4 at the Workhouse, 9601 Ox Road, Lorton. An art installation with a mission to help Food for Others displays empty lunch bags featuring original art works; all proceeds from each work featured in the exhibit up from Wednesday, Feb. 6 to the end of the month benefit Food for Others. As the artists replace each sold piece of art with food, the installation evolves. \$10 donation suggested per piece. www.WorkhouseArts.org.

For Money or Love. 8 p.m., in the W-3 Theatre at the Workhouse, 9601 Ox Road, Lorton. Mestey Films Productions screens the film about Patrick, a wealthy man that finds himself wondering whether his fiancée is with him for love or money, and his brother Sean, who, known for being a playboy, changes his ways when he falls in love with a woman who has an 8-year-old girl named Ashley. \$10. www.WorkhouseArts.org.

SATURDAY/FEB. 10

Live Onstage: The Amazing Gospel Souls. 11:30 a.m., in the W-3 Theatre at the Workhouse, 9601 Ox Road, Lorton. The gospel band conceived inside the notorious Lorton prison system in the early 1980s is comprised of ex-offenders from the Washington, D.C., area who have collectively served 200-plus years in correctional facilities. \$15. www.WorkhouseArts.org.

WEDNESDAY/FEB. 13

Springfield Christian Women's Connection Women of Excellence Luncheon. 11:30 a.m.-1:30 p.m., at the Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. Luncheon with complimentary childcare accompany Thirty-One products to help keep life organized and an inspirational speech from Faye Parson on how to stay on top. \$17. SpringWmConn@yahoo.com.

Life Behind Bars. 7:30 p.m., at the McGuireWoods Gallery in the Workhouse, 9601 Ox Road, Lorton. To chronicle the story of the Workhouse from the Progressive movement of the late 1800s to the social upheaval of the 1960s, the series presents a panel of former

inmates depicting life at the Workhouse, moderated by a retired prison chaplain. WorkhouseArts.org.

SUNDAY/FEB. 17

Display and N Gauge Trains. 1-4 p.m., at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. The Northern Virginia NTRACK members will have a display and N gauge trains running. \$3 for adults; \$1 for children. 703-425-9225 or www.fairfax-station.org.

SATURDAY/FEB. 23

Speed Stacking Tournament. 9 a.m.-1 p.m., at North Springfield Elementary School, 7602 Heming Court, Springfield. Single and double (parent and child) cup stacking competitions held concurrently with prizes; food for sale to benefit the school \$4. 703-658-5563 or semetz@fcps.edu.

SATURDAY/ MARCH 2

Springfield Art Guild Opening Reception. 7-9 p.m., at Northern Virginia Community College, Richard J. Ernst Community Cultural Center—Building CE 2, 8333 Little River Turnpike, Annandale. The Springfield Art Guild, in collaboration with the Annandale Campus of the Northern Virginia Community Colleges, presents a month long exhibit and sale in the Ernst Auditorium lobbies.

FRIDAY/MARCH 8

Josh DeWeese Ceramics. 7-9 p.m., at the Workhouse, 9601 Ox Road, Lorton. Josh DeWeese, assistant professor of art at Montana State University, Bozeman, and former resident director of the Archie Bray Foundation for the Ceramic Arts in Helena, Mont., exhibits ceramic piece that have been thrown then altered, using pottery as an expressive art form in a contemporary context. www.WorkhouseArts.org.

SATURDAY/MARCH 9

2nd Saturday Art Walk. 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. WorkhouseArts.org.

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Keep Gas Tax; Cut Meals Tax; Add 'Sausage'

Proposed changes to governor's transportation funding plan receive local support.

BY VICTORIA ROSS
THE CONNECTION

After a week in which news from Richmond was dominated by partisan skirmishes, Northern Virginia Del. Dave Albo (R-41) joined with other lawmakers to refocus the legislature on the state's transportation funding crisis, presenting an alternative to a controversial plan proposed by Governor Robert McDonnell (R).

The day before the start of this year's legislative session, McDonnell unveiled a proposal to increase funds for transportation by up to \$500 million with a sales tax increase. But his plan completely eliminated the gas tax, which has been set at 17.5 cents per gallon since 1986 and currently funds about two-thirds of the state's transportation funding.

Many Democrats, and some Republicans, derided his plan as "nonsensical."

The proposal put forward by Delegates Albo, Joe May (R-33) and Tom Rust (R-86), is more complex than the governor's plan, but also includes both tax increases and cuts.

"It's like trying to make a pizza. The governor has given us a pizza with pepperoni and pineapple. But we don't like pineapple. We'd rather have sausage," Albo said, adding that McDonnell's plan offered a starting point, but it needed work. "Our bill takes off the pineapple (the elimination of the gas tax) and puts on the sausage (the elimination of the food tax)."

ALBO'S PLAN includes raising the sales tax by a half cent per dollar, indexing the gas tax to inflation, and increasing charges on alternate fuel vehicles. Combined, these measures would increase state transportation funding by \$506 million, say its sponsors.

To soften the impact of these increases, the amendments would also eliminate the 2.5 percent food tax, which Albo said would net savings of \$99 a year for a family of four with an annual income of \$40,000.

While the elimination of the food tax



A VDOT crew member assesses damage to Lorton Road after Tropical Storm Lee in Sept. 2011, which destroyed three bridges on secondary roads, damaged pavement on dozens of roads and cost the state \$10 million in transportation funds. By law, Virginia must repair damaged roads before spending money to build new ones.

PHOTO BY VDOT

would reduce general fund revenues, which are distributed to local governments, the delegates say the shortfall will be made up with new taxes on out-of-state corporations who provide services in Virginia. They also plan to collect sales taxes on out-of-state retailers who sell to Virginia residents through the Internet.

The Internet sales tax collection is dependent upon the passage of the Marketplace Equity Act, currently pending before the U.S. Congress.

The Albo/May/Rust plan will also create an opt-in option for local governments where they can receive additional transportation funds via a half cent sales tax which will be raised and spent exclusively in that local area. Rust highlighted this point, stating that, "with this option, decisions will be made locally as to where is best to invest in transportation infrastructure."

Immediate reaction from state and local

elected officials was much more positive than to the governor's plan.

"I need to learn more, but I commend these guys for thinking outside the box," said Senator Chap Petersen (D-34), who strongly opposed the governor's plan to make Virginia the first state in the nation to eliminate the gas tax. "I actually would favor a reduction in the meals tax if we can find the revenue elsewhere, since those taxes, in my opinion, do have an impact on local, small businesses."

"This is certainly an improvement over the governor's original plan," said Supervisor Jeff McKay (D-Lee), who was recently appointed chair of the Northern Virginia Transportation Commission (NVTC). McKay said the county was still analyzing the details, but "on its face this seems to be a more fair way to raise revenue. I think there is more to do, but this is a step closer to a bill that could be supported. We need action this

session on transportation and I am glad the dialogue continues."

Supervisor John Cook (R-Braddock) said Albo's amendments offered a "truly new" source of revenue, and said it was a positive development for Fairfax County. "Giving Fairfax the opportunity to raise local funds to be spent totally in Fairfax is something I have advocated for some time," Cook said.

He added the amendment also "brings extra transportation revenue through the sales tax, and yet it gives homeowners a break by eliminating the sales tax on food while restoring the general fund by taxing out-of-state businesses."

HOWEVER, DEL. TIM HUGO (R-40)—a member of the legislature's Transportation Committee and chief co-patron of Governor McDonnell's bill—maintains that indexing and/or increasing the state gas sales tax are "short-term fixes" in addressing Virginia's significant transportation needs.

In 2017, Virginia faces its own "fiscal cliff," the year transportation official forecast the state will run out of money to build new roads.

According to the Virginia Department of Transportation, the state needs billions of dollars to repair, maintain and expand its aging and overburdened transportation system. However, because of persistent revenue shortfalls, money intended for new highway construction has been used to pay for road maintenance needs, which, by law, is the state's first funding priority.

"There is no question that funding for Virginia's transportation needs is sorely lacking," Hugo said in a statement supporting the governor's plan. "We need to think of innovative new means to fund transportation that do not gouge the taxpaying public."

Hugo said Tuesday that while he applauded "my fellow delegates for putting forth alternative proposals, the reality is that the gas tax is a diminishing form of revenue."

"The governor's proposal will eliminate the gas tax and replace it with a revenue neutral sales tax that will 'stop the bleeding' on the transportation trust fund," Hugo said. "I look forward to working with all of my colleagues to create jobs and improve our quality of life in Virginia."

BULLETIN BOARD

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

TUESDAY/FEB. 5

Clifton Town Council Meeting is scheduled at 7:30 p.m. in the Clifton Town Meeting Hall, 12641 Chapel Road in Clifton. www.cliftoncommunity.org.

IHOP's National Pancake Day. Participating local IHOPs celebrate by giving away one free short stack of pancakes to all who dine throughout the day; all proceeds benefit the Leukemia & Lymphoma Society's National Capital Area Chapter, with the

hopes that patrons will make a donation to LLS in lieu of payment for pancakes. www.lls.org.

SATURDAY/FEB. 9

Second Saturday. 9 a.m., at the Marriott Courtyard, 11220 Lee-Jackson Highway, Fairfax. Imminent professionals speak on the divorce process, encouraging separated or divorcing spouses to be civil and reasonable for their pocketbooks, emotional health and children. RSVP. clapham@beankinney.com.

TUESDAY/FEB. 19

Korean Caregiver Telephone Support Group. 7-8 p.m. A Korean speaking social worker mediates this support group for Korean speakers who care for older adults; the meeting topic is Navigating Community Services for Older Adults. 703-324-5847, TTY 703-449-1186, Kristine.Choe@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/

olderadultservices.org.

ONGOING

Volunteer Computer Instructor needed at the Lorton Senior Center, 7722 Gunston Plaza, Lorton. Classes for beginners (using the mouse, writing and saving letters, navigating the internet, email, etc.) and advanced beginners (computer maintenance, search engines, websites for seniors, email address books, skypeing, shopping and paying

bills online, etc.) are in need of teachers. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

Thank veterans for their service via the post: draw or write a note of thanks and encouragement—no need to seal in envelopes, Adopt a Soldier will do that—and send to Americas Adopt A Soldier, P.O. Box 1049, Springfield, VA 22151. www.americasadoptasoldier.org.

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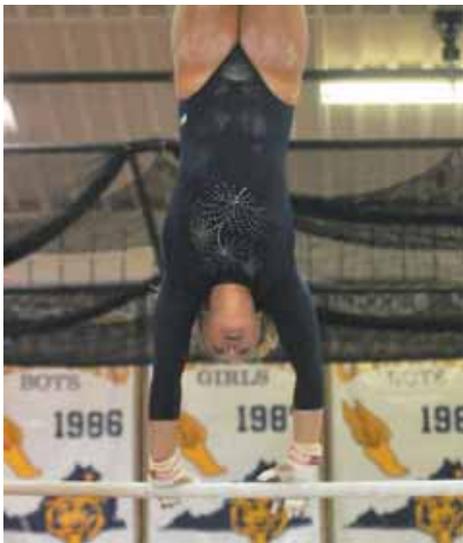
Freidman Leads Woodson Gymnastics to Patriot District Title

Cavaliers senior wins all-around championship.

BY JON ROETMAN
THE CONNECTION

As a freshman in 2010, Simone Freidman led the Woodson gymnastics team to its first Patriot District championship. Three years later, Freidman, now a senior, helped the Cavaliers capture another title in the Patriot District's final year of existence.

Freidman, who signed with Bowling Green State University, won the all-around championship with a score of 38.1 and Woodson won the team title, beating its nearest competitor by more than 20 points



Woodson senior Simone Freidman won the Patriot District all-around gymnastics title on Tuesday, Jan. 29, helping the Cavaliers win the team championship at Lake Braddock Secondary School.

during the Patriot District gymnastics meet on Jan. 29 at Lake Braddock Secondary School.

Lake Braddock won the previous two district championships, four of the last five and 14 of 18. On Tuesday night, however, Woodson posted a score of 140.1 to take home the title. Lake Braddock finished second with a score of 118.275 to earn the district's other Northern Region berth. West Potomac placed third with a score of 117.275, followed by West Springfield (109.4), Lee (108.375), South County (106.2), T.C. Williams (104.65) and Annandale (62.825).

"We're deep," Woodson head coach Mike Cooper said. "Where some of the teams tonight, they had maybe [a strong] 1-2, but we had 1-2-3-4."

WHILE THE CAVALIERS HAD DEPTH, they also had the top performer in Freidman, who placed first on beam (9.675) and floor (9.6), tied for first on vault (9.5) and finished second on bars (9.325).

"She's been doing it for years and years. That's her life," Cooper said. "She just has the talent. She has natural ability."

Freidman won the all-around Patriot District title as a freshman during Woodson's first season after moving from the Liberty District. Club gymnastics commitments kept Freidman from competing for Woodson during her sophomore and junior seasons. She then switched to Apollo Gymnastics in Woodbridge, which allows its gymnasts to compete for their respective high schools, and re-joined the Cavaliers as a senior.

With the VHSL adopting a six-class format with conferences instead of districts next season, Freidman said she was glad Woodson will be the final Patriot District champion.

"It's actually amazing," she said. "... I think it's so awesome that we get the last Patriot District title. It really means a lot that we're going to be the last name on there."

While Freidman's top score came on the beam, she said her best work came on the



Lake Braddock freshman Whitney King placed second in the all-around at the Patriot District gymnastics meet on Tuesday, Jan. 29, at Lake Braddock.

vault and floor. She also accomplished her goal of posting a score of 38.

"I haven't competed vault at all this year in the high school gymnastics season, so this is my first time and I was really nervous about it," Freidman said. "Being able to go out there and [perform well] was a relief. With floor, it was the last event and scores were kind of coming down to see who was going to get the all-around [title] and I was kind of nervous about that."

Woodson's Rachael Talento placed fourth in the all-around with a score of 35.8. Annie Guidry was seventh (33.9) and Tori Keller was 13th (31.025).

Each of the six Cavaliers who competed on beam did not fall—something Cooper, who has coached gymnastics for 30 years, said not even his championship teams of the past accomplished. Along with Freidman's first-place finish on beam, Talento placed sixth (8.725), Guidry finished ninth (8.375), Kara Urban was 12th (8.225), Keller finished 13th (8.175) and Elena Yonika was 15th (7.875).

THE TOP EIGHT FINISHERS in each event qualified for the Northern Region meet, which will be held on Wednesday, Feb. 6, at Lake Braddock.

Lake Braddock's Whitney King finished second in the all-around with a score of 37.575. T.C. Williams' Holland Cathey placed third (36.3), Woodson's Talento was fourth and T.C. Williams' Grace Girard finished fifth (35.775). The top four all-around finishers, and any competitor with a score of 35 or better, qualified for regionals.

Lake Braddock's team total of 118.275 edged West Potomac by one point for the second and final regional berth. The Bruins appeared stunned when it was announced they would advance.

"I think we were all pleasantly surprised," Lake Braddock coach Ellen Hagan-Bowerman said.

King, a freshman, tied for first on vault (9.5), finished second on floor (9.475) and beam (9.4), and placed third on bars (9.2).

"She did a fantastic job," Hagan-Bowerman said. "She's a competitor. This



Woodson's Rachael Talento qualified for regionals with a fourth-place finish in the all-around competition at the Patriot District gymnastics meet on Jan. 29.

is something she's been doing for a very, very long time. When it's time to compete, she's there and she's ready. Her head's in the game and she's on cue and she's on target and she gets the job done."



West Springfield junior Amy Berglund finished with 18 points against T.C. Williams on Jan. 28.

Titans Hand Spartans Home Loss

BY JON ROETMAN
THE CONNECTION

T.C. Williams guard Christian Roberts personally outscored West Springfield 15-14 in the first half of Monday's contest and showed no signs of slowing down in the second.

The senior converted a three-point play in the opening minute of the third quarter to extend the Titans' lead to 14 points. But later in the period, Roberts came out of the game after injuring her left wrist while playing defense. With Roberts, who had scored 18 of TC's 31 points, on the bench, West Springfield closed the third quarter with a flurry, outscoring the Titans 11-3 during the final two minutes of the quarter.

With a double-digit lead trimmed to three entering the fourth quarter, the Titans' mental toughness would be tested. But rather than fold, TC regrouped and handed the West Springfield girls' basketball team its first home loss since 2009.

THE TITANS defeated the Spartans 50-39 on Jan. 28 at West Springfield High School, leaving the teams tied atop the Patriot District standings at 8-2. According to the WSHS athletics Web site, it was the Spartans' first home loss since falling to T.C. Williams on Feb. 3, 2009. West Springfield had won three Patriot District championships, made a trio of state tournament appearances and captured one Northern Region title since the last time it lost on its home floor—and the Titans ended the streak with their most productive player of the evening sitting on the bench for the final 10 minutes.

West Springfield fell to 15-3 and had its five-game winning streak snapped. The Spartans traveled to face South County on Wednesday, Jan. 30, after the Connection's deadline. West Springfield will travel to face West Potomac at 7:30 p.m. on Friday, Feb. 1.

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21 Announcements 21 Announcements

OBITUARY

Gladys Cordelia Bushrod, 103, of Mason Neck (Lorton) VA peacefully entered into eternal rest on Thursday, January 24, 2013. She is preceded in death by her husband, Courtney and her two sons, Calvin and Maurice. Gladys leaves four daughters to cherish her memory; Lorraine B Jackson, Shirley Giles (Carl), Gwendolyn Wright and Barbara Strange (Theodore), sixteen grandchildren, twenty-eight great grandchildren, sixteen great-great grandchildren and a host of other relatives and friends.
A visitation for family and friends will be held on Friday, Feb. 1 from 6:00 until 8:00 at Shiloh Baptist Church, 10704 Gunston Rd., Lorton, VA, where a viewing will take place on Sat., Feb. 2 from 11:00 a.m. until time of service at 12:00 p.m. Interment, Shiloh Baptist Church Cemetery, Lorton, VA.
In lieu of flowers, the family requests that a contribution be made to the Shiloh Baptist Church Building Fund in Lorton.
Arrangements by Phillip Bell Sr. and Winona Morrisette-Johnson, P.A. www.bmjfuneralservice.com

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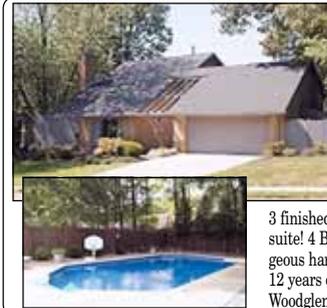


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2013 Projected % Change in Home Prices

2013 Projected % Change in Home Prices

Source	2013
JP Morgan	9.7%
Barclays	5.5%
Capital Economics	5%
Freddie Mac	2-3%

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