

'A BEACON OF HOPE'

Local musician Freddy Hall releases new album

» BY GIANNA JIRAK
For InsideNoVa

As Freddy Hall grew up in Lorton, his life was never devoid of music. Both of his parents were musicians, he took guitar lessons and he even had a band in high school.

But he was not swayed into pursuing a music career until his high school theater teacher told him that she believed it was the path he was destined for.

Taking her advice, Hall attended and graduated from Berklee College of Music. Soon afterward, he toured with the Tony-award-winning musical "Spring Awakening" as a member of the orchestra. While touring, Hall began branching out and writing his own songs. Whenever he could afford it, he would find a recording studio in whatever city the tour was in and create music.

"My music started to grow from there. I released a few EPs during that time and once we got back to the city I started working with a producer," Hall said.

From there, Hall, who now lives in Prince William County, went on to produce two studio albums and work with songwriting legends like Billie Joe Armstrong and Carole King. Most recently, he released his third studio album, entitled "Dazy," with the help of producer Anthony "Rocky" Gallo.

The album is a 10-track "journey of self-discovery through loss" that is "offered as a beacon of hope," Hall said.

The loss in question, among the album's many songs, is most encapsulated in "Feed the Fire" – an indie/rock song about a loved one who died from an opioid overdose.

"'Feed The Fire' is my imagination of what those final moments were for

him," Hall said. "Addiction is very much a real thing. It's a disease. It's a mental health issue. [...] People suffer from pain that is really hard for others to see because it's invisible."

Although Hall hasn't done charitable work specifically surrounding the opioid crisis, he believes music can be used for healing and frequently volunteers with Musicians On Call – an organization that brings live music to hospitals. Through his volunteer work, Hall has performed at the bedside of hospital patients both in-person and virtually during the COVID-19 pandemic.

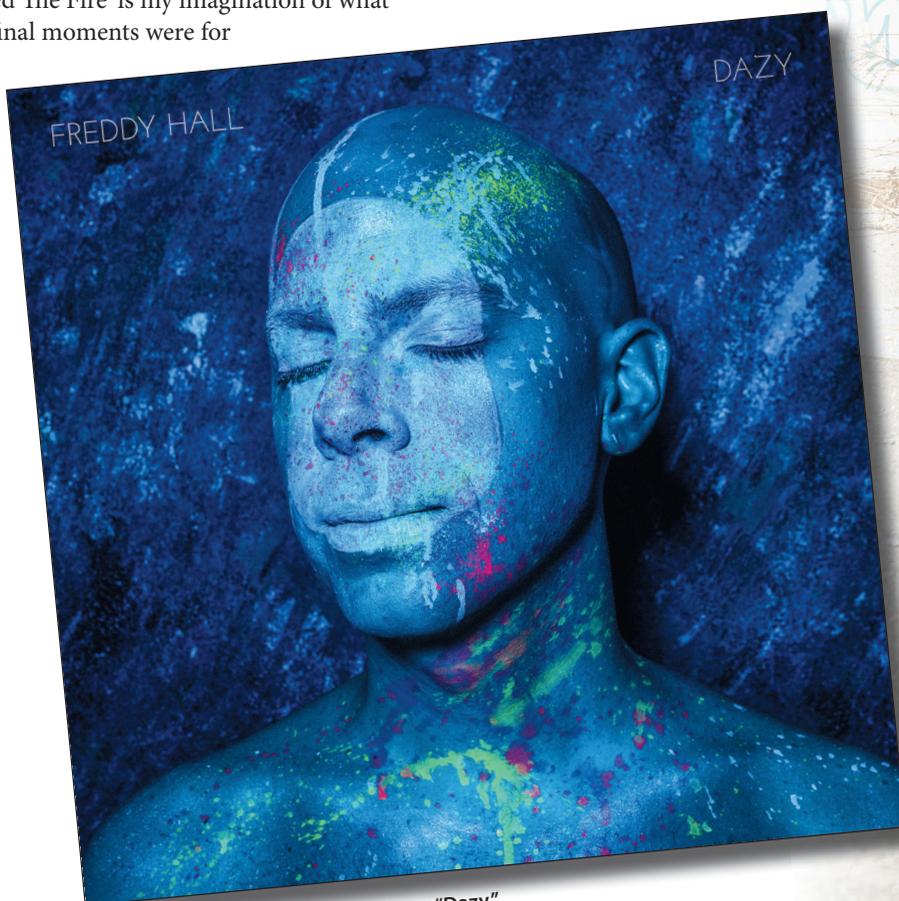
"I use music in a very healing way. Music to me is a very healing thing. As a musician I am a healer," he said. "I like to remind myself of that before I perform."

In addition to helping others, Hall often uses music to heal himself when he is facing hardship.

"I can sit down and write a song just because, but a lot of times I write because there is a feeling inside of me," he added. "Something about the way the vibrations of the guitar and the sound they're making kind of communicate with my emotions."

To promote "Feed The Fire" and "Dazy," Hall has been touring his home state, in addition to performing in Washington, Maryland, New York and Philadelphia. Last Sunday, he hosted an album celebration at Jammin Java in Vienna. He will also be performing at The Elkridge Furnace Inn in Maryland on Dec. 17.

"It's [touring] been incredible because people are eager to hear live music and to connect with other human beings," Hall said. "No matter how many times people will bootleg a concert it's never going to replace being there. There's so much energy to it."



The cover of Freddy Hall's new album, "Dazy"



Lorton native and Prince William resident Freddy Hall recently released his third studio album.

KESHIA EUGENE

On Solid Ice

How Potomac Patriots goalie Grace Campbell made hockey history

» BY DAVID FAWCETT
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Grace Campbell watches the puck glide across the goal mouth, while briefly monitoring the opposing player to her right.

Backdoor plays like this usually result in a goal. But the flurry of activity in front of her only heightens Campbell's awareness. She is ready to thwart the Richmond Generals' point-blank attempt.

In a move that is part instinct and part experience, Campbell, the Potomac Patriots' Elite Junior Team goalie, shows off her range by dropping to the ice in a split and, with her extended right leg, knocking the puck away.

Afterward, the understated Campbell allows it was a "nicer save than usual."

Patriots' co-owner and managing partner RJ Zeigler is a bit more enthusiastic.

As Potomac's defense clears the puck, Zeigler, standing to Campbell's right on the walkway that circles the rink, bangs on the plexiglass to express his appreciation.

If anyone questions whether the 5-foot-7 Campbell can hold her own against bigger, stronger, quicker male players firing 70 to 80 mph pucks at her, it was another reminder to silence the doubters.

With no room for error on this recent Wednesday afternoon inside the Prince William Ice Center in Dale City, Campbell has made a sensational effort look routine.

"I don't care if you are a guy or a girl, to anticipate, move that quickly laterally and have the flexibility, those are the types of game-changing saves," Zeigler said.

A PLACE TO PLAY

Campbell did not set out to make history. But based upon all available records, the United States Premier Hockey League confirmed Campbell is the first female goalie to compete in the USPHL junior leagues since they began in 2013.

She arrived at this milestone courtesy of COVID-19.

Campbell originally intended to go straight from high school

to college and begin her career at Boston College, one of the nation's top women's hockey programs, under head coach Katie Crowley.

But she put those plans on hold after the NCAA announced a year ago it would allow all winter athletes in Division I sports to receive an additional year of eligibility. The move was made in response to the pandemic.

At the time, Boston College had three junior goalies who opted to take the extra year.

Campbell, who graduated in May from the Shattuck-St. Mary's School in Minnesota, wanted to play college hockey as soon as possible. With four years of eligibility, she was fine waiting one year to bide her time behind upperclassmen, but not two years.

So she and the coaches decided it was best for her to take this year off and enroll at Boston College for the 2022-23 school year.

To fill the void and keep her skills sharp, Campbell needed to find another place to play. The Potomac Patriots provided an opportunity as a member of the USPHL, the nation's largest amateur ice hockey league with over 600 teams in 24 states.

She learned about the Patriots from a

“The way hockey is changing, everyone can play the game. Her future is great. We're excited to be part of her journey.”

— JOSH GRATTON, POTOMAC PATRIOTS ELITE AND PREMIER COACH AND A FORMER NHL PLAYER

friend who took private lessons at the Prince William Ice Center and recommended she look into it.

Mutual interest took hold in July when Campbell asked whether she could attend the Patriots' invite-only Elite skills session. Josh Gratton, the head coach for both of Potomac's two junior teams, knew of Campbell through a friend of his. In need of a goalie, Potomac brought her in.

She impressed the coaching staff so much that in early August they approached Zeigler about Campbell joining the Patriots.

"It was time to think outside the box and see what she has," said Josh Gratton, a former NHL player with the Phoenix (now Arizona) Coyotes and the Philadelphia Flyers.

Upon the coaches' urging, Zeigler took a moment and watched her from his second-floor office window above the rink and agreed with his coaches' assessment.

She was technically sound, especially with the way she positioned herself. Campbell also had good reflexes and was mentally unflappable, a necessary trait for a goalie who is the last line of defense and must quickly shake off a goal and prepare for the next series.

As an 18-year-old, Campbell fell into the right age range for the Patriots, where players typically take a gap year between high school and college to develop their skills by competing for either of its two junior teams: the Elite, for ages 16

CAMPBELL » PAGE 24

Grace Campbell has posted a 1-3-2 record with a 3.67 goals-against average and an .894 save percentage so far this season.

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COVID-19 IN PRINCE WILLIAM

All numbers through Wednesday, May 12, and show changes since May 5.

50,606 (+296)

Total confirmed and probable cases

Prince William: **45,094**

(+288)

Manassas: **4,295 (+6)**

Manassas Park: **1,217 (+2)**

Statewide: **668,147**

(+4,609)

547 (+4)

Deaths

Prince William: **489 (+5)**

Manassas: **47 (0)**

Manassas Park: **11 (-1)**

Statewide: **10,934 (+90)**

4.6%

(down from 5.3%)

Average test positivity rate*

Statewide: **3.9%**

378,763

(+5,550)

Tests conducted*

Statewide: **7.21 million**

78 (+8)

Outbreaks*

Statewide: **3,490 (+371)**

358,981

(+22,111)

Vaccine doses administered

Statewide: **6,876,455**

(+416,079)

 For daily updates, visit InsideNoVa.com and sign up for our email newsletters and breaking news alerts.

SOURCE: Virginia Department of Health.

* -- Outbreaks and diagnostic test data are reported for the Prince William Health District, which consists of the county and the cities of Manassas and Manassas Park. An outbreak is defined as two or more cases in one setting. Outbreak data was expanded last week to include outbreaks identified through antigen testing since Jan. 1, as well as those previously identified through PCR tests.

'Ghost town' no more

As restrictions ease, events return to Manassas

» BY JARED FORETEK
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At this time last year, the events that Manassas partly relies on to bring money and tourists into its Old Town were being called off. First it was St. Patrick's Day, then First Fridays and finally the annual July 4 festivities.

"It was such a ghost town for so long," said Debbie Haight, executive director of Historic

Manassas Inc., the city's tourism arm. "It was really scary."

Fast forward a year, and city officials and business owners are expecting a boon from the return of these events, along with the full

» INSIDE:

Occoquan debuts Artisan Markets, Page 15.

MANASSAS RETURN » PAGE 15

ON TAP IN OLD TOWN

Historic Manassas plans to bring back the following annual events this summer and fall, in addition to the monthly "First Fridays:"

- » **Manassas Heritage Railway Festival**, Saturday, June 5, 10 a.m.-3 p.m.
- » **Manassas Jazz Festival**, Saturday, June 19, noon-7 p.m.
- » **Celebrate America**, Sunday, July 4, 3-10 p.m.
- » **Bands, Brews & Barbecue**, Saturday, Sept. 4, noon-6 p.m.
- » **Manassas Fall Jubilee**, Saturday, Oct. 2, 10 a.m.-5 p.m.

Oh, My!

Bees



» Swarm at Manassas school is all the buzz. Page 5

A Lobster



» Rare find at local restaurant saved from the pot. Page 5

Dinosaurs



» New drive-through attraction opens at Bull Run Regional Park. Page 21

PAUL LARA|INSIDENOVA

And...



Cicadas begin to emerge here

» BY KARI PUGH
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They're here! The 17-year cicada brood is clawing to the surface from its long underground slumber. And while their numbers are small right now, the presence of the red-eyed, noisy, klutzy bugs is about to explode.

The Brood X cicadas started to emerge early this week around Alexandria, Loudoun County, western Fairfax County and parts of Prince William County, according to sightings from area residents, but they're still a bit drowsy and don't like the colder temperatures so much, experts say.

CICADAS » PAGE 9

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