



An Avalanche of Fun

By: David Ross



Early Monday morning, January 11, two school busses idled in the Sears parking lot, waiting for about 70 7th—12th and a few parents and chaperones. They climbed aboard at 6:30 to sleep their way to Whitetail Ski Resort in Mercersburg, PA for Fresta’s annual ski trip.

Whitetail has 17 different runs, which generally appeal to intermediate skiers,

but there are also trails for the first-timer, the inexperienced, and the expert skier. Different lifts take skiers and snowboarders of different abilities to their separate areas, which are wrapped around the mountain. Two terrain parks give the daring an area for performing jumps, half-pipes, and other tricks. Another favorite spot is the Magic Carpet Ride – the tubing hill.

The snow storm that pounded the east coast in December had dumped more than 20 inches of snow on the resort. The combination of all that

snow with the 25° temperatures created perfect skiing and snowboarding conditions. Perhaps because the trip was on a Monday, though, our group had the resort all to themselves.

Not everyone spent the day skiing. Some students, chaperones, and even parents remained inside the warm ski lodge, reading or watching the outside action, while sipping hot cocoa in front of a roaring fireplace.

According to 8th-grader Austin Freeman, “Whitetail gets better and better every time we go!”

Pennies for Haiti

By: Katie Badal

On January 12, an earthquake with a magnitude of 7.0 devastated the city of Port-Au-Prince, Haiti. An aftershock, with a magnitude of 5.9, shook the city again eight days later, on January 20.

Crumbling with all the other buildings was the only hospital in the area, leaving the injured with no medical help or sterile environment. The water is

beyond unsanitary, filled with disease-causing bacteria. Many of the survivors are left alone without family. All they see around them is death, devastation, and hopelessness.

Fresta Valley would like to help these people by donating money through Samaritan’s Purse. All the money collected will be used to help the people of Haiti. There is a jar in the



school lobby for donations. Our goal is to raise \$500. If you are unable to donate, please help by keeping the people of Haiti and those involved in rescue and mission efforts in your prayers.

Senior Spotlight: Sam Engle

By: Sarah Seligman

To the high school students, Sam Engle is known as the “movie-making genius.” But to the rest of our students, Sam is a senior who has attended Fresta since 7th grade.

In addition to making movies, Sam enjoys watching football and soccer, especially the World Cup. Because he loves to watch soccer, Sam decided to play varsity soccer in 10th grade.

This “movie-making genius” has creatively made a three-part series called *Sam’s House* and his own version of Star Wars. He is currently working on his next movie, *Sam’s House 4*. He enjoys making movies for God’s glory, and is looking forward to

starting a new “series” in his life.

As an only child, Sam has made many “sister” and “brother” friendships here at Fresta. But Sam is looking forward to making more friends

while he attends Northern Virginia Community College for his first two years of college.

He is not sure where the Lord is directing him, but he is open to whatever He says.



“ You shall love the Lord your God with all your heart, with all your soul, and with all your mind.”

-Matt. 22:37

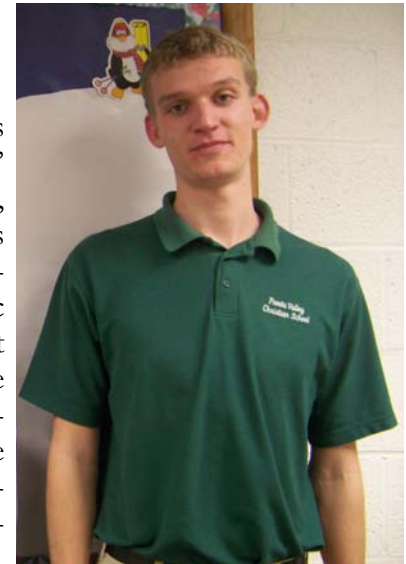
Senior Spotlight: Jayden Heck

By: Lindsay Seventko

Jayden Heck is one of our most adventurous and humorous seniors, although his shy personality keeps his humor slightly hidden. He has traveled to 26 countries and hopes to continue traveling. Germany was the favorite place he visited, with its beautiful concerts and scenery; but if he could live anywhere, he would choose to live in a villa on the coast of Spain. His ideal job for a day would be as a lift attendant in the Eiffel Tower. Some of his favorite things to do are rock climbing on the mountain next to his house and doing “anything outdoors” with his twin sister Jessica.

He is well known as the “tall guy” around the school, and he says that is probably his favorite characteristic about himself. But if he could change anything about himself, he would make himself more outgoing and friendly instead of so quiet.

After graduating, he plans to attend Northern Virginia Community College for a few years before applying to Canterbury University in New Zealand, where he will major in mechanical engineering.



Senior Spotlight: Jessica Heck

By: Meagan Fincham

Jessica Heck comes to us from New Zealand and brings with her a love of extreme sports such as rock climbing and mountain biking. She even hopes to learn to surf over the summer.

One of Jessica's passions is traveling. She has been to over twenty-six countries, including Italy and England.

But her most memorable experience was her trip to Cambodia, where she worked at an orphanage. She quickly discovered the children could not celebrate birthdays or Christmas because the orphanage

was so poor. While there they met a young lady named Andrea whose father donated over a \$1,000 worth of toys. They used this money to buy gifts for the children

Jessica joined us in 9th grade. As she approaches graduation she is considering studying Marine Biology at Otago University in New Zealand. This ambitious girl is also going to take an outdoor activities course.

As we can see there is nothing to stop this go-getter from achieving her goals.



"...you shall love your neighbor as yourself."

-Matt. 22:39

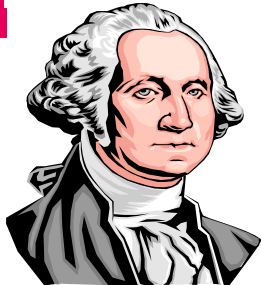
2 Great Presidents

By: Meagan Fincham and Lindsay Seventko

On February 15

We honor George Washington, our 1st President and

Abraham Lincoln, our 16th President



- ♥ Washington only went as far as the 6th grade .
- ♥ He had wooden teeth.
- ♥ His 2nd oath of office was the shortest history – only 136 words.
- ♥ He married Martha after knowing her less than a month.
- ♥ He died from having a throat infection and bloodletting.
- ♥ Lincoln was the first president to have a beard.
- ♥ He was the first to be assassinated.
- ♥ He was the first to be over 6 feet tall.
- ♥ Before becoming President he was a surveyor, a postmaster, a storekeeper, and a lawyer.
- ♥ He earned his nickname "Honest Abe" by wrestling the town bully.

JV Boys Skin the Leesburg Lions

By: Shawn Sumrall

The JV boys skinned the Leesburg Lions on January 19th in double overtime. It was their first win this season – one they fought hard for.

Both teams started out flat and dispassionate. Neither had a very high shooting percentage, caused by the lock-down defense that each displayed. Our boys were losing early but jumped back into the game in the fourth quarter and gained four points, bringing the score to 23-19.

With only seven seconds left, stand-in coach Shawn Sumrall directed the team to “take the air out of the ball.” That is, “Hold the ball and don’t shoot. Don’t give the other team a chance to score.”

But Brett Sumrall threw up a shot that slammed into the back of the rim. The Leesburg Lions snatched the rebound and promptly scored a basket. On the inbound they stole the ball and scored again to tie the game right before the buzzer sounded, ending regulation time.

Both teams scored during the 1st overtime, making the score 25-25. Eryck Pierce rocked a three-pointer, followed by another basket and point-after. Final score: 31-27!!

Until now, this young team has been struggling. They haven’t had as many practices as their coach, Sid Budd, would like. But this win will fire up the team for the rest of the season.

Families in Touch

Invites You

To Pray

For

Fresta

Fridays

8:15 am —9:00 am

Room 20

Contact:

Tracy Kakadelis

349-3073

tvk@undergrace.org

Random

Facts

Months that begin on a Sunday will always have a "Friday the 13th."

The elephant is the only mammal that can't jump!

Dolphins sleep with one eye open!

Owls are the only birds who can see the color blue.

No word in the English language rhymes with month, orange, silver and purple.

Mel Blanc (the voice of Bugs Bunny) was allergic to carrots.

"A friend loves at all times..."
-Prov. 17:17

My Two Cents

By Katie Badal

Where would you like to be right now?

"The Bahamas"
- Rachel Fincham



"North Carolina"
-Molly Freer



"3 places at once: Haiti, Michigan, and the beach"
- Mrs. Becker



"Bahamas...some place hot"
-Sierra Lam



Open House

Re-scheduled

Saturday, Feb. 20th

Time:

1:00-3:00

R.S.V.P.

Via Website or Call the school office

Lunch will be served followed by time to meet teachers and other Fresta families.

Feel free to bring a family who may be interested in learning more about FVCS



Happy Valentines Day!

Junior Bible Quiz

By: Sarah Seligman



Instead of sleeping in, the Junior Bible quizzers woke up early on Saturday, January 9. They traveled to The Assembly of God in Leesburg. On the Primary Level which consists of 1st-3rd graders, the Fresta's team as a whole placed 5th. Out of ten quizzers, Maddie Lam placed 5th and Jake Hailey placed 9th. Unfortunately, the Otten boys were not able to participate in the tournament.

Danny who is in 1st grade and Joshua who is in 3rd grade are vital parts to Fresta's Primary team, and they would have helped Fresta's team enormously. For the 4th-6th graders, the Juniors Level, Luke Hailey placed 2nd, Emily Weatherholtz (homeschooler) placed 3rd, and Jansen Beals tied for 5th. The Juniors team placed first for the entire competition.



"And now abide faith, hope, love, these three; but the greatest of these is love"
-1 Cor. 13:13

January's Outstanding Students

K4
Keegan Kelly

K5
Brooke Worsham

1st
Will Becker

2nd
Sebastian Aguilar

3rd
Brooke Kovalchuk

4th
Nathan Gregory

5th
Kyra Sprague

6th
Katie Shollenberger

TEENS OPPOSING POVERTY(TOPS) Trip

By: Katie Badal

February 13, 2010

ITEMS NEEDED

- ♥ Men's and women's clothing— **pants, shirts, socks, jeans, coats, sweaters, gloves, boots, hats, underwear, blankets and sleeping bags.**

Note: We need more men's clothing than women's, but will accept both.

ELEMENTARY STUDENTS

- ♥ **Bar soap, shampoo, combs, deodorant, wash cloths, body powder, chapstick, shaving cream, razors, lotion, feminine products and toothpaste/toothbrushes.**

HIGH SCHOOL STUDENTS

Items to bring will be announced in class

CHAPERONES NEEDED

Contact Mrs. Mercer at jmerc@frestavalley.org or at 540-364-1929 ext. 103.

DEADLINE

Thursday, February 11th

"All your children shall be taught of the Lord; and great shall be the peace of your children." Isaiah 54:13



**FRESTA VALLEY
CHRISTIAN**
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February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
SPIRIT WEEK						
7	8	9 JV Boys @Evangel VG, VB, JVB @ Evangel MSG, MSB, VMSC quarter finals	10	11 JVG, JVB @ Chelsea Academy MSG, MSB Semi finals	12 MSG, MSB VMSC Finals	13 Junior Bible Quiz TOPS trip to D.C
14	15 NO SCHOOL JV&Varsity Boys @ Calvary Temple	16 VG, VB @ Wakefield vs. Holy Family Academy JVB VACA quarter finals MSG, MSB VACA quarter finals	17	18	19 VG, VB @ Emmanuel Christian School JVB VACA semi finals MSG, MSB VACA semi finals	20 Open House
21	22	23 VG, VB VACA regional quarter finals	24	25 Bible Quiz	26 3rd interim ends Elementary spelling bee VG, VB VACA regional semi finals	27 VG, VB VACA regional Finals
28						