

ALWAYS IN OUR HEARTS BY KATIE BADAL

On August 27, 2009, Alana Michelle Hester, our dear friend and former student, went home to be with the Lord. This 17-year-old lived to show God's love to others. We will remember her as a fun-loving person whose smile could brighten anyone's day.

Alana attended Fresta Valley from 2005 – 2007. While here, she played on the varsity soccer team. She also played in the VACA state tournaments both of those years. Along with soccer, she played on the middle school basketball team and the JV basketball and volleyball teams. She was also involved in our drama program. She participated in the play *The Sound of Mu-*

sic where she was cast as a nun in the ensemble. After ninth grade, Alana left us to attend Culpeper County High School. While there, she continued playing soccer. Her coach, Erick Kalenga, described her as "...very spontaneous...she always smiled, and she was a leader."

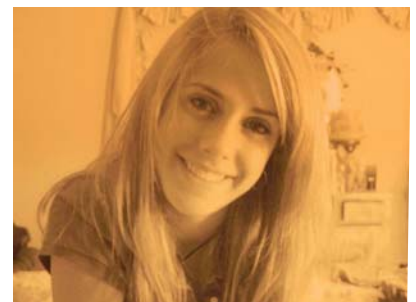
Alana was anything but ordinary. A few of her favorite things were soccer, coca-cola, and Goldfish™ crackers. Many times we found her off in "la-la land." Some might think that was a bad thing, but it was what made her unique. She was quirky in the sense that when she was sitting, she would rock back and forth without caring what other people

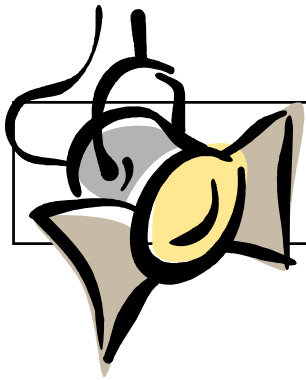
thought. Putting all silliness aside, Alana had the gift of love. Her teacher Mrs. Powell said about her, "Alana always had a smile on her face...she loved to love."

Alana was a hard worker and was active in the youth center called Rize Up in Culpeper where she volunteered to work on a farm. Her soccer coach, Erick Kalenga, the founder of the ministry, encouraged her to volunteer. Some might have a hard time seeing Alana working on a farm, but she made the most of it. She said, "Whatever you are doing at the moment, have fun doing it." And she did.

While working with her on the farm, Mr. Kalenga talked with her about her faith. After a few conversations, "Alana was ready to make a change," said Mr. Kalenga. She rededicated her life to the Lord.

Although Alana's family and friends miss her terribly, we all know that it is not the end. Let's remember 2 Corinthians 4:8-9: "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed."





SENIOR SPOTLIGHT—GABRIELLE BEALS

BY SARAH SELIGMAN

Gabrielle Beals (most of us call her Gabby) has attended Fresta Valley since the 5th grade. Before coming here, she was homeschooled. Over the years, Gabby has been involved in the Forensics and Drama Clubs, the Bible Quiz Team, and high school choir. She has played soccer, volleyball, and basketball for Fresta Valley all through middle school and high school. Her favorites are volleyball and soccer. Gabby keeps busy outside of

school as well. She loves to read, hang out with friends, and – best of all – sing and perform at her church. Where did Gabby find this love of choir and drama? From the words of Gabby herself: “My older siblings loved to sing and perform on stage, so I fell in love with it as well.”

After graduation, she plans to major in either music or drama. She’s not sure where she’ll attend college, but Liberty University is on her list of “possibilities.” Where does Gabby see herself in

ten years? “I will hopefully be married with kids.”



7th—12th GRADE ANNUAL HARVEST PARTY/HAWAIIAN LUAU

Friday, October 9 3:00- 8:30 p.m.

All 7th—12th grade students, parents, and homeschoolers involved in fall activities

\$10 per person/\$30 per family

Basketball and volleyball tournament– sign up in advance

5 p.m. soccer game

Pumpkin painting contest

Limbo contest

Special guest speaker

Bonfire

Hawaiian shirts, modest blue jeans and shorts (no face or hair painting)

Grass skirts may be worn over clothing

BBQ style dinner

RSVP by Tuesday, October 6

NEW STUDENT—NGUYEN VIET LINH

BY DAVID ROSS

This year we have a foreign exchange student from Vietnam, Nguyen Viet Linh. Linh always wanted to travel, so when he was given the opportunity to come to America, he took it. He chose our state and our school because he wanted to be near both Washington D.C. and New York City. Linh is staying with the De Vera family, learning to cook with Mr. De Vera.

Linh's favorite food is "Pho brand" noodles. They are made with caramel, beef, and a special sauce made out of bone. Other favorites are listening to music, reading comic books, playing computer games, and playing soccer and basketball with his

friends. Before he returns to Vietnam, he wishes to see Kobe Bryant play with the Lakers.

Linh likes attending Fresta because we change rooms for each class, play sports at school, and can learn an instrument. Our atmosphere is friendly and there is a lot of freedom compared to his school in Vietnam. At that school, there are 30 – 40 students in each classroom. The students stay in one room all day – from 7:30 a.m. to 4:00 p.m. – because the teachers move for the different subjects. After lunch the students all take 30 minute naps, which is why he seems tired in the middle of the day. Linh is now learning to

play the cello for our orchestra and playing on our varsity soccer team.

Linh is looking forward to a great year here at Fresta Valley.



FOR YOUR INFORMATION...

Ron Blackwood & the Blackwood Quartet

Saturday, October 10 7:30–9:00 p.m.

Fauquier High School auditorium

\$15 per person

Children 12 & under FREE

Sponsored by Warrenton Sunrise Lions Club

Proceeds benefit diabetes, sight, hearing, youth, & community projects

2009-2010

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VARSITY SOCCER: A REBUILDING YEAR BY SHAWN SUMRALL



spite of a poor display in the second half, the team came out victorious 4-3.

As the team tries to rebuild itself to become a regional – and maybe even a national – championship team, they have chosen a team verse to encourage themselves. David Abell, the team’s sophomore striker, suggested the chosen verse: “Wherefore, seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.” (Hebrews 12: 1&2)

A Rebuilding Year – that’s what this year’s varsity soccer team is calling its 2009 season. With only three returning starters in Shelby Streeter, Anthony Yung, and Shawn Sumrall, the team is full of young players that have the raw talent and potential to become a dominant force.

Their first game was against the Wakefield Owls. They played well and tied the Owls 3-3. Their first conference game was against the Riverfront Rams. In

This year’s head coach, Kevin Worsham, mentioned that the team lost 9 or 10 seniors from last year’s roster. But he still expects this year’s team to be one of the best Fresta has ever produced. He expects the team to return to the national level by next season. He credits Elliot Powell and Casey Johnson, two of the team’s three seniors, for deciding to play this year so that they might bring size and an aggressive style of play to the field.

VARSITY VOLLEYBALL: IN FULL SWING BY SHAWN SUMRALL

This year’s volleyball season is in full swing. The team has played four regular season games and is 2W-2L. The team played school rival Shenandoah Valley on the 15th. After a well-fought and intense game our girls came out victorious, winning three games to one. The girls were ecstatic about the win but were brought back to reality by Leesburg Christian a week later in a 1-3 loss. The games were both conference games and were

must wins for the girls. The team has many games ahead of them and this is just the beginning of the season. The team, led by captains Evy Papadopoulos and Sarah Swallow, have a difficult schedule coming up. They play both Leesburg and

Shenandoah again before the season’s end. The girls also have a very tough non-conference schedule. They play high school powerhouses Wakefield, Wakefield Country Day, and Emmanuel Christian School before the season’s end.

Even with the tough schedule ahead, the girls are positive about the rest of the season.



Good luck, girls!

\$\$\$ FOR FRESTA

Box Tops – earned Fresta \$348.67 last school year!

- \$ 10 cents per box top
- \$ Place in box in lobby labeled "Box Tops"

Capri Sun

- \$ 2 cents per pouch
- \$ Place in trash can in cafeteria can labeled "Capri Sun"

Grocery store money saver cards

– earned Fresta \$1,292.67 last school year!

- \$ Money determined by sale
- \$ Cards obtained online or at the store

Online Card Registry Codes

Go to the store's website
Follow the directions to register your card

Fresta's codes are:

- Bloom: 1211
- Giant: 02045
- Harris Teeter: 7315
- Safeway: 6505914
- Target: 23740



MY TWO CENTS

BY SARAH SELIGMAN

WHAT'S YOUR FAVORITE RESTAURANT?



Clark Foster
Bertucci's

Natalie Catir
Buffalo Wild Wings



Deyonna Pinkard
Ruth's Chris Steakhouse

Mrs. Mercer
P.F. Chang's



SAVE THE DATE!

2009 National Christian College Fairs

McLean Bible Church
8925 Leesburg Pike
Vienna, VA 22182

For more info, visit www.nccf.us

Monday
October 19, 2009
7–9 p.m.

September's Outstanding Students

- K3
Isaiah Phillips
- K4
Katelyn Burton
- K5
Anabella Graziano
- 1st
Ariana Lundy
- 2nd
Emma Miller
- 3rd
Maddie Lam
- 4th
Haylie Kovalchuk
- 5th
Skyler Buss
- Nate Stanley
- 6th
Sami Hailey
- Molly Freer

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



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OCTOBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Speech/Debate Tournament 1	2	Jr. Regional Orchestra Auditions 3
4	5	6	1st Interim Ends 7	8	Harvest Party 9	10
11	12	13	14	Picture Day 15	16	17
18	No School— Parent/Teacher Conferences 19	20	21	22	23	24
25	26	27	28	29	Elementary Spelling Bee 30	31