

Bunny Hop

NEWS, PAGE 3

Sisters Dylan Patton, 2, and Bobbie Patton, 5, pose with the Easter Bunny — in reality Clifton's Donna Netschert — on Saturday, during the Town of Clifton's annual Easter Egg Hunt. Dylan and Bobbie's parents are Marcus and Ina Patton.

County Weighs Higher Athletic Fees

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Recruit Me, Please

SPORTS, PAGE 10

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Hunting They Will Go

Children search for Easter eggs throughout the Town of Clifton.



Clifton Elementary kindergartners Alexis Meade, left, and Samantha Gentry, both 6, relax after the hunt.



Clifton Elementary second-grader Rebecca Wasserott, 7, with her Easter basket.



From left are Jackie Morrogh, Paul VI freshman; the Easter Bunny, portrayed by Clifton resident Donna Netschert; and Jeannie Dennis, owner Cottage Arts.



Connor McIntire, 8, of the Boyd School.



Clifton's Aidan Pollard, 5, proudly displays his bounty from the Easter Egg Hunt on Saturday.

PHOTOS BY
BONNIE
HOBBS

Herrity, Frey Oppose Higher Athletic Fees

Most participants would see a 136 percent increase in payment to county.

BY JULIA O'DONOGHUE
THE CONNECTION

Organized sports participation across the Fairfax County is down but numbers at some local organizations, like the Springfield Youth Club and Lee Franconia Football League, are particularly low, said Lula Bauer, the Lee District representative on the Fairfax County Athletic Council.

Bauer said all sports clubs that serve residents near the Route 1 corridor have been negatively impacted. Lee District, which is home to more low-income residents than other parts of the county, has likely been harder hit by the economic recession, she said.

So Bauer, a soccer enthusiast that lives in the Franconia area, is angry that Fairfax would consider raising its athletic fees at

this time.

"It is going to kill our club, any type of increase," she said.

Bauer spoke at a meeting organized by Supervisors Patrick Herrity (R-Springfield) and Michael Frey (R-Sully) about the proposed athletic fee increases in West Springfield High School April 7.

COUNTY EXECUTIVE Anthony Griffin proposed an athletic fee increase from \$5.50 per team participant per sports season to \$13 per team participant per sports season for county residents.

For the first time, Griffin has also added a "non-county resident" fee of \$30 for youth who participate in Fairfax County sport leagues. "Non county" adults, who have already been paying a fee to participate in sports leagues, would see an increase in their own fee from \$20 to \$30.

Teams participating in county tournaments would also have to pay more, up from \$15 to \$25 per event. People, such as those organizing a family reunion, would also be charged more - from \$50 to \$120 - for "one time" use of a county sports facility, like a softball field.

These higher rates will help pay for Fairfax County's \$650 million shortfall, said Griffin.

The increased sports fees would also make it harder for some youth sports clubs to survive, said Bauer and Michael Thompson, Burke Athletic Club president and Springfield representative on the Fairfax County Athletic Council.

In one county youth sports club, approximately 30 percent of participating families already receive scholarship funds to help cover the current athletic fee and other costs associated with playing sports. A 136 percent increase in the rate for county residents would limit the ability of that club and oth-

ers to meet the needs of families already receiving assistance, said Thompson.

An increase in the fee would also limit the sports clubs ability to provide other supplemental services, such as field maintenance and facility upgrades.

According to Thompson, the county soccer clubs collectively put over \$3 million back into the upkeep of county and school fields. His own organization, Burke Athletic Club, regularly plants new grass and is in the process of replacing a series of "No Dogs Allowed" signs. The Burke basketball program is paying to replace the floor of one of the local elementary school's gyms.

"The Springfield Youth Club is the reason West Springfield High School has a turf field. ... The youth programs are constantly putting money back in," said Thompson.

"It is going to kill our club, any type of increase."

— Lula Bauer

SEE INCREASED, PAGE 7

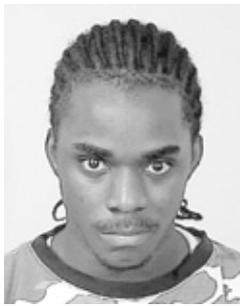
Stafford Man Charged With Fondling Lorton Girl

Fairfax County Police have charged a 20-year-old man with three sexual crimes after he allegedly fondled a 12-year-old Lorton girl. He is Owen Anthony Brown of the 100 block of White Pine Circle in Stafford.

According to a police release, Brown was communicating with the Lorton girl online and, on March 26, arranged to meet her at her home while her parents were gone. While there, according to the release, he allegedly touched her inappropriately and fled when her parents unexpectedly came home. The parents discovered two days later that he was an adult and called police.

Brown was apprehended at home, on Tuesday, March 31, and transported to the Rappahannock Regional Jail in Stafford. Police charged him with use of a communication device to solicit a juvenile, aggravated sexual battery and indecent liberties with a minor.

Fairfax County detectives encourage anyone who may have had contact with Brown to please contact the police. Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.



Anthony Brown

Police Photo

Teens Arrested for Theft

On Thursday, April 2 at 4:19 p.m., the manager of the Ulta store at 9600 Main St. in Fairfax reported that two young men had been seen taking bottles of fragrance by concealing them under a jacket. Using information and a vehicle description provided by witnesses, City of Fairfax police officers conducted a traffic stop and the stolen merchandise was recovered.

Two teen-age boys, a 16-year-old from Clifton and a 17-year-old from Centreville, were taken into custody and released to their parents. Juvenile petitions were to be obtained, charging them in the case.

Clifton Lions Flip Pancakes

When it comes to making pancakes, the Clifton Lions Club has lots of experience. On Sunday, April 19, the club hosts its 39th annual Pancake Breakfast.

Chow time is 8 a.m.-12:30 p.m. at the Clifton Presbyterian Church, 12748 Richards Lane in Clifton. Cost is \$6, adults, and \$4 per child under age 14.

"It's always a fun event because we're talking about food," said Lions Club President Kevin Carroll of Little Rocky Run. "It's a venue where people can come together and chat and, often, local dignitaries will drop by, too."

Besides pancakes, the menu also features bacon, sausage, juices, coffee and tea. All of the proceeds go to charity.

"We give to about 30 different charities, during the year, said Carroll. "For this event, we'll contribute to the American Diabetes Association. But first and foremost, for us, this is more of a community-service type thing. During the breakfast, free sight and hearing testing and diabetes screening will be available to everyone attending."

The Clifton Lions Club just celebrated its 40th anniversary last week, and the Pancake Breakfast is the longest, continual event in its history.

"People really look forward to this event," said Carroll. "One family even makes it a point to be the first in line. They come every year, with grandma, grandpa and the kids in tow. They're always waiting for the door to open."

The Clifton Lions meet the second and fourth Thursday of the month, at 7 p.m., at the Fairfax Station Railroad Museum. For more information, see www.clcv.clubexpress.com/.

One Final, Good Act

West Springfield student collects food for Lorton Community Action Center.

BY JUSTIN FANIZZI
THE CONNECTION

Sometimes, everyone does just what he or she needs to get by. If it means cutting corners or giving a lackluster effort, so be it. However, for some people out there, "just enough" is anything but, and Joey Wheeler is one of those people.

Wheeler, 18 and a senior at West Springfield High School, was originally tasked, like every other senior, with completing a Senior Capstone Project, which requires the seniors to spend 10 hours designing and organizing their own community service project.

Though every other student emerged with a service project, it is hard to argue that any were more successful than Wheeler's project, which collected 1,004 pounds of food for the Lorton Community Action Center.

"It's one of those things where it is so overwhelming that even with a kid with a great work ethic it is still surprising," said Betsy Fawcett, Wheeler's Information Systems teacher. "He is very persistent and will always find a way to make things work."

Wheeler's decision on what to do for his project was quite easy, as he drew upon his experiences in the Boy Scouts, where he currently serves as an Assistant Scout Master. As part of the "Scouting for Food" drive, Wheeler and other scouts distributed bags to people's doorsteps for them to fill with food. A week later, Wheeler returned to collect the bags and then donated them to those in need.

Using this event as inspiration, Wheeler reached out to his church, St. Raymond of Penafort Roman Catholic Church, to help him get the ball rolling.

First, Wheeler contacted a person in his congregation who has ties to the LCAC to create the relationship. Then, with the relationship established, Wheeler arranged, with the person's help, to get a van that could transport the food from those donating it to the LCAC. Finally, Wheeler put an announcement in the church bulletin to invite his fellow parishioners to participate.

Over the next week, Wheeler returned to the church to collect food from churchgoers following each Mass. After all of the food was collected, Wheeler and his father filled the donated van and drove to the LCAC, where he met up with his mother and sister and unloaded the smorgasbord.

"[Wheeler] is extremely caring all the time to everyone he meets, so the fact that he was so success-

ful with his Senior Capstone Project doesn't surprise me one bit," Paul Wardinski, the West Springfield principal. "That is what has happened for so many of our students and this project. At first, they see it as yet another assignment they have to complete, but then it becomes personal and very rewarding to them and the community."

FOR HIS EFFORTS, Wheeler received an "A" on the project, but he had a deeper sense of satisfaction that went beyond grades. Though the mark was nice, it was more important for him to contribute to his community, as evidenced by his plans for future fund raisers and charity drives.

Currently, Wheeler is preparing for a weeklong service project with the Diocese of Arlington this summer in which he will be sent to one of 100 sites to paint and repair homes, build wheelchair ramps and more.

"The fact that he was so successful with his Senior Capstone Project doesn't surprise me one bit."

— Paul Wardinski, principal, West Springfield High School



Joey Wheeler stands in the Lorton Community Action Center's basement surrounded by the half-ton of food he collected.

PHOTO CONTRIBUTED

After graduation, Wheeler plans to enter the FCPS' job training program, which prepares students for careers in a multitude of areas. Wheeler said that he wants to go into the hospitality management industry, continuing the work he has done for the past two years in the dining services department at Greenspring Retirement Community.

Though successful in his capstone project and sure to be in his future endeavors, Wheeler is quick to let the praise be spread around.

"I was grateful for helping out my community and the people in need," Wheeler said. "I would like to thank my teachers and my parish for the support they gave me."

NEWS

Meet Lt. Gov. Candidates

The Democratic Women of Clifton, the Democratic Women of Lake Ridge and the Springfield District Democratic Committee are hosting a Candidate Forum on Sunday, April 19, from 3-5 p.m., at the Clifton Town Meeting Hall, 12641 Chapel Road in Clifton. Democratic candidates for lieutenant governor, Jon Bowerbank, Pat Edmonson, Mike Signer and Jody Wagner, will present their views and answer questions.

Attorney General candidate, Del. Steve Shannon (D-35), will also participate. All Democrats from Northern Virginia are invited to attend. For more information, call 703-239-2616 or visit www.DemocraticWomenofClifton.org.

Republican Women Host Speaker

The Republican Women of Clifton will host a talk by Sasha Gong, on Monday, April 20, at 7:30 p.m. at Clifton Elementary, 7010 Clifton Road in Clifton. A social gathering at 7 p.m. will start the event. Gong grew up in China under a Communist regime and experienced firsthand the brutality of a totalitarian regime. Because of her counterrevolutionary writings, she was imprisoned in 1970. She's now a naturalized Chinese-American, proud to serve her adopted home country and pleased to share her story with the community.

FAITH NOTES

Lord of Life Lutheran Church offers the following opportunities at its two locations, 5114 Twinbrook Road, Fairfax, and 13421 Twin Lakes Drive, Clifton:

♦ **Maunder Thursday Worship** (Clifton and Fairfax) April 9, 7:30 p.m.

♦ **Good Friday April 10, 12 p.m.** (Fairfax) Children's Worship, 7:30 p.m. (Clifton); 7:30 p.m. (Fairfax) "A Vigil of Remembrance" by May Lu Warstler, a contemplative service based on the Gospel of Mark

♦ **Easter Sunday**, April 12, 6:30 a.m., Sunrise Communion Worship (Fairfax); 8 a.m., Communion Worship (Fairfax); 9:30 a.m., Contemporary Communion Worship (Fairfax); 11 a.m. Communion Worship (Fairfax); 8:30 a.m. and 10 a.m. Communion Worship (Clifton).

Burke Presbyterian is offering a **Good Friday Service**, April 10. At 7:30 p.m. and **Easter services** on Sunday, April 12, 8:30 a.m., 10 a.m. and 11:30 a.m. Burke Presbyterian will be hosting the Grove City College Touring Choir from Grove City, Pa. on Thursday, April 9, 7:30 p.m. Burke Presbyterian is located at 5690 Oak Leather Drive, Burke.



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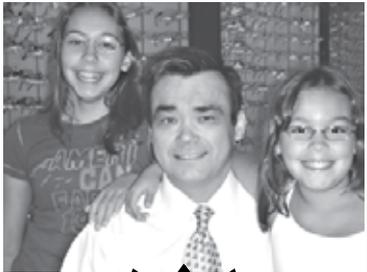
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OPINION

Celebrating Poetry

The Connection will print poetry submitted by readers.

April is National Poetry Month according to the Academy of American Poets, and here at the Connection, we invite poets to send submissions for us to print.

On April 10, 2007, the Alexandria City Council named Mary McElveen as the city's poet laureate for a three year term.

This is one service local government could expand in these economic times; Fairfax, Arlington and Loudoun counties, the City of Fairfax, the towns of Herndon and Vienna could consider appointing their own poets laureate.

The National Poet Laureate serves as consultant to the Library of Congress and "seeks to raise the national consciousness to a greater

appreciation of the reading and writing of poetry."

VIRGINIA also has a poet laureate, a position established by the General Assembly and appointed by the governor from nominees submitted by the Poetry Society of Virginia. The current poet laureate of Virginia is Claudia Emerson, claudiaemerson.org.

The Alexandria Poet Laureate will promote an appreciation of poetry as an art form, encourage creative writing and reading of all forms of literature, and promote literacy through poetry.

Are you a poet? The Connection will print poetry submitted by readers this spring and occasionally throughout the year.

Poetry Reading

Program places poetry on Northern Virginia Metrobuses operating in Arlington, Alexandria, Falls Church, Fairfax County and Fairfax City. Winning poets read their work. Tuesday, April 21, 7-9 p.m., at Dome Theatre, 1101 Wilson Blvd., Rosslyn 703-228-1854, www.arlingtonarts.org/cultural_affairs/movingwords.htm

Poetic Voices Without Borders, 2

April 23, 2009, 7-9 p.m., at The Arlington Arts Center, 3550 Wilson Blvd. Celebrate the release of *Poetic Voices Without Borders, 2* and National Poetry Month. The poets will read from the anthology and their current work. 703-248-6800

Poem a Day

Go to www.poets.org to sign up for a poem a day in your e-mail box.

Understanding the Equation

School Board member responds to Pat Herrity's March 26 Commentary in the Connection.

By PHILLIP NIEDZIELSKI-EICHNER
PROVIDENCE SCHOOL BOARD MEMBER

The past year has been sobering for the community in the face of fiscal crisis. The community rightly expects during such times a spirit of collaboration and problem solving among its locally elected officials. The School Board and the Board of Supervisors are meeting together — and our respective staffs are working together — more so in the past two years than in anyone's memory. We recently convened jointly the Smart Services, Smart Savings Task Force, consisting of three members from each board, to identify additional joint service delivery opportunities.

I was therefore dismayed to read Supervisor Pat Herrity's (R-Springfield) recent article regarding the school system's budget in which he makes a set of unsubstantiated and misleading claims.

An easy example is fuel costs. We budget vehicle fuel at \$3.23 per gallon, the median price paid during the first half of the current budget year, not \$5.20 per gallon. Further, a half-student increase in class size across the board and a freeze on compensation are already included in the School Board's advertised budget. When 86 percent of our costs are employee compensation and when 92 percent of our employees work in schools, we cannot avoid these areas to secure the savings of the magnitude required during this fiscal crisis.

WE ARE opening two new elementary schools next year to offset overcrowding in the western and southern areas of the county. We

project that we will need to serve over 5,000 students more next year than in the current year. At a cost of \$36 million, this projected growth could not come at a worse time. The solution however cannot be to wish the problem away. We must serve all students who enter our doors and we have no control over conditions that generate them.

Our projections are based on a methodology that is independently reviewed by experts at George Mason University's Center for Regional Analysis, as well as by Fairfax County's own demographer. Notably, FCPS averages a 99 percent accuracy rate for one-year projections versus actual school year membership.

Other facts include the following:

❖ Less than one percent of all FCPS-funded positions are nonschool-based administrators.

❖ FCPS shines in the current year annual Washington Area Boards of Education (WABE) Survey.

❖ WABE identifies that FCPS is the most efficient with a ratio of 0.89 percent of nonschool-based positions to school-based positions, with the next lowest ratio being Montgomery County with 1.1 percent.

❖ FCPS cost per student is \$13,340 per student, nearly \$2,000 lower than Montgomery. The extra cost to our taxpayers this year if we had the same cost structure would be equivalent to about 16 cents on the property tax rate.

❖ FCPS' cost will be further reduced by \$500 per student under the approved budget.

IN TIGHT fiscal times, everyone agrees that

savings must be taken in a proportionately greater measure from central administration. This is why, after accounting for new students, nonschool-based positions are reduced by nearly 5 percent, while school-based reductions are limited to less than 1 percent.

Each of the cluster offices consists of a total of three staff members (an assistant superintendent, a director, and a clerical person). Each cluster is responsible for approximately 30 schools, 2,000 school-based personnel, and 20,000 students; i.e., equivalent to a medium-size school system. Arlington County is approximately the size of one of our eight clusters. The span of control, with responsibility for monitoring, supporting and guiding its principals, is greater than most superintendents.

The FCPS top-to-bottom program and operations review sought to integrate services to reduce overhead and improve effectiveness. Both the Instructional Services Department (ISD) and the Special Services Department (SSD) are streamlined as a result of this process, resulting in the reduction of nonschool-based positions, a flattened hierarchy, and increased integration across both ISD and SSD services. ISD's 527 positions are notable. Accounted for centrally, 359 of these are actually school-based teachers of reading, music, art, ESOL, advanced academics, and career and technical subjects.

FCPS has remained remarkably successful in spite of a dramatic change over the last decade in the diversity of its students: Over 40 percent speak English as their second language; 20 percent of our students live in poverty. Yet 93 percent of our students go on to post-secondary education, our SAT scores are substantially higher than the state and national averages, and all our high schools are ranked by Newsweek as being in the top 4 percent nationwide.

COMMENTARY

THE CONNECTION

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Increased Athletic Fees

FROM PAGE 3

Even the "non county" fee for youth participation is likely to impact some sports organizations.

The Fairfax-based soccer program run by Families In Support Of Home Education (FISHE) has 400 home-schooled participants that come from all over the Northern Virginia region, said Sarah Climkowski, one of the organization's leaders.

Any fee increase, but particularly the \$30 charge for each youth from outside Fairfax, is going to cause some families to drop of FISHE's soccer program, she added.

Climkowski said many of the parents participating in FISHE soccer have more than four children. They also tend to living on a single income, making it harder for them to pay out of pocket easily.

"This is going to make it so lots of them can't pay," said Climkowski, a Fairfax resident, about the increased rates.

But without the athletic fee increase, Fairfax County would be forced to make tough choices with regard to sports programming, said county staff.

If the athletic participation rate were kept at \$5.50, the county might have to cut its youth scholarship program, which helps supplement the financial assistance individual sports clubs provide. They would also eliminate the youth sports officials' subsidy, which helps pay for referees, and porta-jons from 78 park facilities.

Fairfax would also consider reducing the monitoring services that are part of its athletic field walk-on

prevention program. This service allows teams and clubs that have reserved fields to call officials when unauthorized users are already playing at a facility and refuse to leave.

County staff said the athletic fee increase is also needed to cover additional utility costs, which have skyrocketed in part because Fairfax has added new lighting and irrigation systems to 22 of its fields.

It is important that Fairfax County start a turf field replacement fund, so that the locality is prepared to replace its synthetic turf facilities, which have a life space of approximately eight to 12 years, according to officials.

Reluctantly, the Fairfax County Athletic Council has recommended a fee increase from \$5.50 to \$8 to help recover some of these costs, particularly the loss of the field monitoring program and the scholarship fund.

But the group suggested that the fee increase sunset automatically in two years and several members, including Thompson, voted not to recommend a fee increase at all.

When it passes the 2010 county budget April 27, the Fairfax County Board of Supervisors will make the ultimate decision about whether to raise the athletic fee or not.

The three Republican representatives on the county board – Herrity, Frey and John Cook (Braddock) – have already indicated they would not support an athletic fee increase. They said there are other services – like the county's affordable housing program – that could be cut.



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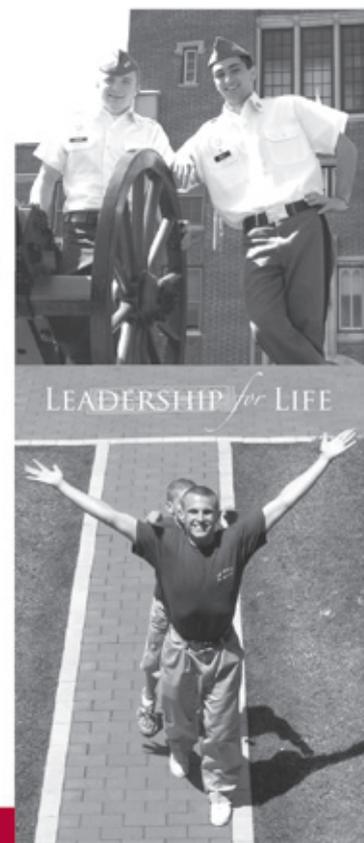
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COMMUNITY



Scouts from Troop 688 of Fairfax Station spent the weekend of Feb. 6-8 skiing at the Canaan Valley Resort.



During their weekend-long ski trip, Scouts from Troop 688 had the chance to try both skiing and snowboard on their way to earning a Snow Sports Merit Badge.

Troop 688 Hits the Slopes

Twenty-five Scouts, nine adult leaders and nine family members traveled to West Virginia for Troop 688's annual ski weekend on Feb 6-8. For the second year in a row, the troop returned to the Canaan Valley Resort located south of Davis. This year, the families and Scouts stayed in the Wild Goose Lodge of the resort.

Unlike last year, when very few trails were open and all the snow was manmade, all 39 trails were

open and the snow conditions were great.

Several Scouts worked on the Snow Sports Merit Badge on Saturday. Some Scouts had never been skiing before and took lessons in the morning and even more tried snow boarding lessons.

Christ Church, located at 8285 Glen Eagles Lane, Fairfax Station, sponsors Boy Scouts of America Troop 688. The troop meets every Monday at 7:30 p.m. at the church.



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POLITICS

State Race Makes Local Stop

Governor's candidates speak to region's business people.

BY JULIA O'DONOGHUE
THE CONNECTION

Four candidates vying to be Virginia's next governor reached out to the Northern Virginia business community on Friday, April 3.

The Republican Party's presumptive nominee Robert McDonnell and three potential Democratic Party nominees — former Del. Brian Moran, state Sen. Creigh Deeds and former Democratic National Committee chair Terry McAuliffe — participated in the Northern Virginia Technology Council's candidate forum at Microsoft's offices in Reston.

According to its Web site, the Northern Virginia Technology Council is a membership organization for the Northern Virginia technology community. It represents about 1,100 companies that employ more than 200,000 employees.

Three of the candidates have ties to Northern Virginia. McAuliffe lives in McLean. McDonnell, Virginia's former attorney general, grew up in Mount Vernon. Moran lives in the City of Alexandria and represented the area in the House of Delegates.

Deeds is from Bath County and represents the

Charlottesville area.

Residents will have the chance to pick between Deeds, McAuliffe and Moran in an open primary, where people affiliated with any political party can vote, June 9. It is assumed McDonnell and the Democratic nominee will face off in the general election Nov. 3.

AT THE FORUM, Deeds emphasized he is the "one candidate for governor who can bring together all of Virginia."

The state senator, who lives in a county in central Virginia without a single traffic light, has voted for transportation plans that would increase taxes and fees on his constituents for the sake of solving Northern Virginia's traffic problems.

Deeds said he tries to convince his neighbors that providing funding to ease Northern Virginia's road congestion is the right thing to do. Northern Virginia is the "bread basket" of the state and clogged roads and traffic jams in this region means fewer dollars for the rest of the commonwealth, he said.

Deeds added that Northern Virginia's tax revenue subsidizes many of the state functions in less affluent parts of the commonwealth, including parts of his state senate district.

"I told the rural people. You don't pay for your own schools," he said.

On the issue of education, McDonnell said he favors creating more charter schools in Virginia, which

SEE CANDIDATES, PAGE 18



The King's Chapel

Welcomes you to Celebrate Easter Sunday with Us!

The King's Chapel warmly invites you to join us for a solemn observance of the Last Supper on Thursday, April 9th at 7:30pm.

We then welcome you to celebrate with us the resurrection of our Lord and Savior Jesus Christ on Easter Sunday, April 12 at 10am with a children's Easter egg hunt following.

Please join us for coffee, refreshments and fellowship after the service. We are a warm, loving, family church and hope that you will feel welcome!

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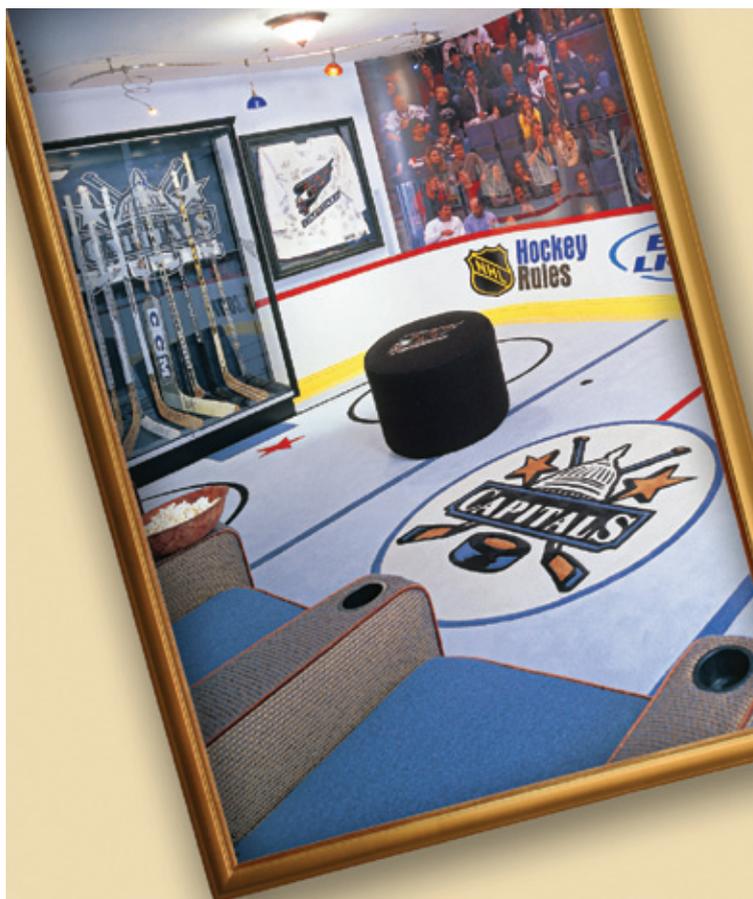
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BY JASON MACKAY
THE CONNECTION

Perhaps the only thing as practiced as Stephanie Sbardella's swing may be her penmanship. After each of the collegiate softball camps that Sbardella, a junior third baseman at South County, attends, she has made it a point to draft her own personal thank-you letter to that school's coach.

In the past two years, Paul Sbardella,

Stephanie's father, can count on one hand how many times the family has stayed home for the weekend, instead of electing to attend some sort of camp or clinic, which the Sbardellas believe are imperative for Stephanie's recruitment as a college athlete. During one particular weekend this past winter, the Sbardellas left Lorton on a Friday morning and drove to the University of North Carolina at Pembroke — roughly 350 miles away — for a camp. Later that day, they drove 167 miles to Charlestown, S.C. and stayed the night.

The next day, Stephanie Sbardella attended Charleston Southern University's camp from 10 a.m. until 5 p.m. and then hopped back in the car for a 10-hour drive

to the University of Delaware, which was Sunday's destination, again for a camp.

"It's something that she's really interested in," Paul Sbardella said. "I'm just there to support her. ... But it is a lot of driving."

Paul Sbardella estimates that he's spent between \$7,000-\$10,000 on travel expenses and fees associated with all of the camps, clinics and competitive tournaments that his daughter attended during the past year.

BY DIRECTING his own program at the high school level and also serving as an assistant soccer coach at Shenandoah University, Robinson girls' soccer coach Jim Rike has been on both sides of high-level recruitment.

Rike still attends camps as a Shenandoah representative but also hears about experiences that some of his high school players have had at them as well.

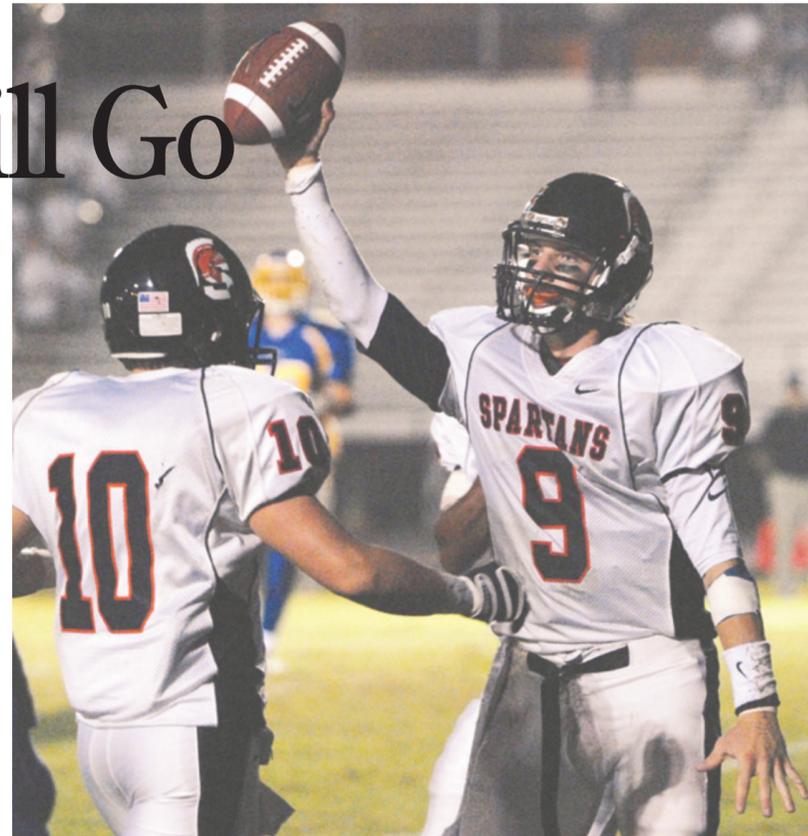
The defending Virginia AAA state champs, Robinson has four girls on its current roster committed to Division-I schools, with possibly two more on the way. To combat their rigorous club schedules, Rike has started to give his players at least one day off during the week, knowing that they had spent almost the entire weekend playing soccer.

"You have to put college in your mind, but you also have high school to deal with, too. Because if you mess that up, you mess everything up."

— Jordan Stanton, Robinson senior, signed with James Madison

"Five of my girls are on one club team, and they're approaching almost 150 games in a year of high level, premiere, showcase games because they keep going and going and going," Rike said. "I worry about the effect it's going to have on their bodies 10 years down the road."

"From my standpoint, as a college coach, I only need to see a kid a couple times to see whether he can play for me or not," Rike continued. "I don't see need to see him 40



With 5,872 career passing yards — the 14th-most in Virginia AAA state history — West Springfield's Bryn Renner, committed to the University of North Carolina, has been one of the area's most sought-after recruits.

times. I've told my girls that you can have three or four great games, but all it takes is one really bad game and that gets set in the coach's mind and it evens out."

Dan Anderson, whose son, Holland Anderson, plays linebacker for the Centreville football team, has tried to find a steady mix. The Andersons did fly to San Antonio over New Year's for the U.S. Army National combine, which included 500 of the top juniors from across the country.

But the father still wants the sport to be fun for his son, an approach that has led the Andersons to attend only three high-level combines: the U.S. Army National, the Nike Combine and the Schuman Underclassman Camp. Still, Dan Anderson said that his investment in his son's recruitment has cost more than \$4,000 to date.

"You can't overwhelm them and it's got to continue to be fun," Dan Anderson said. "You have to have a balance, and you have to pick two, three or four camps and that's it. It really comes down to which ones invite you because anybody can go and pay their money."

And just because an athlete stands out at a camp, doesn't mean the college that notices will be a good match.

"What we find is that kids who go to these showcases get wrapped up in the recruiting cycle with schools that aren't good fits for them," said Avi Stopper, who co-founded www.CaptainU.com — a Web-based recruiting service designed to match families with colleges or universities.



Sbardella family roadtrip: one weekend, more than 1,200 miles.

"You get a lot of people who go to showcases and often they do get seen, but it doesn't make sense and suddenly they have mismatched colleges on their list. It's really conspicuous that it's not a good fit."

MARK BENDORF has coached multiple sports in Fairfax County for 20-plus years.

SEE HOW FAR TO GO. PAGE 15

World Wide Web of Recruiting?

High school athletes, college coaches take recruiting to the Internet.

BY MARK GIANNOTTO
THE CONNECTION

Even before they became two of the top runners in the Mount Vernon High School track and field program, seniors Shaquille Thomas and Johnathon McMillon did everything together.

Friends since early childhood, the pair was nearly inseparable according to Thomas's mother, Susan Crawford — play dates, walking the halls in school, recreational sports teams.

Thomas, who lived on Fort Belvoir military base between 1999 and 2005 began running in 2000 in a program on base that his mother helped coach. He convinced McMillon to join him two years ago.

So it should come as no surprise that as they chase dreams of running track in college, the pair has decided to go through the recruitment process together.

The two don't look to be the prototypical recruits who make a college coach salivate. Neither has finished better than third at the Northern Region championships during the outdoor or indoor track seasons and both have thus far qualified for the state championships just once, each finishing outside the top-15.

"I didn't really start track seriously until last year, so I didn't really have any expectations about recruiting," McMillon said. That's why last year towards the end of indoor track season, McMillon's father, Ron, took his son's recruitment in a direction many in this area and around the country have — to the Internet.

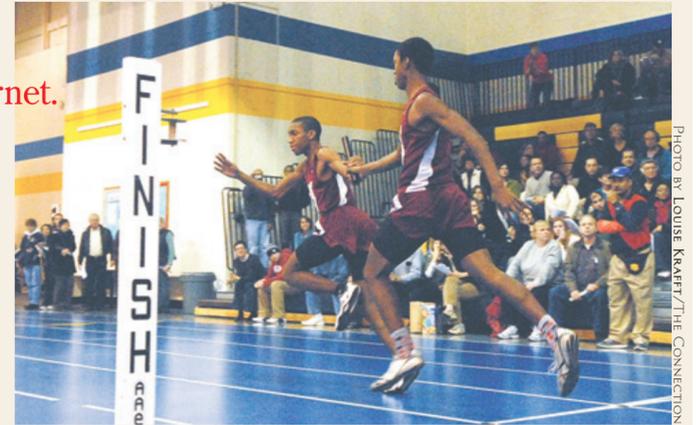
One day while surfing the web checking out track results, Ron McMillon stumbled upon a service called beRecruited.com, one of several online services that, for a fee, helps connect high school athletes with college coaches.

Almost immediately, Ron McMillon set up accounts for both his son and Thomas, posting video he had taken from meets to the web. A year and a half later, Thomas has received interest from more than 20 colleges, while Johnathon McMillon is slated to attend Virginia State University on a track scholarship next fall.

"Usually, they wouldn't get this kind of attention unless they were some one-of-a-kind talent," said Crawford. "The kids who don't make the newspapers need something like this."

PART OF THE REASON Avi Stopper got out of coaching college soccer at the University of Chicago was the misconception he perceived from recruits and their parents about how to get noticed on the recruiting trail.

A co-founder of captainU.com, which



Mount Vernon senior Johnathon McMillon (left) got a scholarship to run at Virginia State University next year thanks in large part to the online recruiting service beRecruited.com, which allowed him to post academic and athletic achievements, as well as video for coaches to look over.

offers a somewhat similar service to beRecruited.com, Stopper thinks parents and athletes sometimes don't understand how college coaches think.

"A lot of people have the mentality that the way recruiting works is you go to showcase tournaments and then you get recruited, but that's really far from the reality," said Stopper. "There are 1,000 players at any given showcase and 50 college coaches and the odds of a college coach seeing you play randomly when you're doing

"You can't overwhelm them and it's got to continue to be fun."

— Dan Anderson, Centreville High parent

something great is really slim."

Stopper's Web site, captainU, helps student athletes through the recruiting process, devising a step-by-step strategy. Potential recruits can create a profile on the site for free, with more services for \$39.95 a month.

"The best way is to really commit to a self-marketing campaign," said Stopper. "That's an intimidating process for kids, but you need to prove that you're serious. ... What we see is coaches love kids who do this. It removes a lot of the work for them."

Now beRecruited reports it has more than 150,000 athletes nationwide using its service, including 190 from Alexandria, 107 from Fairfax, 53 from Arlington, 31 from Reston, and 27 from McLean.

Jeff Cravens, the president of beRecruited, thinks the best evidence of just how many people need help with recruiting is seen in the site's newest service that allows parents to register to the site. In less than a year, more than 11,000 adults have signed up.

"I just think that this is a great place where you had a very inefficient process for years," explained Cravens. "I think people are get-

ting more and more used to going online and finding the information they're looking for. We just give them a place to do that."

Unlike captainU and its step-by-step guidelines to getting a coach's attention, beRecruited is more social network. For free, athletes can set up profiles with their interests, academic performance, and athletic achievements as well as post photos. To get the deluxe package, including the ability to post video clips for coaches to see, prospective recruits must pay a one-time fee of \$39.99.

STILL, THERE are detractors. Bill Finney, the athletic director and women's basketball coach at Division III Marymount University in Arlington calls recruiting Web sites "a waste of money," especially for student-athletes trying to make it to the Division-I level.

He says coaches are more savvy than to believe clips on the web that create the illusion of a basketball player with a 100 percent shooting percentage or a soccer player whose every pass results in a goal. With the chances of a professional sports career after college slim to none, he thinks recruits should be focusing on everything but athletics when looking for the right college.

"I would rather have my daughter go into the guidance office and say this is what I want to do the rest of my life," said Finney, who had one daughter play basketball at Georgia Tech and another play for him at Marymount.

"Instead of throwing away all this money, put the responsibility on your kids. Families can do all this on their own. All they have to do is research what colleges match both their academic and athletic needs and reach out to them. A lot of people are expecting someone to call them up and say we want you, but that's just not how it works."

FILE PHOTO

LeighAnne Baxter, a senior on Robinson's girls' soccer team, earned a scholarship to Richmond after scoring or assisting on every goal the Rams scored during last year's Virginia AAA state tournament, which her team eventually won, 2-1, over Battlefield.

Fresh Taste at the Ballpark

Washington Nationals hope to win fans over with revised concession menu.

BY MICHAEL O'CONNELL
THE CONNECTION

In its sophomore season at the Nationals Stadium, Washington, D.C.'s Major League Baseball club is hoping the way to a fan's heart may be through his stomach. That was at least part of the message Stan Kasten, Nationals team president, offered Friday, April 3, during a "What's New at Nationals Park" media tour.

Between raindrops, Kasten showed off improvements that the team has made to the one-year-old stadium during the off-season, including a set of oversized starting line-up signs fashioned after baseball cards, additional picnic tables throughout the concourse and 7-foot tall bobblehead statues of the racing presidents, waiting to have their photos taken with fans.

But the centerpiece of the tour was the new food unveiled by Executive Chef Phil Bucco of the Levy Restaurants. During the off-season, the Nationals hired Levy as its new concessionaire and asked them to freshen up the stadium's menu.

From day one, Bucco sought to blow the stadium's menu out of the water. "We try to work in the local favorites as well as give a lot of new options," he said. "There are going to be a lot of surprises, from

the healthy options that we're going to put out there now, from the upgraded items that we've put on." As an example, he pointed to the "quasi-dilla," an inside out sandwich with the quesadilla as the bread.

"It's filled like a sandwich," he said. "That kind of innovative approach is what sets us apart."

Among the other new items available at the park this spring are a variety of hamburger selections, including a spicy shrimp po boy and a veggie burger; a Healthy Plate cart featuring fresh produce; and The Big Catch, a Crab Louise sandwich. Lightly smothered in dressing, lumps of crab meat and thinly sliced red onions fill up The Big Catch's foot-long soft bun, making it the signature item of the new menu.

"We loved the Crab Louis sandwich," said Jeff Saffelle of Alexandria, who authors the Nationals blog Nats320 [www.Nats320.blogspot.com]. "The shrimp burger is very spicy. It's got a nice taste to it."

"Coming to every game like we do, it gets a little boring eating the same thing all the time."

— Jeff Saffelle, Alexandria

SEE BEYOND, PAGE 13



PHOTO BY MICHAEL O'CONNELL/THE CONNECTION

Washington Nationals' Executive Chef Phil Bucco surveys the selection of new food items available at Nationals Stadium the season.

CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-917-6459. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/APRIL 9

Ringling Bros and Barnum & Bailey Circus, 7 p.m. at the Patriot Center, 4400 University Drive, Fairfax. Tickets \$14-\$95, available by Phonecharge at 703-573-SEAT or online at www.ticketmaster.com.

FRIDAY/APRIL 10

Ringling Bros and Barnum & Bailey Circus, 1 p.m. and 7:30 p.m. at the Patriot Center, 4400 University Drive, Fairfax. Tickets \$14-\$95, available by Phonecharge at 703-573-SEAT or online at www.ticketmaster.com.

Lunch Bunch, 12 p.m. at the John Marshall Library, 6209 Rose Hill Drive, Alexandria. Bring lunch and join us for stories. Birth-5 with adult. 703-971-0010.

Sex Slaves, Dr. Birthday and more. 6:15 p.m. at Jaxx Night Club, 6355 Rolling Road, Springfield. \$10 in advance, \$12 day of show. 703-569-5940 or jaxxroxx.com.

'The Judgment Seat II' by Dr. Russ Houck, 7:30 p.m. at The Harvester Presbyterian Church, 7800 Rolling Road in Springfield. 703-455-7800 or harvesterpca.org.

Complexions Contemporary

Ballet, 9 p.m., at George Mason University's Center for the Arts. Tickets are \$42, \$34, \$21. Charge by phone at 888-945-2468 or visit www.tickets.com. The Center for the Arts complex is located on the Fairfax campus of George Mason University at the intersection of Braddock Road and Route 123. Paid parking is located in the deck adjacent to the mainstage Concert Hall and free parking is located in university lot K. Visit www.gmu.edu/cfa.

SATURDAY/APRIL 11

Ringling Bros and Barnum & Bailey Circus, 11:30 a.m., 3:30 p.m. and 7:30 p.m. at the Patriot Center, 4400 University Drive, Fairfax. Tickets \$14-\$95, available by Phonecharge at 703-573-SEAT or online at www.ticketmaster.com.

Friends Book Sale, 10 a.m. at the Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610.

VITA Tax Assistance, 10 a.m. at the Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Adults. 703-339-4610.

The Battle for Music as a Weapon IV, 12:15 p.m. at Jaxx Night Club, 6355 Rolling Road, Springfield. \$10 in advance, \$12 day of show. 703-569-5940 or jaxxroxx.com.

Poor Man's Lobster, Murphy's Kids and more, 11:15 p.m. at Jaxx Night Club, 6355 Rolling Road, Springfield. \$5. 703-569-5940 or jaxxroxx.com.

Catherine Hillis will be teach a



'Yesterday's Lunch' by David Ernst

Flower Power Workshop, 10 a.m.-3 p.m. at the Lorton Workhouse Arts Center, 9601 Ox Road, Lorton. The workshop will continue on Sunday, April 12 and will focus on how to paint beautiful, vibrant flowers in watercolors. www.catherinehillis.com or 703-584-2900.

'The Judgment Seat II' by Dr. Russ Houck, 7:30 p.m. at The Harvester Presbyterian Church, 7800 Rolling Road in Springfield. 703-455-7800 or harvesterpca.org.

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Eggsploration. Egg hunt, games, crafts, light snacks, and an all around

Artists' Reception

An Artists' Reception will take place Saturday, April 18 at the Artists' Undertaking Gallery in Occoquan, featuring 'Artistic Impressions,' an exhibit of hand-built pottery by Sherri Johnson of Fairfax and digitally painted photographs by David and Jane Ernst of Springfield.

good time, 10 a.m.-12 p.m., at The Journey, 6427 Franconia Road, Springfield. For more, contact the Journey office at 703-971-0277.

SUNDAY/APRIL 12

Ringling Bros and Barnum & Bailey Circus, 1 p.m. and 5 p.m. at the Patriot Center, 4400 University Drive, Fairfax. Tickets \$14-\$95, available by

SEE CALENDAR, PAGE 14

DINING

Beyond Hot Dogs

FROM PAGE 12

Saffelle and his wife Sohna are season-ticket owners and expect to be at every game. Eighty-two home games means 82 opportunities to eat at the ballpark. The new expanded menu was something that they welcomed.

"We like the fact that there are some fresh new offerings," said Jeff Saffelle. "Coming to every game like we do, it gets a little boring eating the same thing all the time like we did last year. This spices it up and makes it a little different."

"They also introduced more healthy food," said Sohna Saffelle. "Since we like to eat healthy, we have a problem with potato chips and that stuff." She appreciated having healthier choices at the ballpark.

"This year we're going to have a fresh food stand," said Kasten, "featuring fresh fruit, fresh vegetables, hummus and things like that."

The new menu is just one more draw for fans that may be looking for a nice, inexpensive entertainment experience.

"There's no question that the entertainment business is feeling the problems that our customers are feeling," said Kasten. "We recognize that. We've reached out in the ways that we can."

The Nationals have lowered ticket prices and offered smaller ticket packages, all in the interest of drawing families to the ballpark.

Kasten pointed to the availability of \$5 tickets for every game and the proximity of the stadium to Metro as draws for people looking for an inexpensive evening out. "We're reaching out in all the ways we can to help our customers still come out and enjoy what has always been the most affordable sports alternative," he said.

CLASSES & WORKSHOPS

DANCE

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Singles' Dance. Hearts in Motion School of Music & Dance hosts a Singles' Dance the third Friday of each month, 8 p.m.-midnight. Dances include cha cha, waltz, swing, hustle, El Paso, slow dances and line dances. Cost is \$12 (\$20 for couples). The school is located at 8600 Rolling Road, Springfield. Call Colleen at 703-437-1190.

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CALENDAR

FROM PAGE 12

Phonecharge at 703-573-SEAT or online at www.ticketmaster.com.
Campaign for Musical Destruction with Skill for the Man, F.U.A. and more. 5 p.m. at Jaxx Night Club, 6355 Rolling Road, Springfield. \$22 in advance, \$25 day of show. 703-569-5940 or jaxxroxx.com.

MONDAY/APRIL 13

Giggles and Wiggles, 10:30 a.m. at the Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Stories to make you smile. Age 24-35 months with adult. 703-339-4610.
Early Reader Book Discussion, 3:30 p.m. at the John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call for titles. Age 6-8 with adult. 703-971-0010.

TUESDAY/APRIL 14

Computer Tutoring, 3:30 p.m. and 4:30 p.m. at the Burke Centre Library, 5935 Freds Oak Road, Burke. Get one-on-one help with computers, common software applications and navigating the Internet. Call to sign up. Adults. 703-249-1520.
VITA Tax Assistance, 6 p.m. at the Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Adults. 703-339-4610.
April Showers, 10:30 a.m. at the John Marshall Library, 6209 Rose Hill Drive, Alexandria. Stories and activities about spring weather. Age 2-3 with adult. 703-971-0010.
Bee Healthy Puppet Show, 10:30 a.m. at the Lorton Library, 9520 Richmond Highway, Lorton. Puppets help children and parents learn about good health practices, getting vaccinations, washing hands and

covering your coughs. Age 1-5 with adult. 703-339-7385.
Making Life Easier: Gadgets, Gizmos and Home Modifications. At this free seminar for family caregivers, learn about home modifications and inexpensive tools that can help your loved one maintain independence. 7-9 p.m., at Kingstowne Center for Active Adults, 6488 Landsdowne Centre, Alexandria. For more information, e-mail caregiver@fairfaxcounty.gov or call 703-324-5205, TTY 703-449-1186.

WEDNESDAY/APRIL 15

Needlework Group, 10:30 a.m. at the Burke Centre Library, 5935 Freds Oak Road, Burke. Bring a project to work on in the company of other needlecrafters. Adults. 703-249-1520.
Practice Your English, 10:15 a.m. and 7:30 p.m. at the Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation groups for adults learning English. 703-339-4610.
Lorton Book Club, 7:30 p.m. at the Lorton Library, 9520 Richmond Highway, Lorton. "Traffic" by Tom Vanderbilt. Adults. 703-339-7385.
Book Discussion Group, 7:15 p.m. at the John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call for title. Adults. 703-971-0010.
English Conversation Group, 6 p.m. at the Lorton Library, 9520 Richmond Highway, Lorton. Practice your English with other adults. 703-



Catherine Hillis will be teach a two-day Flower Power Workshop at the Lorton Workhouse Arts Center on April 11-12, focusing on how to paint vibrant flowers in watercolors.

339-7385.

THURSDAY/APRIL 16

Ringling Bros and Barnum & Bailey Circus, 7 p.m. at the Patriot Center, 4400 University Drive, Fairfax. Tickets \$14-\$95, available by Phonecharge at 703-573-SEAT or

online at www.ticketmaster.com.
Earth Day: Birthday! 10:30 a.m. at the Burke Centre Library, 5935 Freds Oak Road, Burke. Stories, songs and a craft celebrating our Earth. Age 2-5 with adult. 703-249-1520.
Springfield Writers' Group, 7 p.m. at the temporary Richard Byrd Library, 6315 Backlick Road in Springfield, on the second floor of the Bank of America building. Share work, give and receive feedback. Adults. 703-451-8055.
Dope, Burn the Fields, Bitter and Blood Corps. 7:30 p.m. at Jaxx Night Club, 6355 Rolling Road, Springfield. \$18 in advance, \$20 day of show. 703-569-5940 or jaxxroxx.com.

FRIDAY/APRIL 17

Ringling Bros and Barnum & Bailey Circus, 10:30 a.m. and 7:30 p.m. at the Patriot Center, 4400 University Drive, Fairfax. Tickets \$14-\$95, available by Phonecharge at 703-573-SEAT or online at www.ticketmaster.com.
Lunch Bunch, 12 p.m. at the John Marshall Library, 6209 Rose Hill Drive, Alexandria. Bring lunch and join us for stories. Birth-5 with adult. 703-971-0010.
Paganfest Amerika II. 5:15 p.m. at Jaxx Night Club, 6355 Rolling Road, Springfield. \$10 in advance. \$12 day of show. 703-569-5940 or jaxxroxx.com.
'The Judgment Seat II' by Dr. Russ Houck, 7:30 p.m. at The Harvester Presbyterian Church, 7800 Rolling Road in Springfield. 703-455-7800 or harvesterpca.org.
Lake Accotink Adult Civil War History Program, at Braddock Hall in the King's Park Library, 9000

Burke Lake Road, Burke. The focus is on 1860s life in Fairfax County during the Civil War, the role of women during the war, slavery in 1860s society and period entertainments. \$10 fee. Pre-registration required by March 28 at 703-569-3464.

SATURDAY/APRIL 18

The Shenandoah University Conservatory Dance Ensemble performing the works of Alvin Nikolais, 3 p.m. at the Workhouse Arts Center, 9517 Workhouse Way, Lorton. Includes opportunities for audience interaction with dance professor Kim Gibilisco. clorange@su.edu or acambel@su.edu.
Ringling Bros and Barnum & Bailey Circus, 11:30 a.m., 3:30 p.m. and 7:30 p.m. at the Patriot Center, 4400 University Drive, Fairfax. Tickets \$14-\$95, available by Phonecharge at 703-573-SEAT or online at www.ticketmaster.com.
Artists' Reception at the Artists' Undertaking Gallery, 4-6:30 p.m. at 309 Mill St. in Occoquan. "Artistic Impressions" is an exhibit of hand-built pottery by Sherri Johnson of Fairfax and digitally painted photographs by David and Jane Ernst of Springfield. The exhibit runs April 7-May 4, and the gallery is open 11 a.m.-5 p.m. daily. 703-494-0584.
Y&T, Switched at Birth, Sinners Trail and Under Command. 8 p.m. at Jaxx Night Club, 6355 Rolling Road, Springfield. \$25 in advance, \$28 day of show. 703-569-5940 or jaxxroxx.com.
'The Judgment Seat II' by Dr. Russ Houck, 7:30 p.m. at The Harvester Presbyterian Church, 7800 Rolling Road in Springfield. 703-455-7800.

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Many Kinds of College Recruiting Experience

Local athletes remember the highs and lows of choosing a college.

BY RICH SANDERS
THE CONNECTION

Here is a look three college athletes from Northern Virginia — AJ Price (South Lakes), Ashley Abed (Oakton) and Jeff Allen (Langley). Each is pleased with where they ended up, but getting there was completely different for each, and anything but simple. For more on Price and Abed, and for Jeff Allen's walk-on story, see www.connectionnewspapers.com.

A.J. PRICE, SOUTH LAKES

A.J. Price, a 6-foot-4 inch football wide receiver at Penn State University, did not emerge into a major recruiting prospect until his senior year in high school at South Lakes.

That fall season, South Lakes coach John Ellenberger emphasized the Seahawks' passing attack, and Price had a breakout season, catching 32 passes for 816 yards and 11 touchdowns. He averaged 25.5 yards per catch and earned Second Team All-State accolades.

Major collegiate football programs, such as Duke, the University of Michigan, the University of Virginia and Penn State, contacted Ellenberger in order to make their intentions known about recruiting Price.

Each of those programs offered him a football scholarship. "I'm not really one for all

the glamour and all, and I wasn't used to being the person being talked about. I tried to take it in stride," said Price.

Price, who graduated in 2008, will never forget the December day during his senior year that Penn State, under legendary coach Joe Paterno, offered him a scholarship. The moment came during the school day. Ellenberger, teaching an English class, got a call from Penn State and was told by a member of the Nittany Lions' football staff that they would make an offer to Price. The teacher-coach immediately found Price to give him the big news.

"I thought, 'Wow, not too many people experience this.'"

Price committed about a month later during a weekend visit to Penn State with his mother. "I told my mom on my birthday, then I told coach Paterno ... the next day at brunch."

Price said his recruiting experience in dealing with Penn State was outstanding. His contact person through the process was Penn State assistant coach Larry Johnson, a former head coach at T.C. Williams High in Alexandria.

"I love it [at Penn State]," said Price, a history major.

FOR ASHLEY ABED, a 2007 Oakton High graduate, the path to becoming a women's college basketball player at NCAA Div. 2 Anderson University (S.C.) was an eventful journey.

The 5-10 forward said she always desired to play college basketball. During her junior season at Oakton, Abed believed she would fit in nicely with a Div. 2 college program.

Abed had to initiate contact with some of the schools she was interested in. Her high school coach, Fred Priester, made a highlight tape of Abed to give to schools.

She elected to accept an offer to play at Francis Marion University (Florence, S.C.). But during the summer prior to her freshmen year at Marion, Abed learned that a coaching change had occurred.

Abed did, in fact, like the new coach. But as things turned out,

she received less playing time than she had hoped. "It was kind of my role to be a verbal player on the bench and to be a practice player," said Abed.

Following the season, she decided she would transfer.

Anderson University women's coach Jeff Dow, upon learning about Abed, was interested in recruiting her. She visited the campus and met the coach.

"I knew he was a coach I wanted to play for," she said.

But again, the school Abed was ready to attend made a coaching change. Dow, Abed learned the summer prior to her sophomore year, was leaving. The new coach would be Jim Brunelli.

Abed, it turned out, had a terrific season. The Anderson team was not expected to do well as a result of the late coaching change, but won the Conference Carolina championship and qualified for the NCAA Div. 2 tournament. Abed, a guard-forward, played 20-plus minutes per game.

"Coach Brunelli taught me a lot about myself," said Abed. "It felt really good to play and help a team win."

FILE PHOTO



A junior on South County's softball team, Stephanie Sbardella and her family have traveled to college camps almost every weekend.

How Far To Go

FROM PAGE 11

Currently, he's in charge of Robinson's football program, a perennial powerhouse when it comes to sending athletes on to continue their careers at the college level.

Comparing football's recruitment process to those of every other sport, Bendorf says is like comparing "apples to bricks." Loaded with revenue and resources at the college level, football coaches can often travel to visit recruits, both to meet them and to scout them.

"If you're a basketball coach or a lacrosse coach or a soccer coach or a swim coach, you have so many other opportunities because of those invitational meets, those tournaments, those fall leagues," Bendorf said. "Football has none of that. There is not AAU football."

What football does have, though, is the luxury of game film, which doesn't always exist when talking about field hockey or swim and dive. Coaches often rely on game film and in-person assessments during the fall, and only later do they factor in camp attendance.

Jordan Stanton, a 6-foot-4, 245-pound defensive end for Bendorf's Rams, has signed with James Madison University. Despite attending one-day camps at the University of Virginia and Virginia Tech, Stanton, who benefits from impressive, measurable numbers such as his bench press (310) and 40-yard dash time (4.7 seconds), was eventually plucked away by the Dukers.

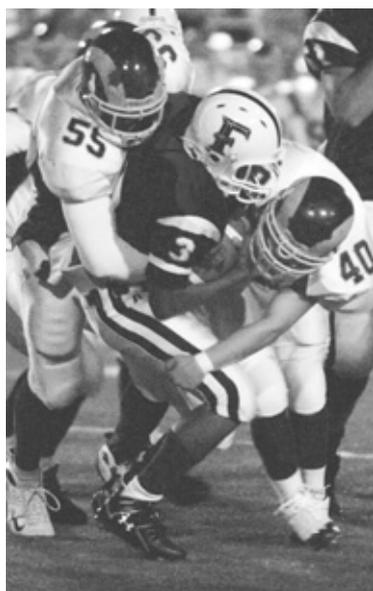
Before signing, Stanton analyzed James Madison's depth

chart, its defensive system and evaluated his future coaches' personalities. Not only that, he put a strong emphasis on academics and the quality of the facilities where he would spend the bulk of his next four or five years.

"We didn't hit the panic button," Stanton said.

Stanton kept a positive outlook on the whole process, which, for better or worse these days, is becoming harder and harder to do.

"You have to put college in your mind, but you also have high school to deal with, too," Stanton said. "Because if you mess that up, you mess everything up."



Signed with James Madison University, senior defensive end Jordan Stanton had 83 tackles and four sacks last fall for Robinson's football team. "I needed to take care of high school first," he said of the whole recruiting process.

FILE PHOTO

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION



AJ Price emerged to become one of the metro area's top receivers during his senior season at South Lakes, drawing the attention of several big-time college football programs.

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21 Announcements

21 Announcements

TRUSTEE'S SALE

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7610 Savannah Street, #201, Falls Church, Virginia

In execution of a Deed of Trust from Eris Bonilla, dated May 24, 2005, and recorded May 26, 2005, in Deed Book 17328 at page 452 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Monday, April 20, 2009 at 11:00 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Unit 201, Building 7610, FALLS CHURCH GARDENS CONDOMINIUM, Phase V

Tax Map No. 049-2-31-10-0201

Commonly known as 7610 Savannah Street, #201, Falls Church, Virginia 22043.

TERMS OF SALE: A deposit of \$19,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 5.25 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

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21 Announcements

LEGAL SERVICES CORPORATION Notice of Availability of Competitive Grant Funds for Calendar Year 2010

The Legal Services Corporation (LSC) announces the availability of competitive grant funds to provide civil legal services to eligible clients during calendar year 2010. A Request for Proposals (RFP) and other information pertaining to the LSC grants competition will be available from www.grants.lsc.gov on April 10, 2009. In accordance with LSC's multiyear funding policy, grants are available for only specified service areas. The listing of service areas for each state and the estimated grant amounts for each service area will be included in Appendix-A of the RFP. Applicants must file a Notice of Intent to Compete (NIC) in order to participate in the competitive grants process. The NIC will be available from the RFP. Please refer to www.grants.lsc.gov for filing dates and submission requirements. Please e-mail inquiries pertaining to the LSC competitive grants process to Competition@lsc.gov

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DISTRICT COURT DIVISION
MECKLENBURG COUNTY FILE NO.: 08 SP 2435
FREDDIE RAY BLACK,
Petitioner.
vs.
KRISTY SAUNDERS BLACK
[AKA: Kristy Michelle Saunders],
Respondent.
and
DARIN RAMSEY,
and
CAROLINE ROSE BLACK,
Child.

TO: DARIN RAMSEY

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the first publication of this notice. Upon your failure to file a
pleading by the above date, the party seeking service against
you will apply to the Court for the relief sought.

This the 6th day of April, 2009.

M. DeVondria McClure
Attorney for Petitioner
The Law Offices of M. DeVondria McClure, P.C.
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POLITICS

Candidates

FROM PAGE 9

he said will improve access to education for at-risk primary and secondary students.

The former attorney general, who has lived in Virginia Beach and Richmond, added that he also supports a merit-pay system for teachers and principals in public schools.

Several of the "transportation priorities" McDonnell listed for the commonwealth were located in Northern Virginia. The Republican said he wanted to widen Interstate 66 inside the Capital Beltway and finish the Dulles Metrorail project on time.

He would also push for a high-speed rail system that connects Washington, D.C., Richmond and Hampton Roads.

McDonnell also supports transportation solutions like the high-occupancy toll lanes currently being constructed on the beltway.

"It is not perfect but it will give real and effective choices to commuters," he said.

McDonnell added that the lights on Route 7 should be synchronized and the state should utilize new technology that can locate accidents and traffic jams quickly.

WHEN IT COMES to Northern Virginia's transportation woes, Moran said no one worked harder in the House of Delegates than he did. He said Virginia, particularly the General Assembly, has to be willing to make a larger investment in infrastructure.

"Can you find someone who is willing to fix you bridge and lay asphalt for free? If you do, let me know," said Moran.

Like McDonnell, Moran supports adding high-speed rail, for both freight and passengers, from Washington, D.C. to Richmond. He also said the Virginia Railway Express, Northern Virginia's commuter train, should be expanded.

Moran also backs the use of the public-private transportation act, which helped bring about the Dulles Metrorail project but has been criticized for not requiring companies to provide enough transparency.

"I have been a fan of [the public-private transportation act] and continue to be. It is one of the tools in the toolbox that we currently have. But we need more," said Moran.

As governor, McAuliffe said he would focus on growing Virginia's economy and creating jobs.

"I get it. I've done it. I've hired thousands of people and I want to be the number one job creator in 50 states," said McAuliffe, who has started many of his own businesses.

The Democratic political consultant raised a significant amount of money for Barack Obama's presidential campaign and McAuliffe said he would use his relationship with the sitting U.S. president to try and steer stimulus money to Virginia, especially the high tech corridor in the Reston and Dulles areas.

"I am going to call Barack Obama every day and say Virginia wants its fair share. I want Virginia to have more than its fair share," he said.

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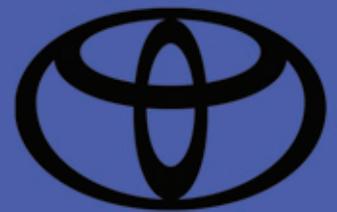
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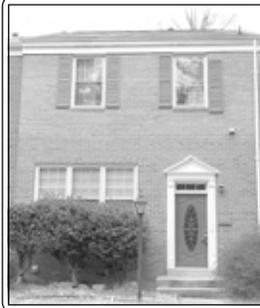
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Shows like a model home! 4 BRs, 2.5 BAs! Contemporary style TH style home w/ NEW Dishwasher, NEW HARDWOOD FLOORS on main level, NEW w/w carpet on upper level, NEW paint throughout! LARGE WOOD DECK w/ Storage shed, ICEMAKER Refrigerator, NEW dishwasher, window treatments, washer/dryer, and MORE! Robinson HS District. Close to all amenities. Quick Possession is OK & OWC Rental!
Call Steve Childress NOW at 703-981-3277.



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Clifton \$899,900
Get Ready for Summer Fun!
Charming Colonial with Swimming Pool in serene setting on 5 acres! Total privacy yet very close to Historic town of Clifton. 5BR, 4BA, 3 fireplaces. All new Kitchen with Granite counters and upgraded appliances. Fully finished walkout lower level with 5th bedroom/den, full bath, & rec. room.
See this property at www.GraingerTeam.com



Barbara Nowak & Gerry Staudte
"My Virginia Home Team"
703-503-1802, 703-503-1894
gerry.staudte@longandfoster.com
www.MyVirginiaHomeTeam.com



Springfield \$330,000
Backs to Woods
This lovingly maintained 3 BR town-home features LR & DR hardwoods, large eat-in Kit w/SGD to deck. LL Rec Rm w/FP & French Dr to fenced yard. Newer HWH & roof, Replacement windows, & Much More, !

Catie & Steve

Direct: **703-278-9313**

Cell: **703-362-2591**

NVAR Top Producers
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Springfield \$365,000
This 5 bd/3ba house in Monticello Woods is HUGE and ideal for a large family. Gleaming Hardwood Floors and Fresh Paint. Two large additions, plus a garage, with a country kitchen, beamed ceilings, rec room and family room and a den. Also has a large covered patio and deck. Walk to Springboard pool, park, schools and just a 3 minute drive to the metro station. A great home, at a great price in a great community.
Call Catie, Steve & Associates today to see. 703-278-9313.

LISTING YOUR HOME? CALL LONG AND FOSTER'S #1 OFFICE!
Call Dale Gabardy at 703-425-8000 • Email: gabardy@longandfoster.com