



Brothers E.J. Henderson, left, number 56, and Erin Henderson, right, number 50, both Aberdeen High School graduates, University of Maryland alumni and linebackers for the Minnesota Vikings, have been designated as honorary co-chairs of the "Saturday in the pArc" Punt, Pass and Kick Football Festival this Saturday at Bel Air's Cedar Lane Regional Park.

Harford's NFL Hendersons take to the field to help The Arc Tackling intellectual disability

BY ABRIELLE WILLIS
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If you love football, you don't want to miss the "Saturday in the pArc" Punt, Pass and Kick Football Festival this Saturday, Nov. 21.

The event, which is taking place at Bel Air's Cedar Lane Regional Park from 3 to 9 p.m., is sponsored by The Arc Northern Chesapeake Region, an organization dedicated to providing services to more than 400 adults and children with intellectual disabilities.

"At this event, everyone will be able to see the benefits of recreation being accessible to all," explained Karen Green, of the Department of Parks and Recreation.

Green is co-chairing the event with Scott Collins, vice-president of merchandising for DTLR Urban Fashion Retailers.

Brothers E.J. and Erin Henderson, Aberdeen High School graduates, University of Maryland alumni and linebackers for the Minnesota Vikings, have also been designated as honorary co-chairs of the festival.

Enthusiasts of the sport will have a chance to showcase their own skills in three punt, pass and kick competitions beginning at 3 p.m.

First, kids in grades 1 through 12 will vie for the top position in each of the three categories.

Representatives from local corporations, including BJs, Union Memorial Sports Center of Bel Air, DTLR, Enterprise Rent-a-Car, the Harford County Department of Parks and Recreation, Harford Mutual Insurance Company, Homewood Suites-Hilton, Maryland Golf and Country Clubs, Rite Aid Distribution Center, and Susquehanna Spinal and Rehabilitation, will then contend for prizes in the adult division.

Varsity football players from John Carroll School, North Harford, C. Milton Wright, Fallston, Aberdeen, Edgewood, Patterson Mill, and the Friends School of Baltimore will play in teams of five in the high school competition.

Decked out in full Ravens garb, famed team icons "Fan Man," "Ravens Maniac," the "Bus Boys" and the

school divisions will run across the field as part of a special effects show by "Image Engineering," the company responsible for every pre-game entrance of the Baltimore Ravens.

Admission to the Saturday in the pArc Punt, Pass and Kick Football Festival is free, but registration is limited.

Walk-on contestants may sign up until 5 p.m. on Saturday. The first 500 guests will receive special gifts.

Volunteers are still needed to help with the event.

Contact Paul Levine at 410-879-6758 or plevine@arcncr.org or visit The Arc Web site at www.arcncr.org.

Through the purchase of raffle tickets, participants will be given 10 chances to win exciting prizes, courtesy of DTLR and Blac Label.

There will be two drawings for premium seats and exclusive tailgating privileges at the Nov. 29 Ravens vs. Steelers game in Baltimore.

Additionally, eight ticket holders will walk home with memorabilia of their favorite sports teams.

Concessions will be on sale throughout the evening. All incoming proceeds will go toward The Arc and its efforts to maintain programs that incorporate children with developmental disabilities into recreational programs.

"We also hope to raise community awareness about intellectual disabilities," said Elaine Orbin, marketing and development coordinator for The Arc Northern Chesapeake Region.



"Ravens Nest" will be on site starting at 5:30 p.m. to cheer on participants.

They will later present medals to the winners, who will be announced by WXCY-FM radio personality Bob Bloom. The prizes have been graciously donated courtesy of Baltimore Trophy House.

Starbally Band will perform live beginning at 6 p.m. At 7 p.m., the winners of the adult and high

Internet connections help with human connections

ETC.



BY KRISTEN MELAMED
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Social networking Web sites: Love 'em or hate 'em? We live in a very connected world of communication and sometimes it seems like the Internet does more bad than good. But despite all the negative associated with social networking sites, I've recently had a positive experience with one: I connected with an old high school friend through Facebook.

We both graduated together from high school in New Jersey and kept in touch throughout college. But then my family moved to Maryland and after graduation she went south for grad school. Even though we were connected technologically, we lost touch.

This past summer, however, we discovered we both live in Maryland. Since then, we've met up a couple times, most recently this past weekend in Baltimore. Even though we hadn't hung out in years, it felt like we hadn't skipped a beat when we reconnected this summer.

We went through a lot together in high school and I'm glad we found our way back to each other.

I know a few people who have reconnected with old friends through the Internet. Sometimes it's like a mini-class reunion, which may or may not be a good thing, depending on your high school experience. But for the most part, it's nice (or at least interesting) to know what people are up to.

It's hard to escape social networking sites. It seems like Facebook and Twitter are regularly mentioned in the news. Celebrities, athletes, groups and companies (and even those among us who aren't famous) are constantly "twittering." Everyone also has a Facebook page. Heck, even the Harford County Board of Elections recently discussed using social networking sites, such as YouTube, Facebook and Twitter. I understand the idea but I don't really see tons of people eager to read a Twitter from the board of

elections.

Social networking sites are resourceful and a good way of keeping in touch and connecting instantly to millions of people but they're not without their hitches. You have to be careful about posting personal information and nowadays, many companies are finding their way to potential employees' profiles. Now, in addition to thinking before we speak, we should also think before we type. Also, I often find that I'm discovering too much information about people. Some people love to share and post and some of us are just so nosy. We love to know everything. Well, some of us do.

But that's the flip side of social networking sites and the Internet. Yes, there are problems out there and sometimes it seems a bit technologically overwhelming but there are the good stories, too, that come from so much communication and connection. I'm glad mine is one of them.