

Shen-Val-Lore

The Student Voice of Shenandoah Valley Academy

Shenandoah Valley Academy

October 14, 2016

Volume 86, Edition 1

UPCOMING EVENTS

OCTOBER

- 14 *End of First Term*
- 14-15 *Dorm Retreats*
- 18 *Yearbook Picture Retakes*
- 19 *PSATs*
- 21 *ROK Event*
- 23 *ACT / Fall Festival*
- 25-30 *NACA Volleyball and Soccer Tournament*
- 26-30 *Ringfest / Homeleave*

NOVEMBER

- 2 *College Fair*
- 6 *SAT*
- 11 *Senior Dedication*
- 12 *Senior Extravaganza*
- 19 *Music Tour to Manassas*
- 20 *Sunday School*
- 22-28 *Thanksgiving Break*
- 29 *SVA Thank-a-thon*

DECEMBER

- 1-5 *Journey to Bethlehem*
- 4 *ACT / SAT*
- 6-8 *Candlelight Rehearsal*
- 9 *Candlelight Concert*
- 10 *Candlelight Repeat Concert / Christmas Extravaganza*
- 11 *SA Christmas Banquet*
- 18-20 *Semester Exams*
- 21-31 *Semester Break*



THE FIRST WEEKEND

ALLIE MAE MAGTANONG

August 19, 2016- After the first full week of classes, SVA students were finally looking forward to the first weekend of the school year. Following dinner at the cafeteria, everyone went back to the dorms to prepare for the Friday evening vespers. All the girls dressed up in their nicest formal church attire, and the guys had their best shirts tucked in and ties around their collars. By 7:15 p.m., the RAs on duty headed towards the New Market SDA church to start taking check of the dorm students.

Once everyone had gathered and settled inside the sanctuary by 7:30 p.m., the service began with multiple worship songs led by the Senior class praise team. Onstage

were Senior singers Maddie Ware, DJ Joaquin, Meshach Perez, Maddy Ndahayo, and Coby Odate, along with Noe Grady on the violin, CJ Sanchez on percussion, and Salima Omwenga as their pianist. Meshach gave a short welcome to the whole audience, and then invited them to stand up for the first few songs. The church was filled with beautiful melodies and harmonies coming from the voices of the congregation and song leaders. One of the Seniors then led us in prayer at the end of the music, and everyone onstage took their seats in the pews.

At this point, Pastor Harley began explaining what would be happening for the rest of the service that evening. With

the help of his Senior College Religion class, he announced that the school would be participating in prayer for each chosen site on campus, such as the gymnasium, Twomley Hall lobby, Student Center, and dorms. Each pair of Senior leaders then read off the names of their group, one by one, and which site they would be praying over. My group, led by Seniors Meshach Perez and Eric Eisestein, was in charge of praying for the entire Athletic Department. We all walked together to the gymnasium, along with athletic director, Coach Kilgore. There, we assembled in a circle around him, all of us placing our hands on his shoulders, and then started praying for him and for the

students who will be participating in athletics this year. After every group finished praying, students and staff gathered at the flagpole for the final part of the vespers, and Pastor Harley called his Senior College Religion class to start passing out candles to their group. As each candle was being lit, everyone quickly joined in as Dean Azariah led out in a couple of songs with his guitar. Finally, each candle was raised as Principal Short and Pastor Harley closed with prayers for success throughout the upcoming school year.

After the candles were blown out, some students headed back to the dorms, while others decided to stay for the "afterglow" service in the Student Center. Dean

Azariah, along with CJ Sanchez and Elizabeth Schuen, started off with songs once everyone slowly quieted their murmurings and whispers. During the service, everyone got up from their seats to grab some fresh apples, hand-picked and delivered by Pastor Harley. As people settled in their places, it was time for open testimonies. A couple of students were willing enough to share some personal encounters with God in their past life, while the rest chose to sit back and listen. After a final testimony, Dean Azariah asked everyone to form a circle, and wrapped up the evening with one last song and prayer. The guys and girls then said their goodbyes before heading back to the dorms. *Continue on page 3*



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CAREER DAY

TRYSTAN GAMMON

An annual activity at SVA, organized by our awesome English teacher Mrs. White, is Career Day. She organizes and invites employed adults who are so kind to show young people what their job is about and how it makes a difference in the world. Each one of the students was given a survey in class, a couple of weeks in advance, which had a variety of options for career choices. There were about 10 careers listed and we needed to put in order the top five that interested us the most.

On Sunday morning, September 19, everyone got up at nine o'clock for breakfast and made their way to Twomley Hall for instruc-

tions on where to go. Some students still had sleep in their eyes because they had a hard time getting out of bed on a weekend. But disregarding how we felt, we decided in our minds that we were going to learn something new and different. The entire school day would only last from 10:30 a.m.-12:55 p.m.. It's nice to say because it's our shortest school day of the entire year!

Growing up as kids, many youth dream of what they want to be when they finish school. The goal when going to Career Day is to look at a career and simply decide if it's something you like or dislike. I personally was interested in anything that had to

do with caring for people. My first session was meeting a respiratory therapist. Respiratory therapists are extremely important, especially in a hospital setting. The most important thing people need to live is the ability to breathe. If they do not have that, they will simply die within a matter of minutes. Respiratory therapists are the first people to see a person who is having a hard time breathing or is unconscious. It was really interesting listening to Mrs. Ramirez's experiences about sucking up mucus from patients' lungs so that they could breathe. My favorite part was when she pulled out a pair of pig lungs and blew

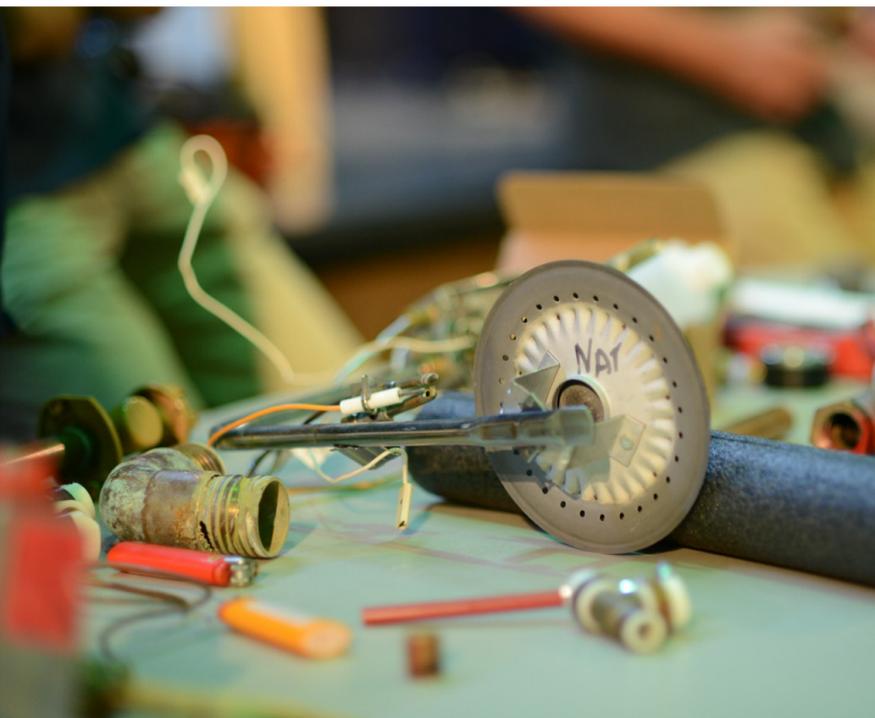
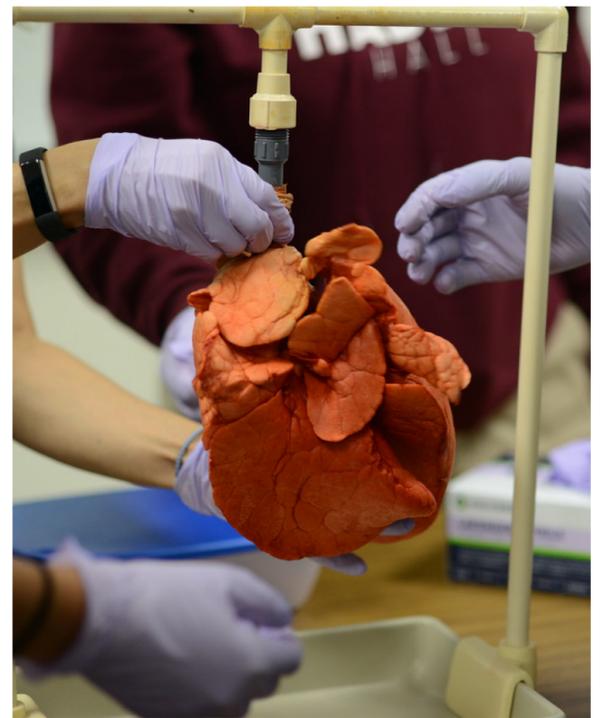
them up on a machine to show how the lungs work. I share this story because this was a great example of someone who was passionate about her job. She really impacted me in the way she answered questions and helped us to understand more about the medical field.

Another person who was exciting to listen to was our beloved Ms. Wiedemann. Not many people knew, but she revealed to us that for the past year she had been studying to be a music practitioner. It was surprising to see our music teacher talking to us about another job she had. On top of that, not many of us knew about what a music

therapist/practitioner did so she gave us the rundown. Doctors or nurses can't always find a cure or way to help a person feel better. Music can be used to help soothe emotions, educate, and even put a smile on somebody's face. Ms. Wiedemann showed us videos of special needs kids who benefited from the help of a music therapist. The videos reminded me of my little brother who has special needs; he listens to music the majority of the time at home. Seeing how the music therapist caused the child to laugh and smile by playing music made everyone in the classroom say, "Aww!" I liked this session because Ms. Wiede-

mann showed us a unique way to make a person smile and help make a difference in his/her life.

In all, the day was a lot of fun. What made it fun was the attitude of everyone participating and getting involved with the guests. On top of that it was nice to learn something new that cannot be found in a textbook. A change of pace is needed every once in a while. Career Day was a success for many of us because it helped paint a clearer picture of the type of person we can become. Thank you, Mrs. White, once again for taking the time to organize this event and for choosing some really cool career options!



KINGS DOMINION

JANELL ADEYEYE

Roller Coasters. Wave Pools. Fun. This was the perfect way for Juniors and Seniors to kick off the first weekend of school in August. Kings Dominion, near Richmond, VA, offers high-speed and exhilarating rides such as the famous Intimidator, which is 305 ft. and takes down you its towering drop at a phenomenal

90 m.p.h. The anticipation as you slowly ascend to the top, knowing that it's too late to change your mind . . . this is what amusement parks were made for! The Flight of Fear was another featured ride. It is an indoor coaster that takes you 54 mph into the darkest twists and turns in the entire park. "Flight of Fear is not for

the weak," said Senior Brenda Ngetich.

When it gets too hot to ride the coasters, you can make your way down to Soak City, the fabulous water park which offers a wide variety of water activities as well. You can race your friends down the water slides, ride the high tides in the wave pool, or mosey in the

lazy river. "Splashing down the waterslide into a shower caused by the tubes was my favorite part of the day," said Senior Leah Charles.

Riding the rides and playing the games is entertaining, but people can really work up an appetite. There are hundreds of booths that offer meals, desserts, and

beverages. The prices, on the other hand, can be expensive. "Four chicken tenders with fries and a drink cost \$15.99. It was ridiculous!" said Senior Mabel Mabena. There were places that just served snacks and those were a little less pricey.

Overall, the Kings Dominion trip was incredible. There were lots of experiences that brought the upperclassmen closer together and made the whole trip worth the drive. Kings Dominion will always be an unforgettable memory that I will cherish.

THE FIRST WEEKEND

ALLIE MAE MAGTANONG

August 20, 2016- Sabbath morning, everyone in the dorms had a little time to sleep in till 9:00 a.m., when breakfast was held in the cafeteria. By 10:30 a.m., faculty and staff from SVA and SVAE, along with New Market church members, lined up along the sidewalk to greet all the SVA students as they made their way to the church. Smiles beamed across people's faces as hugs and handshakes were passed around to everyone in line. It felt good to reunite with the New Market church family after returning from summer vacation.

As soon as the last person was greeted, everyone came inside for the main church service. During his sermon, Pastor Buz invited all teachers from SVA and SVAE to the front for a dedication of the teachers. "Reach Our Kids" (ROK) ministries then passed out goody bags to every high school student, whether they attend SVA or another school. Each bag was filled with candy, pencils, erasers, and special coupons for food, all prepared by a few lovely members of the New Market church.

Once the service was over, SVA students headed to the cafe for Sabbath lunch. Immediately after that, everyone went back to the dorms to change for Hideaway Sabbath at Shenandoah River Park. We loaded the buses around 1:15 p.m. near Twomley Hall, and left the campus around 1:30 p.m. Once we arrived at the park, everyone gathered at the pavilion for further announcements. The first thing on the agenda was to separate into our groups from the previous night. Each team was to create a skit based on a well-known Bible story. The Senior College Religion class leaders knew what stories they were assigned, and had to get their team to practice the skit. My group was in charge of acting out the story of "Paul and Silas"; we enjoyed working together and had a lot of fun throwing around a bunch of unique ideas. After practice time was over, Pastor Harley's air horn signaled all teams to come back to the pavilion. Each skit was judged by random faculty members, who scattered themselves among the audience. Every group showed creativity in making the story seem alive and was distinguishable from other stories. At the end of final group's skit, the judges got together to discuss the top three winners. The second and

third places were rewarded with a trip to Pack's for ice cream, and first place winners, the team of Heidi Davis and Justin Lee, were rewarded with dinner at the Wood Grill Restaurant in Harrisonburg, VA.

Once the winners were revealed, everybody lined up near the pavilion for hot dogs and s'mores. The rest of the afternoon became very relaxing; some students decided to go to the river, while others walked around, played games, or just had regular conversations with their peers. Around 5:00 p.m., we cleaned up our area and loaded the buses to arrive back at school in time for the Saturday night activity.

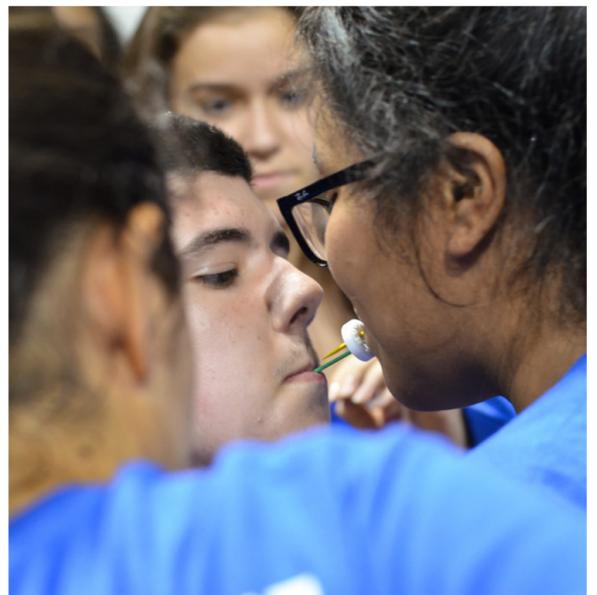
Saturday night of August 20, 2016- The weekend was not over until after the Student Association's organized event of "Almost Anything Goes." Every year, the SA holds this event where students engage in class-on-class competition, enjoying really random, yet exciting, group activities. By 8:30 p.m., Freshmen and Sophomores casually made their way inside the gymnasium, sporting their own class colors. The "Incredible" Junior class made a spectacular entrance, bursting in cheering while running around the gym, proudly representing their class color, pink. The Senior class then took the spotlight by also making a spontaneous entrance, huddling in the middle of the gym floor for their special senior chant.

Once each class had settled in the designated corner, SA President CJ Sanchez started the event off with a contest to see who could make the loudest noise. Out of all the classes, the Seniors had their laughs as they delightfully applauded rather than cheering or yelling their heads off. It was now time for the balloon-popping race, where people from each class, by two's, try to blow and pop the most balloons in a matter of minutes. SA officers were in charge of handing balloons to each contestant right before they blew it up. It was entertaining to watch numerous failed attempts to pop balloons, and several chairs broken from sitting too hard. The mattress surfing contest came next, where each class had to lie down on their backs, side by side, in order to move their classmates on a mattress back and forth. Some classes struggled more than others, but overall, still made success-

ful completions. Later was the all-time classic chariot race; two people dragged one of their classmates in a bed sheet around the gym as many times in a number of minutes. Multiple participants crashed into others, or even slipped out of their own sheet. As an SA officer, I had to be extra cautious to avoid being trampled on by the contestants. Once that event was over, SA joined together to prepare for the Lifesaver-toothpick game. We passed out a single toothpick to everyone participating. The goal was to successfully pass a Lifesaver mint from one end of the line to the other end. Almost all classes had to start over because they dropped it, but all made it just in time. The final activity of the night was the eight-legged race. In this game, the first two students had to tie a rope around their ankles to make one "leg," then walk a certain distance back and forth. One student was then added to the group, completing the same process by walking and adding another person, up until they had successfully walked with eight "legs" in total. Much team effort and communication was needed to complete the task.

By the end of the last event, everyone shushed each other as they waited to hear the last standings of the class competition. The Freshman class came in third place, Sophomores and Juniors tied for second place, and Seniors claimed their spot for first place. After President CJ gave his final word for the night, everyone evacuated the gym and energetically headed back to the dorms.

I am sure everyone had a fantastic time that weekend, from Friday evening to Saturday evening. The first vespers was a blessing, Hideaway Sabbath turned out to be a relaxing afternoon, and thankfully, Almost Anything Goes ended the day on a tiring though fun note. None of these events could have been accomplished without team organization, and all student leaders and faculty who made it happen. Their work is greatly appreciated. Although it was a packed and heavy weekend, God really helped make everything go by as smoothly as possible. We are excited to see what fun events are planned for the upcoming school year, for God has us "guaranteed to succeed" in all that we strive for at Shenandoah Valley Academy.



FALL PICNIC

SALIMA OMWENGA

Freshmen, Sophomores, Juniors, and Seniors entered picnic this year with the same goal: to win. Class colors were worn in support of every grade, warrior paint, and more. All await picnic weekend, and this year was one like never before—a three-day event that consisted of a Saturday night basketball game, where the Seniors were victorious, a volleyball game on Sunday, where the Seniors were yet again, victorious, and Monday, Labor Day. This was the twist. After a nourishing breakfast, everyone piled into buses and vans to head to Camp Horizon for a day of outdoor festivities. Because of the change in tradition, many

were unsure of what to expect but were pleasantly surprised at the sight of a huge pool and, for others, a basketball hoop. However, it was not just a day for casual recreation. Intense competitions were underway, such as a relay race that consisted of weighted balls that had to be carried around four times. As easy as it sounds, there were obstacles that made this a trying experience such as water balloons, and in one particular case, a water balloon bucket. Soaked and slippery, each class slid their way around, leading the Juniors to an awaited victory.

Following the relay, was a canoe race in which some teams used their hands and

feet as paddles and others, well, they enjoyed the view from an aimlessly floating canoe. Much laughter was shared as we witnessed some of the techniques used to successfully complete the race. All the energy used sparked growls in everyone's stomachs; however, the tug of war contests were about to begin. Each class pulled with all their might; some even pulled in the opposite direction and to everyone's surprise, soon the classes were being soaked by the vicious, sneaky SA members with their water toys. This created a very slippery foundation, igniting rumbles of laughter as everyone soon began to lose grip and

be dragged across the grass, through the mud.

After that tiring experience, a break was very much needed, so most of the students trekked over to the pavilion for a yummy hot dog accompanied by fresh fruits and veggies. Some stayed behind to finish their tennis match or to continue working on the class banner. Between dodging the numerous flying basketballs, or watching the cute children of Dean Knight and Mr. Heilman chase each other around, the day was off to a great start. The closing of the lunch line indicated the soon coming of the opening of the pool. The belly-flop contests were underway and

others were piling in to get a good view of the painful yet entertaining activity. Senior Vinny Leach took the first place position with his flop that left his chest as red as a tomato.

The day was not yet over. Soccer matches still had to be completed. The audience for those games was not as plentiful because at that time, the pool was opened to escape the blazing sun that had grown quite hot as the day went by. Some students were floating around, others were participating in a giant game of water monkey in the middle, some were relaxing on the pool chairs, and some were avoiding being pushed into

the frigid water against their will. From the pool, positive cheers and some frustrating ones could be heard from the field. Everyone seemed to be having a great time.

As the saying goes, "Time flies when you're having fun!" And that is exactly what happened. Soon we were being ushered out the pool and whistled to the parking lots where we loaded the buses to head back to campus. It was a beautiful day indeed, where memories were made that will last a lifetime.



Staff Interviews



UNEXPECTED TALENTS

World traveler – Robert G. Kilgore, Athletic Director and PE Teacher

Drawing – Jessica Lorene Mattox, Girls' Task Force Dean

Unicycle riding – Donald Short, Principal

Keeping myself from spending all of our family savings at Hobby Lobby – Stephanie Lane Powell, Head Girls' Dean

HOBBIES AND PASSIONS

Music, snow skiing, travelling, hiking, gardening, and of course reading – Ginger Bromme Turner, Sophomore English Teacher

Backpacking, cycling, reading, travel – Robert G. Kilgore, Athletic Director and PE Teacher

Photography, travel, watching sports – Robert Van Ornam, Religion & Geography Teacher

Gymnastics, photography – Jessica Lorene Mattox, Girls' Task Force Dean

My beautiful wife, history, time in nature – Donald Short, Principal

Reading, cooking, candy making, holidays, parties and gatherings – Janel Haas Ware, Director of Development & Alumni Relations

Gardening and cooking – Wendy Dean, Registrar/Admissions

Crafting-making cards, reading (especially historical books), walking with my dog, spending time with my husband, shopping at Hobby Lobby - Stephanie Lane Powell, Head Girls' Dean

Cooking, knitting, nutrition science, inspirational true stories. I love Jesus and my family more than anything and live my life for them all – Darlene Anderson, Nurse

HOW YOU ENDED UP AT SVA

I was offered this job during the summer while I was at camp. My high school dean asked me to come. It was a last minute decision; God was pushing me here for sure. – Jessica Lorene Mattox, Girls' Task Force Dean

Looking for a job after Kuwait, heard of an opening here. Did a Skype interview with the principal while in Toulouse, France. – Robert G. Kilgore, Athletic Director and PE Teacher

God answered our prayers in a way we didn't really want. – Donald Short, Principal

A phone call, and a lot of prayer – Stephanie Lane Powell, Head Girls' Dean

Moved here in 2010 to put our boys in SVAE – Ginger Bromme Turner, Sophomore English Teacher

WHERE YOU SEE YOURSELF 10 YEARS FROM NOW

Retired in Arizona – Robert G. Kilgore, Athletic Director and PE Teacher

SVA – Donald Short, Principal

Still here, and loving it, hopefully! – Stephanie Lane Powell, Head Girls' Dean

Hopefully Heaven! – Ginger Bromme Turner, Sophomore English Teacher

Working in a girls' dorm as head dean – Jessica Lorene Mattox, Girls' Task Force Dean

ROLE MODELS

Corrie Ten Boom – Darlene Anderson, Nurse

Nehemiah, Elizabeth in Pride and Prejudice, Abraham Lincoln – Stephanie Lane Powell, Head Girls' Dean

Tim Coomes – Robert Van Ornam, Religion & Geography Teacher

FATHER and/or MOTHER – Donald Short, Principal; Wendy Dean, Registrar/Admissions; Stephanie Lane Powell, Head Girls' Dean; Janel Haas Ware, Director of Development & Alumni Relations

FAVORITE THINGS ABOUT SVA

The kids! - Robert G. Kilgore, Athletic Director and PE Teacher

We have a school song! And the Virginia mountains. – Stephanie Lane Powell, Head Girls' Dean

It's in the country. – Darlene Anderson, Nurse

The diversity of personalities as well as the enthusiasm and school spirit – Jessica Lorene Mattox, Girls' Task Force Dean

FAVORITE FOODS

Watermelon! – Jessica Lorene Mattox, Girls' Task Force Dean

Middle Eastern, Ethiopian, Indian, Mediterranean – Darlene Anderson, Nurse

Local, Fresh, Healthy – Donald Short, Principal

Good chocolate, fresh, ripe fruit and homemade bread with REAL butter – Wendy Dean, Registrar/Admissions

Mediterranean cuisine – Robert Van Ornam, Religion & Geography Teacher

Indian – Ginger Bromme Turner, Sophomore English Teacher

General Tso's Tofu – Stephanie Lane Powell, Head Girls' Dean

Fresh local produce, eggs, milk, and butter; home cooking and baking; anything Mexican, Indian, and Mediterranean. Spicy is good! – Janel Haas Ware, Director of Development & Alumni Relations

ADVICE FOR STUDENTS

Listen, listen, listen. – Robert G. Kilgore, Athletic Director and PE Teacher

Don't let anger, hurt, or fear define you. – Stephanie Lane Powell, Head Girls' Dean

Pray, work hard, don't give up on yourself or anyone else! – Ginger Bromme Turner, Sophomore English Teacher

Don't ever be afraid to look silly; it makes for great memories. Talk to God frequently; He will keep you on track. – Jessica Lorene Mattox, Girls' Task Force Dean

Talk honestly to God about everything – the good, the bad and the ugly. Live with honesty and with integrity in all your relationships. Remember that Jesus is your only guarantee in life. – Darlene Anderson, Nurse

Choose Jesus and to spend time with Him each day praying and reading the Bible. Allow His peace and love to fill your hearts and share it with others. Praise Him for the opportunity to live for the glory of His name! – Janel Haas Ware, Director of Development & Alumni Relations

Seek first the kingdom of God and his righteousness, and all these things will be added to you. Matt. 6:23 EVS – Robert Van Ornam, Religion & Geography Teacher

In all your ways acknowledge God and He will direct your paths. – Donald Short, Principal

ANYTHING ELSE YOU WANT TO TELL THE STUDENTS

Ain't no such thing as a free lunch. – Donald Short, Principal

Every day, laugh out loud, keep an ongoing list of your blessings, give someone a true compliment, and grow old with smile wrinkles! – Wendy Dean, Registrar/Admissions

I am excited to be learning new things at a new school. I already have some great memories and I can't wait to put more on the list! – Jessica Lorene Mattox, Girls' Task Force Dean

Choose who you marry very carefully. Date at least two years. Save kissing and sex for marriage. Who you marry and the kind of relationship you have has great power over your life and even over your eternal destination. – Darlene Anderson, Nurse

Students come see me if you want to volunteer to help plan the Giving Tuesday SVA donor Thank-a-Thon! – Janel Haas Ware, Director of Development & Alumni Relations



ADVICE COLUMN

This school year is crazier than ever before!
How can I manage my high stress levels?

– Anonymous

7 Tips for Handling Stress

1. Listen to music
2. Think: *how will this affect me in 10 years?*
3. Be Active!
4. Do NOT run away from your problems (they can run too and they will chase you)
5. Be consistent about your schedule
6. Find something to laugh about
7. ...and find someone to laugh with

I'm struggling with self-esteem. Any advice?

– Anonymous

7 Things to Remember When You're Struggling with

Self-Esteem

1. Keep your head high and walk with purpose
2. Try new things and get involved
3. Don't be afraid of "no"
4. Find an inspiring role model
5. Accept compliments
6. Remember: it's okay to change a dream but not to give up on it
7. "One's dignity may be assaulted, vandalized and cruelly mocked, but it can never be taken away unless it is surrendered." Michael J. Fox

I'm not used to the dorm and I don't think I really like it. How can I have fun as a dorm student? – Anonymous

7 Ways to Improve Dorm Life

1. Host village students every once in a while
2. Decorate your room like home and, as far as possible, keep it clean
3. Headphones (note "DORM" life, don't get them copped outside the dorm ;)
4. Give your roommate space
5. Have a fun gathering of friends in your room every now and then
6. Ramen
7. Take advantage of home leave



SENIOR SURVIVAL

MESHACH PEREZ

"You ready for Senior Survival?" "It'll be fine, even if there is no bathroom..." "I better not see a bear anywhere near our camp!" The statements were being passed around among the Seniors of 2017. For some who have been at Shenandoah Valley Academy since freshman year, Senior Survival has always seemed like a trip that would never happen and was too far away to think about. The sudden realization that this legendary trip was real and it was my class's turn to go hit me hard the day before the retreat started. Our class had been on many outings together, but never under the conditions we were about to experience. I'm sure that there was a general mindset of making the best of the trip and remembering it as one of highlights of their time at SVA. But one thing everyone had to have put together before we left was that it wasn't going to be just mere child's play, considering the word "survival" was in the title. We had to prep in every aspect, pack all our necessities, and then dive into it head first.

We loaded our buses and began our adventure on Wednesday afternoon, August 26. It was a quick ride, but in the midst of the activity a few

of the guys and I were going through on the mini-bus Mr. Powell was driving, I realized there was a more naturalistic feeling that came from the class before we jumped on the buses. People wore their hiking shoes, girls came with their hair braided for the occasion, and some of the guys came with tank tops and hats. The sense of concern had been kept on a low-key note during the departure, but once we drove away from campus, I couldn't help but look back and think "You can't have the plus side of no school without the downside of no showers." But I put the thought in the back of my mind and continued to joke around with everyone.

As we rode beside the beautiful mountains and neared Camp Overlook, we all straightened up and looked at our destination with enthusiasm. We had reached our journey's end. After that point, it was a haze of unloading bags, backpacks, and food. Pastor Harley gave us a quick introduction to the groups and group sponsors in which we would be doing all our activities (Teams A, B, and C). Then he sent us off to our camps to make what would be our homes for the next few days. There was the option to

build a shelter out of just a roll of twine, duct tape, and a plastic tarp, but we were lucky enough to have had a chance to go to Walmart a few days beforehand and buy a hammock that we could sleep in instead. But for me (being the city boy that I am), even a hammock was pretty hard to put up. Some frustrations, like our hammocks falling off their trees, forced some of us to sleep with others who had all their accommodations for the night made.

Following a long break, there was dinner at the café, free time to play a big game of hide and seek, and worship on Agape Hill. Pastor Harley later talked of the history of Senior Survival and how seniors before us had survived. PH told us we would be okay, but some of us weren't sure after experiencing the mess of our camps, the heat of the forest, and a hike to where we were staying that demanded so much physical exertion. But it's not like we could just back out of it all now, so we had to take our only option and believe in PH's reassurance. We had an hour or so to hang out, jam out to camp songs, or play some flashlight tag with each other before we left, which was really fun. I think that most of us were

too tired to complain about being there, even if we wanted to. When I look back on it, the first day was pretty much the easiest day we had, but we were all exhausted by the end of it. Everyone rushed back to their camps and it didn't take long for there to be complete silence and only the sounds of the forest to accompany us. Before completely knocking out, I gave God thanks for the class I'm in and prayed for help for all of us to make it through the next few days.

The next morning after both camps made their own breakfast, the seniors gathered together to organize themselves into our groups. We were going to compete in each event for the most points, and the first two winning groups would have the honor of a free trip to Wood Grill Buffet and Pack's Frozen Custard. There were also bragging rights attached that would extend over the whole year and beyond. As the days passed, the groups underwent many different challenges such as wilderness, spiritual, and team survival tests. Each station we rotated through had a supervisor that explained the events. Each team tried its best to use its own mental strength, physical capacity, and confidence

in their teammates to lead to victory. I knew that there were people who, after activities like the Climbing Wall, the Trust Fall, and the Hike, would have more faith that they can do anything with a little help. Amaia Belgrave (a fellow member of Team B) strongly believed in this after each game and had a newfound trust for people in and out of the group. SPECIAL SHOUT OUT: Team B sponsors, Mr. and Mrs. Wetzel, you guys were the best!

The days rushed by and it seemed the end of our retreat was drawing closer and closer. There was noticeable change in the whole class. We never felt a need to complain about anything because we realized all the things that we take for granted at school. We were also becoming more of a family instead of just a class. I didn't want to leave at one point because I realized how tight I felt with everyone. I'm sure that even the Argentinean exchange students (even though they had not been here for long) felt as though they were part of one big family. There were times when the competition didn't matter anymore; it was just about becoming united to complete our tasks. Depending on God's protection and

strength was a must, especially in forest and on hikes. Everything revolved God. During our last meeting as a class before departing from the camp, we discussed what we could bring back to the school, what we can start doing when we get back, and how we can become "the class that does for, not to." Something that I remember Eric Eiselstein had said was, "We can't just speak about bringing camaraderie and spiritually back to SVA, but strive to actually do it," and everyone agreed to accomplish this. All the comments passed around made me realize that our class had grown. We had become more unified than ever and knew that our goal was to spread this closeness with everyone back on campus. This experience really transformed us. TO THE JUNIORS who are going on Senior Survival next year, it's not just about surviving, it's about so much more than that. It's really learning how to understand yourself better, finding out that you have a family at SVA, and getting to know God more than you ever have. Oh, and a message from our ping-pong enthusiasts to yours: bring lots of quarters!



CROSS-COUNTRY

JUDD WATSON

SVA's cross country season started with weeks of preparation for the big day; the day that we would test our running skills and give it our all. Each week prior to race day consisted of practices from Monday to Thursday, led by Mr. LaPierre, and Dean Azariah, from 5:00-6:15 p.m. The captain of the boys' division of cross country is Trystan Gammon, and the captain of the girls' division is Linsey Smith; both are excellent runners and leaders for our team.

Each day, our times improved and we got faster. A typical practice varies from running up faculty hill, our course, or running three or four miles on the road right by our baseball field. Shenandoah Drive, commonly known

as Faculty Hill, is a task that most sports team members are familiar with, and is one of the hardest days because of the climb involved. Our home course consists of two laps around campus, starting at the crosswalk by the soccer field, looping towards Shenandoah Valley Adventist Elementary, up the orchard hill, across the church parking lot, and across front campus, ending back at the crosswalk. A new run Dean Azariah has introduced to improve our endurance is a four-mile run toward the New Market Battlefield.

The atmosphere of practice is one thing that helps me stay motivated to keep running. It seems that everyone on the team cheers each other on and encourages each

other to "Keep on running!" and "Don't stop!" or "Push harder!" These motivators make cross country practices more meaningful. A few tips for running: stay hydrated, don't eat before running, and be confident in your running skills. After the last practice on Thursday we have a rest period from Friday to Sunday. A key part of running is to rest in order for your muscles to relax a bit and not get injured. We also stretch after every practice and race in order to prevent injury. After the rest period, running becomes more enjoyable and overall times improve compared to the previous week.

On September 14 27, the days came, our Cross Country team had its first meets at Central High School's course

in Woodstock, Virginia, then at Foxcroft School in Middleburg, Virginia. The length of each course is 5K, or 3.11 miles. There were roughly six schools from all over the area attending including MMA. The girls started first with Miranda Benton, Heidi Davis, and Valerie Pichot up. Once they were finished, the guys came up to race with myself, Seth Camick, Asher Ardron, Henry Ware, Ricardo Paulino, Michael Sewell, and Trystan Gammon. The race was tough for everyone but we all persevered and finished this year. The pure adrenaline from the race atmosphere pushed us to run as fast as we could during the race, and not stop. Henry Ware said, "I really enjoyed racing against

the other schools; they helped me push myself to better my time." Running against other schools is a great way to improve times, as everyone usually beats their practice time by one to two minutes in a race. The motivation to run past the other team on the last 200 meters is almost a reflex.

The course in Woodstock was relatively simple; we had to run one lap around a cornfield two times. The second time we cut through the cornfield and conquered the hills of Central's course. At the second meet at Foxcroft School, we faced 14 different private schools with over 50 runners on each team. The course was one lap around their campus, which was generally flat, with the excep-

tion of a few hills. Everyone bested their 5K times during this meet.

Our next meet is scheduled at Middleburg Academy, which some members from last year's Cross Country team are familiar with. So far this season has been fun and a success; the atmosphere of practice and running makes cross country addicting. As for the rest of the season, there are a few more meets scheduled, and the season should finish around the end of October. Dean Azariah and Mr. LaPierre are incredible coaches and have influenced us all to become better runners. As Dean Azariah always says, "Don't let your shadow beat you!"



SOCCER

DANIEL PALACIOS

Shenandoah soccer season is almost at its end. It's been a very exciting season and also very successful. We've had a few close games but in the end we have always pulled through. Not only have we been successful in winning games, but also in our attitudes after the games, when we showed good sportsmanship and friendly competition. So far our record is 7 wins, 1 draw, and 0 losses. Our top scorers this year are Darnell Devadass with 11 goals, Luke Fogg with seven goals and Barry Armstrong with seven goals as well. Let's look at few of the games we've had.

Our first game was against rival Highland View Academy. Although it was a tough team, we all worked together and pulled off a 2-0 victory. The next game was against Mount View Christian Academy. It was a very physical match with tempers rising on both teams, but luckily we both kept our cools for the most part. We won in a 3-2 thriller match with Luke Fogg scoring

the winning goal and three minutes left in the game. Personally, I thought the match would end in a draw but I'm very glad it didn't. A week later we played Massanutten Military Academy. The game was very interesting to watch because there was a lot of tension on the other team. They got so frustrated with each other that their goalkeeper kicked it into their own net, resulting in a 5-2 victory for SVA! Then our most recent game against Mount View Christian Academy was the game that gave us our first draw. This was a really tough game and they came back harder than we'd expected. It was physical and fast-paced but we tied 4-4 and left with our heads high, knowing we had done our best.

This season has been a fun one for all of us. "I have enjoyed putting the ball through my opponent's legs, hearing the crowd cheer, as well as passing the ball to Joseph Tembo," says Junior Edrian Sanchez. The entire

team has had a good time on the field and off the field this soccer season. And we are very glad to have played those tough teams because we'll need the preparation for the NACA (National Association of Christian Athletes) tournament.

The NACA tournament is one that all soccer players and volleyball players love. Both sports teams go to Fort Bluff Camp in Dayton, Tennessee, and compete in a tournament with other Christian teams. Last year our soccer team did well, earning second place in the Division 2 bracket. When asked about what he looked forward to at NACA, Senior Joseph Tembo says, "Scoring the winning goal, scoring at least five goals, and passing to Edrian Sanchez." So we're looking forward to going to tournament and we hope to do our very best.

The soccer team has had a great season and it took a lot of people help to make that happen. I would personally like to thank Coach Jedamski

for the awesome work he has done with the team and taking time out of his schedule to coach us. Also the managers help out by writing down stats and doing different things for the team. Freshman manager Ethan Odiewuor says, "It's hard work and it takes great responsibility. Without the manager there would be no written documentation of our teams winning a game."

Soccer season is a great time of the school year. It brings students together and brings them even closer together than they were before. "I'm proud of where our team is," says Captain Darnell Devadass. I think everybody else is, too. We have shown good sportsmanship in our games and have shown a Christian character to all the teams we've played. SVA's theme this year is, "The God of Heaven will give us success." And I think if we keep close to God, that's exactly what He'll do.

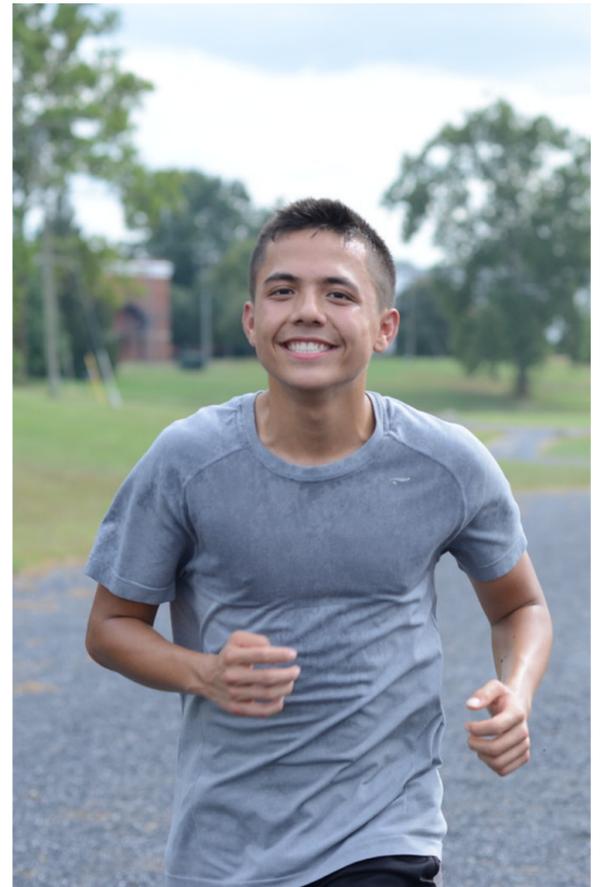


GYMNASTICS

JESSICA PEPPER

The gymnastics team has started back up! We practice together as a team every Tuesday and Thursday, and the girls have conditioning sessions every Monday and Wednesday. Known as the SVA AcroStars, we're working hard to prepare for performances. We've already had

four different schools ask us to perform. Our teammates are learning to trust each other and we're working hard on tackling the basic skills. We've already improved so much! Watch out SVA, come second semester we're coming to destroy.



HAPPY BIRTHDAY 26 Montana Bullard

JULY 27 Isaiah Lowe

1 Laura Westberg 28 Kyle Freitas

2 Janice Pakkianathan SEPTEMBER

7 Daniel Chirvasuta / Ana Escobar 1 Jared Gil-Gomez

13 Ajab Perry 4 Gustavo Brasil de Souza / Heidi Davis / Pedro Teste Pereira / Faith Troup

15 Benjamin Adjei 7 Judd Watson / Nelda Atuti

16 Isamuel Aquino 9 Ricardo Paulino / Linsey Smith

18 Haianny Carvalho 10 Dollywet Bernal / Gabe Silva

19 Kelly Ramirez / Julia Rivera 11 Meshach Perez / Brent Williams

22 Jonathan Villatoro 14 David Morel / Giselle Villatoro

23 Joseph Tembo / Lori Serrano 15 Lana Staszak

30 Shayla Coronel 20 Sifan Olgira / Genesis Rivera

AUGUST

1 Safyya Phillip 22 Taylor Belleza

2 Leah Charles 28 Laylah Magda Vargas

3 Genesis Quintanilla OCTOBER

4 Allie Mae Magtangong 1 Olivia Sarmiento

6 Leticia Mischur 5 Jessica Pepper

7 Sarah Duricbek 6 Valery Vergara

13 Brendan Genus 13 Tia Jones

15 Ruben Toma 14 McKenzie Hanon

16 Iverson Kester-Calvin 18 Noe Grady / Karsen Hudson

17 Aubrey Benton 20 Elizabeth Reedy / Joseph Lim

19 Karen Cruz 23 Josiah Castro

22 Justin Lee / Josselyn Villatoro 26 Jacob Callaban

23 Ben Perkin 30 Ethan Odiewuor

24 Raisy Sanchez 25 Moti Tesgera / Kevin Lee

SHOUT-OUTS!

To RICKY PAULINO: You're my man! – Davel Parker

To SARAH DURICHEK: Shout out to SARAH! – Basam Gonzalez

To VALERIE PICHOT: You're the best roomie and newspaper co-editor ever! <3 Love ya!! – Trisney Bocala

To ELIZABETH REEDY and MIKE SEWELL: Congratulations on earning the Worker of the Month Award!!! - Shenandoah Valley Academy

JUNIOR AND SENIOR BOOKS FOR SALE

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DON'T FORGET: Look for the little green & white box in the library to submit your questions for our advice column, the shout-outs for your friends, and your tips for us, editors!

AWAITING: We are excited to introduce this year, SVA's online edition of the Shen-Val-Lore which will have teasers for our printed issues as well. We will announce it as soon as our web page is posted. Be sure to check out our new publication when it is up and running!



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