

Shen-Val-Lore

The Student Voice of Shenandoah Valley Academy

Shenandoah Valley Academy

February 5, 2016

Volume 85, Edition 4



WEEK OF PRAYER: STUDENT-LED

KELLIE SHELTON

Student-led Week of Prayer for the year 2016 was held from Monday, January 18, to Sabbath, January 23. The theme for the week was Cornered, But Hopeful. During the week, a different student spoke each day on the different "corners" we can get backed into and how God can help get us out. Over the course of the week, more than sixty students led out in music, drama, speaking, backstage set-up, and audio-visual sound board; all of them contributed greatly to the efficiency of the programs.

Week of Prayer began with the student body meeting for morning chapel on Monday. Matthew Reinhoel was the first official speaker; his topic was how we can lose our focus on God. Entitled "Distractions from God," his message focused on the earthly things that draw our attention away from God causing our lives to decay without Him. The vespers program that evening, with speaker Heidi Davis, emphasized being a Friend of God, doubling as the title of her sermon. As a response to the morning talk, this message was to give us hope in the midst of the distractions that we face in today's day and age. Heidi wanted to show us that God will always be by our side, as our best friend, no matter what mistakes we might make in our daily lives. On Tuesday, Coby Odate spoke on the topic entitled

Self-Control for both morning chapel and evening vespers. Before anyone walked into the chapel, candy was put underneath each seat in the room. Coby did not tell anybody that this was a lesson on self-control, and anyone who did not eat the candy ended up getting a second piece at the end. Then Coby began another activity which involved only the Senior class. All the Seniors had to close their eyes and work as a team to try and count to the number ten without anyone saying the same number at the same time, and lacking any finite pattern. The Senior class did not successfully complete this task, but it taught that self-control was very important when working as a team. Coby ended her morning talk with a short video depicting kids having to use self-control to sit in a chair and not eat a marshmallow that was in front of them in order to receive a second one. For the vespers program that evening, Coby spoke even deeper on the topic of self-control. She strongly encouraged us to have self-control in our everyday lives rather than indulging ourselves in sinful behavior. She greatly stressed the fact that through God, anything is possible; He can help us overcome any temptations.

The following day, Wednesday, CJ Sanchez spoke for the morning chapel. His topic was on Anxiety and Worry, and

started the morning with an activity to show what anxiety and worry feel like. CJ had each audience member write down on a piece of paper his or her name and deepest secret. Asking for the papers to be passed up to the front, he announced that he was going to read each paper out loud, with the person's name and their secret. The room erupted in gasps and groans. After waiting a minute, he assured everyone that he was not going to read them. With his point being made on what anxiety and stress feel like, he focused his topic on Isaiah 40:31: "God has wings like an eagle, supporting us always through troubled times, never losing His focus on us." That evening for vespers, Theodore Thomas spoke on Depression. Using his personal experiences as examples, he told of how God can help people with this great struggle filling their minds with peace and tranquility.

On Thursday, Carla Navarro spoke for the morning chapel on the topic of Guilt. Focusing on guilt with God, she began by telling us that our sins, no matter how big or small they might be, result in guilt from our conscience. The great promise that she stated was that God sees your heart, who you truly are. Carla finished her message by saying that we must be responsible with our guilt, admitting it to Christ. Afterwards, she showed a Skit Guys video called The Verdict. For vespers that evening, we watched a movie called The Sin Eaters.

Based on the book by Francine Rivers, the movie was released in 2007. The story is about a mid-1850s Celtic community that believes in a sin eater, a person who takes the sins off of the dead onto himself so they can truly rest in peace.

For morning chapel on Friday, Justin Lee spoke on Self-Esteem. Gathering for the last chapel of the student-led Week of Prayer, he started everyone off with a very inspirational activity. Before being seated, all the students were given two pieces of paper and Justin instructed us to write down our personal sources of self-esteem. He later collected this paper at the end of the program. For the second part of the activity, pieces of paper were taped to everyone's back and we milled about the room writing positive things about that person on his or her paper. After the activity, he asked people how they felt about the things that were written about them and the students responded with positive feedback. At the last vespers program, Justin read aloud some of his favorites from the papers he collected at chapel that morning on the sources of self-esteem. Afterwards, he and CJ Sanchez led out in a skit that showed where self-esteem should be invested and where it should not be. Once the skit was done, Justin gave a short talk. He pointed out that Satan wants us to have our self-esteem come from our accomplishments instead of from God. He ended his discussion by

telling everyone that our accomplishments will not last forever, but God's will. Afterwards, everyone who stayed behind participated in a special afterglow involving communion, testimonies, and music.

Due to inclement weather the next day, Sabbath school was cancelled. Instead, the students were allowed to sleep in until it was time for breakfast, where Mr. Ockenga and his staff had prepared a pleasant meal for us. Following breakfast, the students attended church, which was also student led. Sadly, because of the weather, not many church members were able to attend. During the service, many students led out in music, scripture reading, offertory, and prayer. The speakers that morning were Kellie Shelton and Cameron Sahly. Dividing the sermon in half, they talked about the week, basing it on Psalm 23. Kellie spoke about how we can trust in God even when backed into corners, and Cameron then took that and showed everyone that God truly is in control of our every need, looking at Psalm 23 in a physical sense.

Overall, the student-led Week of Prayer was captivating, inspiring, cultivating, and motivational. The sixty students that helped lead out worked as a team to create a week of prayer with a message never to be forgotten. Thanks to them, we can always remember that even when we are cornered, we can be hopeful with God. Amen!

UPCOMING EVENTS

FEBRUARY

- 2 AMC Math Test
- 3-7 Cardinal Classic Basketball Tournament
- 3-7 Andrews University Senior Visit
- 5 SA Spirit Day
- 7 ACT Test
- 8 Asking Day, Girls Ask Guys
- 9 Boys Basketball Game, Home
- 10-14 Homeleave
- 10-14 Washington Adventist University Band Festival
- 15 Red Cross Blood Drive
- 18 Boys Basketball and Girls Basketball Games, Away
- 21 Girls' Club and Boys' Club Sponsored Roller Skating

- 27 SA Talent Show
- 28 National Honor Society Induction
- 28 Principal
- 29 Government Field Trip

MARCH

- 2-6 Andrews University Choral Festival
- 4 End of 3rd
- 4 SA Spirit Day
- 5-6 Elementary Basketball Tournament
- 6 SAT Test
- 12 SA Event
- 13 Daylight Savings Time Begins
- 19 Nursing Home Visitation
- 23-April 3 Mission Trip
- 23-April 3 Spring Break

APRIL

- 7-9 Potomac Conference Elementary Music Festival
- 8 SA Spirit Day
- 9 DC Homeless Ministry
- 10 ACT Test

TABLE OF CONTENTS

- | | |
|--|---------------------------------|
| 1 Week of Prayer: Student Led | 6 Candlelight Concerts |
| 2 Ringfest 2015 | 7 Journey to Bethlehem |
| 3 A Musical Experience in Winchester, Virginia | 8 Freshmen Incentive |
| 4 Class Parties | 8 New Members of the SVA Family |
| 5 Blackfriars Field Trip | |
| 5 Faculty Family Vespers | |
| 5 Spiritual Retreat | |





RINGFEST 2015

TRYSTAN GAMMON

It was early one October morning and the bus was being loaded with luggage and bell equipment. After scrambling around trying to turn in last minute homework for classes we'd be missing, we finally got on the bus. The Shenandoah Valley Ringers had the opportunity to attend the 16th annual Ringfest in Toledo, Ohio. Many of us were just happy to be out of class for a few days and others were looking forward to the other fun activities ahead of us. Many of us were excited to see old friends and meet new ones. But all of us couldn't wait to get to the hotel and relax.

That Wednesday morning it was raining and the trip was going to be long. To pass the time, some of the girls brought their sleeping bags to catch up on sleep. The rest of us did our best as well to get some needed rest. Afterwards we played a few card games, mingled, and got to know each other a little bit better. Once we got to Akron, Ohio, we dropped off Dr. and Mrs. Twomley at the airport and went to a nearby mall for supper. By that time we had been on the road roughly seven hours and were ready for the trip to end.

When we arrived at our final destination, we walked into the Toledo SDA Church and looked up. The church is massive and you can tell that it is a good place for this event.

The stage was covered in platforms that the directors called "the stacks." It went up to the back of the sanctuary so that it looked like a big staircase. Each level was a row where each bell group could set up and put their equipment. We were fortunate because our spot was up front where it was less crowded. Parents and the camera could also see us better for the performance we would have two nights later. We left our equipment at the church and left to go back to our hotel to sleep. Rest was vitally important, for the next day would be absolutely exhausting.

At the crack of dawn we woke up and had breakfast in the hotel. Heading straight to the church to start the day, some of us still felt a little dazed because of how early it was. We had worship with the full group to start the day off. Overall there were at least 160 students who would be performing on the stage Friday night. There were about fifteen schools represented. The bell group that was farthest away from home was Walla Walla Valley Academy from the state of Washington. "There's going to be more of us than there will be people in the audience," I told my friend Andrew Cuellar with a chuckle.

Since there were so many of us, it would require a lot of practice so that we would all be synchronized. Our

directors were very excited because most of the songs we were playing they had written themselves. It was quite a privilege because many of the songs were well known to us handbell musicians. A couple of the favorites were "Cappricio" and "The Green Blade Riseth." The practices for these songs were long and hard because the two directors wanted it as close to perfection as possible. During practice the sounds of the ringing, thumping, and hitting of the mallets filled the whole sanctuary. It was like heaven on earth and worth every minute. By the time we finished that day we had practiced for a solid eight hours! But it was rewarding because we all knew that the performance would outstanding.

Until evening, Friday was full of the same routines except that each group had another part to worry about. In between the group pieces, each individual bell group had a solo piece to perform at the concert. The name of ours was "Gaudemus," which means, "Let us be joyful." Mr. Nino was so energized and happy because he knew how much each of us had worked to do well. Right after supper everyone got dressed for the performance and looked to see if their families and friends were in the pews. And as I had predicted, there were more of us than those in the audience. Each pew was filled but it still

didn't measure up to how many students were in the stacks. The concert began and everyone listened for a sound they would not expect. The first bell sounded and then everyone else joined in. The concert continued and each group did their part by playing their solo piece. SVA's turn came and all I could think about was getting the song over with. Pumping blood, twitching fingers, and sweaty palms took over my body. We started off and let the notes fly out like birds leaving a cage. By the grace of God, I'll have to say that performance was the best our group had ever sounded.

Looking back on the overall intervals of practice we had, every minute was vitally important to our success that night. When it was over, everyone clapped and applauded. My favorite part of the performance was the encore because nobody was expecting it. We played the last two pages of our favorite song, "Cappricio." Afterwards we had some refreshments and greeted our family and friends that came for the concert.

Sabbath was a blessing after all the hard work we put in. For church we performed a few hymns with the full group for song service. Then, to make up the rest of the service, certain students from each school had the privilege of sharing a testimony. Each testimony involved a topic

that correlated with the song that would be played by a bell group.

I was able to share a testimony of when God gave me the opportunity share Christ with a non-believer. The message was that God is waiting upon us to share the good news that we must proclaim to those who don't know Him. And one day we will be able to meet those we witness to. Because of our ministry, they are able to accept Christ as their personal Savior. I challenged the congregation to allow Jesus to work through them, so that they can have that divine appointment with someone who needs Jesus. A handbell concert is powerful, but a personal encounter with somebody is even better.

To top off the trip, Mr. Nino was willing to take us to an amusement park that Saturday evening. Cedar Point, the world's best amusement park, was only one-and-a-half hours away from Toledo in Sandusky, Ohio. After we packed our equipment and said our goodbyes to the other ringers, we headed for our fun destination. When we got there we received quite a surprise. The hotel we were checked into for the night was not the one we had booked in advance. Apparently the one that we originally were going to stay in was actually not available to us. So to make it up to us, they put us in another hotel down the street for

the same price. All of us were satisfied because the hotel was way better than what we had expected. It was a great way to spend our last night before heading for home the next day.

We paid for our tickets and ran for the first ride. We wanted to get on as many rides as we could because we feared it was going to rain at any moment. We got through the lines in minutes because fortunately the park wasn't very full since it was so late. After the first ride everyone felt energized and wanted to go on the next one. Linsey Smith just couldn't contain her excitement and screamed at the end of the ride, "That was awesome!" The fun continued and we got on multiple rides that would make the average human being sick. Eventually it did start to rain and didn't end for the rest of the night. But we had each other and that's all we needed to have fun. That night our group bonded because we had a blast in the cold and the rain. The whole trip ended on a positive note and that's all that mattered to us. Since this is my first year at SVA, I'm am honored to be a part of this elite group. Each year it gets better and better and I can't wait to go again my senior year. Hopefully next year the Shenandoah Valley Ringers can go back not just to make our bells ring, but to sing.



A MUSICAL EXPERIENCE IN WINCHESTER, VIRGINIA

JULIA RIVERA

As the sun was still gathering courage to shine brightly upon the Shenandoah Valley on Sabbath, November 21, 2015, when Shenandoah Valley Academy's string group was loading instruments into two minibuses and then departing for the Winchester Seventh-day Adventist Church. It was a chilly morning, but a wonderful day to praise God through playing music. This was the first music tour of the year with Ms. Wiedemann and for some of the musicians. Naturally, there was some nervousness and anxiety.

"I am so tired!" exclaimed a violinist. "Is this the right folder?" inquired a cellist.

"Everyone in the busses, load yourselves and your instruments quickly and let's be off," Ms. Wiedemann presently announced.

The bus ride to the Winchester Church was very pleasant and the time passed nicely. We arrived safely and started to take our instruments downstairs to the fellowship hall (even though one bus's co-pilot accidentally caused the driver to make a wrong turn). Once the musicians had brought their instruments and stands, we set up and began rehearsing. Randy Wiedemann, class of 2013, drove up to Winchester to help us perform. The Sabbath School rooms were

also in the downstairs of the church adjoining the fellowship hall. That meant that they could hear everything we played as well as what we said. Between songs we could hear the church members discussing their lessons, but they were very relaxed about it and didn't mind us practicing at all. We practiced all our songs before having prayer and taking our music paraphernalia upstairs to the sanctuary.

Soon it was time for the worship service to start. First we played "Jesu, Joy of Man's Desiring" with Randy Wiedemann playing a viola solo for the missing brass parts. After announcements, we played

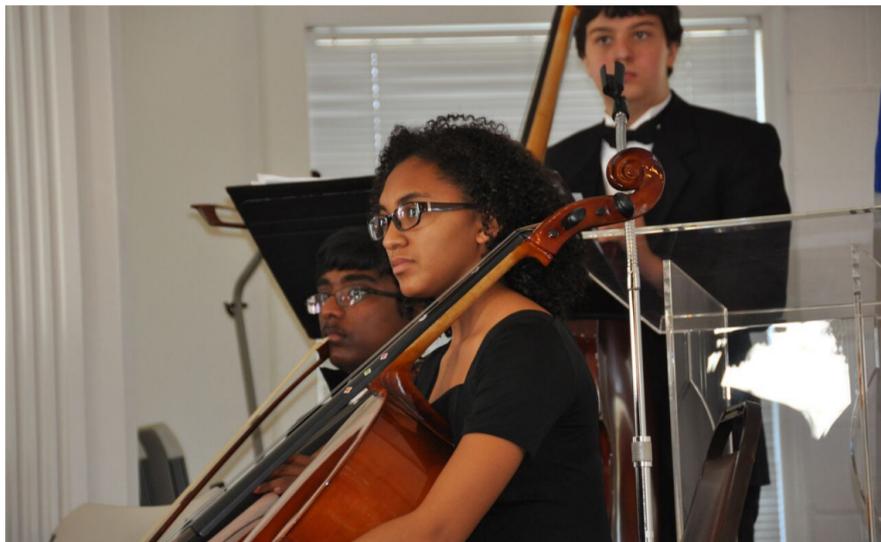
the hymn "Crown Him with Many Crowns" with the congregation singing. Next we played "Fanfare for Strings" for the offertory. After that, we played three songs for special music: "Themes from the Moldau," "French Noel," and "Hymnsong Fantasia." Following "Hymnsong Fantasia," "Cornerstone" was performed with Ellerab Dorval, class of 2016, on the piano and Peyton Ware, also class of 2016, singing with Krisi Koliadko, class of 2015. Next, the head elder of the church gave a concise sermonette and invited us to continue playing music. Without delay, we played the first movement in "Holberg Suite" which was

formerly intended to be a postlude. We ended the worship service playing the closing hymn. With that, we received a standing ovation from the congregation.

Standing in the audience were several alumni of SVA who came to listen and family members of the students performing providing support. Alumni, musicians, and parents were led by the church members downstairs to the well-prepared haystack potluck. There was a mouthwatering desserts table including a big cake, brownies, and cookies and a sweet punch. After eating our meal, we all broke out in the customary song "We Thank You So

Much." We all then headed to pack our equipment and instruments in the two busses and changing into more comfortable clothes for the ride back.

The performance was undoubtedly an example of the progress we have made as a group together since the beginning of the school year. Sure we made a few mistakes, but we continued to play and blessed the Winchester SDA Church with our music. A big thanks to Ms. Wiedemann for her hard work planning this tour and for providing transportation to us, as well as to Mrs. Griffin for also providing transportation for us.



OUR LAST CLASS PARTY

KAREN VALLADO

Before Christmas break, the Senior class voted to go to Cici's Pizza and laser tagging for their last class party at SVA on January 16. This was the plan up until Friday afternoon, when the officers met with the sponsors and discovered that the laser tag facility required everyone to sign release of liability forms, and rather than rush to fax forms to parents and risk leaving someone behind, they decided to revoke. It came down to bowling or roller skating, and the final vote was roller skating. However, Class President Ming Kim reassured the class that they would be able to go laser tagging or potentially paintballing after class trip if they still really wanted to go.

Before we got on the bus, class pastor Sam Renderos presented Eventide for everyone.

He spoke about weakness and how we as Seniors have many weaknesses, but God is able to give the strength we need.

The ride to Winchester was about an hour long, but the bus was pretty spacious since our already small class of 35 had dwindled down to 28 due to an indoor soccer tournament in Maryland that several of us had chosen to attend. The ride went by quickly, even though many of the Seniors were anxious to get to Cici's and put an end to their Daniel Diet. The students on the King's Diet were less excited but still eager to eat pizza. In case you weren't aware, the Daniel Diet requires that you eat whole grains, no meat or dairy, and drink 100% juice or water. The King's Diet does not allow you to drink water or eat any fruits and veg-

etables. What could get high school Seniors to go on one of these diets? The prospect of 30 extra credit points for religion class.

Once we arrived at Cici's, we all ate to our hearts' content, forgetting all the dietary stipulations that had limited them for the past 10 days. That Saturday night, we were free. I doubt another class was so appreciative for their food. Once everyone was finished, the class of 2016 made their way to the roller skating rink at the Family Fun Center. Some roller skated, some roller bladed, and a few sat out initially, but most ended up at least trying it out (Hannah Charles, Cindy Balcarcel, and Emmanuel Wetzell). The rink's DJ played a variety of hits from the last 15 years (songs from before some of us

were even born). Most of us were a little uneasy at first as we adjusted to having wheels on our feet, and many clung to the wall for support. After everyone was more comfortable, a few girls started a chain, and the more they added, when it came to the turns, the faster the person flew that was swung. There were about four girls in the chain when they swung by and picked up an unexpected Elle Dorval. When they got to the turn, she screamed out of shock and excitement and her eyes were wider than ever, but she must have enjoyed it because she stayed on the chain. For those who were not interested in skating, there was an arcade and the company of good friends to keep them occupied. President Ming Kim interviewed several class-

mates on the bus ride back to SVA, asking them what they thought about the party. Chloe Pettit said, "I think it was pretty nice and I had a lot of fun." Carla Navarro and Elle Dorval thought it was great as well. I think everyone was surprised at how smoothly everything ran and how much fun everyone had, but I think that's because as we approach the end of the year, we do not mind so much what we are doing as long as we are doing it with our friends. As graduation gets closer and closer, and becomes a less-far-off, highly anticipated thing that will one day happen, and more of a bittersweet reality. This is the last semester of high school. This is the last class party. And while these are the last couple of months before we are done with all the unpleasanties of

high school, these are also the last couple of months before we all disperse and go our separate ways. Chances are, we'll never see the entire Class of 2016 all together again after graduation. These people that you go to class with, that you live with, that you see in the halls every day—pretty soon, you won't. That is hard to imagine and I know we will all miss each other, but that only makes me more grateful for opportunities like class parties to make more memories with my class. Seniors, as you look forward to graduation, remember to cherish your "lasts."

JUNIOR CLASS PARTY

HAIANNY CARVALHO

I walked into my dorm room at 11:30 PM. My back was aching, my feet were swollen, my legs were on fire, and exhaustion took over. I slumped down on the floor, flat, unable to move for a good 20 minutes. And there was no way I was going to climb up to my top bunk at this point, and I thought to myself, "Haianny. You really did a number on yourself." Yet, I'd probably start that whole day over if I could. I

haven't had that much fun in a while, and mostly because a majority, no, ALL of my school trips before now had consisted of me going to every single museum there is in NYC. That was my previous school's definition of "fun."

I've been here about two weeks, and already I'm feeling stressed out, and I needed this. All of the SVA community, teachers included, needed this. Needed to get off of campus for a while,

have a break, and let loose a little. Endlessly tripping and falling on skates, while grabbing onto friend like a lifeline. What better way to get everyone laughing all evening than to go rollerblading. The fact that a majority of us were using those rolling walkers to help us skate, and still managed to fall was hilarious. We also had the opportunity to go to the mall, and you know us girls. Makeup, makeup, clothes, make-up, Claire's, just

everything makeup. Imagine my surprise when my history teacher bought some killer mascara. All in all, we enjoyed ourselves way too much.

The team of teachers and students who set this all up deserve a pat on the back. And whoever had the brilliant idea of going to Cici's pizza buffet is my new best friend. Stuffed cheesy bread, spinach pizza, buffalo chicken slice, garlic bread, brownies—oh, it was a good day. But let's not

forget Brenda who managed to wow us with her inspiring yet humorous story about falling and getting back up (oh the irony) during Prayer and Worship. I think it's safe to say we all had a blast that evening. For us new students, this was a great chance for us to get to know our community better, and bond. Kids that we had never even spoken to, or had a conversation with that lasted more than five minutes, were the ones that had us crying in

laughter. These kids are crazy, but they really know how to make us newbies feel like family. Which is what SVA is all about. Bringing people together, spiritually, academically, and socially. I can't wait to see what God's next adventure is for us. Whether it's rollerblading, or going to a trampoline park (hint hint, sponsors), all I know is that I'm going to be the first one on that bus (I call dibs on the back seats).

SOPHOMORE CLASS PARTY

TRISNEY BOCALA

The sophomore class is a small class, but when we get together, we get hype! We closed the Sabbath with Eventide on January 16 in the Student Center. Praise music was led by Valery Vergara, and the worship thought was shared by our class pastor Hannah Sloan. Fun quickly followed. Just talking and laughing with fellow classmates quickly passed the time until food arrived. We indulged in the very common, but all too festive, party meal of pizza, chips, and soda. The rest of

the evening flew by as we played rounds of "minute-to-win-it," and chased each other around in games of manhunt and cops-and-robbers. As our physical energy slowly drained, we closed the night by watching the movie McFarland. We enjoyed every minute of our class party, from lazing in front of a flat-screen TV, to tripping in holes and over rocks as we ran after one another in the dark. We had a blast, bonded, and made memories.

Saturday, January 16th, 2016 was the night of class parties, where students gathered for hours of fun. It was the night that the Freshman class ended yet another week on a high note. The destination of the class party was Sky Zone, an indoor trampoline park. The festivities began with Eventide, an SVA ritual of sundown worship to close the Sabbath. It started off in the auditorium where a group of Freshmen led out in a short song service. Next, Pastor Jenny Kim, also known as P.J., shared motivationa

words on perseverance and never giving up.

Following closing prayer, everyone headed to the lobby where dinner was being served. On the menu were options of pizza and soda with a dessert of homemade cookies from Laura Westberg. As plates and cups became empty, stomachs became full, and conversations started winding down, we began to load onto the bus. The moment everyone was situated, the chatter and laughter started up again. About an hour and forty-five minutes later, we arrived

FRESHMAN CLASS PARTY

MINNA OMWENGA

at Sky Zone. Immediately, the rush of adrenaline that had been pumping through everyone's veins took over as students playfully jostled one another to be the first off the bus. Once registration was completed and the special socks were distributed, we were almost ready to begin. One safety speech and a couple pictures later, we were released.

The options were endless; trampolines were everywhere you looked, some with added features such as basketball hoops and a pit of foam cubes.

Kids of different ages jumped on the various trampolines, each seeming to jump higher than the other. Pure joy and laughter floated through the air creating a comfortable atmosphere. Minutes seemed to vanish with each leap until there were no more left.

The high spirits continued on the bus as we began the journey back home. Once again, the giggles and laughter filled the air, joined with the sounds of singing and music. One unforgettable night, a night to remember, a night which marked another one of the memorable moments for the Freshman class of 2019.

IT'S THAT TIME OF THE SEASON...

PASTOR JENNY

It's that time of the season... when constant coughing, runny noses, and nasty mucous invades one person and soon becomes an epidemic domino effect across the entire campus. What do we do when we become sick? Many of us run to the nurse's office for a diagnosis of our condition. And perhaps if need be, we rest and maybe even take some medicine to recuperate.

Meanwhile, while the physical symptoms of an illness may be obvious and quickly addressed, many times the spiritual illness of our hearts are easily overlooked and the vital daily appointments with the Doctor are neglected.

Have you been suffering with weariness, confusion, or turbulence (to name a few) within? Or maybe you have this internal conflict where you do what you don't want

to do and what you don't want to do you do? And the result is anxiety and lack of peace?

Then it is time to pay a visit to the heavenly Doctor for a health examination of your heart. You cannot play doctor and try to diagnose yourself, for "9 'The heart is deceitful above all things, and desperately wicked; Who can know it? 10 I, the Lord, search the heart, I test the mind'" (Jeremiah 17).

Don't be afraid or hesitate to go to the Doctor.

Tell Him, "23 Search me, O God, and know my heart; try me, and know my anxieties; 24 And see if there is any wicked way in me, and lead me in the way everlasting" (Psalm 139).

With that the examination commences.

His stethoscope: "12 For the word of God is living and powerful, and sharper than

any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart" (Hebrews 4).

The surgery: "26 I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh." (Ezekiel 36)

Finally, the prescribed medication:

"27 I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them." (Ezekiel 36)

Good thing this medicine will never expire and last forever by faith (:



Be healthy
friends!

BLACKFRIARS FIELD TRIP

CARLA NAVARRO

On October 15 as part of the English IV course, our class took a trip to Staunton and visited the Blackfriar Playhouse. It was a short 45-minute drive, and we arrived a little early so we got to explore a couple blocks around our destination. The area surrounding the Blackfriar really set the mood and setting for the great Shakespeare Playhouse.

When it was time for our tour, the tour guide came outside and explained to us the background of the building and its structure. The building is 50 feet by 70 feet, and the architect based the design on plans of other 17th-century theaters which means that the inside is brick shell,

wood-pegged, and a post-and-beam structure. She also mentioned that the Blackfriar is the world's only recreation of the original indoor Blackfriar Playhouse in London that was demolished in 1655. This building took \$3.7 million dollars to open in September 2001.

The tour guide then took us inside where she showed us on the wall the main founders of the original Blackfriar, including Shakespeare himself. We then proceeded upstairs where we saw all the current actors of the Blackfriar and the ones who have been with them for over ten years. There are males and females but she explained to us that in some plays the males still per-

form some of the female roles and vice versa. We then saw a painting of London when the Globe Theater was still open and before the fire that burned it down in 1613 and Globe II had to be created.

We then entered the performance hall where all the plays are performed, and the tour guide told us that usually there is rehearsal going on and that we may be able to watch it, but unfortunately there was no rehearsal so she took us down to the stage where she informed us of all the plays they do and the amount of time the actors have to prepare and memorize. It's happened where actors perform two to three plays a day, and for the first five months of the

year the actors have to coordinate and put together their own play without professional help. She also showed us the trap door where most of the ghosts in Shakespeare's plays come through, and also the ceiling door where they repel people down. The stage had a few seats across the edges, and in front of the stage there were many benches, and there are two more floors above with benches all around all with a seating capacity of 300 people.

We continued the tour to the costume room, where customized clothing is designed and made there by designers. The room was really small with many, many drawings and designs on the walls of dif-

ferent styles of clothing. The tour guide told us that this room wasn't the only room of clothing and that the attic was filled with rows and rows of costumes that only actors and workers have access to. The makeup and hair room was very simple but very resourceful with lots of different colors and shades.

When we went into their rehearsal room, immediately we were attracted to the walls that were completely covered by posters of their plays from the time they opened until the most recent one. The rehearsal room is set up just as the performance stage; the designs of the boards on the floor projected the outline of the stage as well as the trap

door so it can be as realistic as possible. The reason for the rehearsal room was so that two scenes could be rehearsed at once, one on the main stage and the other in the rehearsal room right below it.

We wrapped up the tour by going upstairs back to the main entrance, where we said our goodbyes and made our way outside. Once outside we took a group picture with the Blackfriar as our background. Heading back to the busses and SVA, everyone spoke of the great experience and how we should have another trip there but to actually watch a play. I feel like after this field trip everyone felt more connected with Shakespeare and his history.

SA Sabbath Breakfast

1/9/16



FACULTY FAMILY VESPERS

COBY ODATE

Faculty Family vespers on Friday, November 20, was a beautiful opportunity for us students to bond with our prayer group leaders. We got to take a look inside their houses, eat, and get to know each fellow prayer members on a personal level. If you were one of the lucky individuals who were in Ms. Wiedemann's prayer group, you were driven to her house on faculty hill, and had the honor of putting up her family Christmas tree given to her by her grandma. The ornaments were awesome and vintage and the food was beautiful. Between Ms. Wiedemann's garlic bread and pasta and pesto, everything tasted amazing. We ended the night with fun chatter and spiritual involvement. Then we had an awesome

and slightly expected visit from her brother and cousin. Ms. Weidemann's cousin Krisi Koliadko talked about her college experience, which was cool. It was interesting to hear how it is to be a freshman in a Seventh-day Adventist university.

If you were in Mr. Rivera's faculty family, you ate some gourmet rice, did a little Bible study, and dropped by Ms. Wiedemann's house and observed her and her prayer group students put up a Christmas tree and slightly made fun of them. Ms. Noreley's prayer group had the opportunity to go to her home and eat Colombian food and Brazilian bread. According to my sources, the food was very good. Then they went outside and sat by

a warm and cozy fire which sounded comfortable. They finished off the night with a movie.

Overall, Faculty Family vespers was an opportunity to bond with people in your prayer group, and gave us a chance to get more comfortable with each other. We also were able to hear the teachers open up about themselves. Everyone had bonding moments and began to learn things about each other that they didn't know before. Having the ability to get closer to one another spiritually beyond the campus was great. It allows us to grow because as we share spiritual concerns and questions, we begin to realize that we are not alone. Understanding such a things helps tremendously. Faculty Family vespers was a success.

SPIRITUAL RETREAT

MATTHEW REINOEHL

The spiritual retreat, sponsored by Mr. Bob Van Ornam and Pastor Timothy Harley, began on December 4. The main goal of the retreat was for the participants to help plan out the student-led Week of Prayer that would take place in January. We started the retreat off by having a short worship service when we arrived up at Camp Blue Ridge, but the worship service almost immediately transformed into a time of praise and worshipful music to God. After we had finished singing and praising God, we went a walk out into a big open field, where the sky appeared to be completely blanketed in a beautiful array of stars. When we finished admiring the stars, we all headed back

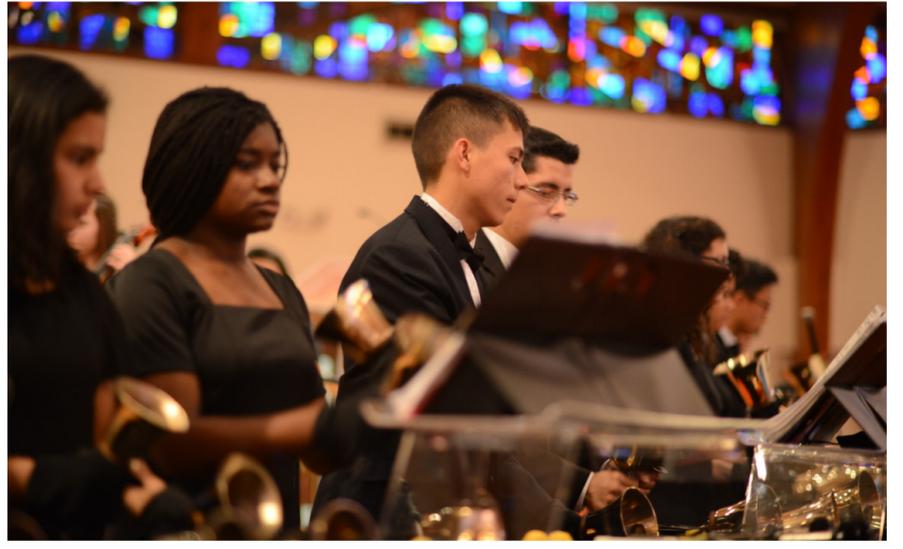
to our cabins, where most of us tried to get some sleep.

The next morning (Sabbath), we all got up and had breakfast around 9:00. After breakfast, we separated and went out to various locations in the beautiful Blue Ridge Mountains to meditate and ask for God's help in giving a positive message to the student body for our Week of Prayer. When we all got back, we discussed what the goal and theme of the week would be. We eventually settled on the goal of giving everyone a spiritual pick me up, and a theme based on how sometimes we get cornered in life, but we can still stay hopeful.

After we had clear goal in the direction of the week, we separated into different groups

to work out the specifics. The first group was Music and Drama; their job was to figure out what songs we would sing throughout the week and who would sing them, as well as any skits that would be performed throughout the week and who the characters for the skits would be. Another group was program speakers. This group was responsible for coming up with the big picture, the structure of the program, and finding different people to speak for it.

After everyone finished working out all of the fine details within their assigned categories, we packed up our things, and headed back to SVA to turn our ideas into a successful week designed to help bring our student body closer to God.



CANDLELIGHT CONCERTS

SALIMA OMWENGA

Rehearsals were winding down as the most awaited weekend of the semester for the Music Department approached. Families were beginning to pull into the parking lots of the school. Hugs and kisses from parent to child were being exchanged in the dorm and ad building lobbies. Some students were curling their hair, while others were ironing their tuxedos as it was time for the annual Candlelight Concert on Friday, December 11. This year was the 40th Candlelight Concert, a yearly tradition that the Music Department puts together to bring families, church family, and the community to come together and worship Jesus, the reason for the season. Many of these concerts have opened the doors for families to send their kids to Shenandoah Valley Academy, and some

concerts have even brought souls to Christ.

The theme of the year was Adore Him, featuring all of Shenandoah Valley Academy's music groups in a series of three concerts. Two were sacred concerts, and one was our secular Pops concert. Soloists throughout the weekend included Sierra Anderson, who beautifully sang the traditional piece "Breath of Heaven," and Krisia Kersey, who graced us with her soothing guitar and singing abilities. The concert was very peaceful and melodious. Smiles were scattered amongst the audience as the beautiful melodies of the songs presented encouraged a relaxing Sabbath mood. Following a tradition that has been a part of Shenandoah Valley Academy for years, the chorale, bells, and strings group performed the gorgeous song

"O Jesu So Sweet." Alumni gathered with the students to join in keeping the tradition alive. After hundreds of pictures were taken, students started trekking back to the dorms, as they would need much sleep to prepare for a busy Sabbath full of Christmas festivities. Tears were welling up in parents' eyes as the finale of the concert, "O Come All Ye Faithful," was performed. Everyone in the Music Department had a part in that piece which made it such a perfect way to close the concert. Standing ovations were given to acknowledge the hard work of Mr. Nino and Ms. Wiedemann, as well as all the students that participated in the concert.

Although Friday night was superb, the weekend was far from over, for there was still a day left filled with more performances. Church in the

morning was first on the list for Saturday, where a few of the best songs from Friday night were repeated. At four in the afternoon, the repeat Candlelight Concert took place. New faces were seen in the audience; faces of joy and delight. The second concert was almost like a second chance to iron out the mistakes and mishaps from the first concert. The concert ran smoothly, the songs were performed gracefully, making it a beautiful continuation to the day.

As the sun was setting, ovens were going as families prepared their baked goods for the auction that the Music Department put on opening the Christmas Pops concert. Cookies and bark were being auctioned, as well as creative art pieces that the students took time to paint and put together. The music depart-

ment purchased canvases for those students who were interested in contributing their artistic skills to be auctioned off. There was a huge turnout with many various paintings and drawings. There was lots of hustling and bustling as parents tried to locate their child's paintings. Once the concert began, there were enthusiastic audience members joining along singing the Christmas carols that were being performed. Orchestra performed a traditional song as well, "Sleigh Ride," which always gets the audience laughing at the famous whip crack, this year performed by Luke Fogg. Every year, people anxiously await to see if they will make it with the crack at the time they are supposed to.

Shenandoans performed a couple pieces, featuring Meshach Perez and Coby

Odate as soloists, and both sang their parts beautifully. The band lit up the room with its festive pieces, as well as with the bells who with their fast moving arms impressed us all with an arrangement of "Carol of the Bells."

Shenandoah Valley Academy has had many wonderful Candlelight Concerts in years past; however, a common saying buzzing around was that this year's concert was one of the best. This year, the theme Adore Him really represented the feel of the atmosphere throughout the concerts. It was evident that many were adoring Christ our Lord throughout the songs that were performed. It was wonderful to hear about how these concerts touched the hearts of many and, God willing, shall continue to do so for generations to come.

JOURNEY TO BETHLEHEM

SIERRA ANDERSON

Every holiday season, Shenandoah Valley Academy's campus is scattered with Roman soldiers, Bethlehem citizens, animals, and musicians. All of this accompanies our campus' biggest combined activity of the year. Shenandoah Valley Adventist Elementary and SVA join the New Market Church each December to reach out to our community through a walk-through play, featuring Bethlehem and the birth of Jesus. This year, over 60 of our SVA students participated in Journey to Bethlehem December 3-7. We filled many roles, from acting, to working in the church, to playing music for the waiting visitors.

Those of us who acted in city had a lot of fun. You are not only given the ability to share God's message with

others, but you understand better what it must have been like back then. It's a tough job, requiring hard work, memorizing, and patience with the weather. Hearing the clatter of soldiers, merchants, and townspeople gives a whole new view of the Christmas story. Freshman Shayla Coronel, who played a leper, put it this way: "Being part of J2B was just amazing; working and acting with other people was really fun! As a leper, I had to step in their shoes and I somehow understood how lepers might have felt when they were treated like an animal, and ignored when asking for some help. Overall, the whole thing was really amazing and I thank God for sending His only Son to save us!" Freshman Nelda Atuti, a marketplace merchant, said,

"I think for me it was the reactions and how people got to actually experience Bethlehem in person. I think I was blessed to remember my lines. Although I never got to experience J2B as a tourist, it was still really cool; hopefully next year."

Another way that students helped was by working in the church. There were all kinds of jobs, from organizing costumes, to feeding actors, to leading people out of the church. "I enjoyed helping my mom out with anything she needed in the church," said Freshman McKenzie Hanon. McKenzie's mother, Dr. Kelli Hanon, is the director of Journey to Bethlehem. McKenzie played a variety of roles, but spent the majority of her evenings timing the groups so that they were

the right distance apart. Still other students were able to combine forces with church members and play music for the visitors as they waited for their tour. They sang, played instruments, and talked with the visitors. SVA's orchestra director, Ms. Kelly Wiedemann said, "Even amidst the crazy Candlelight season, I really look forward to playing music at J2B. It is always so interesting to see people's reactions to the different music we play, from bluegrass band with Pastor Buz to classical string quartets. The smiles, the nods, the toe tapping. This year a visitor shared that she brought her friend whose brother had died when he was 19. He played the violin and hearing our string music brought her comfort and hope. God uses our talents in

amazing ways; blessing people through music even when we don't know it at the time!"

The underlying reason for all of this effort is to share the story with our guests. They all really enjoyed it. For some, it gave them a new outlook on the Christmas story. For a few of the guests, it was the first time they heard how Jesus came to save you and me. One guest from our community, Adam Van Nortwick, came through with his wife and young son, Gavin. He said, "Mainly, we were very impressed by all the detail and the dedication to this event and your faith. This was an experience that transported us to a different time and place and brought meaning to this event. We were all also amazed by the different talents that were represented

(blacksmith, baker, etc.) and Gavin thoroughly enjoyed his second dinner. My wife was of course impressed by all the animals."

Journey to Bethlehem has changed not only lives of visitors, but lives of church members and students. "It gave me a chance to relive the town of Bethlehem," agreed Sophomore Natalia Nino. We will never think of the story of Jesus' birth in the same way again. He came to save us, and endured a lot of hardship. When acting out there in the cold, wet, and snow, we remember that Jesus didn't have an easy life down here on Earth. He struggled and fought with evil, too. Still, God loved each individual so much that he sent his only Son into a corrupt town like Bethlehem for us.



Freshman Incentive Rewards

The following Freshmen are to be commended for having no unexcused absences or tardies and no unexcused latework for first and second quarters. Congratulations!

1ST QUARTER

Sierra Anderson
Shayla Colonel
McKenzie Hanon
Jillian Herbert
Katie Kemmerer
Peris Munene
Danny Palacios
Safiyya Phillip
Genesis Rivera
Kyle Thompson



2ND QUARTER

Sierra Anderson
Kendra Fairbank
Peris Munene
Brittany Murillo
Andrew Pakkianathan
Ben Perkin
Safiyya Phillip
Kelly Ramirez Garcia
Genesis Rivera

*Will You Be Recognized
Next?*



*Welcome to the Newest Members
of the Shenandoah Valley Academy Family!*

Haianny Carvalho
Haileny Carvalho
Gabi Charles
Shay Charles
Michael David
Gabby Garcia
Kevin Tian

Many of the photographs we used for this issue are from Shenandoah Valley Academy's SmugMug Page. If you wish to see more photographs of Shenandoah Valley Academy, please visit <https://shenandoahvalleyacademy.smugmug.com/>

A few of the photographs we received for this issue of the Shen-Val-Lore, as well as every other issue, are from the Shenandoah Valley Academy Yearbook Staff. If you are interested in who took these pictures please contact Mitzi Bame, the Yearbook Sponsor, and she will have her staff get back to you as soon as possible. The Yearbook Editor that allows us to use these photographs is Suzanne Davidovas. Please contact either the editor or the sponsor, if possible, before using these photographs for anything other than personal use and enjoyment.

Mitzi Bame

mitzi.bame@sva-va.org

Suzanne Davidovas

suzanne.davidovas@student.sva-va.org

Tatiana Melendez, Editor
Peyton Ware, Editor
Mrs. Boyer White, Sponsor

Letters to the Editors:

The Shen-Val-Lore welcomes your letters. All letters must contain the writer's name and phone number. All unsigned letters will be omitted. The Shen-Val-Lore reserves the right to edit your letters for space and clarity, and to reject any letters. Place all letters under the door of the newspaper room or mail them to: Shen-Val-Lore, 234 West Lee Highway, New Market, VA 22844.

The Shen-Val-Lore is the official student newspaper of Shenandoah Valley Academy and is published by the students. The opinions and views expressed in the Shen-Val-Lore are those of the authors and do not necessarily reflect the views of the editors, Shenandoah Valley Academy, staff and faculty, or the Seventh-Day Adventist Church.