

Shen-Val-Lore

The Student Voice of Shenandoah Valley Academy

Shenandoah Valley Academy

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VIRGINIA BEACH MUSIC TOUR

TANIA MOOROOVEN

On February 2 at 6:00 in the morning, the Shenandoahs and orchestra's strings set out for Virginia Beach. It was a very nice bus ride and we got to see the sunrise over the beautiful hills and valleys. It was about a four-hour drive, and we got there at around 10:00. When we arrived at the church, we set up all our instruments and folders in the beautifully decorated fellowship hall. We were soon called to go into the sanctuary. The church was a nice, small hall and it was almost full.

First, the strings played a couple of songs. Then Shens went up to sing. We sang the songs that we usually sing,

like "Witness" and "To Love Our God." The church service was composed of singing and of music by the strings. For one of the songs, we stood all around the church and sang as we were circling the members. After the song, we all prayed with a different church member. I think it was a good way to make the members feel involved and to give them a personal blessing. The church really enjoyed the songs and music, and there was going to be more at our afternoon concert.

After the service was over, we all went to the fellowship hall for lunch. There was plenty of good food, and

we all could eat to our heart's content. The church members were very friendly and made sure that we had everything that we needed.

After lunch, Mr. Biaggi told us that we were going to go to the beach to take pictures. We were all excited because we had wanted to do this. We loaded the bus and headed towards the shore. When we arrived, we took many pictures and Mr. Biaggi did everything to get the good angles for us. We had some time to go take pictures by ourselves, so Drusilla, Rose, and I asked Basam if he could be our personal photographer. Basam took some really nice

pictures for us and then it was time to leave.

We went back to the church for the afternoon concert, and Strings and Shens performed again, singing the songs that we hadn't sung in the morning, and when I looked at the members I could see that some of them were touched by the music.

The concert in the afternoon went by quickly and we were soon packing our things to load the bus. We ordered pizza on the bus and then we were on way back to SVA. On our way back, people were singing and talking and it was very hard to sleep. The bus ride felt longer on our

trip back to school than it was going to Virginia Beach. We arrived at school at around 10:00 P.M.

The trip was nice overall. We got to go to a different church and use the talents that God gave us to bless others. We were also reminded that God has our journey planned for us and that we might not understand what we are going through right now, but it is all part of God's plan. We just have to trust Him and to remember that He is in control of everything.



UPCOMING EVENTS

MARCH

2-3 Middle School Basketball Tournament

10 SAT / Sunday School / Academy Preview Day

14-25 Spring Break / Mission Trip

APRIL

1-5 Spring Week of Prayer

6 WAU Gymnastics Show

7 Spring Picnic

12-13 30 Hour Famine

14 ACT

19-20 Alumni Weekend

21 Junior/Senior Banquet

23-28 Canada Music Tour / Homeleave

29 Sophomore Field Trip

MAY

2-6 New England History Tour

11 Spring Music Concerts

16-17 Senior Exams

18 Best of Everything

19-22 Senior Class Trip

21-22 Final Exams

24 Consecration

25 Baccalaureate / Staff/Senior Breakfast / Parent Tribute / Class Night / Reception

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SAU MUSIC FESTIVAL

SAMMIE ARMSTONG

Every two years, Southern Adventist University hosts an advanced strings and band festival on their campus. They have extremely talented conductors come in to help eager musicians further their musical careers. Ms. Wiedemann has taken many students in past years. This year, I had the privilege of attending alongside 20 other SVA students.

We were supposed to depart for Southern on Wednesday, February 20. However, there were some climate changes that did not allow that to happen. The weather was calling for 5-8 inches of snow, in addition to ice, which would make the roads unsafe for travel. Those of us who were going on this trip found out on Tuesday, February 19, at around 10:00 in the morning, that we would have to leave that afternoon at 4:00, or we would not get to go on the trip at all. So, in a panic,

we all rushed to get our tests taken and our bags packed.

We got a bit of a late start, but we were rolling out of SVA's parking lot by about 5:00 that evening. Ms. Weidemann drove one mini bus, and Mr. Raymond drove the other one. We stopped a little ways down the road to pick up four girls from Richmond Academy who would be attending the festival with us. We encountered rain, sleet, snow, lightning, and high winds all along the way, but we finally reached Southern's campus at around 2:30 AM. With heavy eyes and tired smiles, we all piled into the dorms. It wasn't until 3:30 AM that we got to go into our rooms. As soon as we could, we all crawled into bed and drifted off to sleep.

Because we arrived a day early, we had the next day free to do what we wanted. We all went out to eat breakfast at Golden Corral, and then visited McKay's Used

Books. We then went back to the dorms and retrieved our instruments from our rooms and loaded them onto the buses to take them over to the music building. After we registered and got our t-shirts and meal cards, they opened a rehearsal room for us. Ms. Wiedemann went over the songs with us one last time and gave us some final tips to help us get the most out of our time at the festival.

Our directors then separated the string orchestra from the band so we could begin our first rehearsal. The string orchestra rehearsed in the Collegedale Seventh-day Adventist Church for the remainder of the time there at Southern. The band's rehearsals were held in the music building.

Professor Laurie Minner was the director for the strings, and Professor Ken Parsons was the director for the band. I was in the strings

orchestra since I play the cello, so I didn't have many interactions with Professor Parsons, but Professor Minner was an excellent conductor. Julia Rivera, who was also in the string orchestra with Professor Minner, told those of us on the bus with her on the way home, "Ms. Minner was the most patient conductor I have ever encountered at a music festival."

Our rehearsals started on Thursday morning at 8:30 sharp and went until 4:30 in the afternoon. We had fifteen-minute breaks after each hour, and we got a lunch break as well. After rehearsals were over that day, we had free time to do whatever we liked. Some of our group went to the recreation center and went swimming. There was also a rock wall that some chose to climb. A few of us went down to the Village Market, which is basically an Adventist grocery store. We

all took advantage of the free time, trying to recuperate from the long rehearsals.

Friday rehearsals also lasted all day, and by 4:30 we were very tired. However, we all felt ready for our performances, and were excited for the audience to hear the music we had worked so hard to perfect. Friday night we attended Southern's vespers, which was a wonderful way to bring in the Sabbath.

The performances started Sabbath morning at church. Band performed during the first service, and strings during the second. However, that was only our debut. Our real concert was

Sabbath afternoon. As 4:00 rolled around, we all made our way to the stage and waited with anticipation for the concert to begin. With the pews packed full, and the presence of God all around, we played in hopes that all our hard work would pay off. The

concerts were successful and we were all satisfied with the outcome of our long hours of preparation.

That night, Ms. Wiedemann took us all out to eat at the Mellow Mushroom, which is a very delicious pizza place there in Tennessee. We had lots of fun conversing with each other about our experiences in the festival. It was a good way for us all to unwind and finally relax.

The next morning, we left Southern at 8:00 in pursuit of our much missed SVA. The sun was shining bright in the sky, seeming to guide us home. It was a long and tedious bus ride, but Ms. Wiedemann and Mr. Raymond managed to get us all here safely. We had lots of fun, and made memories that will last a lifetime. We were all very happy to be home.



TRIDELPHIA MUSIC TOUR

FAITH TROUP

The Shenandoah Valley Academy music department is composed of different musical groups, including chorale, bells, band, strings, and orchestra, which is a combination of select students from both band and strings. These groups are privileged to go on numerous music tours to different places throughout the year. On January 19, 2019, about fifty orchestra and select chorale students awoke in the early hours of the morning to travel to and tour in the state of Maryland. We visited two churches in two different cities. The first church we visited was the Triadelphia Seventh-day Adventist church in Clarksville. The second church visited was the Takoma Park Seventh-day Adventist church in Takoma Park.

Music tours are always an adventure. They give time for students to bond and become closer with one another. This particular music trip was no different. The bus ride for students gave time for conversation and laughter on the two-hour journey north. On arriving at our first stop, the Triadelphia SDA church, we were instructed to unload the buses which held music folders, stands, and instruments. After unloading, it was time for us to set up the chairs and music stands in the sanctuary where the orchestra would perform. This part was very stressful as Sabbath school was still in session where we were supposed to be setting up. We had to be extremely quiet. Our next job was to warm

up, whether it be our voices or instruments. We practiced whatever scales and solos that we would have to perform in front of the church audience. In addition to music performing, drama club was also asked to perform a short skit to accompany a song that the chorale would be singing. Preparing for the main church service was very stressful, but the results were very much worth it.

The service began with an opening prayer and a welcome from Mr. Biaggi, the chorale, band, and bells director at SVA. He then led the song service with vocal help from chorale students and instrumental accompaniment from orchestra students. The children's story was also conducted by two students, Sierra Anderson and Nelda Atuti. Some of the songs performed by the choir were sung in Spanish. Scripture reading was also read in Spanish. The entire service was led by SVA students and staff.

After church, everyone was led to the fellowship hall to have haystacks, the staple Seventh-day Adventist Sabbath lunch. Besides Seniors having to pass on many of the condiments due to participation in the Daniel diet, the meal was wonderful. People talked and laughed, relieving themselves from the weekly burdens of life. Some students who live in Maryland even got to see their siblings and parents. Once the meal was finished, we went to the sanctuary to load the bus with

our belongings and go to our next stop, Takoma Park.

The evening service at Takoma Park church was organized by the Potomac Conference of SDA. The service was a youth leadership gathering for influencers to come together to share and gather ideas. There were students from other Adventist schools who were attending the event. Washington Adventist University gave a short presentation as part of the program. When we originally arrived at the church, we were told that we were early for our scheduled performance time. This meant that we would have to wait an hour to perform. Although we had enjoyed the festivities of the day, we were tired and wanted to go back to school to rest. However, there was nothing we could do so we used the time to talk and practice our music. The time came to perform and we were introduced. We only performed half of the songs that we had done earlier in the day. The music started off rough, but eventually we calmed down and began to play just as we had earlier. Everything came together and worked out smoothly. Our hard work, dedication, and stress was worth it. On the way home, we stopped to get pizza at Domino's. After such a long day with so much work, it was definitely needed and well deserved.

Mr. Biaggi and his wife and daughter, along with students Danny Palacios, Basam Mohamed-El Sayed-Gonzalez, Andrea Huaytalla, Asher Ardron, Darwin Majono, Giannina Tejedor, Emma Clark, Sammie Armstrong, and I all took the three-hour drive up to Washington Adventist University on Wednesday, February 6. The moment we arrived at WAU we stopped by our hotel, which was about 15 minutes away from the school. WAU had us meet in their music building, where we were greeted with snacks and smiling faces. We were one of the first groups to arrive and we went to Sligo Church. Blue Mountain, Richmond, Takoma, Highland View, and Spring Valley Academies also came. Professor Otlej was the teacher who taught us. We then had dinner at the WAU cafeteria, where we had a chance to talk to many familiar faces, even our former choir director, Mr. Nino.

We woke up at 7:30 the next day and went to the cafeteria to have breakfast. We then had practice in the Sligo church. We had short breaks throughout the day. We got to experience a master class where one student got up in front of everyone and sang a song; the professor later advised us about what could be improved. We had lunch and bumped into a few alumni from SVA such as Katherine Berrios, Sarita Julca, Genesis Quintanilla, and Marco Lopez. We had more classes, then had dinner,

and went right back to singing. Many college students in the school put on a concert for us, assisted by the talented teachers. We left at 9:00 to go back to the hotel. At the hotel, most of us went down to the pool where most of BMA's kids were, too.

On Friday, we woke up early and went to breakfast. We practiced most of the day since we had a concert in the afternoon. We sang Negro spiritual songs. We were also given a tour of the campus, at which point we saw the religion center and the gym, and the new nursing building and the new equipment they had set there.

After afternoon practices, we went back to the hotel where we changed into our choir uniforms. Many students who attend WAU joined us and sang their parts. We sang "Lord of the Dance," "We Are Climbing Jacob's Ladder," "Come Let Us Sing Unto the Lord," "Schubert's Mass in G," "Come Thou Fount," and "Beulah Land." In "Schubert's Mass in G," students from the university with lovely voices sang the solo parts and left the audience in awe. The orchestra played the songs with us. The concert, which lasted two hours, was live streamed both days.

After the concert, a reception was held but we left because we were exhausted. We got back to the hotel and fell asleep as soon as we got to our rooms. Mr. Biaggi texted us to let us know that we had to be up, packed and ready to leave the rooms at 8:30 A.M.

The next morning, the guys decided to sleep past their alarms and we didn't leave the hotel until 9:00. We did not arrive at breakfast on time and Sammie and I didn't even get to eat. We went to the music building for a quick worship and to warm up our voices. Afterwards, we went to the church and sang the songs for church service.

At church, we saw familiar faces such as Minna and Marco accompanying us for Sabbath worship. At Sligo church they offered a TV show for those who were not able to be present and Mr. Biaggi got to appear on TV with another choir director talking about why they wanted to go to Choir Fest and what they hoped we learned from the experience. After church, we went back to the music building and emptied our music folders, and then went to the cafeteria for lunch. We changed from our church clothes into comfortable clothes and said goodbye to the new people we met or already knew that were at the university. Danny and Andrea's parents surprised them both and showed up on Sabbath and took them home. The rest of us went back to the bus and the whole time we listened to music, sang, and talked about the people we met.

GIRLS' AND BOYS' CLUB BANQUET

BASAM MOHAMED-EL SAYED-GONZALEZ

The Girls' and Boys' Club banquet theme this year was African and it was one of the most amazing, exotic banquets we've had at SVA. It was held on Sunday, February 17, on campus in the gymnasium. The gym was decorated very beautifully with loads of places to take pictures. Since the girls asked the guys to this banquet, the event began at the boys' dorm where the boys waited to be picked up by their dates for the night, and ultimately headed to the gym.

When we entered the first set of doors it seemed to only be a simple gym, but once we

went through the second set of doors our eyes widened in amazement. The second set of doors, along with the scoreboard and a lot of the rest of the gym, was covered with artificial foliage, plants, and trees that really gave off an African vibe. There were also silhouettes of African animals with light shining on them that made the gym look very attractive. There was a nice background for pictures in the corner and lots of people enjoyed taking pictures all around the gym because it was so beautiful. In the middle of the gym, tables were beautifully decorated with African

ornaments. When we went to sit, our plates had our names and our tribes according to our birth date.

When everyone was seated, Ben Adjei, Gideon Nyambia, and some others welcomed us to the banquet. They also told us that throughout the night we had to listen because there was a sheet of paper on our table that had a list and we had to write the names of the animals we heard. If we got them all right we would get a prize. After they told us about the game, they began dismissing tables one by one. The food they had for us was delicious; it was all types of

foods from various places in Africa. For example, there were different types of rice, plantain chips from the east side of Africa, chipote from Kenya, and many other delicious foods that I know the students enjoyed. While we were eating, we were treated to entertainment. The first show was a skit in which Abby Tolbert, Ben Adjei, Gideon Nyambia, and Peris Munene pretended to be an African family that moved to the United States. It was a hilarious skit and everyone enjoyed it. Next, they had a fashion show for whoever wanted to participate. Various

students walked down a red carpet that separated the two sides of the gym, and flaunted their African style. It wasn't a contest but everyone enjoyed either watching or walking down the red carpet for the fashion show.

After the fashion show, the Senior boys acted out a scene from the Lion King. It was very funny and it made everyone in the room laugh. After the skit, we all migrated to the auditorium to watch a movie, The Queen of Katwe, about a young girl in Katwe who learns how to play chess and eventually becomes one of the greatest chess players in

the world. She is even able to support her poor family from this. It was a heartwarming movie and a good way to end the night. The students walked back to the dorm with full bellies and minds curious to learn more about Africa. Thank you to the Girls' and Boys' Club officers and the deans for making the African Banquet of 2019 a success.



MIDDLE SCHOOL BASKETBALL TOURNAMENT

PERIS MUNENE

Dribble, pass, drive, shoot! The middle school basketball tournament was full of excitement and fun. The games were all filled with energy, with parents cheering, and coaches yelling plays. There were middle schools present from Maryland and Virginia: Beltsville Academy, Desmond T. Doss Academy, Mt. Aetna, Olney Preparatory School, Spencerville Academy, Takoma Academy Preparatory School, Shenandoah Valley Adventist Elementary, and Vienna Academy.

The schools were welcome to come on Friday, March 1, to avoid traveling on the Sabbath, and there was a basketball clinic held by a NBA coach for those early arrivers on Friday afternoon. The kids joined the SVA students for vespers Friday night and slept over in the dorms. Several SVA students were able to reunite with old teachers and friends from their former middle schools. Friday was a day to reconnect and relax before the beginning of the tournament the next day.

On Saturday night, the tournament started off with games going on in both the SVA gym and the SVAE gym. On Sunday there were games held at the SVA gym, the SVAE gym, and the Norfolk Middle School gym. There were two divisions for the boys' basketball teams, and one division for the girls' teams. The tournament was double elimination, meaning a team had to lose two games before being out of the tournament.

The games were entertaining. There were many close games where one team lost by two points, a single shot. All the teams played hard and showed good sportsmanship. Each team had players who were selected for All Tournament and it was great seeing the players rewarded for their hard work. Congratulations to: Takoma Preparatory Boys' Team for winning in Division One, Desmond T. Doss Academy Boys' Team for winning Division Two, and to Olney Academy Girls' Team for winning in the Girls' Division.



CLASS PARTIES

GENESIS RIVERA

On Saturday night, January 12, there were class parties all around campus and the surrounding cities. There were different types of activities going on and excitement all around. Most classes—the Freshmen, Sophomores, and Juniors—stayed on campus and enjoyed each other's company. However, the Seniors went to Winchester, Virginia, to a laser tag arena. Everyone enjoyed the evening and got to know classmates a little better.

The Freshmen had a marvelous time in the student center. They had snacks, played games, and got to know each other a little more. In our student center there are many hands-on games such as pool, ping-pong, air hockey, foosball, card games, and many board games. Although some Freshmen wished they could go off campus, many Freshman class parties do

start off in the student center or on campus due to the lack of fundraising. Another said, "Last class party was okay. There was some type of division between everyone and the class was not able to bond very well. The food was great. I did get to talk to different people that were lonely, so that was nice for me." The Freshmen still have many more class parties to go.

The Sophomores had a special order from Domino's with delicious cheesy pizza (and delicious vegan pizza), different options of soda, and a bunch of snacks. They spent the evening in our very own auditorium where they watched two classics, High School Musical 1 and the original Karate Kid. They had a more relaxed night, even though some would have possibly enjoyed a night out more. Riley Mayer, a new addition to the Class of 2021,

said, "Our class party was fun because the movies were ones that everyone loved and I liked the fact that we were able to pick and choose which movies we were going to watch. I also enjoyed the pizza, but we definitely should order more next time so that we do not run out." There was a funny incident that happened this night. Domino's accidentally messed up their orders and gave a few more vegan pizzas than the regular cheesy pizzas. Another classmate, Emma Clark, made a comment, "I enjoyed the movies and pizza, but I would like for us to go out and do something. Despite that, I enjoyed Karate Kid!" It sounded the pizza and movies were a good choice for Sophomores, but they would also like to get out as well.

The Juniors also stayed on campus. They enjoyed different and interesting games in the gymnasium. They also said

that they bonded in the time that they were together. The food also sounded like it was delicious. I hope that they had Mrs. Patrick's famous chips and salsa. Some of the students in the Junior class also gave their opinions on how this class party went. Giselle Villatoro said, "This year's second Junior class party was full of excitement. Everyone joined together while playing interesting games in the gym. Even though it was fine, we should go out for the next one or at least have more than just board games planned." Looks like more than just one party had board games. There seemed to be many positive comments about this class party, so hopefully the overall class had a good time. Sarah Durichek also added, "Class party was a lot of fun! We had lots of good food and had quality time with our class. We had time to just play

games and talk to each other. I had a really good time!" Quality time with one's own class is always a blessing.

Seniors were having the best time out in Winchester, Virginia. We first started off with a lengthy drive to a mall that had many options in the food court. We enjoyed eating out with money that was provided for us. Then we made our way to the laser tag arena. We had to wait in line with a specific number of people to get into one of the courses. There were a total of three different courses you could take. There was one with more walls, different rooms, and even higher points to stand at. It was a very cold place, but once you started running around and tried to tag everyone, your body warmed up. Kendra Fairbank, a four-year Senior, said, "Class party was really fun. The place we went to was pretty cool and

cold. Laser tag is always fun and doing it with my class makes it even better." This was an eventful and fun trip. It was such a fun time spent together, but thinking that it is one of the last few times that we will all be together while having fun was sad as well. Peris Munene added, "Class party was a blast! It was bittersweet knowing that I will not be with my class like this next year but it was a lot of fun. Laser tag was fun. Just fooling around with classmates and having a good time is something I will definitely miss. Overall a fun night with the best class." I could not have said it better myself. I think that this could be one of the best class parties that class of 2019 has had, and I think that many of my fellow classmates would also agree.

STUDENT-LED WEEK OF PRAYER

SIFAN OLGIRA

Student-led Week of Prayer is one of our favorite times of the year. It is when students show their many talents, and use them to serve God. There was a lot of preparation for the week of January 21-25. About three weeks before, a select number of students went on a retreat for the weekend. These students came up with ideas and formed into small groups. They came up with the overall theme, which was water. They picked songs and assigned certain leaders for their own specific days. The students debated on what topics they should speak on. Brittany Murillo said, "The retreat was a good break from the craziness in school and I loved getting closer to people. I learned about people that I did not really talk to, and it helped me understand SVA more. There were many ideas thrown out. Vulnerability, self-love, and so on."

On Monday of Week of Prayer, the topic was vulnerability. In the morning, Kelly Ramirez and Devon Mears shared testimonies of times in their lives where they felt vulnerable. They shared how they overcame, and learned that vulnerability is not always about weakness. During the evening meeting, Laura Westberg spoke about vulnerability

in the Bible, and what it truly means to be vulnerable.

Tuesday was all about pressure. Saffiya Philip spoke in the morning and talked about pressures in the world and the underlying effects on Christians. Nelda Atuti spoke that night and wrapped up everything about the topic of pressure. They spoke about how Christians struggle with falling for the world's temptations and how hard it is to let go of secular activities. Nelda did an activity with us, and it was very insightful. Lorenza Savegnago said, "It is hard being a Christian, especially when you have been one for your whole life. I am glad that we finally spoke about it."

On Wednesday, Nathanael Perez and Adrian Moonga were in charge. Nathanael spoke about self-identity, and the outcome of finding himself. He struggled with his identity when he was younger, and it was harder for him to come to a new environment. He tried finding himself in different aspects. He showed that the struggles of self-identity make you stronger and more self-aware. Fredy Reyes said, "Self-identity comes in different ways. There are a lot of people that struggle through it and find different mechanisms. I'm glad Nathanael spoke about this

and shed light on how self-identity affects how you see the person in the mirror."

On Thursday, Laylah Vargas spoke on how disappointment affects our outlook on life. Laylah spoke on how she was disappointed in herself her Sophomore year. She thought that hiding her emotions would help her be stronger even though she knew she was just hurting herself. It made her feel as though she was weak and not enough. She overcame her fear of disappointment, and knew that she was only human. That night, Ethan Lowe spoke about trusting, finding, and knowing God. He told his fellow students that disappointment changed the way he treated people. He spoke about how he has treated his parents, and even his closest friends. He went through different steps into letting go of disappointment, and spoke his heart out.

Friday night was an emotional night, and there were many touched by it. Diego Vargas and Asher Ardrion started it in the morning, and spoke on how forgiving changes friendships. They gave us a cute example of how forgiving changed their friendship. They explained that forgetting is easier than forgiving. Forgiving is letting

go of the guilt, and accepting that people make their mistakes. That night, ShaDiamond Wilson spoke on how her experiences when she was younger changed her drastically. She did ultimately forgive the person who hurt her, but it took a lot out of her.

Sabbath was a wrap-up kind of day. Basam Mohamed-El Sayed-Gonzalez condensed all of what was said, done, and accomplished in the Week of Prayer into one sermon. It was nerve-racking going up in front of a full congregation. However, Basam knew what he had learned, and that through God he will be fine. He talked about everything from how disappointment changed Laylah's life to how relationships are important. Dillon Walter said, "Overall, this Week of Prayer touched many people. It taught us that vulnerability doesn't mean weakness, self-identity is finding yourself, and learning about yourself." Maya Assefa said, "Thursday was a very emotional day for me, from Sifan's poem, to what Ethan spoke about. I know what it feels like to be disappointed, and for people to be disappointed in me. This is one reason I personally loved Week of Prayer."

ADVICE COLUMN

7 Ways to Have a Good Day

1. Smile
2. Be productive.
3. Eat balanced and drink enough water.
4. Listen to good music
5. Perform three random acts of kindness.
6. Go on a walk and appreciate nature.
7. Have at least one meaningful conversation.

8 Things To Do When Bored

1. Read a good book.
2. Draw something.
3. Write a poem.
4. Take a walk outside.
5. Deep clean your room.
6. Make a fun video with friends.
7. Try to make friends with a new person.
8. Exercise



GOVERNMENT FIELD TRIP

KELLY R AMIREZ

Some people are not sure of how the buildings in Washington, D.C., affect the country as a whole. Some of them are just businesses, but the ones that are for the people of this country, many do not know the importance of them. Without them, the United States of America would not be the way it is today. We the people of the United States would probably not have the rights we do today. Our government could have been in total chaos. Everyone should know the importance of the government we have. This is

why Mrs. Griffin's government class had a field trip to Washington, D.C., on January 28. Her classes include two Juniors and the majority of the Senior class. We went to the Supreme Court, the Library of Congress, and the Capitol. We went because it is what we were learning at the time in Mrs. Griffin's class. We went to see up close how our government works.

Mrs. Griffin told us "to wear school uniform or better." The majority of us dressed up, but there were a couple of people who wore

the school uniform. We woke up pretty early to be able to get to D.C. on time. Some of us went to sleep almost immediately after we got on the bus and did not wake up until we entered D.C. It was colder than we expected it to be. It was around 40 degrees but the wind made it feel as if it were colder. We started the day by going to the Capitol first. We had to go through security that was almost as strict as airport security except we did not have to take off our shoes.

When we went in, we walked downstairs after having our coats put away. There, we waited until we were able to go inside. We watched a little film called E pluribus unum, meaning, "Out of many, one." Afterwards, we took a tour and saw where the House and Senate meet. We also saw the old room where Senate used to meet. There, the tour guide asked us questions to see if we knew about the Capitol and how the House of Representatives and Senate work. We saw many paintings with George Washington in them

and learned about the architect of the building.

Next, we went to the Supreme Court, which was smaller than I had pictured. In the courtroom, there is no filming or any photography. The lady who was speaking told us about what it takes to be a justice, how many cases they have to go through a year, which ones they will take, and how the courtroom was made from materials all over the United States.

Lastly, in the Library of Congress, we saw many paintings about our history

as a country. After walking around for a bit, many student took pictures inside and outside the building. Towards the end, I was with Nelda Atuti and Karsen Hudson looking at a book about different pronunciations of the same word in different parts of the US in the gift shop. When it was time, we got on the bus and headed back to SVA. I personally had a good time on the field trip, and I know others did, too.

CARIBBEAN ROK VESPERS

NELDA ATUTI

What a beautiful evening! The Caribbean ROK vespers was filled with Caribbean culture, amazing food, and a great sermon. All Reach Our Kids related events are a ton of fun to participate in and this one was no different. A number of countries in the Caribbean represented themselves through fashion, food, and other organized events throughout the evening. The night started with worship music from different students and some staff members. After the uplifting music, church members from the different countries presented their attire in a very colorful way. The service ended with a special sermon from Pastor

Jorge Ramirez who spoke about how God put many different people in his life to make him realize that he had a purpose. He used stories from his childhood and other examples in his message also. The night ended with a walk around different booths with various foods and drinks. ROK vespers is always a great way to fellowship with our church family and I am so thankful for those who help make these events happen. Since it is my Senior year, I will not be experiencing any more of these at SVA but I am so grateful for those who take the time to make our time here at Shenandoah very special.



NHS INDUCTION & PRINCIPAL'S BRUNCH

NATALEE TOWNSEND

January 20, 2019, was a very important day for a lot of students at Shenandoah Valley Academy. All of the lack of sleep, stressing over tests, and tears over last minute projects finally paid off. Two highly anticipated events, the National Honor Society induction and the Principal's Brunch, made for a busy and fun weekend.

The National Honor Society is a nationwide group for high school students in the United States. SVA has held a chapter for 51 years. Selection of members is by invitation only and based on four criteria: scholarship, leadership, service, and character. The candidates must have a cumulative GPA of 3.5 or

higher. In addition, they are required to write an essay showing examples of their leadership, community service, and academics. "It was a privilege to be invited to become a member of NHS. I didn't even know something this neat existed until I came to the school! I worked really hard this year to become a part of the club," said Andrea Huaytalla, a newly inducted member.

The induction program started with current members reading about the four pillars of NHS. Dr. Paul Ware, the speaker, encouraged students to focus on the important things in life and to always keep God first. Then the traditional candle lighting

ceremony occurred while a short biography about each student was read. As the students walked across the stage after lighting a candle, they received their NHS certificate and pin. To close, some of the new members sang a song for special music. A total of 23 students were inducted as official members this year. "I am so happy that more of my friends are in NHS!" said Gabby Patrick.

Principal's Brunch, which took place after NHS induction, is an event created to celebrate students who have worked throughout the school year to maintain a 3.5 GPA. This year, 28 freshmen attended the brunch. "There were a lot of freshmen this

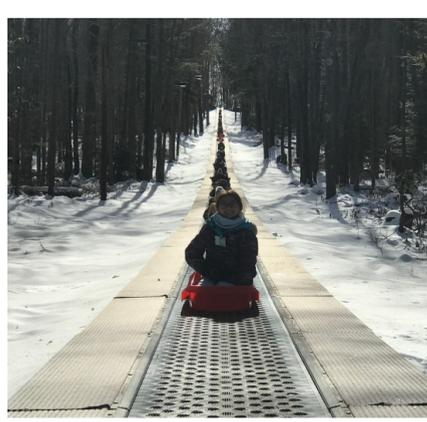
year compared to other years. I was very impressed by that," said Lory Serrano. In addition, there were 25 sophomores, 24 juniors, and 33 seniors who met this goal, making a grand total of 110 students at the brunch. The cafeteria held over 300 guests! It got so full that the staff had to get more chairs and tables to seat everyone. "At the brunch, a family couldn't find a place to sit, so another family invited them to sit at their table. In return, the family who couldn't find a place to sit proceeded to take the trash for the whole table and brought them desserts. The atmosphere of brotherhood and kindness was refreshing," said Gideon Nyambiya.

Once the guests were seated and comfortable, Mr. Short welcomed everyone and had a devotion. Pastor Shane Anderson then had prayer to bless the food. All the families mingled while waiting their turn to be dismissed for food. Even though the senior class was participating in the Daniel Diet, the cafeteria provided vegan options. This made it possible for the seniors to stay committed to the diet while still enjoying the food. After everyone was able to eat, the award presentation started. The students in each class were called up to the risers and given a certificate by Mr. Short for their accomplishment. All the parents gathered around to take

pictures of their child as they received their certificate. One thing stood out to Brittany Murillo. "Mr. Lowe talked about the difference between having pride and being proud. It's okay to be proud but not prideful. It was obvious that the families were proud of their children as they took pictures." At the end of the brunch, Pastor Harley gave a blessing.

These events are very memorable to students. Thank you to all the staff and students who helped make these events possible.





FACULTY FAMILY ACTIVITY NIGHT

STELLA SOUZA

For Faculty Family Night on February 23, 2019, Mr. Biaggi's prayer group and Pastor Harley's group, which was my group, had started out leaving the school a bit early. Before we set off, though, we had a short Eventide to close out the Sabbath. As we headed out towards Golden Corral on the bus we had interesting conversations and we sang songs and Mr. Biaggi laughed at our singing skills! We arrived at Golden Corral and, since it was a

rainy night, we ran inside trying to get away from the rain droplets. We got in and munched away! We also had good conversations about life and how we believe the future will turn out. We had a variety of different foods and many desserts. Many people got the signature dessert, which was ice cream with any topping you wanted on it. They had gummy bears, M&M's, Oreo shavings, and many more!

As our time at Golden Corral ended, we dispersed into the wet world. We then found that the bus was at the edge of a cliff. It was quite interesting getting there. The next stop was the mall. We arrived at about 7:35-7:45 P.M. PH told us we had to be back at the bus at 9:00. Some of us entered Target first. Although we had been told we could bring some money if we wanted to buy anything, some of us did not bring any so we just looked around. Then,

some of us decided we wanted to go see the actual mall. It was a bit empty. There a few groups here and there, but overall, we had the big mall all to ourselves. Going into different stores, we looked at a variety of gadgets and little things here and there. It came to 9:00 and we walked back to the bus, getting ready to leave for SVA.

I also heard from a participant in Mr. Brady's prayer group about Faculty Family Night. Mr. Brady's group

and a couple of other faculty families went bowling for a few hours. Tania tells me she beat David, as they had a little bet of who was better. After they went bowling, they went to Cici's pizza and enjoying being in company with each other. "Manny stole my pizza, so I stole Diego's pizza," says Tania. She continues to tell me that after they all finished eating, they left and came back to SVA at around 10:30 pm. She says she liked the experience overall.

In conclusion, many faculty families had fun! I heard people went to the pool, and some just went to hang out their faculty family's house. Many people that I talked with said that they enjoyed this event and would like to connect even more with their prayer groups. I'm glad everyone enjoyed their time and I can't wait for the next one!

A&P FIELD TRIP

JOHANA VILLATORO

The study of the human body is not everyone's forte. The number of bones, muscles, and nerves may end up confusing one's mind. You must be very intrigued with the subject and have a vivid imagination to fully comprehend how everything connects. Learning these things is much easier with a close up model. This is why Ms. Franklin took the college anatomy and physiology students to Eastern Mennonite University to view their cadaver lab. A cadaver lab is where deceased bodies who wished to be used for scientific purposes are sent to students for analysis.

We left SVA at 8:30 in the morning on February 13, and in 30 minutes we arrived at EMU. Once we arrived we were divided into two groups since the lab was so small and not all of us could fit at one time. As the first group was called up, you could see the facial expressions of some of

the students; their automatic gag reflex to the smell said it all. In all honesty, I was very excited to see a cadaver but their reactions began to make me a little nervous. While we waited for the first group to finish the second group got to view the school; I was part of this second group so it gave me some time to prepare myself for what I was about to see. Two lovely ladies who had graduated the previous year gave us a presentation of what EMU has to offer and its daily atmosphere. They presented their school very nicely and had a lot of interesting information. Although their presentation was amusing, I was focused on going into the lab. A couple minutes later the first group came out, all were smiling and the first question that we asked was "How was it?" The people who were previously gagging and felt uneasy were the happiest ones once they came out the lab. Every-

one said the same thing; "It is not that bad." I was hoping I would not faint; I am usually pretty strong when it comes to things like this but in this situation, you never know. I could be the first one on the floor.

We entered the lab and I could smell the chemicals very strongly. I looked around and everyone seemed fine so I tried to block it out and act like it did not bother me. A very kind biology major willingly volunteered and attended us throughout this experience. She showed us the different organs and was willing to answer any of our questions. The first thing I saw was four cadaver caskets; three were open, the other was closed. The reason the fourth casket was closed was because she was a smaller woman and had dried up much quicker than the others. The volunteer said she was not pretty to look at. All the cadavers were older

woman. They were also pretty dried up since they had been dissected in August.

The first cadaver was facing down so the volunteer showed us her spine, three layers of the buttocks, ACL, and back leg muscles. There was more, but that was what she mostly focused on. The first thing that caught my eye was the thickness of the skin. For a moment I had forgotten this person was actually alive a year ago so then the question arose—how did she die? The volunteer said she was just old. We were allowed to touch the bodies. At first I was kind of uneasy but I needed to get the full experience and explore the most I could. After a while we transitioned to the other body, this one facing up. The volunteer said she died of pneumonia and you could tell by how fragile her lungs looked. She showed us her heart, liver, brain, intestines, etc. The vol-

unteer said to try not to compare the body with food but it was hard. The ribs looked like bacon—veggie bacon. I really tried not to compare it but it was just so easy to. She passed around the different organs and a lot of us began to ask questions. I honestly do not remember many of the questions because I was amused with the cadaver's nails; they were pretty. The volunteer said that apparently Peris in the previous group was very intrigued by them also. She also said that she thinks the nails still grow even after death.

We moved to the final body and this woman had a pacemaker that was very interesting to see. Her body was dissected much cleaner than the other two so you could see everything much better. On this body she showed us how pregnancy works and showed all the girls the tiny organ that causes so much

pain: the uterus. It is a little smaller than your fist. She also then showed us the eyes. I thought it would have been more gruesome but they were dried up. We asked what happens to the bodies once they have been dissected. The volunteer said they are returned back to the family. She also mentioned that some schools do a special ceremony for the families, thanking them for their contribution to science. I found that very heartwarming.

All in all, the field trip was a great experience. I thank Ms. Franklin for giving us the opportunity to explore more deeply what we are learning in class. Although I did not faint during this experience, the lunch meal for that day was not easy to digest.

HAPPY BIRTHDAY 23 Erika Antonio

MARCH 30 Marisa DeLong

2 Kent Suddarth / Jessa Kinney

MAY

5 Ethan Lowe 3 Manuel Rodriguez

6 Allison Bonilla 10 Gabrielle Patrick / Asher Ardon / Angie Edwards

7 Jeremiah Del Rosario / Seth Mace 13 Adrianna Torres

9 Kelvin Feitosa 14 Svaanab Perkin

16 Diego Vargas 15 Abby Tolbert

18 Eliazar Sanchez 20 Sierra Anderson / Abigail Thomas

21 Kingsley Ackab 22 Danny Baires

22 Kaitlyn DeLong 24 Gideon Nyambiya / Emily Gutierrez

24 Rashelle Copp

25 Sabrina Fernandez 25 Lorenza Savegnago

26 Giovanna Moraes 28 Chris Baires

27 Natalee Townsend 30 Minna Omuwenga / Linton Feitosa / Anthony Sosa

APRIL

JUNE

3 Misade Rosario 2 Joy Adeyeye

5 Andrew Pakkianathan 3 Brittany Murillo

10 Tania Mooroooven 6 Valeria Navaroo-Fonseca

11 Andrea Davis / Gracie Morris 7 JoonWoo Ha

12 Amber Ennis / Braxton Jedamski 10 Christopher Reedy

12 Emma Clark

13 Bridget Moonga 16 Haley Wolters

16 Miguel Valdez 19 Kyle Thompson

18 David Ortega 17 Edwin Balcarcel

19 Giulieta Ciuffardi / Fernando De Almeida / Melanie Moraes 24 Krissia Kersey / Andrea Huaytalla / Ethan Reinoehl

20 Danny Palacios / Luis Castellanos 29 Alyssa Franco / Jeannelle Green

21 Jessica Marroquin

SHOUT-OUTS!

To SARAH DURICHEK: You're a cool feller! - Basam

To MRS. WHITE: You're my inspiration! - Basam

Shoutout to Natalee Townsend! - Gabe Silva

Shoutout to Zachary Lowe! :) :) :) - Rose Serrano

To JOSSELYN: You're the bestest friend ever! - Rose Serrano

Shoutout to Olivia for loving me! - Rose Serrano

Shoutout to Jeannelle Green for being my tutor! - Basam



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