

# Shen-Val-Lore

The Student Voice of Shenandoah Valley Academy

Shenandoah Valley Academy

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UPCOMING EVENTS

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SA PICNIC  
GISELLE VILLATORO

On September 3, Shenandoah Valley Academy attended Camp Horizons for our annual SA Fall Picnic. Picnic is an annual activity where students compete against each other in a series of special games. On Monday morning, everyone woke up early in order to load the buses, and we arrived at the camp around 9:00 AM, and began the day's activities. As the students left the buses, they headed to the stage for the opening announcements. Many were tired at first, but one could see the energy building up as the students all headed to the camp's lake, in order to compete in the first activity, the megalithic ball race. In this race, students carried a 15-pound ball around the lake three times. The students were allowed to pass the ball between players in order to get the ball around the lake. The students who were not competing were handed water

balloons that could be thrown at the opposing teams. The next game was the canoe race; each class chose three boys and three girls to represent their class, and had their own canoe that can held up to three students. These three competitors first raced down the lake and back twice, but the second time they had to go around the lake without oars. After the canoe race, students headed to the soccer field for class-on-class tug of war. It was the Freshmen against the Juniors, and the Sophomores against the Seniors. Then, the winners (Juniors and Sophomores) competed for the final round of tug of war. The next activity was a new game called bucket racing. In this game, each class provided 30 students to sit in a line on the ground. These students then passed a bucket full of water above their heads in

order to fill a large trash can. It is a race of the quickest and most accurate; the class with the most amount of water in their can wins this competition. The last field competition is the fifty-yard dash. Each class selected its quickest male and female sprinter. It was a close match for the guys, with the Seniors and Juniors head to head. After the games at the field, students waited to enter the pool area where the belly flop and swimming contests took place. Each class then chose one student and cheered them on as they bravely threw themselves off the diving board, face planting into the water. The judges were looking for the student with the biggest splash, along with the best form. The last formal contest of the day was the swimming competition. The girls went first, with the four fastest swimmers from each class. Then, the boys followed with four more from each class. After the swimming competition, students lined up for lunch and a chance to re-energize themselves with the cafeteria's wonderful food. Prior to arriving at Camp Horizons, each class had selected a group of artists. These groups of students had been working on banners to represent their classes. These banners would later contribute to the overall score of each class, which helped determine this year's winner. Once lunch was over, there were no more organized activities and students enjoyed sitting in the hot sun. For the remainder of the time at Camp Horizons, many students played sports, swam, or simply relaxed. The day was now sunny with scattered showers, but overall very hot and humid. As the time approached 4:00 PM, everyone headed back to the

stage for our afternoon worship, and to also find out the winning class. After a day full of fun and games, we wound down with worship and the awaited the results. But first, each class presented its finished banners that seemed to build up everyone's class spirit. In fourth place were the Freshmen and next were the Juniors. Everyone waited to see the who would be first—would it be the Seniors making a statement for their last year, or maybe the Sophomores would surprise the crowd and win this year. "Second place goes to... the Sophomores!" Just like that, the Seniors claimed their position as the winners of this year's Picnic. As students retreated to the buses, everyone was more than ready to get back to campus and go to sleep. Picnic was officially over and will not be missed until next year.



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CAREER DAY

OLIVIA SARMIENTO

On September 16, the SVA students sat in the auditorium ready for Sunday school. This time it was Career Day. The staff handed out our schedules and the students quickly got up and began to compare their schedules with their friends. Some of the newer students were confused about where the classrooms were and began to ask around. Soon, everyone settled down and was in the first class, eager to begin. There were several different adults in each classroom giving the students

an insight into their career. Some of the different careers represented were anesthesiologist, deputy sheriff, speech language pathologist, pastor, first responder, nurse, and a few others.

With Dr. Paul Ware, the anesthesiologist, students learned that they do not necessarily need a 4.0 GPA to become a doctor. However, they do need dedication and time. Students were given insight on what an anesthesiologist does day to day

and had a look into what the medical field is like.

Justin Thompson, the deputy sheriff, talked about his training and the steps it took for him to become a sheriff. He gave the students a look into what he does on a daily basis and what it would be like to work as a sheriff. He also showed them the different tools he uses on the job and what they are used for.

The speech language pathologist, Cali LaPierre, gave the students a detailed description of what she does.

She showed us how different issues relate with your body and different ways to improve them. She also showed us the salary range a speech language pathologist can have, depending on location.

The students also learned different qualities that are necessary to become a first responder from Chad Siever. One must work well under pressure, be quick and efficient, and be able to adapt to change. Being a first responder is an important and serious job. They are the first

ones to address an emergency before other law enforcement responds. Every day is different and you never know what to expect.

Nurses Kristen Dean and Vanessa Davis taught the students that although nursing is a dominantly female profession, it is not limited to females. They learned about the steps it takes to become a nurse and what type of people should do it. Nurses are constantly interacting with people, so if you are not a people person it may not

be the job for you. We also learned that being a nurse is a flexible job. There is something new to do every day with new circumstances and situations.

Career Day was very eye opening. Students gained insight into different careers and had the opportunity to add or remove different jobs they had in mind from their list.



SALT

ANDREA HUAYTALLA

This year, the Spiritual Academy Leadership Training (S.A.L.T) was held at Pine Forge Academy. Many of our student leaders from Shenandoah Valley Academy attended this event. When homeleave started on September 19, the students going to S.A.L.T stayed in the dorm. Pastor Harley took us all to eat at Jalisco's and then drove us to Walmart to get some snacks to eat on our way to Pennsylvania. Thursday came, and we loaded the bus at 9 A.M. To our surprise, instead of going straight to Pine Forge Academy, we ended up stopping at the Sight and South Theater to watch the play Jesus. The play was very powerful and it got us all in the right mindset for the weekend's message and activities that we would be doing.

We arrived at our destination around 6 P.M. and were the last ones to get there. Luckily, the kitchen workers had saved some food for us. We got to our cabins and got ready for our first session. The speaker for the whole event was a lady named Andrea Jacobson. She spoke to us about the theme for this year— "Zara," which means seed in Hebrew. She was very motivational and she told us that we were seeds that God spread on earth to grow as leaders and show others of His love and share His message.

On Friday, we had the chance to do many activities and meet people from other schools. We got to interact with people from Highland View Academy, Spencerville Adventist Academy, Spring Valley Academy, Pine Forge

Academy, Takoma Academy, Blue Mountain Academy, and other schools that attended. In the afternoon, we had some free time to hang out and make more friends. We also had a school meeting to organize choreography to present our school song.

When the sun went down, we all got ready for vespers. We had worship with everybody and listened to the speaker. After the message, our school had organized an icebreaker for everybody to participate in. We decided to give everyone a lollipop and those with the same flavors had to form a group. We had questions and activities for each group and we all had fun. After the icebreakers, we went down the hill to a bonfire for afterglow. We sang

songs and many people shared their testimonies.

On Sabbath morning, we had Sabbath school and we also had come up with the idea of doing dramatizations of stories of leaders from the Bible. Everybody participated and seemed to enjoy doing it. SVA then led songs with Spencerville and Spring Valley Academy. After singing a couple of songs, we all sat down to listen to the speaker for the sermon. Sadly, we couldn't listen till the end because we had to go to the kitchen to help with lunch.

In the afternoon, we had sessions organized by Washington Adventist University. We all enjoyed it because we were all separated into different leadership positions and each one of us learned more about how to be a good leader

while holding a certain position at our school. After the breakout sessions, we had more free time and practiced our school song to present it after sundown. We had one more session with Mrs. Jacobson before sundown and then we had worship to close the Sabbath.

After worship, we began with the activities and games. We performed our school song and we got to see creative ideas from other schools.

On Sunday morning, we said goodbye to our friends from others schools and we headed back home. Before getting to SVA, Pastor Harley took us to Olive Garden to have dinner together. While eating, two families were singing "Happy Birthday" to their loved ones and we got to sing for them, too. As is tradition

for SVA, every time we go out to eat or if someone provides food for us, we sing our "We Thank You So Much" song. When we were about to leave the restaurant, a priest from another denomination came up to us and asked Pastor Harley if our school could have a performance at their church. Overall, we had a great experience and were blessed by the event. We learned so much about how to be a good leader and follow God's example to be a great example for others. I encourage you, if you haven't been to S.A.L.T, to try to go next year because is such a wonderful experience. You won't regret going.



CLASS PARTIES  
NATALEE TOWNSEND

On September 1, all the classes at Shenandoah Valley Academy met at various places on and off campus to kick off the school year with the annual class parties.

The Freshman class went to the gymnasium for their first ever class party! The officer candidates gave speeches, then the whole class voted. Then they participated in some get-to-know-you games. “The games helped everyone know each other better. The games also improved our teamwork as a class. Next school year it will be easier to work as a class due to these games,” said Jenayah Dunn. “My favorite part was the balloon game,” said Jessica Palacios.

Next, the class voted for their class officers. Afterwards, they ate some snacks provided by their sponsors and Mrs. Feitosa. “There were chips, cookies, juice, and water. My favorite snack was Lay’s chips,” said Jenayah Dunn. “There was so much candy!” exclaimed Eliazar Sanchez. At the end, they were able to hang out and play sports. “Being able to socialize just as a class was really important,” said Savannah Perkin. “It was great. Everyone had a lot of fun!” said new Class President Lex Titus.

The Sophomore class met in the cafeteria for their exciting night. Last year’s Sophomore class Vice-President Lily Rodriguez started off by giving an improvised worship. They continued their night by voting for class officers and submitting their votes on a paper ballot. The class was given chips and sodas to snack on throughout the night. Next, they played games such as Apples to Apples, Monopoly, and Connect Four. Then, the class officers were announced! They also played musical chairs. The entire class was treated to root beer floats.

To start off their fun night, the Junior class met in the lobby of Twomley Hall where they had sunset worship given by Mrs. Patrick. Next, they all voted for their class officers after the candidates gave speeches. “It is important to choose class officers that you believe are good leaders, and ones that

get the job done right,” said Kiera Griffin. After this, they headed off to the Timberville Pool, jamming out to some songs along the way. “For some reason the song “Big Green Tractor” by Jason Aldean has grown into our class song; ever since Freshman year we have all loved singing it as a class,” said Gabby Patrick. Once the class arrived at the pool, they all changed and dove right in. Some had fun diving off the diving board, and others enjoyed their night just sitting on the edge talking. “It was really nice to be able to hang out with my friends. I had a lot of fun!” said Sammie Armstrong. Next thing they knew, it was time to head back.

The Seniors were at Senior survival, but they were still able to have a fun class party. All of the Senior guys prepared an extravagant dinner for the ladies. The girls were then walked to dinner by the gentlemen. “It was decorated very nicely,” said Adrianna Torres. The dinner was Italian themed, and delicious! “The men prepared spaghetti, salad, and garlic bread,” said Tia Jones. The guys were also the waiters! How thoughtful! “The best part was when the guys served the girls dinner!” said Haley Wolters. After they had a delightful meal, they voted for their class officers. Next, the Seniors started to sign each other’s Senior survival T-shirts. “Signing T-Shirts was a memory that the whole class created. It is something that I will never forget!” said Tia Jones. To end a perfect night, everyone indulged in a bowl of ice cream.

Thank you to all of the class sponsors who helped organize these events for all of the students to enjoy. We appreciate all the time, effort, and hard work that was put into making the night possible.

President: Lex Titus  
Vice-President: Linton Feitosa  
Secretary: Alisson Bonilla  
Treasurer: JoonWoo Ha  
Pastor: Cate Schoonard  
Sergeant at Arms: Bernard Biongo  
Senators: Jessica Palacios and Seth Mace

**Sophomore Class Officers**  
President: Ceiry Flores  
Vice-President: Lily Rodriguez  
Secretary: Zach Lowe  
Treasurer: Michelle Rivera  
Pastor: Katie Davis  
Sergeant at Arms: Fatima Alejandre  
Senators: Alison Erdelyi and Jeremy Bocala

**Junior Class Officers**  
President: Rachel Brossfield  
Vice-President: Gabby Patrick  
Secretary: Melanie Mores  
Treasurer: Kiera Griffin  
Pastor: Andrea Huaytalla  
Sergeant at Arms: Kelvin Feitosa  
Senators: Sarah Durichek and Diego Vargas

**Senior Class Officers**  
President: Sierra Anderson  
Vice-President: Safiyya Philip  
Secretary: Johana Villatoro  
Treasurer: Henry Ware  
Pastor: Tia Jones  
Sergeant at Arms: Jillian Herbert  
Senators: Brittany Murillo, Kingsley Ackah, and Gideon Nyambiya III







SENIOR SURVIVAL  
JOHANA VILLATORO

It was finally that time of year, the event that every senior class anticipates with both excitement and distress but always ends with the same result: a more unified and focused class. The class of 2019 packed their bags and prepared themselves for a week of adventure for it was now our turn for Senior Survival. We left on Wednesday afternoon, August 29, and the scorching August sun was not in our favor. Once we got to Camp Overlook, which was where we would be staying, we had a miniature meeting to discuss all the procedures and got divided into groups of A, B and C. Each group would be competing against the other groups throughout our time there and the winning team would win a free meal to Hokaidos. Everyone was

in competition mode and wanted the winning title. Once all was settled, boys and girls went to their designated locations and began setting up their sleeping areas with just plastic, tape, and twine. Building a shelter is not as easy as one might think; it's stressful, especially when the skies were beginning to turn grey and droplets of rain are starting to fall. A couple hours later, we all joined together for dinner prepared by the Campbells, and had our first worship and introduction to the series of the great controversy with Pastor Shane. The first night was rough; we were all adjusting to the sleeping conditions and were paranoid that creatures would attack us in our sleep. The next morning we

were up at 7:30. Girls and guys prepared their own meals over a fire and rushed to clean up everything in order to be at early morning worship. Once worship was done, the activities started. Each group went to designated locations and started doing team building skills or learning about the nature around us. This same schedule continued throughout the next couple of days. Each team building skill we did brought a new sense of or care for each other. We had to make sure we all completed every task without anyone getting hurt and having fun at the same time. For every activity we did, an object lesson was learned and we had to apply it to real life scenarios. Every activity was hard, but many minds with a common goal can accomplish anything.

We went from going up and down high walls, going across cold waters, running to the mountains, and falling over rocks, to falling into the arms of our fellow team members and I can surely say we all loved it and will never forget the fun we had. Learning about the nature was interesting also. We saw plants that could help us in different situations, learned how to build a fire, and how to properly build a shelter. We also went to bathe in the lake but it was more of a time for us to relax. Each team also had to come up with a creative way of singing the school song. The winning team for that activity was group A. Lory Serrano, a team A member, says, "We made her cry; that is an automatic win."

Every night before bed, we had worship. Pastor Shane's sermons on the final days intrigued all of us because we got to cover the subjects in more depth than we normally do. At Friday night vespers, the message was a wakeup call about how we must prepare for Christ's final coming. We ended that night with smores and stared up into the dark sky with twinkling light all around. Sabbath came, and our time to leave was getting close, but the guys surprised us with a meal which they prepared themselves. The guys called their "dates" in one by one and seated us at our corresponding tables. They decorated the area creatively which was very impressive. The meal was pasta, garlic bread, and salad. It was very touching to see how much effort

thought they had put into it. For the rest of the night, we all sang songs together and shared many laughs. We later had our class party, where we designed our T-shirts and voted on our class officers. Saturday night was our last night there, and the next day we could finally say that we survived Senior Survival. All the blood, tears, and back pain from the hammocks disappeared once we realized that this is one of the last things we will do together as a class until we graduate. It was an unforgettable experience and a memory that my classmates and I will cherish forever.





Meet the New Staff



THIS YEAR AT SVA WE HAVE SEVEN NEW STAFF MEMBERS!

Mr. Biaggi: Band, Choir, and Handbells Teacher  
Mr. Lowe: Recruiter and Freshman Religion Teacher  
Mrs. Menhardt: Sophomore English Teacher  
Ms. Hillary Sumner: Library/Grounds Taskforce  
Dean Lois Nyasani: Girls’ Taskforce Dean  
Dean Trace Wilkens: Boys’ Taskforce Dean  
We asked them some questions to get to know them better and these are their answers:

HOBBIES

I enjoy reading, taking walks in nature, traveling, writing, listening to music, cooking/baking, arts and crafts, people-watching, and learning about subjects like history and psychology. - Hillary Sumner

I love playing sports. But other pastimes I enjoy are reading and playing guitar. - Trace Wilkens

I like reading, writing, music, and all things theater. - Dean Lois

Soccer, tennis, cooking, drawing, camping. - Mr. Biaggi

Reading, riding my bike, geneology, gardening, art and other creative processes. - Mrs. Menhardt

Hiking, camping, biking, swimming, anything with my family. - Mr. Lowe

HOW YOU ENDED UP AT SVA

I was graduating from Southern Adventist University, and I did not know where I wanted to go next. After a lot of prayer, I decided to sign up for the student missions program at the college (which I had already been through before). I looked at several options for serving as a student missionary in the United States, but the first two options did not work out. Then I applied to Shenandoah Valley Academy. The position I applied for was already taken, but Mr. Short asked if I would like to do other jobs at the school, and I said yes! This position suited my personality and strengths more than I had hoped for, and I can see that God was leading me here, which is really encouraging. - Hillary Sumner

I came to SVA as a student and I graduated in 2015. I heard from a friend that they were looking for taskforce workers and I wanted to come back and be a part of the school where most of my memories were made. - Trace Wilkens

God brought me here, it was the perfect storm. - Dean Lois

By God’s will. - Mr. Biaggi

I have ended up at SVA multiple times. First – I came my Junior year and was privileged to graduate from SVA in 1979. Second – I came as a young head dean in the late 80s. Third – I came back as head dean, and was dean for a long time. I worked as an Administrative Assistant, took a year to work part time with Alumni and Development, and this year am teaching English part time. I keep coming back to SVA....I like it. - Mrs. Menhardt

I am an Alum from 1986. I was serving on the SVA Board of Trustees and one day Mr. Short told me that he believed I was going to be the next recruiter for SVA. I said no and laughed it off, because there was no way that I could take such a large decrease in salary to take this job. I felt bad about saying no so quickly and my wife and I prayed over it very hard. God made it painfully clear that I should accept this call. - Mr. Lowe

WHERE YOU SEE YOURSELF 10 YEARS FROM NOW

I’m not sure. Maybe serving with the church/missions somehow, especially in a school setting. Maybe having a family. But it would be nice to be in Heaven then, wouldn’t it? - Hillary Sumner

In 10 years I hope to see myself with a house, a solid job, and a family in a good community. - Trace Wilkens

Having already figured out what it means to be true to myself and be happy doing it. - Dean Lois

I see myself with more kids doing music in the best Music Department in the world (of course it’s SVA’s)... or wherever the Lord lead us! - Mr. Biaggi

I will be older. I think I will just take one day at a time and see myself here and now. - Mrs. Menhardt

In a nursing home with good wifi and good food? Sorry, not funny... My beautiful bride, Laura, and I have promised to completely let go and trust that the Lord will put us where He wants us. I have already served people for 30 years within the field of healthcare and healthcare leadership so this next 10, 20, or 30 years is completely up to Him. - Mr. Lowe

ADVICE FOR STUDENTS

You are all at a crossroads where you are making choices every day that will influence your future. This is the time for deciding how you’re going to relate to God. He isn’t just the God of your parents and teachers anymore, He is Someone you have to get to know for yourself. Don’t put that off, because there’s no guarantee for tomorrow. Each day is a gift, and you can use that gift for good or evil. Start getting to know God now, and make choices each day to seek Him and put yourself in His hands. He wants to give you a good future, and He invites you to know Him and experience His blessings. “You will seek Me, and find Me, when you search for Me with all your heart.” (Jeremiah 29:13). - Hillary Sumner

High school might seem a bit rough with more drama than you think you can handle. But you will never forget your time in high school. The things you do and the way you act will shape your character for the rest of your life. - Trace Wilkens

Old habits die hard. Make sure the habits you form now don’t take you years to undo, if you are even successful in doing so. - Dean Lois

“I’ve told you all this so that trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I’ve conquered the world.” (John 16:33 MSG) - Mr. Biaggi

Relationships matter! Work on them....your relationship with your parents, your friends, your teachers (your English teacher), and most importantly, your relationship with God! - Mrs. Menhardt

Humbly, I would submit to our students; 2 Tim 1:7. “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.” Satan uses fear to keep all of us from being as bold as God knows we can be. God gave us all the ability to choose. My advice; choose to use God’s gifts of LOVE, POWER, & SELF-DISCIPLINE. Our world is full of very real dangers, because of sin. So please don’t let yourselves go away from God. And please always remember that danger is real, but fear is a choice... - Mr. Lowe

FAVORITE THINGS ABOUT SVA

The people! I have met so many kind, big-hearted, encouraging people at this school, both students and staff. I’m really grateful and humbled to be around people like that, and I’m amazed by the talent and potential of the students that I see every day. Keep moving forward in the right direction with God’s blessing! - Hillary Sumner

The amount of time and energy that the faculty put into making SVA a positive Christian experience for the students. - Trace Wilkens

The student culture, for a small Christian school it goes against the stereotype. There is so much variety here. - Dean Lois

It reminds me that there is a purpose in life. - Mr. Biaggi

SVA is beautiful. It’s where the big Virginia sun shines. The campus, buildings, trees, sunsets and surrounding mountain views are inspiring, BUT, when all the students and people are gone it loses its energy. So, my favorite thing about SVA is definitely the students and people who make it truly come alive. - Mrs. Menhardt

Without hesitation, the answer is “You,” the students. I’m excited for who you are and who you will become. Please do all of it with Christ. - Mr. Lowe

ADVICE COLUMN

The stress of this year is getting to me; what should I do?

– Anonymous

7 Tips for Handling Stress

- 1. Don’t procrastinate!
- 2. Get assignments done when you receive them.
- 3. Make time for yourself to relax.
- 4. Pray, and give your worries to God.
- 5. Find some type of exercise you enjoy and do it every day.
- 6. Prioritize.
- 7. Spend quality time with friends.
- 8. Don’t agree to do extracurriculars that will stress you out more.

I’m a Freshman and this is my first time being away from home; how can I feel less homesick?

– Anonymous

- 1. Call your family often. (It’s not the same as being with them, but it helps.)
- 2. Distract yourself by getting involved. (Do intramurals, sport , music, etc.)
- 3. Focus on your school work.
- 4. Form great friendships. (Trust me, pretty soon you’ll be homesick for your friends when you go home).
- 5. Take advantage of homeleave.

7 Ways to Improve Health

- 1. Exercise.
- 2. Get at least 8 hours of sleep every night.
- 3. Let go of anger, worry, and guilt.
- 4. Spend time with God every day for your spiritual health.
- 5. Be hygienic.
- 6. Eat healthy.
- 7. Get fresh air and lots of sun.

If you have any questions that you would like us to answer in the Shen-Va-Lore email them to sarah.durichek@student.sva-va.org. (Questions will always be anonymous.)





Girls’ Club Retreat

NELDA ATUTI

Rain, rain, go away is what we were all repeating the week before Girls’ and Boys’ Club Retreats, which were scheduled for September 14-15. When it felt as if everything was against us that week with the hurricane at full volume, God found a way to make the situation work out, and we ended up having our retreat on campus. Girls’ Club Retreat started with a classy pajama tea party in the cafeteria. The tea party began with the classic etiquette challenge of balancing a book on your head. The object of the game was to get from one end of the cafeteria to the other end without dropping the book. The ladies made what seemed like a difficult task into a graceful journey. They were all practically fit to be princesses!

Dinner soon followed the activity. There was an array of different finger foods such as sandwiches, pastries of all kinds, and fruit. This layout was topped off with different teas and hot chocolate for those interested. After having a meal fit for a queen, we all sat and waited for the final etiquette

activity. For this activity, the girls were told to get into groups and dress one of their group members into a Victorian-era lady. After the girls got together a suitable outfit, we had a fashion show in the chapel before worship. The creativity was endless!

When the fashion show ended, we started worship with music, ending with our theme song, “What Faith Can Do” by Kutless. Friday night ended on a calmer note with worship. Our theme for this year was “God is within her, she will not fall,” taken out of the first part of Psalm 46:5. Our speaker that night was Mrs. Phillip, who delivered the sermon by breaking down Psalm 46. It was a delightful sermon led by the Holy Spirit. We ended the night with the praise song, “I Command My Soul.” To say the least, the night was beautiful.

Sabbath morning, we all gathered downstairs for a wortship activity. To continue our theme, we spent the worship drawing and reacting to the book of Esther in our perspective.

For me personally, while creating the story, I heard it differently than I was used to. It was really an eye opener. After worship, the ladies had the choice of a Sabbath afternoon nap or different coloring activities. It was an afternoon well spent.

Although we did not get to go off campus for the retreat, it was absolutely lovely. It was a chance for us to bond with each other and have fun while still having a great message for the weekend. Thank you to every person who made this weekend possible!

Boys’ Club Retreat

BASAM MOHAMED-EL SAYED-GONZALEZ

This year’s boys’ club retreat was held in the SVA gym due to rain. Even though it was on campus, we all had a lot of fun. The first thing we did on Friday, September 14, was to put all of our luggage onto the stage in the gym for our “lock-in.” Next, we proceeded to get into groups that had previously been selected. The groups had of a mixture of all the classes so that we could all bond. After we got into our groups, the deans told us we were going to play icebreaker games. The first was a game where we had to arrange ourselves according to our birth date. Whoever got their team in order first was the winner. It was very tough arranging ourselves without communication, but through a lot of effort and sign language skills we finally got arranged, and so did all the other groups.

The next game we played was a little more complicated. The deans told the teams to get into a line with our backs against the floor. Then, they told us that our objective was to move a small ball with only our feet across the entire gym. The first person then had to run to the end of the line and lie down so that one team could get the ball across. If you dropped

the ball, the whole team had to restart. There were several teams that messed up and had to restart, but some were able to get the job done. After we were done, we got ready to see who got the most points. They told us that those games were only icebreakers and that they didn’t count for points. Personally, I was devastated.

After we picked up all the equipment we used for the games, the deans allowed us to go and eat supper. Everyone was able to get plenty of food and there was more than enough for seconds. After we ate our food, the deans sent us out of the student center and back to the gym where we got ready and then we were off to the baseball field. When we got there, we all found seats and were welcomed by our speaker, Mr. Powell. He really gave us a spiritual awakening about how our walk with Christ should be improved. He gave us examples from his own life and his own experiences and it was very beneficial to us. After that, they had marshmallows for us to roast and we had a fantastic time. We then went up to the gym and had a good night’s sleep.

The next day, we woke up

and had personal devotions. Then we ran to breakfast, where we ate wonderfully made cinnamon rolls that still make my mouth water. After we finished, we went back to the gym and divided into our groups again. They told us they wanted us to act out certain stories in the Bible in our own creative ways. Most of the groups did well, and we all had a blast laughing and enjoying the interpretations of Bible stories. Next, we had church in the gym. Mr. Powell shared his testimony about what he used to do in Haiti. He told us about how he was confronted by a man that seemed like a demon. He explained how he stepped back and let God handle it instead of hurting the man. We were quite attentive and he really got his point across. We then made a circle and talked about our weaknesses and how we wanted to fix them. It was a very powerful moment. We all had prayer and then proceeded to clean up the gym. Just like that, it was over. The boys’ club retreat was a fantastic experience. As boys’ club members, I think we became much closer and much more spiritually aware on this retreat.





WEEK OF PRAYER  
ROSE SERRANO

During the week of September 3-7, SVA had the opportunity of having speaker Don Pate for our first Week of Prayer. After having worked in ministry since he was 22, he retired as a pastor two years ago, and ours was the 35th Week of Prayer he has led out in. On Monday, the service started off with the Senior class praise team. The theme of the message for the evening was “Are You Available?” The theme text all week was found in I Peter 2:9: “But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.” The story that Pastor Don used to portray that theme was the story of Moses and the burning bush. He explained that he believes that the burning

bush was in fact a “cold light,” meaning that it was a not a threat in any way but a way that God revealed his power. One of the most powerful quotes from the Week of Prayer was, “Satan breathes his next breath because God allows him to.” God waits for us, just like He waited until Moses turned to look at the burning bush. Pastor Don also explained that God can work with anything except for unwillingness. He recounted a comment from Haddon Robinson: “If you knew about me what God knows about me, you would spit on me and walk away, but since you don’t, let’s put that aside and journey together.” Tuesday’s chapel was on the story of Nicodemus. Nicodemus acknowledged that Christ was king and rejected tradition for what he knew was

right. On Tuesday evening, the Junior praise team led out. The theme for the evening was, “You Have To Choose to be Chosen.” For this topic, Pastor Don used various examples such as Simon and Cornelius. He talked about Stefan Wroblewski and Leopold Socha, who saved ten Jews although they were convicted criminals. God accomplishes his purpose with the lowest of the low, but only if they are willing. Drama Club also performed a skit titled, “Who Sits On the Seat,” in which a human is being indecisive about giving up the seat to rule his life, rather than giving it to God and letting His will be done. On Wednesday morning, the theme was “Strong Women.” The speaker spoke on amazing women that were chosen to save Jews during the

Holocaust. He spoke about how they were not afraid to give their lives for those Jews and that they did in fact lose their lives. On Wednesday evening, the theme was “Choosing Chosenness.” This time, the biblical story used was the story of Isaac. Pastor Don explained to us that Isaac was the first glimpse of the plan of salvation. Isaac knew that he was the sacrifice, and he still chose to be chosen. Isaac, instead of running away from his elderly father, told Abraham, “Bind me well father.” Pastor Don also used the story of Rich Mullins, who he calls “the uneasy conscience of Christian music,” a man who chose to serve others rather than being served. He left the spotlight unnoticed to work on Indian Reservation Camps to play music and entertain the children for two

years. On the way back, he got into a car accident and lost his life. Pastor Don ended the night with a quote from Jonathan Edwards: “I am his and he does with his what he pleases.” On Thursday morning, the theme was, “How to Find Grace” and Pastor Don used the story of how the Anabaptists found the true way of being saved was from spiritual baptism. Many of them lost their lives for what they believed. On Thursday evening, the Sophomore praise team began the worship service, which had the theme of “Worth Dying For.” This time Pastor Don used the story of Moses, Paul, and Jim Elliot and his friends. Jim Elliot and others lost their lives trying to save the “unsavable.” He tied all three of these stories together with the idea that

all of them lost their lives for something that they believed was worth dying for. He finished with two quotes: “You can kill men but you cannot kill the dream of God,” and “He is no fool to give up what he cannot keep to gain what he cannot lose.” These are two truths we should hold in our hearts. On Friday evening, the Gospel Praise Team led out. There was communion after worship where testimonies and prayer requests were heard and shared. The atmosphere was one of peacefulness and tranquility because the Holy Spirit had been present throughout the week. Almost everyone left the worship hall moved by the Holy Spirit. throughout the week. Almost everyone left the worship hall moved by the Holy Spirit.



WAU PREVIEW  
FAITH TROUP

On September 26, the Senior class arose in the early hours of the morning to travel to the beloved Washington Adventist University in Takoma Park, Maryland. The purpose of this trip was to tour the university as a future option for our college education. We visited the campus buildings, shadowed classes and attended the weekly university chapel. Our bus arrived on the WAU campus at around ten in the morning. We were greeted by the university’s admissions team and alumni of our very own Shenandoah Valley Academy. After being given name tags and folders with our schedules for the day, we were directed to a meeting center where we gathered to choose which classes we wanted to shadow. The options given were biology, nursing, and music. The classes were very interactive

and the students were very welcoming. Our next stop on our college visit was Sligo Seventh-day Adventist Church. This is the church that is connected to Washington Adventist University. At the church, we attended the weekly university chapel. At the time, the university was celebrating different nationalities. The countries represented included Romania, Jamaica, India, and many more. People were dressed in traditional attire and the music and prayers were in foreign languages. Student missionaries that are now currently serving in other countries were also featured. After chapel, we were given a tour of the dorms. However, because we toured with another school, our group was too large to tour all at once. This gave us the opportunity to converse and get to know people that could potentially be our classmates in the future.

When the time came to tour the dorms, we were led by the student dean throughout the halls. We asked about the pros and cons of attending this university. While there were some negatives, the positives definitely outweigh these factors. We were shown the dorm chapel after we viewed the rooms. There, we had the opportunity to ask more questions about the academics, spiritual atmosphere, and the community support of Washington Adventist University. Touring the student living quarters was wonderful experience. Our next stop was the cafeteria. The university students had eaten earlier so it was just our touring group. Unlike here at SVA, the university cafeteria serves each customer. The layout of the food area was also much bigger than our school cafeteria. The food provided was unique. However, most

people seemed to love the pie and cake. After finishing our lunch, we headed back to the meeting center to close the day. At the meeting center, the university’s admissions team notified us that we would be receiving scholarships based on our academic achievements. The scholarship amounts included \$16,000, \$24,000, and \$40,000. Almost everyone from our class received one out of these scholarship amounts. Having the opportunity to visit Washington Adventist University was a great experience. It informed us of the abundant opportunities that are provided when attending this university. This includes the spiritual atmosphere, the excellent academics, and communal support of living with wonderful people. Visiting Washington Adventist University was a memory that we will all cherish forever.





*HAPPY BIRTHDAY* 25  
JULY

HAPPY BIRTHDAY		25	Kevin Lee
JULY			
1	Laura Westberg / Hillary Navarro-Fonseca	26	Ciru Wanjiru / Saul Lopez
3	Caleb Melgar-Roblero	28	Kyle Freitas / Johnathan Temesgen
6	Gabrielle Phillips	31	Devon Mears
7	Ana Escobar / Shae Ambrose	SEPTEMBER	
9	Michel Soto / Juliana Espinal / Matthew Reedy	4	Leah Shaw / Faith Troup / Oliver Bernal
11	Jaliah Guzman	5	Nailah Jones
14	Ceiry Flores	7	Patrick Mencia / Nelda Atuti
15	Benjamin Adjei	10	Dollyvet Bernal / Gabe Silva
18	Allison Erdelyi	12	Dulce Espinal
19	Kelly Ramirez / Julia Rivera	14	David Morel / Giselle Villatoro
22	Jonathan Villatoro	15	Diamond Counts
21	Irma Ramirez Garcia	16	Jessica Palacios
23	Lori Serrano	20	Sifan Olgira / Genesis Rivera
24	Holand Girmay	21	Daniel Ramos
30	Shayla Coronel	22	Rodrigo Cruz / Kayla Moguel

# SEPTEMBER

		4	<i>Leah Shaw / Faith Troup / Oliver Bernal</i>
9	<i>Michel Soto / Juliana Espinal / Matthew Reedy</i>	5	<i>Nailah Jones</i>
11	<i>Jaliah Guzman</i>	7	<i>Patrick Mencia / Nelda Atuti</i>
14	<i>Ceiry Flores</i>	10	<i>Dollyvet Bernal / Gabe Silva</i>
15	<i>Benjamin Adjei</i>	12	<i>Dulce Espinal</i>
18	<i>Allison Erdelyi</i>	14	<i>David Morel / Giselle Villatoro</i>
19	<i>Kelly Ramirez / Julia Rivera</i>	15	<i>Diamond Counts</i>
22	<i>Jonathan Villatoro</i>	16	<i>Jessica Palacios</i>
21	<i>Irma Ramirez Garcia</i>	20	<i>Sifan Olgira / Genesis Rivera</i>
23	<i>Lori Serrano</i>	21	<i>Daniel Ramos</i>
24	<i>Holand Girmay</i>	22	<i>Rodrigo Cruz / Kayla Moguel</i>
30	<i>Shayla Coronel</i>	23	<i>Newton Devaraj</i>

## AUGUST

1 *Safiyya Phillip*

3 *Janet Castellanos*

# OCTOBER

		1	Olivia Sarmiento / Lily Rodriguez
7	Sarah Durichek / Sofia Marques		
10	Darwin Majono	10	Giovanna Lucasin / Judith Vargas
13	Brendan Genus / Alicia Anderson	12	Lisbette Sanchez
14	Bridget Moonga / Emelyn Rodriguez	13	Tia Jones / Brandon Jacques
		14	McKenzie Hanon
15	Ruben Toma / Jeremy Bocala		
		16	Miguel Castillo Cruz
17	Aubrey Benton		
		18	Karsen Hudson
22	Awot Abreha / Josselyn Villatoro / Thiago Adao		
		20	Joseph Lim
23	Ben Perkin / Lany Balthazar	30	Ethan Odiewuor

# HELLO SVA!

the older students for help or advice. Good luck!

**Sophomores:** This is now your second year in high school, and it's a great one! You'll have a new set of classes and teachers for the most part, so it'll be a little different from what you've experienced so far. However, after last year, you already know what goes on at SVA. You're set for an awesome year. Enjoy it!

Juniors: You are upperclassmen now! It's a little hard to believe, isn't it? You're going to have a tough year; your teachers will hit

you hard. Figure out which classes are hardest for you and organize your study time around them. You'll have to learn to cut out the things that aren't important to you and focus on the things that are. It's an epic year, so don't stress because you get too overwhelmed. You'll do great!

Seniors: This is our last year! At times I didn't believe that we could make it to this point—it felt like we would always be freshmen or sophomores—but look at us now! We've finally made it to the top. I love you guys so

much! Let's make our final memories here the best ones yet!

So far, this school year has been amazing! I want to thank each and every one of you for bringing a unique characteristic to our school. I can't wait to continue planning events for you guys and seeing the wonderful things Jesus is doing with our school this year!

Your President,  
Julia Rivera  
Class of 2019  
SA President 2018-2019

## SHOUT-OUTS!

To SVA: If you wish to have your shoutout here, email your shout-out to your head editor at [sarah.durichek@student.sva-va.org](mailto:sarah.durichek@student.sva-va.org) :)

– *The Shen-Val-Lore Editors*

To SARAH DURICHEK: I guess you're kind of cool... - *Aubrey Benton*

To BASAM MOHAMED-EL SAYED-GONZALES: Shout-out to Basam!  
- Sarah Durichek

*If YOU are trying to sell something you can have it advertised in the Shen-Val-Lore! Send the prices for your merchandise to [trisney.bocala@student.sva-va.org](mailto:trisney.bocala@student.sva-va.org), and get the word out about your sale! [YOUR AD HERE!]*

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



23 Ben Perkin / Lany Balthazar 30 Ethan Odiewuor

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Sarah Durichek: Head Editor  
Aubrey Benton: Co-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.

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