

Shen-Val-Lore

The Student Voice of Shenandoah Valley Academy

Shenandoah Valley Academy

December 6, 2019

Volume 89, Edition 2



BARN PARTY

GISELLE VILLATORO

On October 20, Student Association hosted our annual fall Barn Party. It was a great time to get together with friends and enjoy the fall season. Thankfully, it was really warm outside. In the past years it has been freezing and many of us are left huddled in the barn or around the fire. But that was not the case this year; the enjoyable weather kept everyone in a good mood and ready to enjoy each other's company. As a Senior, this was my last Barn Party, so it was a bittersweet experience. Nevertheless, I still made the most of the time

left, by living in the moment and enjoying it while it lasts. Time has seemed to fly by this year, but I have learned to not take the little things for granted and try to make the most memories I can. Barn Party is a great time to unwind and just enjoy yourself by playing games and eating good food. This year's Barn Party kept us busy with a few activities and some music. There were carnival games outside like bean bag toss and laser tag but with Nerf guns. There were also activities like pumpkin painting and the movie Inside Out played inside the barn.

Many people came in costumes of their favorite characters. We had a costume contest as well as a donut eating contest. Each of the classes worked to provide a food booth to make money for their class. The Seniors sold pizza, the Juniors sold walking tacos, the Sophomores nachos, and the Freshmen sold ice cream. The weather was so nice that many students got in line for the hayrides that would give us a quick drive around campus. Throughout the whole afternoon, students were getting hitched and paying bail while everyone

else continued to hang out with each other. The time flew by as we were entertained by each other's company. There were a lot of interesting and creative costumes. The most creative costumes, however, were a clown and jack in the box. Complete with face paint, full outfits, and accessories, these were by far the most enchanting costumes. Some people came in groups, like the cholos and cholas, as well as the frat boys, and Winnie the Pooh characters. There were a couple dressed as E-girls and a lot of people in character onesies like dino-

sours, cows, Pooh bear, and even a chicken. Some celebs that joined us for barn party were Ariana Grande, Travis Scott, and a couple others like Michael Jackson and Emelia Earhart. Other costumes I saw were angels, a flamingo, a Sumo wrestler, and cowboys.

Overall, Barn Party was a fun experience. We all got to enjoy each other's company and have fun doing fall activities. A big thanks to the SA officers and sponsors who made it possible!



TABLE OF CONTENTS	
1 Barn Party	5 Boys' Dorm Retreat
2 Community Service Day	6 Ringfest 2019
3 Parents' Weekend / General Conference Music Tour	7 Academy Days
4 Senior Weekend	8 NACA Tournament / AcroFest 2019



UPCOMING EVENTS

DECEMBER

- 5-9 Journey to Bethlehem
- 10-12 Candlelight Rehearsals
- 13 Candlelight Concert
- 14 Candlelight Concert / Pops Concert
- 15 ACT / Sunday School
- 17-19 Semester Exams
- 19-31 Christmas Break

JANUARY

- 1-5 Christmas Break
- 6 2nd Semester Begins
- 11 Leadership Retreat
- 17 Last Day to Add a Class
- 19 Principal's List Brunch / NHS Induction
- 20-24 Student-led Week of Prayer
- 26 Sunday School
- 29-31 Homeleave
- 31 Last Day to Drop a Class

FEBRUARY

- 1-2 Homeleave
- 5-8 WAU Band Festival
- 9 ACT
- 14 ROK International Vespers
- 16 Dork Banquet
- 22-23 Middle School Basketball Tournament
- 29 SA Talent Show

MARCH

- 6 End of 3rd Quarter
- 8 Sunday Shcool
- 12-23 Spring Break / Mission Trip & Music Tour

COMMUNITY SERVICE DAY

JULS CUELLAR

Community Service Day has been around at SVA for many years. It is an event that encourages us to do good for our community and allows us to do something for others while being counted as a school day. I personally think that Community Service Day is very important to all of the students at SVA. It helps us to go out into the Shenandoah Valley community and find ways to help out.

Several groups were located on campus this year, my group included. The on-campus projects were mulching and landscaping, gazebo painting, courtyard remodeling, and picking up trash. My group started off by picking up all the trash on the front side of campus, leading out to the road. Then, we followed the road adjacent to the right side of the school and collected trash. We collected trash all the way down to the bridge and back. We were finished a little before lunch break, so our group joined the mulching project. We started by the boys' dorm wall facing the gym. We weeded the ground and cleaned up the area to give the mulch a clean base. Before we finished the project, we had our lunch break. With the sack lunches we packed, everyone went to the student center to eat lunch. It was a well needed break.

Once everyone was finished, we all went back to work. My group finished weeding and preparing the

ground for the mulch. I was able to see other groups' projects as well. The gazebo project and courtyard project was the most work, but made campus look so much better. In addition to groups that stayed on campus, there was a good number of students that went off campus. Another group, led by Pastor Harley, went into the community to do surveys. In the 94 degree weather, these students went door to door to meet and take a survey about each person. Another very important job that is done every year for Community Service Day is cleaning the barn. Members of SA go to the barn and clean and prepare it for Barn Party. Kayla Moguel, one of the members of SA, was willing to share her experience with the newspaper. "On Community Service Day, I was a part of a team that went to the barn to prepare it for Barn Party. We took hay bales from upstairs and carried them down to the lower level of the barn to arrange them for the activities we had planned. We cleaned the upper level as best as we could. I helped arrange the hay bales for the movie set up. We brought over tables from the girls' dorm and set them up for each class's fundraiser tables. It was great to see everything that we accomplished when we were done."

Hearing about everyone's experience shows us all the importance of Community Service Day. It is not just a

day that we can help others. It is a very humbling day and it teaches us to do our best work without expecting anything in return. The community is always touched by this event and I know it is a wonderful ministry for the work of the Lord. When we do our job right, with a happy heart and attitude, others are hopefully able to see Christ living through us. As Christians, it is very important to reflect the character of Christ every day. By giving us a day to look past ourselves and into a world full of need, we are able to grow in our personal faith and expound on our service to Christ. Furthermore, when others see us out doing this work they want to know more about us and our beliefs. When Pastor Taurus Montgomery spoke for Week of Prayer, he told a story about when they went into a community and provided free gas for anyone who needed it. They would pay and fill up others gas for them. Everyone was so curious about why they would be so generous. They asked where he was from, and what religion he was. He never told them, which made them even more curious. So they showed an interest in our religion, just because of one simple act. We need to think more about serving others, because by our small acts a world of people can be changed.



PARENTS' WEEKEND

IGNACIO LIZARRAGA

Parents' Weekend is all about the parents getting to know more about the school and giving them a chance to talk with the faculty members. It was held October 4-6 this year, and parent/teacher conferences were also held during this time. Even though it starts on Friday, most parents arrived on Sabbath.

On Friday, the first day of Parents' Weekend, not many parents came and it was a very relaxed evening. The ones who were able to come had the opportunity to spend time with their children and tour the campus. There really wasn't much planned for parents on Friday but they were able to come and join the students in vespers, where Mr. Leeper delivered a quick sermon.

On Sabbath, there were a lot more activities scheduled, starting with church in the morning. Choir and band performed during church and they gave a really good performance which had the whole church praising God. Then, Pastor Buzz presented a really good sermon to a packed sanctuary. After church came to a close, everyone went over to the cafeteria for lunch. The menu was lasagna and for desert they served chocolate cake. The food was pretty

good that day since it was a special occasion. Once lunch was over, there was down time when you could go back to your room and relax or you could go out with your family and find something to do. There isn't much to do in New Market since you are basically in the middle of nowhere, but you could go visit the Shenandoah Caverns or go out to eat. You could also have gone to a music concert at 4:00 PM at the church, but if you decided not to attend you had to go to a mini-music event in the dorm; this was mandatory for dorm students. Later in the evening, at around 6:00 PM, there was Eventide at the auditorium where we said goodbye to the Sabbath. After that, there was a movie called Screenagers. The movie was about how teens are addicted to their phones and parents need to control their kids' screen time. It also talked about all the bad things that you can see on your phone and how parents should restrict that. This movie described why SVA puts restrictions on students' phones and why they limit what they are able to do on them. Then, it was open gym until 10:00 PM, where both students and parents could go to the gym and play basketball.

Sunday was parent/teacher conference day, so if your parents had scheduled a meeting with your teachers, they sat down and talked with them. The meetings only lasted for 10 minutes and it was an opportunity to talk about your grades and behavior in that class. The meetings started at 8:00 AM and went until 2:00 PM. Brunch was at 10:00 AM to 11:30 AM and there were no meetings held during those times. Brunch for the students was held in the Student Center and they served us tater tots and tofu. The brunch for the parents was in the cafeteria and the brunch there was fancier. Since their brunch was special, students weren't allowed to go and eat with their parents inside the cafeteria. Once brunch was over, the meetings continued until 2:00 PM.

Parents started leaving around 2:00 PM and said goodbye to their children. I think that Parents' Weekend was overall a very good experience and it was nice being able to see your parents for the weekend. Overall, it was nice that this event is planned every year as it is a wonderful time for parents and students alike.



GENERAL CONFERENCE MUSIC TOUR

ROSE SERRANO

On Sabbath, October 19, SVA's Shenandoans and orchestra had the privilege of being invited to perform at the General Conference. We had to be at the bus at 6:00 AM. We were handed sack breakfasts and made our way to D.C. When we arrived, we were seated inside the church and watched as a praise team from Washington Adventist University practiced. Shortly after, we got to see them perform in front of a camera and get broadcast worldwide. They were wonderful and all had amazing voices that blended so nicely. The supervisor gave us the option to go upstairs into a meeting room to lay our things down, which we did. We stayed there and practiced. The room we were held in was the room used to hold meetings with other nationalities and conferences and had microphones. We walked back downstairs where Shens and orchestra got ready to perform before the sermon. Although it was extremely nerve wracking, especially because Tania Mooroven, Diego Estrada, and I had to go up and lead the crowd for our beginning songs, it was a humbling experience to see the message go far across our borders. We sang and almost immediately a sigh of relief hit us.

The spokespeople came in and introduced a professor of WAU, who spoke about a study he did about racial inequality and how likely it is for people of color to get jobs, better income, etc., compared

to white people. It was shocking to see the results of his statistics, and even sadder to see that this is a world we all live in. To know that racial indifference is still around in this time period, and to know that some Christians are behind it, was an eye opener. We must all come together and spread the message, not come in groups and expect to save others through division. God taught us there is power in unity.

The sermon came after a few announcements. The sermon was given in Spanish and translated into English. The speaker was from Panama and always referenced her family and friends watching. She preached about her life and how we must take the difficulties that may occur in our lives and use it to be an example to others. After the sermon, they showed a video of a girl from Israel doing mission work and sharing her testimony. We also heard a wonderful song from some African missionaries working toward sharing the gospel in their home town and schools. We got to see how much the General Conference does in support of outreach ministries.

After this, we exited the church and went to the main lobby which had been set up with bags and pens that they had brought for us. We were invited to lunch where we were each handed boxes filled with our food. We ate in a big open space alongside the congregation. Afterwards,

we had the option of staying inside in the conference room, going back to the bus, or stay outside. We enjoyed our short break and then met back together to practice for the afternoon concert.

For the afternoon concert, we were joined by different schools and wonderful voices that came from all over. The concert began with music from three sisters. They sang and played a couple of songs. They sang very softly and angelically. They had a message to spread and sang it out with their voices. Afterwards, Pine Forge Academy performed. They did an amazing job and left the audience in awe. Pine Forge has been known for their soulful and energetic performances and seeing them perform, I understand why. We performed after them and Shens did an outstanding job.

After the performance, many of us left on a bus driven by Mr. Lowe to go to the Spencerville vs. SVA soccer game. For those who didn't, HVA performed next and later they were driven back home with boxes of pizza and smiles on their faces. This was my first time being at the General Conference to perform. It is a memory I will never forget. It made me proud of what I was singing and for whom the glory was for. It made me realize that there are thousands of Adventists in the world and we all have the same message to spread: that Jesus is coming again.

SENIOR WEEKEND
ALLISON ERDELYI

Senior Recognition Weekend started out with a bang on Friday, November 15. Everyone piled into the church that night to watch the Seniors in their beautiful dresses and suits that were in the Seniors' class colors. Everyone listened intently to the wonderful speaker, Mrs. Dodge, give lovely advice and comments. Every word that was spoken was heartfelt and beautiful. After the Dedication, Seniors and their families were invited to a reception, which was held in the student center and provided by the Junior class. The Seniors shared fond memories and events from the following years and took lots of pictures.

The next night, the fun continued at the annual International Food Fair. For supper everyone met in the gymnasium to celebrate their heritage and share food from their cultures. Families prepared traditional dishes from Haiti, France, Egypt, Argentina, and many more. Everyone sat down to eat the delicious food and enjoyed casual conversations with friends and family.

Senior Extravaganza continued with people making their way to the auditorium where the final event was held. Friends and families sat together in excitement to see what surprises the Seniors had come up with this year.

Many of the Seniors participated this year by singing, playing musical instruments, and performing a well-choreographed gymnastics routine. In between each performance, an auction was going on, selling many items made by the Seniors such as mugs, blankets, and gift baskets. With all of the hard work from the Seniors and the generous amount given to the Seniors from parents, friends, and students, the Senior class raised over \$20,000. A lot of work was put into making this weekend possible, and many thanks go to both the Junior and Senior classes, officers, and sponsors.



Boys’ Dorm Retreat

BASAM MOHAMED-EL SAYED-GONZALEZ

We hit off our traditional retreat by meeting up behind the dorms on October 11 and getting ready to load the buses. The village kids were arriving and everyone was exiting the dorm. The RAs were taking record and helping the deans and everyone was finding a dry place to put their luggage. Finally, they opened the bus doors and people crammed their luggage on board. There were a lot of boys in the dorm so we had to ride in two different buses. The bus ride was fun, at least for the minibus, because we blasted hymns and everyone was excited to go to the Spencers’ and camp.

When we got there, everyone rushed to get the best tent. There were a lot of tents but there were other people who decided to bring hammocks to sleep in. Everyone had to pitch in to build tents and once everyone finished, it was time for supper. Colten Hartman’s family provided us with amazing meals for the weekend. When supper was over, we went down the hill to the meeting place where there is a fire pit and logs to sit on. Our speaker for the weekend was Mr. Lowe and he talked to us about courage. The first night, after Mr. Lowe finished, the boys separated into different groups with dorm leaders of six or so boys. We gathered around a tiny fire in a pot with a lit toilet paper roll. We then talked about our fears and how to overcome them and we opened ourselves up to each other as brothers and

were vulnerable with each other. After we had finished sharing, we shared with the whole group at the main bonfire about what we had shared in our groups. You could really feel the Holy Spirit moving and transforming the lives of everyone in the group. Then to top off the night we had s’mores with Hershey bars and graham crackers. It was really nice treat. Later in the night, some of the guys with permission were allowed to play manhunt, which is basically hide and seek but the seekers have to catch you. It was lots of fun and the boys enjoyed it until it was time to sleep. Dean Knight had a little trouble sending kids to bed because in some tents they were having wrestling matches and unnecessary fights, and were throwing suitcases around, but that was quickly over.

The next morning we woke up bright and early, did some devotionals in our tents, and got ready for the day. After we woke up and got settled we had breakfast and it was equally as delicious as the dinner we had the night before. We had eggs, vegetables, potatoes, etc. but the best part was the cinnamon buns that they gave us. After we finished breakfast, Mr. Lowe gave us another talk on respect and it was basically our sermon for the day. Then we separated and meditated on the things that we had learned that weekend. When he called us back, he had his final talk

and everyone dispersed. The guys really seemed to like Mr. Lowe’s talks. After it was done, they talked and commented about it.

We then had recreation. Some kids climbed trees, some went into the pond that was nearby, others went fishing, some went to their tents, and the rest of us either played soccer or spikeball. Lots of kids had fun with the pond and using the boats and canoes to tip each other over in the water. We had a spikeball tournament, which was fun, and the other guys played a soccer game with their own makeshift goals. It was then time for lunch and the lunch was really good. It was lasagna, vegetables, salad, and brownies. While we were eating, Dean Knight gave us two options for the rest of the afternoon. We could either go on a property tour hike with Mrs. Spencer, or we could go with Mr. Spencer to a cave. I went on the property tour but the kids that went to the cave said it was fun. The kids that went on the property tour got back first and we had to start cleaning up. We had to tear down the tents and leave everything better than we found it. We picked up trash, took down tents, took down the tent where we had our meals served, and made sure everything was cleaned up. Overall, it was a great retreat and we really did make new experiences and draw closer to God.



RINGFEST 2019

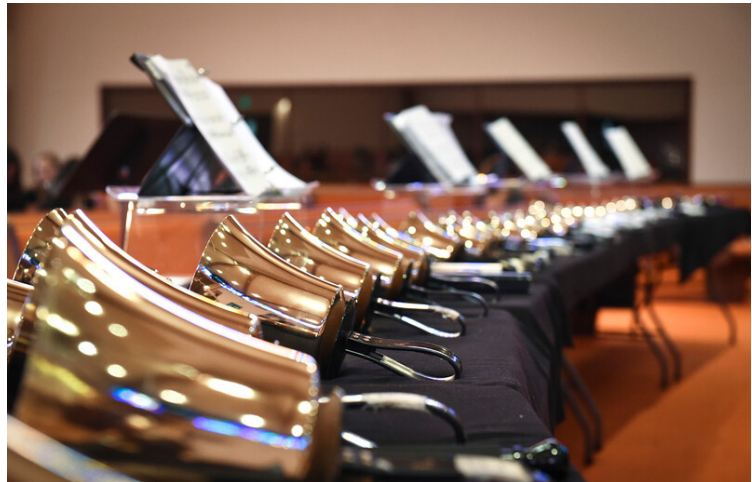
EMILY WHITE

On the bright and early morning of October 30, ten students and two chaperones made their way to Toledo, Ohio, to participate in the 20th anniversary of Ringfest. We arrived at about 7:30 PM at the Toledo First Seventh-day Adventist Church and, after unloading our bells, went to the Quality Inn to eat pizza and get a good night’s rest for the long few days we were about to endure.

Thursday was spent practicing with two great clinicians, and Emma Clark and Cesar Paul practiced with the Festival Choir (a very special choir that takes one or two people from each school to make a mixed choir)! Later that night we went to the mall

to wander around and wish people a happy Reformation Day.

It was crunch time on Friday. We spent most of the day practicing for the big concert that night. Soon it was time for every bell group to get their special pictures before the performance. At 7:30, it began. We played through six songs with everybody, played our own “solo” piece with Spencerville, and Emma and Cesar played with the Festival Choir. After all the songs were done, we rushed off to drink as many cups of Ringfest Punch (a fan favorite!) as we could. Though Ringfest was certainly very tiring, it was very fun!





ACADEMY DAYS
SOPHIE HINTZ

On October 20 and 21, seventh- through eleventh-graders were invited to our campus for Academy Days. During those two days, visitors were split up into teams. Teams competed against each other by racing to their next spot on the tours, combining their knowledge to answer questions correctly, and cheering each other on in the gym. Throughout the event, the work and kindness of our staff and students was working towards bringing more kids to Shenandoah Valley Academy.

To start it off, ambassadors of all kinds met in the Administration Building lobby. Unfortunately, it had just begun to rain. Staff and students circled up to say a prayer over the campus, to bless the kids coming, and bless the people of SVA through this. Students from other schools began to arrive. From the registration table, to getting their shirts, to being introduced to their other team members, the Academy Days attendees were welcomed by everyone they met.

After getting settled into their groups, the visitors and ambassadors made their way into the auditorium to hear from a few of Shenandoah Valley Academy's staff. Competitions of who could say an SVA chant with the most enthusiasm woke everyone up. Following this, the groups made their rounds to visit all the sites around campus. The activities at each stop varied from answering health questions from Mrs. Anderson, to playing sports trivia with Mr. Heilman, to getting tours of both dorms, and solving a seemingly impossible math problem given by Mrs. Patrick. Sports tryout followed. Boys lined up at the soccer field, awaiting their turn to

show off their soccer skills. Music auditions were held in the music department, where Mr. Biaggi and Ms. Wiedemann listened to the kids' musical talent.

The cafeteria treated the visitors to their wonderful Mexican food. Later that night, worship was held in the church for both SVA students and visitors. Song service was led by our own Senior praise team. Groups battled to see who could be the loudest in "We Are Soldiers" and joined their voices together to sing more sacred songs. As always, Christian Drama delivered a wonderful skit, showing God through every aspect of it. After the service, the groups and their leaders went to the gym while the seventh graders stayed behind for a drawing for money from Mr. Lowe. Although they could not participate in any of the tryouts, the younger students enjoyed their time with the group leaders and the tours.

Mr. Heilman led out in the fun and games in the gym, following the worship service. The SVA students joined in to help with the competitive events. The stations consisted of basketball free-throws, ping pong, football throws, bean-bag toss, giant baseball, Frisbee throwing, running through hula hoops, and more. All guests participated and had a great time. In the end, the green team came out on top with the most points. As a prize, the green team got SVA gear and a selection of snacks. The prizes were presented by Mr. Lowe. Following the event, everyone retired to the dorms for the night.

Bright and early Monday morning, guests went to breakfast. While the eighth-graders took their core subject area tests, the rest of the groups went to open gym. Everyone

met up in the auditorium later for morning worship. SVA's principal, Don Short, introduced himself and talked to the visiting students. The New Market SDA church's senior pastor, Shane Anderson, gave a short worship talk involving baseball. Everyone enjoyed it. Students were then released with their groups for our twenty-minute classroom rotations. During this time, the visitors were led by their ambassadors from classroom to classroom. This tour gave the visiting students a good chance to get to know the teachers a little bit. In each classroom, the teachers had a fun, educational activity for the groups to play. Mr. Leeper had groups put all of the books of the Bible on the board in order; Mrs. Patrick had the groups solve a math riddle; and the science teachers, Ms. DeAbreu and Mr. McNeilus, played a guessing game. Mrs. White gave out tricky spelling tests and played book Pictionary with the groups; Mrs. Reyes taught groups a song in Spanish; and Mrs. Griffin played geography bingo with the students. It was a good time.

After lunch, all guests and students went to the auditorium for the finale. Music groups played, a slideshow of the weekend was shown, and the group who won in the points category was announced. A prayer for blessings and traveling mercies was given before ambassadors and visiting students said goodbye. This Academy Days went as planned, and hopefully SVA will be getting new students next year, thanks to the teamwork of all the ambassadors and staff. God was working through SVA Academy Days 2019.



NACA TOURNAMENT

RILEY MAYER

Every year, Shenandoah Valley Academy's boys' soccer team and girls' volleyball team travels all the way to Tennessee for the NACA tournament. We travel six to seven hours on a hot and smelly bus with 40 other riders. This year, we left at 10:30 AM on Tuesday morning, October 22, and were able to skip our afternoon classes and all of our classes on Wednesday. It was nice being able to skip, but making up the missing work would be a challenge when we returned.

We arrived at the hotel around 6:00 PM and dropped all our bags in our rooms and then went out for dinner. We only had a few options and all of them were fast food restaurants. When we returned to the hotel, both teams had worship together and then went our separate ways. The boys went straight to the pool

where there was a water slide and a hot tub. They seemed like they had a lot of fun. Meanwhile, the girls hung out in their rooms talking and enjoying each other's company.

The next morning we had to get up bright and early to make it to Fort Bluff Youth Camp for breakfast and then to the girls' first game. The games on Wednesday were the qualifiers for which division each team would be put into. The girls struggled to keep up their energy for the first game and we unfortunately lost. The next few games continued the losing streak. However, each game that we played was consistently getting better and we were getting closer and closer to winning.

Thursday, the girls were placed into division four and won their first game. Because they won this game, we were

able to skip the early morning games on Friday and didn't have to play until 11:00 AM. We were able to eat breakfast in the hotel's cafe as well. The girls won their next game and made it to the semifinals for division four. Unfortunately, we lost by a few points for the semifinals, but our coach Mrs. Patrick was very proud of how far we had come. We finished happily in third place in division four and brought home a trophy.

The guys' soccer team won their first two games on Wednesday and were excitedly put into division one for the first time in SVA history. That night was filled with celebration, which included a singing party on the trip back to the hotel. Their next two games did not go as well, but on Friday they were able to finish the tournament with a win and take 7th place in divi-

sion one. Everyone was proud of each other. Although the boys did not get a 7th place trophy, they did receive a sportsmanship award which is far more important. Both teams played with great attitudes throughout the tournament and played for the glory of God and that is what truly counts.

The girls stayed on Friday for the division four championship and cheered on the two other teams. After that game finished, everyone packed onto the bus once again for a two-hour trip to the Wilkens's house where we were excited to be able to spend our weekend in the comfy home of friends who so kindly provided a warm place to stay and amazing food on the table. The Wilkenses prepared some snacks for us when we arrived and everyone enjoyed the restful evening.

Sabbath morning we travelled to an elementary school where we had Sabbath School and then to a small church where we put on a program for the congregation. Although the congregation only consisted of a few people, we were blessed to be there and minister to the people. A group of us sang a couple songs, we performed special music, and two of the boys told a children's story. After that, the preacher presented his sermon about mercy vs. justice. He told us that as sinners we deserve justice, but because we have a loving God, he shows us mercy by giving us eternal life.

After church, we drove back to the school where we ate a delicious lunch consisting of lasagna and garlic bread. Then, we returned back to the Wilkens's house. Everyone was exhausted and

the house became very quiet while everyone snuck away to take a nice long Sabbath nap. For dinner we had sandwiches and closed the Sabbath with a worship thought and prayer. Once the sun went down, many of us played cards and other board games while others went outside and jumped on the trampoline. There also was a nerf war that took up the upstairs and left a lot of nerf balls all over the floor. Later on, there was an intense ping pong tournament and we ended the very fun evening by watching a movie.

The next morning we started our journey back to SVA. Although some were sad that the tournament was officially over, many of us were excited to get back to our own beds and were proud of our accomplishments.



ACROFEST 2019

KATIE DAVIS

From November 6 to 10, SVA's gymnastics team traveled to Southern Adventist University (SAU) for AcroFest 2019. The speakers of this event were Ben Lundquist and Ricky Schwarz and they spoke about the theme, which was "Live for Him." Hundreds of high schoolers and college students from around the country arrived at SAU to show off and to improve their teams' skills. Talented clinicians taught the students different acro stunts, from tumbling to circus acts. On Saturday night, each school performed its individual routine.

Sixteen SVA students along with three chaperones attended Acrofest. They arrived on Wednesday night in the Gym-Masters practice gym where four other schools were staying. For each meal, the schools combined into different groups and they had to go to their own station to get a meal. Each school was also placed together in a group for the variety of rotations. At each rotation there was a former gymnast from different colleges around the country. The clinicians gave us tools to help us during our practice back at school. SVA was with Ozark Academy and Blue Mountain Academy for their rotation. We did three rotations in the morning and three rotations in the afternoon.

Each clinician was either a former gymnast on an Adventist college gymnastics team or they were well-trained athletes. The clinicians had years of experience, so they knew how to explain the different moves really well. Each rotation was an hour long and the groups were spread out into four different gyms. SAU was

an awesome host and they made sure every student had enough food to eat and was doing well. I loved meeting different people from a variety of high schools and colleges. I also got to see some friends that I have not seen in a while.

The speakers, Ben and Ricky, talked about how they have lived for God. They were both former Gym-Masters and Ricky used to be in the circus. Each hit a pivotal point in their lives that made them realize how great and awesome God is. The first step in order to Live for Him is forgiveness. We need to forgive those who wronged us and to make things right again. Jesus forgave those who were adulterers and demon possessed. Next, we need to figure out our identity and who we are meant to be in this world. We need to seek God and have Him help us to accomplish the plans that He has for us. By doing this, we create our own type of relationship with Jesus. Creating a relationship lets God take part of every aspect of our lives from the big things to the miniscule things.

On Saturday night, all the teams performed a routine. Union College performed first, because they are going to be the host of Acrofest 2020. Then, the other high schools and colleges performed their routines. I think SAU, WAU (Washington Adventist University), and AU (Andrews University) performed the best. Georgia-Cumberland Academy was the best high school performance. Acrofest was a great experience! Having the clinicians teach us helped our team grow together and it also helped our skills.

<i>Happy Birthday</i>		
<i>December</i>		
4	<i>Alexa Sepulveda</i>	6 <i>Stella Souza / Nathanael Perez / Kezia DeSpirito</i>
5	<i>Katie Harter</i>	7 <i>Josiah Burge</i>
8	<i>Marc - Anthony Jones / Jousevanie Francois / Abigail Charles</i>	10 <i>Sandy Castro</i>
9	<i>Ana Rodriguez</i>	11 <i>Harty Sullano</i>
10	<i>Kristiana Hoffman</i>	13 <i>Juls Cuellar / Katie Davis / Agishay Sudhaker</i>
11	<i>Cristian Flores</i>	18 <i>Abigail Willis</i>
14	<i>Colten Hartman</i>	21 <i>Rachel Helm / Cynthia Alejandre</i>
16	<i>Diego Estrada</i>	23 <i>Basam Mohamed</i>
19	<i>Edyn Zimmerman</i>	24 <i>Jecanson Francois / Catherine Krebs</i>
20	<i>Cathrina Schoonard</i>	25 <i>Fatima Alejandre-Palacios / Kevin Ruiz</i>
21	<i>ShaDiamond Wilson</i>	27 <i>Elsy Kersey</i>
23	<i>Jaylin Villatoro</i>	28 <i>Zachary Lowe</i>
24	<i>Cindy Reis</i>	
27	<i>Bernard Miongo</i>	
28	<i>Johanna Pleitez</i>	
30	<i>Benjamin Ngetich</i>	

<i>January</i>		
7	<i>Samuel Alvarenga / Mikaela Maloney</i>	6 <i>Alisson Bonilla</i>
11	<i>Emily White</i>	7 <i>Seth Mace</i>
15	<i>Charlize Perez</i>	9 <i>Kelvin Feitosa</i>
17	<i>Sherlyn Ramos</i>	12 <i>Chase Parnell / Carrie White</i>
19	<i>Kathia Rivera / Aaliyah Dalhouse</i>	13 <i>Toby Pitton</i>
20	<i>Lucca DeSpirito</i>	16 <i>Diego Vargas</i>
22	<i>Elias</i>	18 <i>Eliazar Sanchez</i>
23	<i>Ellisa Anderson</i>	21 <i>Riley Mayer</i>
25	<i>Lex Titus</i>	22 <i>Kaitlyn DeLong</i>
29	<i>Cailee Armstoring</i>	24 <i>Rashelle Copp</i>
<i>February</i>		
3	<i>Abreha Nardos</i>	25 <i>Sabrina Fernandez</i>
		26 <i>Giovanna Moraes</i>
		27 <i>Natalee Townsend / Anaiah McCalla</i>

SHOUT-OUTS!

To Everyone at SVA: If you want us to publish your shout-outs, email them to aubrey.benton@student.sva-va.org or text them to 301-331-7797
- Sarah Durichek and Aubrey Benton, Newspaper Editors



All of the photographs we used for this issue are from Shenandoah Valley Academy's SmugMug Page. If you wish to see more photographs of Shenandoah Valley Academy, please visit <https://shenandoahvalleyacademy.smugmug.com/> Please contact either editors or the sponsor before using these photographs for anything other than personal enjoyment.

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.

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