Welcome

Get ready for this fall's New Student Orientation, which will take place Aug. 25-27, 2016.

Orientation will be a time to learn, to make friends and to immerse yourself in the culture of your new alma mater. With these goals in mind, we invite you to participate in activities including meet and greets, learning sessions, a dance, Knight games, service projects and our annual Rise Up for Honor traditions.

At orientation, you will begin an important journey as you learn to become a scholar, a leader-servant, a lifelong learner and a Knight. We hope that the experiences you have at Southern Virginia will prepare you to contribute positively in all your endeavors throughout your life.

To learn more about orientation, contact Dean of Students Joseph Bouchelle at joseph.bouchelle@svu.edu or 540-261-8472.
A Message from the Student Association

By Ammon Milligan

Welcome, new students, to Southern Virginia University! We are excited about this year’s theme: Legacy, and to have you attend our Orientation and start to create your own Legacy as a Knight! By reading this today you have already taken one of the first steps needed to join the Knight family.

Southern Virginia is a very special place that strives to create leader-servants, and it does! I am here to make your college transition and experience the best that it can be. We at Southern Virginia have a one-of-a-kind presence on campus and are committed to serving others. You will soon see that by being at Southern Virginia you will become a better person, and you will learn many great things that will help build your Legacy! Southern Virginia University is my home! I would say it’s my home away from home but after being here for a while, I’ve learned that it’s just home. I hope it becomes your home too. Welcome to the family.

Orientation Schedule

AUGUST 24 —
CHECK-IN TO RESIDENCE HALLS
Correspondence will be sent out by Residence Hall Area Coordinators about when and where you will be checking in. Accompanying family members can find moderately priced hotel accommodations in nearby Lexington, VA.

AUGUST 25 — DAY 1
• Hear from President Wilcox and other key university personnel
• Parent Meeting
• Students Meet with Orientation Groups
• Academic Assembly for Students & Parents
• Parents’ Goodbyes
• Pre-Med Interest Meeting
• Mandatory Advisor Appointments
• Meet the Faculty/Staff Supper
• Knight Games

AUGUST 26 — DAY 2
• Advising Appointments
• Rise Up for Honor – A time-honored Southern Virginia tradition
• Student Meetings
• Married/Transfer Student Event
• Summer Blockbuster on Chandler Field

AUGUST 27 — DAY 3
• Service Projects
• Town Tours
• Spirit Supper
• Green & White Men’s Soccer game
• Dance/Social Events
Student Resources

CAMPUSS LIFE
The university offers a campus life experience full of a variety of activities, clubs, performances and service opportunities. For more information about campus life, visit svu.edu/campus-life/.

STUDENT HEALTH CENTER
The Student Health Center is located in the basement of Main Hall. A licensed nurse provides basic health education and health care, including first aid, emergency treatment, medication management and support, over-the-counter medications, and referrals to hospitals and area specialists. For more information, call 540-261-8469 or email ginger.lanier@svu.edu.

STUDENT SUPPORT CENTER
The Student Support Center is located in Main Hall. The center provides short-term, confidential counseling to those who need help with mild depression, discouragement, stress, anxiety, eating disorders or other trauma. Students requiring longer-term ongoing psychiatric services may be referred to other service providers.

The Student Support Center also coordinates accommodations for students with learning disabilities and other handicapping conditions. In compliance with the Americans with Disabilities Act, Southern Virginia honors requests for reasonable accommodations made by students with disabilities. Students must self disclose their documented disability to the Student Support Center.

The Student Support Center is a safe atmosphere for students to address their needs in a confidential manner. For more information, call the center at 540-261-8470.

STUDENT PROFESSIONAL DEVELOPMENT CENTER
The Student Professional Development Center provides students with guidance in selecting career paths, creating resumes, and applying and interviewing for jobs. Additionally, the center assists students in the graduate school application process. The Student Professional Development Center is located on the second floor of Main Hall. Appointments can be scheduled through mySVU. For more information, email cameron.crowther@svu.edu.

TUTORING CENTER
The Tutoring Center is located in the Von Canon Library and provides tutoring for a variety of different subjects. For more information on what tutoring resources are currently available, contact the tutoring coordinator at 540-261-4087.

VON CANON LIBRARY
The Von Canon Library provides learning resources including more than 90,000 print books, an excellent selection of online scholarly databases, research assistance, photocopying and printing services, a computer lab, and a free shuttle to other nearby libraries. For more information, visit svu.edu/library.
What to Bring

Moving to the East Coast for the first time? Wondering what you may want to bring with you or buy when you get here? Don’t worry! We’ve got you covered.

Important:

• Cleaning supplies
• Flashlight
• Lamp
• Laundry bag and supplies
• Personal computer
• Pillows
• Study supplies
• Towels and washcloths
• Trashcan
• Twin comforter or blanket
• Twin sheet set

Optional:

• Alarm clock
• Bowties (No, really, they’re a thing here)
• Camera
• Dishes and silverware
• Dorm room decorations
• Dry-erase board
• Fan
• Formal attire
• Iron and ironing board
• Rain and snow gear
• Sewing kit
• Shower caddy
• Small refrigerator and microwave
• Storage bin
• Umbrella or raincoat

Students Land Internships Through Professional Development Center

By Hannah King

Southern Virginia University’s Student Professional Development Center isn’t just for graduating seniors. Cameron Crowther, the director of the center, coaches students in all aspects of professional development to help them land opportunities from their first summer internship to graduate school or career placement.

This summer, Nick Porter, a business management and leadership major, will participate in an operations internship with Pilot Flying J, the largest operator of travel centers and travel plazas in North America.

“I think everyone should get to know Cameron because he’s so well connected and educated about things that are going on,” said Porter. “I wouldn’t have this opportunity if it wasn’t for him. If you get to know him and he gets to know you, then he can help you to have these opportunities. And he’s very easy to work with.”

Porter said that Crowther not only helped him prepare and finalize a professional resume, but also invited him to a group interview with a visiting recruiter for Pilot Flying J and helped him prepare for subsequent interviews. Another student, Jake McMahon, will also be interning with the company this summer.

The internship that Porter applied for is typically a six-month experience following a student’s graduation.

“Because I’m not graduating yet, they’re creating this internship in the summer,” he said. “We’re pioneering this internship for the company.”

Porter said that he is excited for the opportunity and sees it as a step in the direction of his future career goals.

“We’re pioneering this internship for the company.”
1. Stroll or bike along the river walk.

2. Canoe or kayak on the Maury River.


4. Hike in the Blue Ridge Mountains. The Mt. Pleasant and Cold Mountain hikes are local favorites.

5. Spend an afternoon in Glen Maury Park.

6. Visit the magnificent Natural Bridge.


8. Drive on the Blue Ridge Parkway.

9. Take a plunge into Panther Falls.

10. Explore Indian Gap on the Parkway and climb Indian Rock.

11. Send shivers down your spines with a Lexington ghost tour.

13. Camp at Lake Robertson Recreation Park or take a dip in their pool.

14. Spend a weekend night at a Hull's Drive-In double feature.

15. Take a weekend trip to Washington, D.C., to explore the nation's capitol.

16. Watch a show at the American Shakespeare Center in Staunton.

17. Go ice skating in Lynchburg.


19. See Foamhenge, a full-size replica of Stonehenge made entirely out of Styrofoam in Natural Bridge, Virginia.

20. Attend the annual Mountain Days in Buena Vista or Rockbridge County Fair in Lexington.


22. See an art show at Lexington's Nelson Gallery or Studio Eleven.

23. Shop at the Antique Mall in Lexington.

24. Spend some time petting cats or walking dogs at the Rockbridge SPCA.
Local Restaurant Favorites

......................  ASIAN  ......................

**Canton Chinese Restaurant**
A local favorite, Canton is located in Buena Vista less than a mile from campus. It's the perfect place to satisfy your Chinese takeout cravings.
2172 Sycamore Ave., Buena Vista, VA 24416
540-261-1886

**Matsumoto Sushi**
Lexington’s premiere stop for sushi also offers teriyaki and tempura dishes as well as soups and appetizers.
159 S. Main St., Lexington, VA 24450
540-464-8196

**Napa Thai**
Napa Thai is one of Lexington's newest restaurants and features a lovely décor and a variety of Thai dishes to choose from.
24 N. Main St., Lexington, VA 24450
540-461-8133

**Tong Dynasty**
If you're in the mood for a Chinese buffet, Tong Dynasty, located in downtown Lexington, is a great place to try.
110 S. Jefferson St., Lexington, VA 24450
540-463-2002

......................  BBQ & BURGERS  ......................

**Berky’s Restaurant**
A student favorite due to its 24-7 availability, Berky’s (located at the Lee Hi Travel Plaza) offers a menu complete with burgers, breakfast, and their famed Mobo fries.
2516 N. Lee Hwy., Lexington, VA 24450
540-463-3478

**J J’s Meat Shak**
Head over to J J’s for a messy and delicious hog pen or a wood-fired pizza. Enjoy their outdoor seating to really experience that backyard BBQ feel.
1607 Magnolia Ave., Buena Vista, VA 24416
540-261-1489

**Pure Eats**
In addition to their famous sweet potato fries, Pure Eats also offers locally-sourced burgers, breakfast sandwiches and fresh, house-made doughnuts.
107 N. Main St., Lexington, VA 24450
540-462-6000

**TNT’s Good Ta Go**
Marketed as homemade without the hassle. TNT’s is Southern goodness on a budget. You can also pop in to choose from a variety of desserts or snag a loaf of homemade bread.
2054 Sycamore Ave., Buena Vista, VA 24416
540-261-8687

**Lewis Service Station & Grocery**
If you're looking for local burgers made to order, this locally owned mom and pop shop has been serving up burgers to the community for over three decades.
1902 Magnolia Ave., Buena Vista, VA 24416
540-261-6826

......................  CAFÉ  ......................

**Blue Phoenix Café**
If you’d like a local vegetarian or vegan meal, look no further than Blue Phoenix Café, which offers spectacular plant-based sandwiches, salads, wraps and specials.
110 West Washington St., Lexington, VA 24450
540-460-3419

**Blue Sky**
One of the most popular lunch spots in Lexington, Blue Sky offers a variety of sandwiches, salads and soups as well as their specialty focaccias and baked goods.
125 West Nelson St., Lexington, VA 24450
540-463-6546

**Kind Roots Café**
Kind Roots features sandwiches, salads and soups made from local, organic ingredients. If that doesn’t tempt you, perhaps their all-day breakfast menu will.
790 North Lee Highway, Lexington, VA 24450
540-460-5697
Pronto Caffe and Gelateria
Serving up creamy Italian gelato and sorbetto as well as soups, baked goods and sandwiches including a mouthwatering Caprese sandwich, Pronto is a must try.
26 N. Main St., Lexington, VA 24450
540-464-1472

Haywood’s
An upscale menu and live musical entertainment set Haywood’s apart as one of Lexington's top offerings.
2 N. Main St, Lexington, VA 24450
540-463-2500

The Red Hen
Featuring a menu made up of the bounty of the Shenandoah Valley, The Red Hen is Lexington’s first and foremost farm-to-table restaurant.
11 E. Washington Street, Lexington, VA 24450
540-464-4401

Rocca Ristorante
With a menu of upscale Italian offerings and seating on a balcony overlooking Lexington’s Main Street, Rocca is a great option for both lunch and dinner.
30 S. Main St., Lexington, VA 24450
540-461-8484

Southern Inn Restaurant
If you’re looking for delicious food and a beautiful atmosphere for a fancy night out or an upscale lunch, Southern Inn is definitely one of the Lexington restaurants you need to try.
37 S. Main St, Lexington, VA 24450
540-463-3612

Naples
Located near Wal-Mart in Lexington, Naples has been serving tasty subs, pasta and pizza to the local community for more than two decades.
1213 North Lee Hwy., Lexington, VA 24450
540-463-3399

Nick's Italian Kitchen
Whether you're there for a lunch special or an entree such as their Baked Ziti, Nick’s offers a great dining experience
1314 Magnolia Ave., Buena Vista, VA 24416
540-261-7992

Original Italian Restaurant
Original’s is a Buena Vista staple and can satisfy all of your Italian cravings, from ravioli to pizza — and that hankering for BBQ wings, too.
2055 Magnolia Ave., Buena Vista, VA 24416
540-264-0029

Salerno Family Restaurant
A definite Lexington favorite, Salerno offers pizza by the slice, pasta, subs, salads and soups as well as daily specials.
115 S. Jefferson St., Lexington, VA 24450
540-463-5757

Don Tequila – Buena Vista
Arguably the most popular restaurant in Buena Vista, Don Tequila is known for its friendly atmosphere and delicious Mexican food. It's just a walk away from campus.
2255 Beech Ave., Buena Vista, VA 24416
540-264-0041

Don Tequila – Lexington
With a similar menu and vibe to the one in Buena Vista, the Lexington Don Tequila is a great alternative for when you're in Lexington and need Mexican food pronto.
455 East Nelson St, Lexington, VA 24450
540-463-3289

Mano Taquería
Mano Taquería utilizes a farm-to-tortilla approach to serve a fresh menu of tacos and burritos featuring seasoned beef, slow-roasted pork, and pasture-raised chicken.
3 W Nelson St, Lexington, VA 24450
540-464-8226

Muchacho Alegre Mexican Restaurant
Muchacho Alegre offers regular performances from the Marla Palma band as well as a menu of Mexican food.
2813 North Lee Hwy, Lexington, VA 24450
540-400-4653
Seniors Earn Leader-Servant Graduation Distinction

By Hannah King

As a key part of its mission, Southern Virginia University strives to teach students to become “leader-servants” from day one.

James David Drasbek, one of nine 2016 graduates who earned the Leader-Servant Graduation Distinction, has learned firsthand about the importance of service during his time at Southern Virginia. Like many students, Drasbek began his career at Southern Virginia by taking the course “Becoming a Leader-Servant.” After his first year of school, his love of service grew on a full-time mission for The Church of Jesus Christ of Latter-day Saints in California.

During his last several years at Southern Virginia, he has served in numerous ways. Most recently, he has served the campus community as the 2015-2016 Student Association president and through completing a capstone service project to earn the Leader-Servant Graduation Distinction.

For his project, Drasbek led a group of students in refinishing the tables in the university’s Dining Hall. Together, they refinshed more than 20 oak tables to beautify the university and benefit future students.

“Service is what makes the world go around,” he said. “It brings happiness to both sides, those performing the service and those that you’re serving. I think that one of the purposes of life is to have joy, and service brings a pure joy that’s hard to get elsewhere.”

Because of his desire to use his talents to serve others, Drasbek decided to pursue a career in health care management. This semester, after being accepted to several top schools in this field, Drasbek accepted an offer to attend Virginia Commonwealth University’s health care management program, which is ranked third nationally. Drasbek said that the program director at VCU was specifically looking for dedicated “servant-leaders” in the program. For this reason, Drasbek said he was particularly grateful for all the leadership experience and service opportunities at Southern Virginia that have prepared him to go to graduate school and study health care management.

“I feel 100-percent prepared for graduate school,” Drasbek said. “I really do think that the way in which [Southern Virginia] prepared me was by giving me experiences in which I could grow. The experiences that I had here at [Southern Virginia] and the leaders that I worked with have really brought me out of my comfort zone and prepared me for graduate school.”

All Southern Virginia students are encouraged to take the necessary steps to receive the Leader-Servant Graduation Distinction. In order to qualify, students perform and document a total of 75 hours of service and complete a capstone service project that showcases the students’ leadership abilities and provides service opportunities for other students.
Students Serve Local Community at 4th Free Health Clinic

By Stephen Taylor

Southern Virginia University and Remote Area Medical hosted a free clinic that provided needed medical, dental and vision care for more than 500 patients last semester.

Over 300 volunteers including Southern Virginia students, faculty and staff, medical professionals and RAM personnel contributed over the course of two days. This was the fourth RAM clinic held on Southern Virginia’s campus.

The clinic provided services exceeding the value of $125,000. Similar to past clinics offered at Southern Virginia biennially since 2010, medical services included screenings, women’s health examinations and care for people with hypertension; dental services included cleanings, fillings and extractions; and vision care included both examinations and the on-site construction of prescription glasses. This clinic also offered a new booth for hearing aid.

RAM’s mission is to provide quality health care at no charge to its patients. British philanthropist Stan Brock founded RAM in 1985, after witnessing the damage preventable and curable illnesses caused to remote tribes of Wapishana Indians in Guyana, South America. Brock himself was injured while living among the Wapishana, and said that a 26-day journey separated him from the medical care he needed.

“When I left Guyana, I vowed to find a way to deliver basic medical aid to people in the world’s inaccessible regions,” Brock said according to RAM’s website. “RAM is the way I have kept that promise.”

Many of the patients at the recent clinic traveled from nearby areas, but some traveled from as far as rural parts of West Virginia. Patients arrived by 9:00 p.m. on Friday night, standing in line to receive services starting at 6:00 a.m. the following morning.

Glory Colette, a resident of Charlottesville, Va., arrived at 8:00 a.m. on Saturday to receive several different services. Over the course of the morning she benefitted from dental care, medical examinations and vision tests. As she prepared to return to her home, Colette said she felt a psychological renewal in addition to the physical relief she found at the clinic.

“No distance is too great to come to a wonderful program like this,” Colette said. “I have nothing but glowing reports of this service. I’m overwhelmed by how kind and caring the practitioners were toward me. This kind of arrangement fills a massive need in America.”

For students at Southern Virginia, the clinic represents a unique opportunity to serve the surrounding community in a meaningful way.

“Lots of people do service, but to put together a large service project like this is unique,” said Sam Mellor, a senior who led the organizational efforts for the university to host the clinic. “At the end of the day, we were able to put smiles on 500 people’s faces by providing services they wouldn’t otherwise get. That’s why we do this.”
Artistic Opportunities
By Madeleine Rex

One of the things I love about Southern Virginia is the opportunity to be involved in so many ways. Students don’t just find a niche here. They run for Senate and audition for the play and sing in the choir and run cross country and go to Robotics Club.

Throughout the past three years at Southern Virginia, I’ve been able to take advantage of many of the opportunities this university has to offer. One of the best of these is performing with the university’s Concert Chorale. As the premiere co-ed choir at a school stuffed with talented singers, it’s a massive musical force to be reckoned with. Every year since 2012, we have joined forces with the Roanoke Symphony Orchestra and several other choirs to perform at the Roanoke Performing Arts Theatre under the direction of David Wiley, who served as conductor of the Long Island Philharmonic from 2001 to 2016.

After the intense (and tongue-twisting) “Alexander Nevsky Cantata” by Prokofiev my freshman year and last year’s lovely “Requiem” by Gabriel Fauré, I wasn’t sure that we could possibly be met by anything more challenging or more fascinating, but this year’s “Carmina Burana,” a cantata by Carl Orff, has proven me wrong.

With multiple different languages and an impressive amount of choral numbers, “Carmina Burana” is both beautiful and complex. And the experience only became more powerful when we collaborated with the other choirs and the orchestra for the final rehearsals and performance.

And that might just be the best part — collaborating with other groups and institutions with such talent and skill. To stand and sing with the combined force of so many enthusiastic voices with the powerful orchestra’s music surging through the auditorium. Though it’s just one of many of the unique experiences this little university on the hill has given me, it’s one I won’t forget.
During the past year, a number of the Southern Virginia University Knights’ teams and players have set new records. In the upcoming academic year, the university will offer men’s and women’s indoor track and outdoor track and field in addition to the existing slate of NCAA Division III teams at the university.

“We are excited for the growth in our athletics department,” said Athletic Director Jason Lamb. “We are ready to take a step forward with these additional programs and are excited to attract even more great talent to this university.”

The track teams will be the university’s 16th and 17th NCAA Division III sponsored varsity sports offered at Southern Virginia. The newly added track team will compete in the Capital Athletic Conference with seven other schools that also sponsor track programs.

Men’s basketball became the first team of the 2015-2016 season and the first men’s team in university history to advance to the Capital Athletic Conference Postseason Tournament. The Knights finished the regular season tied for fourth and earned the No. 5 seed in the tournament, where they fell on the road at St. Mary’s 70-65.

Additionally, both men’s and women’s basketball teams traveled west to compete with teams across the country. Men’s basketball played Weber State University in an exhibition game and women’s basketball played three games in Oregon in December.

This season, the men’s lacrosse team earned its first win against a CAC opponent in history, beating Wesley College 13-10 on March 9. The women’s lacrosse team earned its first program win at a home game on Feb. 23 versus Ferrum College, beating the Panthers 12-5.

To complement the growth of the athletics program, the university recently announced plans to begin constructing a new stadium at The Fields. The Knight Stadium will provide seating at athletic competitions for football, men’s and women’s soccer, and men’s and women’s lacrosse. The stadium has been made possible through a generous donation from Glade Knight, former chairman of the Board of Trustees, and his family.
Advice From Current Students

• Explore the area. Eat at every restaurant in BV. Buy milk from Amish Cupboard. Get pizza from Nick’s.
• Sit on the porch of Main Hall on summer nights. Just do it. You’ll understand why.
• Keep some hiking boots in the back of your car so that on nice days you can go up into the mountains.
• If you do homework assignments on the day they are assigned, you will feel like a winner who cannot be conquered.
• Living in the dorms freshman year is a solid way to make friends and stay in the loop of campus happenings.
• Try ordering Berky’s Mobo fries with just cheese and bacon, then dip them in ranch.
• Get involved. If you want friends, be the person who says hello first. Join clubs, audition for choirs and plays, take classes that don’t fit your major, go to institute and dances and home games. If you want to have the best college experience, participate! College is just as much about the social life as it is about the classes. Don’t waste any time on Netflix, get out there and make fun happen.
• You can make a root beer float in the dining hall.
• If you don’t register for and regularly attend institute, you will regret it. The sacrifice of time and effort will pay off in many ways.
• Make friends with your professors. Chances are you’ll learn a lot more from your interactions outside of the classroom than you anticipated.
• Meet with the registrar. It sounds like some sort of bureaucratic step, but the Registrar’s Office is the source of all knowledge.
• You can order quesadillas at Jonzey’s, and they should always be dipped in the chipotle ranch.
• Take the time to step out and appreciate the beauty of this area. Walk the flood wall. It’s close, it’s peaceful, and it’s therapeutic.
• Spend a bit of time figuring out which is your favorite drinking fountain on campus. Not all drinking fountains are created equal, and you’ll be grateful you’ve done this after you’ve dropped and broken your water bottle on your way down the Lofts stairs.
• Don’t fail to take advantage of professors’ office hours — and don’t be afraid to just stop by their offices, too. They want to help. They’re also pretty cool.
• Don’t stay up watching Netflix, and don’t skip classes or you’ll get behind super fast.
The World is Your Classroom

By Alec Johnson

If you graduate from Southern Virginia University without taking advantage of Travel Study, you've really missed out. I know because that's exactly what I did. When I graduated, I realized that between all of my classes and all the extracurricular activities I was involved in, I had never gotten around to signing up for a Travel Study trip.

But, fortunately, education isn't something that ends when you're handed a diploma. Last year, I heard that Professor Doug Himes was taking a group of students on a Travel Study trip to Paris for spring break. I realized that this was my chance to finally make up for what I'd missed as a student and I jumped at the opportunity.

It was incredible! Paris is simply one of the most beautiful places in the world. The cathedrals are beautiful. The museums are beautiful. The gardens are beautiful. The monuments are beautiful. The metro is — well, the metro is just as ugly and smelly as anywhere. But that was alright because I preferred to walk the beautiful Parisian streets anyway.

There's something irreplaceable about travel. It's almost as if every city sang a song, made up of the millions of voices of its citizens and shaped by centuries of history, art and architecture. You can study a symphony until you know everything there is to know about it, but if you've never actually heard it, you really don't know anything about it at all. Likewise, even if you know a lot about a destination, you can't know the place until you've been there and really heard its song.

For example, one evening in Paris a friend and I wandered into a small church (only in Paris does it make sense to describe a gothic cathedral as small). The nave was almost entirely empty. We sat quietly in that cathedral as the shadows cast through the stained glass slowly took over the space. Since getting back, I've looked up the Church of Saint-Séverin on Wikipedia and I've learned things about it that I didn't find out when I was there. But the online account is missing something: the echoing sound of silence and the setting sun over an old church in Paris.

The point is that while you're at Southern Virginia, be sure to travel. The Travel Study program makes it easier than it will probably ever be again. It will enrich your education and your life. Visit svu.edu/travel-study for information on upcoming trips and instructions on how to sign up.

“There's something irreplaceable about travel.”