



Several students dressed to portray Adventist pioneers during the church service on Heritage Weekend. Pictured: Jose Alcala, Tyler Quiring, Lindsay Gardner, Steve Martinez, Brianna Prohaska, and Brady Weijohn. The students gave short life sketches of the pioneers they represented during the church service.

Varsity wins Sportsmanship Award 2 years running

At the annual Friendship Tournament at WWC during February homeleave, theUCA men's varsity basketball team won the Sportsmanship Award for the second year running. Out of the ten teams participating, they placed 2nd in the tournament overall, with the UCA women placing 6th

The winners on the men's side were the team from Paradise Adventist Academy. The women's winners were the team from Walla Walla Valley Adventist Academy.

UCA splits games with alumni



In the traditional February weekend games against alumni teams on the night of February 3, the UCA men defeated the alumni but the women lost in a close game.

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Final home game ends big

by *Brianna Prohaska*

It's the last home game of the season. The players warm-up while fans start to fill the bleachers. It's going to be a good UCA turnout. Seniors are wearing white to commemorate this last game. This game will be the last home game remembered by a hundred students from the class of '07.

Rebecca Vasquez says prayer; Amanda Wadkins sings "The Star Spangled Banner;" then, the game begins. In the first 45 seconds both teams score points. It looks like it's going to be a close one. UCA seems a little nervous. At the end of the first quarter Havermill is winning.

At this point the fans realize that the Lions need some encouragement. Now clapping erupts every time the Lions score. To add to the spirit, Nick Lauren, Brendan Hay, and Richard Clark appear in the weight rooms window with U-C-A emblazoned on their chests.

At half time the Lions are ahead by two points. Some fans have strong confidence in their players. Hannah Hochhalter exclaims, "UCA is going to pull ahead." Others don't have that faith. "I think it going to be close but I think UCA's going to pull through," responds Christie Ringer.

As the clock rolls time down, UCA stays in the lead. Fans start to get excited and soon all are standing cheering, awaiting the outcome. The U-C-A in the weight room becomes G-O-U-C-A-! with the addition of Michael Tupper, Spenser Zaharie, and Alex Wickward. As the game gets down to the final minute, it appears that UCA might pull it off. Then two free throws from Havermill push the game into overtime.

Time seems to drag as the Lions score two points just to have Havermill answer back with the same number. Havermill gets ahead and the fans cheer all the louder. UCA rebounds, getting ahead of Havermill. Down to the last second it is anyone's game, but UCA does it! Fans run out onto the court where shirts and jackets had already landed. Congratulations and high fives are abundant as UCA celebrates their victory. Post game Chris Patchett says, "Dayln Martin had an incredible game and shut down Havermill's big guy... It was amazing, and I'm looking forward to the tournament." What a great way to end this home season.

Band clinic 2007

by *Lizzy Kim*

The delights of music often inspire people, specifically musicians, to pursue a more rounded perspective of music. That is what approximately 70 high-school students, including faculty, did on January 24-27. The WWC Band Clinic took place in College Place under the direction of Brandon Beck, a very enthusiastic and talented conductor.

Many students from surrounding academies came to improve their musical skills and have a great time at the clinic. They came from Washington, Oregon, Canada, and even California. UCA sent 20 students from its band.

During this four-day music festival, students practiced for many hours each day. According to Brianna Prohaska, "It was really long and boring, but I learned a lot from it." Even with all the practicing, students had some down time to kill. Some went to see old friends, some walked around and toured the campus, and others went to the gym for some fun.

On Sabbath, the band played a few pieces for the church service. Later that night, we gave our big concert, playing many great pieces such as "Abram's Pursuit," "Eternal Father," and "They Hung Their Harps in the Willows."

The church was packed and the band of combined students performed a wonderful concert. It was a great way to end Band Clinic 2007.

Cold season brings *real* sickness

by *Rainey Davis*

During the winter, germs seem to thrive in the dorms at UCA. Everywhere you go, you hear coughing, sniffing, and croaky voices. Students seem to catch these sicknesses easily, since they are in such close quarters.

In the spring and fall, teachers and students are always skeptical when someone goes on "sick list." Usually this poor, defenseless person is accused of skipping out on class and trying to buy extra time for homework or sleep. What's more, these "sicknesses" often only last half a day, and the guilty student will be seen tromping around campus, acting perfectly healthy, during the last half of the day. But during the winter, it is a different story. Students with actual temperatures will be sick for days on end, while the never ending flow of coughs and sneezes echoes through the halls. New boxes of tissues are gone by the end of the day and teachers' lectures are often interrupted by a scratchy voice saying, "May I go get a tissue?"

But spring will soon be here and, hopefully, the "sick" days will be back to the way they were before.

Gymnastics tour

by Nancy Ruiz

On Friday, January 19, 2007, the gymnastics team got up early for their first tour of the school year. All the team were super excited and looking forward to going but were not too thrilled about having to wake up so early.

After two and a half hours of riding on the bus, they finally arrived at Tri-Cities Jr. Academy where they would be doing their first show. The whole thing worked out well, and the children loved it. The children were so excited that after the show a few of them even got on the UCA bus to have the gymnastics team sign autographs! Then it was time to go to the next town: Moses Lake.

It was starting to get dark when the bus arrived at the Moses Lake church, where a delicious supper had been prepared for the whole team. After supper, the team unloaded their luggage and the guys rolled out the mats and slept in the gym while the girls were assigned to stay at church members' houses.

On Sabbath morning, the team was in charge of the sermons, praise songs, and special music. The whole afternoon was spent just resting and spending time with friends. Later on, everyone went over and packed into Ashley Brito's house for supper.

Soon it was time for the evening gymnastics show. Again, the show went well. When it was over, everyone began the less exciting task of loading up and getting on the bus for the long ride back to UCA.

It was a good tour and now the gymnastics team is looking forward for the next tour to Montana.

What's the point?

by Heather Dixon

If there is one thing I don't understand, it's vandalism. It seems everywhere I turn, I see something that has been vandalized by some dim-witted student. We all work so hard together to make our school a better place; yet, some still treat it like dirt.

One example of the vandalism that I have seen is in the bathrooms. Bathrooms already are not the most pleasant places, but some people make them much worse by scrawling crude and vulgar things on the walls and toilet paper dispensers. And then there are those messages of true love. If you really like someone, why on earth would you want to write that on a bathroom stall wall? Is that romantic in some odd way? It's just not logical!

This is an issue that needs to be discussed and solved. Selfish vandals, beware!

STUDENT WEEK OF PRAYER

"What's Love Got To Do With It?"



Student Week of Prayer was held from January 29 to February 3. Pictured are speakers Katie Winkle, Scott Guthrie, Laura Dick and Ben Jepson. Other speakers included Hillary Madden, Michael Woodruff, Sacha Kravig, Jonathan Schreven, Chris Patchett, Kristina Rhuman, Justin Davis, Joe Tua, Kristen Milligan, and Troy Breakie.

Making a lasting mark

by *Bob Gabel*

Every year another class graduates, leaving their mark on UCA staff, daily life, but most obvious of all, the campus.

All the students and staff can safely say that they have seen numerous numbers scrawled on paper, carved into desks, and mowed into the lawn. These numbers represent people's attempts to make a mark in life. A mark that, they believe, will outlast them, something that will live on long after they are far away.

But if you look really closely at these carvings and drawings, you can see even farther down, covered by the enthusiasm of the latest class, the mark of classes long since gone, and below them even older classes left their signs, now lost to time, the elements, and arrogance.

These marks are perpetually fruitless. The next class to come along will just see another year, a year that means nothing to them, something to bulldoze over and remake into something cool, something they do like. But that too will be wiped away by the next year, and the next year, and the next . . .

The only way to make a lasting mark is to *be* a lasting mark, something that can't be erased because of the people you have affected and the things you have changed. Life is full of opportunities to make a mark, to do something big. And the biggest marks made will be the ones made on people's hearts and minds . . . because nothing else will remember.

Learning to climb

by *Amanda Macumber*

Sometimes it's hard to appreciate the good life. But even harder than the good is appreciating the bad.

It's a bad day. You studied all night for that test your grade depends on; then, you sit down and realize nothing you studied is on the exam. Angry and upset, you walk to your next class only to hear the teacher tell you there will be a pop quiz today. Unprepared, you fail item number two for the day.

Excited by thinking things will get better when you see that special someone, you realize they are only getting worse when you look over just in time to see that someone's arms wrapped around your best friend.

Finally, you exit the building to go and call your mom, but you slip on a sheet of ice. You stand up as tears come to your eyes and realize that you've ripped a hole in your new jeans and ruined your white shirt. In distress you grab your phone, dial the number, and pray that your mom will answer. Tears now flowing, you hear the busy signal.

Walking is easy when the road is flat. God gives us mountains so we can learn how to climb. When everything is good and we're happy, it's easy to smile. But try to smile even in the toughest times. When you get that far, you can truly appreciate life for what it's worth.

'Carve' series inspires student body

by *Bill Lenz*

God was, and is, and will always be good. UCA students have seen this in an amazing way with the youth-led "Carve" series at the Spokane Central Church.

On Friday night, January 5, the series of meetings were launched with the topic of significance. God's presence was felt as Mariah Gage and Bill Lenz talked about how God cares so much about each individual and wouldn't trade anyone for the world. Thanks to friendly UCA students who volunteered to help out, the building was filled with smiling faces, making the room very pleasant to the other visitors.

Attendance fluctuated during the series which focused on the needs of the human heart. But through the witness of student speakers including Hailey Jahn, Kevin Riffel, Nolan Kinne, Kelli Kostenko, Jon Gardner and Ali Duerksen, and through the blessing of God, students and people from the community learned how God cares and is the only answer to whatever problems we face in life.

Bible studies were requested and many were encouraged as God blessed through those who were willing to share.



UPPER COLUMBIA ACADEMY

ECHOES

Is a regular student publication of
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This month's contributors included:

Sasha Bothe, Rainey Davis, Heather Dixon, Daniel Ecklor, Bob Gabel, Scott Guthrie, Lizzy Kim, Kelli Kostenko, Bill Lenz, Amanda Macumber, Mikki Montgomery, Brianna Prohaska, Nancy Ruiz, Kristen Trueblood and Stephen Lacey, advisor

Skipping church

by *Mikki Montgomery*

Sabbath morning, January 6, at 10:15am two vans full of eager UCA students left for downtown Spokane. There, at a large warehouse, we helped the Second Harvest Foundation hand out food to homeless people in the area. Each person we helped was a recipient of a program that helps with things such as medical insurance and monthly food assistance.

Our small group of students was briefed on their policies and mission as soon as we arrived and then went to work for the rest of the morning and into the afternoon, helping push carts for families, managing food tables, or restocking the tables with food from in the warehouse.

We had fun, talking, being able to miss out on church, and being out and about off campus. But most importantly, we talked with people, encouraged people, and got to witness first-hand the people of Spokane who are doing their best to get by and support their families.

Caffeine blues

by *Kristen Trueblood*

It's 11:00 pm and you've already had a full day of school activities. You're tired and you know you could use some sleep, but you haven't finished your math assignment and you have a report due in English tomorrow. So, instead of catching some sleep, you reach for your textbook . . . and for the caffeine.

Caffeine is frowned upon by the school. Even though we are not encouraged to drink caffeinated beverages, after every homeleave we see students bring in Pepsi, Coke, Dr. Pepper, energy drinks, and other caffeinated beverages. They are not only consumed by those students themselves, but are also given to others who give "donations."

"I like Dr. Pepper and Mountain Dew," exclaimed Tabitha Dudley, junior. "They're scrumdiddlyumcious! They also bring back good memories." Caffeine being tied to memory may be linked to caffeine increasing heart rate and alertness when consumed. "It makes me happy and it gives me energy," Brittney Reeves, senior, said about her favorite caffeinated beverage, Blue Monster.

There are students who haven't had caffeine. "My parents just don't want me to drink it. Though I did have coffee once, but it was nasty," confessed Kylie Phillips, sophomore. Some parents agree with the staff here at UCA in wanting students to stay away from caffeine.

Caffeine does have its negative effects. High doses can cause anxiety, dizziness, headaches, the jitters, and can interfere with normal sleep. It is addictive and may cause withdrawal symptoms such as severe headaches, muscle aches, temporary depression and irritability.

Caffeine does have its positive and negative aspects. Kelsi Wheeler said, "It's just good!" Though it may seem good, students should try to keep caffeine intake to a minimum and get at least eight hours of sleep. No amount of caffeine can replace a full night's sleep.

Curses on Mother Nature

by *Lizzy Kim*

Ring-a-ling-a-ling! went my alarm. It was 5:30 in the morning. It was dark and my eyes felt heavy and groggy. "Just five more minutes!" I thought. But knowing that five more minutes would turn into an hour, I slumped out of bed and went to get my gear ready for the first Rec Ski day of the year. As I splashed water on my face, I thought "Woo hoo! I'm finally going to try my new board!"

After getting dressed, packing my gear, waking Michelle, and eating breakfast, Michelle and I headed down to the lobby on our way to the flagpole. It was 6:10 a.m. and we had to be at the bus by 6:15. As we walked outside, snow was pouring down and covered everything in white. It was amazing.

Everyone packed their gear into the bus, and we headed off to Schweitzer. While riding the bus, many of us talked about how much powder there would be to shred and how great the day would be. But soon, being tired and not knowing where we were, we fell asleep.

Only an hour into my peaceful sleep, I was awakened by Bre Kreiter. She informed me that all lifts on Schweitzer, except on the bunny hill, would be closed because of high winds and poor weather.

I couldn't believe what I was hearing. At first I thought Bre was joking but found out from everyone else that she wasn't.

The bus stopped at a gas station and the announcement was made that we would have to turn around and go back to UCA. Everyone's hopes for gleefully skiing down Schweitzer were blown away. Disappointed and angry at Mother Nature, we made the long trip back to UCA.

Even though our hopes of skiing or snowboarding were dampened, many students spent the rest of the day relaxing and sleeping. Overall the day wasn't that bad after all, and there would always be another day to hit the slopes.



New girls' dean

In January, Kristin Merritt moved on to campus and started work as the new assistant girls' dean, replacing Teresa Soule who started work at Cookie's Retreat in Spokane. Dean Merritt, a graduate of Monterey Bay Academy and Southern University, has been a dean or teacher in Europe and Asia as well as in the United States.

Operation Planet will change lives

by *Sasha Bothe*

Operation Planet is a mission that one day might change the world. Mr. Paulson and his wife have created Operation Planet to educate, provide medical aid, and teach the Word of God to people in underprivileged countries around the world.

Not many people have the passion to lead an independent missionary project like Operation Planet. The Paulson family felt called to create the mission in 2001 when they went on a mission trip to Africa. They found that the people had the initiative to help build facilities but had no money to do it. Mr. Paulson and his wife have a desire to help with the medical and educational needs of people around the world. Since Jesus helped many people in this same manner, the Paulson family created Operation Planet.

To start the project, Mr. Paulson and his wife bought a few rental homes in Spokane and sold one to help fund the first facility in Malawi, Africa. Mr. Paulson's ultimate plan for Operation Planet is to build a medical building, ten school buildings that will teach K-12, and a technology and vocational school. The whole project will cost about one million dollars. Much of the money for the project comes from donations.

For the first time, Mr. Paulson will lead the Africa Mission trip here at UCA. "This is a total mission trip," he says. "Barely any mission trips do it all: evangelistic meetings, building, and medical aid, but that is what this trip is going to do." He has taken two mission trips prior to this one to help Operation Planet.

Although Operation Planet has just begun, with a lot of prayer, faith, and money, it will accomplish great things for God and change many lives around the world.

Fire drills scramble students

by *Daniel Ecklor*

Fire drills occur somewhat regularly throughout the year and they usually last about ten minutes. Fire drills are a necessary part of any safety system. They test people's responses in an emergency situation and give them knowledge so in an actual fire they will know what to do.

Here at UCA fire drills can happen any second. Every time one does is quite an experience. How fast students get out of the building and to their preplanned places determines how well the drill goes. In the dorms, resident assistants are required to check every room in their halls before exiting themselves. The job of resident assistants is a tough one when it comes to fire drills.

Some students here find fire drills an inconvenience. They say the drills are annoying and uncomfortable. "I hate that they always have drills when you are taking a shower," says sophomore Ryan Steingas. Other students went on to emphasize their dislike of drills during winter months in a rather un-Christian manner.

Drills are quite an adventure during the winter in the men's dormitory, whether it's trying to keep from slipping on the escape stairs, standing outside in a towel, or waiting for the RA's to do their checks.

But despite the inconvenient surprise and discomfort, there is no doubt that fire drills keep us alert and ready for that real fire that could occur.

FROM THE CALENDAR

February 22 - 24 Choir Clinic at UCA

March 4 Spring banquet

March 11 Hope Taskforce

March 14 - 25 Spring vacation

Peer pressure reinvents society

by *Bill Lenz*

Politicians are good at it. Teenagers are good at it. Girls are good at it. It has changed many a person's outlook on life to something twisted and bent by public opinion. Peer-pressure has reinvented society.

Elle Seibly admitted peer-pressuring some of her fellow students. "Encouraging people to procrastinate on their homework is one of my biggest sins, but it is always for their own good," she claimed.

There are many ways people peer-pressure others into doing what they want. There's the classic guilt trip, the slanderous bribe, blackmail, the do-it-for-me ploy in which a girl bats her eye-lashes and quivers her chin (very effective), the reverse psychology trap, and the "chicken" calling that inevitably turns many into instant daredevils. These work many times and people compromise their morals because they find themselves more concerned about public opinion than what they know is right.

Rhonda Prokopetz recalled a time when she had to compromise her own opinions. "I felt trapped. I wanted to go with the flow and not be different."

For Jon Gardner, peer-pressure is a positive thing. "I don't let negative peer-pressure bug me," he stated. "If I am affected by peer-pressure it is because it is for good, and I know that I'll be glad in the end."

Society has been changed into a fashion demanding, competitive, and whimsical conundrum in which everyone wants to do something because "everyone else is doing it." Drugs and any sort of addiction are many times spurred on by this pressure and start with compromising one moral. People are driven because they are not good enough, or bad enough, to get the attention they want.

Society needs to rethink its base, or it will find itself in terrible places. Beware of the PP.

Home on campus

by *Kelli Kostenko*

Home is the place where you can snuggle up in your blanket close to the fire while you read a good book or sip your favorite hot drink during the cold times of the year. It is also the place where family and friends spend quality time together—laughing, talking, and studying.

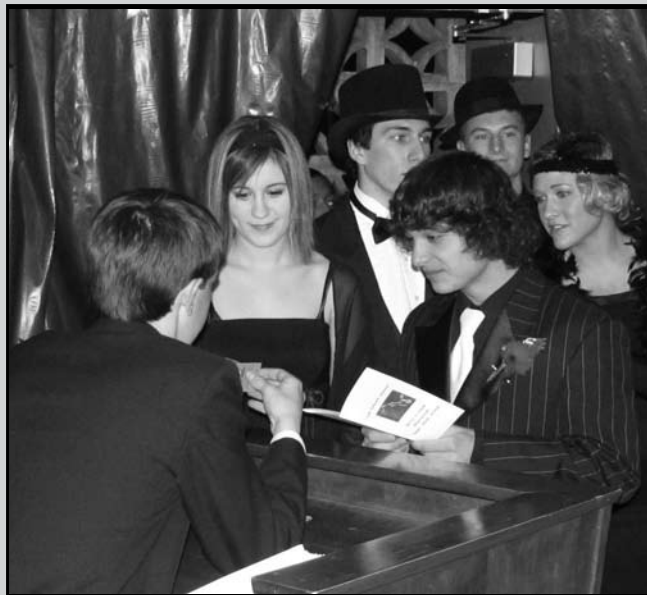
Although home can never be replaced, there is a place on campus that comes close to the comforts of home. The Power House is a warm and comfortable place for just spending time with friends you love. It is a great place to hold meetings, Bible studies, and prayer groups. It's also a great place to play games, watch the news, play the piano, and, best of all, relax on comfortable furniture.

The Power House is also a constant reminder of where true power comes from. It gave power to the campus years ago, and it is Christ who gives us power now.

Warmth in winter

by *Scott Guthrie*

You could almost taste the anticipation. It was banquet night in the men's dorm lobby and scores of guys were talking, laughing, and pushing each other around. When the time came, guys headed to the girls' lobby in groups of 3 to 10. When they arrived, they paged down their stunning dates and walked the short distance to the cafeteria, which was outfitted in 20's jazz décor. Upon entering the "jazz club," all of the senses were dazzled at the same time by the band, the smell of food and perfume, the well-painted backdrop, and the groups of people mingling inside. After dinner was served, there was a game show that took place. Then, a magician performed some feats of illusion. Throughout the evening there were the comforts of service, food, and good company. A fun-filled night it turned out to be.



Students in 20's dress enter the cafeteria to enjoy the banquet

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UPPER COLUMBIA ACADEMY



Students listen intently during Student Week of Prayer



Second bus arrives early

With the old busses causing too many mechanical difficulties, Mr Bovee and Mr North traveled across the country to collect a second replacement bus and drive it back to UCA. It is almost identical to the first except a little shorter. Meanwhile, fundraising continues so the interior of the second bus can be redone.