



What a . . . winter!

With over two feet more snow than usual in the Spokane area, activities at UCA have been disrupted this winter.

Because of all the snow and bad road conditions, the roller skating activity for the Christmas Banquet was cancelled. The gymnastics team could not travel to perform a half-time show, and, ironically, rec ski was cancelled twice . . . because there was too much snow!

For the first time in twenty-five years classes were cancelled because of the weather. According to Jerry Lange, only four times in recent memory have classes been cancelled. The ash from the eruption of Mount St Helens in 1980 forced the school to cancel classes, and decades ago when power was out for several days school also ground to a halt. And not so many years ago classes were also cancelled because many faculty and students had the flu.

The snow has also trapped several Spokane area students at home for days. Other village students took advantage of free nights in the dorms to keep them in classes and off the roads.



When classes were cancelled on Monday, January 28, several snow activities were organized by the staff to fill the time between a late start to the day and supper and the Student Week of Prayer evening meeting. A favorite activity was tobogganing and tubing down the hill beside the principal's house . . . and watching the excitement while fortified with hot chocolate.



photo by Lucas Anderson

Student Week of Prayer

Student Week of Prayer was held from January 28 to February 2. Each evening two students spoke. On Sabbath three spoke for the morning sermon. The theme for the week was "Reality Check: Just Do It." The 14 speakers as pictured are (top row) Tess Lubke, Zach Gilbert, Jon Gaskill, Elliot LaPlante, Laura Zenthoefer, Logan Villarreal (bottom row) Janae Rose, Rose Welser, Emily Muthersbaugh, Brady Weijohn, Sara Rose, Saul Dominguez, and Logan Carter.

Mice on senior hall

by *Ali Duerksen*

This winter, mice on senior hall have been scurrying under doors to find food, shelter, and shrieking girls with mouse traps.

Harsher weather naturally leads to all sorts of critters finding their ways into our own man-made havens. This, unfortunately, includes mice. There have been many of these fuzzy little creatures spotted slipping under doors, and lurking in the rooms of senior hall. Mouse traps under sinks, under beds and in closets are the number one way of dealing with these sneaky rodents, the argument being that if live traps are used, and we release the mice back into the fields, they will just find their way back into the dorms. The deans supplied the traps but the girls needed to supply the peanut butter or cheese themselves.

Is this the right way to deal with the mice? It is not widely known that mouse traps do not instantly kill mice. When caught in the trap, they die from suffocation, internal injuries, or from dehydration and starvation. They rarely die instantly the split second the trap snaps down on them.

Since mice come into rooms looking for food in the form of crumbs on the floor or an open cracker box left under a bed, girls are encouraged to keep their rooms well vacuumed and clean and to store their food in plastic bins, refrigerators, or baskets, neatly-kept in their upper closets.

During the mouse epidemic affected girls did not want to sleep or spend time in their rooms, and while in their rooms they were on edge and watchful. "I kept stuff with me so if I saw a mouse I could throw something at it!" said Rose Welser, the R.A. of senior hall. She would keep her feet up on her desk, and at night dread the thought of a mouse climbing up her bed sheets. Eventually Rose set out a trap under her bed and a mouse eventually was found in it. Jessica Schuette had a different approach in handling her mouse problem. "I couldn't do anything, I just wanted to kill it!" she said, and she eventually succeeded in accidentally squishing it between her bed boards while trying to scare it out from under the bed.

The crowd watches and cheers during the last varsity basketball home game of the year. The UCA Lions won handily over the team from Havermale High School.



Prayer partners

by *Jeremy Purviance*

When you hear the term "prayer partner" what is the first thing that flashes into your mind? Is it a kindly, elderly person you have never met who takes the time to write you letters once a month, talking about the good old days? Maybe it's a caring friend whom you can write to or even call on the phone and just tell everything to. However you look at prayer partners, at the end of the day it is one of the most encouraging concepts that is open to all students at UCA. Now, signing up to be "companions in prayer" is great, but wouldn't it be awesome to have somebody closer who is almost always available when you need them?

Enter the close friend, roommate or teacher. Peers and teachers meet all of the requirements for being prayer partners, without the wait between letters and phone calls. "Peer to peer" prayer sessions can be some of the most powerful and helpful moments you can have in your walk with God. This in turn can take away stress, help fix problems, and improve friendships.

One of the greatest opportunities on the campus of UCA is the potential for Godly relationships with friends and teachers. God wants us to be willing to step up to the plate and put our distrust of people behind us. God challenges us each day to become closer in our walk with him, but how much better it is to walk with God and your friends at the same time!

Open up to your peers, give your life to God and let Him work miracles through your life on the campus of UCA.

Dorm Olympics prove ΣΚΣ Men

by *Jon Gaskill*

The lobby is packed with boys all eager to see what is going on. In the center of the room sit two boys with hands grasped and faces grimacing, as they struggle to beat each other and become the new men's dorm arm wrestling champion. This event kicked off the ΣΚΣ annual Dorm Olympics.

Besides the game of arm wrestling there were also competitions in weight lifting, dart throwing, and dodge ball. Each hall would bring out their best men to fight the others for the prized gold medal. The games lasted one week during the evenings.

"My favorite event was the weight lifting challenge," said senior Brady Weijohn. "But most of all I liked how it brought us guys on my hall together to work as a team and have a lot of fun doing it."

This team spirit led Brady and his hall to take 1st in the weight lifting challenge. Other winners included 3rd North for the arm wrestling, 4th East for dart throwing, and 4th west for dodge ball. Overall the gold medal went to 3rd North, the silver to 4th West, and the Bronze to 3rd West.

The mighty orange python

by *Amanda Smith*

The newest addition to the dorms at UCA is a delightful orange sprinkler system. Named the 'Mighty Orange Python' in the girls' dorm by Naselle Reich, the long orange pipes add a special decorative challenge along with enhanced safety.

The 'Mighty Orange Python' runs through the dorms, with some rooms having more visible pipe than others. Medium-sized holes had to be cut out of some of the walls, too, leaving heaps of ground cement on whatever was directly below.

Although the sprinkler system is not very attractive to some, the pipes make a handy support for Christmas lights, and in case of fire, everyone will be glad they're there.



photo by *Rose Welser*

Brianna Prohaska takes a break from boarding during the first Rec Ski trip to Schweitzer

Students fight boredom through ski program

by *Gracie Volyn*

During the snowy and cold weekends between December and February, there is often very little to do at Upper Columbia Academy. On weekdays, students can, of course, fill their time with classes and homework and rest. The weekends, however, present a problem. There are only so many things students can do inside, and they are soon faced with boredom. In part to counter this Sunday boredom epidemic, UCA created the Rec Ski program.

Rec Ski is a skiing and snowboarding program that occurs on six Sundays during the winter months. The first day was January 6. The bus leaves from our campus early in the morning to take eager students to Schweitzer Mountain in Sandpoint, Idaho. There students enjoy a Sunday free of boredom and full of friends, fresh air and exercise. The students who participate at least five times will also receive physical education credits.

There is, of course, a bit of an expense. Students have to buy their own ski passes, and transportation also has a cost. But what lonely student wouldn't pay for a ticket and transportation in exchange for a ski day? The students that participate in this activity nearly always enjoy it. According to Dr. Mitchell, principal of UCA, the Rec Ski program is a great way for students to visit one of the most beautiful ski resorts in the area and at the same time earn PE credits. He described the program as a "win-win" situation for everyone.

Here kitty kitty

by *Heather Dixon*

Morning after gloomy morning before Christmas vacation, you may have noticed an unpleasant aroma coming from Mrs. Haeger's end of the hallway. Yes, once again Mrs. Haeger's Anatomy and Physiology class had been dissecting cats to learn all the many muscle tissues, vital organs, and exciting parts of the friendly feline.

When students first started cutting the cats open there were many negative reactions. "Eww!" "Sick . . . gross. Do we really have to do this?" However, as the class continued, more positive comments could be heard such as "WOW! I never knew a kidney looked like that!" or "Can I break the skull open to look at the brain?"

This is usually how most things in life operate, though. People tend to say "I hate this!" before they have even given whatever-it-is a chance. Once they do try it they end up liking it!

Mrs. Haeger said that she has thought about not dissecting cats any more but is reluctant to take away the great learning experiences. It would be a tragedy if she did quit dissecting. After all, it's much easier to learn hands-on than from just a book. How else can we make advances in medicine, technology, and even common knowledge?



photo by Heather Dixon

Heather Dixon and Mindy Schreven meet their cat



UPPER COLUMBIA ACADEMY **ECHOES**

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Students retreat to MiVoden

by *Rose Welser*

It was a dark and stormy Thursday night. As the driving rain beat down and the wind swirled about them, a group of students gathered together at the flagpole. Standing in a circle, they prayed before scattering to their vehicles and heading to MiVoden for the Student Week of Prayer speakers' retreat.

Fourteen students, plus three sponsors (Pastor Fred Riffel, Coach John Soule', and Dean Teresa Soule') stayed at MiVoden Thursday night through Saturday, training and planning for the Student Week of Prayer (S.W.O.P.) to be held during the last week of January. These students were voted by their classmates and had accepted the call to be speakers for this year's week of prayer.

Each day was busy: Pastor Fred had many activities and projects planned, and often many students' bedtimes were long overdue before they turned in for the night. These activities helped stretch the students' thinking, open them up to each other, and stimulate ideas, plans, and topics for week of prayer. A lot of time was set aside for prayer and quiet time with God. Each student was matched up with another student as prayer partners for the retreat and the weeks before S.W.O.P.

During breaks between activities, the students could sleep or use the hot tub, or, like a few incredibly brave (or crazy?) ones, jump into frigid Hayden Lake, just to test its arctic temperatures for themselves.

Emily Muthersbaugh said she was blessed over the weekend by being able to share with others, and by their sharing. "I was also blessed through Dean Teresa's cooking!" she said. God's presence was definitely felt by all.

Late Saturday night, everyone packed up and headed back to UCA, tired but energized to start working and see where God would lead.

Community inspired by performance

by *Bethany Andrews*

December 15, 2007 dawned bright and clear. UCA students were waiting – tense and excited. For what, you ask? They were gearing up for their performance of the annual Christmas Concert. So why the tense excitement? Because this was no ordinary, traditional, gymnasium concert. They were headed to the Fox Theatre, downtown Spokane.

The stage crew arrived at 2:30 p.m. to start setting up the risers, chairs, stands, and percussion. They unloaded the truck with surprising speed, and had everything set up by 4:15 when the busses carrying the performers arrived.

As the musicians stepped into the theatre and looked around, gasps of surprise and delight echoed through the empty hall. It was exquisite. Recently remodeled for the cost of millions of dollars, the theatre had been restored to its original exquisite art-deco style. The students were surprised again as they began to warm up their instruments and voices onstage. The sound was incredible.

At 7:30, with a full house, the concert began. Adrenaline levels ran high as the choir began. The program continued with selections by the UCA Concert Band, Choraliars, and even a piano duet rendition of “Rudolf the Red Nosed Reindeer.” The program ended with the brass, choir, and audience joining in a rousing version of “O Come All Ye Faithful.”

Those who had lined up at the doors for over an hour in the cold must have thought the wait worthwhile, and the performers, fulfilled yet exhausted, were ready for a well-deserved Christmas break.

American Idol shrinks

by *Esther Wolfkill*

American Idol shrinks in size, but not in talent. The newest show, *Senior RecIdol*, will only happen once.

Senior Recognition is a talent show put on by the seniors each year. Some might play an instrument, while others might sing or act in a skit. As well as by performing, seniors also might prove their talent by introducing the acts, running the lights and working as stage hands.

Each Senior Rec tries to be a little different from any other. One year it may be a completely formal experience, while the next year it may be completely casual.

The theme chosen for this year’s program was the seniors’ own version of *American Idol*, called *Senior RecIdol*. According to senior class historian, Lucas Anderson, the goal was to get as many seniors as possible involved. The plan also included a panel of 3 judges to critique performances and give an added *American Idol* atmosphere.

By the time you read this, *Senior RecIdol* will be a part of history. Did you come to watch your friends, family, and other acquaintances show their talent and then cast your vote for whom you wanted to win?.

Gymnastics team snowed in

by *Cari Wilkinson*

Extreme weather conditions led to the cancellation of the Gymnastics Tour scheduled for January 11 – 13, 2007.

During the week before the scheduled tour, the UCA Gymnastics Team practiced from the start of the 4:15 class period until 6:00 p.m. Coming back from Christmas Break, the team had been faced with some changes: injury and sickness forced the team to make changes in their routines so they would be ready to perform a half-time show at Spokane Community College.

On Sunday the snow had started falling, and by Tuesday evening the roads were bad enough and the snow deep enough to warrant the cancellation of the show. “The cancellation was annoying because we had practiced so much, but it was a relief for the people who were replacing those were out,” stated Zach Weijohn.

Although the gymnastics team didn’t get to go on the tour, they still made the best of things. One benefit was that they got to get some sleep. And they will be ready for the next tour.

WHAT’S HAPPENING BETWEEN SENIOR REC AND SPRING BREAK?

February 22
MIDTERM

February 23
BAND CONCERT

March 9
CLOCKS CHANGE
SPRING BANQUET

March 15
MUSIC-A-RAMA

March 19
SPRING BREAK

Pump your dorm room

by *Jon Gaskill*

On registration day every year lots of eager students cart refrigerators, microwaves, lamps, and other gizmos into the dorm to make their rooms special. Here are a few ideas that will make your dorm room the hot spot on campus for the last part of the year.

To start, your room needs to be on the perfect floor. Not so low so that you get a bad view of everything going on but not so high that you have to walk down sixty flights of stairs to do your laundry. Next you need the basic necessities: fridge, microwave, espresso machine, and a computer with built in speakers and a 30" screen. Couches, bean-bags, or both must be present to accommodate friends on weekends. Christmas lights, black lamps, and strobe lights are handy for when things get really boring and you just want to step it up a notch. Then, a soft carpet to cover up the one issued at the beginning of the year is also a good idea. Finally, a supply of Febreze to cover up the smell of the two-week-old laundry you are saving for home-leave really comes in handy, especially when a dean walks by.

Hablar Español por favor!

by *Esther Wolfkill*

Señora Dubón and several students on campus have started Spanish Club, an on-campus cultural experience.

"Spanish Club is a group of native and near-native speakers, and others interested in Spanish," said Señora Dubón. This club is designed to give students a little bit of background on the Hispanic culture, as well as help students learn more of the Spanish language outside of the classroom setting.

Spanish Club's first activity was Dec. 8th, a Posada to celebrate Christmas and Jesus' birth. There will be many more activities to come, and all who are interested are welcome. If any parents wish to help out, they are also welcome.

In Spanish Club the President and the Vice President must be native Spanish speakers, but the other positions were open for all interested.

ASB spreads Christmas cheer

by *Rose Welser*

The True Meaning of Christmas. That's what UCA's Associated Student Body sought to share with a group of underprivileged children this season. Each year, the ASB team plans a Christmas party for children of Spokane who might not otherwise have a Christmas at all.

This year was the first time in several years that the Children's Christmas Party actually took place here on UCA campus. For the last few years it has been held at a school in Spokane, said Doug Wheeler, ASB president.

On Sunday, December 9, the children, ranging in ages from 2 to 14, were picked up in Spokane in the school's buses and driven back to UCA. They were all excited to ride in the new buses, especially since they have TV's in them, Doug said. After arriving at UCA they were taken to the beautifully decorated cafeteria, where all the children met their own personal assistant (a.k.a. UCA student) who helped with getting them food and their presents, and just hung out with them.

While they dined on pizza, jugglers entertained, they sang Christmas songs, and Santa, Mrs. Claus, and elves made an appearance. Then each child was called up to receive their present and for the rest of the evening watched part of a movie.

Each child was able to receive a present thanks to ASB fundraising and donations from both students and parents. A list of suitable gifts was provided by the Salvation Army, and armed with this list, Mrs. Duckett, an ASB sponsor, went into town and bought gifts for each child. Types of presents ranged from puzzles and coloring sets to Lincoln Logs and Lego's.

The party lasted from about 3:00 to 5:30 when they were driven back to Spokane, accompanied by students who volunteered to ride along and keep them company. There were about 52 children that came, said Alex Wickward, the ASB Sergeant-at-Arms.

The ASB Children's Christmas Party was fun, not just for the kids that came, but also for those who helped. The kids loved it, and Santa was probably their favorite part, said Mindy Schreven, ASB secretary. "Their eyes lit up as they left. I think it was really a success. The kids all had a great time," she said. And it's all part of the true meaning of Christmas.



Saul Dominguez teaches a new friend secret finger signs at the Christmas party

50's with a UCA twist

by *James Soulé*

That December afternoon was eventful and not soon to be forgotten. Late in the afternoon, young men made their way to the girls' dorm to escort the young ladies back to the 50's. As the announcements echoed through the halls, girls made their way from their rooms to the lobby and to the company of their dates.

The different styles of dress and hair were overwhelming and included surprise Elvis impersonations, the Cookie Monster and Superman. Not all the outfits were costumes, though. Odet Mitchell, Dr. Mitchell's wife, admired Hanna Smith's outfit. "I wore an outfit exactly like that one when I was your age in the 50's!" she exclaimed.

When the cafeteria finally opened, the couples flooded in to find their assigned tables. According to Logan Carter, it was the best-decorated banquet he had seen over the last two years.

As everyone waited for things to settle down, a few of the faculty, students, and devoted parents went around taking orders from those in desperate need of food. The menu consisted of grilled cheese sandwiches, burgers, chili dogs, and curly or straight fries. When the first course had been finished off, there were still incredible selections of drinks and deserts available at the soda fountain toward the back of the café. There were sodas, milkshakes, and banana splits.

The plan was to fill the evening with songs by a men's quartet, roller skating, and the movie *Shrek 3*. Unfortunately, because of bad road conditions, the skating had to be canceled.

Despite the lack of skating, the night was unforgettable for the smiling and laughing students. Complete with decorations, food and entertainment, it was, altogether, one amazing night here on the UCA campus.



photo by James Soulé

Logan Carter and Alec North went for the military look at the banquet

Saving lives the easy way

by *Brittany Cornwell*

Twice a year, UCA invites the Northwest Blood Bank bus to come. It is one of the 13-14% of high schools that schedules blood drives each year. The first time is usually in December and the second time in April. Students and staff members are asked to sign up, and many do but later quite a few realize they are not eligible donors. Why? Some have been or still are sick. Others have been out of the country within the last year (mission trips are a major culprit here), and then there are those who have low levels of iron or too much cholesterol. Sometimes people are even taking antibiotics and find out that they cannot give blood. Another requirement is that donors must weigh at least 110 pounds.

UCA's most recent blood drive was on December 6. About 20 people were able to give blood, enough to save up to 60 lives. Merry, one of those taking blood, said she likes working with the blood bank because it gives her the feeling of going out into the community and saving lives, one person at a time.

Because of the heavy snowfall in January which made roads unpassable, the blood bank has seen a major decline in donors and needs more blood. Remember, when one person gives blood, three lives could be saved. Could that person be you?

UCA students join Spokane Youth Orchestra

by *Cari Wilkinson*

Every Monday, musically inclined students are given the opportunity to expand their musical horizons.

They travel to Spokane where they are members of the Spokane Youth Orchestra. Mr. Dean Kravig, band director at UCA, is the adult sponsor for our students who take part in this extra-curricular activity. There are several UCA students involved in the SYO. They include Brianna Prohaska, Lars Jordan, Michael Woodruff and Brianna Woodruff.

The Orchestra practices every Monday evening from 6:30 to 9:00, and performs in various concert halls and churches in the Spokane area. The orchestra challenges the players; even those who have been involved in music for several years find the music challenging. "It is completely different from any band," said Lars Jordan. "My favorite thing about SYO is that you get to play music that you hear on CD's and that sounds really tricky," said Lizzy Kim. She adds, "I am in SYO because it is another extra curricular activity, and I have played in orchestras before."

UCA continues to offer many options for students that are musically inclined. Whether or not you have musical talent or experience, there is something in the music department for you. All are encouraged to take advantage of these great opportunities and to expand their horizons.



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