



First semester ASB officers help get the year started after supper on the field on registration day

## 1st Semester ASB Officers

- President:**  
Kati Winkle
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- Treasurer:**  
Cyndi Rearrick
- Sergeant-at-Arms:**  
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- Chorister:**  
Elliot LaPlante
- Historian:**  
Scott Guthrie

## Filled to the fullest

by Kelli Kostenko

Many students and faculty plow through a school year without giving it much thought. They casually drone through classes, discovering new ways to cure their boredom, and then, before they know it, the year is over and life moves on.

Stop. Think about this school year at UCA. Why are the faculty so excited? What is making this year so different? Have you noticed it? The answer lies with the people. Both the faculty and the student body are coming together in a spirit of unity guided by God's will. According to Pastor Fred, "This year is a unique opportunity for the Holy Spirit to be at work. There is more of a willingness to step up and be used by God, not only from the leaders, but also from the entire student body. The staff see it, they're excited about it, and they're letting it happen."

It is such an incredible experience to be used by God and to make His attitude our own. The theme for this year is *Attitude*. What a constant reminder to be like Christ! Because of the willingness students are portraying, the staff are dealing with fewer control issues and more togetherness. "More staff are involved with students this year than ever before," says Pastor Fred.

"I've never seen so much school spirit, especially a school filled with the Holy Spirit," states Chris Duckett, husband of new math teacher, Shaundra Duckett. "It's thrilling to be a part of it." Imagine what UCA can do when *all* are filled with the Spirit!



Nick Johnson, Nick Lauren and Chris Patchett show their senior class spirit during Class Night photo by Chris Patchett



photo by Mindy Schreven

*Outdoor Ed participants take a rest*



photo by Hillary Madden

## Unsung heroes

*by Kayla Larson*

Do you ever wonder why the lights come on when you flip the switch or you have water when you turn on the faucet? It's because of our unseen heroes. They may not be completely invisible, but a lot of the time they go unnoticed. Can you think of who they might be?

Without these heroes our lives would be so much more difficult, and our campus wouldn't look nearly as good as it does. These heroes happen to be our very own Mr. Mann, Mr. Williams with their maintenance and grounds department workers.

These people contribute so much to UCA that they deserve to be noticed. So the next time that you see one of them in the dorm cleaning out a drain, or in the Ad building fixing a light, or out on front campus mowing the lawn (or shovelling snow), stop and take a moment to tell them that you appreciate what they are doing.

## Outdoor Ed

*by Garrett Caldwell*

Near the beginning of the school year as a part of Outdoor Education, juniors had an opportunity to go to Priest Lake for a weekend of canoeing and camping. Many decided it would be fun to go.

On Friday morning, September 8, we dragged ourselves out of our beds so we could meet at the cafeteria by 7 o'clock. Then, before we knew it, we were on the way to the lake.

When we arrived at the sandbar that would serve as our boat launch, we split into groups, loaded the canoes, and set off across the lower lake towards the canal.

"More left! Don't hit the buoy! Oh my goodness, we're gonna flip!" Your night have heard words like these floating across the glassy water had you been listening. Luckily, nobody flipped their canoes, but the seven-mile paddle was far from uneventful.

"Oh wow! A moose!" I exclaim.

"I have to get some video of this," responds Lizzy Kim from the front of the canoe.

Esther Wolfkill, Lizzy, and I look at the moose eating cattails along the canal and then continue paddling, passing kayakers, marathon swimmers, and the Ducketts along the way.

A kayaker tells us we're halfway to the upper lake, so we start to paddle faster. We leave the smooth, narrow canal and enter the upper lake. The view is amazing. Cliffs on either side of the lake are seemingly highlighted by smoke from forest fires.

"Watch those waves," I shout up from the back. For the first time on our little voyage, there are wakes large enough to rock the canoe--just large enough to keep us on edge. Mr. Paulsen pulls up next to us in his powerboat and tells us how to find the beach where we will land and set up camp. Sooner than we imagined, we round a small peninsula on the side of the lake and see others from our group pulling their canoes onto the beach and unloading their gear by the trees. We have arrived.

Outdoor Education is an event that helps cement the junior class for good. Freshmen and sophomores may wonder what happens next, but they will just have to wait and see

# 07 Survives

by *Kristen Trueblood*

Sunday morning, September 10, 2006, 101 seniors loaded two school buses and left of Camp MiVoden. What awaited them was an hour hike that would lead them to their home for the next week.

Upon arriving at the campsite, students gathered around the fire bowl and awaited group assignments. After groups one through thirteen were established, students gathered their tarps, shovels, hatchets, water, and kitchen supplies. Girls set-up their tents and bathrooms quickly, and as they did, they heard trees falling to the ground from the other side of the valley. Later in the week, they would find that the guys had built Fort Patchett, the Taj Mahal, and The Hilton.

During the week, students participated in spiritual survival, initiative problem solving, learning about camping survival, and learning about 12 edible plants. Along with these four classes, the seniors enjoyed food cooked by themselves over a campfire, baths in a below freezing creek, evening worships, and memorable bonding experiences.

Friday morning came all too soon for the seniors. As tents and forts came down and bags were packed, sadness fell upon the class. The students left their home and walked back to Camp MiVoden where the buses awaited to take them back to school and civilization. The ride back was quiet as everyone was sleeping, but as the buses pulled into the school, cheers were heard, hugs were passed out, showers were filled with seniors, and laundry rooms were packed with dirty laundry.

The seniors will never forget their week at Senior Survival. New friends, memories, and a new appreciation for toilet seats were established. The Class of 2007 came back united and ready to take UCA by storm.



photo by Jennifer Seo



photo by Jennifer Seo

*Seniors demonstrate survival skills*

## New Faculty & Staff

Victoria Carroll	Taskforce dean of women
Chandra Duckett	Math
Kellie Humbert	Spanish
Dean Kravig	Band and instrument lessons
Mark Lockwood	VP for finance
Scott North	Marketing & Transportation
Tiffany Perez	Driver
Tino Perez	Custodial
Julie Pflugrad	Cafeteria
Carmen Slavens	Communications & HOPE Task Force
Matthew Smith	Bible I & associate pastor
Lois Wade	Library
Mel Wade	IT support & computer literacy
Brian Williams	Taskforce dean of men

# The good side of procrastination

by Scott Guthrie

While walking around campus a few days before home leave, it is likely that you will hear desperate voices. Most of these voices will be spouting phrases like “I have a million tests tomorrow,” or “She didn’t tell us that was due before home leave!”

The home leave crunch is the few days before a short vacation. During those last few days, everyone who’s been putting off that History project, or not studying for a final exam pays dearly in sweat and tears for all of the time that was spent goofing off. The classroom setting takes on a new level of intensity as students cram in class for tests and rush to get the assignment done that was put off for weeks. People race from class to class, exchanging answers and worried looks. For a while, it looks as if these diligent students will get everything done in time. For a while at least...

At night in the dorm, there is an intense quiet. If you are an innocent bystander, you may believe that everyone is carrying through with the good work ethic from the day. But on closer examination, this theory is quickly proven false. Homework is left, rejected, on the floor, and with a cheer, young men run to their rooms to host the next computer game. Laughing and drinking soda, the would-be lawyers and doctors of tomorrow attack their best friends through the modern marvel of internet. Time is wasted, but laughter *is* the best medicine. Right?

# Who does that?

by Amanda Macumber

Aww . . . that’s so sweet! What a great catch he is. Dating. “Who does that?” asks Levi Workman. Is it all a joke? C’mon do you really think they’re the one? Why date in high school?

He called me, and told me I was beautiful!

Dating is fun. Seriously, who doesn’t like to have a good time, get nice things, and have sweet comments said to them? But then there are times when enough is enough. “High school is a great time to make FRIENDS,” says Andrea Cook.

We ate together in the Cafeteria today!

There’s a fine line between friends, and--ya’ know--more than that. Both are great. But think about it. Are you ready for the ball and chain, or do you like to run free? Before all else you have to be a friend to have one.

I saw the way she looked at him!

Dating is so confusing. Is it worth the stress? Remember being who you are is vital in all relationships, As Andre Gide said, “It’s better to be hated for who you are, than loved for who you’re not.” Always be yourself.

Friendships are a necessity for life. Date, or don’t date, but no matter what you do, always build your relationship on a firm foundation of friendship. So the question remains: “Who does that?”

# Pests give no hope

by Emily Muthersbaugh

Fall is here! It has arrived; there is no doubt in our minds. You see, there’s this special thing that happens after students have been in classes for several weeks and think they’re safe amongst the wheat fields. There is a sore reminder of the real truth. Oh, the campus has been moderately rained upon for several days and the sun has come out, giving hope to all with sharp beams of light scattered about. But troubles are not over. We have a new enemy at hand, more taunting that gray rain clouds: the fly.

At first we smile at the white specks fluttering about the sky while the sun sets, but they wear out their welcome. Desperate figures all across campus run hastily through these clouds lest they be covered unmercifully in them. Sitting in the cafeteria, looking out the long strip of windows, you can see these people swatting at the pests as they hurry to get food. But there is no hope, for upon entering the building they now see the wretched truth: they have been covered by the fluttering horde and now must begin the tedious process of removing them like lice from their heads or brushing them off like snow from their shirt, or--sometimes--even pulling them out of their teeth.

Is there a solution in the matter? Can we escape this inevitable invasion? There is but one answer. NO!



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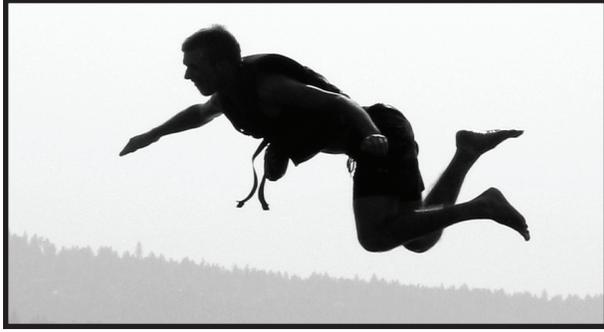
## ECHOES

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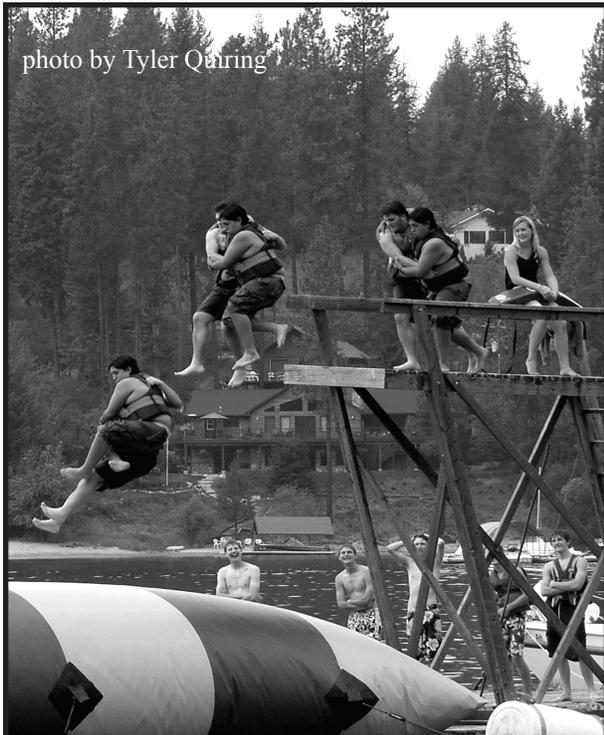
# Fall Picnic

by Nancy Ruiz

Fall Picnic was really fun this year. Everyone go up early to make their lunches and go to worship before taking off to Camp MiVoden. The students were all happy because for many this was their first experience of the Fall Picnic at MiVoden. Last year the trip was cancelled so money could be donated to disaster relief.

Once the buses arrived all the students began to have fun. There were a lot of things to do. A few students began to play beach volleyball, while others were blobbing, wakeboarding, canoeing, swimming and riding the sea wasp. After a long day of just having fun and hanging with friends, everyone was ready for the pizza provided by the ASB. Then it was time for worship and the ride back to school.

It was a fun day, and nice to get away for school work and books for a while.



# Students pursue their music dreams

by *Bill Lenz*

During the first two weeks of school, students put themselves out of their comfort zones to audition for Band and Choraliers. I auditioned to play the trumpet in band, and to tell you the truth, I was a bit nervous. Like most band students, I hadn't taken the energy to reach into my trumpet case all summer to practice. At audition time, I was regretting not practicing, but I just had to audition. I walked into Mr. Kravig's office at the appointed time and began the audition. To my surprise, it was over before I knew it, and it wasn't as difficult as I had imagined. "Phew," I thought, "I'm glad that's over." But then I began to worry about my audition. Could I have done better? Would Mr. Kravig like how I played my trumpet?

In the meantime, Choraliers auditions strike the same sense of fear into many. For some reason, when students go to try out for a sport or a music group, teachers that never seemed scary before all of a sudden become people that can frighten stampeding herds of hamsters. A big guy with a deep voice like Mr. Anderson's doesn't help reduce this feeling at all, but the teachers are always nice and try to be reassuring as students endure their auditions. For Rhonda Prokopetz the experience was positive but a little nerve-racking. "First you go in and sing scales, do some sight reading, and then sing a duet with Mr. Anderson," she later recalled. "The most exciting part was leaving when I was done."

Although auditions aren't exactly fun, they are an essential part for any successful music group. Teachers have to be able to place kids where they will be most helpful to the group and choose the needed members. Yeah, it's not fun, but good music requires those uncomfortable moments.

# Boredom rampant in dorm

by *Tyler Quiring*

Those students who have succumbed to the vicious wiles of the problem of boredom--a constant issue in the dorm--do not have to despair any longer. There is hope. There are techniques that one may employ to fight boredom, especially boredom in the dorm.

Firstly, there are the general activities one can instigate. Dorm floor hockey tournaments can be organized by floor, with different floors battling for dominance. One could organize craft or origami parties, which could consist of making special crafts for the elderly or for those going through hard times.

Secondly, one could do more personal activities or activities in dorm rooms. These could be such things as friendly board games, writing encouraging cards for other students, or even personally-held Bible studies in one's own dorm room.

If things get too unbearably monotonous in the dorm itself, there is always the ever-present Harvester to walk to (with permission, of course). This constitutes a wonderful and healthy group activity that is fun for all and provides exercise, fresh air, and a momentary escape from the seemingly endless routine of dorm life.

Such activities could free many students from the monotony of dorm life and show them a new side to living in general.

# H.O.P.E. Task Force

by *Jessica Alvarez*

Hope Task Force is an event where the student body and the faculty members help other people everywhere.

Upper Columbia Academy started this program in 1993 when the faculty took a bold step of faith and voted unanimously to make a meaningful community service program a part of UCA's curriculum. All classes and other activity would be suspended so that everyone could be involved in the project. And that's how it been ever since.

UCA has been involved in this event for 13 years now and takes the opportunity to show the community that there is still a helping hand among the youth in society. The students get involved in nursing homes, humane societies, social service agencies and many other places. And this involvement does not go unnoticed. UCA gets great feedback from the community and it helps students feel better about themselves.

Hope Task Force helps the community in so many ways and represents the Adventist world. It also educates students about the diverse needs within a community and shows how to meet those needs.



*Junior Kyle McCluskey designed this year's HOPE Taskforce t-shirt. The colors are black, grey and green.*

## Back stairwell closes permanently

*Ian McCluskey*

What? The back stairwell closed? You've got to be kidding me. Why? For how long? Permanently? When did this happen?

One of the changes in the men's dormitory policy this year was the closing of the north stairwell. The exit doors are still in use but the stairwell is off limits. This is an adjustment for returning students who were used to running up or down the stairs to appointments.

A random survey taken in the men's dormitory in regards to this issue revealed surprising results.

Approximately 50 guys were asked if they were for or against the back stairwell being closed to all students. Results revealed the following statistics: 10% were in favor, 20% were against closing the stairwell, and 70% didn't care either way because it didn't affect them.

Strong opinions were voiced by some of the students. Those in favor of the closing felt it was easier for the deans and front desk workers to keep track of the students. Those opposed felt it was a major inconvenience.

Dean Willis feels the noise level will be greatly reduced because the stairwell tends to echo loudly.

Dean Brian felt the closure would make it easier to monitor students entering or leaving the dorm without permission.



*David Penno from Georgia was the speaker in September for the first Week of Prayer. Two more such weeks are scheduled this year.*

## Newbies invade campus

*by Daniel Ecklor*

Getting adjusted to a new school is always a tough but interesting thing to do. According to Mrs. Lacey, school registrar, here at UCA there is, on average, about 120 to 140 new students each year. Sometimes they are easy to spot. They're the ones at the end of the cafeteria line, standing there, holding their trays looking for a familiar face and a spot to sit down. Sometimes you see them wandering the halls with bewildered looks on their face.

Some of us have forgotten what it was like being a newbie, so I asked a few people what the most difficult part of being new was. Some of the responses were: "trying to find friends," "getting used to the schedule," and "not knowing any girls." One particular thing a student noted was the number of people here. Several new students are coming from much smaller or larger schools, and that takes some getting used to.

Another aspect of being new is adjusting to dorm life. Getting used to your strange and possibly smelly roommate can be quite a challenge as can trying to concentrate on your physics homework while mobs run through the halls.

From what some of the new students have told me, I understand that the beginning of the year is a critical time. It's the time when you get to know fellow inhabitants and try to find a place where you're comfortable. Being new is definitely a challenge, but it also doesn't last very long. Soon the newbie's will be veterans. And the cycle goes on.

## Fad keeps everyone talking

*by Sasha Bothe*

Myspace is "a place for friends." It allows anyone to create a profile that the whole world can see through the internet. These days, it seems, everyone has a Myspace. It makes keeping in touch with friends easier. Myspace is also a place where some people vent their problems or issues or announce events in blogs or in bulletins. This way people can be informed about upcoming concerts or happenings or help a friend with a problem.

"I love decorating my own page. I could spend hours doing it!" Kristina Rhuman said. "I just love uploading new pictures and changing my background." Myspace can help you express your own creative side as well.

But Myspace is not always a fun and safe website. Many people receive messages or friend requests from people who have Myspaces for the wrong reason. Another negative part of Myspace is that people put provocative and inappropriate pictures on their pages. This is a big reason why UCA does not allow Myspace to be used on campus. But by making your profile private, you can avoid people you don't know from seeing your Myspace and just let your friends see it. This helps make it a safer website for users who are sensitive about who sees their profile.

In the end, Myspace is both positive and negative, but so is every profile and chat oriented website. So whether you are a regular on Myspace or are totally against it, realize it is just another fad for the generation today and eventually will be pushed aside by something bigger that will have everybody talking.



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## Registration day

by Lizette Arizmendi

It was just another ordinary day in Spangle, Washington, on August 27, 2006. The sky was blue, the sun was shining, and the roads were empty . . . with the exception of: Spangle -Waverly Road. This was because summer had ended and school was starting. Two hundred and eighty-nine students from cities all over Washington, Idaho, California, Oregon, Utah, Alaska and even Korea came to register.

Registration day for some this year was exiting as they got to see old friends and teachers. For others it was a stressful experience as they waited in the long lines by the business office trying to make financial arrangements so they could begin gathering all the signatures. Registration day sometimes can be a long process for people waiting in the long lines in the Ad building and in the Gym, trying to fill out all the necessary documents and get the registration paper signed at all the stations. That, of course, is why students receive a packet in the mail weeks before school starts so that they can know what to expect and get ready for.

This year everything went normally. Students had to get their packets and go around the different stations in the gym to get their paper signed. Refreshments were served outside by the gym and the music building, which was great considering it was a really warm and exhausting day for everyone.

The afternoon was awesome! After registration, all of the students, faculty and staff gathered up at the ball field for supper and the traditional handshake. Afterwards, everyone watched an amazing slide show of pictures taken during the day.

The trick to surviving registration day is just to plan ahead and pay the entrance fee ahead of time. Mr. Patzer suggests that planning a class schedule ahead of time would make this day go a lot faster and be less frustrating. But regardless of how your first day went, the year has begun and hopefully everyone will have a fantastic time.

*(Aerial photograph taken by Jonathan Woodruff)*

