



UCA missionaries

by Heidi Spady

Four o'clock came early the morning of Sunday March 14 as several excited UCA students piled into the bus headed to Seattle. They were going on a mission adventure to reach out to the people of Borneo.

After riding buses and planes and dragging lots of luggage around for more than a day, the group ended up in Kuching. After a few days of touring and shopping, the students were ready for the upcoming days of work.

Arriving at the longhouse, the young missionaries were welcomed by the whole longhouse with kindly hellos and a dancing ceremony. Then, after a short night's sleep, the students set out to their work sites. Half of the students worked building a church while the others worked on a community center. Through lots of sweat and aching muscles, the church was built and the community center was built higher than expected. Then after a tearful good-bye, the students left.

With the work they came to do finished, the group was ready for a little break. This was well taken care of by a few days on some beautiful islands surrounded by clear water. On the islands the students enjoyed snorkeling, seeing all kinds of sea life, tanning (or burning) in the sun, and exploring the island they were on. Friday and Sabbath passed too quickly on the blue watered beaches, and it was time to go home.

After a flight, a short layover spent in Korea touring, and another long flight, the group arrived home on their second Sunday after crossing the International Date Line. Left with souvenirs, pictures, and memories, the students came back that Sunday evening with a sense of fulfillment.



Keith Carter

The new church in Borneo

Yakima mission trip

by Sunwoo Lee

The 15 students and 3 sponsors headed for the All Nations Center near Yakima were the last mission trip group to leave school when spring vacation started. It wasn't a long drive to the Center where the group was led by Doug Brown, junior Mishayla Brown's dad.

On the first day, the team was separated into small groups and started working. Some built and painted a ramp for wheel-chair access, some picked up garbage, some practiced a play for Vacation Bible School, some repaired a house roof . . . There was much to do.

On Monday, March 22, all the people who had been helped were invited to dinner. The dinner was successful and included really good salmon, vegetarian burgers, hotdogs, chips, and homemade ice-cream. One woman gave them a gorgeous key chain to show her thankfulness.

On Tuesday, the group left, promising to return next year, with everyone feeling they had made a difference and had a good time. As is usually the case, the students from UCA went to be a blessing but discovered they were the ones who had been blessed the most.

After spring break

by Elliott Berger

Home leaves come around about every three to four weeks. The short break away from school can be very relaxing, but there is a downside to most everything, including home leaves. Although it is nice to receive a break, it is easy to get too comfortable with not being in classes and putting off homework.

However, it is extremely important not to forget why we are here. As we come back to school, a wave of things we set aside in our brains suddenly returns, and reality gives us a good jolt. Pay attention. As you finish off the year, make it a strong finish. Don't be brought down by procrastination and thoughts of summer. You have made it this far; make the ending of the year worth your time and energy. Use the last home leave wisely; don't let it add to your problems.

Congratulations, everyone, on making it this far, and keep the standard high to the very end.



Grandparent weekend

by *Shannon Gaskill*

What would we do without grandparents? Well, first of all, we wouldn't even be here in the first place! However, there is much more than that! Without them we would miss out on all those fun memories of being spoiled with all those treats, and all those great stories they have to tell. We would also miss out on all the great advice, encouragement, and love they have to give us.

Since our grandparents are so special to us and play such a vital role in our lives, UCA sets up a special weekend every year just for them. This is a weekend where we show our appreciation for them, spend special time with them, and show them our talents.

This year's Grandparent Weekend was March 12-15. The highlight of the event was the Spring Arts Festival on Saturday night. There were a variety of talents shown that night. Students in the art department displayed their paintings and other pieces of work and the gymnastics team put on a short program that everyone enjoyed. However, the majority of the program was music. The choir, choraliers, and octet sang some fun songs and the band played several pieces. The band even managed to pull through when the power went out in the middle of the last piece! It was such a great ending to the program and everyone was excited!

Thank you so much to all the grandparents for coming and supporting us. It was fun to see you and show you a little of what we do here at school. You are all very special to us. Hope to see you next year!

4-year senior benefit

by *Michelle Palanuik*

What an incredible night it was! There was great food, fun activities, friends, and family crowded into the cafeteria for the annual 4-Year-Senior Food Fair.

Dorm students were given eight tickets that they could spend at the food booths or for activities. Along with a wide variety of food, activities included putting people in jail, balloon animals, and a kissing booth (no, not real kisses, just a rubber stamp). The event was a great time for students to get together and have some fun while raising money for the four year seniors.

When I asked a fellow student what she thought of the event, she said, "It was fun but the curly fries were a little salty." But the party in the cafeteria wasn't the end of the evening. Afterward, there was a varsity basketball games against alumni. Now tell me that wasn't a good way to end the night . . . although alumni won both games!

Band, Choraliers tour the West

by *Jenna Carter*

It was early evening on March 3, 2010, when a group of excited UCA students headed out to share their talents with the people along the west coast.

The days away were spent driving long hours, arriving at performing venues, setting up, performing, packing up, and setting off on the road again. As each performance took place, the students sounded better and better. From playing and singing for kids at schools to performing for UCA alumni in Seattle's Bastyr University Chapel, it was truly a great learning experience for all the students, and traveling to Hermiston, Eugene, Tillamook, Vancouver, and Seattle gave them a welcome change of scenery.

The last day on tour, the students could choose to go skiing or shopping around Seattle. Although most students chose to shop in Seattle, both options were a great break from the hectic tour schedule.

There were students who did not go on tour, of course, and regular classes continued for them. "The whole campus seemed empty," said Heidi Spady. Overall, the tour was great, but it was good to have everyone back together again.

Warm hearts, cold shoulders

by *Doug Jahn*

As the valentine season crept upon us, the UCA campus partook in an ageless tradition: Heart Day. During this time the ad building hallways are laced with students wearing paper hearts who won't talk, wave, or even acknowledge the opposite sex. The goal of this event is simple: make it to the end of the day without losing your heart. The rules state there is to be no talking, texting, waving, or even recognizing the opposite gender.

February 8 found the male students first with hearts around their necks and emotion ridden expressions on their faces. Most guys found ignoring their female friends particularly hard. "It is so hard not talking to or even acknowledging the girls," said Jonathan Hays.

While some guys fell into the verbal trap that made them ultimately lose their hearts, others just gave their hearts away. "It's easier just to give it away; then, you can actually talk to friends," stated Manuel Alcala.

February 9 gave the female population of the student body the chance to return the cold shoulder, and the guys the opportunity to return the previous day's harassment.

While most teachers classified their classrooms as safe zones, others, like Pastor Fred and Mrs. Wickward, add a little spice to the game by declaring their rooms as a safe zone only to members of the same gender.

By the end of Tuesday, several girls and guys had been able to steal an impressive number of hearts. Still, some quiet souls were able to avoid all the verbal and gesturing traps that had conquered their less-determined peers and became the victors of this traditional game.



Rachel Blake, Mitch Thorpe, Andrew Woodruff, and Brianna Woodruff perform for the Senior Talent Show



The truth comes out

What UCA girls really think of Facial Hair February

by *Alanna Augustin*

Every year, things go the same way: Handshake, Class Night, Thanksgiving Break, and Christmas. Then what? There is a bit of a lull in events between Christmas Break and Spring Break. Things get a bit monotonous, which seems to really bring out creativity in some of the UCA students, namely, the guys. In some dark chapter (or was it an enlightened chapter?) of UCA history, some very creative gentlemen decided that to beat the spring doldrums, it would be a fantastic idea to grow out their facial hair for no less than a month. The idea caught on and now, according to Dean Henson, it is an annual event, with judging taking place during Lumberjack Week in the boy's dorm.

When asked what she thought about Facial Hair February, Alyssa Crain said she thought some people looked good while others looked rather wild. She advised that if you do pursue having facial hair, you shouldn't grow too much and it shouldn't be too bushy.

Taking Alyssa's advice would definitely be a detriment for winning the prize for Fullness, one of the three judging categories. Style is another category, as is Sparcity. (I believe this word was created for use in Facial Hair February, and, explained by Dean Henson, means "the lack thereof".)

"Sparcity," said Alanna Augustin, "is definitely a category in which even girls could excel." Karalee Rhuman stated, "I'm glad I don't have facial hair. I wouldn't participate if I were a guy." Danielle Wilson, on the other hand, encouraged guys to go all out if they were participating even though it sounded like a silly idea. Another factor to consider is cleanliness. Mary Egolf's advice to those who would grow out their facial hair for a month was to make sure that they wash it and make sure no food gets in it. These are legitimate concerns.

So, boys, although the girls have different opinions on facial hair, the bottom line seems to be to keep it clean and within reason, which hasn't been a problem in the past. So if you need a way to fight the spring doldrums in the boys' dorm, maybe next year is a good time to participate in this heart-warming, yet controversial, tradition at UCA.



Seniors listen attentively during Senior Recognition Weekend

Beware

by *Karalee Rhuman*

Couples are taking over UCA! Spots all over campus are being claimed by the flirtatious. Everywhere you turn, couples are tucked away in corners or sitting in trees, quietly chatting away while precious study time slips by.

Some of us are single, content and loving life. We don't need a special someone to fill a void and take up all our time. We keep busy with more important things. Unfortunately, there are only a few of us smart, single students so we stick together.

A casual count shows there are 35 official (and unofficial) couples on campus. If you think you haven't been recognized as a couple in the eyes of the student body, think again.

Chemistry for instance

by *Michael Wilkinson*

Chemistry. What does this word bring to mind? For the juniors and seniors enrolled, it creates mixed feelings. Meeting at two different periods of the day, chemistry can be both fun and confusing.

"Pull out those ion flash cards," Mr. Hartman (our fearless teacher) will say. "It's time for some look, say, see." This is just one of his many methods for drilling ions into our rapidly developing brains. Mixed sounds and emotions are guaranteed.

About half way through the period you will most definitely start to notice heavy blinking patterns changing from one second, to three seconds, to six seconds until finally you can count to twenty-five and not a muscle will quiver until you hear "ZzzzZzzz" followed by a smack! Head now resting on your textbook, you attempt to recover all information learned right before the epic fail. Cracking your eye shields open, you begin to heal the blurriness and you notice all seventeen other classmates and the teacher laughing hysterically at a rather helpless sleep victim.

On the flip side of things, students who have a desire to learn won't let themselves be distracted as they search for a better understanding. They make sure homework and studying are completed and so help guarantee their success.



UPPER COLUMBIA ACADEMY

ECHOES

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Are 7:15's dangerous?

by *Whitney Madden*

When juniors are reminded of 7:15 in the morning, they don't have the best of thoughts. 7:15 means waking up before it's even light outside to go to school! Who would want to do that? Those early mornings might be a drag, but has anyone ever thought they might be a dangerous thing?

If you're in the dorm, this doesn't pertain to you, but village kids (day students) might know where I am coming from. As I wake up extremely early every morning to drive to school, I never think of the danger I could face. I simply think nothing will ever happen to **me** out on the roads in the dark. Most people probably think that way but they should think again.

On one foggy, dark morning as I was driving to school, a deer suddenly came flying into my car. Now my dad says deer can't go that fast, but I think deer can run just as fast as they please, and when you are up so early that it's still dark outside that can be a dangerous thing. I couldn't see anything on either side of the car but somehow that amazingly athletic and not-too-smart deer sneaked out of nowhere and hit the side of my car. I know I didn't hit it. It hit me. The deer just flew right into the side of my car and dented it completely.

I know this kind of incident doesn't happen to everyone, but what if the deer had run in front of me and I had tried to avoid it? What if I had careened off the road and been seriously hurt? This incident has opened my eyes.

I think teachers should discuss the dangers and rethink the risks of 7:15 classes. Many people might take this as a joke, but wait until something scary happens to you on the highways on your way to your dreary, dreadful, and daring 7:15.

Band Clinic

by Nick Jackson

Every year, young students from junior academies and elementary schools across the Northwest and Canada fill the UCA campus for music clinics. This year the event was band clinic.

Risers and chairs are set up to make room for the mass band. Adding all of the visiting musicians more than doubled the UCA band of eighty-two.

All of the visiting students stayed in the rooms of UCA dorm residents. Friends from schools we have previously attended are reunited for a four-day period. Free time is spent in the dorm listening to music or just hanging out, but the days are filled with hours of practicing that lead to the main event of band clinic: the Saturday concert.

Friendship Tourney

by Travis Grabner

The annual basketball tournament occurred over February 11-14 on the campus of Walla Walla University. There were ten teams participating in the tournament this year.

Our girls' varsity played against Forest Lake Academy in their first game and lost. After losing their first game, they dropped to the loser's side of the bracket and played Columbia Adventist Academy in their next game. Losing that round dropped them into the ninth and tenth place game where they defeated Cascade Christian Academy to earn the ninth spot in the tournament.

The guys' varsity started out the tournament playing against Gem State Academy. Winning that game, they advanced to the semi-final round against Columbia Adventist Academy but lost by four points. Losing that game put them into the third and fourth place game. They lost the next game to WWVA, putting them in fourth place overall for the tournament.

Our guys' JV team won their first game, lost the second, and came back to win their third. This put them in second place for the guys' round robin.

Both our guys' and girls' varsity teams received the Sportsmanship Award.

Choosing a career

by Brian Lenz

Throughout the time students are in high school, the question of what to do after graduation lingers. After high school, whether going to college or getting a job, a student faces drastic life changes. It can be difficult to make the important decisions that will affect the rest of their lives.

When choosing a career, many people look for money. They will end up wealthy, but if money was their only goal, they will not be doing what they were made to do. There is an old saying, "Choose a job you love and you will never have to work a day in your life." God made everyone with special abilities and interests and when they find a job that uses them, they will have more enjoyment and success. Yes, they will have the money they need, but they will also be happy and will be honoring God.

As students plan for an academic future, they should follow the same guidelines. They should not go into fields of study they do not enjoy. College will be very long, laborious, and unfruitful if students don't enjoy or have talents in what they are studying. If they choose a college and a degree that matches their needs and personality, college will be fruitful and enjoyable.

Choose wisely as you plan how to use the talents God has given you.

Lonely weekends

by Marissa Scott

While everyone is out on tour on an open weekend, the campus seems empty and boring. You think, "What is there to do? Who am I going to hang out with? Who is even going to be here?" As you frantically try to find out who is going to be here, you might get fortunate and discover a friend is staying on campus. "Oh good, I won't be lonely after all," you think.

So, you often hang out with that person all weekend and get to know them better. But if none of your friends are left on campus, well, you have to make some new ones, and that's never a bad thing. Right?

I often find myself not knowing what to do—even on closed weekends. But it is good to have down time to myself, time to relax. So staying on campus over the weekend isn't necessarily a bad thing. It can be a time to relax, to make new friends, and to get to know old friends better.



Wendy Kroulik, Ken Wirtz, Pastor Fred and Brandon Forry play their parts for the Easter weekend presentation of "The Deliverer" at Eastern Washington University's Showalter Auditorium.



Andriana Lemon and Erika Graves play their parts as an angel and Mary for "The Deliverer."

Gymnastics tour

by Doug Jahn

The coming of Thursday evening marked the first part of the gymnastics tour. With the white bus running and nearly filled with eager teenagers, we finally departed from the UCA campus.

The first night was relatively short. All of us had to drag our tired selves out of bed early Friday morning to load the bus and be on the road by 6:00am.

The first show was at the Hermiston Jr. Academy. After setting up, warming up and stretching out, the program got underway. That first show went with hardly any mistakes, so with the team pumped, we loaded up once again and went on to the next show location, Harris Jr. Academy. The second show proved to be even better than the first, which was very encouraging to the team considering most of our routines were either new or rearranged.

Sabbath morning the sleep-deprived souls had to be up early once again, this time to attend church in Moses Lake.

After church and a delicious potluck, we headed to the park for the afternoon. The warm sun and gentle breeze made the park a good place to relax before having to go to our last show.

The last show started around 6:00 pm and went on flawlessly. After the show we had a gymnastic clinic for the kids who attended, which was pretty much the epitome of fun.

During the shows, looking out at all the young faces that made up the majority of our audiences, we could see a hint of awe in their eyes, which made the whole tour well worth it.

A gymnastics tour is a lot of fun, but most of the pastime activities are probably best left unsaid. Let's just say that Wal-Mart and a couple of other places won't soon forget the UCA Gymnastics team.

The best joy in life

by Re'Jean Coons

When you think about joy, what comes to mind? Is joy just another word for happiness or is it something more? When I think of joy, it means more than having a good time: it's a peace about what's going on in your life.

Kids are a perfect example of true joy. They are happy, care-free, and protected by their parents. They are simple and don't have to worry because they know they have someone taking care of them.

Last home leave, I went to my oldest sister's house and helped take care of my nieces. Out of all the year's home leaves, that one was probably my favorite. When I looked at the girls, I realized that I wanted to be like them. I wanted to be content, innocent, and secure with the way things were.

Everyone can have that kind of peace from God. When we are with Him we are confident in His protection, and we know that all things will work out for good because He promised that they would. That kind of peace creates the best joy you can ever experience.

Life as an RA

by Michael Wilkinson

As you may suspect, being an R.A. is quite the job with many responsibilities. One of the most important aspects is to have a positive attitude always, especially when guys are facing tough times.

Being an R.A. is a majestic experience where you get to work one-on-one with guys in the dorm. Associating and discussing with them is very enjoyable and can possibly change how they are feeling for the better.

Every school night the R.A.'s are responsible for checking in every guy on their halls into their room (for safety purposes). Then there is the opportunity to visit and pray with them and to encourage and motivate. Then we check rooms every 30 minutes just to see what activities are going on and to stop any problems that might be developing. Usually the guys are listening to music, hanging out, or studying. Geoff Hughes once said, "Positive influence equals positive outcome." This is very true, and R.A.'s try to have that positive influence.

Next time you see an R.A., don't be afraid to talk. Remember we are a family, a united team looking for Jesus Christ.

Note night

by Geoff Hughes

Note night: what a wonderful time to send notes to the girls' dorm and just feel like a total boss! You get that feeling of genuine accomplishment when you send a whole bunch of notes to girls. And it is a great time to just say hi to someone, to see how they're doing, or even to send a joke.

Sometimes you will even get an awesome note back. Other notes are really random. Once I even got a french fry.

The notes can be pretty funny and entertaining. Even sending notes to people you don't know is good since it's a way to start getting to know someone new.

I encourage everyone to write notes!

Sabbath fun

by Rachel Jorgensen

Sabbaths are such a wonderful gift from God! Each week I hear students saying they believe God thought specifically of them when He made the upcoming Sabbath. God knows that we are weak and need a chance to spend a day with Him. He knows we need to let our bodies and minds recuperate from the tough weeks in school or work.

But a big question for students on campus is what to do with their wonderful Sabbath day after Sabbath School and church. Many choose to revive their childhood nap times, now appreciating them much more. Others attend the Sabbath Afternoon Activities, planned by staff and students. Still others decide to make memories with friends and head out into the beautiful nature around Spangle with friends, some cameras, or Frisbees.

Whatever activity you choose to take part in, Sabbath is a wonderful time to relax and enjoy some time with friends and bask in the glory of God's presence.



Rain

by Michelle Palanuik

This spring the weather has been quite unusual: clouds, rain, snow, and winds that almost rip your hair out. The weather lasts all day and the rain soaks you as you try to walk to the ad building. It's amazing how the weather can be delightful at times and then suddenly change to a nightmare storm.

Storms remind me of the challenges we face every day. On one day you will feel free, free of homework, stress, parents, and siblings. Then you turn around and get slapped in the face so hard that you don't even know what happened. Things do turn bad and sometimes nothing seems to get better.

But God gives us challenges, not to hurt us or frustrate us but to teach us to push forward and not give up. If today wasn't a good day, you don't quit, you fight through the storm and go on with your life.



Andrea Anderson, Jackie Soberanis, Ty Schultz and Lindsey Rasmussen attempt to color Easter eggs.

The end is near

by Doug Jahn

With the last quarter of the year upon us, the demeanor of the UCA campus changes. It seems that the changing of the grass is a reflection of the change within the students on campus. To most this change seems to be almost surreal. The long journey of the school year, with all its memories both good and bad, nears an almost liberating end.

As the end of the school year comes within view, so does graduation. This, for seniors, tends to be a time for reflecting on our seemingly never-ending journey through UCA. Many feelings of past endeavors and hardships surface to combine into one feeling that can only be described as weird. This feeling is a result of the deep-rooted emotion that we as seniors, especially the 4-years seniors, have established during our high school days. Throughout the course of our UCA experience we have made lots friends, gotten to know many of the staff members, and have even adjusted to a vegetarian diet (at least most of us have).

With the prospect of summer jobs, college, and life in general waiting at the end of the graduation tunnel, some of us who are more apprehensive than others are worried at the very thought of leaving our safe haven. UCA has become a place that is something of a second home that we love and don't want to leave. For others, the excitement of leaving, meeting new people, changing location (hopefully somewhere nowhere near wheat) engulfs our senses as we ponder the end of the year. The bonds that have held us together for so long will soon be broken, and with that a chapter of our lives ends to give life to the next one.

We seniors have come a long way, but the ride is far from over. The ride of life after UCA will be a wild and unpredictable one, but with the help of God and encouragement from friends and family it will be a ride that holds boundless enjoyment and adventure for us.

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Experience UCA

by *Whitney Madden*

Have you wanted to be at a school where you felt wanted? Do you want a school that makes you feel like your life has meaning? It may seem that a school like that is way out of reach, but this isn't true.

Upper Columbia Academy is not just a school, it's an experience of a lifetime. The students share the same passion for God as you do and they love to share it. You can praise God whenever you want and even pray in the middle of class. UCA doesn't judge you for your past, they accept you just how you are. They treat you as God would treat you.

The spiritual part of UCA isn't everything. People are kind and you make friends so fast. Friends that share the same values you do are all around. These friends are friends that will last you a lifetime! UCA has people who will always be there for you not matter what happens.

Could a school get any better? The answer is YES! UCA has teachers who are better than you will ever find anywhere else. They care about you. The teachers work one-on-one with you and will help you as best they can. Do you know of any other teachers who will stay at school until nine in the evening just to help you get ready for a test?

And then there is the curriculum. There is so much opportunity for learning that you can't take advantage of it all. This may sound bad, but making choices is important and with all the learning you can fit in, you are better prepared for the future.

So, if you ever think about changing schools, remember that UCA is the whole package. Your spiritual needs are met, you make lifelong friends, and there are great teachers and a great curriculum.

All you have to do is accept . . . the wheat.