



The year begins

by *Travis Grabner*

The new school year got off to a great start. At registration we had 110 new students with a few more on the way.

The senior class wasn't quite as big as last year's but was holding strong at 95. The junior class gained 38 new students bringing them to 83. Sophomore numbers stood at 44 with 19 new students, and freshmen had 38, making the total number of students in the school 260. Before the first home leave, this number grew to 268.

In the dorms, the girls this year out number the boys by about ten. Some might think that's not good; however, it gives the guys better chances and a few more choices!



Flu cancels Parent Weekend

With dozens of students and several teachers down with flu symptoms, administration met on the morning of October 9 and decided to cancel Parent Weekend.

After a fire drill, students assembled in the cafeteria where they heard the news. Any who felt even a little sick were encouraged to go home for the weekend, and all students who could were asked to contact their parents by phone.

The situation was complicated by an eight-hour power outage that began at 9:15 on Friday morning. So, not only were weekend participants ill with the flu, but also final preparations for the weekend could not be made.

With the cancellation of the weekend's events, all students were free to go home or to the homes of friends. For those who remained on campus, only a few activities remained in the schedule so everyone could get plenty of rest.

The administration hopes to reschedule some Parent Weekend events.

FIRST SEMESTER ASB OFFICERS

President	Sara Rose
Vice President	Daniel Jenks
Chaplain	Derek Riffel
Secretary	Mellisa Still
Treasurer	Trent Fisher
Sgt-at-Arms	Rachel Jorgensen
Historian	Austin Short
Pianist	Grant Perdew
Chorister	Cassie Stenquist



LIVE ABOVE THE INFLUENCE

For the grace of God has dawned upon the world with healing for all mankind; and by it we are disciplined to renounce godless ways and worldly desires, and to live a life of temperance, honesty, and godliness. Titus 2:11+12



Students appear to be having a good time at the Harvest Party in the Gee's barn. The party on October 3 was held for both academy students and local church members.

The waffle maker

by Allie Suppé

The Waffle Maker is an amazing thing. If you go through the food line and nothing seems to be appetizing, you are sad. "Well I guess I won't be eating," you might say. Then, a glittering black object catches your eye. Over there, at the far end of the counter, it shines. The Waffle Maker. Your entire mood changes because a waffle is the ultimate source of happiness. A cup from the cup dispenser in hand, you pull that little lever and out pours golden batter. You pour it into the waffle maker, and after what seems like the longest 2 minutes and 30 seconds of your life, the waffle is done!

Once it's on a plate and buttered, you must make the most crucial decision: what to put on it. Peanut butter? Syrup? Applesauce? Honey? It doesn't really matter because whatever you decide, your day just got a whole lot better thanks to the waffle.

College Fair

by Michelle Palanuik

Have you ever wondered what you were going to do out of High School? College might be an option, so might working at a fast food restaurant or just sitting around doing nothing. It's a life-changing decision.

On September 30, there was an opportunity for seniors to learn more about several Adventist colleges. It was the annual College Fair in the gym, and all the seniors seemed to be having a great time talking to the college representatives. The seniors learned about costs, scholarships, majors, extracurricular activities, and transferring credits between colleges. All the possibilities made it clear that choices would be difficult.

There was a worksheet seniors had to complete before leaving, and a lot of people didn't take it seriously and kept putting it off. But if you really looked at the questions, you could see how the answers could benefit you in the future. If you keep thinking there is nothing you want to do with your life, you won't accomplish much, but when you have an open mind and want to explore new things, you will be amazed to find how many exciting activities, classes, and people there are to discover.

If you choose to attend college, going to UCA and experiencing dorm life gives you a big head start. If you are not interested in college so much, ask some of your friends about it and see what they have to say.

Cafeteria changes

by Tyler Shupe

Changes have taken over in the Cafeteria. Staff have come and gone, new items have come, and, of course, items have disappeared.

First of all, a big change is that Mr. Blankenship (known to students as Mr. B) has moved to Union College to be Food Service Director, and Ms. Serack (Miss Denise) has move to the Gem State Adventist Academy cafeteria. Mr. Santee has been hired as the new Food Service Director and Mrs. Lisa Randall has taken the job as Assistant Food Service Director. Probably the biggest change is that there are no more trays. There are many mixed feelings about this. The staff think that it is great because it cuts down on food waste, while students think it is horrible because they can't carry as much. Derek Riffel, for instance, says he normally gets more than one plate of food and now it's harder to carry it.

A couple of new additions to the cafeteria are waffle makers for every meal and a cooler to hold soy milk and hot sauces. This makes it very convenient for students and because they don't have to go into the kitchen there is less congestion for the kitchen workers while they are back there.

Most of the changes in the cafeteria are possibly for the better. We will just have to wait and see what effects they will have during the year.

Fall picnic

by Shannon Gaskill

September 16 brought about excitement on campus as the whole school was headed up to Camp MiVoden for the annual fall picnic. To start off the day, a quick worship thought was given by Sarah Rose and then around 9:00 the buses were loaded up and the trip was underway.

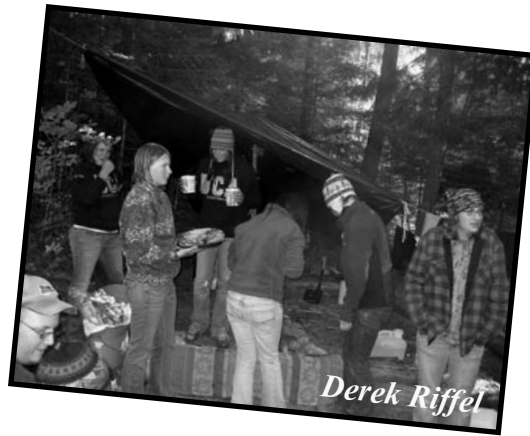
When we arrived, not even five minutes had passed before a volleyball game had begun, footballs were being tossed, and the first groups of people were headed toward the water. Soon everyone was out and having fun. The lifeguards were kept busy as students were climbing on water walls, launching off the blob, paddling out in a canoe or just messing around in the water. Boats were taking groups out for wakeboarding, waterskiing, and rides on the sea wasp. The camp's pool, hot tub, and ping-pong tables were also available.

These activities never slowed down until dinnertime. After everyone was fed pizza and salad, we all gathered around for the evening worship. Since the first Week of Prayer was going on, the guest speaker, Sid Hardy, gave a powerful worship thought. The highlight of the night was two new decisions for Christ. Sam Fickel and Veronica Voelker both chose to publicly show their desire and commitment to follow Christ through baptism.

Even though many sun burnt and tired students loaded the bus later that night, the fall picnic will still be a highlight of this year.



Pastor Sid Hardy
UCA Class of '95



Cook or starve

by *Brianna Woodruff*

Out in the woods for almost a week at Senior Survival, seniors were forced to use their cooking skills or go hungry. From charred hash browns to simmering chowder, food at Senior Survival offered a wide medley of tastes.

Before breakfast and supper, seniors were given five-gallon buckets filled with food that they were to prepare for themselves and their counselors. The food ranged from hot dogs and macaroni and cheese to fresh fruit and vegetables. There was always juice and sometimes hot chocolate. Some groups had no problem making delicious deluxe meals over an open fire, but others had more trouble. An alternative to cooking was eating the food raw, which, some claim, was better than starving.

The incredible kitchen crew prepared lunch every day for all the students and staff. This provided a welcome opportunity for seniors to just chill and not have to worry about whether their meal would turn out.

When asked about the cooking experience, Zachary Weijohn replied, "It was awesome!" Rachel Blake said, "I enjoyed it because the cooks gave us a lot of diverse foods to work with and we had good chefs in our group." Felicia Hughes said, "It was great because everybody else cooked for me." And Breanna Johnson added, "It was great because we all worked together and the food was really good."

A new addition to the cooking supplies this year was the Dutch oven. This made cooking things like potato chowder and peach cobbler possible. A Dutch oven was even used to bake a birthday cake.

Whether enjoyable or not, the Senior Survival cooking experience was memorable for all.



Six feet of chills

by *Tyler Redberg*

Senior Survival is known for the coldest, most terrifying bathing water ever. But at Senior Survival not everyone always takes a bath, but those who do know how cold the water is.

There is a dam in a creek that makes a bathing hole that is about six feet deep. But that six feet was the coldest six feet of water. Brian Bautista said, "You could only stay in the water for less than a minute; then, it felt like you were going numb."

The hardest part of the bathing experience was actually getting into the water. You could see the chills going up the backs of those who tried. Some of the guys who planned to take a bath took one look at the water and left.

By the end of the week, most of the guys had given up on the bathing idea. So, don't assume bathing is a regular part of the Senior Survival experience. Think again!



UPPER COLUMBIA ACADEMY

ECHOES

is a regular student publication of
Upper Columbia Academy, Spangle, Washington 99031
This issue's contributors included:

Michelle Palanuik, Tyler Shupe, Allie Suppe, Shannon Gaskill,
Tyler Redberg, Brianna Woodruff, Alex Drury, Andrea Anderson,
Alyssa Prohaska, Derek Riffel, Michael Wilkinson, Heidi Spady,
Felicia Hughes, Amanda Johnson, Robert Gatchalian,
Rachel Blake, Rebecca Deacon, and Stephen Lacey, advisor

2010

A canoe campout

by Alex Drury

On a crisp Friday morning on September 11, some of UCA's junior class loaded up the bus and headed off to Priest Lake for the canoeing outdoor education experience.

The three-hour bus ride included singing, laughing, and sleeping. Upon arriving at Lionhead, a beach and camping area on the far side of lower Priest Lake, we unloaded our bags, food, and other items and started packing them into the many canoes. After two hours, we finally got on our way to our campsite on Upper Priest Lake.

Some canoes took an hour or two, others took more, but everyone was ready to get out by the time we reached our campsite. The campsite UCA usually uses was occupied, so we moved to another. Unfortunately, the new campsite didn't have handy restrooms, so you either had to walk about a quarter mile or canoe to the neighboring campsite . . .

Friday night was filled with worship, singing, and canoeing. After Sabbath School and church on Sabbath, everyone got into canoes and went up a small canal to participate in "The Plunge." Everyone swam in the freezing cold water, creating a memory not soon to be forgotten. That night was filled with more singing, stories, and canoeing.

By Sunday morning, no one was looking forward to canoeing back. After the canoes were full and the beach was clean, everyone headed back to Lionhead. By two o'clock all the canoes were unloaded, belongings were packed, Soule had played a prank on Mrs. Wickward, and everyone was ready to head back to UCA.

This weekend really helped us grow together and get to know each other better while having fun, growing closer to God, and enjoying God's beauty in nature.

The moments

by Andrea Anderson

It all began on chilly Saturday night. It was about eight o'clock and almost dark. Both the dorms were emptied and locked, and everyone was told to dress warmly and head up to the football field.

As the bundled bodies had almost made it to the top of the hill, they caught the smell of popcorn and cotton candy drifting through the air. The fall festival was in motion.

Looking around, they noticed a face painting booth, exciting wheelbarrow races, and people eating donuts hanging from strings. Certain ASB officers allowed their faces to be sponged by much too eager students, while others embraced a new look and dressed as clowns. Many students participated in the activities but some, instead, spent their time chatting, eating, and photographing the moment.

This was exactly what UCA students needed before a day of dreaded Sunday school. Thank-you, ASB officers, for planning such a wonderful night of fun.

Intrepid backpackers head east

by Alyssa Prohaska

Sleeping bag? Check. Tent? Check. Food? Check. Backpack with hip belt? Check. No, this wasn't Santa checking his list twice, this was the few, brave students packing for the annual Junior Outdoor Ed backpacking trip.

On September 11, seven intrepid Juniors hopped into a van and headed for the scenic mountains of Idaho. After turning off I-90, we bounced along a gravel road to the trailhead. Eagerly we put on our packs and started the ascent to Stephens Lake. We finally caught sight of the aqua-colored water of Stephens Lake, pitched our tents, and were ready to have a good night's rest.

Sunbeams hit our tents as we awoke to a beautiful Sabbath morning. After worship, the group dispersed to two different destinations. One group headed up on to the ridge while the other headed to Upper Stephens Lake. After everyone returned to camp, we relaxed until supper and worship. The lake was a perfect spot to sit and read your Bible while others found their tents to be more comfortable. At worship, Dean Henson spoke to us about how important our gifts are and asked each one of us what we thought our gifts were. Then we piled into our tents to have a restful sleep so that we could be ready for the morning.

When morning came, we got up and tents came down. Everyone started packing their backpacks and getting ready for the trip down. Some of us didn't want to leave the calmness of the lake, but the time came when we had to leave. Departing the lake, we started down the trail at a brisk walk. After reaching the parking lot in half the time it took us to get up, we put our backpacks in the van and headed back to UCA.



Canoes on Upper Priest Lake



Class night

by Heidi Spady

As the rush of people swarmed into the gym, shouts went up. It was Class Night 2009 and everyone was psyched for the upcoming events. The class colors, green, red, blue and white, tumbled like clothes in a washing machine and each class went to their appointed corner and waited impatiently for the contest to begin.

“Bring me a schedule,” Soule shouted, and the rush was on with students from every class frantically rushing towards the mat with their schedules. This continued along with air raids and victory laps around the gym. Then, when everyone was so hot that they were about to explode, they all headed outside to compete some more.

First up on the field came the four-way tug-of-war. Again the colors fought for victory. Funnily enough, each class won one tug each. Then came time for the bat-spinning relay. People were running around in circles and stumbling and falling down afterwards. After that came the sponsor-carrying contest, where each class was supposed to carry their sponsor across the field several times. Finally, after a failed attempt to toss water balloons clear across the field, people gathered for donuts and milk.

Eventually, everyone walked back in the dark to their dorms with enough school and class spirit to carry them through the school year.



Being part of a team

by Derek Riffel

Gymnastics is a class that teaches teamwork, discipline, and how to have fun; and at the same time you get to learn how to do gymnastics.

Starting at 4:15 p.m. every day, the gymnastics team meets to practice on new routines. The students join gymnastics for different reasons. Jessi Brewer, a junior, joined because she thought that it would be fun and exciting. And Robert Gatchalian, a senior, joined because he wanted to get involved and be apart of something. “This year’s team has the potential for being one of the best teams in a long time,” said men’s captain Derek Riffel.

The team has been through two weeks of tryouts and is now working on their routines. They have worked on all sorts of things from the simple forward roll to a complicated three high.

The gymnastics team will be making several tours to different schools and doing halftime shows for college basketball games. And if things go according to plan, they will be traveling to Alaska to do a tour over the April home leave.

“Even though its hard work and at times you won’t like it, it’s definitely worth it in the end,” said Daniel Jenks.

Life in Choraliers

by Amanda Johnson

After lots of practicing and excitement, 25 students were chosen for the elite choir group, Choraliers. This is the second year in Choraliers for some students, but for many it is a new experience, and being new to Choraliers is an adventure.

Rachel Blake, a new senior, said, “I like it a lot actually. I really like Mr. Anderson and the songs we sing. It is a lot of fun too! It never feels like we are rushed.” In Choraliers there is the new experience of actually learning music, instead of just trying to blend with the large choir. Choraliers members have to know their music well. For Felicia Hughes, it is exciting to be in Choraliers. “It can be intimidating though,” she says. Learning how to overcome the fear of singing in a small group is a very important part of Choraliers.

As part of the new experience, each member has a folder for keeping all the pieces of music. And then there is the dress: matching dresses for the girls and vests for the guys. It is nice to have everyone in matching uniform for performances.

It is a good group and a great experience. If you are not in it and would like to be, keep practicing. Work hard as a leader in your section of the choir and at your voice lessons. It will help you a lot.

Freshman campout

by *Robert Gatchalian*

Freshman Campout doesn't just bring freshmen together, it also includes some of the seniors and faculty.

On August 23, 2009, school started for everyone, the freshmen, sophomores, juniors, and seniors. Many of the students in most of the classes already knew each other, but a lot of freshman didn't know anyone. That all changed after the Freshman Campout.

Freshman Campout was designed to bring every freshman class together by solving problems as a class. Some of these initiatives included the mysteriously-named Crossing the River and The Barrel.

In Crossing the River, the class had to walk on pieces of wood to get to the other side of the obstacle. It was the hardest task the freshman had to do. They argued a lot, some got frustrated, and some didn't cooperate. That made the task even harder. But once they completed the task, they all realized what they should have done. They should have cooperated, worked as a team, and listened to each other to help solve their dilemma.

On the next initiative they had to fill a barrel with many holes with water. This was their favorite challenge by far because they got to play in the water. To solve the dilemma, they filled their barrels with rocks, people, and anything they could find to try to make the water rise faster.

All in all, this was a fantastic trip and the freshmen united as a class. But the spiritual atmosphere and cooperation was not limited to the class: the sponsors and faculty also felt the touch of God on their lives.

Campus couples

by *Rachel Blake*

Campus relationships have always caused controversy amongst students. Are they harmful or beneficial?

Perhaps campus relationships can be good for students. They can help teach commitment and build character in preparation for life in the future. Jessica Redburg claims dating on campus is better than dating at public schools because couples don't get so physical here. She also thinks the fact that nearly everyone here is of the same religion makes things easier. It is possible these friendships can help to build spiritual strength and self confidence as well.

But relationships also can be harmful. Poor communication can lead to nasty break-ups, and at a boarding academy it is hard to get the distance you need after a break up. Demitri Kolpachoff thinks it would be hard to break up with someone and still have to see them every day. It is also very easy for students to get distracted from their studies while dating. Grades could decline and jobs could be lost.

Despite the risks, some students continue to date and face the consequences

Capture the flag

by *Rebecca Deacon*

On September 12 at 8:00 p.m., UCA students gathered to play the annual Midnight Capture the Flag on campus. This event was eagerly looked forward to because it's a great opportunity for the different classes to get together and get to know each other.

You could hear the joyful chatter and laughter of the eager students as you neared the flag pole, where they were gathered to receive instructions. Dean Hess quieted every one down, and you could feel the excitement bursting from everyone as they impatiently waited for him to give directions so they could start.

The teams were the upper classmen and the lower classmen. The seniors and juniors were sent to one corner of the lawn and the freshmen and sophomores were sent to the other. Then the two teams were given 5 minutes to go choose the locations for their jails and flags. When the 5 minutes were up the teams met back at their corners and Dean Hess told them that when he blew the whistle it meant they had 1 minute to run and hide. When they heard the whistle a second time, the game was on.

The students all stood silent waiting for the whistle. The anticipation was intense. Then the first whistle was blown and a rush of students covered campus, shrieking and calling to each other about the best spots and plans. After what seemed not any time at all, the second whistle was heard and everyone began running around and playing the game.

The game continued for over two hours when the final whistle was blown. Then a crowd of tired, breathless, and sweaty students gathered around the fountain, which had served as the border line in the game. Dean Hess announced that the freshman and sophomore team had captured the flag of the opposing team first but had run out of bounds. So the juniors and seniors, who had later successfully captured the freshman and sophomore flag, were declared the winners.

A loud cheer went up . . . from half the group.



UPPER COLUMBIA ACADEMY
3025 E Spangle-Waverly Road
Spangle, WA 99031



RA cleanup

by Zachary Weijohn

Every year student workers come to school early and prepare the dorms for the arrival of students. These workers are the Resident Assistants (RA's).

The RA's do a variety of tasks during the week before school starts. The jobs vary from cleaning toilets to painting rooms and bathroom stalls. They also vacuum halls and clean showers. But perhaps the most significant of all these tasks is checking rooms. At the beginning and end of every school year the dorm rooms are checked for damages. The RA's look for the smallest details including counting scratches and dents and knife marks in closet doors. According to RA Seth White, there can easily be 100 knife marks.

The RA's do several other things as well. They go through the RA and dorm handbooks and discuss rules and regulations. They talk about different scenarios that might come up while working on the job and how to deal with them.

At the end of the week the RA's and deans all go to the Old Spaghetti Factory for a meal. According to RA Josh Gaskill, "We learned a lot of good things about perseverance and hard work with a little free time on the side."

