



# ECHOES

UPPER COLUMBIA ACADEMY

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## Students, staff eat beans, rice

For lunch on the three Thursdays before February homeleave, students and staff happily ate a meal of only beans and rice. Such a simple menu saved the cafeteria money; in fact, it brought down the per meal cost to 25 cents, according to food service director, Kelly Santee. The idea was to give the money that was saved to Haitian relief.

So \$3 (somewhat more than was actually saved) for every meal served went into the relief fund and by the end of the third week \$2100 had been raised. The money will go to Second Hope International, a Walla Walla based organization that is sending teams of doctors to Haiti.

Students and staff agreed that eating beans and rice for just one meal a week was no hardship, especially compared to what the Haitian people are suffering.

## just jump



The theme for this year's Student Week of Prayer that ran from February 1 -6 was "Just Jump." Pictured are the speakers. Back row: Josh Gaskill, River Davis, Eric Weber, Derek Riffel, Chad Aufderhar, Andrew Woodruff Front row: KaraLee Rhuman, Rachel Blake, Cayla Lively, Dmitri Kolpachoff, Zach Weijohn, Marinna Kravig

## SECOND SEMESTER ASB OFFICERS

- PRESIDENT - DANIEL JENKS
- VICE-PRESIDENT - DEREK RIFFEL
- CHAPLAIN - SARA ROSE
- SECRETARY - AMANDA BAUER
- TREASURER - CASSIE STENQUIST
- SGT-AT-ARMS - ALANNA AUGUSTIN
- HISTORIAN - AUSTIN SHORT
- MUSIC COORDINATOR - JAYCI MORGAN



# 2010

TWENTY-TEN?

## SWOP retreat

by *Karalee Rhuman*

How do you even begin to explain a huge, powerful, exhilarating God? The Student Week of Prayer speakers had a weekend spent continuously with God, and the spiritual atmosphere was indescribable.

We loaded into the cars at three o'clock on Thursday afternoon and headed for Coeur d'Alene where we had dinner at Tomato Street. Once we had thoroughly enjoyed ourselves there, we headed up to MiVoden, unpacked, and settled in. Then our first adventure with God began.

We were sent out on a "discipline of silence" for an hour, where we spent time just sitting and praying. Then we headed up to the meeting room to discuss what God had revealed to us.

The whole weekend was spent sharing our deepest thoughts and growing closer to each other and to God. I guarantee that every person shed at least one tear or got tears in their eyes. The environment was so focused on God that it felt safe . . . safe enough for all of us to be real with each other.

The days went by too quickly, and before we knew it Sunday morning came. We had one last discipline of silence and some powerful prayers and then headed out for breakfast at IHOP.

When we arrived back at school around noon, nothing seemed the same. God had given each of us a new experience, new growth, and a new passion for change.



## ASB elections excite UCA

by *Jayci Morgan*

If you happened to be walking down the halls of UCA last month, you might have noticed a certain feeling in the air, a feeling of excitement and anticipation. It was time, once again, to elect ASB officers.

ASB is involved in planning activities such as registration day, fall picnic, spirit weeks, and banquets.

For several weeks, students spent their time deciding which offices to run for, and which ones they had a chance of winning. It was a time of mixed feelings. It was exciting for those who had the opportunity to run for an office, and sad for those whose term in office came to an end.

There were two rounds of voting. The first was to narrow the field of candidates to two per office, and the second was the final election to determine who the ASB officers would be.

So then everyone held their breath as the votes were counted, wondering who would be the second semester ASB officers.

## Singles enjoy life too

by *Robert Gatchalian*

How does it feel to be alone? No, not that kind of alone . . . just single . . . the solo life. It's not as bad as it sounds. Many couples can be seen on campus; however, there are those who are completely content being single.

Being single at UCA has its benefits. According to the single men here, not having a girlfriend is great because you can concentrate more on homework and keep a good balance with your friends.

"I love being single. I don't have to deal with always having to hang out with that certain someone, plus I get to concentrate more on my school work with basically no distractions," said Cody Pearsall.

Of course, the single life isn't for everyone. Some think it's great to have that special someone that you always look forward to seeing every day. People are different, and the single life isn't for everyone.

## Silence

by *Erika Graves*

Bang! Crash! Boom! Sometimes it seems all there is running through life is the noise of things keeping you insanely busy. There is no time to be alone. You are surrounded by chattering groups and teachers handing out assignments and tests left and right. Late night studying fills every night. Information goes in and out of your brain. All there is, is noise, noise, noise! Finally, enough is enough.

There have been many times when it seems that noise rules my life. But then I go to a place where there is utter silence. Sometimes that place is my room. Sometimes it has to be found on a walk out in nature. As long as I'm alone in the quiet, it doesn't matter where I go. And once I'm there, I stop and listen. I feel . . . smell my surroundings. Silence.

Then I start to hear the peaceful sounds of nature, the sounds of God. Rain pours from the sky and the smell is refreshing. The breeze flows across my face with a soft hello. All the noise and stress of the world is gone. Silence. Peace.

# Christmas concert brings joy

by *Amanda Johnson*

The cold air was nipping at the noses of the people standing in a long line outside the Fox Theatre in Spokane. Inside students were rushing around, trying to find their places on stage or in the audience for UCA's annual Christmas concert.

After weeks of preparation, the students involved in performance music were eager to share their hard work. These students represent 60% of UCA's student body. "It is so nice to be able to perform right before Christmas" said Choraliers and Band member Jayci Morgan. Last year, because of the snow storm that overtook the Spokane area, school was let our early and the concert was postponed until January.

The annual concert is free for everyone and a large crowd always shows up. The Upper Columbia Conference helps sponsor this event and fliers go out to many churches inviting members to attend.

After the concert, the students are on Christmas break, so many of their families are in the audience. Many UCA alumni also attend, and it is good to see former schoolmates and to be able to get caught up on how they are doing. Some of the alumni also play in the band.

Afterwards, shouts of "Merry Christmas!" and "See you next year!" fill the air as the students say their goodbyes and head their separate ways.

Many who attended the concert expressed how much they enjoyed it. "It was a beautiful concert," said Krista Dalrymple who especially enjoyed the changing light display on the wall behind the stage.



## Kids come to party

by *Derek Riffel*

With a mighty leap Jonathan Hays jumps for all he's worth and with an ear-splitting thwack hits the ground with his face. Now Jonathan didn't mean to hit his face, but his chair slipped out underneath him right as he tried to jump over the board separating him from his prize fishing booth.

On December 16, about 20 UCA students went to the Salvation Army in Spokane to put on the annual ASB Christmas Party for area children. There were several different booths and many kinds of prizes for the children.

Jonathan's prize-fishing booth was one of the most popular. There the kids were able to throw a fishing line over a wall and catch a prize. "Even though I got hurt when I fell over the booth, it was worth it to be able to see the kids have a laugh, and I found myself laughing along with them," said Jonathan.

Another popular booth was the ring toss which had Jones sodas for prizes. One child said he had never had a Jones soda before and was so excited to be able to have one. "I loved playing with the kids, and they were so cute. I'm pretty sure I had even more fun than they did," said Rachel Jorgensen after helping a child with the ring toss.

The Christmas Party was a lot of fun, and it gave the kids from poorer families a chance to just have fun with other kids their age. And although not so many children were able to attend the party this year, the ones that did will no doubt remember the party for a long time.

## A clean slate

by Rachel Jorgensen

With each quarter comes a time to start off clean, to make a new start. You could almost say it is something like a new year that gives you the opportunity to make, and keep, new resolutions.

First semester is now over and we are in the second half of the year. This time of year brings different feelings. Seniors tend to become stressed, but happy, knowing they are more than half-way to graduation. But still there is the relief that comes with a new quarter. "It's great to get all the projects and tests over with and start fresh with new classes and no homework!" said Amanda Johnson.

Juniors have mixed feelings about the new semester. Some are glad while others feel shocked by the fact they have already been here for almost three years. Some were already anticipating their graduation and realized it wouldn't be long before they'd be leaving their friends. "I can't believe I'm already half way through junior year! It's gone by so fast," said third year student, Danielle Wilson

In general, sophomores and freshmen appeared to be very stressed leading up to the end of first semester. According to sophomore Rachele Lebold, she was at the stressed-beyond-reason stage. But in the midst of these stressful times, freshman Ashley Cuber optimistically commented, "Second semester means only one more semester of sleep deprivation."

No matter what class standing you are, all feel the effects of new quarters and semesters. It is each student's choice whether to keep on the same path, or start out clean on a new one.

## View your beauty differently

by Jessica Redberg

Waking up at 4:30 a.m., a teen girl gets ready for school. She doesn't have to be to school until 9:00, and her drive is only 15 minutes, but she is getting up early to look good. After spending a half hour in the shower, she spends 3 hours doing her hair and make-up, and choosing an outfit. This is a normal day for some, but others just don't understand.

Beauty. Why is it so important to people? There are so many who spend loads of money on themselves to buy a "cute outfit" or "the best mascara ever" when they could be spending it on others or saving it for college. "I think it is ridiculous how people spend all that time and money on themselves, rather than other people," said Reina Stone, sophomore.

Analysts at Goldman Sachs estimate that Americans spend \$24 billion on skin care, \$18 billion on make-up, \$38 billion on hair care products, and \$15 billion on perfumes every year. That is roughly \$95 billion a year

Instead of spending money trying to make ourselves look beautiful, perhaps we should try to help others who can't afford even the necessities of life. Just maybe we should think about our inner beauty.



UPPER COLUMBIA ACADEMY

### ECHOES

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

Karalee Rhuman, Jayci Morgan, Robert Gatchalian, Brian Lenz  
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Brianna Woodruff, Justine Johnson, River Davis,  
Zachary Weijohn, Michael Bumgardner, Anisha Sukrutham,  
and Stephen Lacey, sponsor

## O the drama

by Jessica Mahoney

There is a lot of unimportant drama that circulates around the school, and so many people get caught up in it. Have you added to the drama by starting a rumor? Rumors are a major source of drama and they hurt people.

When people spread rumors, they generally don't think about the people they are talking about in a compassionate way. Everyone gets so easily caught up in the exciting drama and insignificant details that they tend to forget the bigger picture: being here for God and glorifying Him. The Bible tells us not to judge but to love one another. It isn't always the easiest thing to just accept people for who they are, but it's so easy to start a rumor.

Instead of starting rumors, we should discover the truth and then pray for help and patience. We should make a point of being more accepting and loving towards people even if we really don't want to. Make a positive difference in someone else's life. Live above the influence!

## The hotzone

by Geoffrey Hughes

Being called down to the dean's office is always a strange feeling. You don't know if you're in trouble or if something good has happened. Your mind races. Should you run down to the office or take your time? Things become especially stressful when the dean asks you to sit down and . . . closes the office door . . . and locks it. Your heart speeds up and then there is that small, awkward pause when you and the dean are just sitting there staring at each other. Or he is closing some windows on his computer? It's hard to tell. Finally there is that last casual glance before the dean starts to talk and you discover it's something completely ridiculous or that you really are in the HOTZONE!

# Couples dine while winds whine

by *Brianna Woodruff*

On the first weekend of December, Girls' Club put on the winter banquet which took place on a very cold and blustery day with temperatures too tired to reach above single digits. With good friends, tasty food, and a warm place to be, it was an enjoyable event for many students.

The theme of the banquet was "black and white masquerade." Many couples sported unique masks and formal outfits. The cafeteria was royally spiffed up for the occasion with Christmas lights, trellises wrapped with garlands, and a black window backdrop decorated with snowflakes. Mr. Wade took formal pictures of couples and groups of friends. Many students brought their cameras, too, and snapped photos throughout the evening.

The cuisine consisted of lighter foods such as a couple kinds of salad, a spicy pasta dish, different kinds of bread, and cheese cubes. In the way of sweets, there were two chocolate fountains and different kinds of fruit to tempt the taste buds. A small group of parents assisted the busy cafeteria workers to keep the tables stocked with plenty of food and to help out however they could.

Students who had dates ate with their dates and those without dates found places among friends. A popular attraction of the evening was using a big empty picture frame as a photo prop.

Overall, the event was well-done and participants seemed to have a good time.

## After the banquet

by *Justine Johnson*

The night was bitterly cold. Outside, the snow was falling, making the ground look like a blanket of white. Couples in the cafeteria were sitting at tables enjoying small talk, eating the delicious food, waiting for the after-banquet activity.

A fairy tale boat tour on Lake Coeur d'Alene? It had sounded interesting, so everyone who had booked passage returned to the dorms to find something warm to wear on the boat . . . and while huddling in the line waiting for the bus to arrive.

After a 45-minute bus ride, it was time to board the boat. Most decided to stay inside, off the deck, where it was warm and there were snacks and drinks for sale. But some did walk around outside taking pictures.

The tour lasted for about an hour, and then it was back to campus, the dorms, and bed.



## Delicious recipes liven up cafe food

by River Davis

Have you ever walked into the cafeteria at lunch time and wanted something different? Although the food in the cafeteria is quite delicious, after a while it starts to get old. So, here are some little recipes that have been created by simply combining food and resources already in the cafeteria. They will liven up your lunch experience!

**The waffle-iron grilled-cheese sandwich:** Simply create a grilled-cheese sandwich by putting a slice of cheese between two slices of bread with butter spread on the outside. Then, place the sandwich in the waffle iron and cook for about one minute. Tada . . . a grilled-cheese sandwich that looks like a waffle!

**Pear and lemon delight:** Serve some canned pears into a bowl, then cut open a lemon from the fresh fruit bowl and squeeze on to the pears. Mix well and enjoy!

**Orange Julius wannabe:** Mix orange juice and milk in a cup. Then add a packet or two of sugar and some ice. It's not *quite* like the mall, but hey . . .

**Waffle sundae:** This is the ultimate creation when ice-cream is served in the cafeteria. Just make a waffle, plopp a generous serving of ice-cream on top, and add toppings like chocolate syrup, bananas, cereal, and peanut butter.

These are just a few of the creations that can be made from food in the cafeteria. There are many more waiting to be thought up. It just takes a little creativity.



*The maintenance department has added a new fire escape door to the outside wall of the choir rehearsal room. When the fire escape is attached, it will almost double the legal occupancy of the room*

## The point eludes

by Zachary Weijohn

A small child sits in his classroom. He gazes out the window with longing. He remembers the days when he could roam freely without the harsh restrictions of school. He wonders what the point of all this learning is and wishes he could just go outside and play.

The question on this child's mind must be shared by many different children across the world. In Northern Ireland children start school at the age of four; England is right behind at five; in the United States it is at about six; and then children in Finland start at about seven. But whether children start at four or seven the question is still, "What's the point?" After all, with higher education, some students can end up being in school for more than 16 years. So what is the point? What does this black hole of schooling that sucks up your life do for you?

Well, black holes not only destroy but also create. School can create numerous opportunities for the willing. School can be more than just a waste of time; it can more than just a cruel way to take up one's youth. School is your hope for a future, an experience unmatched, and an influence that will shape the rest of your life. Make the most of it!

## Students study in library

by Derek Riffel

A boy sits down at a table determined that today and right now is when he will finish his math assignment. He had been putting it off, and it is already a day late. If he wants any credit, he must finish the paper now. But then the girl that he has liked ever since he met her walks in the door.

Math is forgotten and he starts hoping that she might come over by him. As he watches her through his peripheral vision, he continues to hope she will come his way. And then it happens: she actually comes over and sits next to him and starts to talk. Math ceases to exist and he happily talks with her, making the most of the opportunity to know her better.

A lot of students go to the library to work on their homework. However, some of the time there can be more distractions in the library than anywhere else. Some students even go to sit in on classes to do homework because it's easier to concentrate on their work there.

Zach Weijohn stated that when he's in the library he knows that he should do his homework but he just starts talking to people and simply doesn't do his work except for the occasional problem every once in a while.

But the library can be a great resource. Mrs. North and the tutors are always willing to help those in need. And if you go earlier in the morning when most people are either sleeping or in classes, you can really get some studying done. The whole computer lab could be open and empty, allowing you to write papers and complete Internet research.

So whether you want to go to the library to quietly hang out with friends as you work on your studies, or to cram for a test the next period, know that you are always welcome.

## The importance of sleep

by Jayci Morgan

The bell rings for the first class of the day, and sleepy students make their way to the ad building in a very sluggish manner. They yawn often and to avoid getting an absence struggle to keep their eyes open during class.

This is a typical morning for a student. A lot of students simply seem to have a hard time getting enough sleep at night. They stay up late studying or chatting with friends and just can't get the correct amount of sleep.

But sleep is very important to the way you function during the day. If you stay up late studying for a test, you might know the material at one in the morning, but by the time you get to class to take the test you'll have a hard time remembering what you studied.

It's also important to stay on a regular schedule. If you stay up late one night, you might have a hard time getting to bed early the next night. Or if you go to bed earlier than usual, you might wake up really early in the morning and still feel sleep deprived.

So, maybe, everyone should try a little harder at cutting down on late-night activities and start getting enough rest at night, so they can make the most out of their day.

## The shape of things to come

by Brian Lenz

Early on the morning of December 28, 2008, a fire in the Upper Columbia Conference office building led to the destruction of the entire building. In the fall of 2009, the UCC began to work with architects to design a new building that will be situated on the same property. Construction is set to start late this winter or in early spring, depending upon the weather.

The UCC is working to cover the whole cost of the new building with the insurance settlement. Following this budget, they hope to complete the building within one year from the beginning of construction.

There will be many differences between the old building and the new. The new building will have just one floor, promoting a closely-knit workforce. It will also have many windows and lights to make a brighter, more efficient interior. The design will be more flexible, allowing for expansion and upgrades.

Even with these changes, the building will have a similar Northwestern feel. More importantly, the mission of the people in the building will remain the same, and the new building will better enable the conference to serve the community.

## Intramurals

by Michael Bumgardner

With the passing and running of the football and the shooting of the basketball, the annual sessions of UCA intramurals took place during first semester and gave players chances to meet new people while playing sports.

Intramurals gives the opportunity for students to build friendships with those they might not normally associate with. Players get to know their teammates and can cheer for each other when they make good plays and can encourage one another when they get down. They also get the chance to poke fun and taunt their close friends when they are doing something against the rules. Also, though, they are challenged to push themselves to be as good as they can be.

With all the different intramural activities that are offered, many students can get involved in sports, and second semester is shaping up to be as much fun as the first.

## I'll do it later

by Anisha Sukrutham

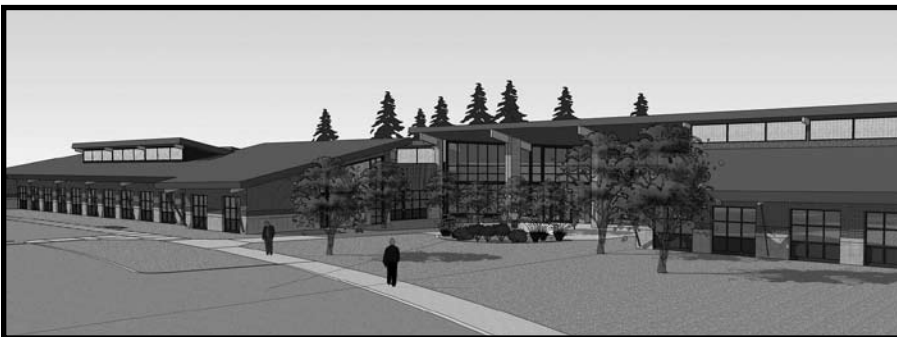
Is school getting busier? Are you stressed out? Is there a huge mountain of homework that magically appears and grows larger as the week goes on? If so, you may have a case of procrastination.

Procrastination is a problem that most kids *and* adults suffer. "I'll do it later" is a phrase we often hear in our high-school days. It's a popular phrase, but what is popular is not always right.

When you suffer from procrastination, you constantly find yourself putting off homework and appointments to avoid stress. But when you keep putting things off, you create a humungous pile of trouble that will make you even more stressed than you were before.

Although you may think you are helping yourself by pushing things to the back of your mind, you really are not. It's much better to try to get things done immediately. Then, life will feel stress-free and so much easier.

Don't procrastinate. Waiting until the last minute won't get you anywhere.



An artist's conception of the new UCC conference office provided by Art Lenz

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*Michel Pelletier and Alyssa Crain thought January was a good month for lying on a blanket out on front campus. Last year they would have been on two feet of snow.*



*Heading for church!*