



The most wonderful time?

by Naomi Keim

It seems like not too long ago all a student could hope for was the long-awaited Christmas break that would bring an end to all of our sufferings. Unfortunately, the days of waking up late, the presents and parades, and the rich, tasty food passed all too quickly and we were left with the longest, most disheartening time of the school year. The days were short and it seemed we got to school before the sun came up and got out just as it set. The odds seemed to be against us with six straight weeks of uninterrupted school ahead.

However, now it's over, and soon it will be summer once again. Before too long we will be arriving at graduation weekend wondering where the rest of the school year has gone. For the seniors, this is a frightening thought. College and jobs loom ahead in the not too distant future, taunting those who are still undecided. Stress seems to be found throughout the school, regardless of class rank.

There are positives, of course, if you choose to look for them. The organizations and classes begin to plan trips and activities, and new ASB officers have been elected. There is snow in the mountains which presents opportunity to participate in Rec Ski with Mrs. North. The Friendship Tournament at Walla Walla University always adds excitement and challenges as well as school spirit as our basketball teams prepare to participate. Then there is choir clinic and Senior Recognition which help to break up our scholastic marathon.

So although some times of the year are more difficult than others, there are small motivators to keep all of us going. We are not the only ones dealing with the stress, but we are the only ones who get to decide how to react to it. Perspective is most definitely a personal decision.



Four Year Senior Benefit

by Nathan Carey

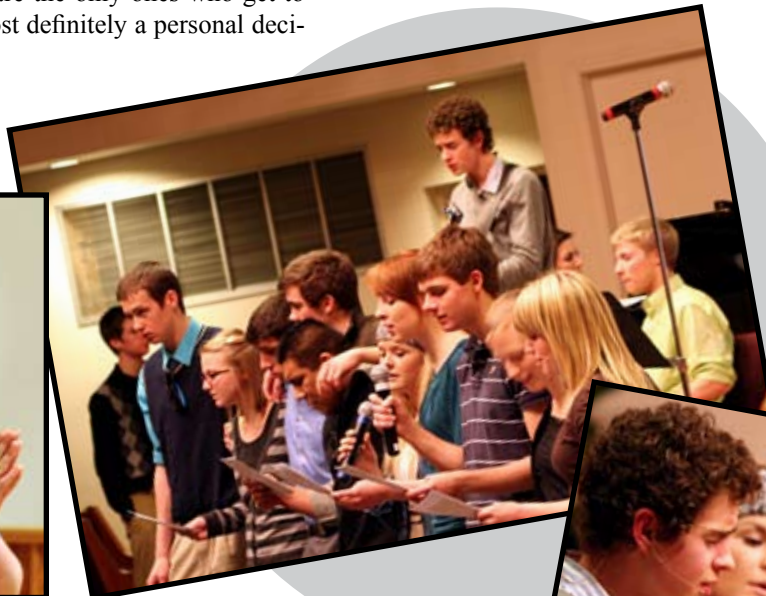
Every year the four year seniors host a benefit that all classes attend to make money. Each class has tables in the cafeteria where they sell different homemade foods. Even the kids from the elementary school come over and join in.

The seniors, by far, have the most tables and this year the infamous "kissing" booth and a face-painting booth were there along with a jail.

The event was on Saturday night, February 5. Afterwards, students, staff, and visitors went to enjoy the excitement of the yearly Alumni vs Varsity Basketball Games, where this year Varsity lost both games by a small margin.

SOUL REAL

13 students spoke for Student Week of Prayer which was held in the church from January 31 to February 5. Usually two speakers each night spoke about the theme for the week, "Soul Real." Students also spoke for the church service on Sabbath



Student Week of Prayer

Tie-dyeing frenzy

by Jenna Carter

Crayon green, neon orange, lemon yellow, cherry red, turquoise, sky blue and royal purple droplets fling in every direction.

The sound of water being wrung from borax drenched t-shirts mingled with the hum of excited voices and squeals of delight on Sunday, January 9, 2011. A whirlwind of tie-dyeing activity was in full force.

As many of you know, the spring mission trips are fast approaching and much preparation is required. One gift the Africa mission trip decided to give the Vacation Bible School children this year is tie-dyed t-shirts. So, all of the students participating in the trip convened in Mr. Hartman's classroom for a tie-dyeing party, designing and coloring over 200 shirts! Besides being a great gift for the kids, the shirts provided an excellent opportunity for the group to bond and have some fun while working together on a common goal.

After every shirt was done and Mr. Hartman's classroom was restored to a chemistry lab once again, the group went to the Carter's home to have supper, watch a slideshow, and have a prayer of dedication. It was a meaningful time for the group and everyone's excitement continues to rise as the clock ticks down.

Work for missions

by Kiana Wilder

Having only \$500 in an account when you need \$2,300 is not the best thing in the world. Does this sound familiar? It probably does if you've ever been or are going on a mission trip.

Many students this year are going on mission trips, some to Borneo, some to Africa, and a few to other places. Raising money for these trips can be a problem for some people. However, there are some things you can do other than sending out letters and doing a presentation at your home church.

Other ways to raise money can be done right here on campus, such as working in the café on weekends if you are not already a café worker. Also there are many staff and faculty members who have children and most likely need a babysitter every once in a while. Working front desk in the dorms on weekends is another way to raise money for mission trips. Also, you could have a sale in your room and sell whatever you want to get rid of as a fund raiser for your trip.

The next time you feel like there is nothing more you can do to raise money for the mission trip you're going on, just think about the things that can be done here on campus.

ASB elects new officers

by Andrew Velasquez

With the beginning of a new semester came the election of new Associated Student Body officers. Petitions were completed and the primary and final elections were held, so now we have our new ASB officers for second semester.

According to the Administrative Council, in order to run for an ASB office you must have a previous semester GPA of 2.5 or more. However, if you are running for any of the three major offices, which include Chaplain, Vice President, and President, you must maintain a GPA of 2.75 or more. Also, if you are running for any of the three major offices you cannot be holding any other major office or be a head RA. During the time of election you cannot have any grade lower than one D or have any incompletes. You must also have satisfactory class and work attendance at all times. Once elected, the new second semester ASB officers organize the banquet in February, spring picnic, and most of the other events that happen in second semester. Also, they can create events.

The second semester ASB officers are **Lianne Pak, Secretary; River Davis, Musician; Jessica Brewer, Sergeant-at-Arms; Elliott Berger, Treasurer; Elise Kinne, Chaplain; Jon Spracklen, Vice President; and Cassie Stenquist, President.**



Over 130 students and their sponsors attended Choir Clinic at UCA from January 26 through 29. Some came from as far away as Calgary, Alberta. At the end of the clinic, the visiting students, together with the UCA choir, gave a concert on Sabbath afternoon. Walla Walla University's I Cantori vocal ensemble also sang several numbers and joined the mass choir to conclude the program.

Seniors commit to fundraising

by Jenna Carter

Particles of food and water spray randomly about and steam seeps through the open dish room window. The churning sound of the dish washer becomes a fading drone. Scurrying around steamers, stoves, and counters, seniors work diligently to raise a little extra money for their class.

The seniors are busy preparing for their final class trip and are in need of more funds. Many of them have been contributing to the class by working in the cafeteria on the weekends. Whether it is frying potatoes, flipping burgers, scrubbing dishes, or just replenishing the serving line, the seniors can be found hustling about the cafeteria. There are four shifts available Saturday and Sunday mornings and four in the evenings. By working a total of 36 hours over a single weekend, volunteering seniors can earn \$400 for their class. As the senior class president, Howard Heaton, put it, "It is the most beneficial fundraiser that we can do."

Giving regular cafeteria workers a break is an added bonus. The opinion of one of the senior class sponsors was that although teaching new people cafeteria routine, it is rewarding to have the maturity and responsibility of the seniors working there. Unfortunately, usual senior cafeteria workers cannot participate in this fundraiser because it is their regular job. Another frustration is the lack of volunteers 18 years and older because several machines in the cafeteria have an operating age restriction.

This is truly an effective way to raise money for a beneficial senior trip.

February

by Lianne Pak

February is always a busy month at UCA. Not only do teachers assign the usual load of homework and tests, but there's also less time to do them. But the events and activities going on definitely should not be missed.

The first week of February starts out with Student Week of Prayer. It's an amazing start to the month and brings students together in ways that can't be done any other way. The same weekend brings the 4-year senior benefit filled with food and fun, and even alumni basketball games to top it off. Although the following day brings Sunday school, it helps students look forward to the upcoming home leave. But this isn't a normal home leave since the Friendship Tournament for UCA's Varsity Basketball teams consumes the time of the athletes.

The first school day after home leave is Valentine's Day, a good opportunity for the almost-traditional Heart Day. While the love is still in the air and not long after the enjoyable days when guys and girls don't talk to each other, it's time for the ASB Banquet.

Think that's not enough things to do? The ending activity in the month of February is Senior Recognition and the Senior Talent Show.

**Some people
study during
rec . . . some
people don't**



The little things

by Katie Morgan

Once when my mom and I went to town to get some groceries, we decided to go to a drive-thru for lunch. But when we were waiting in line, the people in the car in front of us decided to pay for our food too. It was a really cool surprise when we got to the window. I had never heard of anyone doing that before. I was only about 8 when this happened, but my mom told me that she had had it happen to her a few times before, and that she had done it for people a few times too.

Years later when we were at a McDonalds drive-thru window, my sister just decided to pay for the car behind us too. It reminded me of the time when someone did that for us, and just as we were pulling out, a little boy who had been in the car behind us ran up to the window of our car and waved at us saying "thank you."

It is just really cool that you can make someone's day just by doing small things here and there. But small random acts of kindness do not only help others. Those who give feel the joy of adding a little happiness to the world.

Mission trips impact students

by *Re'Jean Coons*

Students are making plans for spring break. Some are going home while some are going on vacation, but many are leaving for mission trips.

Mission trips are an awesome way to help out people in foreign areas. Many times when people go on a mission trip they realize how well off people are here in America, while "over there," despite poverty and simple lives, people are thankful and happy. It humbles the heart to know how happy they are when they have so little. Jenna Carter said that her favourite part about going to Africa was spending time with the kids. She said even though they didn't know her language, they always wanted to be around her. She learned that it isn't so much about the project that is worked on, but is about the people you are with.

When people go to another country, they can help in many ways. Some trips put on an evangelistic series for adults and have a children's series for kids. Other trips build churches or shelters, and medical help is often provided. With a variety of activities, people can go on the trips where they can work best, or they can choose the one they feel God is calling them to.

Upper Columbia Academy is organizing two trips this year: one is going to Africa while the other will head for Borneo. There are also trips sponsored by the Upper Columbia Conference. This year a group is going to Guatemala, a good opportunity to practice Spanish!

No matter what trip people choose, there will be fun, and their lives will be impacted in a very powerful way.

Senior stress

by *Allie Suppé*

2010 has ended, and we have entered 2011, the year of graduation for seniors. As June fast approaches, seniors begin to feel the stress of choosing a college. There are so many great colleges out there, how will you find the correct one? Many seniors are asking themselves this question as deadlines for applications are coming up. In senior bible, students have taken a look at how to create a resume as well as go through a job interview process. Pastor Sid has been showing several videos illustrating questions that will be asked during an interview and how to respond properly.

Looking at all of these things that are necessary in order to be a successful employee is a large weight that seniors are carrying. Life starts after graduation, real life. For some this is very hard to cope with while others take pride in not knowing what they want to do. Mrs. Wickward had a talk with her senior classes regarding the amount of college you need in order to obtain an AA, BA, BS, Master's, or PHD, and what school is best suited for your area of study.

All this talk of college and job searching can be stressful for some, but others are excited to move beyond the walls of high school and see the real world on the other side.

The year's half done

by *Rachel Jorgensen*

At the end of every quarter, a lot of students start feeling a little extra pressure to step up their game a bit, to do every little thing they can to earn extra points and to boost their grades just a bit higher. But this seems to happen even more so at the end of every semester. Serious students start looking up their first quarter grades and start doing the math to see how much work they really need to do to keep that GPA where they want it.

First semester ended like any other semester with projects, tests, homework, quizzes, and anything else a teacher could invent to hand out. With everything else like music, sports, SWOP, mission trip meetings, and clubs going on besides, students really started to feel the pressure.

Seniors, more than any others, are caught in the cross fire. With only four months left, some seniors feel like giving up and just letting life deal out whatever may come. But others jump into the stressful world of trying to plan out their future and earn scholarships. Geoffrey Hughes lies somewhere in the middle. He said, "I'm feeling sad, excited, and thoughtful. Sad because I'm closer to graduating, excited because classes and projects are coming to an end, and thoughtful because I am wondering about the future."

Students also got a breath of fresh air when their semester classes changed. "I'm super excited for the end of semester because almost all of my classes are changing. It will be nice to have a change from the usual," said Laura Day. Even if their classes didn't change for second semester, students got a fresh slate to start on and a bit of a breather for a few weeks.



UPPER COLUMBIA ACADEMY

ECHOES

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

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Senioritis self-help

by *Alanna Augustin*

Senioritis, a strange malady, strikes schools in every part of the world and is no respecter of cultural or political boundaries. Its main symptom is a strong urge to stop doing anything that will in any way get you to graduation. This is ironic because the cure for senioritis is to graduate. This main symptom is not affected by age, and, in fact, senioritis can be contracted by any person of any age attending any sort of class or course imaginable. You may be suffering from senioritis if you can say yes to any of the following questions.

Do you often find yourself thinking “I’d rather be skiing” while completing an essay? Have you ever wished UCA allowed pets so you could experiment with the theory that dogs eat homework? When working on a group project, does the fact that you could be out enjoying life, working at a bottle sorting depot making 35 cents an hour ever occur to you? When you should be diligently taking notes in class, do you ever catch yourself doodling pictures of you and your roommate skydiving off gargantuan piles of overdue library books?

If you said yes to one of these questions, you probably have a light case of senioritis. If you said yes to two of these questions, you probably notice the effects of the disease and are annoyed by it regularly. If you said yes to three of these questions, you are most likely contagious and should stay away from anyone with a weak immune system. If you said yes to all four of the questions, the best place for you is in bed. Really it is.

I have compiled a list of home remedies that can be used to treat senioritis: 1. Take a five-minute break from your chemistry test analysis, go out into the hallway and laugh uproariously at yourself whenever anyone walks past. 2. Put socks and shoes on to your hands and make three laps around your room. 3. Fill your sink with ice water and dunk your head in six times for 24-second intervals.

Of course, if you have an acute case of senioritis, the best strategy may be simply to eat three grapes and climb into bed upside down and get some rest. You may need your energy tomorrow while walking on your hands.

What do you do on Sundays?

by *Dmitri Kolpacoff*

The first question that comes to a student’s mind after Saturday evening is, “What am I going to do on Sunday?” Some students use the day to study, but most students seem to use the day to slack off, sleep, hang out with friends, or just sit on Facebook.

On some Sundays, the girls’ dorm plays movies, and all the guys cram into the girls dorm lobby to watch a movie that has been played the last three weeks in a row.

Another earth-shaking event that happens on Sunday is laundry. Sunday has always been that day students could wake up at noon, not give a care about their homework that is due the next day, and get some laundry done. Yes, getting laundry done is a primary objective for Sundays.

The last objective people “try” to get done is their homework. Homework has never been the most exciting activity when you could have a full day to yourself or to just having a good time with your friends.

Then there are those certain students who just sleep. That’s all they do. Sleep. Sleep is one important objective students can’t seem to reach during the week, so a Sunday sleep is very important.

What do you do on Sundays?



Winter sports

by *Re'Jean Coons*

In the winter time winter sports are what help keep people going. Not only are they exciting, but these sports also help people get outside and stay healthy. These sports include snowmobiling, sledding, skiing, and many others.

Snowmobiling is one of the fastest sports for the winter. People either pack up their sleds to head up a mountainside or just play around in their backyard. Perla Suarez said that her first time snowmobiling was this winter. She said that the experience was freezing but so exciting. Her favorite part was going as fast as she could. She also loved the smell of exhaust on her clothes when she was done. Snowmobiling is an awesome way to get together with friends and have fun.

A fun activity for kids is sledding. Many kids will hike a long way just to try out a new hill. No matter how long the hike up the hill is, it is always worthwhile when they get to the top and fly down. Renee Titus remembers when she was young she would make a jump half way down the hill to make it even more exciting.

The most popular sport in the winter is snowboarding or skiing. Some people take easier slopes and enjoy the scenery, but most people keep challenging themselves to harder and steeper slopes. Karalee Rhuman said that her favorite sport was snowboarding. She said that it is a huge thrill when you go down steep black diamond runs, going really fast, while swirling and swerving trying to miss the trees passing by. And it is another awesome way to hang out with friends.

Overall, having different sports during the winter almost makes it worth the freezing temperatures.



Giving life

by *Kaci Crook*

From as far as I can remember into my past, I recall watching my mom going to the Red Cross to fearlessly donate her blood. It seemed normal to me, an effortless practice that everyone did. As I grew, I learned to understand the purpose for giving blood and the importance of the gift to the ones who received it. It never passed through my mind that one day I might donate since I was under the age limit.

This year, when I noticed on the calendar that the blood bank was coming to our school, I had no second thoughts about donating. As the day neared, I tried to persuade many friends to join me in this new adventure but found that everyone was too scared to try.

The day came and I headed to the van by myself, finished, and was out within half an hour. The volunteer became increasingly curious as to why hardly any students showed up at a school that she had always found to be very giving. While I explained, she nodded and listened carefully and after a pause told me this: "I was always scared to donate until I experienced the life it gives when my husband urgently needed blood. Since then, I have never again questioned the blessing giving blood gives to me and to others."

To give blood, you must be 17 (or 16 with parental permission). You must weigh at least 110 pounds and cannot have traveled to Africa or Borneo or other places where malaria is common.

Girls' dorm: Wii get fit

by *Annaliese Hottal*

The girl's dorm now has a Wii Fit. A Wii is a home video game console with a wireless controller that is meant to be swung around to mimic the motions used in a video game. The purpose of this is to get the girls excited about exercising.

Near the end of last year the girl's club decided it would be a good idea to get a Wii fit for the girls' dorm, so Dean Teresa purchased the Wii fit during the summer. It was a good deal because the Wii Fit board came free with the controller. The next thing needed was a television for the workout room for the Wii. It took the Girls' Club around 3 or 4 months to fundraise for the TV with this year's Amateur Hour being one of those fundraisers.

With the Wii Fit, one stands on a balance board which allows the game to detect body mass, weight and, to a certain extent, position. A "nunchuck" is an attachment to the Wii remote controller which allows the game to sense the movements of your other hand. The Fit includes activities such as yoga, strength training, aerobics, and balance games. The Wii Sport games include tennis, baseball, bowling, golf, and boxing. In order not to lose track of their progress, users create a "Mii" which is an avatar on the Wii menu that allows them to track their progress and weight loss.

Dorm students vs day students

by *Eric Kablanow*

At UCA, the dorm students and day students live totally different lives. While they may have the same class schedules and friends, they don't have the same experience at school. The only students who really understand this are the ones who have switched during the year or who stay in the dorm frequently.

When you look at the big picture, dorm students have a much simpler life. They can sleep in later, they don't have to worry about lockers for books, and they don't have to worry about sack lunches or making breakfast. The dorm is, at times, a much more fun place to be. You have more time to spend with friends and do sports. While dorm students have a school life of more convenience and, sometimes, more fun, they definitely have to trade in some home comforts. Most of the dorm rooms are smaller than they would have at home, and they have to be shared with a roommate. Roommates can be a lot of fun, but it does make getting assignments finished and having a good sleep almost impossible.

While day students have a more comfortable life, they don't have as much time spend with friends. They get food from home, have their own bed to sleep in, have more freedom to go to town, and can spend more time with their families. There are, however, some other disadvantages to living at home. One is the long drive to school, which means they have to wake up earlier than if they lived in the dorm. For some that doesn't matter, but for those who enjoy every minute of sleep they can get, it can be irritating. Day students also find the time they can spend with friends is limited, and having to drive home reduces the amount of time they have to complete homework and study for tests. Another drawback for day students is that they have less time to play sports. Although they can be on the teams, they don't have as much time to use the gym and field.

The bottom line is that whether you are a dorm or day student, you have to give up something to gain something. Dorm students have more time and fun, but they have to give up the luxuries of home. Day students have to give up time and sleep to have those luxuries. So, overall, the two situations are great, and most of the kids enjoy their time at UCA although they have different experiences.

Car crashes into gym

by *Hailey Hanson*

Way back on Wednesday, December 22, three days before Christmas, an unexpectedly loud crash was heard ripping through the east wall of the UCA gym. Only a few people were on site to hear the dreadful noise, but nobody was able to see who the suspect was.

The crash happened at 6pm Wednesday night. What supposedly happened was that someone was driving a car was around campus, cut across the lawn, slid down the hill, lost control, was stopped by the side of the gym, and got away as fast as they could. A couple of people who were at the scene were Pastor Fred Riffel and teacher Jared Brophy. Neither one of them actually saw it happen, but they did see the results.

Jared Brophy stated that the destruction left behind was a large gaping hole about 4 feet wide and 4 feet tall. As soon as the damage was discovered, the Spokane police were called immediately. Unfortunately, they could not come out due to the many car accidents in Spokane that day. However, later the next week they were able to come out and discovered some evidence that helped them narrow down their suspects to the Spangle area. The evidence found on some pieces of rubble from the wall was maroon paint from the car, and there were also tire tracks in the snow.

The wall has now been mostly repaired, and we can be thankful that insurance will cover the repairs and, more importantly, that nobody was hurt.

Revisiting the Fox concert

by *Emily Anderson*

All looked calm and collected on the stage of the Fox Theater in Spokane on the night of December 18, 2010. The instruments, music stands, and even the chairs were waiting patiently for the musicians to come out and put them to good use. Seats were quickly filling up out in the audience as people were pouring through the doors, eagerly trying to find the place to sit for the best view of their loved one on stage. The lobby was packed full of people like sardines in a can, and a line of people spiraled out the doorways into the cold night.

In the seeming calm minutes right before the concert started, the backstage was as busy as a beehive. People were running to and fro, trying to find their instruments, going to the bathroom, or just wandering about not knowing what to do or what was going on. The girls' dressing room, I'm sure, was the worst. About sixty girls trying to get dressed and fix their hair in one small dressing room with only a few mirrors was absolutely chaotic. You could hear girls screaming because they couldn't find a hairbrush or because while they were changing somebody accidentally opened the door.

Finally, though, the time arrived, and it was time to go out on stage and perform. People took one last drink of water and one last look in the mirror and out they went . . . calm, cool, and collected. The audience never guessed how crazy it actually was. All they saw were the performances on stage. There's much more than that to a concert, but what-
ever happens backstage stays backstage.

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Senior Recognition Weekend: February 25 & 26
Heritage & Grandparent Weekend: March 11 & 12
Spring Break: March 16 - 27

