



The end of the year is so close you can almost taste it like a warm doughnut in the spring. This is a familiar feeling for most of us who have spent the last several years of our lives pursuing and education, but what makes these days different for the seniors is that they are the last we have here at UCA.

I have mixed emotions over this impending step forward, and most of them probably could be

described using the countless clichés everyone seems to say around this time of year. You know what I'm talking about. Right? "Goodbye! I love you all so much! I just feel like we are all a family here! I'm going to miss each and every one of you immensely!" Now, I'm not saying I don't honestly have such sentiments. I do have many great things I could say about all of you. When I look back at my senior year, I do remember the fun times and the good accomplishments we achieved. Yet in my mind what sticks out like a sore thumb are the vast expanses of time when I didn't count each day for what it was worth and just let it fly by as if I had an endless supply. I regret those missed opportunities to get to know some of you better.

There is often talk about the spiritual environment and nurturing family atmosphere here at UCA. I know that some students call that into question, and I, myself, have doubted it. But now I can honestly say I love you all and that God has used you all to shape me into the person I am today.

UCA definitely isn't perfect, yet, overall, I've had an amazing experience here. No matter how you feel about UCA right now and no matter how much time you have spent here or how much you have left, I challenge you to consider what this place could be if we all went above and beyond what is required to make the UCA mission statement more true:

*By the grace of God, Upper Columbia Academy educates students to develop harmoniously the physical, mental and spiritual powers, inspiring a life-changing relationship with God and the highest service for others.*

If you don't believe this describes your school, I dare you to do something about it. I love you, UCA!

**Chadwick "sharkbite" Aufderhar**  
**President, Class of 2010**

**CLASS OF**  
**2010**

**AIM:**  
*If you don't change your direction, you'll end up where you're headed*

**MOTTO:**  
*To accomplish great things, we must not only act, but also dream; not only plan, but also believe.*  
*Anatole France*

**TEXT:**  
*Commit to the Lord whatever you do, and your plans will succeed.*  
*Proverbs 16:3*

## National Day of Prayer

by Jenna Carter

May 6 was National Day of Prayer. It was a day where many people came together to pray, no matter what their religious differences were. UCA set aside some time during a special assembly in honor of the day to bring our concerns and praises to God. We broke into small groups and prayed for our school, our fellow students and our teachers as well as for the government and the harsh economic pressures we're facing.

The UCA Choraliers also took a special trip to Farmington, Washington, to share music with the people praying at the Seventh-day Adventist church. They prayed about the government, businesses, the media, education, families, the military and the church. The Choraliers sang songs in between that went along with the subject of prayer. It was an awesome opportunity to bond with the community and pray for our country. The people were so receptive and appreciative. God truly poured His Spirit out on them as they prayed that night. As Josh Gaskill put it, "Everyone was on fire for God and they were so reverent and serious about what they were praying for."

Even though some people argue that we should not have National Day of Prayer because it is a religious event, it is important to honor this day as the United States was founded on Christian values and principles. This country is going through some very difficult times at present and God is truly the only One who can help us.

## Happy hour at St. Anne's

by *Brian Bautista*

As I was getting ready for HOPE Taskforce, I thought that it was going to be a breeze. Little did I know that taking care of preschoolers at St. Anne's would wear me out in the first two hours.

When we arrived I told myself I would not help the infants or the toddlers because I did not want to hear constant crying and whining. So, when the receptionist told us that we were heading towards the preschoolers my eyes lit up in excitement and I volunteered so fast that the receptionist didn't even get to finish her sentence.

As I walked into the classroom, I still thought it was going to be easy and fun but when I noticed it was one of the larger classrooms, I started to wonder what I was getting myself into. As soon as I finished taking off my coat and washing my hands two girls came up to me and asked if would build them a castle for their mermaids. I thought I could, but the girls were picky and building a castle that satisfied them seemed like an endless task. I was relieved when it was time to clean up and go outside to play.

I thought I would be able to stroll around and watch the children play, but the second I got outside they started climbing on me like I was a jungle gym. Then they started chanting, "Let's play hide and go seek . . . ."

After the most dreadful hour of my life outside I was out of breath and tired, but we finally went back inside for show and tell, some lunch, and a nap . . . and, boy, did I want a nap, too!

But after I left I was filled with happiness knowing that I had helped out my community and, hopefully, had changed a child's life in a positive way.



*Brian Lenz, Christian Robins, Amanda Bauer and Jeff Sloop at the Spokane Scholars Banquet. Brianna Woodruff and Josh Gaskill were not able to attend.*

## Behind the scenes of HOPE Taskforce

by *Alyssa Prohaska*

On April 30, UCA students enjoyed the last Hope Taskforce of the school year. As everyone knows, Hope Taskforce is when students spend the day doing community service and bettering the community. But who are the people behind the scenes? Sign up to help Dean Chelle for the day and part of the answer becomes clear.

Those working for Dean Chelle run around doing whatever she needs done. Whether it is making sure that everyone is on the buses or getting supplies ready for the groups, Dean Chelle and the students that help her try to make Hope Taskforce exciting and enjoyable.

Their day starts at 7:00 a.m., giving check sheets to group leaders and finding keys for appropriate vehicles and ends after 4:00 p.m. with storing tools, cooking supplies and buckets.

Felicia Hughes indicated that she enjoyed making breakfast for Dean Chelle, and Andriana Lemon stated she enjoyed the variety of things that she got to do. Overall, it was an enjoyable and rewarding experience. Though some of us endured wind and rain, it was a wonderful way to serve the community.

## Spokane Scholars

by *Brian Lenz*

Every year, several seniors are chosen by teachers in all Spokane area high schools to be the Spokane Scholars in a certain field. The students are then invited to an awards banquet in Spokane. The students chosen from the UCA Class of 2010 were Brianna Woodruff for Fine Arts, Josh Gaskill for World Languages, Brian Lenz for Social Studies, Christian Robins for Mathematics, Amanda Bauer for English, and Jeff Sloop for Science.

This year the awards banquet was held in the Spokane Convention Center on April 19. An elegant dinner was planned for the students and their families, along with a slideshow of the students receiving the awards. The speaker for the evening was William Gates Sr., a lawyer, philanthropist, and author, as well as the father of Bill Gates. His talk was based on questions provided by students.

The awards were presented after his speech. Groups of students were called on stage to receive their awards. It was amazing to hear the long lists of accomplishments many students had, especially those who placed in the top four in their categories. Every student received a medallion along with notes from the state governor and district representative. Every student that was one of the top four in their category also received a scholarship.

# They come for your blood

by *Nicholas Beaulieu*

There was another blood drive on April 29. The bloodmobile came again for UCA students' blood!

The human body has nine pints of blood, and during a blood drive they extract *only* one from each person who chooses to donate. But that one pint of blood can save up to twelve other lives.

After talking with a few people who decided to give blood, I found that 4 out of 5 are nervous but at the same time very excited in knowing that the blood they give can be used to save someone's life. I, myself, gave blood and was very nervous at the start, but the people were very good at making you feel calm and distracting you from the needle going into your arm!

Giving the blood was very quick and easy, and I would suggest everyone who can should. Afterwards, you feel very happy knowing that what you did can save someone else's life, and it's also supposed to be good for your health, too.



*Part of the crowd in downtown Spokane waiting to run Bloomsday on May 2*

## Bloomsday

by *Elliott Berger*

The Lilac Bloomsday 12K run in Spokane has been an annual tradition for 34 years. The first run consisted of just over a thousand runners, and has now grown to more than fifty thousand.

Bloomsday, being an event for people of all ages to enjoy, attracts many students from UCA and other neighboring Adventist schools. It is very possible to find many fellow students and old friends on your way to the finish line. But it is also very likely that you will meet new friends during your run as well.

The spirit on Bloomsday is very warm and friendly. Even in vast crowds, many people feel welcome and comfortable in the knowledge that almost everyone on the street is about to do the same thing they are. There is a sense of comfort knowing that you are not alone even in your everyday tasks, and running Bloomsday can give you a sense of accomplishment, as well as a sense of belonging.

This world is huge and wonderful. But in order to enjoy it, you have to experience it. So start by grabbing a pair of running shoes and stepping out the door.

## Senior slave day

by *Rachel Blake*

Each year, everyone looks forward to Senior Serve Day, the day when members of the senior class sell their souls to the highest bidder. But in each and every senior's mind there is a question: "How in the world will I be humiliated?"

Monday, May 3, 2010, many of the seniors were seen doing some pretty interesting things. Daniel Jenks and Andrew Woodruff were instructed by Dakota Anderson to follow him around and serenade his every move. Also, whenever Dakota gave an order, his two slaves were to respond, "Si Señor!" Breanna Johnson was also spotted proposing to Tyler Shupe that day, with a ring and everything.

Tuesday, May 4, 2010, Tyler Redberg was seen singing a little ditty around campus while carting the young lady Jazmin Romero in a wheel barrel. The great John Soule had bought Tyler to be his slave for that Tuesday and this was the result. Keaton Crook was also bought by Soule. His instructions were to say "Huskies are cool" and "Huskies are the best" before and after each sentence.

All in all, Senior Serve (Slave) Day is a lot of fun . . . at least for the bystanders and buyers. It's a good day to raise money for the senior class and to get revenge, embarrass someone, or just have someone make you feel special.



*Maiynkauj Yang*

## AP tests

by *Shawn Anderson*

As the end of the year draws near, the countdown to graduation begins and students start longing for summer. Sometimes we expect the workload to lessen, but this is not the case for the seniors who enrolled in either AP Calculus or AP Language. For those students, the end of the year is not about relaxing but is about getting ready for the exam, a test that could earn them a quarter or two of college credit.

When the students first heard of the tests at the beginning of the school year, they seemed like such a distant and foreign thing, but as the time until test day turned from months to weeks and, finally, to days, the students experienced a completely new level of intensity and stress. As the students looked forward, it seemed that all they could see was the test staring ominously back at them.

The best advice that can be given to students who find themselves in this situation is to remember that although it is a hard test, it is filled with familiar questions and tasks. If you study hard and prepare well throughout the year, you will pass the test—no problem.

## UCA greets new students

by *Alyssa Prohaska*

On April 12, future students ventured on to Upper Columbia Academy's campus for a time of fun and adventure. UCA students help show off the school by taking groups of future students on tours around the school during morning classes.

On the tours, prospective students were able to see UCA life in person. They were able to come into the classes and see the teachers and ask questions to either the teachers or the students. They were able to go into the dorms and see a room, catch a glimpse of dorm life and enjoy dorm life for a brief moment.

After morning classes, UCA students headed up to the gym where a program started off the afternoon with performances from the gymnastics team, band, Choraliers, and choir. This gave visitors an opportunity to see some of the extracurricular activities. Each teacher had a table set up in the gym to display their classes and had a quiz or a contest. Future students were given the chance to win prizes and scholarships to come to UCA next year. UCA students mingled around the gym getting to know new people and even meeting up with some old friends.

Overall, Academy Day was an enjoyable day for current UCA students, especially since they did not have to go to afternoon classes. Hopefully it was equally enjoyable for our visitors. We hope to see many of them in line at registration in August.



UPPER COLUMBIA ACADEMY

### ECHOES

is a regular student publication of  
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Tyler Franklin, Jon Spracklen, Doug Jahn, Sunwoo Lee,  
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## Marine biology fun

by *Whitney Madden*

Have you ever just really felt like staying home and not going somewhere? Well, that is how I felt when the weekend of the marine biology trip to Rosario Beach rolled around. I didn't want to go! But, don't ever judge something before you experience it.

The trip started with a long boring bus ride. But it was totally worth it when we got there because our cabins were so nice. We had a bathroom, kitchen, living room and our own beds! I also had the best group of girls in my cabin and the ocean view was just beautiful!

We went to lots of places to tide pool, study whales, look at dinoflagellates, and just study God's vast creation of marine life. My favorite part was tide pooling at Eagle Cove. We got to roam around the rocks and ocean shore looking for creatures. We found nudibranchs, sea stars, coral, sea anemones, crabs and so much more! We could interact with them and touch them as much as we wanted! It was so fun to look at another side of God's amazing creation.

Another part of the experience I liked a lot was the dinoflagellates. We went to Cornet Bay one night and got to see this amazing creature. If you moved your hands around it would sparkle all over with its bioluminescence! It was very pretty and amazing to be able to see sparkles from a creature you can't even see without a microscope!

We did so much studying of the marine life that by the end we were all worn out. But, that didn't stop our cabin from having a little party at the end! We talked, laughed, and made cookies. It was so much fun. We got to just relax and have a good last night on our amazing trip!

I learned about so many fascinating things and am so thankful that I went. It was such a great way to experience the marine life that God has created. I would recommend this trip to everyone who goes through UCA. The marine bio trip taught me so much and was fun too!

## Owls, larks hummingbirds

by *Christian Robins*

People can be split into three categories: owls, larks and hummingbirds. About 1 in 10 would be classified as a lark. Larks hate staying up late, usually go to bed around 9 p.m., but often wake before 6 a.m. without the assistance of an alarm clock. Larks describe breakfast as their favorite meal and are most productive in the hours leading up to lunch.

Larks are hated by the 2 in 10 who are classified as owls. Owls never go to bed before 3 a.m. and, if they had their way, would never rise before 10 a.m. Rising is indeed a challenge for owls, who almost always require an alarm clock (or several). Owls describe dinner as their favorite meal and are most productive in the hours of the early evening.

The rest who fit somewhere between the extremes can be classified as hummingbirds. Some hummingbirds are larkish, some are owlsh and some are in the exact middle.

When we are young we lean more toward being larks, but when we hit the teenage years we lean more toward the owls. This is why we dread the 7:15 period, stay up as late as we can, and have trouble comprehending the few morning people around us. By the time we are adults we will have slid more toward the middle.

This is important because society has imposed the same rigid schedule on everybody, even when we are all clearly different. The common nine-to-five work schedule tries to compromise, but all it does is eliminate hours of peak performance from everybody. In an ideal world there would be a lark shift and an owl shift with both shifts overlapping in the middle. Since most teenagers lean more toward the owl side high schools should start and end later; whereas, grade schools should do the opposite.

## How to survive to the end

by *Anisha Sukrutham*

You are sitting in the most boring class of the day and your mind is racing with thoughts of summer. You think about summer jobs, vacations, swimming, lying in the sun, all the fun you will have and . . . no school. This is the daydream of most of the students here at UCA. Everyone is eager for summer to hurry up and here, and we all feel like we are going crazy! But never fear, the end of the year *is* just around the corner. Here are a few things to keep you sane during the last few days of school:

1. Do things to keep you busy. Spend time with friends and have fun. This will keep you out of trouble and give your mind a break from homework.
2. Stay on task with homework so you don't stress yourself out. Avoid procrastination.
3. Catch up on sleep. You will be able to think clearly and use your common sense more efficiently.
4. Avoid bad *things* that can lead to difficult situations. The last thing anyone wants is for you to get kicked out three days before school ends.
5. Have a positive attitude. If you are positive, it will most likely spread and help get other people through the day.

So, as the end of the year approaches, make memories, have fun, and laugh a lot. If you do these things, you will have a perfect ending to your school year.

by *Victoria Olson*

With very little time left until the end of school, there seems to be something in the air that is making everyone either frantic or semisomnambulant. Students are feverishly doing extra credit to raise their grades. Teachers seem to assign even more homework than usual. And a precious, blissful few just don't seem to care.

In addition, the reader may notice the telltale symptoms of the legendary "senior-itis" cropping up. This disease can affect anyone in school; however, it usually seems to select (you guessed it) upperclassmen as its victims. Juniors are eagerly awaiting their turn at the top of the food chain (finally!), while the seniors are chomping at the bit, ready to leave UCA behind.

However, there is something we should always remember even if we have caught the "senior-itis" bug: high school only lasts four (or possibly five) years. We may never see our fellow students from this year or have these experiences again. We should treasure them.

So, I guess what I am trying to say is, even if you are busily scribbling away on a last minute extra-credit paper or daydreaming about this summer, stop. Breathe. Remember.

"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." Matthew 6:34, NLT

by *Allie Suppe*

It's not just a disease for graduating seniors: freshmen, sophomores and juniors get it too! The large sign in the Ad building reminds us every day of upcoming graduation! Shalya Brown, a junior, says "I'm so ready to close the school year and have summer!" Many others agree.

Seniors are ready to leave and start that new chapter of their lives. Amanda Kay Johnson, a senior, definitely has a bad case of it. She says, "I am getting few hours of sleep; I just want to graduate."

Teachers are trying to get the last bits and pieces of class work completed, and teaching new concepts is very difficult. The UCA staff has a large task keeping students focused, and students have a larger task, trying to stay focused! Its time for the weather to warm up and to have a break from school!

It's been an amazing year here at UCA. Amanda Kay also says "This year has been amazing, and although I am graduating, UCA has prepared me for things to come."



*Large, wet snowflakes fell for most of the morning on May 6*

## Fashion is my slave

*by Doug Jahn*

Fashion is my slave and I, its master, make it bow to my every whim. I twist various trends and styles so they fit my own personal tastes and preferences. But becoming the master of your own fashion is difficult in this modern world, a world where everybody seems to be copying their favorite celebrity in an attempt to be different.

The road to becoming your own master of fashion is not for the weak or weary. It requires diligence, perseverance, and, of course, taste. Fashion shouldn't just be the stuff you wear, but should be an expression of your inner self.

This brings us to our first rule of fashion: wear clothes, don't let your clothes wear you. Your clothes should show your sense of purpose. Your head should be held high, and there should be a bounce and confidence in your step.

The second rule is that you are your clothes. What you wear on the outside should capture the essence of who you are on the inside. If you don't know whether a certain piece of clothing represents you, chances are it doesn't.

Finally, our third rule of fashion is to diversify. Becoming another poster boy or girl for clothing companies isn't the answer. While popular brands provide a good foundation for your own look, they should not engulf your whole look.

In reflection, fashion should be spontaneous and expressive while still maintaining a sense of class. Fashion is an art form, and you are the artist. Do you have the courage, discipline, and determination to become a master of fashion? Will you continue to be a slave to fashion, or will you make fashion your slave?

## Freaky weather

*by Tyler Franklin*

UCA has had some crazy weather at the beginning of May. The clouds rolled in, wind began to blow and tree branches and debris were being stirred so violently that they had to close the main entrance to the café to avoid hazards. The cafe door on the other side was opened which caused a lot of confusion for most of the students, but the winds slowly died down after about 3 days and the café's main entrance finally opened up.

To everyone's surprise on May 6, 2010, snow began to fall, and pandemonium broke out among most of the students. From the complaints and screams I heard, it sounded as if it were the end of the world, but I found it a captivating glimpse of heaven.

By noon the huge clusters of white crystals slowly disappeared as the sun began to shine through the clouds and it felt like summer again.

## Pranks at UCA

*by Jon Spracklen*

Pranks can help break the stress of otherwise monotonous weeks, but when you do a prank, there are some guidelines you must follow.

The best pranks are the ones that are very simple and don't take a ton of time to prepare. If you can pull one off that doesn't require you to be physically at the prank, it's even better. A good prank will allow you to leave the area before it is discovered. It should also include some surprise.

Although most people enjoy a good prank, there are those who won't take it very well. So when doing a prank, you must take in account whom it's going to affect and if they will enjoy it. Never do a prank to harass or haze someone. Pranks should be enjoyable not only for the person setting it up, but also for whomever it 'gets'. Never let your pranks be dangerous or in any way put someone down with what you are doing. Just remember that if you do pranks, you must be willing to accept pranks done to you.

Here are some good starters for pranks:

1. Turn all the clocks one hour back in the room of one of your friends. They will be an hour early for everything they do.
2. After power is out, place a vacuum in your friend's room, plug it in and turn it on. When power comes back on at 4:30 in the morning, they will wake up to the sound of a loud, melodious vacuum.
3. In the winter when a friend of yours is in the shower, get a group of other friends to grab handfuls of snow and attack the guy in the shower. It will be an invigorating experience!

When doing pranks, make sure that whatever you do won't harm or humiliate anyone or damage any property.

# The latest and greatest

by *Karalee Rhuman*

The latest and greatest recipe in the cafe is what I like to call . . . just that . . . the latest and greatest. Although it takes some time to make, it's incredibly tasty and well worth the wait.

First, you cut up an apple into thin, small cubes. Depending on how apple-icious you want the result to be, you might add more or less than the recommended quarter cup of apple. Next you dump these crispy treats into your waffle batter cup along with the batter and stir until completely mixed. Then you pour the batter on to the waffle iron.

While you're waiting for your waffle to cook, grab a cup, fill it a quarter full with maple syrup, add a teaspoon of cinnamon and sugar and stir thoroughly. When the waffle iron beeps, pull out your waffle, lightly cover it with butter, and drizzle your syrupy mixture over the top. Voila! You've just made the latest and the greatest!

## Going home

by *Sunwoo Lee*

Looking at the calendar and waiting for the day to leave school is so exciting! In a few days I will get to see my family and friends whom I haven't seen for ten months. If you are an international student or a dorm student who doesn't get to see your family often, you may understand how I'm feeling.

Ten months is a long time. Having a lot of school work and going to friends' houses for homeleaves or getting to travel helps the time go by fast, but the last month of school seems to never end. Sometimes a day goes by so slowly that it feels like a week. When time drags, I know what to do: I make a list, a list that includes what I want to do with my family and friends, what I'm going to do over the summer, and what I want to eat when I get back home. Just thinking about that list makes me happy.

Although I've had a great time with my friends here and have learned new information, I'm so ready to go back to my home and see my family.



## Deadly dorm pastimes

by *Jon Mack*

Every night a dorm student has about three hours kill. And sometimes there is absolutely nothing to kill them with. So what do we do? Well here are some people's responses:

"Work out!" –Geoff Hughes

"Talk to Elliott." –Shannon Gaskill

"Try to open up a pack of fruit snacks." –River Davis

"Nothing Really." –Tim Redberg

"Sometimes I throw Mitch out of bed." –Isaac Ford

"(Creepy Smile)" –Cody Pearsall

"Invent imaginary friends." –Brandon Olds

"Check Edline for my grades." –Michael Wilkinson

"Make Jell-O while having deep conversations." –Grant Perdew

"Get in trouble." –Howard Heaton

"Talk to Shannon." –Elliott Berger

"Make disco dance videos with Alanna Augustin." –Heidi Spady

So whatever you have in store for your evening, nothing is better than having fun with the friends closest to you!

by *Andriana Lemon*

Every year the Marine Biology class goes to Rosario Beach to study marine life. While visiting the Puget Sound area, they also visit various museums and tide pools. Visiting these education sites can be fun, but it is not the best part of the trip. By far the best part about the marine biology trip is seeing evidence of God in nature.

When we look at nature, sometimes we miss the small details and just focus on the big picture. However, when we do take the time to look at the small creatures God has made, we learn just how much God loves individuality. This not only applies to small creatures, but it also applies to us. It is so amazing that God actually took the time to make us all different. All of us are special and unique in some way.

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# UPPER COLUMBIA ACADEMY

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*Great horned owls nested on campus this year and owlets appeared, first on the water tower and then in several different trees*

*Spring Week of Prayer was from April 12 to 17. The speaker was Don Veverka from Walla Walla University*