



Snow came to campus for Thanksgiving and then held off . . . until Christmas

Whiteness

by Vanessa Voelker

The smoothly frosted mountains are glistening. The powdered hills are swirling. The tree tops are gently being sprinkled with celestial snowflakes. Winter has finally come. Even though this season is a happy one, filled with holidays, snowball fights, and ice-skating; it can be a frightfully scary one as well.

The drive to and from school is a very slow but beautiful one. The roads can be quite terrifying with the ice, drifts and waves of pure white. It is blinding to try and see what is road and what is not. Sometimes all you can see is a white winter wonderland sparkling in the midst.

On just one day I saw at least 8 or 9 big cars and even some snow plows driven off the road and trapped in the arms of the whiteness. It was interesting to me to think that they had all been bigger vehicles unlike the small, low riding Thunderbird we had been driving. Some of these cars were almost completely buried and were so covered that all you could see was the little orange flags that were placed on the roof of the car so it might be found once again. I hoped those cars could be pulled out before spring.

Traveling is only a small part of the season and yet it can affect peoples' lives the most. We should think about the safety of others on the road and in our everyday interactions because it is more important than shopping and running back and forth in an unnecessary rush.

This isn't just a time of crispness and coldness; it is also a time of happiness and cheer. When the snow falls and holidays come, people seem to smile more, give more, and—overall—love more. The time of whiteness has come!



Contemplating UCA Christmas traditions

by Alanna Augustin

UCA has many traditions that set it apart from other schools. Everyone knows about annual events like Handshake, Amateur Hour, Senior Rec, Pops Lawn Concert and the Gymnastics Home Show, but UCA, especially the girls' dorm, also has its own Christmas traditions.

Every year around December, the students at UCA start to prepare for Christmas. The choir and band practice in earnest for their annual Christmas concert. The girls in the dorm decorate their halls and the seniors girls get to decorate a Christmas tree in the lobby. Dean T reads her traditional Christmas picture book, and Christmas movies are played in the lobby. Dorm workers have the opportunity of making gingerbread houses in the chapel, and in church hymns are replaced with Christmas carols.

For many years ASB has hosted a Christmas party for community children, but this year it was canceled because so many other programs are provided for the children through the Salvation Army.

Snow days have not quite been established as an annual tradition; however, I am sure students would happily welcome them into the yearly routine.

All in all, Christmas is a holiday not forgotten at UCA.



Music brings profit peace, better grades

by *Latimer Betat*

The latest research shows that music and success are inseparable twins. Music will help your business make more money, give your life more relaxation, and improve your grades in school. Include music in your life and success comes along as well.

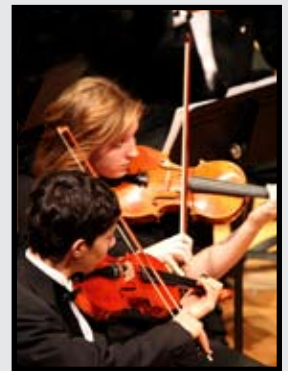
In a study on how music affected the selling of drinks, the Australasian Performing Right Association found that when jazz music was played in the background, there was a 27% increase in sales than when no music was played. Similar results were found in restaurants that played classical music.

Not only does music help the sales industry, but it also helps people relax in an emergency waiting room. Researcher Jennifer Jared found that music had a relaxing and calming effect on patients who were affected with anxiety.

When it comes to better grades, music can be very instrumental in helping students concentrate more effectively and have better learning experiences. Albert Einstein was regarded as “too stupid to learn” by his grade school teachers. Things turned around when his parents bought him a violin and he began playing classical music. He attributes his academic success to the violin and the hours he spent with music. When he was challenged with an academic problem, he would resort to playing his violin and listening to baroque music, freeing his mind to solve the problem. Similar results were found by researcher Yiftach Levy of San Diego State University in a study that involved students in elementary and high school. Having classical or baroque music in the background helped students concentrate more effectively and do better in their studies.

So whether you are businessman needing to increase sales, an anxious person wanting to calm down, or a student wanting to improve your grades, music can be the key to achieving your desired result.

Christmas Concert at the Fox



The Christmas Banquet

A Night in Venice



Did you get invited?

by Allie Suppé

The stress of a banquet invitation is inevitable. Girls wait patiently, hoping for that guy to ask them. It doesn't have to be a special someone; it could even be a friend. Of course, some people are just fine with going to the banquet by themselves. It really just does depend on the person. And boys try to come up with interesting ways to ask, hoping to get the girl to say "yes."

Some of the creative ways boys have asked are putting a note inside a balloon, decorating a girl's dorm room, and making a snowman asking the question. Girls respond in a variety of ways, but the goal is to one-up the boy's way of asking. For some girls, a simple "yes" will suffice; others go all out. Girls will paint the guy's car, write on balloons, or even ask a teacher write their reply on the board during a lecture.

Boys get a little nervous when asking. After they do ask, they sometimes ignore the girl, trying not to seem over-enthusiastic. They can't help but smile, though, if they get the reaction they wanted. What happens if the guy you want to ask you, asks another girl, or if the girl says no? Drama!

But whether you go as a couple, as friends, or alone, girls and boys alike get excited around banquet time. The question is will that one guy ask that one girl?



Rumors

by *Mariah Kenny*

“Have you heard about that girl?” “Did you hear what she did?” “Oh my goodness!” It is easy to start a rumor, and

they have a way of getting way out of hand. You have to be careful what you say because you never know who will hear it, and it is so hard to keep a story factual. If it didn’t happen to you, simply don’t tell it. If you don’t want someone finding out about something, do not tell anyone. Like Benjamin Franklin said, “Three can keep a secret if two of them are dead.”

Remember the saying, “Sticks and stones may break my bones, but words will never hurt me”? That isn’t true. Words can be more hurtful than sticks and stones. Sticks and stones cause physically injury that will heal, but when you say mean things or talk behind someone’s back, the hurt is on the inside and is very hard to get over.

It also is good to remember to never believe everything you read on the internet. If you are looking at other people’s chats, don’t freak out and tell everybody what you saw. And when you chat it’s good to remember that old advice: “if you don’t have anything nice to say don’t say anything at all.” Only write what you’d be happy to have everyone read. So be careful not to spread meanness and hurt, and don’t believe everything you read.

“Sticks and stones may break my bones, but words will break my heart.”

Silence is golden

Gratuitous risk

by *Victoria Olson*

Gratuitous risks are for people who are not satisfied with the life they have. The life they have seems to be lacking something, and unnecessary risks seem to be the way to take care of that problem.

However, just because your life is boring doesn’t mean you need to jump off cliffs, skydive, or gamble. There are so many ways to make your life more exciting and fulfilling although they don’t give you quite the adrenaline rush that jumping out an airplane or swimming with sharks will.

Donating your time and money to a charity that means something to you will give your life more meaning, and, who knows, it might even be fun. If food is your passion, you could try working at a soup kitchen or a food bank. Maybe working with animals is more your style; if so, try volunteering at your local humane society. If you love to learn, maybe being a tutor to kids in your community is your calling. No matter what you do, you will be filling real needs, and that warm and fuzzy feeling inside will be just a job perk.

If you are nervous about stepping up to the plate of volunteer work, don’t worry. There are lots of different ways to make your life more interesting. Make a deal with yourself to try one new thing each day. Maybe listen to a different genre of music than you normally enjoy. Eating a new food is a great way to step outside your comfort zone. Auditing a class at a community college is a great way to learn something new, and interacting with someone outside your usual group of friends is bound to make life more interesting.

Birthdays

by *Arlene Bautista*

Every day all around the world, someone has been blessed with a wonderful event which must be celebrated. It is dreaded by adults over 30, means the world to children, and is a mighty blast for teens. Yes, every day somewhere a person is encountering the wonderful gift of a birthday.

Birthdays are the most widely celebrated anniversary in the world. The celebration was spread by Roman soldiers, and it is the ancient Greeks who are supposed to have thought up the birthday cake and candles.

Gifts are a huge tradition on birthdays, and many believe this tradition comes from the three wise men that took gifts to baby Jesus. Gifts, of course, bring happiness, but in olden days they were also thought to fight off evil spirits.

Not everybody can celebrate the date of their birth every year. Some were born on February 29 and have to wait for the next leap year to celebrate on the exact date. The Queen of England celebrates two birthdays, one being her actual date of birth and the other an official birthday. So the Queen has the privilege of having a double birthday bash!

Happy birthday, everyone!



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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and Stephen Lacey, sponsor

January 14
First semester ends
January 31 - February 5
Student Week of Prayer
February 9-13
Home Leave
February 25 & 26
Senior Recognition

Sleep fights back

by *Howard Heaton*

Some students at Upper Columbia Academy are affected by a lack of sleep. When they stay up too late and then rise early in the morning to do either homework, go to classes or work, they can feel fatigued. There are several side effects of sleep deprivation, including a higher chance of illness, dizziness, difficulty focusing, and a feeling of extreme exhaustion.

One's health can be affected by not having enough sleep. *Health Guidance* states that lack of sleep is the major cause for a great number of illnesses. The human body uses sleep to recover from the physical stresses of the day. If people don't get enough time to rest, they may have a weakened immune system and be more susceptible to catching a sickness.

Another less known side effect of not sleeping enough is dizziness. People may believe they are having a normal day and then suddenly start to feel dizzy and have blurred vision and nausea. It is a common occurrence for this to happen when one engages in strenuous activities after a lack of sleep. This can be fatal when driving! Be aware of the potential for sudden dizziness from a lack of sleep.

A proper amount of sleep will allow students to perform better in class. Extreme exhaustion makes it more difficult for students to focus in class because the body spends its energy recovering from the activities of the previous day instead of on the present mental activity. Brennan Torretta, a senior RA, says, "Sleep is necessary for normal day-to-day function. Without it, grades and health would start failing."

A lack of sleep can have harmful effects on the body. A deprivation of sleep can increase the chances of catching illnesses. It can cause dizziness, and even make it difficult to focus. Getting proper sleep may help one achieve a healthy and more enjoyable lifestyle.

The sick rooms

by *Emily Fitch*

There is a place in both the guys' and girls' dorms that is very well-known and frequently talked about. It's the place you go if you aren't feeling well. It's the place that makes you wish you had just gone to your classes, fever and all. It's the place you want to escape after the first twenty minutes of your stay. It's the place where a piece of you dies after staying overnight. It is the sick room.

Many stories have spread around campus regarding people's experiences in the sick rooms. There have been encounters with mold and unsanitary conditions. The most popular complaint is probably that the rooms make people feel worse than they did to begin with. But it is understandable that separate rooms for people with contagious illnesses are needed. Otherwise, the whole campus would be sick and miserable.

So, what can be done to improve the condition of the sick rooms? Some suggestions from students are new mattresses, routine cleaning, and even something as simple as hand sanitizer. People also feel that they would have a better recovery if they were allowed to take electronics with them. That way, they could work on missed assignments on their laptops and listen to music on mp3's to distract them from their symptoms. Perhaps if the school utilized these ideas, the sick rooms could become restful places for students to fully recover as quickly as possible. Then, UCA's campus would be an overall healthier place.

Living with friends

by *Kiana Wilder*

"I wish I could live with my friends. We would have so much fun! No adults, no stupid rules. We would just have a blast all the time." How many high school students have thought this? Is living with your friends always fun and games, or can it be stressful and annoying? Many young kids and teens wish they could get out on their own and not have to live with their parents anymore. But is living with your friends all you think it is? Dorm life supplies some insight.

Arguments are inevitable when you live with your best friends. They become like your siblings, and when you are in a bad mood and they are around, they will be the targets when you let off steam. And when they are mad, they will do the same thing to you. Also, if your personalities clash, you won't stay friends for long. Yes, even when you live in a dorm with friends, life can still be hard.

However there is a positive side to this as well. You have time to get a breath away from your parents, you can make new friends, and you can start learning how to live out on your own. This is a healthy thing for older teens.



CS Lewis

by Victoria Olson

C.S. Lewis has gotten a lot of attention lately with three movies based on books from his *Chronicles of Narnia* series, the latest released in December. But Lewis wasn't just a kid's author; he wrote for adults as well. He wrote in many different genres of literature, from science fiction to apologetics. Some of his most famous books (aside from those in *The Chronicles of Narnia*) are *The Screwtape Letters*, which is a collection of letters from a demon to his nephew, detailing how to properly keep a human enslaved to "Our Father Below"; *Mere Christianity*, in which he, step by step, guides the reader into seeing how much sense Christianity makes; *Out of the Silent Planet*, a science fiction work where the main character travels to Mars; and *The Great Divorce*, the story of a fictional bus ride from hell to heaven.

When asked which C.S. Lewis was their favorite, all but one of the respondents named a book from the *Narnia* series: *The Magician's Nephew*, *The Lion, the Witch and the Wardrobe*, *The Last Battle*, and *The Voyage of the Dawn Treader* were the most popular. Obviously, *The Chronicles* are more widely recognized as his works, and most students have at least seen the movies, if not read the books. However, Dean Kristen decided to be different and said that her favorite C.S. Lewis book was *Mere Christianity*, and several people couldn't decide on a particular book.

I have discovered new things every time I read his books. Whether it was finally realizing that Aslan was meant to portray Jesus dying for our sins, or whether it is getting a very different view on the spiritual realm through *The Screwtape Letters*, C.S. Lewis never fails to surprise. And it seems I'm not the only one who feels this way. "If wit and wisdom, style and scholarship are requisites to passage through the pearly gates, Mr. Lewis will be among the angels." *The New Yorker*

Powder puff or power buff?

by Jenna Carter

Outside the realm of cheerleading, you might not think girls and football belong together. However, on November 7, 2010, UCA girls proved their athletic prowess on the football field.

Cleats desperately gripped the soggy ground and the vapor of warm breath rose in the frigid night air. The clock ticked, the whistle blew, and the game began. Nineteen dorm girls and thirteen day student girls made up the game roster. Geoff Hughes, Travis Fisher, and Seth White coached the dorm girls and Grayson Andregg and Charlie Wickward coached the day students. The referees were James Soulé, Juan Mendoza, and Patrick Kirk.

Despite the mucky field and cold weather, both teams played an aggressive, well-strategized game. According to coach John Soulé, it was a running game for the day students and a passing game for the dorm students. The teams were so closely matched that the game went into double overtime, each team winning a touchdown in the first overtime. The final score was 18 to 12 for the dorm girls. Good sportsmanship was demonstrated on both sides. As John Soulé put it, "The camaraderie was amazing between students."

The game turned out to be a huge success with lots of participation from players and spectators alike. A suggestion was made for it to become an annual event with a trophy presented to the winning team.

Stop snoozing!

by Annaliese Hottal

Heads droop, shoulders sag, the pens slowly stop scratching, and eyelids fall to cover weary eyes. The oppressive reign of sleep descends on students throughout Upper Columbia Academy.

Falling asleep in class is a common enough ailment in schools today. Most experts say that routine tiredness during the day is caused by inconsistent sleep patterns at night. So, one could argue that the best way to prevent falling asleep in class is to get enough sleep at night. This, however, can be harder than it sounds. Recent studies show that the biological clocks in teens are not wired for early morning schedules (like class at 7:15). Students are naturally drowsy early in the morning which causes them not to pay attention in class and to get low grades.

It is important that students have a plan of action against the constant threat of sleep attacks that could strike without warning. Here are some helpful tips:

Four ways to stay awake in class

1. Sit up straight in your chair. Try to keep your posture as good as possible. Slouching, getting comfortable, or resting your head on the desk is a sure way to nod off.
2. Keep your pen moving. Take notes or doodle to keep your mind and hand active.
3. Flex the muscles in your legs starting from your feet and working upwards.
4. Have something to fiddle with in your hands like silly putty or a rubber band. (Just don't launch them across the room at somebody.)

Three ways to fall asleep in class

1. Lay your head on desk.
2. Listen to music.
3. Drink a hot beverage just before class.

There is no guarantee that all these methods work. However, rather than risk the loss of valuable information by sleeping away class, try some of these tips. They just might be helpful.

Senior class party

by *Danielle Wilson*

On a Saturday night late in November, a group of students known on campus as “the Seniors” gathered in the gym for their last class party. Some were nostalgic, “This makes me sad!” Rachel Jorgensen said. “It’s our last class party!”

Even though some were sad, all were excited for the fun that was going to be had. In the gym there was a giant inflatable challenge course where Seniors raced to climb up one side, slid down a giant slide, climbed back up the slide and jumped back down. There was also an inflatable mountain that was almost as tall as the gym ceiling. Before Seniors attempted to scale this giant peak, staff such as Mr. and Mrs. Henson and Mrs. Carter had to make sure they were strapped in properly to a climbing harness so that no one would get hurt. Also at the party was ping pong, Wii and X-box games, fifteen minute cartoons on the stage, and card games such as Dutch Blitz. Another favorite was “King of the Balance Beam” where Seniors fought to keep their balance while trying to knock their opponent off. Seniors were thankful for the food that was provided, too; there was pizza, soda, cake and ice cream.

When it came time to leave, everyone groaned; no one wanted to leave the excitement of the party, but they had to, for Sunday School loomed for the morrow.

Alternate Sabbath Schools

by *Nathan Carey*

This year the school has let students attend alternate Sabbath Schools led by different staff and students and to participate in different types of worship.

The students usually meet in the girls’ dorm chapel and have a song service with a few announcements on what options are being held that day. Then the students split up and go to their chosen Sabbath Schools.

The options include a praise song Sabbath School where the students sing praise songs and hymns for the entire period. Students also can go to a student-led Sabbath School where there is room for thoughts and opinions to be shared along with a staff member to provide guidance. Usually there is an option led by staff for students who stay in the girls’ dorm chapel, and there is a guys only Sabbath School in the boys’ dorm lobby and one just for girls as well.

So far, most students seem to enjoy the choices and prefer them to the regular Sabbath School that has been held during previous years.

Students fight for frisbee

by *Cedric Clendenon*

Back in the days before snow, Upper Columbia Academy acquired a new campus pastime: Ultimate Frisbee.

The sport resembles the game of football, but instead of a pig-skin, the match is played with a Frisbee. After two teams are chosen, the game starts when one team kicks-off by hurling the Frisbee to the receiving team downfield. One person will catch it and try to pass it to another teammate and so on until the offense passes it across the end zone for a point. Unlike football, a player may not run with the Frisbee but can only pass it. The other team can try to intercept it by catching it or knocking it down in midair, in which case possession is switched. Because the defense can only intercept the Frisbee to stop the offense, a spectator will often witness leaping jumps and dives, which John Wilson says are the most spectacular moves of the game.

It was a cool night in November when a group of UCA boys climbed up to the field for an ultimate Frisbee game. The two teams of five fought over just a small yellow Frisbee, but as Cody Rittenbach stated, “It was epically intense, not only because of the mud, but because of how good friends boiled with anger against each other in the battle for possession of the Frisbee.”

After an hour, the boys were ready to call it quits when, suddenly, a group of mostly females dashed onto the field ready to duel it out. They called themselves the “Psychedelic Weenies.” As Nathan Gray remarked, “We were tired, but we decided to band together as one and fight off this onslaught.” So it came to pass that the “Fruit Loops” and the “Psychedelic Weenies” played ultimate Frisbee. The scoring went back and forth for an hour till players were getting cramps because they were jumping so much, and even Geoffrey Hughes exclaimed, “That was the most hard-core game of Frisbee I’ve played since I was in public school!” Although no official score was tallied, the “Fruit Loops” eventually outscored their rivals. At last, everyone returned to the dorms, some having more than surpassed their exercise quota for the day.

UCA students teach gymnastics

by *Annaliese Hottal*

In November, students in gymnastics class taught children from various elementary schools how to do gymnastics. Gymnastic Clinic is an event when the gymnastics class invites elementary level children from various schools to come learn gymnastics. There were approximately 150 children who came. The clinic started at about 8:45 and lasted all day.

The academy students were stationed in groups throughout the gym. Each group specialized in a different gymnastic skill. For example, there were groups to do tumbling and others for things like pyramids and duo routines. The children were divided into groups that rotated through the stations, taking about 40 minutes or so at each station. In this way, the children were able to learn and practice several different skills.

Lunch was provided for the participants in the cafeteria, and red water bottles, designed by Ashley Cuber, were given to the visitors.

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Campus improvements

With the Upper Columbia Conference planning to hold camp-meeting at UCA this coming June, some improvements are necessary to the campus.

The most obvious improvements so far have been the widening of the campus road to provide more parking spaces, and the addition of a pitched roof to the north wing of the boys' dorm. The new roof should stop the water damage to the ceiling in the boys' dorm chapel. The road widening project required a change to the grassy slope that goes up to the field (it was made steeper) and the removal of the bushes that spelled UCA.

More projects should be completed between now and the end of school.

