



by Howard Heaton, President, Class of 2011

Sunshine. Hail. Sunshine. Wind. Snow. Sunshine. Sunshine and Snow. We have become accustomed to the strange weather of Spangle. And through it all this year has brought many laughs and great times. There was the handshake, fall picnic, class parties, mission trips, and more. Cherish these memories because they and the friends you make here can last a lifetime.

In these last few days as graduation draws near, the days will come more and more quickly. The seniors drag their feet going to class and count down the days until graduation. The juniors are preparing to take on their new role. The sophomores ready themselves to be upperclassmen while the freshmen soak it all in for the first time.

It's been an honor to learn and be a part of UCA. Now the task remains to decide which memories we want to take with us. UCA is more than just a bunch of buildings and classrooms. It's the people, the lessons you learn, and the great memories you make along the way. We seniors have had a blast. But don't kid yourself. There will be long nights of homework and running for Soulé, but it is all worth it in the end. Juniors, be ready. Next year is going to flash before your eyes and before you know it you'll be here in our shoes. Let's cherish these remaining days and continue to let God be number one on campus.



Seniors win Bloomsday School Challenge



This year, students could sign up as teams to run Bloomsday. Elise Kinne, Howie Heaton, Seth White and Elliott Berger signed up as a co-ed team for the School Challenge and won! Apart from the snazzy t-shirts, each winning team member won an iPod Shuffle. The head bananas were not a requirement. Could this be a new UCA tradition?

2011

AIM:
May everything we do or say
be for the glory of God.

MOTTO:
We are not interested in the
possibility of defeat, but in
the certainty of success.

TEXT:
We can make our plans,
but the Lord determines our
steps.
Proverbs 16:9 (NLT)

COMMENCEMENT: SUNDAY, JUNE 5

Chalk-less wonders

by *Allie Suppé*

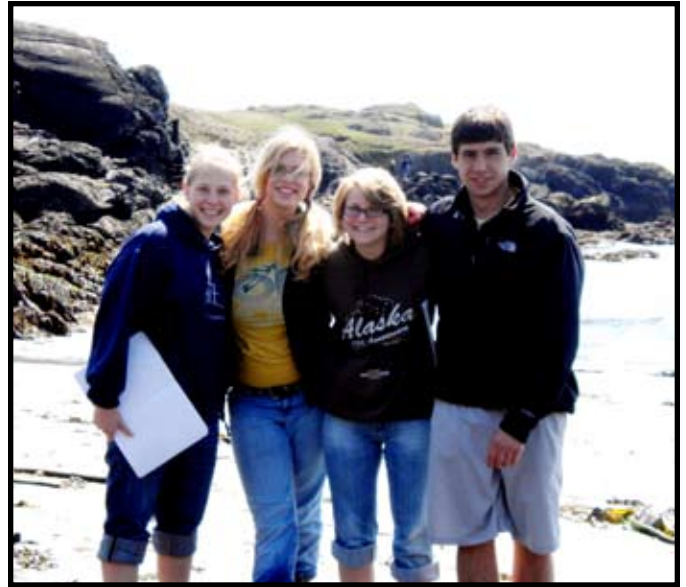
As Thursday evening rolled around, the gymnasts piled into the bus, excited to begin the journey to Yakima. Sweat-pant clad students threw themselves into the cushioned bus seats as Mr. Paulson fired up the bus. They braced themselves for a four-hour journey. The bus plugged along until finally we arrived at Soulé's parent's house in the wee hours of night. Upon arriving at the house, girls were sent to the top level with Coach Gimbel, and boys to the lower level with Soulé and Hess. Early the next morning the gymnasts arose to shower and prepare for the day's events.

The first stop for the day was Puget Sound Academy. The moment we arrived we unloaded the mats, got into our uniforms and began to stretch. After a quick program run through, everyone realized that there was just something missing: that white substance that keeps everyone from sliding around. The chalk had gotten left at the school. The gymnasts didn't panic, though, and proceeded through the show with shocking skill. Then, after several quick goodbyes, they reloaded the bus, ready to hit the town of Seattle for a day of fun, enjoying shopping and sightseeing, and ending out the day with a special team dinner at the Spaghetti Factory. After all was said and done, the Seattle trip came to a close, and everyone headed back to Yakima for the night.

The next morning everyone went to the All Nation's Center for church and potluck, followed by a nice afternoon resting at the Soulé's. Finally, it was time to leave for the next show and the gymnasts were Walla Walla bound. There, a short vespers program was followed by another sweaty, chalk-free experience with everyone sliding around.

That evening, around midnight, we arrived again in Yakima to spend our final night, and early the next morning, everyone enjoyed a lovely mother's day brunch at the All Nations Center, followed by a quick show and clinic for the children that came.

Chalk or no chalk, everyone said this was a tour unlike any other, one that will always be considered special.



Students enjoy the beach during the Advanced Biology trip

Class heads to the sea

by *Dmitri Kolpacoff*

The adventure all started for the 60 Advanced Biology students early on Sunday morning, April 17, when they started the 6-hour bus ride, headed to the WWU Marine Biology Station at Rosario Beach. The class was ready to take a few days off school to look at the wonderful sea life God created for us.

The trip included stops at Friday Harbor, the Seattle Aquarium, Padilla Bay, and, of course, the mud flats and tide pools. Students became familiar with crabs and all kinds of aquatic organisms and enjoyed spending time together. It was all quite an adventure. If we didn't learn something new at one stop, we definitely would at the next place. The ferry ride was also quite an adventure.

But the most exciting part of the experience for most students was going down to the harbor at night and seeing the dinoflagellates light up in the dark ocean.

The trip was a great success.

Four years in the making

by *Rachel Jorgensen*

There is a group of people at this school who have endured it all. They have come before the rest of the student body, been through every new plan and rule passed on campus, seen their school change before their eyes, and have even been here longer than some staff members. Who are these people? Well . . . we are the Four-Year Seniors.

Some say this title means nothing more than a 2 day trip at the end of the fourth year, and that there is nothing any more special about being a four-year senior than any other type of senior on campus. But I must disagree.

Soon we will graduate and go our separate ways, but for now we will enjoy each other and reminisce over the memories we have made. We will talk about the people we were and the people we have become from four years in the making.

The twenty of us that still remain have seen it all and have experienced all that UCA has to offer. We have made our memories, faced the ups and down together, been a constant foundation for the school, created a home away from home, and have grown together as class and family. That is what being a four-year senior is about.

Sore legs, yellow shirt

by *Brandon Forry*

There aren't a large number of things that would prompt a high school student to wake early on a Sunday morning. So what was it about May 1 that had me up at seven in the morning? It was none other than a 12 kilometer run in the heart of Spokane that had me—and roughly 50,000 other people—up on a Sunday morning. That's right. The 35th annual Bloomsday run was a major attraction for many people from around the country and the world.

Bloomsday provides a great opportunity to test your physical endurance, hang out with friends or family, or take a nice walk on a beautifully sunny spring day. It is quite a sight—not one to be missed.

And what does one gain from Bloomsday? One reward is the much-coveted finisher shirt. The shirt's design and color is kept secret and is only seen when early finishers start appearing near the finish line. (This year's shirt was pale yellow with a green, blue and white design.) But I gained more than just a shirt. I had the opportunity to take part in an event that pushed me to my limits and showed me just how fun a run could be. I would encourage everyone to register for Bloomsday 2012. Whether you're a serious runner, just want to walk with your friends, or like sore legs, Bloomsday is just the thing for you.

Choraliers sing for National Day of Prayer

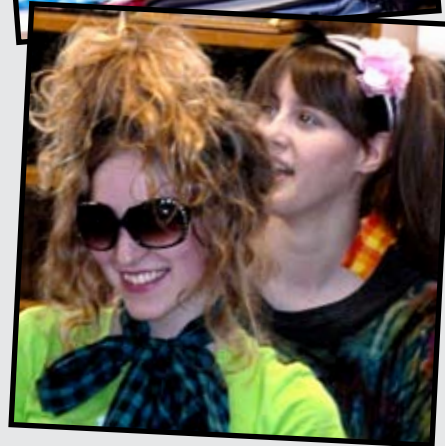
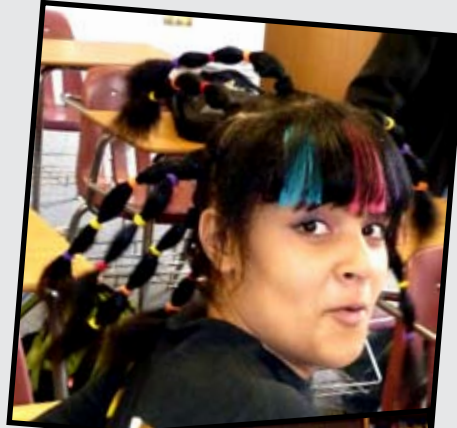
by *Lindsay Nelson*

Thursday, May 5, was National Day of Prayer. The UCA Choraliers loaded the bus at 4:15 so we could travel to Farmington to perform. We ate sack lunches on the way, and enjoyed each other's company. When we arrived, we explored the church and practiced a little. We discovered that Elise Kinne was born into this church and that her house was right across the street.

Anyway, we got on stage to perform to an audience of about 50 people, and in-between each song there was a prayer for either families, the military, the church, education, media, business, or government. Each prayer was from a different pastor, teacher, or someone who was significant to the subject at that time. The program ended in just over an hour and a half, and the kind people made us a delicious fruit kabob platter in the back room.

The people there were so kind! I expected to just perform like any other time. But it's amazing how prayer brings all kinds of denominations and people together. I'm glad our God loves us no matter what religion we are. It's awesome that people can come and meet other believers that might not have the same exact views but have the same passion and goal—for Jesus to come back and take us home.

Spirit Week!



ASB Spirit Week was April 25 - 29. As usual, students were encouraged to dress according to the theme for the day. For some reason, days that involve hats and hair always seem the most popular.

There were also events in the cafeteria during lunch. One event was trying to move a cookie from your forehead to your mouth without using your hands. Another was seeing how many marshmallows you could fit into your mouth and still be able to speak.

Change

by *Emily Fitch*

It is often said that an ending is simply a new beginning. That can be a comforting statement, but how accurate is it? Life is full of both beginnings and endings. Often they are anticipated, and often they are dreaded. The simple truth of the matter is that beginnings and endings are inevitable aspects of life. They are points of change. Without those changes, our lives would be monotonous and, essentially, meaningless.

As the school year comes to a close, many students look forward to the ending as being a start to summer. For seniors, this will be the end of their high school experience. Some are excited for new places, faces, and opportunities. Others may be filled with trepidation at the thought of transitioning to college, or even figuring out which university to attend. Elliott Berger, senior, said, "Leaving high school introduces a bittersweet change that leads to a frightening decision . . . college."

Change can have either a positive or a negative effect on you, depending on your perspective. Challenge yourself to give new things a chance and you may notice improvement in your life. By maintaining a positive outlook and putting your trust in God, you can handle anything life throws your way.

Stress

by *Mena Ikladios*

Stress. It seems that we deal with it continuously in what seems to be an endless cycle. There is always something to worry about. Maybe you worry about your grades, parents, money, or perhaps where you might go for college and how you will pay for it. Yes, it seems this cycle just keeps going. When your grades are high enough, something else calls for your attention.

Stress that continues without relief can lead to a condition called distress, and according to WebMD, "distress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping." Too much stress can seem to be a powerful, unconquerable enemy that controls us physically and mentally, but there is a way to deal with stress in a positive way.

First you can try to think ahead. For example, you might not do your homework or study for your tests while saying to yourself, "The year is still young I can relax now and pick up my grades later." You'll cause yourself a lot of stress if things don't go as you planned. Second, Paul says "Let your forbearing spirit be known to all people. The Lord is near: Never worry about anything, but in every situation let your petitions be made known to God in prayers and requests, with thanksgiving. Then God's peace, which goes far beyond anything we can imagine, will guard your hearts and minds in Christ Jesus. Philippians 4:5-7.

So look ahead and see how you can avoid future stress and tell God what you're going through through and that you need help. He will give you peace. If we do this then stress won't be part of our vocabulary.

Prayer works

by *Liz Hoskin*

I'm sure most readers have seen God working in their lives, but how many of you can say your prayers were answered in a *few* hours? I saw God working in my life this year.

On registration day, I prayed that I would be able to attend UCA. My parents and I made our way to the business office and we talked about our finances. The news was devastating. I could not afford to attend. I remember Mrs. Nelson saying, "God might work a miracle tonight," but I just couldn't see it happening. I cried and asked God why. It was the last year I would be able to come to UCA and I had been wanting to come ever since I had graduated from 8th grade at SJA.

I texted a couple of my friends saying I wouldn't be able to go to UCA this year. One of my friend's dads called and wanted to know details, and just talking about it again made me cry. But within 4 or 5 hours I got another call from him. When I answered the phone he said, "Liz, pack up. You're going to school at UCA tomorrow." I was so happy! Even today I thank God almost every day that I'm here even though sometimes it's difficult. Now, PRAISE the Lord, I graduate with the best senior class ever!

Thank God always, and pray. If God doesn't answer your prayers the way you want, He always has a reason. Because He has blessed me in so many ways, I, in turn, will bless others. When I look back, I can see why I didn't come to UCA before. God had a plan for those other three years and I wouldn't change that for anything! God always knows what best for you and He is always right. Thank God for His reasons. I always say to myself "Don't tell God how big your problems are. Tell your problems how big your God is!"



UPPER COLUMBIA ACADEMY

ECHOES

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This issue's contributors included:

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Liz Hoskin, John Wilson, Hailey Hanson, Kaci Crook,
Brennan Stanyer, Jon Watts, Juan Mendoza, Rachele Lebold,
and Stephen Lacey, sponsor



Beside the road in Africa

Africa

by John Wilson

Africa was stunning from the perfectly painted sunsets to the starving children of the Bushmen. It was a remarkable journey. The extreme poverty, yet happiness of the Bushmen, was startling. I have never before experienced children who will jump into my lap to take a picture or just plead for a hug. Yes, Africa was stunning. We went to build a school to provide education for the children; instead, they educated us. They taught us about joy and happiness. They even taught us about sadness as we looked at their bellies, swollen by malnutrition. They taught us that life is simple.

But more important than the lesson of simplicity was the change I experienced—a change in heart. I realized that I have often taken for granted many things that others may never ever have. I realized there is much more in the world than me. I finally understand that others matter much more than I. And so in Namibia or in America let the change—the change of heart—begin. Let's realize others matter.

From the Kalahari to the Namib desert, from the starving Bushmen to the wild animals of Africa and to the excitement of boarding down a one-hundred meter dune, one thing was for sure: no one who went to Africa would ever be the same.

Academy Day

by Hailey Hanson

Every year at UCA, a special event happens that brings new-comers to campus. This event, Academy Day, is designed to bring kids from other schools to our campus where a few selected UCA students escort them in large groups, showing them the campus and the special departments and classes we have to offer.

During lunch, the cafeteria is always brimming full of noise and excitement with people running around getting food and chatting with friends.

After lunch, everyone heads to the gym for a fun gymnastics show, musical performances, and booths and tables set up by different classes or departments. This is usually the highlight of the day which ends with the awarding of prizes and scholarships.

Next year, we look forward to having lots of new people attend, and, hopefully, many of the guests who came for Academy Day this year will show up as UCA students.

Packing adventures

by Kaci Crook

With the school year coming to a wrap, students are finding themselves getting ready to pack up and face the excitement of summer.

Removing belongings from their rooms and cleaning up is proving to be much harder than many expected. First, students must sort and remove their piles of possessions that have grown over the year from home leaves and trips. Problems they face in doing this include too much stuff to pack and not enough boxes to put everything in. Many must scour the cafeteria in search of a rare left-over box which they can reassemble and use.

Many with unwanted or extra belongings put on in-dorm sales to make some extra cash as well as clear out their rooms. Sierra Iseminger, who recently had a sale, said, "It went all right, but I think it would have gone better if people hadn't been gone on tours." She admits she would do it again sometime.

After students find a way to clear out their clutter, they are faced with layers of dirt and dust that have accumulated over many months. Cleaning, reorganizing, and many hours of labor is all worth it, though, states Emily Fitch. "I enjoy the clean feeling and getting the clutter out of my room. I can't wait for summer to get here."

No matter what problems face you during your packing adventures, keep going because summer is on its way. Happy packing!

CONGRATULATIONS
CLASS OF
2011

The odd effects of Tetris

by Brennan Stanyer

An interesting phenomenon in the world of online gaming at UCA has come to my attention. Of course, the phenomenon I am referring to is Tetris.

Scientific studies have shown that prolonged Tetris activity can lead to efficient brain activity during play. This would benefit a student in that the more they played Tetris, the better grades they would get . . . if they studied at the same time.

A study at Oxford University showed that when Tetris was played soon after viewing traumatic images, the number of flashbacks to those images was reduced. In 2009 this information was used to aid people with post-traumatic stress disorder, and it actually worked. It is suspected that the need for constant attention to the game leads to increases in critical thinking, reasoning, and problem solving. Also, the increased activity in the brain during exposure to Tetris can have long-lasting effects: People have been noted to involuntarily see Tetris pieces in their everyday lives while not playing the game.

So if you have some free time in the evening or if you're just bored during a free period, play some Tetris and relieve your stress. But if you start arranging your cheeseburger toppings in the hopes of perfecting your "T-spin," then, please, put down your computer and study for your English quiz.

What?

by Jon Watts

Many jobs don't feel to exciting when you have been in the same loop all year long, whether it's working for a teacher or cleaning toilets. Even when working with others, life can just seem to drag. What job is there that can break this loop? Where can you enjoy life, work and, maybe, even good food? Why, look to no other place than the dish room with VINCE!

Life can no longer drag you down when you have the opportunity to eat leftover food and work with someone who throws out life-changing proverbs such as, "People are like waffle mix containers, no matter how many times you wash them, they still smell like waffle mix." That's pure life-changing ingenuity in its most refined form. Such proverbs (axioms, adages, epigrams, aphorisms) can inspire you to do the most impossible things . . . and still not succeed! Ah, but then you will have the complete answer, and life will have no more questions. Maybe.



Late-night studying in the hallway

Sleep

by Emily Fitch

The power shuts off at 11:00 every weeknight in the UCA dorms, but a myriad of students have little choice but to stay up late finishing schoolwork or studying for exams. It can prove challenging for those unfortunate enough to have classes as early as 7:15 in the morning to postpone their repose long enough to complete their work in the lighted hallways. So how do they do it?

Caffeine is a common tool people use to stay awake. Although not condoned by the school, there are a number of forspent students who rely on the stash of instant coffee in their rooms to supply them with enough energy to prepare for chemistry, math, or English tests.

There also is a medley of other techniques for staying up late. Some people listen to music, and others prefer to simply splash cold water on their faces every so often. One of the most effective ways that people stay awake is to have a friend keep them company. Not only can they prevent each other from dozing off, but they can also help each other study. "It's always a lot easier that way," Jae MacPhee, freshman, says. "Having a roommate who's up with you encourages you to keep going when all you want to do is conk out and procrastinate even further."

Of course, the best way to be successful in school is to get plenty of sleep each night and to use your time wisely throughout the day. It is much easier to focus when your mind and body get enough rest. Ideally, high school students should get at least eight hours of sleep each night. Start going to bed earlier and you will be more alert, awake, and attentive when you get up in the morning.

Awesome April

by *Juan Mendoza*

The week before the final home leave, the boys' dorm was pumped for a break, and the boys' club officers threw an event called "Awesome April."

This event was for the dorm to get together and have some competitive entertainment. As the whole dorm shouted what hall they were from, the officers explained the regulations and claimed that the judging would be fair. The goal was to be recognized as the best hall in the dorm.

The events featured in "Awesome April" were the bat spin where each competitor from a hall had to spin ten times with a bat touching the floor and his head and then shoot a ball through a basketball hoop. For the marshmallow drop, everyone on the hall together had to eat two full bags of marshmallows in the fastest time. But the favorite event seemed to be the onion eating contest where the hall who ate two onions the fastest won.

In the end, these events were not just a competition to be the best in the dorm, but were a way to practice working together and to make memories that will last forever.

Mother's Day

by *Rachelle Lebold*

Just recently we celebrated Mother's Day and took a little extra time to appreciate our moms. After all, they raised, clothed and fed us and taught us how to live the good life. But when are where did Mother's Day originate?

I found out that during the sixteen-hundreds on the fourth Sunday of Lent, Christians living in England celebrated a day honoring Mary, the mother of Jesus. This lovely religious holiday was known as Mothering Sunday and became a day to honor the mothers of England. To celebrate, children would spend the entire day with their mothers and bake a special cake known as the mothering cake. Mothering Sunday is still celebrated today, and this year it was on April 3.

The holiday we know as Mother's Day is loosely based by the English day and was suggested by social activist Julia Ward Howe after the American Civil War.

It doesn't matter when it is celebrated or what it is called, Mother's Day gives us the opportunity to acknowledge our mothers and tell them how special they are. So if you didn't tell your mom how special she is on this last Mother's Day, don't wait a whole year until the holiday comes around again. Tell her today!

Bowling

by *Dmitri Kolpacoff*

We all know what happens on the weekends. Right? During an open weekend, everyone leaves and it gets quite boring, but sometimes the Saturday Night Activity makes it almost worthwhile to stay around.

On a recent Saturday night, the activity was bowling. What could be better than an evening of bowling alley excitement with some of your closest friends and with the school providing luxurious bus transportation?

Once the students arrived, they got their bowling shoes and bowling balls and headed for the lanes. The sound of excitement filled the air: loud music, loud UCA students, and the sound of bowling balls rolling (or dropping) and hitting the pins.

Many students put on a great show by getting multiple strikes or by bowling in a really unfashionable manner. Everyone had a good time, and the great piles of pizza and pop kept them energized.



Spring Week of Prayer

Jackie James from Southern Adventist University was the speaker for the Spring Week of Prayer, April 11 - 16

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UCA's Spokane Scholars



UCA's Spokane Scholars for this year were Lindsey Rasmussen, Foreign Language; Seon Woo Lee, Mathematics; John Wilson, History; Michael Wilkinson, Science; Elise Kinne, Fine Arts; and Alanna Augustin, English. They enjoyed a banquet at the Spokane Convention Center and heard keynote speaker Mr. Ryan Crocker, former US Ambassador to Iraq. Each also received a certificate and medallion for their achievement.

REGISTRATION IS SUNDAY, AUGUST 21
SEE YOU NEXT YEAR!



Kim Reid catches some air as she and the other members of a HOPE Task-force group walk through the falling snow to their last outreach project on April 29.