



Juniors backpack through woods

by *Katrina Santiago*

After a two hour drive, we arrived at the trailhead. We flung our backpacks, which held all of our essentials, over our shoulders and began our hike to Maiden Rock. The enormous trees loomed over our heads as we trekked through the forest. Rocks were scattered everywhere along the trail, causing us to trip. Halfway down the trail, our destination, Lake Pend Oreille, was visible through the trees. Eventually, we all reached the lake and were met with the sight of a lovely little gravel beach. The water was clear and the rocks were perfect for skipping. Maiden Rock towered at the opposite end of the beach.

Everyone found little campground spots among the trees and began setting up their tents. The afternoon was filled with swimming in the lake, setting up camps, and enjoying time with friends. In the evening we all cooked our own meals (mostly ramen or mac and cheese) over tiny camping stoves. That night we had a nice worship to bring in the Sabbath. We sang songs and threw rocks, that had our fears written on them, into the lake. Then, eventually, we all crawled into our cozy tents and fell fast asleep.

Saturday was a rain-filled day. Everything was drenched as the clouds poured buckets of rain on us. Many of our tents were soaked and a lot of our stuff was waterlogged. The day was freezing and everyone was miserable. Many people had no dry clothes and we were all trying to warm ourselves with heated rocks. Finally, the Williams and Coach Dye gave us a choice to pack up and leave that afternoon or stay and leave the next morning as planned. Of course, we all chose the first since Coach Dye said we could stay at his house, which has a hot tub. So we packed everything again and continued back through the forest, back to the cars waiting at the trailhead.

In the end we ended up in Coach Dye's cozy house, where we changed into warm, dry clothes. We stayed the night, and in the morning we had a delicious pancake breakfast awaiting us. Overall, the backpacking trip was an exciting learning adventure. Most importantly, we all got to see the beauty of God's creation.

MiVoden gives break from classes

by *Ashley Samuel*

On September 8, UCA students and staff headed up to Camp MiVoden for a fun day at the lake. Students were able to sleep in a little longer than usual before heading out around 9:30. Excitement filled each bus as they rode up to Hayden Lake.

The students arrived at Camp MiVoden around 10:30; however, many were shocked by the weather. Despite the cool temperatures, the students started a fun and exciting day. There was a plethora of activities: students could play or watch volleyball, go canoeing, swim by the docks, hang out on the grass, and go out in ski or paddle boats. The boating activities proved to be the most exciting with students tubing, wakeboarding and wake surfing.

At the end of the day, everyone was watching the final volleyball game with anticipation and excitement, eager to see who would win. It was a good game with great competitors, but there could only be one winner. Congratulations to the senior team.

After that last game, students enjoyed a delicious pizza dinner and then had worship. Overall, Fall Picnic was an exciting day filled with friends and fun.

clarity
1 corinthians 13:12

Aquatic flying machine

by Natalie Harder

Their white knuckles tightly gripped the handles. Arms tangled, faces glowed, and eyes gleamed with excitement. The boat took off, sending tidal waves of water towards the small floatation device. They shot into the crisp September air like desperate flying fish. They were superheroes who couldn't control their epic flying abilities.

People from the boat cheered for the two who dramatically flew through the air, their bodies flopping around like rag dolls. Floating mindlessly in the water with slightly dazed looks, they suddenly realized their triumphant accomplishment and shot their fists into the air in victory. As frigid as the water may have been, these crazy thrill-seekers from Spangle, Washington, enjoyed every minute of it.

Great things such as this occur at UCA's wondrous fall picnic.





View from above

by Morgan Stanyer

Watching Fall Picnic activities from the lifeguard stand is quite entertaining. I learned who the adventurous students are and who the more timid students are from overhearing boat conversations and overlooking those who braved the cold to jump in. The chair also had a nice view of the volleyball court, the sand bar, and the canoe bay by the road. With the right set of eyes I could even see some fish swimming around in the lake, avoiding seaweed and ice chunks.

The morning was filled with clouds, cold, and wind, which slowly turned into sunshine and semi-clear skies as the afternoon approached. I could see some people tipping canoes and others surfing for the first time behind boats. The volleyball tournament began after lunch, and members from team Shades 4 Dayz declared after the convivial experience, "Even though we didn't win, the games were fun to play as well as watch."

Overall, it was calm at the top of the lifeguard stand, which made for an enjoyable day with hopes of more to come.



Change of view

by *Jennifer Pontius*

I always thought of freshmen as tiny little annoying children until I was invited to join them for their campout.

The day we left, I was really regretting the idea of going. “Ugh. Not the freshmen” was the only thought I had running through my mind. As I was about to get on the bus, Hess pulled me aside and informed me that I had the worship talk for that night. As you could guess, I started to panic.

“Why did I say yes to this?” was the only thing I could say to anyone, but on our way to the campground I was looking through the Bible for a worship talk, and I decided I would talk about how God led me to UCA. When we finally arrived at the campground, the seniors helped prepare dinner, and after that was the first meeting. I was first to talk, and I prayed that God would speak through me to reach someone. Well, I began to cry halfway through my talk, which was embarrassing but also a good thing. When I had finished, many of the freshmen came up to me and told me that they really appreciated my talk.

As the weekend continued, I got to know some of the freshman girls better, and I began to realize that they need us to help guide them. Yes, freshmen do get picked on the most, and are told they make a lot of mistakes, but maybe that’s because more upper classmen aren’t helping them out. So often we just let them make mistakes and say, “They’ll thank us later,” but maybe it’s just best for us to be their friends and help them not make mistakes in the first place. I realized that freshmen aren’t just annoying little children, and I hope that I can be a good influence to them throughout this year.

From grade school to here

by *Joanne Kack*

We start as young, innocent, children. Homework is simple, and days seem to fly by in less than a second. We grow, learn, become wild, and eventually get to the last year of middle school: eighth grade, the point where we’re the oldest where no one can bring us down because we’re on top.

Then high school comes, and again we are at the bottom of the food chain. Homework that takes half the night starts to be a daily occurrence. No worries. There is always tomorrow to get it done—says every procrastinator there ever was. But tomorrow comes around and you still don’t have enough time.

High school is tough, but it’s meant to expand our minds and stretch our capabilities. It’s for us, as young adults, to learn who we are. We may get discouraged but we’re here for an education, an education that will bring knowledge, and a better life. So let’s not think of today as something we HAVE to get through, but as a chance to grow and mature. You never know what you will learn today. Chances are if you open your mind, you’ll find out you love it.

New year

by *Jared Humphreys*

Congratulations! You survived summer and now you are back to school at UCA. If you are here for the first time, welcome. This new school year brings new teachers, new classmates, new friends, new experiences, and, for most of us, new roommates.

For many of us, getting a new roommate can be a little scary. You don’t know if you are going to get along. You don’t know what their music preferences are, what their sleep schedule is going to be, if they are messy or clean, if they like the room hot or cold, or how they study best.

If you and your roommate’s relationship isn’t smooth sailing, don’t worry. You are not the first to have this experience. Not all roommates are going to click, and not all personalities are going to blend. What do you do? You can either work it out or move out. Moving out is not the best solution, but it is not off limits. You should, however, definitely move out if your roommate makes you feel unsafe or uncomfortable. If your roommate simply annoys you, talk to them about it or talk to the deans. Most roommate conflicts can be solved.

Talk to your roommates. Get to know them. They are probably really cool people, and getting to know them will make solving conflicts easier. Who knows, these people might ended up being your best friends for life.



UPPER COLUMBIA ACADEMY **ECHOES**

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

Ashley Samuel, Katrina Santiago, Natalie Harder, Morgan Stanyer,
Ella Dieter, Jennifer Pontius, Geoffrey Urbin, Joanne Kack,
Amber Lee, Andrew Robinson, Nate Cheney, Jared Humphreys,
Sidney Allison, Thalia Tomarere, Kiara Welch, Melissa Conradt,
Breanna Daley, Katie Gaylor, Katelyn Ruud,
and Stephen Lacey, sponsor



Torrents

by Nate Cheney

On September 3, the men's dorm faced a great catastrophe. Over my years here at UCA, I had heard many a tale of flooding, either in the old café or the guys' dorm. However, I had never been directly affected by a flooding. That has changed.

Worship and study hall had been canceled due to a girls' volleyball game, and the freshmen had organized a game of hall soccer on first floor and were running up and down the halls in raucous merriment. Mid-game, an anonymous freshman made a swift and accurate kick right into the dorm's sprinkler system. A small pipe burst and began to spew water into a quickly-expanding quagmire. The first floor RA swiftly alerted the rest of the dorm staff, and the alarm sounded soon after. The hall was being flooded at an alarming rate.

Once evacuated, the entire men's dorm sat in the assembly hall awaiting the maintenance and local fire departments. Within the hour, the water had been shut off and staff began the long process of cleaning up. Once back in the dorm, those who live on first floor were dispersed among the dry rooms. But as they went to sleep, there was a great force at work. The guys' dorm deans, RAs, Mrs. Hess, Mr. Winslow, Mr. Kramer and Mr. Williams were working tirelessly. Many were up until 2:00 a.m., sucking up the water left in the halls. The storage rooms had to be emptied, rugs had to be hang dried, and the rooms had to be rearranged so the floors could be vacuumed.

Although the initial cleaning was done before sunrise, there were many remnants of the night's adventures. The next morning students returned to rearranged rooms, wet floors, and an unpleasant odor. Most students went to class not having done the last night's homework, and most left for freshman campout leaving open windows and fans everywhere.

Although the incident was inconvenient for all involved, it left the students with a feeling of safety. They now know that whatever happens on this campus, our staff will go to great lengths to ensure our well-being.



It's not all about winning

by Amber Lee

It was a long, busy Wednesday when our UCA volleyball team took on Northwest Christian. We watched our opponents warm up, spiking as if there were no net in front of them. We were so intimidated and didn't know if we would come out of the game alive. But after a motivational speech from our coaches, we went into the game ready to put up a fight.

We realized we were actually keeping up as the lead went back and forth. The first game ended with a close loss of 23-25. Going into the second game, we wanted to prove that we could pull it off. We were blocking, digging, and serving as if we were a new team. This was the best game we'd played all year, but it ended with a devastating loss of 22-25. We were desperate to come out with a win, but we unfortunately lost the third game with a score of 20-25.

No one was hanging their heads because we knew we played the best we could. Although it didn't end the way we wished, none of us had any regrets and were all proud of how we played as a team.

COP tests

by Ella Dieter

As this is the last year of high school before the seniors become freshmen again, the time has come for those who haven't even put a thought into what they want to do as a career to figure out what their interests are and what they would be good at.

This is a huge decision. What do you want to do for the rest of your life? It's hard to know for sure where you belong in the work force, so that is why the seniors spent several days taking tests to see where their interests, skills, and personality lay and, hopefully, to narrow their career options to something they would enjoy.

"Are you a people person?" "Do you prefer to work in a group or by yourself?" "Could you see yourself managing a bakery?" These are just a few examples of the extremely repetitive questions asked on the test.

Hopefully, the results of this test will help those who have no idea what to do with their lives, and maybe some who were already planning will be surprised that the results recommend a completely different career.

Class night!



The donut lady

by *Geoffrey Urbin*

You should have gone and talked to her. You were probably wondering why you saw a lot of seniors walking around with donuts for a couple of days. Well, the lady was Melissa Rae, and she would give you donuts. For two days, Melissa was here from Walla Walla University to talk to seniors about college options. The information she gave was about scholarships, different colleges to go to, applications . . . and donuts.

The donuts were the reason most of the seniors talked to her. They weren't ready yet to hear what she had to say about college. If there hadn't been donuts, I'm pretty sure a majority of the seniors wouldn't have even considered stopping by for a chat. When you were done talking, she would give you a donut of your choice. The donuts ranged from long maple bars to powdered lemon jelly filled donuts. So just having a small conversation with Melissa was way worth it. You should have gone and talked to her.

The blustery day

by *Katie Gaylor*

It had been an unusually cool morning. As we woke up, everyone decided to open their windows to let in the fresh air. Then, as we sat in the assembly hall and listened to the music on Sabbath, we began to notice how dark the sky was getting. The haze set in, and it was like an alternate universe.

We were surrounded on all sides by the brown, quiet haze. Then, the silence was broken by the strong sound of wind blowing, and in came the dust storm. Everyone looked in awe, and all the doors were quickly shut. After a couple of minutes, a whisper went through the room. "OUR WINDOWS!" The realization hit us all like a sack of bricks. All our windows were open. A mad rush of students went off into the windy whirlpool as others watched them go . . . and return looking frazzled with crazy hair.

When we finally got up to our rooms to check the damage, dust was everywhere! Pictures were scattered on the floor, and things were knocked over. The dust had definitely done its damage.

As we all began our long trek to the church, hair went flying, skirts went whoosh, and the dust went everywhere. No one ended that walk without dust somewhere on them. The school even offered a bus for the ride back to the cafeteria, but most people decided to be adventurous and brave the elements.

Technology is my enemy

by *Melissa Conradt*

It's back. Those of you who have experienced this before know exactly what's about to go down. E-books. That's right. Again the school is going down a path, a wrong path, towards more technology.

The first time, as many of the freshmen from two years ago remember, we got our Algebra 1 books on our laptops. After hours of tears, frustration, and a new bond with the IT crew, we finally figured out how to get the first assignment done. This year we get our new Chemistry books on our laptops as well.

As we entered the third week of this school year, we were preparing for our first Chemistry test. It took not one week, two weeks, but three weeks for everybody to finally get their E-books up and running correctly. What we love most about paper books is that they are reliable. They will never malfunction and break down. E-books, on the other hand, have a tendency not to be available when needed most.

So think of us in Chemistry classes this year as we work through our quarrel with our new books.

Wait! I'm a senior?

by *Sidney Allison*

Something I heard from several of my classmates over the last couple weeks is that they still feel like juniors. I don't know why this is but it is a fascinating phenomenon. Even after class night and with senior survival coming up I still felt like a junior. It's like after a birthday when someone asks you if you feel any older. Some might but I certainly don't. I know not all of you feel this way but give those of us who do a chance to get caught up. For some of us, the realization won't set in until the day after graduation when we realize we're finally out in the real world.

So, seniors, I guess the best advice I can give you is to embrace your inner 12th grader and get ready for graduation because it's going to be here before you know it. That confused feeling will never go away for some of us, but that's what makes life fun. Right?

Time is ticking

by *KateLyn Ruud*

Right as your monkey alarm tunes start to play, you know that your happy dreams are over and that you have a whole day in front of you. Then you remember that one test that you didn't study for, which happens to be your first class of the day. All you want to do is fall back asleep and recreate your happy dreams, but unless you want to get an absence, you must use all your power to get up and face the day.

We all know that 7:15 classes are a struggle. We get up, walk slowly to breakfast (at least some of us), then sleepily run to the Ad building just in time for the last bell to ring. That our minds are not quite awake yet is proved by the fact that we forgot to do our hair! I hear some people like 7:15's, but most think they're an awful thing that should never have been created. Olivia Medavarapu said, "Every time I roll out of bed to get ready for a 7:15, I can feel a little bit of my soul dying."

We all understand that as fine students of Upper Columbia Academy we try our best not to hit that snooze button and to conquer the dreaded 7:15 class.

Day after Monday

by *Breanna Daley*

Mondays are the worst day of the week. Why? Because they officially end the weekend. They require us to quit sleeping and to engage our minds again. But the good news is that after them come Tuesdays. Tuesdays are hands down the best day of the week. Why? Because on Tuesdays the café serves us cookies. This is amazing. After the terribleness that is Monday, we need something to cheer us up, something to convince us not give up on life on the second day of the week.

There are a few cookie choices: chocolate chip (which everyone loves), oatmeal raisin (which no one eats), and plain chocolate. My personal favorite is white chocolate and macadamia nut. Roll on, Tuesday.



Because of all the smoke from wildfires, Handshake was held in the gym this year

Rush

by *Thalia Tomarere*

Rush to get registered, rush to shake people's hands, rush to get to class, and rush to get homework done. It was only the first week and you were swamped with homework and trying to make friends. There was hardly any time to relax. Registration, Class Night, Fall Picnic, and the upcoming Senior Survival kept us busy, and some were already preparing music for Alumni Weekend while others planned acts for Amateur Hour.

But getting closer was a short hiatus from this rush, an oasis from school called home leave—a time when we can slow down, relax, and not worry about the assignments that will fill our schedules and leave us with no time for friends or relaxing.

Dorm struggles

by *Kiara Welch*

Everyone always says dorm life is one of the best experiences one can have. The people you meet will become family, and the memories you make will last a lifetime. However, many of these experiences are interesting and sometimes unpleasant.

Taking a shower is an example of this. To get hot water quickly, one must turn on all the showers, flush the toilets, and then wait ten minutes. If someone flushes while you are showering, the water becomes scalding hot or freezing cold. Once you are finished, getting dressed without any of your clothing touching the ground is another challenge. Every girl who lives in the dorm must learn this skill.

Taking a shower can be unpleasant, but one must overcome this. At the end of the day, it is worth all the hassle to be clean.



Improving your health

by *Andrew Robinson*

I have been at UCA for only a few weeks but have noticed how some habits could lead to unfortunate and, perhaps, deadly illnesses. Some of these habits are drinking coffee and several energy drinks in a day, not exercising after school, and not choosing proper nutrition in the cafeteria. But changes can be made!

Diet, diet, diet! In this world where fast and junk food seem to be everywhere, having the right diet is very important. Let's start with vegetables and fruit. Have you ever heard that the more colorful your plate is the better? Well, it's true. Mixing a variety of vegetables and fruits is vital for your body to get all the different nutrients it needs. Also, when it comes to salad, the darker your green, leafy vegetables are, the better they are for you. But what should you leave out of your diet?

Many years ago, meat was, for the most part, safe to eat. However, in our modern times, we have no idea how terrible it can be for us. Animals are shot up with growth hormones which you eventually end up eating. Nasty! Stay far away from meat. Next, you should try your best to cut out dairy products. The fats in cheese and milk will not help you lose weight. In order to have a healthful diet, eat your veggies and fruits and try to stay away from all animal products.

Finally, let's talk about the "fuel" people use to keep their bodies going during exercise. People like to think that all of the energy drinks and protein bars are good for them. However, did you know that energy drinks are very harmful? The Caffeine Informer, a website addressing facts about caffeine, has some jaw-dropping facts about drinking too many energy drinks. These drinks can cause cardiac arrest and lead to future heart attacks. What is best for your body is something more natural, something like coconut juice, which actually has natural electrolytes which are vital for your body, especially during an exercise routine.

What nature offers is best. Try a healthful diet full of nutritious fruits and vegetables, stay away from man-made substitutes, and you'll find yourself in the best possible condition with years of great health and happiness ahead.