



Caf holds final banquet

by Abe Baik

April 14, 2013, marked the day for last banquet of the 2012-2013 school year. Many students, both dorm and village, had an excellent time enjoying the food, activities, and socializing at the ASB's "Secret Agent" banquet.

The event started at the cafeteria at 3:30 pm, the last time a banquet will be held there. Next year, banquets will be held in the new cafeteria next to the Ad Building. Students devoured tons of food, including pizza, cheesecake, and Italian sodas.

After the food, students rode the buses to get to the evening's activities: laser tag and bowling. Laser tag was the most popular with students "tagging" each other with lasers in dark rooms illuminated by black light. It was a fun experience.

All students, freshmen through seniors, enjoyed each other's company throughout the entire evening, chatting and laughing through every event and activity.

Overall, the girls-ask-guys banquet was a great tie-up event for the year with everyone having a blast.



THE FRONT AND BACK OF THIS YEAR'S UCA T-SHIRT!

Seniors visit WWU by Sophia Rich

A majority of UCA seniors don't know what their major will be or what college they will attend, but some have now made their decision based on their experiences at Walla Walla University Days.

Some loved the cafeteria food. "Pizza every day!" one excited student exclaimed jubilantly while waiting in the mile-long line. Others enjoyed the chance to sit in on university classes or general interest sessions. Still others appreciated the opportunities to help pay for college through scholarship activities, essays, and auditions. (UCA students earned 7 of the 15 music scholarships given out.) Even those who'd already decided against attending Walla Walla University benefitted from general reports about how to choose their major or how to pay for college.

There were many meetings that were required for visitors to attend. Among these were worships, Student Showcase, PRISM Concert, and Knowledge Bowl. Other non-required activities included the International Food Fair, the Color Bowl, and an I Cantori rehearsal. There were so many activities to choose from that some students complained about not having time to rest. More likely, they were tired from staying up until after midnight in their dorm rooms, hanging out with UCA alumni who now attend Walla Walla University.

Despite all of these fun activities and this great learning experience, there were some who did not have a good time. These students focused on the fact that the International Food Fair ran out of food, or that not all of the scholarship activities were what they said they were, or that the Knowledge Bowl had difficulties. Some even complained that they were feeling forced to go to WWU despite the fact that the staff went out of their way to make sure that students could learn valuable information that would be applicable no matter what college they attended. The reason the UCA senior class goes to WWU-Days each year is because it is the closest Adventist University to Spangle, not because they are trying to force anyone to attend the school.

In the end, everyone has a choice. You can learn from your life experiences and enjoy them, or you can find negative things to focus on. This goes for all life experiences including classes, banquetes, school trips, and doctor appointments. Your attitude is your choice.



Academy Day

by Shawn Stratte

Every year, UCA invites students from many different Adventist schools in the area to come to UCA and experience what it is like to attend this school. This happened on Thursday, April 11, and about a hundred students came. The campus definitely felt busier that day.

The visiting students were given campus tours and had the option to attend a knowledge bowl for scholarships or go to a class. Band, symphony orchestra, Choraliers, choir, octet, and the gymnastics team performed for the visitors in the gym where all the teachers had booths so that visitors could get a glimpse of what those classes are like. There were also quizzes at the booths, and the visitors could win prizes and scholarships.

Pastor Sid gave a worship talk to end the day. Overall, I think that the visitors had a good time and got a good taste of what it's like to go to school here.

ACT testing

by Marlena Vargas De Leon

A dreary foggy morning marked the day with the sun yet to peak above the horizon. Juniors wearily made their way to the Ad Building, desperately trying to wake up their minds for a tremendously important single event: ACT tests.

At 8:00 on a Sunday morning, most are sleeping in but on this day we shuffled to our designated classrooms, stopped at the door to present photo ID and our ticket, and then collapsed in our assigned seat.

There were 4 tests that made us really think and dig deep down and really strain to remember all that we have learned. Altogether, it took about 3 ¹/₂ hours to finish the tests with a nice 10-minute break somewhere in the middle. During that break we filed out into the hallway where some collapsed on the floor out of weariness and others stood around looking dazed and disoriented.

Soon enough we were back in the classroom finishing up the last two tests, and, finally, after the instructor collected the booklets and answer sheets, we were freed from our temporary prison-free to fall back into our now-cold beds and wait to come back to life.

Students head for India

by Kaelan Barber

The mission trip to India started off with a cold bus ride to the Seattle Airport followed by a 14-hour flight to Dubai in the United Arab Emirates. A three-hour layover in a foreign, rich country was very exciting.

Upon arriving in Hyderabad, we headed on a bus to the school at Miryalguda, studied for our first night of a twelve-night seminar, and broke up into nine groups of two, ready to head to different villages.

At its hottest, the weather reached 105 degrees, and the school where we were staying had unreliable power at best. Ceiling fans were the only air conditioning we had and our laundry was hand washed. But the best part of the experience was the kids. They were so happy to see us and came to talk to us anytime we came out of our rooms. They always wanted to help us anyway they could, and did our laundry and took out the trash. They also wanted to help us paint.

The sermons and health talks started at 8:00 pm and went to 10:00, but from 7:00 to 8:00 we sang their worship songs, which we could hardly understand. If there was any accompaniment at all, it was just a drum, but, nevertheless, the music was beautiful. When it came time to give our talks, we had to use translators who came from all across the region.

When we went to town, every eye was on us—we were quite popular-and if we stopped to shop, everyone wanted to have their pictures taken with us.

On the night before our departure, the villages gave each group different tokens of their appreciation that included clothing, shawls, and flowers. We could all feel the love they felt for us, and I'm sure that every person that went would love to go again.

2nd Semester ASB OFFICERS	
President:	Emily Gobel
Vice President:	Helen Maijub
Chaplains:	Katie Folkenberg
	Suzanna Officer
Secretary:	Karissa Fritz
Treasurer:	Sierra Davis
Musician:	Megan Fulbright
Sgt-at-Arms:	Jacob Enjati
Historian:	Ashley Cuber



Grandparent & Heritage weekend

On the weekend of March 16, UCA honored grandparents and celebrated the history and importance of the Sabbath.

Staff and students in costume gave dramatic presentations portraying what Jesus says about Sabbathkeeping and how Sabbath has been kept from creation to modern times.











Senior bible projects

by Bethany Bradshaw

It was that time of year again when seniors had their all-famous Marriage and Baby projects. This year it seemed that baby fever took over the majority of the senior girl population. But unbeknownst to many people, along with the famous baby project there are also two other projects the senior class has the privilege of choosing from. The second most recognizable project is the egg project. You see cautious people carrying around little baskets of eggs that have faces on them. The last option is the wedding plan. This project must be done in pairs so fewer people choose it.

The baby project, known as the pregnancy empathy project, was the most popular project this year with around 40 girls participating in it. While it may seem that just carrying 10 pounds of rice is not that difficult, many of the girls would disagree. The project also includes a 40-page report that must be comprehensive and include a budget and a report on the growth of a baby in the womb.

The egg project generally seems to have a little more popularity with the male population who wish to do a solo project. It includes carrying around a number of eggs for three days, treating them as children. The eggs can't be left unattended, and they can't break or the student's grade will not look pretty. Along with carrying the eggs around, students must also do a report. One of the things that report includes is a budget for how much a child costs to raise from 0 to 18 years old.

The last project is the marriage project. This project is done by partners. It includes a set budget randomly drawn from a box, book reading, and the planning of an actual wedding. Not as many people choose this option because it appears to involve more work, but students may actually use the plans and information in the not-too-distant future.

Sicklist by Mitzi Lopez

Naturally enough, you get put on sicklist when you are sick and need to rest and take medicine to get better. In the girls' dorm the deans put you in a room on 1st floor and keep you in there all day to help you feel better and to stop the sickness from spreading to the whole school. It's quite relaxing as you sleep all day and get refreshed for school. You forget about stress and just sleep. But if you are in there for quite a while, you will want to get out eventually just to talk to someone. Yes, it can get lonely in there, but by the end of the day (or

in the morning), you feel so rejuvenated! This makes me think that UCA should have a sleep day every quarter

just to take the stress off and to allow students to have time to themselves. Students would be rejuvenated and be excited to get to classes the next day.

Friday night vespers

by Jessica Wagner

It's been a long and hurried week of classes, homework and many other commitments. Finally, it's Friday. Once the sun has set there are lots of students relieved that it is Sabbath, a time with no homework worries, a time just to relax, hang out with friends, and find a spiritual blessing.

One of the best Sabbath blessings is welcoming the Sabbath with vespers on Friday evening. Usually for vespers, the school invites someone to come and speak to us. Occasionally we have "Cup of Joy" vespers where we students put on the vespers by sharing our testimonies, reading a Bible verse, talking, playing or singing.

It is always a blessing to welcome the Sabbath in a special way.

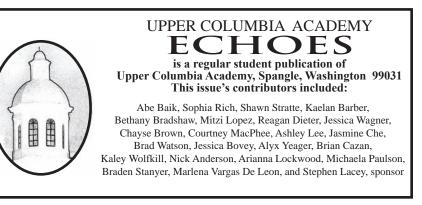
A step into darkness

by Chayse Brown

It was Wednesday, March 13, 2013, a date which will live in infamy. Well, in reality, the day was not particularly infamous, but what happened did have some interest. In several of the buildings on campus the power was shut off.

In order to connect electrical lines to the new cafeteria, the power to some other buildings, including the ad building, had to be shut off. Lights were out in the halls, papers could not be printed, and worst of all our Internet games would not work. The only lights were the emergency battery lights. The simple act of walking through the ad building became very difficult.

It was three of Upper Columbia Academy's darkest hours that had to be endured in order to accomplish the next step in building the new cafeteria.



Crisis averted

by Reagan Dieter

Tours at UCA are notorious for dysfunctional buses, and this year the buses were sure not to disappoint. As the gymnastics team pulled into a gas station in Walla Walla, the axle on the back right side of the bus snapped and the huge tires removed themselves from the bus completely.

The team missed a show in Pendleton as a result of this mishap and had to wait outside in the cold drizzle for about an hour (though some would say it felt much longer than that) as they waited for Walla Walla University to find them another bus. Unfortunately, the bus the university had available could not seat the whole team and so they had to wait longer until the Sunrise Pathfinders' bus arrived to take us on our way.

The team made it safely to Reno although the shifting of gears in the new bus was a bit jolting. They performed their shows with very few errors, and early Sunday morning, they boarded the bus for the long return trip to school.

About six hours into the return trip, however, the team was crestfallen as the bus died and came to a stop on the side of the highway. Mr. Winslow tried a few times to start the bus, but to no avail. The team waited anxiously for a few minutes, wondering if the bus would start on the next attempt or if they would have another faulty bus on their hands. Fortunately, the bus started after a few minutes of cooling down, and the gymnastics team made it all the way back to school with no more damage done to the bus.

All in all, everyone was thankful that no one was hurt, especially when the wheels came completely off the bus. Had they come off a few minutes earlier or later, it would have resulted in a catastrophe.

Although tour buses have a bad record for functionality, this time they decided to break down at good times and in easy-to-fix ways, and for that the occupants of the buses were very thankful.

Pregnant

by Courtney MacPhee

They were waddling around like penguins, holding their lower backs and groaning as they traveled around the hallways, their bulbous stomachs leading the way. For better or worse, the baby project had arrived. I asked Cheyanne Welch, a senior participating in this delightful event, about her thoughts on the week.

Me: What is the most entertaining thing about being pregnant? **Cheyanne:** The looks people give you when you go into town and they think you're actually pregnant.

Me: How many times has that happened? **Cheyanne:** I only went to town once, but I got my picture taken by three different girls.

Me: Oh my! Can you imagine actually being pregnant during senior year?

Cheyanne: Nope! No no no. Definitely not.

Me: What is the worst thing about the project? **Cheyanne:** My back hurts, and I can't move around the way I used to.

Me: There have been rumors of the guys carrying bellies instead of the women. What would you think of them being pregnant?

Cheyanne: I would love it. I think it'd be great to see Brian Cazan with a baby belly. He'd totally rock it, too.

Me: It seems the way you make your belly either makes or breaks your week. How did you make the harness?

Cheyanne: It's a cloth sack that's sewn into a bean shape. I put a spandex fabric tube around it, and ace bandages, and a really tight tank top. It's pretty good.

Me: That's a lot of layers. Cheyanne: Yeah, I had 5 layers at one point.

Me: So who's your baby's daddy? Cheyanne: Tyler Hart

Me: What is he doing for you this week as you struggle around. **Cheyanne:** He brought me breakfast, he brings around my backpack, and did a lot on the baby project, which is a huge relief and took off a lot of stress.

Me: What do you think about finding a project partner early? Do you wish you would have?

Cheyanne: Don't wait until a couple weeks before it starts but wait until Pastor Sid announces it in class. It doesn't matter if you're with your girlfriend or boyfriend it's just a fun thing to do.

Me: And, finally, what advice can you give to this year's juniors for next year?

Cheyanne: Bean shapes work best!

Biscuits & gravy

by Ashley Lee

What is everyone's favorite breakfast? What would make seniors want to wake up before 7 in the morning? You guessed it: BISCUITS AND GRAVY!

Year after year at UCA, biscuits and gravy has been served every week for breakfast, and year after year it has remained a favorite. But what makes biscuits and gravy so irresistible and loved? Could it possibly be that the warm, baked, soft biscuits drizzled with deliciously creamy gravy, topped with your choice of shredded cheese, veggie meat, hard boiled eggs, and sautéed mushrooms are the perfect blend that hits the spot just right?

Those who choose the vegan diet have been robbed of enjoying this scrumptious meal, but now the cafeteria prepares vegan biscuits and vegan gravy so everyone can be happy.

So next time you're taking a bite into your biscuits, don't forget to thank the folk in the cafeteria. And if you're one of the few that has never tried the biscuit and gravy combo, you're definitely missing out!

Deserted yet alive

by Jasmine Che

The buses are full, everything is all packed up, and the music department and gymnastics team are finally ready to hit the road once again to share their talents with many. Everyone always talks about every little detail of what goes on as they travel and where they're going. Campus seems to be on no one's thoughts, and while tours are away it seems deserted with more than half the student body gone. But campus is far from lifeless during tours. Only in classes is it ever dead because much less work is assigned.

This break from homework gives students the freedom to live those next couple of days to the fullest. Not having to worry about long assignments or studying for quizzes, those left behind take advantage of their free time. New friends are suddenly made, surprising pictures go on Facebook, and boys let girls do their makeup. HA! Joy, laughter and the unexpected is the new situation on campus.

But time goes by quickly and soon the tours return and everything will go back to normal, forcing the freedom and bliss to be put back where they came from.



Many people don't take shop classes because they think they are boring, useless, and a waste of time. But there are many advantages to taking a shop class. The skills you learn are extremely valuable. If you know how to repair a broken piece of equipment, fix a car, or even repair something on your house, you can save yourself a lot of money by doing it yourself instead of paying someone else to do it.

Most shop classes do require some book work, but not nearly as much as traditional classes. Shop classes are great for the hands-on learner. Students have said that when they read something out of a book, they can never grasp what it is the book is saying, so they struggle in the class. But when students can be shown something visually right in front of them, they get a better idea of how it works and what they need to know.

Learning something new from outside the traditional learning you get in other classes really can be fun. Shop classes let students relax and do something more enjoyable than being stuck behind a desk with pencil and paper.

It is a very good idea for students to take a shop class or two so they can better themselves for the real world, have fun, and gain valuable skills.

A small but smashing success

by Alyx Yaeger

Our little-sister school, Upper Columbia Academy Elementary School, has had their 2nd ever gymnastics show which took place on Sunday, March 17, 2013, on Parent & Project Night. The K-8 grades have been working towards this show all school year. What an accomplishment it was for the youngsters and what a fantastic job they did.

Stunts included the 3-person seal roll, dive rolls, peanut rolls, flips, tossing, tumbling, many small pyramids, and even an 8-person pyramid (done by the 5th-8th grade class). Thank you to all who came and those who participated. Also, thank you to the gymnastics coaches Zack Wickward and Alyx Yaeger and the teachers at UCAES Mr. Duckett, Miss Cherie, and Mrs. Pflugrad for making all of this possible.

A great job was done by the K-8 grade kids: Dana Rose, Tori, Xoey, Ty, Mikayla, Jack, Levi, Tony, Cole, Reagan, James, Benjamin, Paul, Zack, Josh, Corbin, Hyrem, Trent, Jack, Jonathon, Kendrick, Miranda, Rochelle, and Summer! Next year, we'll look forward to all the new tricks and stunts you have to show us.

Shop life

by Brad Watson

When someone mentions the words high school, what do you think? Most people think of long hours of school work in various subjects such as science, math, English, foreign languages, and history; people usually do not think about shop classes such as Woods, Welding, and Auto Tech.

Choir Clinic

by Jessica Bovey

On February 28, about 100 students from different Adventist academies and schools came to UCA to sing with UCA's choir and Choraliers. Visiting students in grades 7 - 10 were on campus for the weekend. It was a chance to meet new students that may come in the future, and it was a great experience for the students to learn more about UCA and what we have to offer as a school.

It all started on a Thursday afternoon in the gym. All of the students gathered to find out where they would be placed in the huge choir. It took a while but we all managed to fit. There was a 45 minute practice then a 15 minute break. All the practicing made the students tired on Thursday night, and that was just day 1.

On Friday the students met in the gym for worship, which was given by Pastor Jon, and then it was time for practicing again. The practice before lunch was a voice lesson and all the choir sections broke up into groups. The lesson helped everyone learn more about their voices and how they could project them better.

The final practice was on Friday afternoon and many students were either sick or losing their voices. They had to save their voices for Sabbath afternoon, so many rested after the last practice.

On Sabbath morning the choir surrounded the congregation and sang "Rejoice." It was really neat to sing surrounding the congregation instead of from up front. At 3:15 on Sabbath afternoon, the choir met to go over the songs one last time to make sure they were ready for the performance. I Cantori from Walla Walla University came up to be a part of the concert. They sang a few songs and also sang with the choir for its last song.

Special thanks go to all the music teachers who were involved. It took a lot of time to learn the songs and to prepare for the weekend, but it was a neat experience for all and a great weekend.

Sunday school

by Brian Cazan

Sunday school comes and goes like the seasons. It is a perfect opportunity for the students to coalesce and for teachers to remember just how much they love their jobs. Though this term is fairly UCA specific, it does carry weight when mentioned to "outsiders."

It usually does not take an outsider more then 30 seconds to ask why you attend a school that forces multiple Sunday schools upon the students every year, and on those fateful days, you, yourself, are not sure.

We have all heard the rhetoric about how school on Sunday extends weekends in to home leaves, but why end school so early in the year? Maybe we could start school one petty week earlier and get rid of school on Sundays.

The irony in all of this is that the people we love to blame, the teachers, dislike Sunday school just as much as we do. It is almost like a group therapy session, allowing everyone to take turns venting while everyone else listens and agrees. Therefore, Sunday school is therapeutic... I don't understand why we have only eight of them!



Playing the stock market by Kaley Wolfkill

"My stocks went up five percent today," said one happy student, and if you hung around the majority of the junior class, you would hear about their stock market project. You might wonder if the school is promoting gambling on the stock market, but the answer is a simple no. Pastor Sid's U. S. History class was simply learning about stocks, so they would not be ignorant about what is happening in the country.

It is a five-week project. Students keep track of six companies they pretend to have stock in. This includes a portfolio of each company and a graph of their performance. Students have \$2,000 in these different stocks, so they need to be able to calculate how many stocks they can buy and from which company.

Some felt that the project was a waste of time, but others feel that it was good experience for the future. During the project, if you happened to see a student who was looking abnormally sad or happy, you might have discovered there was a relationship between their mood and how their stocks were doing.

Tour exhausts musicians

by Nick Anderson

At 7:15 on Thursday, March 7, the Band, Choraliers, and Orchestra loaded onto two buses to depart on the annual music tour. This was a rude awakening for the Seniors who had forgotten the torture of being at school at 7:15, but others who have a 7:15 class every day were used to this early start.

The musicians headed toward Moses Lake, where they had their first performance. All of the music groups performed for the students and teachers at the school. They then hopped back on the bus to go to Olympia to spend the night.

Friday morning, the music groups performed for the students at the SDA school in Olympia. After the performance, the group went to Washington's Capitol Building. The Senate was in session, so the musicians could watch the proceedings from the gallery. Those who were in Mrs. Wickward's Civics class felt like they could actually understand some of what was happening.

Friday evening saw the group headed to the Chehalis church, where the group had a Sacred Vespers Concert. The Chehalis church has amazing acoustics, so it was quite a treat for everyone, both performers and the audience.

After spending the night in Auburn Adventist Academy's gymnasium, the groups performed at the Forest Lake SDA Church for their church service. A potluck followed the performance, and the musicians were grateful to refuel for no extra cost. (They had been eating at fast food restaurants for lunch and dinner.)

The final performance for the tour was at the North Cascade SDA Church in Skagit, Washington. All of the musicians were exhausted at this point, having performed four full concerts in two days, but they all put forth their best effort. Both Mr. Anderson and Mr. Kravig said it was amazing that our final performance was our best one, and that it was definitely was thanks to God we sounded that good when we were exhausted.

Saturday night was spent in Skagit, and the groups relaxed on Sunday, spending a few hours in Pike's Place Market in Seattle and then coming home.

It was a fun and exciting tour for every musician, even if it was extremely exhausting.

Unexpected news

by Arianna Lockwood

It's 8:00 p.m. and the girls' dorm chapel fills with the mixed chatter of teenagers. We all gravitate to our assigned seats and the announcements begin. The deans rattle on about different bits and pieces having to do with the upcoming Heritage Weekend. The information about how to be dressed appropriately and where church is happening flies past my ears, but when Dean Steph calls for our undivided attention my ears perk up. "To get you guys enthused for this

weekend we are going to be having Open House in each dorm." Cheers shoot through the oncesilent room, but some are unhappy.

"I don't want any boys coming into my room!" shouts one concerned resident.

"Yes I understand that ladies. If you do not want a boy in your room this weekend keep your doors closed."

Sighs of relief replace the frustration, but there was more to be said. "Just because you will have your door shut does not mean that your room will not be seen by a boy. To encourage you all to clean your rooms and be ready for the Sabbath, two boys and a dean will be doing our room check on Friday."

Commotion erupts in the room. Shouts are louder and relief is no long present.

"This isn't fair, why do we have to do this if the boys don't?" shouts one of the many distressed females.

"Ladies, before you all go crazy, boys will also be having the privilege of having their room check done by two of our own lovely ladies."

Hands shoot into the air like lighting. "Can it be me?"

"<u>No me!</u>"

"Hey! I asked first."

In the end the arguing is useless, and we are soon informed that the girls had already been chosen.

Worship ends with prayer and almost before amen is said, girls tumble from their chairs and shove their way to Dean Steph declaring their complaints all at once. The few of us who don't intrude on Dean Steph's private air bubble rush through the chapel doors to start cleaning our rooms. Others don't even bat an eye at the news but seem content to have they boys see their natural habitat.

Dead week (as some like to call it)

by Michaela Paulson

Dead week (or the last week before break) can be the most stressful time of the year for some people. They busily hand in last extra credit papers, or ask over and over, "What page was that again?" or "When's the assignment due? Those are critical questions that can save some people's grades or make the students stop breathing altogether.

For some people hours and hours (and even more hours) of sleep are lost for last-minute studying for tests or hurriedly doing those assignments that have been put off for quite a while.

To escape the terrors of "Dead Week" some people actually escape altogether. They take a walk to clear their heads or they bake some homemade bread or pastries to get their minds off the mounds of homework they have to do. But the best escape is prayer. If only worried students knew how prayer reduces stress and helps clear their minds. Do you know how many students would have smiles during the last week of a quarter if they spent more time in prayer?

To do your best in school and in life remember the only person who can always help you during the troubled times is just one prayer away. So why not talk to Him today? Tell him how you feel and listen for His answers. You'll be surprised what can happen to your school life and your spiritual walk with God.

Dorm Life According to a Village Student by Braden Stanyer

The UCA experience is often fantasized about by younger students. They dream of one day being one of the "big kids." In this, I was no exception. However, as a resident of Spokane, I don't get the "complete immersion" since I drive to school every day.

Some of my friends who live in the dorm think my view of dormitory life is a bit skewed. I have spent a few nights in the dorm and have enjoyed myself. I had an opportunity to hang out with my friends, study with my peers, and eat food from the cafeteria. My positive experiences reinforced my opinion that life in the dorm is good.

Even Cameron Smith, a dorm student, says, "Dorm life is very convenient. Even though the room isn't very big and I have to share it, it's worth it to attend school here." On the other hand, a student who will remain nameless told me that there isn't much privacy in the dorm. Alissa Robins, another day student, stated she definitely would not want to live in the dorm, but that it wasn't that bad for those who had to.

In the end, of course, dorm life has its pros and cons, but, overall, I have found that people tend to enjoy it.