

echoes

December 1997

Spiritual awakening

Week of Prayer: A week unlike any other at UCA. Classes are shortened, a speaker comes, and the students listen. This year's chosen mentor for the week was Mike Stevenson, associate pastor of the Milton-Freewater church in Oregon.

Stevenson was chosen to speak because he has talent when it comes to reaching youth. In fact, he has made this his lifelong focus. Since he was a boy, he has felt that the Lord's gifts to him were to be used in the youth ministry. When asked why this is his focus, his reply was simple: "The youth are the younger portion of NOW, rather than the future of tomorrow. This world needs their energies and vision NOW."

Stevenson enjoys being with the younger generation. He believes that there is a great need for youth ministers because so many don't feel comfortable trying to relate to today's kids.

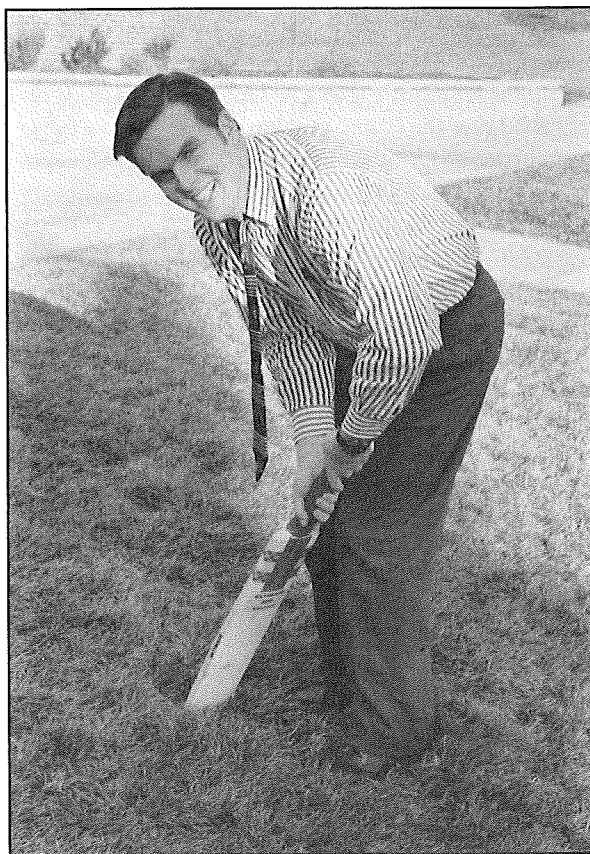
Stevenson believes that everyone, especially the youth, should enjoy life in every possible way. He points out that Christ calls his people to be joyful. According to Stevenson, Adventists as a whole can be joyful because they have the "knowledge of the hope that brings joy in the midst of painful circumstances."

Evidently, the meetings made quite a few students think about their personal lives. Stevenson had the student body's attention, and impacted a number of lives on campus. The students embraced him as their leader and confidante. "Pastor Mike was an awesome choice for the week's speaker," was Jill Cramer's response. "He definitely made an impact," agreed Joel Dickerson.

One thing is certain, the students will remember Week of Prayer, November 1997.

Cassi Shrock

Upper Columbia Academy, Spangle, Washington



Pastor Mike Stevenson feels right at home with a cricket bat in front of the ad building

HAPPY HOLIDAYS



Family festival bridges gap

Converging on the UCA campus, 2,200 people visited on the weekend of November 15th.

This year Family Festival concentrated on the theme "Bridging the Gap". It started on Friday night, November 14, with Pastor Troy Fitzgerald, and ended Saturday night with the Boy's Club Amateur Hour. Band and choir performed Sabbath before Elder Lee Gugliotto preached on "Bridging the Gap," emphasizing the importance of bringing families closer together. After Church, beginning at 2:00 pm, were a variety of seminars to enjoy. Sabbath was then closed with a concert by Merrillou Luthas (from Net '96 and It Is Written) and the group called Witness. Finally, to end the Festival, Boys' Club organized an amateur hour, that was free unless one wanted reserved seats. This was compliments of the Upper Columbia Conference that donated between \$600-\$800 so visitors could enjoy the program for free. "I really enjoyed Amateur Hour," said Melanie Leiske. "We have a very talented and fun group."

Family Fellowship Festival originated the first fall following the completion of the new gym in November of 1990. The gym, also known as the UCA Convocation Center, was built not only for the students of UCA to enjoy but also as a place for major conference events. To celebrate the completion of the gym, Elder Jere Patzer wanted a special weekend to bring families together. Elder Patzer also wanted to have a type of one-day campmeeting, since we no longer have any 10-day campmeetings in this conference; this explains the variety of seminars on Sabbath afternoon.

The Upper Columbia Conference is totally responsible for planning and organizing this special weekend. Special effort is put into choosing the guest speakers and presenters. "We want guests whom our young people will enjoy," explained Mrs. Torkelson. "That is why we don't limit ourselves to people who are close at hand. In fact, only one of the weekend's guests was from our conference."

Does Family Festival accomplish the goals set by the conference? Dean Adams says, "Yes, I feel it is a good time to get together with family and also gain a Spiritual blessing."

Margie Jones



Jared Kostenko plays on his way to the Grand Prize



The MC's do . . . hmmm . . . something

Boys' club distributes dough

This year at the seventh annual Family Festival, hundreds of students and their parents gathered for the UCA amateur hour, put on this year by the Boys' Club. Gary Tolbert and Mark Rearrick were the Masters of Ceremony for the event.

This year the Boys' Club awarded \$350 in prize money—\$50 for first prize in each of the four categories, piano, vocal, instrumental, and novelty. \$75 was awarded to the grand prize winner, and \$75 to the audience's favorite.

The winners this year were Joel Dickerson for the piano piece "Malaguena" by Ernesto Lecuona, Lisa Eslinger for her vocal "I Will Always Love You" by Dolly Parton, Allison Bacon for her flute solo "Serenade" by Howard Hanson, and Nathan Kay, Andrew Edwards, Rebecca Nutter, and Sara Juyne Smith for their novelty act "The Short Date." The grand prize went to Jared Kostenko for the piano piece "Opus 10, #10 in A-flat major" by Chopin. The audience's favorite was "The Short Date."

Nick Lull

Weather

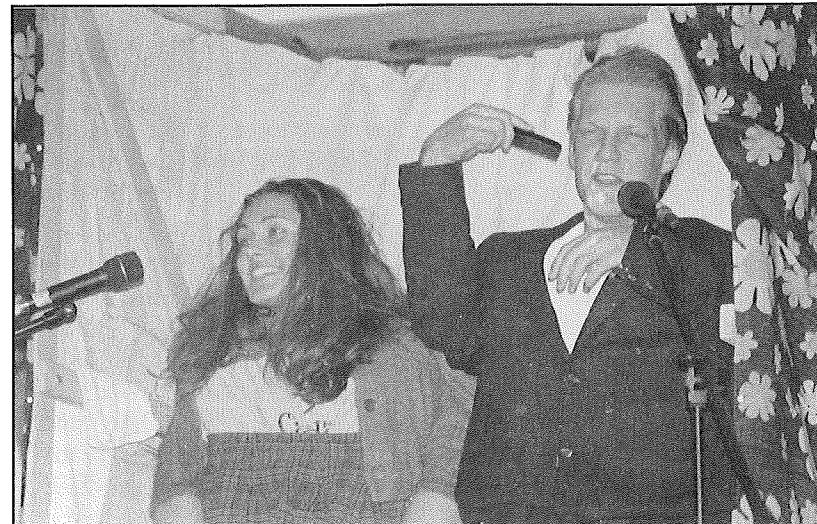
Students have diverse opinions about the increase of rain and cold weather. Some are not impressed at all with the Spangle's weather and are awaiting to escape the drizzling skies. Many others are looking forward to snowfall so that winter sports can begin. Some like the weather just as it is.

Spangle weather is generally wet and snowy during the winter months. Trends say that approximately half of the year it is sunny and the other half it is not. Some students would like more clear days, while others would like less.

"It needs to rain more," says western Oregonian, Scott Parish. Staj Olson thinks that the UCA climate "is better than Salem's." For many students, it is warmer and sunnier at UCA than at their home towns. Some from other parts of the country have had to get used to something very different.

Overall, the rain is generally accepted by campus residents. UCA's new pastor, Barry Curtis, mentioned, "It's not fun sometimes walking through the puddles . . ." but he granted that the rain was God's way of taking care of the world.

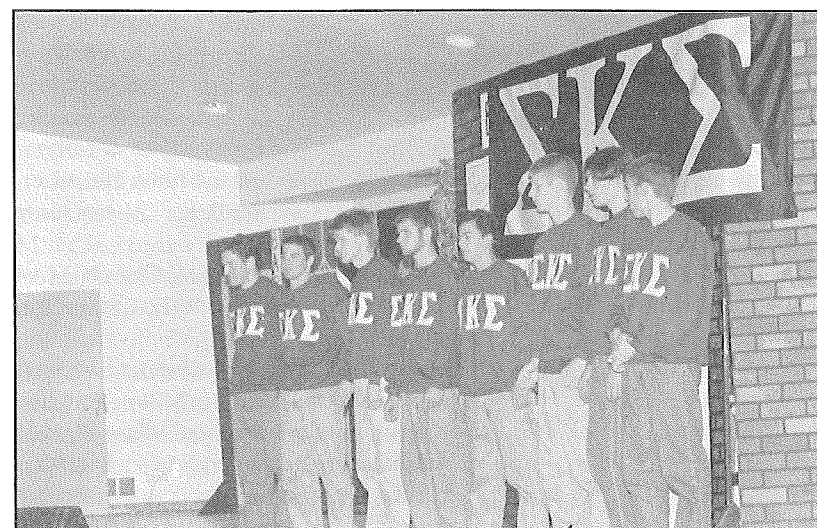
George Lewis



SaraJuyne Smith and Nathan Kay get ready for their "Short Date"



"You Don't Own Me" sing Holley Leen, Melissa Hibbs, and Laurie Griffin



The leaders of the Boys' Club stand tall

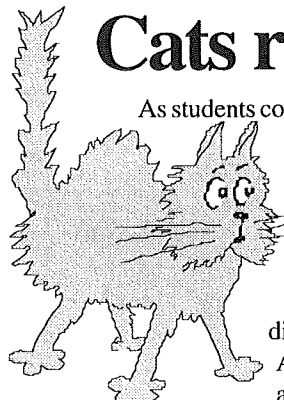


is a regular student publication of Upper Columbia Academy, a non-profit Seventh-day Adventist boarding high school, Spangle, Washington

This issue's contributors included

Jennifer Buchholz, Steven Ellison, Laisha Fisher, Lisa Gilbert, Shaun Hendricks, Margie Jones, Travis Laws, George Lewis, Nick Lull, Joel Mundall, Rebecca Oplinger, Scott Parish, Bryan Reuer, Andrew Sheidler, Cassi Shrock, Emily Thornton, and Stephen Lacey, sponsor

Cats reveal all



As students could tell from the smell emanating from the Advanced Biology room, it was cat dissecting time for Advanced Bio. Students were dissecting cats, searching and probing for different muscles in the cat's body. After students found and labeled as many muscles as they could, they switched from muscles to inner organs and then went on to the circulatory system.

Cats are used instead of frogs or rats because their muscles are more defined, and their muscle system is the closest match to ours. The cats for the dissection are purchased by Mr. Thayer for \$45 each from a company called Frey Scientific. Frey Scientific claims to acquire the cats from the Humane Society. The cats are said to be strays that are set to be exterminated anyway.

A couple of years ago there was a controversy over where Frey Scientific got the cats. It was said that they got them from cat farms in Mexico where cats are raised purely for the purpose of dissection. When the cats arrived they were marked from Mexico, but Mr. Thayer said that a good number of the female cats had been spayed, giving the impression that they were once owned by someone. It's not very logical for a company that is raising cats for dissection to spend the money to have them spayed.

There are many views on dissection. Some say that it's sad for the cats to be killed for dissection. Jennifer Bigelow commented, "Dissecting the cats is not bad, but if they are raised just for the reason of dissection that's wrong." There are also many advantages to dissection. You can really see what the muscles look like. Pictures don't do it justice.

Shaun Hendricks

Dream comes true; band plays in church

The UCA Concert Band toured Milton-Freewater and Pendleton November 7 and 8. The Band played at Milton-Freewater Friday night in the Milton-Freewater Church. It had been only one year since the band went to Milton Freewater, but this year it played in the church sanctuary instead of the fellowship hall. The band did not shrink nor the sanctuary grow; the platform was changed in order to fit the whole band.

Last year, after the band played in the fellowship hall, the associate pastor of Milton-Freewater SDA Church, Mike Stevenson, dreamed: "The next time the band comes to Milton, I want them to play in my church." When Stevenson discovered the band was returning to Milton this year, he began serious planning.

His first plan was to remodel the stage. When time made this impossible, he made plan B. In this plan he used assorted platforms, plywood, and supports from the Walla Walla gymnasium, music department, and from the Milton-Stateline School. After some construction, the UCA band, which has over ninety members, fit on the platform of the Milton church.

Saturday night, the band gave its secular concert at Harris Junior Academy in Pendleton. Band members such as Rian Berry, the lead player in "Who Let That Snare Drummer In" played by the percussion ensemble, were able to perform for their hometown.

Joel Mundall

UCA 3-1 in tourney

On Sunday, November 9, the UCA boys' varsity football team had a tournament. They played against four teams here at UCA. The first game started around 11:00 a.m. and the last ended at around 7:30 p.m.

UCA played Gonzaga University for the first game and won 35-21. During that game Denver Wilkinson kicked a 48 yd. field goal. Coach Soule played that game with his team. Andy Edwards was QB for the first half until some players in the band came back from the band tour during second half. Rian Berry, Bart Shields, and QB Kurt Miedinger didn't get back until about 1:00 p.m.

For the second game UCA played Spokane and won 45-14.

During the third game they played Coeur d' Alene and won 28-21. During the game senior Bart Shields was rushing and was blocked outside and planted his right foot and knee. His knee was twisted and dislocated.

UCA lost the final game against Walla Walla, 28-31. Dave Tolbert said, "I thought we did an excellent job, even though we were very tired. It was good competition." Coach Soule said, "The games were like poetry in motion. Athletics is as great as any artwork ever was. I have no greater joy than to command the football team. It is emotionally, intellectually, and spiritually rewarding." Marshall Stag remarked, "It was a very long day."

Jennifer Buchholz

Free enterprise flourishes in dorms

Sales in the UCA dorms can be very interesting and help students earn a little money. Food is the main item that is sold. In the girls' dorm, the best selling food item is usually Top Ramen. Candy is also sold and is usually one of the more expensive items. The price for Top Ramen can range between 25 and 50 cents. Gum can also cost 50 cents, but often large quantities are purchased for a dollar or more. Some of the other more expensive items that are put up for sale are snow boards, ski jackets, sweaters and jeans.

Room sales are another way for

students to make money. Room sales, which are very similar to garage sales, can include anything you might need in dorm life. Chairs, clothes, dishes, soap, food, drinks, and much more are offered. Sometimes, trading also takes place. For instance, if one person needs food, and another person is short on school supplies, they can swap the two and not have to pay a dime.

At this writing, nothing for sale is posted in either dorm. But in the girls' dorm some wallpaper is available! The suppliers of this item are Amy Kimball and Breanna Mayne. When asked why

she is selling wall paper, Breanna answered, "Because when I was done papering a small section of my room, I had a ton of extra paper, so I decided I would sell the rest." The wall paper was selling for 50 cents a foot, but Breanna said she would probably lower it to 25 cents.

Many people find the room sales handy. When asked why she liked the room sales, Candy Schimke replied, "I can get food when I'm hungry." Most also have the same reason for liking the room sales.

Laisa Fisher

You forgot again didn't you

Veterans' Day is an annual holiday. It was originally called Armistice Day, which commemorated the end of World War I. The Armistice ended the war at 11 a.m. on November 11, 1918. In Great Britain it is known as Remembrance Sunday and in Canada as Remembrance Day.

Veterans' Day is special to those who understand it. It honors all war veterans, living and fallen. It has more importance for those who have been in a war or had someone close to them die or survive in a war than for those who have no first-hand experience.

Many of the younger generation probably don't even understand it because we haven't experienced the results of a major war yet.

Should schools have the day off if students don't appreciate it? Trent Morgan thinks it is important to recognize the people who have served our country. Staj Olson agrees with this philosophy. Perhaps we should be taught about its importance.

Whatever the case, we should always remember those who gave this country its independence and kept it free. Without them our lifestyle could have been very different.

Steven Ellison

Going above and beyond

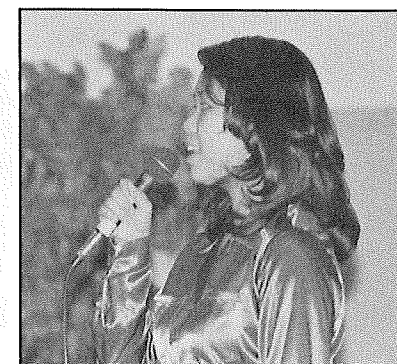
Achieving the status of Student of the Week requires one to go beyond the normal call of duty or to show high spirit. Students that do this can be nominated for the award by staff or fellow students. Nominations are given to the Administrative Council, which makes a decision on the Wednesday of each week. Ad Council decides if the student's actions are worthy of the award. If the actions were unusually above and beyond the normal routine, it is an easy decision, but sometimes they need to investigate and take a closer look. If Students of the Week are chosen, the announcement is made at joint worship that evening.

When Mr. Stevens was asked why a student would want to put forth the effort it takes to become Student of the Week, he said "goodness is its own reward," and later stated that it makes campus life just that much better.

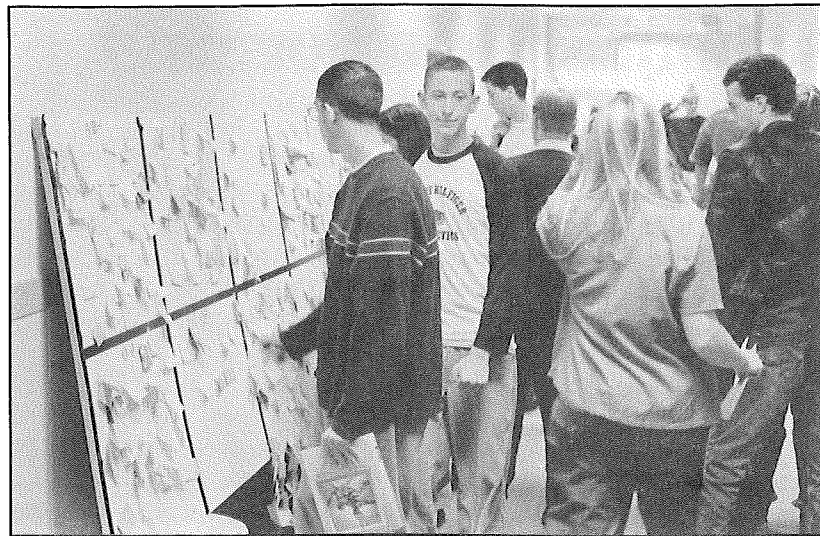
It's possible to have more than one Student of the Week for any given week because more than one student could have been involved in a project. A few students might have worked late hours to help someone, or the year book staff might have worked long and hard to meet a deadline. A group may have just pitched in when they saw a need. When this happens, the Ad. Council will try to include all who went above and beyond, even though more than one is selected.

It is also possible for no students to be given the award. If no nominations are received, there is no Student of the Week for that week.

Andrew Sheidler



Cassandra Dennis and Sandra VanDoren sing during amateur hour



Oh no! Did Nate Corder get a cold prickly?

Warm fuzzies return

The week before Thanksgiving, the ASB's "Warm Fuzzy Board" reappeared in the second floor hallway of the ad building. At least two times each year the ASB gives everyone a chance to write encouraging messages and tape them to the board. Messages ranged from the simple "Hi, I thought you'd like a warm fuzzy" to complicated page-long treatises.

Perhaps the next step should be to actually encourage someone face-to-face.

Ready or not...

Though winter has not yet come, the snow most definitely has (somewhere). There's not quite enough snow to open all the resorts just yet, but it won't be long. Cody Lile, a graduate from UCA, has been hired as a lift operator at Schweitzer and predicts an incredible season.

During the winter months, UCA puts on a ski program known as "Rec Ski." This year's program has changed little change from last year. There will be six trips in all: two trips to Silver Mountain in Kellogg, Idaho, three trips to Schweitzer in Sandpoint, Idaho, and one trip to Red Mountain in British Columbia.

Rec Ski is a great program for all levels of skiers and snowboarders. It offers three basic options which include rentals, classes, and a lift ticket by itself. It's all going to happen after Christmas vacation. "I can hardly wait. I've even dreamed about snowboarding," said Cody Stevens. Teresa Bullock is also looking forward to cruising the hills on her board. The snow is here and the slopes are waiting, so get ready for an awesome season.

Travis Laws

Annoying room-mates: students speak out

"I know it annoys my room-mate when I put my laundry on her bed," says Christina Dickerson, "but I do it anyway!" She then laughs, and her room-mate glares teasingly from her desk. It is important to room with an agreeable person because a room-mate can make or break a school year.

Unfortunately, it seems that even the best of room-mates cannot help but be annoying at some point. Some room-mate habits can be helped, while others are simply unavoidable. Snoring, singing incessantly, being messy, talking on the phone too much, or staying up till odd hours of the night all make it onto the list of don'ts.

Jennifer Bigelow roomed with a girl once who loved to pick a fight. "She

expected me to wake her up early every morning," she adds. How do you talk to someone about problems if they love to pick a fight? It is hard.

It was surprising to find out that quite a few girls have trouble telling a room-mate when something bothers them—especially if the issue is touchy. But, a problem cannot be solved unless it is confronted. Some habits, like leaving food particles from braces in the sink, can be too touchy to mention to the offender. "What if I hurt her feelings?" Is a commonly asked question.

Steve Martindale says he was falsely accused of throwing a music rack, chair, books, and shoes at a room mate. "Of course I only threw the

shoes..." he adds contemplatively. It is important to treat room-mates with respect as well. Talking out problems calmly is not always the most effective way, but it seems to be the safest.

Two people said "We have no privacy." Yes, it is hard to live a secret life at UCA. There is no where to go to be alone. This is where room-mates can cause problems. Privacy is a touchy issue, but at least in the girls' dorm most every girl said that her room-mate did not invade her privacy. In fact, most said that they find that they *enjoy* living with a room-mate. It is nice to have someone to talk to at nights.

Lisa Gilbert

Protect your computer from viruses with F-Prot

With computers becoming more important in our lives and holding more of our important information, protection from viruses is becoming much more important. It's not very hard to protect your computer from viruses. The key is to be cautious and prepared for a virus attack ahead of time. You should do the following to be sure that you are prepared:

Always have a clean boot disk made. This is important because a lot of viruses can't be removed while they are still in memory. If you do not have a clean boot disk, you can make one by finding an empty disk, and typing 'format a: /q /u /s' from a dos prompt. Your computer

should be free of viruses when you make the disk. When your computer finishes formatting the disk, be sure to write-protect the disk, so that it cannot become infected with a virus.

Have a clean disk with F-Prot on it. You can do that by copying all of the program files for it on to a blank disk and then write-protecting the disk.

Backup your important files often. Even if you don't backup your whole hard disk, you should copy your most important documents to floppy disks, so even if you lose your whole hard disk, you will still be able to recover those things that you can't replace or reinstall.

Caution will almost completely eliminate the possibility of ever becoming infected by a virus. You should never have any disk in your disk

drive when you turn on your computer. This is how many computer viruses are spread. Your friend will have a virus and he will give you a disk he has had in his computer. You put the disk in your computer, forget about it, and later try to boot your computer with the disk still in your drive.

Another way to avoid a virus is to scan every new program before you put it on your computer.

Just remember, always scan each disk and program before you use them on your computer, and always check your floppy disk drive before you turn on your computer.

So, what do you do if you do find a virus? First stay calm. One of the worst things you can do is panic and start making mistakes by not thinking. The second thing to do is to shut off your computer and reboot using the virus-free boot disk you made. Finally run F-Prot and have it remove the virus. Most often when F-Prot finds the virus, it will try to remove it. In most cases it will succeed, but sometimes it will not be able to remove the virus from your computer. If this is the case, you will probably have to reformat your hard disk and reinstall everything. For this, you will need a few hours to sit down without being disturbed to get everything back to normal, or you might just want ask that nerdy friend of yours to go through this process for you.

Scott Parish

There are many good anti-virus packages, but for this article I chose F-Prot as the anti-virus software. F-Prot is a very good anti-virus program, and it is freely available off the internet. They update their software to find the latest viruses every few months, so you may want to get into the habit of downloading new versions of their software on a regular basis. To download your copy, go to [ftp://ftp.f-prot.com/f-prot/free/](http://ftp.f-prot.com/f-prot/free/) Once there, download fp-xxx.zip. (where xxx is the current version number) Now simply unzip that file into a new directory, and read the information files that come with it.

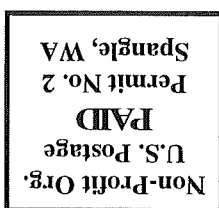
1998 CALENDAR BITS

VACATION
December 21-January 4

1st SEMESTER ENDS
January 16

BAND CONCERT
January 17

STUDENT
WEEK OF PRAYER
January 19-24



Norwegian Gnome eats porridge

I can hardly wait for tonight. Only once a year do I get some delicious porridge.

Here I stay in the barn all year and take care of all the animals and I have to fight the barn mice and cats for my fair share. They don't earn their keep if you ask me!

It gets very cold here in Norway (That's what the people who live here call it, anyway.) this time of year. The people don't seem to mind. They just keep busy, especially this week, making romme-grot (cooked sour cream with cinnamon and sugar on top), risgrynsgrot (rice porridge with whipped cream and perhaps a blanched almond), whole-cooked pig, and various pastries. They also cut down a tree, take it inside, decorate it with their flag, and top it with

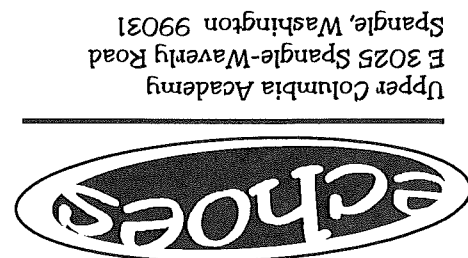
a lighted star. Yes, this is the best time of year if you ask me.

Of course you know who I am! I'm the Nisse, or gnome who lives in the barn and takes care of all the animals. This time of year people finally give me some credit for all the hard work I do.

Julenisse (similar to Santa Claus) comes soon with the family's presents. Then they'll bring out my big bowl of porridge. Their festivities will last well into the New Year, and then the highlight of the year will be over. At least people can get together once a year for Christmas.

Oh! I hear footsteps! Merry Christmas!

Emily Thornton



Peace
On
Earth