



## First snow

by Courtney Kiefer

The first snow of the year happened on Friday, November 11. That Friday night it rained fiercely and the wind was blowing so hard that the top of a tree fell on a power line and some of the power in town went out.

But sometime in the wee hours of the morning the storm stopped and God laid a blanket of snow down for us to enjoy. The beauty of the snow was amazing: it shimmered like the stars in the heavens and made the world into a new place.

Waking up to a thin blanket of snow for the first time this winter made some really happy and some not so happy. Although it melted off fast, later that day a small blizzard arrived as people cuddled by the fire or by a window with hot cocoa and watched the snow whirl by and thought of all the different things snow is good for: snowmen, snow angels and snow cones.

Oh all the wonderful things snow brings to this world!

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

# CHRISTMAS BLESSINGS



Preparing to leave for the Winter Masquerade banquet on December 4

## A cup of steaming hope

by Carly Yaeger

When the weather takes a turn for the cold, the beverages of choice take a turn for the hot. On a brisk, snowy morning, who wouldn't enjoy a steaming cup of hot cocoa, served with a dash of cinnamon and a splash of milk and presented lovingly in the carriage of a white Styrofoam mug? And there's the lid featuring a convenient door for easily-accessible slow-sipping.

This luxury is one I, as well as all other UCA-ers, am able to experience every day. In the routine of an average school day, bogged down with stress and sadness, the promise of lunchtime always brings with it a beacon of hope in the form of the hot chocolate machine. Students rejoice, as small lines form, eagerly waiting to fill their empty vessels with chocolate bliss. Laughter and joy is shared while students of all walks of life mingle over one common interest. Oh the wonders of hot cocoa!

What can this rich, brown beverage do for you? A season, no matter how miserable, can always be made better with hot chocolate.





## WINNERS

GRAND PRIZE

Alisha Paulson

AUDIENCE CHOICE

Megan Fulbright

PIANO

Emily Anderson

INSTRUMENTAL

Jenna Comeau

and

Katrina Wallace

VOCAL

Kristen Smith

AnneMarie Vixie

Katrina Wallace

SKIT

Kaci Crook & Company

## The hour of amateurs

by Nick Anderson

People entered the gymnasium at UCA, despite the harsh, cold, snowy weather outside. Friends, family, fellow students and complete strangers all found a place to observe the annual display of random talents that students possess. Songs, skits, and the lovely melodies of instruments and pianos wafted throughout the building.

Each act was introduced by the “face on the wall”, and that person or group would then perform that act. As those brave souls stepped on to the stage, the lights shone on them. Without hesitation, they began the very act that they had been practicing for hours on end—the hard work and perseverance paying off. As each act ended, the crowd responded with applause. Some acts left people in awe, while others left people laughing.

As Amateur Hour was coming to a saddening close, the winners of each category were announced. With their friends and family cheering them on, the winners stepped onto the stage for the final time that night. For the Seniors, it would be the final time they would be stepping on the stage for Amateur Hour.

As the crowds left, some reflected on the show that had just concluded, while the performers gave themselves an overall rating for their performances. There were some students who started thinking about what they could do for next year’s show. Overall, the people were left with feelings of enlightenment and joy.

## Parent weekend

by Emily Fitch

Entering the café for dinner on Friday, November 11, one could've been momentarily taken aback when seeing the swarm of strangers surrounding each table. Some of them looked slightly familiar, like older versions of friends. At some point the realization hit and everyone remembered: it's Parent Weekend!

After the meal of bread bowls and soup, students had the chance to spend some much-needed time with their families. AnneMarie Vixie, senior, said, "It was great to see my parents for a couple days! They live so far away that I usually can't see them between homeleaves, so the weekend was a good chance to catch up." Vespers gave everyone the opportunity to hear the progress of ensemble groups: choraliers, octet, trombone choir, sax quartet, flute ensemble, and string ensemble all performed songs to welcome the Sabbath hours.

Church was held in the gym on Sabbath morning, but it was set up differently than it has been in the past. Chairs were set up in rows that created a giant circle, and the entire service was centered on music. It was a hymn fest. Nine hymns were sung, and band, choir, choraliers, and string ensemble had a few songs in between. A couple of students gave short testimonies which went along with hymns being sung.

For the second year in a row, snow decided to start falling during Parent Weekend. It began sticking to the ground on Friday night but didn't accumulate until Saturday afternoon. By evening it no longer looked like fall; this was winter weather! Once the sun went down, parents were able to have conferences with teachers to discuss how wonderful their children are and what amazing grades they have been earning.

At 7:30, students shared their talents at the annual Amateur Hour. There was a silent auction and refreshments available for purchase. Master of Ceremonies, Brennan Stanyer, introduced each song and skit while incorporating humor to keep the audience entertained. Overall it was a success, and a great close to Parent Weekend.

## 3 steps to a great night

by Cheyanne Welch

Well, it was that time of year again. Yes, the winter banquet was on the horizon and some guys were nervous about asking that special girl. How did it go? Well, if they followed three basic steps, they would have had a great night.

When asked if they wanted a date to the banquet, most girls said they did but that a lot depends on what kind of guy asks—his personality. The first step to having a good relationship is being really good friends for a long time, so step one is get to know the girl first.

"It feels nice to be accepted by a different gender. Getting asked would make me feel special, like I matter to that one person," said one girl. Another confided, "It boosts my confidence when a guy goes through the trouble of asking me to the banquet. Knowing that someone would actually want to go with me makes me feel special." So, it seems that girls want to feel special and accepted. That's nothing new. Step two: make her feel special when you ask her.

However, there are some reasons that girls don't want a date. One senior said, "Some people can be really awkward about it, so it's better to go with friends. And then there's the pressure of being hot." "The pressure of making conversation, awkward conversation, like how the weather's been and what we like to do on the weekend," laughed her classmate. Sitting for hours with a guy you barely know, having a fragmented conversation with long, empty pauses is definitely not appealing to any girl. Step three: be yourself and talk to her.

It takes a lot of courage to ask someone to the banquet, but as a great hockey player once said, "You miss 100% of the shots you don't take."

## Who went with whom?

by Jenna Comeau

A week before Thanksgiving break, discussions of whom to ask to banquet and how to ask them can be heard from all corners of campus. Mystery notes are given and messages appear on windows or taped to walls inside the Administration building. Rumors of who will ask whom abound. Squeals of delight are heard around campus as girls discover who is asking them to the banquet.

Despite the added stress, guys have fun coming up with original ways to ask girls to the banquet, and girls enjoy conjuring up creative ways to answer. Some guys create videos to add to the creativity of their request, and others hide clues all around campus, sending girls wandering all over to find them. Some girls respond right away, but others make the guy wait in suspense as she plans a creative way to answer. One such idea included buying the guy one of the much-coveted milkshakes from the Harvester Restaurant.

Although the banquet was weeks away, all this excitement and anticipation helps the week before Thanksgiving break go by swiftly.



## Choraliers share talent

by *Carissa Clendenon*

Early one morning, approximately 25 music-minded students, including myself, stumbled out of our beds; went to breakfast, doing our best to not get the frosted pastries on our Choraliers uniforms; and then embarked on our first tour.

After a short trip into Spokane, we arrived at Airway Heights Adventist Church, where we would be doing special music for church service. Although the acoustics weren't the best, the church family was warm and received our music well; however, it was not without its glitches.

We are trying a new thing in Choraliers: getting our notes from a single tuning fork somebody passes around. One of the students, the "Captain" for that specific song, has the tuning fork and starts it on its way throughout the whole group. The goal is that while Mr. Anderson talks to the audience about the song, everybody gets their notes from that one tuning fork and is able to start the song in tune without a pianist having to go bang out a few unsoundly notes on the piano. This technique had not yet been perfected.

After singing, the group headed over to the Nelson's house where we stuffed ourselves to our hearts' content and then headed back for a peaceful Sabbath afternoon around campus or at friends' houses.

However, the party wasn't over. The next morning we were yet again on a bus headed to Spokane while most of the school was still asleep. The Central United Methodist Church was our destination, where we would be singing a few songs with their choir and then performing for their service. This church was an amazing place to sing, and we took full advantage of the balcony they had there.

After that rousing performance, which restored our faith in our tuning forks, we were given \$5 and sent into the world of fast-food restaurants. Then it was back to UCA for some much-needed relaxation and prep for school.

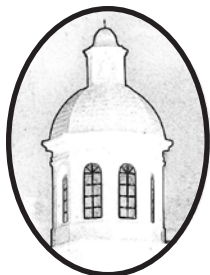
## Winter weather driving

by *David Jacobus*

Some winter mornings you wake up and look outside to find a few inches of fresh snow have fallen. You are so excited because you love snow and the excitement it brings. Then, you realize that you are going to have to drive through it, and driving is dangerous in the snow.

No matter how good of a driver you are, you are still in danger of sliding right off the road. It is so easy to start slipping, and you just hope that somehow your tires will grip something—anything! It can be scary, and you have to be ready for evasive action every second of the way.

For some, it is a slow exhausting journey, but to me every minute is an exhilarating adventure. Boring old roads you drive every day become new and challenging. What used to be an easy and almost thoughtless commute becomes an intense battle of precision and intuition. What a sense of accomplishment you have when you finally make it to front campus!



UPPER COLUMBIA ACADEMY

### ECHOES

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

Kara McMahon, Vanessa Voelker, Courtney Kiefer,  
Sierra Iseminger, Carly Yaeger, Nick Anderson,  
Emily Fitch, Cheyanne Welch, Jenna Comeau,  
Carissa Clendenon, David Jacobus, Dmitri Kolpacoff,  
Mena Ikladios, Tina Rittenour, Patrick Kirk, Bryson Weir,  
and Stephen Lacey, sponsor

## Surviving a boring class

by *Patrick Kirk*

Let's face it, we all have at least one class that is so boring that we would rather lick a cactus than attend it. However, it seems that these classes are always the ones that require attentiveness and good participation in order to get an A. So how do you survive a boring class while still getting a good grade? Here are some tips that might help you overcome the temptation to nap.

**Make Fun of Things/People Around You:** Lindsay Nelson survives one boring class by constantly making fun of me and my appearance. (Be stealthy with your insults or the teacher will catch on and mark you down for participation.) This strategy will keep your mind awake and alert while looking for new things to make fun of, and you might even be awake to take important notes for class.

**Stare Now Copy Later:** According to Tyler Wiseman, if you stare off into nowhere it will look like you are paying attention. As you are staring, allow your brain to fall into a mini coma. Then, with a few minutes left in class, awake from the coma and copy down everything on the board. This allows you to mentally sleep during the class but still know what happened.

**Use Friends:** Bryce Newland says that he sleeps during his boring class and then uses one of his friend's notes in order to study. Everyone has at least one friend that is constantly taking notes and they usually don't mind if you mooch off of them. So take advantage of your heaven-sent friends.

Most of these techniques can help you survive a boring class and possibly get an A in it too. But, of course, the best way to get an A in a class is to pay attention and work hard.

# Class parties

by *Dmitri Kolpacoff*

On a cold, snowy evening far away in the wheat fields, each class at Upper Columbia Academy met at different locations for an evening of fun.

This year, the Freshman class was rushed to the Folkenburg's in the UCA bus for a barn party. They consumed lots of hot dogs, chili, corn bread, and hot chocolate. During the party, they rushed down the hill on sleds and played Twister and ping-pong. Jaiden Ireland said it was good to have the whole class together having a good time.

The Sophomores met in the girls' dorm chapel for their class party. Their theme was the fifties. Girls came waltzing in with their poodle skirts, pedal pushers, and their hair tied high up on their heads. The guys came strutting in with their hair greased back and leather jackets all in order. They, too, devoured hot dogs with bowls of chili, but also had fruit kebabs, deviled eggs, and a sugary orange drink that quenched their thirst. Dividing into groups, these students showed their competitive sides by participating in relay races.

The Junior's theme was Hawaiian. Some upper classmen came swinging their hips through the door in their grassy skirts, hibiscus flowered button-up shirts, and out-of-season flip-flops. A buffet was set up with deep fried egg rolls, sweet and sour rice, and stir-fried noodles. The night consisted of fun activities, such as the limbo, musical chairs, and hula hoop relays.

The Seniors didn't have a theme this year but had lots of fun with a huge blow-up slide, the Air Floor, pool table, and board games. The Seniors ate large amounts of pizza and salad, and drank Italian sodas. Their class ended the evening with a huge food fight up on the field.

Of course, at the end of the evening, everyone was talking about what a great time they had. It was lots of fun, and we're already looking forward to next year's class parties.



# Basketball tryouts

by *Tina Rittenour*

Sweat runs down their faces, their legs shake and they can barely breathe, but there is still one more set of lines to run. Every athlete looked for that inner strength to keep going when it seemed impossible. They tried to dig deep inside themselves, giving it their all and finishing strong.

This might have been what was going through your mind during basketball varsity tryouts when the coaches had to push us all hard to see if we could push through it even when it hurt.

Both boys and girls had tryouts, and those who didn't quite make varsity could come back and try out for junior varsity.

During the tryouts we did a lot of running to see if we were in shape, and also a lot of ball handling because everyone needs to know how to dribble a ball and control it. After all the hard work, the coaches put up the final cut, and both teams started getting ready for the first scheduled games against WWVA.

The girls varsity have a great feeling about the team this year, and the guys are confident they will do amazingly well.

# Computer thieves

by *Mena Ikladios*

We all have experienced an amazing lunch, having some time to enjoy our food, chat with friends and simply relax. Then, then when we get up to go to our next class, we find that our laptops aren't there. Are these mysterious disappearances accidents or are they a well-organized conspiracy?

Brandon Forry believes that it is a clever plot to steal information and copy homework assignments. These are not mere accidents, he says, but are a well-planned scheme.

How do you protect yourself from such cunning attacks? There are two ways to protect yourself: First, avoid taking your laptop to public places, like the café. Second, if you must take your computer to the cafeteria, don't leave it on the back wall with the others. That makes it easy for the thieves to disguise their intentions by saying, "I thought it was mine."

It is very important to obey these rules to save your laptop from the criminals states Daniel Neil.

## The life of an R.A.

by *Dmitri Kolpacoff*

As you may have already seen, or maybe even heard, being an R.A. involves a lot of work, challenges, and responsibilities. But most of all, it is a blessing to be able to serve students on campus. One of the most important parts of being an R.A. is always making sure you have a positive attitude with the guys on your hall—and not just on your hall, but also on other halls and everywhere else on campus.

Being an R.A. is the greatest job opportunities you could ever have at Upper Columbia Academy. Having the opportunity to work one-on-one with many students is quite the reward. It is such a privilege to be able to have great discussions with them and has got to be one of the most amazing experiences you could have in your job as an R.A.

Each R.A. on his hall is responsible for making sure guys are studying, keeping the noise level down, and, at the end of the evening, checking them into their rooms. Throughout the evening, the R.A.'s get to hang out and talk with guys on the halls and see what they do in the evenings. We check rooms just to see what kind of activities are going on and even stop any problems that could occur throughout an evening. Most of the time, guys are hanging out with friends, listening to music, or studying. During study hall, it is an awesome chance to be able to hang out with the guys on the halls and get to know them just a little bit better.

## New cafeteria underway

by *Vanessa Voelker*

There has been a lot of talk about a new cafeteria but the big question is, "When will it be built?"

The very reliable and knowledgeable source, Joe Hess, says that construction will begin in the summer of 2013. The site will be near the current administration building parking lot and should be completed or very close to completion within the next two years. It is expected that this year's freshmen will be able to enjoy this new eating facility.

The present cafeteria is aging quickly, along with its nearly antique appliances, but the major need is actually due to so much water and flood damage done to the present building. The current location is dangerous because it is close to the creek and in a very low area where water and snow can be trapped easily. Because of the poor location, there will not be any renovations, new buildings, or construction money going into the present cafeteria area.

Phase two of this plan is to make additional parking space, since the new building will be taking over the existing parking area. Another goal is to be able to serve all the people who attend campmeeting, NBC camp and other gatherings on campus. A new building will also reduce the stress of the cafeteria staff.

There will also be many new and improved features in the new cafeteria. "This will be a state-of-the-art café," says Joe Hess.



## Tech Fair teaches skills

by *Bryson Weir*

Grade schoolers came to this year's UCA Tech Fair and learned about aviation, photography, welding, auto CAD, and more.

There were many aspects to the Tech Fair. The students who attended were mostly 7th and 8th graders from the schools around the greater Spokane area. They participated in classes that were designed to teach them about the technology we all use and enjoy. Each participant chose their favorite two or three classes, and Joe Hess finalized the lists so that as many as possible could attend their top picks. The classes were an hour and a half long.

The auto CAD class delved into some of the functions of normal car engines. The stained glass class discovered how to make stained glass and reviewed some of its history. The robotics class learned about how robotics affect our lives, how robots function, and what they could look like in the future. The welding class started to learn about the complexities and many uses of welding. Also, a group from Walla Walla University brought some aviation simulation gear so students could experience simulated flying. Model cars and photography were also topics that were covered by the classes.

It was a very successful event.

# UCA students GRO smarter

by Kara McMahon

Don't understand one of your class subjects?  
Buried by never-ending homework?

Every week night, including Sundays, from 8:30-10:00 p.m., GRO (Grade Raising Opportunity), previously called DFI, is held for students who need extra help in school. In the girls' dorm, it's organized by Laurel Jessop and Kristen Smith. When asked about the tutors, Audrey Pollard, a sophomore who attends GRO, said, "The tutors are really nice and they do their best to help us understand. They're strict on us, making us study. No cell phones are allowed. However, if we work hard, we are allowed to leave early. It's a pain to go to, but once you're there you get a lot done."

GRO is designed to create an environment that is conducive to good study time and a place where anyone can get the help they need with their homework. "We've helped many girls get caught up with schoolwork they were behind on. Understanding of the topics has also increased," stated Laurel Jessop, one the head tutors.

GRO isn't only for people who are struggling with getting good grades. "They accept anyone, even people who aren't in GRO, to get extra help. Sometimes both tutors stay after GRO hours and give extra, extra help," said Pollard.

When asked about the ways it has helped her, Pollard replied, "It has forced me to work. The work may not always be correct, but it shows my teachers I am trying. It shows that if I put time into my homework, I can get things done. Also, it's showed me that I'm not the only one that needs help. They are very organized and it's a nice, quiet peaceful atmosphere to study in. If it starts getting noisy, Kristen and Laurel quickly make it quiet again."

Despite the many strong points GRO has, there are still ways it can improve. "I think GRO could 'grow,' by getting more tutors," Pollard advised. "There aren't enough tutors to help everyone sufficiently. They try, but they can only help with one problem before they have to move on to someone else. Many times, on more difficult concepts, it takes more explaining than that to get it. If we had more tutors, everyone would be able to get more help and the tutors wouldn't have to spread themselves so thin."

So whether you're in need of help with your homework, or you're willing to help someone else with theirs, GRO may be just the program you need to energize your learning experience. Come out one evening and give it a try!

## Interest, addiction, obsession

by Vanessa Voelker

Pinterest is a website where students are spending free time and discovering random and intriguing ideas.

This interesting and seemingly catchy fad is growing among the students on UCA's campus. The girls' dorm is especially affected by this new rage. Girls are almost constantly chatting over their new discoveries, whether it's over fashion, cooking, crafts, or activities. It's a way to "pin" your own likes and interests and shows you what thoughts and activities your friends like.

This is a new way to express personalities and in some ways can be very educational. Learning how to do things can be a great experience.

"This new site is competing with Facebook and just might take over," Kaci Crook said. Although this site is growing and becoming more and more popular it is consuming time and may be just as much negative as it is positive. "It is an electronic way to scrapbook and share thoughts or ideas with your friends," said Pastor Sid Hardy.

Some students would call this new craze an addiction or obsession. "Pinterest is a complete waste of time and people need to try exercising," Dmitri Kolpacoff said. Indeed, the time youth spend on the computer and with technology in general is nearly immeasurable. It is important to limit this time and be with real people during the day; otherwise, it's easy to become anti-social.

A site like Pinterest may be a lure to an obsession. Are you addicted?

## Sleep: how much do you need?

by Sierra Iseminger

Sleep is necessary. Most teenagers need about 9 ¼ hours each night. With tests, homework, and other school requirements, most teenagers only get about 7 or 8 hours on most school nights. This lack of sleep can cause a wide array of problems: it can limit your ability to learn, listen, and concentrate. Lack of sleep can also cause you to forget important information like names, numbers, and appointments. Less sleep can also make you more prone to pimples, extreme moodiness, depression, and aggressive or inappropriate behavior.

How do you know if you're sleep deprived? Some of the major signs are difficulty waking in the morning, irritability in the afternoon, falling asleep during the day, oversleeping on the weekend, having difficulty remembering or concentrating, and waking up often and having trouble going back to sleep.

So how do you get more sleep with a busy schedule? It's not easy. Make sleep a priority, work it into your daily routine, and try to go to bed at roughly the same time every night. Try to avoid caffeine close to bedtime. Don't eat, drink or exercise within a few hours of bedtime, stick to calm activities and avoid using the phone, computer or TV.

Non-Profit  
Org  
US Postage  
PAID  
Permit No. 2  
Spangle, WA

UPPER COLUMBIA ACADEMY

3025 E Spangle-Waverly Road  
Spangle, WA 99031



Seasons  
Greetings

