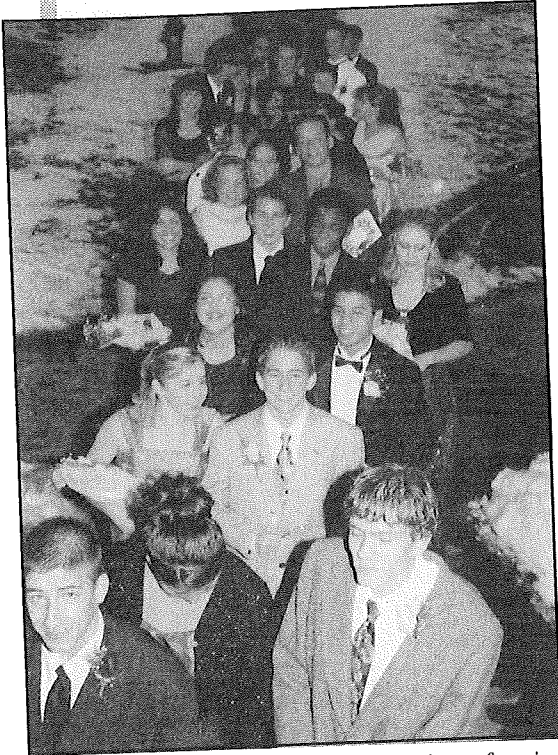


upper columbia academy echoes

January 2002



Students wait in the rain to get into the cafeteria. It's part of the Christmas Banquet tradition.

Students enjoy festivities

On December 2, Upper Columbia students attended the Christmas Banquet hosted by the Girls' Club officers. The theme, a European Christmas, was a big hit among both the students and faculty.

"The food and the ambiance were splendid. It was the best idea they've ever had to have foreign foods," said Becca Guthrie.

Rebecca Burke said, "I enjoyed the extravagant lights and decorations and the creative foods they served us."

A lot of practice and preparation went into the live musical entertainment also. The performances included *Jingle Bells*, a piano duet by Tiffany Penhallurick and Maranatha Hay; *Baby it's Cold Outside*, a vocal duet by Becca Guthrie and Ezra Foss; *Jesu, Joy of Man's Desiring*, an instrumental duet by Emily Wilkens and David Lundgrin; *Grown Up Christmas List*, a vocal solo by Laura Wade; and *Drummer Boy*, performed by Kevin Ekvall and friends.

"The food was good, the music was great and so was my date," said Mark Flaiz.

The post banquet entertainment, roller skating, was also a hit with the students.

"I had a blast! I haven't been roller skating in so long so it was really fun," said Danelle Smith.

Melissa Slawson

Events conspire to cancel performances

In the ripple effect of the September 11th tragedy, some of the UCA keyboard performances were changed or canceled.

Mrs. Anderson (now Underwood) has been a keyboard instructor at UCA for 15 years. She takes various students to present church services. Some of the places she has taken students are Oregon, Canada, and Idaho.

During the past 4 years just before Christmas break she has scheduled a performance at the Spokane International Airport. She has taken 7 students. They went, set up their keyboards just before the metal detectors, and played for the passing holiday travelers. They usually played from 7 to 9 p.m.

In the past she also has brought people to play the saxophone or other instruments to add variety to the music.

Because of the terrorist events on September 11, the airport has tightened security and will not allow the tradition of the airport concert. Mrs. Underwood says she is planning to try again next year.

Severe winter weather also canceled two church presentations by the keyboard students.

Russel Hyslop

second semester

ASB OFFICERS

President: Tiffany Larson

Vice President: Jessica Williams

Chaplain: David Lundgrin

Treasurer: Marsha Williams

Secretary: Mindie Getty

Sgt-at-Arms: Nils Jordan

Chorister: Becca Flaiz

Pianist: Maranatha Hay

Caroling on crisp December eve

Forty Upper Columbia Academy students gathered on the crisp eve of December 1, 2001. Their goal was to spread Christmas cheer to all and collect money for many good causes.

Pastor Paul, Mrs. Starr, and Mr. Thayer led out as the representatives. The group of students left campus at 6:30 p.m. They divided into two groups, and spread out across the South Hill. Mr. Thayer said they had a great time singing. He was slightly disappointed because not very many families were at home. He suspected they were all out shopping. Marlan Glovatsky said, "It was fun to see the expressions of joy on their faces when we sang to them. Many were more than willing to give money."

The North American Division noted that in 1999-2000 the Ingathering program was called the ADRA Annual Appeal. This was a separate program from ADRA International. Confusion resulted from the similar names, so this year the name was changed again. Hope for Humanity is the program's new title. Funds collected are used to help supply basic needs to families at home and overseas.

Upper Columbia Academy collected approximately \$120.00 on the first night of ingathering this year. By 8:30 in the evening, their task was finished and the students were rewarded with a trip to the Spokane Valley Mall.

Julie Cain

Stampede awakens girls' dorm

Every year, sometime between Thanksgiving and Christmas break, the girls' deans and the senior girls have a meeting to organize their Christmas tradition. They choose a night and all the girls are assigned a decorating job. On this chosen night they meet in the front lobby after all of the other girls have gone to bed and get to work decorating for the upcoming holiday. When everything is ready, the seniors go to their own halls and when given their cue, Christmas music blaring over the intercom, they run up and down the halls while screaming at the top of their lungs and banging on doors. When the sleeping girls wake up they are instructed to go down to the center lobby for donuts and hot chocolate. This tradition, somewhat unusual outside UCA, is both dreaded and looked forward to by returning girls. For new girls it can be a very exciting or frightening experience.

Christy Davies is a prime example of the latter and said, "I was scared half to death cuz I thought everyone was being chased by a killer. Then I woke up and was frustrated, but then I got happy cuz we got donuts and it was pretty."

"I woke up to cheesy Christmas music playing in the hall. I was so mad! Cherie tried to open my door and I body slammed it shut," said Stephanie Hickman. Freshman class president, Tori Shelton, had a somewhat different experience. "I thought it was morning and took a shower. I'm never gonna live that down!"

Amber Trott said, "It was fun to be able to do something crazy like that in the middle of the night without consequences."

Melissa Slawson

Partying with a good cause

This year's ASB Christmas Party brought fun for the students of UCA as well as a time to help out the community.

"We took a group of little kids to JC Penney's to get them coats and boots to keep them warm for winter," said Adam Corbett. Adam was one of many students that took children to get the needed winter items. The students were assigned a "buddy" for the time in the mall and took them around to get them the happily-accepted gifts. Each child received \$100 towards spending on their clothes from the Salvation Army's "Clothe a Child" program. "There were about 80 different kids," said Mr. Turner who was in charge of driving them to and from the mall.

Shopping was not the only thing that the UCA students did with the kids. They also took them to the Salvation Army gym where they marveled at the UCA gymnastics team that flew through the air and performed great balancing feats. To the children's delight, they also were fed pizza, popcorn, cotton candy, and pop. This was a kid's feast.

Now those children will stay warm. They will remember the gift they received for Christmas every time they put on their new warm clothes. But those that helped them have something to remember too--a time when they helped make another's Christmas a little brighter. "It felt good to see all the little kids happy," said Adam Corbett.

Andrew Roberts



Mr. Anderson directs the choir and Mr. Lange directs the band during December's Christmas concerts

What is that awful noise?

A strange sound could be heard from the cafeteria. One could barely make out the crude tune of Happy Birthday. High School kids of all shapes and sizes were singing as loudly as they possibly could. Two tall rambunctious teens were heading the outfit and they all had smiles on their faces.

The tradition of tuneless, raucous renditions of "Happy Birthday" was started by two boys that graduated from UCA in 2000. Ben Reese and Dave Reinking are claimed to be the master minds of this operation. It is a wonderful way to get everyone to sing. You don't have to know how to sing or carry a tune.

The people blessed with being sung to don't quite know what to do either. The awkwardness of just sitting there with the whole room of students looking at you is overwhelming sometimes. A wonderful shade of red usually covers their faces and a sheepish smile to everyone in the room is all they can accomplish.

Now that we have such a . . . well . . . wonderful tradition started at UCA it would be a shame to stop it. So keep on singing those awful tunes!

Naomi Daniell

Holy Spirit changes lives

Student Week of Prayer was originally going to be October 15-20, but it was changed to November 12-17. The speakers were seniors David Lundgrin, Devin Darrough, John Burghart, Brandon Leno, Ian Shupe, Lindsey Smith, Kevin Ekvall, Cherie Martinez, and Ezra Foss. They joined junior Carl Canwell and sophomores Philip Byrd, Danelle Smith, and Melissa Ekvall.

Before Week of Prayer the speakers left for a weekend to spend with God. "The speaker retreat drew the speakers together and prepared them for the task to come," said Philip Byrd. "We spent a lot of time out by ourselves--just us and God," said Ezra Foss.

God works through even the lives of the young. "God's presence was flowing through us," said speaker Philip Byrd. "It was amazing to see how God was working in each of our lives," added Brandon Leno. "God totally works through you," said Ezra Foss. "At the beginning of my testimony I was trembling with fear then an overwhelming sense of peace came over me, and God carried me the rest of the way," said Brandon Leno. "I wish the Week of Prayer atmosphere lasted all year long," said Carl Canwell. "Week of Prayer gives us a chance to see God at work," said Ezra Foss. "It Was God's Week," said Ian Shupe. "I could relate with what the speakers said and felt that the Holy Spirit touched a lot of hearts," said Tom Trefz. "The speakers were our friends, pouring their hearts out and God blessed," said Philip Byrd. "The prayer time created a special ending to a night with God," said Tom Trefz. "Week of Prayer was really uplifting," said Lonnie Herbandson. "It was comforting to have my peers up front talking about God," said Ted Ames. "It was a positive eye-opener and it changed my out look on life," said Philip Byrd.

Nathan Shaw



Skiing is the way to go

Skiing has always been a popular sport and despite a challenge from snowboarding it has become even more popular over the past year.

Skiers and snowboarders have always been rivals, both wanting the mountain for themselves, both wanting to be the dominant force at the ski resort. But skiing now has become dominant.

If you go to ski resorts, you will have noticed that in the past year or so there has been an increase in the number of skiers. Skiers also don't stay on the groomers as much as they once did. They have ventured out into the board park as well as on to the steeps. Skiing is pressing the limits more than ever. Skiers are able to do tricks not thought possible twenty years ago. Skis travel faster than snowboards so skiers are able to jump farther and do more tricks in the air.

You used to see skiers switching over to snowboarding, but recently there have been quite a few snowboarders switching to skis. The reason for this is the reinvention of the ski. Modern skis are fatter and curved much more, making them faster and easier to turn in powder. Some skis are also twin-tipped, curved up more in the back than before. This allows the skier to "switch," or ski backwards, adding new possibilities for freestyle skiing.

Skiing will always be a great pastime. New developments will make it even more popular, perhaps making snowboarding a thing of the past.

Andrew Roberts

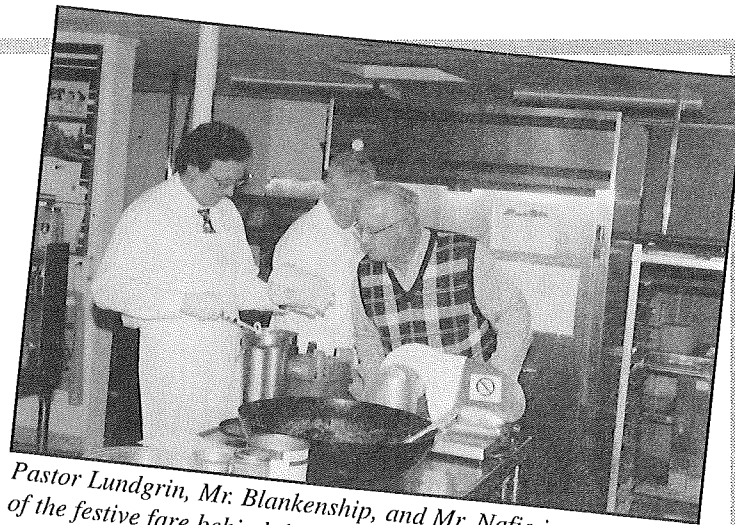
the upper columbian echoes

volume 50, number 4

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

This issue's contributors included:

Julie Cain, Naomi Daniell, Becca Flaiz, Marlan Glovatsky, Russel Hyslop, Andrew Roberts, Nathan Shaw, Melissa Slawson, Heather Wilson, Cari Yunger, and Stephen Lacey, adviser



Pastor Lundgrin, Mr. Blankenship, and Mr. Nafie inspect some of the festive fare behind the scenes at the Christmas Banquet

To date or not to date

It took all the courage he possessed. Todd finally managed to muster his bravery and clumsily stumble over six simple words, six words that could ruin life as he knew it. He said them here in the UCA gym surrounded by 200 screaming students, not at a candlelight dinner, not alone. There was simply nothing chivalrous about it. Palms sweating and stomach threatening to explode, he asked her, "Will you go out with me?"

High school dating is a very common occurrence on campuses today. While once there was a progression from friendship to casual dating to going steady, today's generation of youth seem to have thrown that out. Physical attraction has seemed to take the place of friendship and emotional intimacy.

I would like to avoid rude generalizations about today's youth since I am one of them, so when I tell you that I believe dating in high school is a bad thing, I mean the majority of high school dating, not all.

"Going out" places an exclusive title on a relationship. Exclusiveness takes up your time, time that could be spent building other healthy friendships. You unintentionally push your friends away because your free time is spent with your boyfriend or girlfriend. Bible teacher Ron Turner suggests that if you have a lot of good friends you'll have more fun. It's smart to get to know the kind of people that you will want to date when you're older and to keep those friends until you are ready for a more serious commitment.

When asked if they would marry the person they are dating, a lot of students didn't know. This is something that should be thought through before falling head over heels into a relationship. "Don't date who you wouldn't marry because you marry who you date," says Ron Turner.

Ask yourself if you are actually ready for a mature commitment and if the person you are dating is someone you would marry. If either answer is no, you should seriously reconsider dating. If your answer is yes stick to your morals and get to know the person better. Starting with a friendship is best.

Becca Flaiz

Jam'n with Jesus

J.A.M., Jesus And Me, was envisioned by a group of students on the way back from NPUC Bible Conference, October 28, 2001. Regular meetings have been going on since November 3. J.A.M. is a growing group whose focus is truly worshipping God.

There are multiple sub-groups to be involved in. A Bible study Wednesday nights in the Power House, a Friday night afterglow hosted by J.A.M., and a drama team which expects to start visiting places like City Gate to help fill the spiritual needs of the community.

The normal format has been to have prayer time immediately following joint worship for about 20 minutes and then go straight into Bible study with a theme of Worship and Praise. After studying, J.A.M.'s intention has been to practice what was learned by having a praise and worship time. However, because of time restraints, J.A.M. has found it nearly impossible to incorporate what was designed to be a 2-hour plus program and jam it (no pun intended) into 1 hour. So because of this, the praise and worship time has been extended to Friday nights after vespers in the fellowship hall.

Here is what people are saying about J.A.M. "I enjoyed the reverent atmosphere; you could feel the presence of God," said Alicia Runnels. "It was a nice relaxing environment to come to at the end of a stressful day," said Breann Pimentel. "During J.A.M. I can't help but focus on God," said Luke Byrd.

"One of J.A.M.'s goals is to become a traveling ministry where they can lead in powerful worship and praise programs in other churches, schools, and secular environments, being not only a witnessing team but also a recruitment tool for future spiritual student leadership at UCA," says J.A.M. leader Noah Huth. One idea is to have J.A.M. in the park after the snow melts.

God has blessed this program in many ways by providing donations and equipment. However, there are still needs to be met before J.A.M. can start traveling beyond Spangle--transportation being one of them. Those who have questions, comments, or who want to help further this ministry can send E-mail to circleoffaith@hotmail.com. They will be happy to send a copy of their mission statement to anyone who is interested in finding out more.

Nathan Shaw

Graduation nightmares

It is the grand finale of the long twelve-year voyage. For twelve long years they have been slaving away for those good grades. Now, as the music plays, they all realize that it is over and they will be venturing into unknown territory. No one knows what to expect and they all have fears of the distant but oh-so-close future.

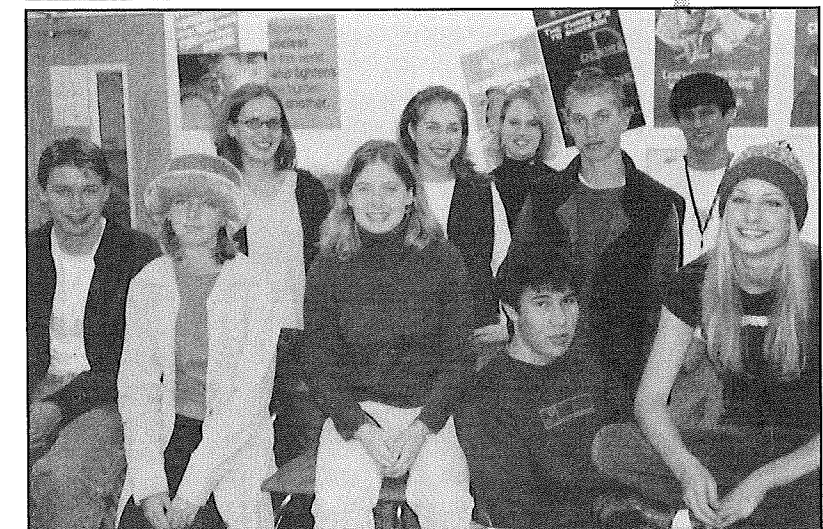
Thirty seniors in Pastor Fred's' Bible class revealed their biggest fear of graduation. Thirteen of them were afraid of embarrassment. Tripping and falling was a popular fear. Having to rush to the restroom in the middle of the ceremony is Eric Swenson's fear. Lindsey Smith is afraid she won't hear her name and they will have to repeat it.

Six out of the thirty said that their fear isn't the ceremony itself but the fact that REAL life starts the next day. Along with this responsibility is having enough money for college. The fact that the senior class will be going its separate ways is another fear some have.

Of course there are always the few that have to worry about not having enough credits to graduate. Some worry about loved ones not attending their graduation.

Others are afraid graduation will not come soon enough. Jason Campbell is afraid he will be too calm. What are the odds! Being the quietest class is a fear Ted Ames has. Adam Corbett said, "I don't care about the ceremony, just give me the diploma!" Now wouldn't that solve some problems.

Naomi Daniell



Journalism class left to right. Back row: Cari Yunger, Julie Cain, Melissa Slawson, Marlan Glovatsky, Andrew Roberts. Front row: Nathan Shaw, Heather Wilson, Naomi Daniell, Russel Hyslop, Becca Flaiz

A costly decision

All young adults will someday be faced with the decision of what to do after graduating from high school when twelve years of life is finally rewarded with a nice piece of paper. The next step is to choose a future career. Taking a year off to relax, earn money or just get away from school seems looks like an attractive choice. But unless students have a planned agenda and a drive for academic achievement, a year away from school could make them stumble and lose sight of their goals.

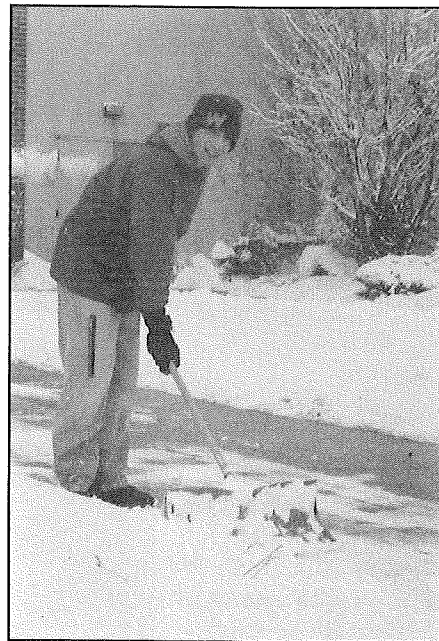
It is a bad idea to take a year off between high school and college. Most students take the year off to save money for college, but instead of saving, they end up acquiring bills, such as car payments and rent, that eat up what little money they earn. People are also more likely to end up taking 3 or even 5 years off and then settle with going to a community college, never living up to their full potential. Directly after graduation high school students are able to earn approximately \$20,000 a year. After going to college and getting a 4-year degree, the estimated yearly income is about \$40,000. In four years students can make twice what they would have made prior to their college education.

During high school and earlier years of schooling, people learn many useful habits. These skills are ones that help them learn, study and remember important concepts. Often the skills are learned unknowingly, but once the learning environment is left behind, these skills will become rusty and difficult to recall.

Taking a year off to go on a mission and learn life skills can be rewarding but should not be taken directly after high school. A representative from Walla Walla College suggested that it be taken during the sophomore year and maybe in one of the colleges abroad.

The year following high school graduation is a crucial one and needs to be planned with care. Don't settle for less than you can achieve. Even though you feel ready for a break, just hang in there and you will be rewarded.

Naomi Daniell



Tim Welser does his part to clear away the snow

Workers clear the way

On cold and snowy mornings, the sound of snow shovels scraping the sidewalk can often be heard.

If there's snow on the sidewalks when Mr. Mann wakes up at 5:00 a.m., the shoveling crew gets a 5:15 a.m. wake-up call. They start early to have as much snow as possible cleared by the time students are heading to class. A

snow blower is used sometimes when there are larger amounts of snow. D-ice is also sprinkled on extra slippery and icy spots to help prevent any accidents.

"The men that shovel the snow in the mornings are our knights in shining armor, for they save us from the dangers of slippery ice and snow," said Laura Wade.

"Working outside is pretty cool," said Marlan Glovatsky, one of the shoveling crew. "We really get a workout. We also get to throw snow at people and bury Aaron in the snow." Aaron Hays is another shoveling crewmember.

The snow removal crew used to use a small snowplow to clear the sidewalk but its use was discontinued because the plow needed repairs and it was hard on the sidewalks.

Now, the grounds department is working on getting a snow broom, which is a large rotating broom attached to a lawnmower-like machine. It will make the process of clearing the sidewalks much faster and easier.

Cari Yunger

DATES TO REMEMBER

January	
25	HOPE Task Force
26	4-year Senior benefit
27	SAT/no skiing
30	Homeleave begins
February	
6-9	WWC Choral Clinic
7-9	UCC Band Clinic
10	Skiing

Eyes are bigger than stomachs

Students have been taking more food than they eat and it's been affecting how much the cafeteria has to spend on food.

Mr. Blankenship says that even something as simple as taking only two glasses of juice per meal, and then returning for more only as needed could save as much as \$2000 per year.

A man from Snyder-fields & Associates researched the costs for different foods and came up with totals for how much money in a school year is being spent on food thrown away. The statistics he came up with revealed that if the cost is \$0.10 per ounce, \$14,400 is wasted; if it is \$0.15 per ounce, \$21,600 is wasted, and if each ounce costs 20 cents, then 28,800 dollars is spent on food not eaten.

At a joint worship, a presentation was given about this and waste food had been collected to show the students just how much food they had been throwing away. They had weighed it at 101.05 pounds for 1 day's worth of food. Solutions were also presented so that these numbers could decrease.

Mr. Blankenship said he wants to take more samples of how much food is being thrown out to see if it has decreased since the students have been informed about how much they are wasting.

Heather Wilson

Winter depression

Winter is a really fun time for most, but all of us have something we don't like about winter.

Winter is a season where many things can go wrong. With snow the roads are icy and slick and chances for accidents are higher. The thing Jared Segebartt doesn't like about winter is people getting injured on ice. It is easier in the summer to get around than in the winter because of the snow and ice.

There is another reason people don't like winter. Most people get tired of bare trees and white ground. They want color like the green of summer and get bored with the black, white and grey of winter after a few months. So this is one reason people get depressed in winter. Ian Shupe said, "There is no variety in the winter."

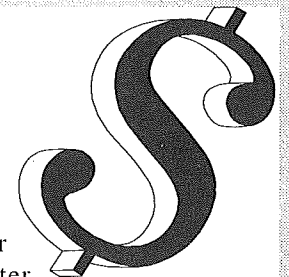
Students at UCA also are affected greatly by the shortness of winter days. On Fridays they get out of school at 2:30 or earlier, but it can get depressing to some people that it gets dark so early. Brian Belcher said, "The days are so short it gets really annoying."

Another factor that is a concern on this campus during the winter months is not being able to play summer sports. This can be frustrating for students who aren't into winter sports but want to play football, baseball, or soccer. "I can't enjoy the game of basketball in the outside atmosphere," Tyrell Darrough stated. When the temperature falls below zero it is usually not very fun to be outside.

Although winter provides opportunities for many fun activities, people are soon ready for a change. Fortunately, the seasons come and go, and spring will soon be here.

Marlan Glovatsky

On your mark get set . . . shop!



Every year on the day after Thanksgiving, the Christmas shopping season officially begins. Thousands of Americans get up early and race to the stores in an attempt to beat the massive crowds of people and the seemingly endless lines.

The shopping season was born during World War II when Americans had to mail Christmas gifts early so that the soldiers in Europe would receive them in time. Merchants helped remind people to get their shopping done early and that's how the shopping season came to be.

Contrary to the belief of many people, the busiest shopping day of the year is not the day after Thanksgiving. The Friday and Saturday before Christmas are actually the busiest. A good 50 percent of shoppers wait until the last minute, the week before Christmas, to complete their gift buying.

Last year, the average family spent \$1161 on Christmas gifts and \$1684 on holiday-related items. This goes to show that the shopping season can also be very expensive.

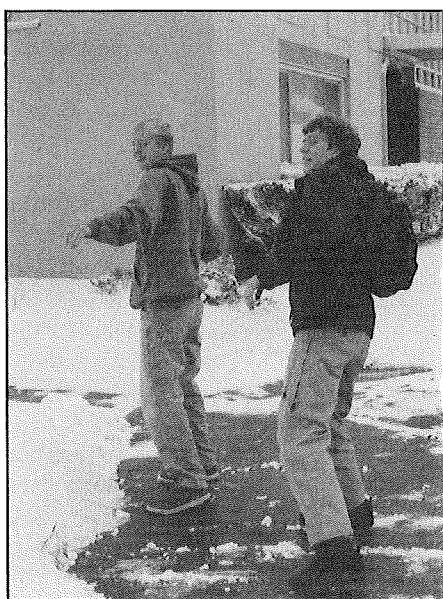
Although Christmas shopping can be one of the most frustrating and time consuming events of the year, it can also be one of the most fulfilling. "I absolutely love the feeling of going into stores and buying things for other people regardless of whether they are expensive or cheap," said Mrs. Lacey, UCA's Guidance Counselor. "But I hate it when I wait until the last minute and buy something just for the sake of buying it." "I hate Christmas shopping," said Brandon Leno, a senior. "Long lines are terrible, awful, excruciating!" Matt Giem contributed a positive thought on Christmas Shopping. "I like the feeling of making other people happy when I buy them gifts." And that's what it should all be about.

Cari Yunger

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HAPPY
NEW YEAR

*David Waters and Matt Giem prepare for a
snowball trajectory experiment.
All the snow melted after a few unusually warm
days at the beginning of January.*