

# THE *ECHOES*

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Upper Columbia Academy, Spangle, Washington

March, 1994

## Library modernizes

A new reference selection is coming soon to the UCA library. Updated references and the card catalog will be animated for quick, easy computer access.

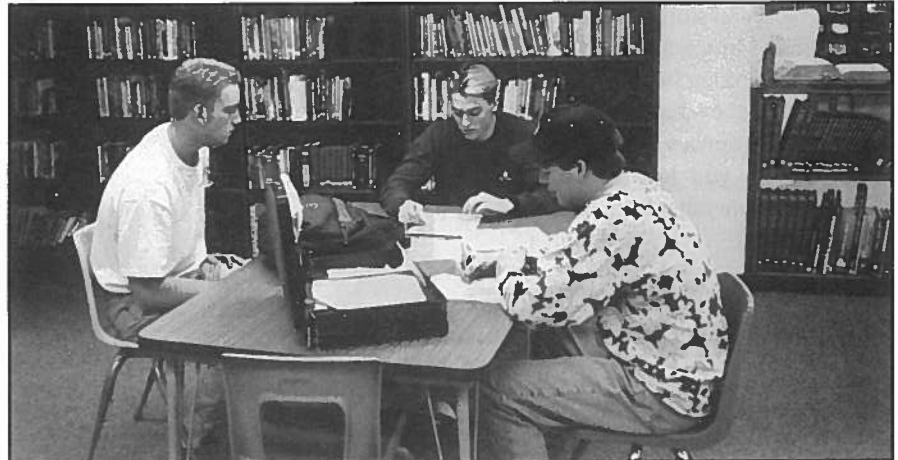
You may have noticed that the card catalog in the library is inadequate and that the reference resources are old. But there is a reason for this: A new and improved computer system is being installed with 1994 CD encyclopedias. The card catalog will also be put into the computer. Magazine issues will be computerized as well for quick, easy access to more than 50 magazines.

Because this new technology is being installed, the library has not been keeping the card catalog current. And why should the effort be made when it will soon be thrown out?

This new electronic system is just the first step in upgrading our UCA library. We can look forward to new furniture and more space with the new ad. building.

While we are waiting for all the new improvements, please be patient with what we have today and look forward to what we will have tomorrow.

*LeRoy Wheeler*



*Travis Knoop, Jesse Canaday, and Andy Henneberg appear to be studying in the library*

## Tuning up to perfection

Thursday, February 24, 1994, the U.C.A. campus was bombarded with students from Adventist schools all over Eastern Washington. Over 200 students were here to participate in Band Clinic 1994. Students participating in band clinic needed to spend many hours learning nine pieces of music, many of which they had never seen before. When asked if it was worth the time and energy, everyone said an enthusiastic "yes!" Other comments about the clinic included: "It is a very good learning experience," "I feel like I am learning a lot, but I feel that I have lots more to learn," and "This is GREAT! I am having so much fun."

U.C.A. students had mixed reactions. Some felt the music was too easy, and others felt that "there was not enough for the band clinic members to do." Still others felt that it was a great learning experience and allowed them the opportunity to meet potential friends for the upcoming year.

Band clinic was a big success. Students all agree that it was well worth all the time and energy, and that it was a lot of fun. A big THANK-YOU to all who made this weekend possible.

*Lori McCain*

## We are God's agents...

**Arghhh.** Collating and stapling thousands of seven-page needs surveys didn't seem like much of an outreach activity. Distributing and collecting them door-to-door in Spokane didn't seem much better, but God can use seemingly boring and repetitious activities as part of a miracle.

Ginger Pifher and Karl Northrup were going door-to-door with the surveys when they became God's agents for a lady in desperate need. When they presented her need in joint worship, many other students became part of the miracle by giving money. Eventually, UCA students gave \$395 to help.

Is going out on Sundays as part of the H.O.P.E. Taskforce worth the time and trouble? Yes--but it is no trouble when we are God's agents.

# Hidden secrets revealed

Behind every familiar face are hidden facts and stories that remain to be discovered. Recently I spoke with a number of women faculty members and learned that they have had varied and unusual experiences.

Can you identify the correct UCA faculty member from the following description?

1. This "gossip" edited a column for her high school newspaper entitled "Big Ears".

2. This "activist" wrote an essay protesting a school rule which prohibited the wearing of blue jeans but permitted other colors of denim. In response the faculty changed the rule.

3. This "foreigner" was born and raised in Norway.

4. This "international sailor" lived on a 65 foot launch anchored near the Gilbert Islands just 18 miles from the equator.

5. This "athlete" holds a Naui card for scuba diving.

6. This "rebel-rouser" was told by her college dean that she was the noisiest girl in the dorm.

7. This "musician" was the organist for all church services during her high school years.

8. This "milk maid" once owned four dairy cows. She milked them and delivered 67 gallons of milk per day.

9. This "witness" was willing to challenge her classmates and stand up for her Christian beliefs in a public university class.

10. This "chef" had to learn how to cook from her husband after they got married.

*Annalisa Torkelsen*

## ANSWERS

1. Linnea Torkelsen 2. Donna Perry 3. Synnove Anderson 4. Genia Pascoe 5. Florence Lacey 6. Karen Gee 7. Harriet Lange 8. Synnove Anderson 9. Donna Perry 10. Linnea Torkelsen



*Corrina Wijma finds an electrifying way to pass time during General Science class while Stacey Allgood calmly watches*

## How do you pass time?

Students find different ways to make their free time go quickly. Some use their free time for athletic endeavors. John Sukow works out in the weight room. Cindy Girdharry and Christina Bond play basketball. Some are much more relaxed. Laura Way, for instance, likes to cross-stitch in her free time. Amazingly, some people use that time to do homework. People like Shiloh Shuman and Dustin McQuire make use of their time to be ahead in school. Tiffany Featherston and Arlene Johnson pick up their favorite book when they have a moment or two. In fact, the number one thing to do in free time here at UCA is to read. Who said reading is out!

We have some budding artists here as well. Ginger Pifher sketches and paints with watercolors. She also claims to clean her room during her free time. Jessica Evans and Sarah Duke also paint.

Village students seem to have more choices in what to do during their free time. Lori Robinson watches tv and listens to the radio. Erin Walter finds time to sit in her car and listen to the radio between classes.

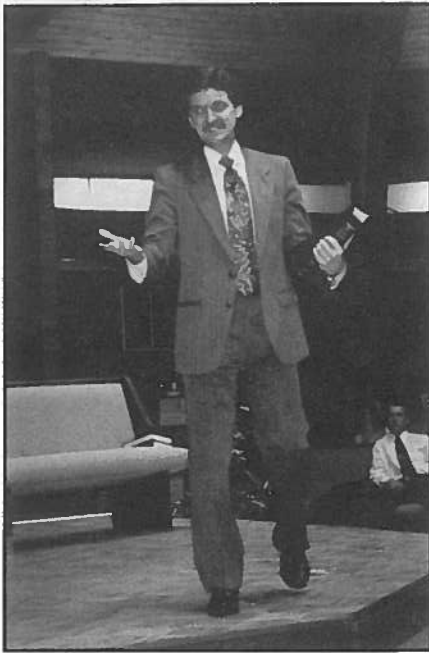
Many make time to be with friends. Lynn Werner likes to talk to Scott, and she finds the time to read and write poetry. George Twigg enjoys talking to his friends and sleeping.

Sleeping is a treat that many don't have time for. Late night cramming for Peach tests or Hardy "quizzes" takes up valuable sleep time that is needed by many. Some people find that time during the day, but not, of course, during classes.

As you can see, there are many things to do with free time. If all else fails phone home.

*Laura Maxson*

*I will have nothing to do with evil. Psalm 101:4*



Elder Gordon Pifher, our Spring Week of Prayer speaker, explained what love really is. Do you remember? Here's a little quiz (multiple-choice, of course!):

Love is

- A. a warm, cuddly puppy
- B. never having to say you're sorry
- C. positive knowledge
- D. a week without tests

Too easy? Good! The answer, of course, is C. And by the way, how are those love graphs coming?

Thanks, Elder Pifher, for the great messages!

the **ECHOES** is a regular publication of Upper Columbia Academy, a non-profit Seventh-day Adventist boarding school, Spangle, Washington.

This issue's contributors included:

Sarah Coleman, Stacey Allgood, Jon Beitz, Eric Bordeaux, Sarah Duke, Melissa Harris, Michelle Harris, Brynn Maish, Laura Maxson, Lori McCain, Jaime Schultz, Annalisa Torkelsen, LeRoy Wheeler, Julie York, and Stephen Lacey, Sponsor

## Another year older

Birthdays--are they something you enjoy having at school, or would you rather everyone would mind their own business? I asked a couple of people what they thought and this is what they said.

Cindy G. -- I would tell everyone that it was my birthday but then I would want them to forget about it.

Jeff B. -- Lets have birthdays remembered because they are a source of humiliation that we should all experience.

Jeremy W. -- Remember my birthday and sing to me

Sarah C. -- I kind of like it when people remember because it makes me feel loved. I don't want to be noticed all day, though

Vashti M. -- It's kind of fun but it's kind of embarrassing.

So, we have a little bit of a dilemma concerning whether people want to be recognized on their birthdays. They do, but they don't. Cash gifts, however, probably wouldn't be refused!

*Lori Robinson*

## Taxi fees soar

In past years, a trip to Spokane cost a student \$ 7.00. This fee covered maintenance, insurance, gas and the driver's time. The fee changed this year to fit the actual cost of a trip to Spokane.

The current fee is \$20.00 per person going into Spokane. If more than one student goes on the same trip, for every added student there is an extra \$10.00 added to the fee, and then the total is divided by the number of passengers for that trip. So, if 5 people went, each would pay \$12.00.

If a school vehicle is used, the school charges .50 per mile. If another vehicle is used, such as a faculty's vehicle, then only .20 is charged per mile. This is included in the \$20.00 fee.

Students and parents alike feel the cost is too high. For those students who make necessary and regular trips to Spokane for such things as doctor appointments, alternative or correspondence schooling or counseling sessions, the trips become extremely costly.

The fee is not expected to rise yearly. This year's rise was quite a shock because of the large difference between the old fee and the new. The difference was so much because it had been so long since the fee was adjusted. If updated regularly, the fee won't seem so ridiculous because the increase will be gradual. Many hope to see the fee decrease as the years go by, but that is not expected.

*Sarah Duke*

### APRIL BIRTHDAYS

- 2 Angela Griffith
- 3 Paula Kildal
- 3 Catherine McMackin
- 4 Jeff Koncz
- 5 Matt Tolbert
- 9 Amy Bieber
- 9 Troy Patzer
- 9 Kris Straub
- 12 Geoffrey Greenway
- 13 Shannon Bowerman
- 14 Tyler St. Clair
- 16 Jeremy Roper
- 18 Jon Dickerson
- 18 Lanaya Finkbiner
- 19 Eric Buck
- 19 Ryan Rohloff
- 22 John Sukow
- 27 Jeff Langford
- 27 Travis McClintock
- 27 Alysia Wresch
- 28 Stacy Hill
- 29 Christopher James
- 30 Andrea Bender

### CORRECTION

Rachelle Wareham should have been included in the high honors list in last issue's honor roll.

# Curfew

The curfew for the girls' dorm would add stress to anyone's late-night study plans. From studying under a small lamp or reading a book by flashlight to stuffing towels under doors, the girls know all the tricks to sneaking past curfew time.

Freshmen and Sophomores are supposed to be in bed by 10:30, Juniors by 11:00, and Seniors by 11:30. Sometimes when students have extra studies, they are allowed more time. But at a certain point a line had to be drawn or the curfew would not be effective. The curfew, of course, exists to encourage a little temperance and to remind the girls that sleep should be included in their schedules.

Last year the lights were turned off at 10:30, and no one had a choice but to stop what they were doing and go to bed. At least this year we are given a little more time, and even though we don't always agree with the system we can remember that this too shall pass.

*Jaime Schultz*

.....

# Worships

The mingling of the students draws to a close. The calling of the teachers wanting the students to separate at the "T" rings across campus, and the students head down to the dorms for worship.

Worship is that experience that the dorms offer to bring the individual student closer to God. Students feel that dorm worship is a fun-for-all "story hour." Some say it's the place to get together with friends that you don't get to see through the day. Others are discouraged.

The fastest way to encourage students and get their attention is to get them involved. The deans have a lot of responsibility keeping students in line and quiet. Students could help them out and add a lot of variety to worship by preparing their own programs. For those students who are presently involved in giving dorm worships, our gratitude is sent your way.

*Brynn Maish*

# Water, rest and veggies

As I struggle my way up the innumerable steps in the girl's dorm stairwell, wheezing and panting, I realize that this is not the life for me. My legs feel like that cafeteria spaghetti I just consumed in a single breath. I feel the irresistible urge to lie down and sleep, yet it's the middle of the day. What's wrong with me? Slowly, the answer creeps in. I am one of the vast majority of people on Earth who is unhealthy. I'm not obese and pallid, and I don't have "Couch Potatoeian" tendencies. I'm just not as healthy as I should be.

So I take steps to counteract this. To begin with, I finish climbing those awful stairs. Then I sit down and make some resolutions that prove to be painful but well worth the effort. I have discovered that these ideas work. You learn from experience, and now I know that staying healthy is a lot more fun than always wishing you were, and being healthy influences other aspects of your life as well. Here are the steps I've taken:

1. Drink lots of water. This is standard, but it works. Water cleans out your system and gives you a clearer head.

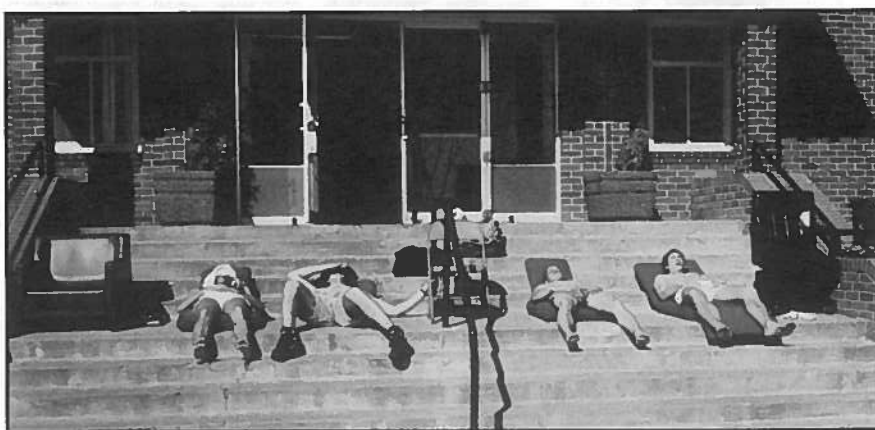
2. Get enough sleep but don't become obsessed with it. I realize now that when I'm always complaining about how tired I am, it just magnifies the problem. Don't concentrate on the fact that you are a walking zombie. Instead, think of good ways to get yourself into bed early the next night. Positive thinking works, too!

3. Eat smart. Yes, they do serve healthy food in the cafeteria. There's almost always a salad bar bigger than you'll ever get at home, and fresh fruit and fruit juices. There are usually vegetables at every meal, too. Make the choice to make a difference in your diet.

4. Exercise. Climbing stairs does help, so why not try taking two at a time or running up them? Even if you don't have time to jog, you can always be purposefully late for class and sprint. It's a good excuse to run, and exercise actually makes you feel more alive than you'd think.

After following through with my four steps to success, I feel much better about myself. Of course, I'm not Bionic Woman now, and I don't radiate health, but I have noticed a positive change in my outlook on life. I have a better perspective about things--for one, those stairs don't look quite so insurmountable!

*Sarah Coleman*



*Lacking a deluxe fenced sun-bathing area, gentlemen residents improvise to catch a few springtime rays.*

# Mexico trip '94

## The journey

The first night of our journey was uncomfortably spent on the old bus with people lying all over the place in many different positions. No-one slept well that night, but we made it all the way down to Arizona.

On day two, we ate breakfast near Hoover Dam. After breakfast we took "the dam tour" while Mr. Peach ran eight to nine miles. We arrived at Thunderbird Adventist Academy at around 7:00 pm and made phone calls home.

On the third day, Sabbath, we went to breakfast, Sabbath School, church, and lunch with the TAA students before heading out for Magdalena, Mexico. Before reaching the border, we stopped at San Xavier del Bac Mission, one of the best-preserved Spanish missions in the Southwest. Just across the border, a pastor boarded our bus to help us communicate with border officials. It seemed a futile attempt for about an hour until Mr. Peach came back on the bus to have prayer with us. Then, we were allowed to continue into Mexico to carry out our mission. We pulled into Magdalena around 9:20 pm to stay the night at a youth camp. It seemed that every dog in Mexico was barking all night, and music was playing loudly from area bars. What a night!

The next morning we traveled all the way down to Los Mochis where we lived for the next six days. En route, we stopped at San Carlos beach for a little shopping and recreation.

The return trip started with the second all-night drive of our journey. But on this night most of us slept much better than we did on the trip down! We reached the border at midnight only to find it closed. So, we went to the next border crossing, about 10 minutes away, where we had no problems at all. Before reaching Page, Arizona, we stopped at the Grand Canyon which was much colder than Mexico. When we reached Page, most of us went to the laundromat (the only place we washed our clothes on the whole trip) and to find something to eat.

On Monday we loaded the bus again at took off for Salt Lake City, stopping only once at Zion National Park for breakfast. We reached Salt Lake at 7:00 pm and enjoyed the next day there just resting after our long trip.

On Wednesday we woke up nice and early to begin the last leg of the trip. We dropped four people off at Walla Walla for the Choral Workshop and then headed home for UCA.

It was a long, worthwhile trip, but we were all glad to be home.

*Lori Robinson*



*Participants in this year's Mexico trip*

## The people

Mexico is a land of contrasts. Some of the people live in large, comfortable houses, but many others live in small shanties. Some have running water and electricity, but many don't. The most run-down of houses is likely to have a color TV in the "living room" or "kitchen."

Mexicans love color. The country is filled with bright oranges, pinks, yellows, greens, and reds. Jewelry also abounds--from the usual rings, necklaces, bracelets and earrings to little ornaments sewn on clothes.

Most of the people we met were so polite and friendly. They were constantly saying "hola" or "buenos dias" as they passed on the street. They love to help and are very willing to do any kind of work offered.

The variety and contrasts found in Mexico are amazing. The cultural experience we enjoyed down there provided us with an education we couldn't have found anywhere else.

*Lori McCain*

## The work

Mexico trip '94 was a blast, and the work wasn't as hard as most of us thought.

When we arrived, only the steel frames and a four-foot wall on the east end of the church were completed. On Monday morning (too early), Mr.

Peach and Mr. Jessup got everyone organized and had most people working on pouring the church floor. By nightfall, we had a quarter of the floor poured, windows set, a lot of bricks laid, and a very good start on the plumbing and electrical work.

On Tuesday, things seemed to go more slowly. We got a lot done, but not as much as on Monday. The next day we started stuccoing and started to build the platform. On Thursday, the roofing material came so we started on the roof. By Thursday night, we had most everything done. All the floors were poured, the wiring was completed, the plumbing roughed in, and a little over half the roof was on.

By Friday morning, everyone was very tired, and our worst fear was having Mr. Peach come and bang on the door at 5:00 am to tell us, in his deep, peachy voice, that it was time to get up. That had really begun to irritate us by the end of the week. But it happened, and we were on the work site at 6:30 pm our work was completed, and what a relief that was!

I had a very good time, and so did everyone else. It was also a very humbling experience to help people that are in need and to be a witness to others.

*Jon Beitz*

## The end

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# THE ECHOS

## And finally...

Three quarters of the year is over! Soon the daily treks between buildings will end, summer will come, and the 93-94 school year will be just a memory. What will you have to remember?

One quarter is enough time to make some headway on those good resolutions we made back in August. You remember the ones: do assignments on time, be prepared for tests, get to class, be kind, make friends... And there's still time to stop trying to patch up our lives and to start turning the job over to Christ. He's the only one who can do it.

Yes, soon the year will be over, and soon we'll be going home.

