



Five alive

by *Elena Harris*

On October 12, 2015, Upper Columbia Academy began its first Week of Prayer for the school year. The speaker was Pastor Ken Rogers, the youth director for the Southern Union Conference.

Pastor Ken's messages focused on our God of wonder. He used his comical facial expressions and his humorous story telling skills to cause much laughter from the students and staff, but, more importantly, he entangled hearts in the power and awe inspiring character of our God. During his talks, Pastor Ken frequently stated, "There is no God like our God." And that is so true. We serve a God who gave His Son to die for people who may not even accept His gift. Our God is not just some foreign dignitary. Our God is not just some creator far away. Our God is not just some supernatural being with never-ending power. He is all of those put together, and, most importantly, He is striving to be our friend. He loves us unconditionally. Thank God for all He has done for you.

Those who went to the meetings with an open heart found themselves doing the same thing for five minutes every day. Pastor Ken challenged all of the audience to have five alive moments with God twice a day, and I challenge us to do the same. Spend at least five minutes soaking in the wonder of our God each morning and each night. You will find the wonder and living water of God and He will do incredible things through you.



Pastor Ken Rogers emphasizes a point as he speaks during Fall Week of Prayer

Fall classic

by *Emma Tucker*

The memories from Fall Classic are some of the fondest for those who were privileged to participate. Despite the drive being virtually the same in length and path, tournament bus riders can confirm that the trip to Walla Walla contrasts sharply with the trip back. Thursday morning, eager athletes bounded up the bus steps, crowding into tastefully designed rainbow-striped seats. Moments later, the bus squealed and pulled away from our cluster of rust-hued brick abodes. Students settled in for the ride, chatting excitedly amongst themselves, wondering where they might place in the tournament. Senior Kristen Wagner simply stated, "Spirits were high on the early morning ride down to Walla Walla."

The weekend itself was a blur, with athletes constantly shuffling between volleyball and soccer games. Both teams played hard and fought to the end, with the men's soccer team coming in 13th and the women's volleyball taking 6th place.

Sunday morning, the weary athletes piled back on to the bus and sank into dusty seats. The next few hours were filled with a pleasant silence, broken only by the chorus of soft snores, the soundtrack of our journey. Upon our return, we filed off the bus and ambled back to our dearly-missed mattresses, already having slipped into dreams of victory for the next tournament.



HAPPY THANKSGIVING



UCA's close neighbor Nona Hengen, a local artist and historian, shares some of the school's history during Alumni Weekend

College Fair comes to UCA

by Geoffrey Urbin

Adventist colleges from across the United States and Canada came to Upper Columbia Academy to advertise and hand out applications for their schools.

On September 23, 2015, the senior class got to skip half of their classes to go to the College Fair. Starting from 9:45 and ending at 12:12, seniors started making their way to the gym. In the gym, the Walla Walla University recruiter, Melissa Rae, presented the seniors with a short worship talk. Once the talk finished, each senior was handed a paper with an assignment to go over to the booths and fill out. "I think that the worksheet encouraged students to talk to the staff that universities sent," stated Nate Cheney.

According to Breanna Daley, there were nine booths each advertising a Seventh-day Adventist college or university. The colleges and universities send their recruiters out on tour to UCA and other academies to give out information about their colleges. At the booths were pens, pamphlets, scholarship information, and applications for the seniors to take.

Ericka Meager, UCA's Guidance Counselor, stated that if you completed and turned in the applications at the College Fair, the colleges would waive their application fees. Some students took this opportunity to fill out as many applications as they could while there were no charges. After filling out some applications, the seniors were free to leave the gym and pack for home leave. Stated by student Kristen Wagner, "College Fair was beneficial because seniors were able to see different schools in North America where we can study in an Adventist environment."

Living History

by Ryan Dieter

School pride is a great thing here at UCA. Students will often speak of how our music program is more advanced than those at other schools, and you may see how our sports fans are very dedicated and proud of the players, no matter how the seasons play out. Our gymnastics program is one that is not often found at other high schools of our size. Yes, I am proud to say that UCA is my school.

On October 1, 2015, the floodgates were opened to many past students who also claim UCA is their school. It was a little intimidating as the campus filled up. Current students were taken aback at just how many others had attended their school. Right in front of their eyes seemed to be the living history of UCA.

As vespers was held on Friday evening, and the band and Choraliars performed on Sabbath, and reminiscing commenced with haystacks in hand, you could see the liveliness of the elderly and sense the togetherness when old friends reunited. It truly was a beautiful spectacle to behold.

Being a senior, I realize that next year I will be identified as a UCA Alumnus. I will be on the other side of the crowd, watching the music perform. I will be the one snacking on stacks of hay and reminiscing with past friends and acquaintances. The joys of growing up will be apparent and appreciated as the living history of UCA is being written, and I suppose my memories will turn sweeter after I leave this place. As the saying goes, "Absence makes the heart grow fonder."

Potato harvest

by Ellie Springer

Recently, students of various classes came together to accomplish one daunting goal: to harvest all of the potatoes in the field. Though it was initially thought that about 5-6,000 pounds would be pulled up, the staggering total was almost 14,500 pounds. Not only was there a large range of sizes, but there were also multiple kinds: Russets, Pontiac Reds, and Satinas.

The harvest began with a potato harvester going through the rows and pulling the potatoes up onto the surface. Then, groups of students picked them up and sorted the various sizes and types into different bags. Being as this was a short-staffed effort that was put into scattered slots of time, the job that could have taken two days ended up taking five.

Once all the potatoes were bagged, they were put into a cooler. After two months, they will be cleaned. This will make them last much longer, and the ones that don't get used this year can be passed on to the next.

So when you pass the now lonely potato field on your way in or out of UCA, you can think thoughts of gratitude for all those involved in this undertaking.

The mad dash

by Polly Nicole Officer

The final prayer is said. As the speaker steps down from the platform, the students are dismissed from the morning Week of Prayer meeting. Seemingly faster than flipping on a light switch, the students' attention changes focus from spiritual to physical nourishment. They leave all kindness at the door—the only thing running through their minds is those tacos waiting for them in the cafeteria.

Like a bunch of wild horses let out from the corral, they pile out of the church. As soon as they reach the open spaces between the church and the cafeteria, the race is on. Clinging to the spirit of charity, a few considerate students put their own hunger aside and hold the door for those rushing through. Already imagining the scrumptious treat hitting their taste buds, some aren't as thoughtful as others as they break into a gallop, leaving those behind them in the dust.

In a couple of minutes, the lunch line is long enough to reach the cafeteria door, but a few students are already munching away happily on their prize.

Smelly cats

by Christin Beierle

In the afternoons, the second floor of the Ad. Building bears the scent of preserved death. Following your nose, you would be led to Mrs. C's classroom where, if you aren't nauseated *too much*, you would find students gathered around counters with cats laid out on them.

But these aren't happy kitty cats. A look at the little animals' faces sends some students off quivering in the halls: these cats are being dissected by the A&P classes.

The lab began with Mrs. C handing out large vacuum-sealed plastic bags. Some of these bags contained perfectly preserved cats while some of the more fortunate students received cats that didn't have to be skinned.

"It looks like mangos or mustard," said one of the students, referring to the adipose tissue he was carefully cutting away.

The classes will be dissecting the cats layer by layer over the course of the semester as they learn about the different systems of the body.



Fall festivities

by Summer Davis

Those who are forced to rise from their short-lived slumbers at the crack of dawn each morning have no doubt realized that the air is crisp and cold as they take that first dreaded step outside. Icy dry air causes their eyes to water, and it is plain to see that autumn has taken its toll. Leaves have changed color and have fallen to their rest on the frosted grass below.

Some of us have waited in anticipation for this time of year while others have dreaded the endless enthusiasm for pumpkins, pumpkin spice lattes, pumpkin pie, pumpkin carvings, pumpkin bread, pumpkin parties, pumpkin this, and pumpkin that!

All the same, this is a festive time of year that most of us love. Our minds are filled with dreams of imminent Thanksgiving feasts. We are itching to start wearing cozy coats and scarves that have been stored in dusty, dark closets during summer months. We can't wait to drink forbidden hot cider and tea in frigid classrooms in the morning. How exciting it is! Indeed, fall is here.



Shasta Sequeira and Karianna Aufderhar dissect a few bits and pieces in the lab



Seniors show they can be stylish on Clash Day during Spirit Week

Home leave

by Polly Nicole Officer

Home leave on the Upper Columbia Academy campus is a chance for the students who attend to take a break from school and leave the UCA campus. Taking three to four days off, once a month, nine times a year, the idea of home leave is to give the diligent scholars and faculty a most needed break from scholastic stresses.

Before home leave day, dorm students are required to fill out leave slips. These slips have spaces provided to fill in the following information: Who is driving, where is your destination, and what time do you plan on returning. Girls' Dorm Taskforce Dean, Kenyon Findley, said, "If the girls don't get their leave slip in, they are not allowed to leave campus. Village students, of course, are not required to participate in this activity."

Being a boarding school, Upper Columbia Academy has students who come from far away. This year, we have students from China, Taiwan, Korea, and Italy. Since their homes are so distant, those students, instead of going home every home leave, find places in the U.S to stay and typically go home on major holidays. Albert Manta, an exchange student from Italy, said he can't go home on any leave but is planning on staying in the U.S. until he graduates in the summer.

Because many students don't own their own vehicles, transportation is provided in the form of the home leave buses. Whether they go home, to a friend's house, or on a road trip, home leave is a privilege that the student body enjoys.



UPPER COLUMBIA ACADEMY ECHOES

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Schrödinger's bear

by Geoffrey Urbin.

How many of you guys have slept with a teddy bear? I'm pretty sure most of you have at one point in time. Now here is the real question: How many of you guys have slept with a real bear? At Senior Survival, Group Ten had the experience of having a bear in the camp every night of the week.

The first night of Senior Survival, Group Ten's counselor, Gary Jessop II, brought a full plastic container full of chocolate chip cookies to their camp. After eating a few cookies, the group left to go to evening worship. Once the meeting was over, they headed back to their camp only to find the container full of cookies gone. After searching for a while, they finally gave up and went to bed.

The next night after the meeting, Group Ten headed back to their camp only to abandon it two minutes later when they spotted two wild eyes staring at them from the woods. They went to the worship meeting spot to sleep for the night, but before falling asleep, they officially named the animal Schrödinger's Bear and started to call their group the Bear Squad.

A bunch of flashlights, loud banging, a cajun pepper pancake, and a few gun shots, did not keep Schrödinger away from Bear Squad's camp. By the end of the week, the group had lost cookies, ramen, coffee, tea packets, gum, and deodorant to Schrödinger. For the last couple of nights, the level of caring for the bear in the camp was about zero. Bear Squad came back from their trip with punctured water bottles and containers, ripped bags, and a new teeth-marked Bible.

Bear Squad learned their lesson for camping: Don't leave food in the camp!

The Senior ripple effect

by Ryan Dieter

The 2015-16 senior-dominant Choraliers group has everyone frantic, asking, "What will Mr. Anderson do next year?" We had all been around for past tryouts, where Anderson chooses up 60% of the current year's Choraliers group. However, many seniors were accepted into this year's squad and have left us wondering what will happen when the seniors graduate? Who will step up to fill the 20 empty seats?

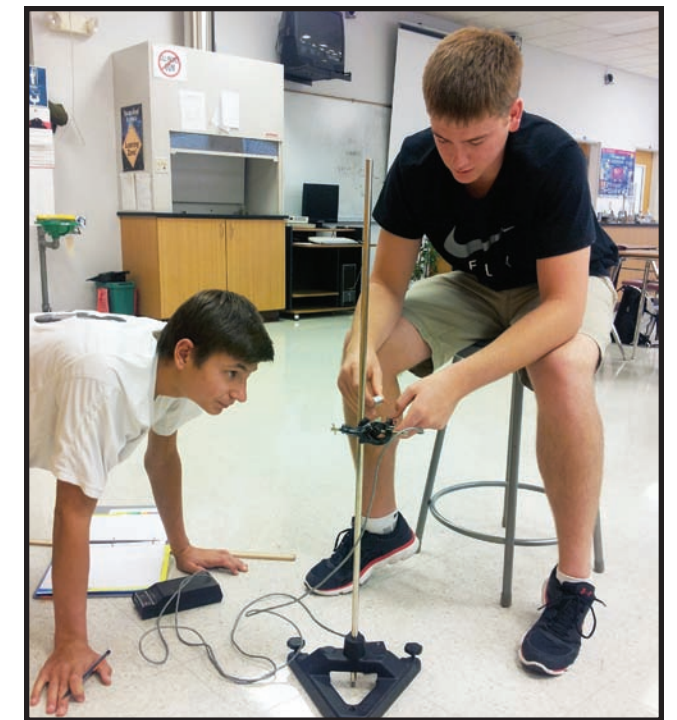
When asked about this looming matter, Anderson says, "I have pretty good returning singers in all sections except for the tenor section. I am hoping that some students decide that they would like to come and learn to sing tenor for me. I'm worried about that."

Very troubling indeed.

Some of the students have been wondering too. Nate Cheney, a first tenor, says, "Although the loss of seniors may be a step backwards, I have confidence that the right people will rise to fill the shoes of the graduates and will move forward for the sake of music."

That is good to hear from a Senior, but can the Juniors handle what is ahead? The five returning students are in only three sections: baritone, first soprano, and second soprano.

Whatever the case may be, students maintain the utmost confidence in the professionalism and wise discernment of their veteran educator Curtis Anderson.



Josh Bevins and Ryan Dieter gather data for a Physics experiment

RA stress

by Thalia Tomarere

Resident Assistant may be the highest paying student job in the school, but it is also the most high-stress job. RA's have no time for homework at night but have to stay up late, telling their peers what to do.

Another major factor that increases the stress girl RA's have is drama. "Girl RA's may be more stressed out because there is more drama in the Girls' Dorm," said Heather Bruton, 2 North Hall RA. When a girl has a problem that she doesn't want to talk to her friends about because she's afraid rumors might spread, she goes to her RA. This kind of situation can put additional stress on an RA. There's a lot of pressure to give the right answer because younger students look up to RA's as leaders, so it's more than likely that they will take the advice and put whatever the RA said into practice.

Although Resident Assistants get paid the "big bucks," it may not be worth all the stress. That is why Deans go through a long process of interviewing candidates for the position. It takes a well-balanced individual to handle all the stress.

Let's Move day

by Karly GreyEyes

Let's Move Day is a special day at Upper Columbia Academy. The school day ends early so that students have time to be physically active in the afternoon. One such activity is volleyball. About 80% of the student body seemed present at the volleyball games. There were always three games going on at one time. Teams had not been created beforehand, so groups of people would rotate in and out when a game was won. That way, everyone could play.

Another sport that students played was football. Coach Dye was in charge of getting the players together. Two team captains were in charge of picking teams that consisted of 7-8 people. Robert Holm said, "We went to the field, picked teams, put on flags and played. We didn't keep track of who won and it was fun."

Soccer was another sport played on Let's Move Day. There were around 7 girls on one team and around 20 men playing altogether. The teams were uneven; nevertheless, Polly Officer said that she enjoyed playing. Wherever she went, she always felt that she was a part of what was happening even if she was just watching others play.

For Let's Move Day,
Senior Natalie Harder ran the Sandpoint
Scenic Half Marathon, placing 2nd in her age
category, 48th of 284 females, and 105th of the
421 overall participants.

Week of Prayer refreshes

by Kristi Rose

As the students filed into the sanctuary, voices hushed to a whisper. Once everyone had found a seat, the song service leaders started to sing. It was Week of Prayer at Upper Columbia Academy. Classes were cut shorter, students were dressed up, and often a long line of students streamed from the Ad Building towards the church.

The theme for the week was the wonder of the surprises God puts into our paths. For one student, the surprise was simply rounding a corner and seeing the way the sun shone perfectly on a fall colored tree.

Week of Prayer is refreshing for students. It helps to remind us where our priorities should be. School can get crazy, and one's social life can get even crazier. When you combine the two, you get an extremely stressed person. Once that happens, sometimes all we need is a simple reminder that if we place God as the number one priority in our lives, everything else will fall into place. That doesn't necessarily mean life will be perfect and stress-free, but we will have a peace that will make the day more bearable.

In the end, let's remember to enjoy the spiritual refreshment that comes with each Week of Prayer and not forget where our priorities should be.

Ramen

by Shasta Sequeira

In dorm life your diet basically consists of whatever okay food the café can make and . . . ramen. Ramen is a food everyone has tried and everyone eats—especially in a dorm. Ramen is kind of like the official dorm food.

You may wonder why ramen is so popular when it is unhealthy and non-nutritional. Well, for one, it is cheap. We are high school students and I think it can safely be said that the majority of us are as broke as can be or are saving up for something better than food—like a car—and ramen is something our parents are willing to give us.

Secondly, ramen has variety: if you don't like one flavor have another one. If you like all flavors, it is like going out to eat and ordering off of a menu with many options.

Last, but certainly not least, ramen is good. Ramen is the type of food you can eat no matter what. It will always be there for you. Failed a test? Eat ramen. Just broke up with someone or had your heart broken? Eat ramen. It's the happiest day of your life and you want to celebrate? Eat ramen. It truly is a food for the soul. So even if you consume more than one package of ramen a day, that is okay. We all have our moments and ramen is always there to have our backs—even if we aren't hungry.

4.0

by Ella Dieter

Four point. What comes to mind when you think of a 4.0 GPA? Nerd? No social life? Successful person? Procrastination has made its way into each of our lives in some way or another. Maybe it's because we really felt sleep was more important than the math assignment that was due the next day. Or maybe playing basketball just really looked like more fun than studying for the English test. Think about this: since you're going to have to do the homework anyway, why not start right after it's assigned? That way, you can get it done and then do whatever you want. I mean, an extra cord for graduation would be pretty cool, not to mention the scholarships that come with it.

Class vespers

by Christin Beierle

On Friday, September 18, the students of UCA split into their class groups and each had their own vespers.

Seniors, having just returned from Senior Survival at Mivoden, had an extremely laid back vespers at the church. They watched a Louie Giglio sermon, "How Great Is Our God," with teddy bears and blankets while in their pajamas. "It was amazing," said Raina Hernandez, "but I slept through most of it."

The other classes went to a sponsor's home for their vespers.

Juniors gathered at the new science teacher Judy Casterjón's home for their vespers. They watched a video by Christian comedian Ken Davis. "We basically ate muffins and watched a comedian. He was funny," said new Junior Kendall Potts. "We also played Startipping, which was entertaining to watch, but I didn't play." According to Kendall, "Startipping" is when someone stands in the center of a group and spins around until quite dizzy and then a light is shone in their face.

Sophomores had a similar vespers, gathering at the Starr's home. "It was really awesome," said sophomore Hannah Stafford. "Mr. Starr and Mrs. Lacey spoke and we sang a lot of songs. It was a lot of fun."

Freshmen gathered at Pamela Backman's home. They played games, sang songs, and listened as two of their sponsors, Pastor Fred and Mr. Gladding, spoke, but they also did something unique. "We wrote notes to the people who helped us at Freshmen Campout and we also wrote notes to our future Senior selves," said Freshman Anya Hensel. Zoey Shim, also a Freshman, said, "It was nice, we got to hang out with each other and to know more about God. We sang songs, and we were really out of tune. But it was still fun being together as a class."

HOPE day

by Joseph Threadgill

One of the activities that the students could participate in on the first H.O.P.E. Day was working at the Habitat for Humanity store. The project started with a two-hour bus ride while Mr. Hartman attempted to navigate through the back streets of Spokane in an oversized bus. After making several wrong turns, we arrived at the destination.

Once inside, the staff had us put on Habitat for Humanity vests and proceed to the back room where we started to sort and label hundreds of the plates, bowls, cups, and platters, that Olive Garden had just donated. Once they were sorted, we took them to the front of the store and organized them on the display shelves. When the shelves in the front were filled, we had to clear out some of the shelves in the back to fit them all in. After that, our supervisor had us organize a pile of stage lights and speakers into a neat stack for people to browse through. The bus pulled up just as we were finishing the last of our tasks.

It gives a great sense of accomplishment to participate in something like that. There is nothing quite like the feeling after helping someone else with no price attached. It is good for us to go out and do things like this every once in a while to keep us humble and aware of our community.

Retired teacher returns for HOPE

by Morgan Stanyer

Tuesday, September 29, Ronald McDonald House was privileged with having eight UCA students and retired teacher Mrs. Haeger return once again to make cinnamon rolls and encourage hospitalized children.

Ronald McDonald house is a temporary housing facility for families who live at least 40 miles away from the medical care they are receiving. The cost for a room, food, and general facility use is \$32 per day, which the family has to fund themselves. Students put their baking skills to the test by making cinnamon rolls for the families staying at the Ronald McDonald House that day. While the dough is rising they disinfect toys and tidy up the living areas, toy corners, and play rooms.

Gayle Haeger has been doing this project for 10-12 years and still loves it. She was the biology teacher at UCA until this year. Jenny Bovey, Senior and returning Ronald McDonald House helper, says, "It is great that Mrs. Haeger came back to this project. She has memorized the cinnamon roll recipe and loves seeing her old students."

Sisters Kristi and Kari Rose attended this project for the first time and would absolutely do it again, "I loved that Mrs. Haeger could share her smile again and teach us about helping others," said Girls' Dorm RA Kristi Rose.

Mrs. Haeger plans to keep sponsoring the Ronald McDonald House HOPE Taskforce project.



Madison Bartell and Lukas Schroetlin help at the Cheney church during the first HOPE Taskforce day

No more dress check?

by Amber Lee

"Dress check is happening in the front lobby!" is announced through the intercom before both church and vespers. The check makes sure the girls are in appropriate church dress, and there is always a long line to get clothes approved by deans. This results in many girls being pressed for time as they head to church. But starting from Alumni Week-end, dress check was banished.

Immediately after the first evening without dress check, girls were delighted. Eva Wiggins explained, "It's just much more convenient and it feels like the deans really do trust us." The deans warned the girls that they would be keeping an eye out for those taking advantage of no dress check, and that if three girls were found out of dress code, the checks would resume.

Unfortunately, it took just two weeks for the dress check to be reinstated.

Come to me all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28,30

Class elections

by *Nate Cheney*

On Wednesday, September 30, each class announced those elected to class office for this next school year. Mere hours earlier, the classes had met with their sponsors to elect their officers. Once each individual class knew who their officers were, they were given time to plan before announcing their choices to the rest of the school body. Overall, students were excited to learn of this year's class leaders.

There has been much praise for the diversity of this year's leaders. Bre Daley, a senior here at UCA, said, "I'm glad that this year we have some fresh leadership." (Over half of this year's junior class officers are new to the school.) Kyle Gladding stated, "Classes seemed to have chosen officers who will invest in their own class, rather than seek popularity." Despite people's praise for diversity, all but three of the senior class's officers had served previous terms.

Although each year we get a good group of students to lead our school, some think that there may be a better way to pick officers. Polly Officer expressed her concern, "I wish that achieving class office involved a certain amount of campaigning, even if just a brief speech or debate during assembly."

Overall, class elections were a success this year. New leaders were elected and will be supporting and helping their classes in any way possible. They will continue until next year when the cycle of student leadership restarts once again.

God's Voice

by *Jonathan Bowe*

The campus was quiet and nothing stirred;
 In the silence God's voice was heard.
 It was a soft whisper in the wind,
 But you could tell there was power hidden within.
 As He called, it preyed upon my heart.
 "I want you to know me," the voice seemed to say,
 But all of my feelings got in the way.
 I want to know God—I really do—
 But this feeling isn't entirely new.
 God has come knocking on my door,
 And the things of this world became an incredible bore.
 So as we sit next time in a week of prayer,
 Just know at your heart God is knocking there.

CLASS OFFICERS

	SENIORS	JUNIORS	SOPHOMORES	FRESHMEN
President:	Nate Cheney	Kiara Welch	Colby Brookins	Lauren Threadgill
Vice President:	Zach Tataryn	Jadzeah Hall	Kurt Soloniuk	Michael Daley
Chaplain:	Cassie Gonsalves	Charles Buursma	Kari Rose	Benji Buursma
Treasurer:	Geoffrey Urbin	Shane Ruff	Kayleigh Bradford	Colin Cheney
Secretary:	Amber Lee	Ashley Samuel	Elianna Srikureja	Annie Wirtz
Sgt-at-Arms:	Asher Siapco	Jose Montes	Walker Johnson	Anya Hensel
Musician:	Jordan Barnett	Brendan Coon	Daniel Cortez	Zoey Shim
Sports Coordinator:	Josh Bevins	Andrew Robinson	Matthew Wallen	Paul Tucker
Historian:	Ronnie Anderson Parker Bailey	Emma Tucker	Brielle Bartels	