



## New students join UCA family

by Charissa Cardwell

Imagine shaking the hands of over two hundred strangers—a sea of unfamiliar faces with unfamiliar names to match. This is the situation the new students at UCA experienced on their first day on campus.

There were exactly ninety-nine new students, including freshmen, who started the 2013-2014 school year here at UCA, and many of them have said that it can be hard switching to a new school, especially when coming from somewhere with far fewer students. However, it now appears that everybody is integrating and managing well together.

Freshman Serena Cardwell said, “The friends I have been making here are great!” “During the first week everybody was extra welcoming and made it feel like home,” said new junior Matthew Palsgrove.

Not only have new students been making friends, they have also been getting involved in the extracurricular activities UCA has to offer. Gymnastics, choir, and band have all been areas of interest. Those two hundred strangers are quickly becoming familiar faces.

## New beginnings

by Beth Wickward

It was the first night back on campus for some of the students, and for others it was the first page of the new chapter in their lives. Students in the dorm would later say that they hadn’t seen it coming, but it came nevertheless—a thunder storm.

There wasn’t much warning, but many a window was quickly closed to prevent the onslaught of water from joining the students in their newly-occupied rooms. After a time, the tempest ended almost as swiftly as it had started, and slowly windows opened to allow the scent of the newly-washed earth to drift inside.

As the scholars laid their heads down to sleep that night, the residences were filled with the fragrance of brand-new beginnings.

## Cafeteria nears completion

by Alissa Robins

A cafeteria, or dining commons, is an important aspect of a school. It is particularly significant at UCA because most of the students live on campus and eat all of their meals there. Over the last year, the work for our new cafeteria has been an ongoing process. A lot of planning, fundraising, and hard work has gone into this brand-new building.

Construction began for the new cafeteria in the fall of last school year and is scheduled to be done in just a few weeks. The new cafeteria will have a lot of seating inside as well as outside. The school is going to call the outside patio area “The Water Tower Plaza,” as UCA is known for its water towers.

Many have donated to the building project, and volunteers, including a Maranatha group, have saved the school many thousands of dollars, some putting in fifteen-hour days under the blazing sun this past summer.

Students and staff appreciate all the effort and are looking forward to all the improvements a new cafeteria will bring.



# Freshman campout

by Alina Pilipchuk

The senior class of 2017 was chasing the soccer ball on the field while the class of 2014 was preparing supper for the thrilled, starving players. The bonding experience that all the students will remember throughout the years was about to begin.

On Friday, September 6, 2013, at 3:30, the freshmen, accompanied by a chosen group of seniors, loaded the bus and drove about 2 hours to the Tshimikan camp. Excited, they unloaded the bus, arranged their cabins and went off to play soccer right until that supper the senior class was preparing. The food was basically variations of haystacks with burritos and hotdogs.

Saturday was the day to chill. Morning worship was given by Cameron McConnachie, and afterwards there were more games. The traditional challenge of all freshman campouts is the dreaded tarp. The goal of the challenge is to turn the tarp over without any student touching the dirt or getting off the tarp. This year, with roughly 30 freshmen present at camp, the game took only 20 minutes. Three years ago the senior class of 2014 had struggled for three and a half hours. This experience is remembered as the most bonding of all.

At night Cameron taught freshmen how to star-trip (For more information, ask Cameron McConnachie.) and got his big bag of cookies eaten by freshman boys while he was asleep.

Usually every morning and evening seniors would give short worship talks, sharing their experiences at UCA, encouraging the freshmen, and giving words of affirmation and hope. Seniors were responsible for leading activities, cooking, cleaning, reading bedtime stories, and giving deep, meaningful talks.



# Best night of the year

by Ashley Lee

The first week of school is one of the most effervescent weeks of the year. All the students are so happy to see their old friends and to meet new ones, and everyone, including the staff, is excited for a new school year and what's to come. All the liveliness and excitement doesn't stop after the first week of school; instead, it carries on and engenders an explosion of hyper, happy, energetic, and crazed students on the greatest and most awaited night of the year: Class Night.

Class Night is always held on the first Saturday night of the school year. It's an event where everyone in each class dresses in a specific color and joins together in celebration of one another. Everyone in the freshman class dresses in green, sophomores dress in blue, juniors dress in red, and seniors dress in white. As usual, this year's Class Night began in the gym with the classes in different corners. Coach Meager was the MC for the event, and throughout the time spent in the gym, he would call "Air raid!" "Man Overboard!" or "Cockroach!" which were all actions each class had to try to do before the other classes. Coach Meager also would call out the names of random items, and a representative from each class would try to get the exact item on to a mat in the center of the gym before any of the other classes.

New to Class Night was a game where everyone threw a shoe into the center of the gym, followed by everyone racing to see which class could gather all their shoes first. Another new game was a relay race where people would sit or lie on a sheet and be pulled around the gym. After every game, the winning class would run around the gym and the other classes would form high-five lines or build human tunnels for the victors to run through. Like every other year, classes would randomly chant another class's or staff member's name and form a circle around them, cheering them on.

Later, everyone went up to the football field where there were more games. The outdoor games included passing a mattress with someone on top of it across the field, tug of war, and a relay race where participants had to spin around 7 times before running. When students weren't involved in the games, they were hanging out, taking pictures together, signing shirts, and eating doughnuts.

Each year Class Night feels shorter and shorter. It is a fun-filled night where students compete against each other but at the same time celebrate together and cheer each other on. It's a night that will never be forgotten.



## New cereal dispensers

by Alex Bauer

Upon arrival at UCA after a three-month hiatus, students found that the cereals were no longer in pans, but in brand new dispensers.

Mr. Rob Beaton, the Food Service Director here at UCA, is very excited about these new contraptions. He says they look more professional and enjoys the fact that they hold more cereal than the pans did last year. Mrs. Lisa Randall, the Associate Food Service Director, said, "I love them! They are cleaner and not as messy." Even the students were excited. Many say they liked how the cereals don't get mixed up anymore.

However, some people have had a hard time warming to these new devices. Some accuse the handles of being hard to turn. Others find the amount of cereal that comes out isn't as bountiful as they would have hoped. But others have found the new dispensers to be a big improvement. Fishing the serving spoons from the pans is now a thing of the past.

These new cereal dispensers are here for a good purpose: to ensure that cereals don't get mixed and to provide a sanitary cereal bar for the students. The old pans are almost completely forgotten.

## Cups

by Sarah Berry

People use cups every day, and they serve a variety of purposes. Their main use, though, is for holding drinks. The cups in the cafeteria are very small, so those drinks have to be very small as well. To get enough to drink, one has to go up three or four times, and just one sip half empties the cup. Some students solve the problem by carrying two cups at a time, but this is a waste of Styrofoam and money. Instead of using the smaller cups, why not get bigger ones?

Many students agree with the idea of getting bigger cups. Junior David Bautista said, "The school had them my freshmen year, and it was really nice to be able to fill them up once and not have to get back in the middle of the meal." Junior Aleece Cazan said, "Having bigger cups would be nicer because when you use ice there is no room left for juice." Having bigger cups would solve these issues, but Connor Smith remarked, "It would probably be a good idea, but all the kids used to fill them up with stuff and take them back to their rooms." To solve this furtive food removal issue, the staff could just watch to make sure students were being reasonable, but if students really wanted to they could fill the smaller cups with things too.

Overall, having bigger cups would just be nicer than having the smaller ones. Senior Jordan Hinton said, "Bigger cups would be nice because I'm sick and tired of walking up and down for a drink." Mainly it's just tiring having to fill one's cup up more than once and getting bigger cups would solve the problem.



## Backpacking

by Niqolas Ruud

Every year hoards of dedicated athletes head into the mountain to do one thing: go backpacking. Early this September, 14 students and three staff members from UCA joined this select group and had quite the adventure of their own climbing mountains, crossing lakes, cooking food over bitty fires and experiencing the feeling of being utterly lost.

The group left the parking lot near Mullan, Idaho, at about 12:30. After about a three mile hike the first group to reached Lower Stevens Lake at around 1:30, and all but three of the remaining hikers came in within the next hour or so. One of the three who did not come in, Brandon Rich, said, "We seemed to start out just fine, but then three of us got lost, and we had to do like an extra 11 miles." They indeed had become lost, veering to the left instead of the right at the first fork in the trail. They finally arrived at camp, tired of trying all the wrong trails, at around 6:30 p.m., five hours after the first group had finished their ascent.

Sabbath morning, after a short worship service, I was privileged enough to be able to cross the lake on a raft built by Jessie Humbert and Josh Enjati. It took the three of us nearly 45 minutes to successfully cross the 250-yard stretch of water, since we were using sticks no bigger than 2 inches in diameter to propel ourselves across. Sabbath evening, stories and games were told and played as food was readily consumed by the hungry entourage, who were preparing for some much needed sleep.

As they hiked down to the vans on Sunday morning, most chatted quietly with one another while others reflected upon the weekend's events. It surely was quite an experience for most of the campers, one that they shouldn't forget for years to come.

## Junior woes

by *Katelind Miller*

School. Everyone has to go at one time another. Some didn't have to go to kindergarten, and others had to go to kindergarten twice. But sooner or later, you just get stuck going to school. What is so bad about the leisurely life of sitting in classes, doing homework, and not getting to talk to your friends, you ask? I do suppose school is much better than the working life. But what about this school located in the abyss of a golden ocean?

Over 250 students spend their days at Upper Columbia Academy (the top Seventh-day Adventist boarding academy in the U.S.A.) racing from place to place to meet their many appointments. The average UCA'n (a student that attends Upper Columbia Academy) has about eight classes, is required to work two class periods, and has only a fifty minute lunch break. Doesn't sound too bad, right? But don't forget about the eccentric homework from the elitist professors.

Eight classes should be a breeze, but in five of the eight you get either an assignment or a quiz every day. Every teacher says that they expect about an hours' worth (sometimes an hour and a half) of extra time dedicated to just their class . . . and the power goes out at 10:30 p.m.! Worship doesn't get out till 8:30 p.m., so that gives you two hours for five classes with your next class starting at 7:15 the next morning. So, if you go to bed at 10:30 and get up at 6 so you can get to breakfast at 6:45, you have a little less than 8 hours of sleep. Of course, you have to shower sometime and keep your room clean. Talk about an overload!

But, all things considered, Upper Columbia Academy is a great place to be. Friends become your family, and you learn time-management and how to have a good attitude when things are tough and you just don't think you're going to make it through. Ask any UCA'n and they will tell you that this is the best place to learn and grow.

## Write lots of notes

by *Ashley Lee*

"Attention ladies, tonight is note night, and notes will be picked up at 9:45, so write lots of notes to the boys!" says the front desk worker. "Notes will be picked up in five minutes."

This announcement is heard over the intercom every Sunday night in the dorms. Why? Because every Sunday night in the dorms is Note Night. Note Night is an ongoing tradition at UCA. Every Sunday evening girls are encouraged—and sometimes even forced—to write notes to the boys and vice versa. Sometimes notes will have jokes and pickup lines in them, sometimes they'll contain nice long messages, or sometimes they're short messages to random people. A few times you'll even find notes with presents to go with them, and another variation is note sprayed with lots of perfume or cologne.

No matter how hard they try to deny it, everyone loves receiving notes, no matter whom they're from. So next time it's note night, write lots of notes!



## Saturday night activities

by *Cameron Smith*

Every week on Saturday night, the staff attempt to cure the boredom of the dorm students by organizing what is called our Saturday Night Activity. Some of the staff members will set up games in the gym or on the field and invite all of the students to come. Popular choices are capture the flag, basketball, fox and geese, and other games, usually involving physical exercise.

For one of our first Saturday Night Activities, Dean Meckelberg set up a game of capture the flag on the field. About forty people arrived to participate. We used the entire field, with one "flag" (a football) near the bleachers, and the other by second base. For those of us on offense, this amounted to quite a bit of running. To add to the excitement, it was dark by the time we arrived and had already started raining. But despite the intermittent showers, we played on, students wearing cleats having a clear advantage. We played several games and ended up running back and forth across the field for about one and a half hours.

The weekly Saturday Night Activities offer students a chance to exercise and have fun with each other instead of just sitting around untangling their headphone cords or cleaning their phone screens.



### UPPER COLUMBIA ACADEMY **ECHOES**

is a regular student publication of  
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This issue's contributors included:

Beth Wickward, Charissa Cardwell, Alissa Robins, Alina Pilipchuk,  
Ashley Lee, Alex Bauer, Sarah Berry, Niqolas Ruud, Katelind Miller,  
Cameron Smith, Sara Bumgardner, Connor R. Smith, Mason Parks,  
Shawn Stratte, Andrew Fisher, Daniel Wilkinson, Meghan Spracklen,  
Melissa Petrello, Matthew John, Elisabeth Brassington,  
Madalynn Kack, Abe, Baik, and Stephen Lacey, sponsor

# What you never knew

by Sara Bumgardner

Within the walls of the girls' dorm, hidden deep inside the recesses of the first floor laundry room, is a delightful little store commonly known as . . . well . . . the Dorm Store. Despite its small size, it is surprisingly well stocked with all sorts of mouthwatering snack foods and other essentials. While its existence and popularity are common knowledge, there is a side of the Dorm Store that many do not know. This seemingly harmless store helps transform the dorm into a wild and crazy place and aids in making junk food a staple.

When the words "the dorm store will now be open" ring out over the intercom every weekday at 8:30 p.m., the patter of feet can be heard as girls race down to the laundry room to purchase the items they have been waiting all day to buy. This becomes especially true when the dorms store has recently been restocked by Dean Steph. Then the soft patter of feet transforms into the sound of a buffalo stampede.

Is snack food too readily available to students? For many students top ramen and other junk food is much preferred to even the most delicious of cafeteria dishes. The dorm store allows students to replenish their stockpiles of food daily, and this allows them to have enough food so that they never have to eat in the cafeteria. The problem with avoiding the cafeteria is that they miss out on the balanced diet and all the healthy food that is made available. How are they going to stay healthy when they are eating only junk food?

While the dorm store provides comfort food that can be used to cope with a hard day at school, and girls in high school should have the good sense not to eat only chips and ice cream bars for every meal. Overall, though, the Dorm Store is a huge asset to the girls' dorm.

## Running club

by Connor R. Smith

There is a new extracurricular activity this year: a running club. With the club in its first year, I decided to ask Meager some questions.

*What caused you start the running club?*

The running club was started because several students expressed interest in cross country running, but we cannot do cross country so we decided to start a running club instead.

*What are the goals for the club?*

To get as many people involved and to get kids to realize they can run farther than a mile.

*Are there group runs and events?*

The first event was the Peach Fun run Here at UCA Sunday October 9. The second major event is the Spokane Marathon on October 13 where you can do a 10k, half marathon, or full marathon.

(There are also group runs every Sunday. If you are interested in a group run talk to Ronnie Sue Parks in the girls' dorm, Connor Smith in the guy's dorm, or Coach Meager.)

*What is the cost of being a club member?*

Running Club is free. The only costs are the registration fees for races.

*Can a slow runner join?*

Anybody that is interested can join and they can run at any pace.

*How do I sign-up?*

To join all you have to do is show up for a run or meeting. Group runs are on Sundays and individual runs are during the week.

# Pick-up games

by Mason Parks

There are many amazing sporting events in the world: the World Cup and the Super Bowl to name just two. In these fierce clashes, powerful forces collided to make history. However, none of these epic struggles can come close to the intensity or cut-throat competition of a pick-up basketball game at U.C.A.

The Idea of a pick-up game is simple: you get a couple of guys or girls together and play a casual game. These games can be great because they provide exercise and provide opportunities for people who don't get to play much. The problem is that usually the game doesn't stay casual. People get competitive and it's downhill from there. Surprisingly, even staff are not immune from competition. Some of the most passionate pick-up games I've ever seen are staff going at it. What an example for the rest of us impressionable youngsters!

These games can be fun and wholesome as long as people remember that "it's just a game."

## Agape feast 2013

by Shawn Stratte

Every year, the ASB officers put together a communion vespers known as the "Agape Feast" for the first Friday of the school year.

The whole school, with the exception of some village kids, met on the grass in front of the guys' dorm at around 7:30. The vespers started off with a few worship songs followed by a worship talk by Dean Andrea. Then the "feast," which consisted of assorted cheeses, crackers, and grapes, was served. Not long after the grapes were served, a mini grape war ensued. "I just wish people would stop throwing grapes. They're acting like little kids," said Braden Stanyer.

After about fifteen minutes of snacking and food throwing, Pastor Jon led out in the eating of the communion bread and drinking of the grape juice. Then students were given the opportunity to wash each other's feet. When the foot washing ceased, 75 students stayed for Afterglow and sang a cappella for about another hour. "I really enjoyed the Afterglow. I just love to sing," said Gabe Heater.

Daniel Wilkinson pretty much summed up the vespers. "If you took the whole thing seriously," he said, "then it was a great opportunity for spiritual growth and service to others. But if you focused on just having a good time with your friends, you definitely missed out."





### *by Andrew Fisher*

Change is always hard. It's one thing to continue a tradition over many years, but it's another to start one.

Every year that I have been at UCA, there have been rumors of a soccer team starting. The players would find a coach and have a possible game ready, but in the end their plans would always stall. It seemed that soccer intramurals would just have to suffice, but this year is different. This year the pushing paid off and UCA finally has a soccer team.

This is a chance to start a new tradition here. New goals and soccer jerseys have inspired the players, but they alone won't be enough. Anyone on a sports team here at UCA will tell you that having fellow students cheer for you is a huge morale booster. So show up and cheer for the new team.

## ASB church

*by Shawn Stratte*

On the second Sabbath in September, the ASB officers put together a church service, commonly known as ASB church. Instead of having a usual location like the church or gym, it was held outside, in Mr. Winslow's backyard.

Sabbath school started with some worship songs, followed by questions texted in by students and answered by a panel of six. The panel consisted of Landon Hall, Andrew Fisher, Sarina Meservia, Polly Officer, Lance Downing, and Mrs. Meager. Pastor Sid mediated. Questions from, "Mac or PC?" to "What is the purpose of dating?" were answered.

Bottled water and cinnamon rolls were served during Sabbath School, and the church service involved more praise songs and a worship talk by Dean Maxson to finish things off.

"Overall, aside from some wind blowing some music around," said Audrey Pollard, "I think the service went very smoothly and am glad that God blessed with the nice weather."



## A week in the woods

*by Daniel Wilkinson*

For a few weeks in September, the highest class of the Pride gathered items for Senior Survival. They had heard legends, but in reality they were blind. Yes, stories were shared, but did they really know what to expect? They surely didn't, but they had to prepare. Who had the biggest knife? Who had the most rope? Why did it matter?

Pastor Sid described it this way: "You get out of it what you put in to it." Being spiritually prepared would lead to the best experience possible. Brian Stewart thought that we should have open minds and positive attitudes.

Mr. Kravig and all the other staff that contribute to Senior Survival gave up valuable time and energy to make it possible for the senior class of 2014. Mrs. Wickward remarked that we would find what we were searching for. It we went to party, we'd party, but if we went for the purpose of seeing Christ better we'd have a much greater reward. And that's what happened.





## Back to the lake

by Meghan Spracklen

Early in the morning on September 3, the students of Upper Columbia Academy met at the flag-pole. It was the day of Fall Picnic and we began it together, placing the day before God. Staff and students alike then boarded the multitude of buses that took us to Camp Mivoden for a day filled with food, friends, and fun.

There were activities for all, blobbing, boating, and canoeing to name a few. This year, we were allowed to use the camp's Stand-Up Paddleboards, or SUP's, which were a lot of fun and a new experience for most. Volleyball tournaments took place in the afternoon with energetic competition and spirited cheering. Those who used the blob had to perform double duty, simultaneously flying through the air and fighting off swarms of angry bees. Several church members brought their boats out to take us tubing, knee boarding, and wake surfing.

After dinner, which was pizza and salad, Shane Anderson gave a devotional on faith. It included a live illustration of his son leaping into his arms without hesitation from the top of a ladder.

The trip back to UCA was opportunity for bus songs and naps, both of which were great endings to a relationship-building day.



## New addition for campus

by *Melissa Petrello*

It's quite clear that UCA draws a lot of musical talent of different types, specifically vocal, and although there was disappointment among those who auditioned for Choraliers and didn't make the cut, it doesn't mean that they should question their vocal ability. Choir can be fun yet frustrating for those who want to sing but often have to deal with distractions from those in the choir just for the music credits. What if there were another group on campus for the talented singers that did not make Choraliers? Guess what, there just might be.

The idea of starting a new choral group on campus has arisen. Mr. Anderson likes the idea and Mr. Downing has agreed to be the sponsor and open the music building for practices. The idea has gone through Ad Council and has been approved. Now the plan is to start out with a few students and gradually build from there as the group becomes more experienced and works out scheduling and other issues.

Can a new choral group be a success? We'll have to wait and see.

## JV volleyball starts well

by *Elisabeth Brassington*

On September 12th, around 6:45 PM, the Valley Christian JV Panthers sharpened their claws, ready for the kill. Unfortunately for them, the JV Lions were doing the same thing. Luckily, the JV Lions earned the upper hand quickly in the first match and easily won. The second match ended in the same fashion. Olivia Medavarapu, a freshman, ended both games with quite a few heroic digs. "For their first games, they seemed really experienced," commented Connor Smith, senior.

At around 7:30 or so, the Varsity Lions made their way on to the court, hoping to win as easily as the JV team had. The first match was full of uncertain intensity. As soon as Valley Christian made a point, the Varsity Lions would answer right back with a point of their own. Fans from both teams cheered back and forth until Valley Christian gained a bit of momentum and powered through for a win. Disappointed, but not done yet, the Varsity Lions prepped for the next match. To start with, this match was as nerve-racking as the first. However, Valley Christian stacked on the points quickly and won the second match as well.

With many awe-inspiring plays by Lillia Nava, junior, and Amber Lee, sophomore, the Lions' fans were shocked to have to accept these losses. They did not know then, but victory was just a few days away.

## Bright idea goes wrong

by *Matthew John*

Have you ever had a crazy idea? Well, I had one a few weekends ago. Ever since I was a little kid, I have loved baths. So, naturally, here at UCA I have been missing them. Showers are a poor replacement, and I was feeling like I couldn't wait for home leave. Then, I had my brilliant idea.

Here was the plan: get big black trash bags, get inside them, sit on the floor beneath the shower, and fill them up with the shower hose. It was pure genius and worked well too! I had my bag almost  $\frac{3}{4}$  full when one of my friend's bags suddenly burst. Feeling jealous, he thought it was a good idea to pop my other friend's bag, and he popped the next guy's bag . . . and so forth. Eventually all of our bags were draining on to the shower floor.

We hadn't considered the fact that there are only 2 drains in the bathroom. Before we knew it, the five 40-gallon bags had emptied and the bathroom was flooded with about 7 inches of water and was going under the door and out on to the hallway carpet. At this point I did what anyone would: I left the scene quickly.

Even though it was kind of scary, and the carpet got a little wet, the few seconds of bathing bliss were worth it. All the same, I probably won't do it again, but the experiment helped me make it to home leave.

## Counting down the hours

by *Madalynn Kack*

Teachers were eager for the kids to leave and the kids were more than happy to oblige. There had been an entire month of school and everyone was eager to go home. It was getting to the point where even getting out of bed seemed like a major accomplishment.

Finally we were able to sleep eight hours straight without a 7:15 class to get us up! We returned to the land of no homework, quizzes, or tests. There was an abundance of delicious food and a very comfortable bed to sleep in. No, life couldn't get much better. I remember when going home was nothing out of the ordinary, but now I walk through the front door and I'm on vacation.

But before home leave can be enjoyed, we have to deal with the day that haunts every UCA student—Sunday school. It's not a day of laughter and excitement, but one of drowsy eyes and ill-temperers. Nobody wants to be in school on Sundays.

So every Sunday you're in school, hang tight and try to avoid watching the second hand tick slowly through each minute. Remember that soon you'll be home free.

# ALL FOR ONE