

# echoes

September, 2000

## Classes scream with spirit <sup>rah!</sup>

Saturday, September 2, 2000, began like any other Saturday for the new students of Upper Columbia Academy. They rose at the break of dawn and jumped into their Sabbath clothes and headed to the church. As the day progressed, they began to notice the growing excitement of the former students and the harried activities of the staff members and A.S.B. officers.

They had noticed the calendar announced Class Night, but few of them actually knew what it was all about. A few quick questions soon set them straight. Class night was going to be the most exciting activity they had experienced since arriving on campus.

8:00 pm rolled around and a grand exodus left the dorms, carrying armloads of junk, and migrated towards the gym. Classmates excitedly called to their bewildered friends telling them what to do and where to go. The gym was separated into four separate areas, a corner each for the freshmen, sophomores, juniors and seniors. Each class was wearing a different color to help the judges recognize which class students belonged to. Then the noise began.

The graduating class of 2001 began chanting "number one, number one, number one," each chant growing louder than the first.

Then other classes joined in the revelry, yelling the number correlating with their year of graduation. Students noticed, with amusement, that Ms. McGuire, one of the judges for the night's events, had stuffed a pair of earplugs into both ears--evidently an effort to keep her ear drums from breaking.

Items were announced from the middle of the gym and classes would try to be the first to reach the mat in the middle with the wanted item. Ben Shelton, from the class of 2001, jumped over the mat. The jump was spectacular, but the judges weren't too impressed. The senior class was disqualified, but admired by all.

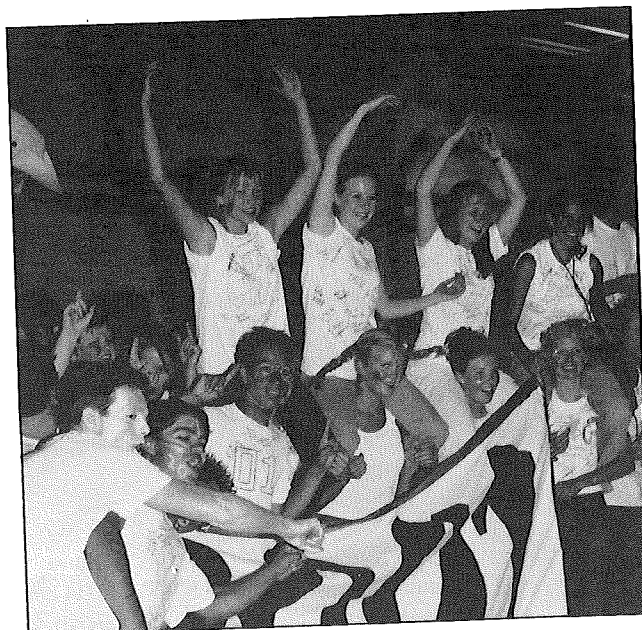
The highlight of the evening were the outdoor events. Although the air was frigid, the classes enjoyed rounds of tug-o-war, a truck push, food eating relays, and other such activities. Then to top off the whole evening, the ASB officers offered the students doughnuts and milk, and then chased everyone off to the dorms.

"It was way fun," commented Laura Wade a few days later. "I can't wait until next year."

This year's Torture of the Vocal Chords has come to a close and next year's is being anticipated already.

*Christina Wilbur*

Upper Columbia Academy, Spangle, Washington

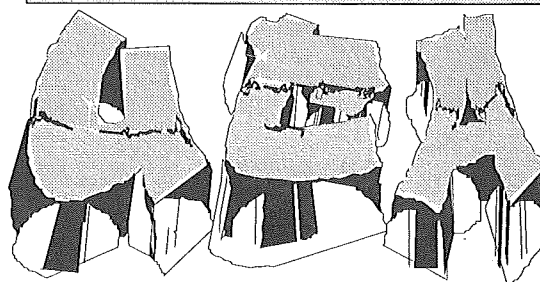


*Seniors show a little spirit on Class Night*

## Number crunch

After registration this year there were a total of 314 students, according to Mrs. Gee, Registrar. 240 students live in the dorms: 135 girls and 105 guys. Village students also had a good number. There were 74--so many that the school ran out of lockers. There are 37 village guys and 37 girls. The largest class was the juniors with 109. Seniors had 106; sophomores, 58; and freshmen, 41. According to Mrs. Davis, there are 51 staff in all, including all volunteers, Taskforce workers, deans, teachers, and office workers.

*Shannon Tarbox*



## Students ignite for Christ

This year's firebowl vespers sparked the flame of Christ in the hearts of many students. It was a spiritual focus for all of the students on campus. We started with a great song service lead by Ashley Strickland, Michelle Mayle, Janna Loss, Jonathan Engelman, Erik Thomsen, David Lundgrin, and Bob Renck. The spirit of God was really there. It could be felt in the students, staff, and the speakers. The students sang quite happily and were cheering on the speakers.

First we heard a great message presented to us by principal John Nafie. He had a very good message for us. Next we heard from the guys' head dean, Ken Scribner. He started out by telling us about some of his stories from Colorado. His stories got the students laughing and rooting for him. Later he told us how he got the call to come and work as a dean at Upper Columbia Academy. "I had just come in from having a water fight with the guys," he said. "I was in my birthday suit when the phone rang. I picked up the phone and it was Mr. Marsh calling me for an interview. I mean, I was totally in my birthday suit." That got everyone laughing hard. Big daddy Scrib pulled out a picture of Christ and said that God is our head dean and that he is only a resident assistant helping Him out. I believe that his words had a lasting effect upon the students of UCA. He touched many students and faculty.

What was most impressive was that over half of the school stayed afterwards for afterglow. We sang for about an hour or so. It seemed as if the fire that was burning at the firebowl was warming the students and they were passing on the fire to their friends. As I was walking back I heard Kristen Johnson say to one of her friends, "Wasn't that neat? Over half of the school stayed to sing." This year's firebowl vespers is one to remember.

Lourdes Colin



To start the handshake, 1st semester ASB officers present themselves and the staff. Are those kilts and berets? L to R: RJ Henneberg, Treasurer; Josh Redberg, Sgt-at-Arms; Kevin Schultz, Vice-president; Bob Renck, President; Andrea Stout, Secretary; Michelle Mayle, Chaplain; Ashley Strickland, Chorister; and Alecia Stentzel, Pianist.

## Annual handshake bogs down

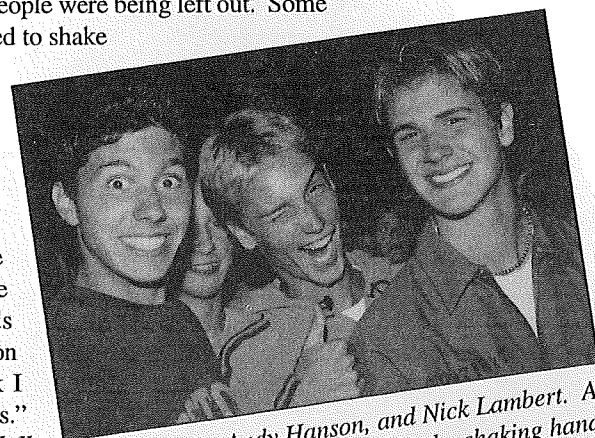
The handshake presents returning students an opportunity to meet old friends. The hope of meeting new friends thrills the hearts of some returning students. As friends unite, emotions escalate to high levels. Some people even counted the days until the next handshake in anticipation of the wonderful reunion. According to Mr. Lange, there has been a handshake at UCA for over thirty-two years.

In previous years, people would say things like "Hi! Hello! Hi!" over and over until most students had shaken hands with all the other students. The event was short and to the point. It was nice in some ways, but people were pushed on too quickly to talk with their friends. Consequently, some people viewed the UCA handshake as a boring, monotonous event.

This year's handshake was different. With no faculty member keeping handshakes going, students delighted in long conversations with other students. As a result, most people enjoyed the handshake more this year than in previous years, but some people were being left out. Some of the faculty members tried to shake hands with the students who had been left out shortly before students were allowed to return to the dorms.

How did the students feel who missed most of the handshaking? If asked if he had missed shaking hands with everyone, Patrick Bacon said, "Not at all! I think I skipped it and ate doughnuts."

Ryan Mundall



Casey Luport, Andy Hanson, and Nick Lambert. All we know is they were supposed to be shaking hands...

## Picnic turns disastrous

On September 5, bad weather and an accident marred this year's fall picnic, but it was still full of excitement. Students enjoyed lots of activities including water-skiing, wake boarding, the sea wasp, swimming, volleyball, and boating.

We crowded into the buses after having worship in the gym. The winding road to MiVoden was perfect for playing corners on the yellow buses. The students had a blast shoving and smashing each other against the sides of the bus. While some were having a blast, others were ready to lose their breakfast. We finally got there and the weather was not as everyone thought it would be.

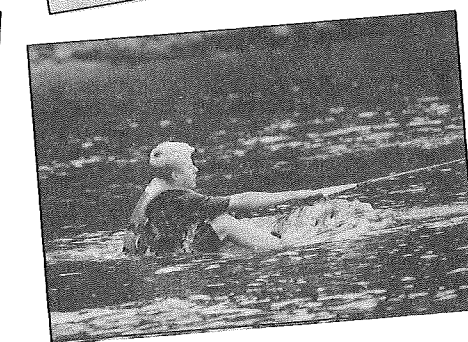
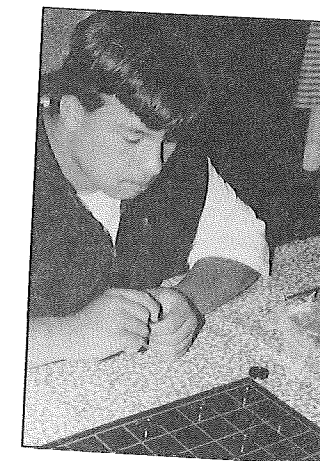
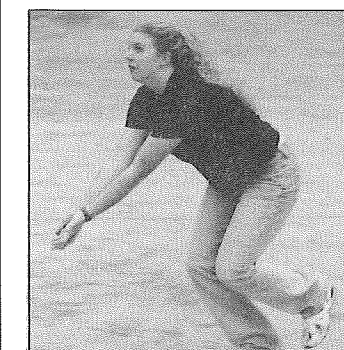
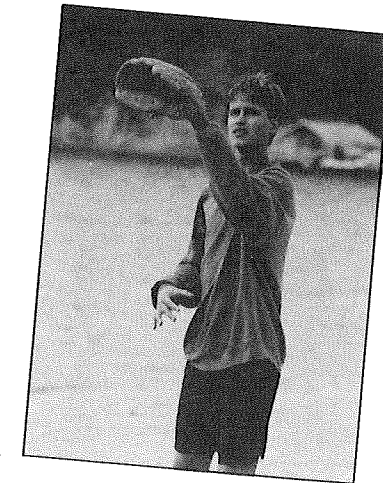
Although it was cloudy and cold, some students were brave enough to get into the water. Those who were cold stayed inside and watched movies, played cards or ping-pong, sang songs, or just visited with friends.

The most memorable event of the day was the boat accident. Shannon Keller and Carissa Patzer were taken to the emergency room with back and neck injuries after colliding with each other while riding the sea wasp. The Hayden Lake Fire/Rescue boat and an ambulance responded to the emergency.

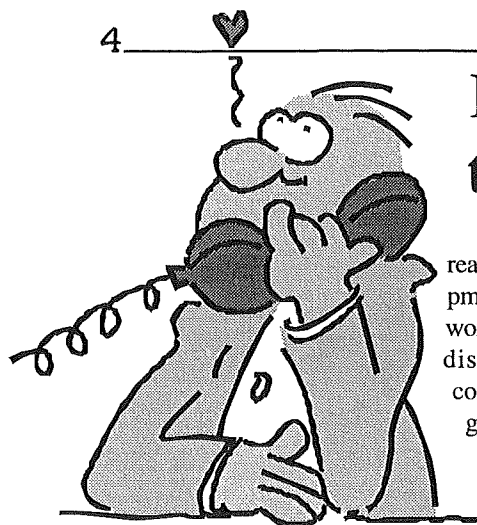
"I saw Carissa just lying in the wake and it really scared me," said Laura McDow who was riding in the boat at the time. "I have never been so scared in my life," Carissa said as she was lying down on the backboard. We were glad to hear that they were both all right but in extreme pain.

After a pizza feed and worship, everyone was exhausted but happy. For some this was the last UCA fall picnic, and for others it was the first of many. It certainly was memorable.

Lourdes Colin.







## Hello, is anybody there?

The phones as they are now set up are not really troublesome. Oh sure they go off at 10:00 pm with the power, but it could be worse. Much worse. On July 20, 2000, the UCA board met to discuss possible options for phone and computer usage. None of the options is that good, but everyone has to compromise for this all to work.

In the girls' dorm chapel, the options were presented. Option number one was simply to eliminate phones and computers from the dorm rooms and to provide phones in the lobby areas and computer rooms in each dorm. The board didn't like this one so much since it would have given parents would have even more of a nightmare when trying to call. Option number two wasn't much better: eliminate computers in the dormitory rooms but allow the phones. With this option, both dorms, again, would have computer rooms. Both these options were suggested because there were a few problems with Internet chat rooms and pornography last year. But as Kimberly Maxted said, "That was last year. This is a whole different bunch of girls. We are being punished for what they did. I don't think any of us would access those sites." The chapel then erupted with agreeable applause. Students said they would work with the deans and the board and be better than last year's group.

The most-likely option was the last one. This option would provide screened Internet access in all rooms for computers. Phones would have no outgoing capabilities, and only incoming off-campus calls would come into the rooms. The phones and computers would go out with the lights and the power. Now for those who go to their classes and work even this is not a great idea. First of all, we aren't even in our dorms until after 8:00 pm, so that doesn't give much time at all. Second, what if there are students doing projects with people in the other dorm? They wouldn't be able to discuss and organize their projects during study hall.

For now the phones work just fine, and a new plan probably won't go into effect until close to second semester. The situation is a sticky one to say the least, but maybe the board can be convinced that the students really are good and that it's a good idea to have phone access.

Christi Utt

**The Upper Columbian**

**echoes**

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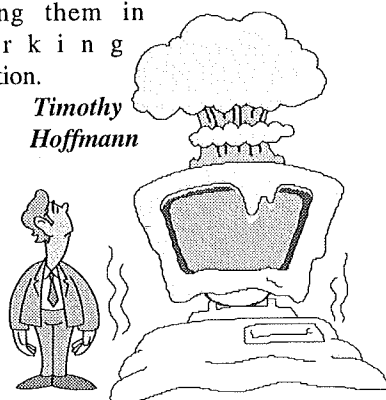
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## UCA computers get abuse

The computers at UCA are having numerous problems, most of which are caused by the students' lack of care and respect. The computer department has been busy trying to keep all the computers up and running throughout the school. This task has increased exponentially. Almost every day one of Mr. Davis's workers is down in the library or in the computer lab trying to fix a problem or repair errors with one or more of the computers. Steps such as Properties protection software and user logins have been taken to try to minimize the breakdowns, but despite these efforts, students still find ways to cause problems.

So what should be done here? Mr. Davis, Computer Support, comments, "If the kids can't respect their computer privileges and show some respect for the computers, they need to have them taken away." Some of the other suggestions by his workers include tighter security and letting the computers break down without fixing them. These harsh solutions are not currently being implemented; in fact, some more forgiving solutions are being made. A proposal for 24 new computers for the library was just recently submitted to the Finance Committee. Similar proposals are being made to replace the computer lab's computers as well. The hope is that if the computers are faster and better fitted for the students' needs, students will be happy leaving them in working condition.

Timothy Hoffmann



## The beat goes on . . . or does it?

The music rules here at UCA have always been pretty stable, CD players or radios are not allowed . . . but many people still have them. Could that change this year? Will the school finally expand its musical horizons? Well, according to our trusted magic ball, the outlook is hazy, and we should ask again later. The board is still discussing whether they really want to take that big of a step into the world.

There is a list of tentative guidelines, given to the faculty for revisions and suggestions. A popular idea is that if policy changes to allow radios and cd players, everyone would have to use headphones so not to bother others. Just like with most things, there are both pros and cons to this.

A con was stated by the infamous Pastor Fred. "I think everyone with headphones is worse than radios with speakers. Doing that sends the message that as long as we can't hear it, it's okay. It would be better with speakers because if it's inappropriate you just take the whole system away." This point has supporters who think it would be better to walk into a room and know that the music is appropriate. Also, if everyone has headphones on, who's going to be talking? Socializing would diminish, roommates wouldn't speak, and potential friendships would be destroyed.

A pro of headphones is that they permit studying when others want to listen to music. The studier is not

disturbed by blasting speakers. Also, if one person likes smooth classical music while their roommate enjoys polka and latino, headphones would reduce much stress and anger. Of course, there is always the the noisy upstairs neighbor who loves to play hopscotch at--oh let's say-- 10:00 pm, when the one downstairs is trying desperately to catch some shut eye. Headphones would allow the bothered one to get that sleep so they would be awake in classes the next morning.

It's all still under discussion. Maybe with some compromising and prayer, the faculty and then the board will make a decision for the better.

Christi Utt

## Senior shootout

As everyone knows, each year the senior class turns in their prized pictures for the yearbook. But the process to get them is quite an ordeal. The stress it can put on someone is incredible.

Think about what girls do for their pictures. They get up three hours in advance, fuss over their hair and makeup and then realize they don't like what they're wearing. This is where panic sets in. As they freak out they realize they only have another hour and a half to get ready. That's not enough time to pick out outfits. Guys have it much easier. But even the guys give themselves time to get ready. After all, they must gel their hair and have it standing up just right.

What seniors don't realize is that in two or three years they'll look back at their pictures and think, "Oh, man! What was I thinking when I did my hair like that?" or "Oh sick! Those clothes are so gross!" But that is only the beginning. Ten years down the road their kids will look at the pictures and roll on the floor, laughing hysterically and just hoping they won't look like them when they're older!

Another awful thing about senior pictures is the cost. Just as a family is scraping up enough money for the entrance fee for school, they are faced with the horrendous cost of pictures. It's no wonder there is a shiny new black Lexus parked outside the photography studio.

One other problem is the photographers themselves. Some of them feel like they have to make you laugh by telling horrible jokes and doing gross, unfunny things with their facial muscles. If they could see and hear themselves later maybe they would realize how stupid they acted.

"The actual picture taking may not be real fun, but in the end a yearbook with all your friends in it is worth a lot," comments Jesse Sandaine, a UCA alumnus. A book with only names and addresses would be boring. Years later alumni pull out their annuals to see how their friends used to look.

So a senior picture is just an opportunity to pick out a picture to be laughed at and remembered by.

Ashley Thorn

## Serving food, serving God

"For it is written, Man shall not live on bread alone, but on every word that comes from the mouth of God."

Every Tuesday night a group of UCA students meets at 6:10 pm to load a van behind the café. They travel the short distance to downtown Spokane and set up well-worn tables to spend time feeding the hungry in front of the Spokane Police Department on 1<sup>st</sup> & Jefferson.

Going along with the students are the group leaders Hans Rookstool and Pastor Paul Lundgrin.

They regularly take soup, hot cocoa, sandwiches and a smile to those who may see days without food or a kind face. But most importantly, this group takes the word of God with them in their hearts and actions.

A man walking by was bewildered that a group of young people would set up a table and give away free food for whoever wanted it. He asked what organization they were from and why they were just giving away the food. Among the responses given were "We do it for fun" and "We're Christians!"

"Going on Feed the Hungry is the greatest experience you will ever have. You get to go out and touch people's lives."- Liz Clausen

If you are interested in filling an ache in a person's stomach or heart, then sign up for "Feed the Hungry" in Mrs. Davis's office on Monday mornings.

For more information contact Alica Runnals.

Laura McDow

## The good, the bad and the cliquy

Cliques. What are they? Well, according to the dictionary they are an exclusive or clannish group of people. So are cliques bad? Some people seem to think so. But when a person really considers it, isn't everyone part of a clique?

People tend to have friends they relate to and choose to spend their time with them. Nobody enjoys being with people who have completely different interests. Anyone who were to go skiing or fishing for a day naturally would want to do this with people who enjoy skiing or fishing. In the definition, given above, it says "a clannish group of people." Technically, the church could be considered a clannish group of people. Most would say that it is easier to be around a group of people who share their religion than a group of people who don't. So obviously cliques can be very positive, but unfortunately they also can be bad.

The bad side to being in a clique is that people never venture outside of it and never meet any new friends. Also, being part of a clique, people might not realize that they could be inadvertently hurting other people by not including them. Take the UCA campus for example—it is full of cliques. This can make it very hard for both new and old students to make friends.

What about when people get older? Have you ever stopped to consider that groups aren't called cliques after people get beyond a certain age? It seems like when people are in school, being "cliquy" is a bad thing, but when they are older it isn't a bad thing at all; in fact, no one even really considers them "cliques."

Kristen Johnson seemed to sum it up when she said, "A clique is what you make of it. You can be a warm and caring clique that welcomes everyone or you can be a stuck up clique who hates outsiders."

Ashley Thorn

The *Echoes* welcomes all the new staff to campus. There are quite a few, and we hope they are starting to feel at home nestled in the rolling hills of the Palouse.

Throughout the year we plan to present short profiles of the new staff members along with photos. While students have quickly got to know them, it is a slower process for our hundreds of other readers . . .

The new staff are: Donna Evans, Spanish and German; Karen Gee, Registrar; Esper Lundgrin, Library; Jonathan Lundgrin, Taskforce Dean of Men; Paul Lundgrin, Pastor/Chaplain; Ceri Myers, Taskforce Dean of Women; April Nafie, Library; John Nafie, Principal; Hanns Rookstool, Taskforce for AYA/HOPE; Ken Scribner, Dean of Men; Tyson Willey, Assistant Dean of Men; and Vanessa Willey, Nurse. Welcome!

## From college to academy

Each year, the students of UCA are honored with the presence of a college student sharing the privileges of academy dorm life.

"It's a lot of fun to have a staff member who is close to us in age. It's kind of like having an older brother or sister on campus," commented Christina Wilbur when asked how she felt about taskforce workers.

Taskforce workers have many jobs on campus, but most of them end up in the dorm to help manage the crowds of "youngsters" prowling around late at night. Ceri Myers, the Taskforce Dean of Women visited on campus last year and received her first taste of academy life. She returned this year ready to take on any challenge.

"I really feel that I was lead to UCA and I'm so happy to be here," commented Ceri when asked how she liked UCA. "The staff are so supportive and I love the students."

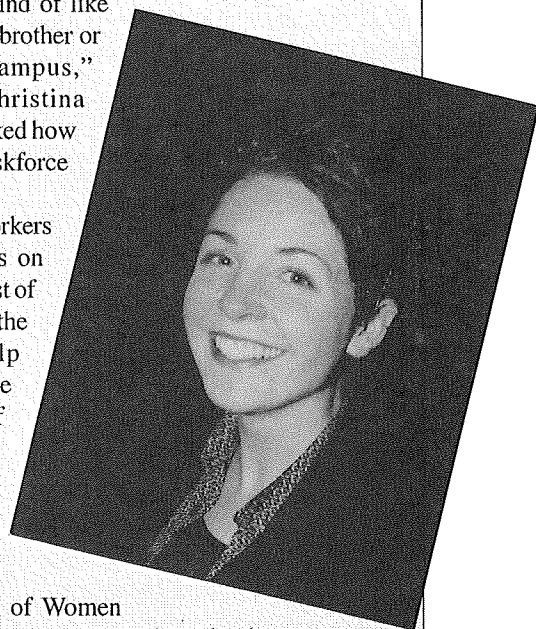
Although her parents live in Auburn, WA, Ceri decided to attend Union College in Lincoln, Nebraska. There she began studying for a psychology major with an art minor. She began praying about finding a job as a Taskforce dean at an Adventist academy. Then she sat down at her computer and began emailing.

"It was obvious that UCA was the one when they wrote me back and told me that I had the job," she said.

Nervous, and a little unsure of herself, Ceri came to UCA anxious to find out what kind of an adventure she was about to embark on.

"Living in an academy dorm is a change of pace, but it's all good. I love the spiritual atmosphere at UCA. The whole spirit of the school seems very positive and Jesus centered."

Christina Wilbur



## Gymnastics try-outs gives thrills

Each year at UCA, many students dream about being in the gymnastics team. The tours build excitement in the hearts of many as they eagerly put gymnastics in their schedules. Before joining the team though, each student begins the excitement with gymnastics try-outs. Those who try to make it onto the team must do their best on the final test of required skills and hope they make it.

When try-outs begin, there are so many things for new gymnastics students to learn. The students attempt simple things like cartwheels, round-offs, and press head stands. There are also some difficult requirements like valdez, back extensions, and press handstands. All these stunts require space. It seems like only one third of the students can find enough space at a time to learn all the stunts. Sometimes though, students can increase their learning speed by carefully watching others perform stunts. What is it like trying gymnastics? "It was fun, but it was hard!" said Christina Wilbur.

Gymnastics stunts require more than practice; they require coordination, balance, timing, and strength. To perform handstands, headstands, cartwheels, and round-offs requires a good sense of balance. Our bodies are designed to have our head up and our feet down, but during these stunts, feet must be pointed toward the sky with the body straight and the head down. It may sound easy, but the performer can't be looking at his feet or the straightness of his body while he is performing his stunt. It requires practice to make the stunts look correct even though the performers must rely solely upon their sense of balance. Unfortunately, only 36 people can make the team according to Coach Soule.

Ryan Mundall

## Winslow walks the plank

On August 29, during two assemblies in the gym, vice principal Mr. Winslow spoke about the grass rule. He asked UCA students and faculty to walk on sidewalks and not on the lawn, observing that traipsing across the grass wears it down to dirt.

Amongst the campus gossip, however, there are several other stories.

One rumor suggested that students' attendance records are involved. Since walking on sidewalks takes longer than cutting through the lawn, more students are late for classes, teachers give tardies, and the school can repudiate the \$100 perfect attendance award.

Other stories say the staff may be most helpfully protecting everyone's sneakers from accumulating nasty grass stains. (Of course, the staff themselves probably conjured up that admirable rumor.)

There's also talk that all of the teachers have formed an alliance to save the millions of tiny black ants that live in the grass. Apparently the staff members are bug freaks and are afraid of students stepping on the emblem of their organization. So they want us off the ants' territory. They call it "ants' rights."

Now these rumors are fine and dandy to talk about over fake chicken and Caesar salad in the cafeteria, but everyone knows they lack any grain of truth. The interest sparks in the real world when *teachers* are caught cutting through the lawn.

On August 30, eyewitnesses saw Mr. Winslow himself cutting across the lawn from the gym to the administration building. Passer-by and student Cheryl Williams innocently acknowledged, "I think he was in a hurry, so he cut across." She continued, "But students are rushed, too. That's why we cut sometimes."

When confronted about the mishap, Mr. Winslow coolly answered, "I blew it. My bad." He added, as if to make it all better with the Lord, "I'm in repentance." Well at least God has probably forgiven him for stepping on the ants.

He casually added to his confession that UCA needs a grass rule "so the grass lives." It's not about grass-stained shoes, perfect attendance awards, and especially not about ants. It's about the appearance and reputation of this beloved school. So do Mr. Winslow (and the helpless ants) a favor, and STAY OFF THE GRASS!!!!

Kathleen Boone

## Entwined sheets, sisterhood

Sheets and Pillows? Sounds like it's time for bed, but for the girls dorm it was an opportunity to let loose and have fun. On Thursday, September 7<sup>th</sup>, Girls Club officers Kate Mahoney, Melinda Douglas, Wendy Dale, Laura McDow, Kimberly Maxted, Katrina Hollenbeck, Christina Wilbur and Jana Loss hosted a Roman Toga Party to get the girls together and to have fun. Fresh fruit and drinks were served to begin the celebration of sisterhood.

For a Toga Party we find the costume to be a Roman Toga. A Toga, better known as a sheet for the Toga Party, is draped around the body in the manner of a dress, baring one shoulder.

The girls, dressed in their Togas, lounged around on pillows for a short worship thought to begin the night. Afterwards they engaged in a full-blown pillow fight, which helped relieve much stress over the tests and homework for the next day.

Bonding games helped get the girls together, better acquainted and more comfortable around each other—especially when they had to help their peers keep their Toga's on as they made a circle, grabbed hands and tried to crawl over and under one another to make the full circle once again.

Dorm life can be hectic, boring or utterly repulsive, but it is up to the students living there to make it fun. The 1<sup>st</sup> Semester Girls Club desires to get the dorm together spiritually as well as to have fun in the process.

Laura McDow

## Four-year seniors make suggestions

Four-year seniors Ashley Strickland, Josh Redberg and Alecia Stentzel were asked several questions. Here are their comments and advice.

*What do you like about UCA?*

I love being with my friends and I also love the way that the atmosphere has changed this year to a more positive and more spiritual one.--Ashley

The people.--Josh

There are great people here. Several faculty have really witnessed to me, and the friends I have made here I will keep forever.--Alecia

*What do you dislike about UCA?*

I dislike they way some of the students are selfish and forget the reason we are here is to glorify God and share Him with all people we come in contact with.--Ashley

Some of the rules.--Josh

Being here has made me focus more on rules and works rather than on my relationship with God and witnessing to others. --Alecia

*What are your best memories?*

Good times with friends, rec. ski, choraliers tours, and TP-ing Mr. Winslow's car.--Ashley

Spending time with people.--Josh

My best memories are the ones I have made in extra-curricular activities.--Alecia

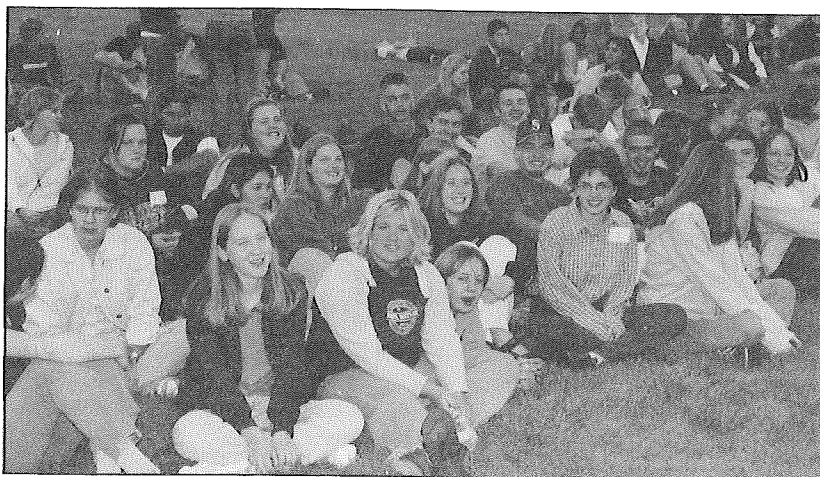
*What advice do you have for underclassmen and new students?*

Remember to keep God first in your life. He is the true happiness. Here at UCA, you must make up your mind to have fun and enjoy yourself and you will.--Ashley

It might be tough at first but hang in there.--Josh

Try everything. You have everything to gain and nothing to lose, and whatever you do, give it 100%.--Alecia

Shannon Tarbox



## Dean's List

Being on the Dean's List is an awesome privilege in the guys' dorm. In order to be on the Dean's List students have to keep their dorm rooms clean for all room checks, which are usually made three times a week. Each room is scored from one to ten, depending on neatness and cleanliness.

A couple of other requirements for being on dean's list are no D, F or I's in classes, no disciplinary measures, and no multiple absences. If students don't have any of these, they get the awesome privilege of being on Dean's List.

Students on Dean's List are rewarded with all kinds of surprise privileges. These could include surprise parties, gym activities, and outings. Students don't know what they'll get when they are on Dean's List. It's a great surprise.

Josh Bryan

## ΣΚΣ makes changes

This year at UCA many changes are taking place, especially in the guys' dorm. There are three awesome new deans that are trying to make the dorm a great place. The lobby has new pictures, new plants, a new arrangement, and a table with magazines and sections of the local newspaper.

The guys have room checks three random days of the week. If they get good grades and get high scores on room grades they get on Dean's List. Deans List is a benefit for those who do well in schoolwork and room grades.

When asked about the changes in the dorm, Brent Cordis said, "I like the changes in the lobby because it is more focused on God, but having a possible room check every day is really stressful." However others seem to think that the possibility of room check helps

## School day shortened

At UCA the school day has been shortened by having the recreation period sooner. Last year rec. started at 7:00, but this year it starts half an hour earlier, allowing students to get to bed earlier.

So, rec. starts at 6:30 and ends at 7:30; then there's worship at 7:40, and study time from 8:00 to 10:00. Last year everything started a half hour later.

This new arrangement makes time tight for students who are in class until 6:00, but it allows them to go to bed earlier and wake up in the morning. Jonathan Engelman commented that last year he fell asleep at about 11:00 at night, but this year he gets to bed at about 10:30. In a discussion Kirt O'conner stated, "I like the new system."

Tim Shafer

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## Where, oh where, has my wonderland gone?

I can remember the first time I visited Upper Columbia Academy's campus. I was just six years old and my big sister, Jennifer, was attending the school.

My family comes from a small town of three hundred people, where maybe one hundred go to the school. So I was stunned to see the dazzling 70 acre campus of UCA and all of its hyper students.

My entire family helped carry my sister's things from our ugly loaded-up station wagon, up three intimidating flights of stairs, and into her new dorm room.

It looked more like an apartment room to me. It had a sink, two closets, two beds, and this area with a huge mirror, where Jen would brush her hair. I looked up at my sister in my little three-foot body and thought she was a woman of the world.

As we ventured throughout the girls' dorm, I saw even more impressive things. Her bathroom (I didn't know she had to share it) had four showers, four sinks, and four toilets. I thought she was a queen. And her smile was sparkling white, like a game-show host's.

On our way out the dorm, my dad told me that Jen had a job cleaning the school's grounds. My sister was like an adult, earning her own money and living on her own. She didn't even need Mom and Dad. (I didn't know she had been homesick for the first month.)

Exploring the campus, I saw all of the sidewalks, trees, and buildings. Jen didn't go to classes in just one building. There were lawns, sidewalks and benches to hike across just to get to the right class.

Now the year's 2000 and I'm a senior at UCA. I'm ten years older, and my six-year-old fantasy land is gone. I look at UCA now and see a private high school for learning about God and building friendships.

It's not so amazing that I have a job. And it wouldn't matter if the campus were constructed of just one building. I could even live without a sink in my room.

Six-year-olds are pretty dumb, aren't they?

Kathleen Boone

## Veteran staff stabilize school

Old staff at Upper Columbia Academy help make and keep it the great school that it is. Veteran staff continue with the standards and vision that make it a good school. New staff bring new ideas and some good changes. It is good to have new staff come, of course, but old staff are important to keep good programs going and to keep things organized. Rordy Humbert said, "They know more what's going on." If too many staff don't return, then the new staff won't know what's going on and how to keep a good program going. So a good school needs faithful staff to stay for years.

It's also good to have a stable staff because returning students come back and want to see their teachers from the year before. Students have also heard about good teachers and look forward to taking classes from them. The staff work together as a team, so when one staff member leaves, it takes time for a new staff member to get acquainted with the staff and become part of the team.

Both old and new staff are important to the excellence and smooth-running of the school.

Randy Mundall

## The joys of jogging

There are many ways to stay healthy. Some people choose to swim, play basketball, join a major league team, meditate while doing Yoga. Others eat healthful food and maintain a physical lifestyle. A popular way to maintain a physical lifestyle in the US is through jogging, an invigorating sport that is a cardiovascular workout.

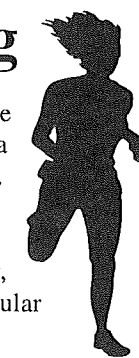
The students at UCA stay pretty active in many sports, but jogging is one sport that many of the students don't participate in. A lot of student's feel jogging takes too much time and effort and is not rewarding. Ashley Thorn, a senior at UCA, said, "I would like to jog more often, but there isn't enough time in my schedule to make it a priority." But jogging is a very rewarding sport because within a few weeks joggers can see positive results for their effort..

The minority who do enjoy the sport really find jogging a great stress releaser that strengthens the body and builds endurance. It helps them feel better about their appearance as well. When people start feeling good about their appearance, they have a higher self-esteem. If students realized that all the time and effort worked out for the good, maybe there would be more people addicted to the sport.

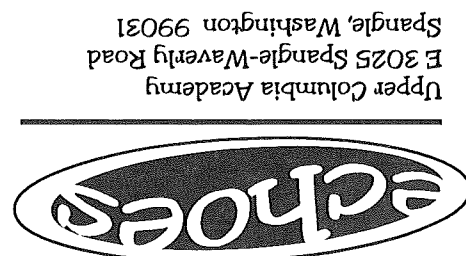
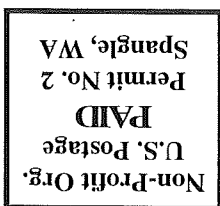
Staying focused is an important part of jogging. If people let their minds wander too much they find themselves giving up too soon and not going as far as they hoped. Alecia Stentzel, a senior at UCA, said, "When people focus on anything while jogging, their discipline skyrockets." It does takes a lot of discipline to jog for extensive periods of time, and that discipline helps in other areas of life as well.

The sport of jogging may not be for everyone, but for the few who enjoy it at UCA, it provides for a healthy active exercise. Once people realize that it works up their endurance, strength, discipline, and especially their motivation, they will realize that jogging gives great rewards. Perhaps the greatest reward, though, is being able to spend time with God while working out in nature.

Kristen Johnson







# Climbing the ropes

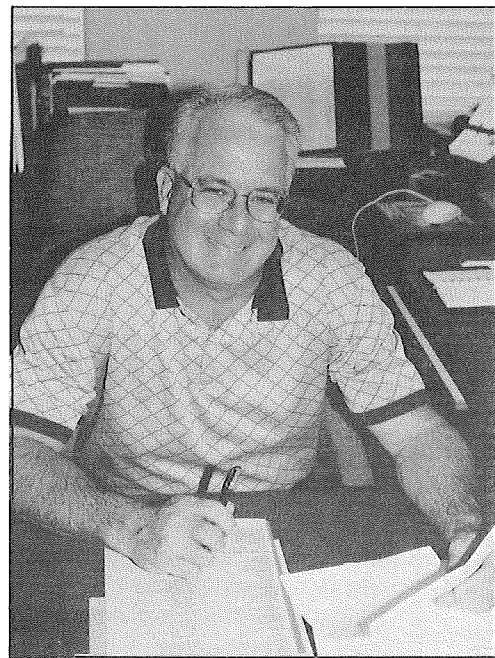
Adjustment. Integration. For those of us who are new, there are quite a few new things to get used to. The first few weeks can be very stressful and overwhelming: keeping your schedule straight, remembering which class you have at 9:39, getting your laundry washed, eating in the cafeteria, and meeting your neighbors and classmates.

Meeting people can sometimes be slow, but for someone new, each person they meet is very important to them. It's much easier for the veterans to remember all of our names, but we have to remember everyone else's plus our own!

Being away from home can be a struggle also, especially for the younger students. Telephones are a lifesaver in times of homesickness. Typheni Larson ('02) agrees, saying, "The phone is my only connection to home."

Things will only get better, though, and as these new students begin to become "part of the woodwork," UCA will be complete. I want to applaud the new students this year for their courage and thank everyone I've met for their smiles and for making me feel so welcome.

*Laura Davis*



New UCA principal, John Nafie

C A L E N D A R	
October 1	Homeleave ends
October 10	Amateur Hour auditions
October 13	Parent Weekend
October 16	Fall Week of Prayer
October 17	PSAT tests
October 21	Class Organizations
October 25	Homeleave
October 26	NPUC Bible Conference