



ECHOES

UPPER COLUMBIA ACADEMY

NOVEMBER 2011

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it's fall!



Here comes the cold

by *Kristen Smith*

With the encroaching winter weather, the time has come to begin unpacking the sweaters, socks, and scarves of the chilly season. We must relearn how to dress for the season to stay warm and healthy.

Much of the student body is constantly struggling with coughs, running noses, and all around sickness. Because we all live together, flu season hits our campus harder than many other places. Nevertheless, we can help stop this flu season by dressing warmly and keeping out the cold. Recent studies show an obvious decrease in illness in children and teens who dress appropriately for the weather. Other studies also show a decrease in the length of the sickness in teens who dress appropriately while they are sick.

Dressing for the weather can be as simple as checking the weather before leaving the dorm and putting socks and closed toed shoes on before walking out in the rain. Dressing with layers is not just for camping, either. Fortunately, scarves, long socks, and coats are very fashionable and support individuality. It should not be hard for us to be comfortable and still look great while dressing appropriately for the ever-changing weather in Spangle.

Last minute

by *Brian Cazan*

Working with other students is what the deans consider to be my job. Along with this job comes some unexpected perks such as "people watching." As the first quarter progressed, I had the privilege of watching even the unfocused students progress from an attitude of indifference to an overly stressed attitude regarding school.

At the beginning of the year everyone is nervous, unprepared, and ready to have a good time. Whether we realize the consequences or not, it always seems like a good idea to push all studies off until the last minute. After a few weeks of this, grades start reflecting our study habits and we decide to buckle down and make the changes necessary. Studies say that it takes 17 days to break a bad habit and that after that it should be easier to continue with the new and improved habits. Well, the math definitely does not work in our favor. From the time we decide to implement changes, to the time the reform actually takes effect leaves us with little to no time until grades are due.

Locked in this struggle, we are forced to sacrifice precious sleep and social time to achieve the ultimate goal of "satisfactory grades." This agonizing journey isn't for everyone; even the best of us may fall. But can we do it? Only time will tell.



Junior Varsity won their game against Lake City on October 30

HAPPY THANKSGIVING



Yee-haw *fall party* *goes western*

by AnneMarie Vixie

Saturday night, October 15, there was a western party on the field. The girls' dorm was bustling, and girls were rushing around to other rooms, asking around for plaid shirts and boots. After making finishing touches to their braids, the girls rushed up to the field for a rootin'-tootin' good time.

Country music boomed across the field. Mrs. Turner broke the record for making more cotton candy at once than any other UCA staff member ever. Vanessa Voelker used her artistic skills for face painting. A roaring fire was available for making s'mores and keeping students warm. The "Hitching" booth was open, where one student would have his wrist tied to another's for five minutes, usually after much protesting. In another activity, doughnuts were attached to strings and students attempted to eat them without using their hands. This must have been an especially popular game, as all of the doughnuts had been eaten halfway through the event.

Other major activities were the three-legged race, ice-block racing, and flamingo football. Nobody could help but laugh when participating in these games! Even the staff members would smile, participating themselves and watching from the sidelines.

The party ended all too soon, and the students bid each other good night and split to their appropriate dorms. They knew, much to their dismay, that Sunday school awaited them the next day. However, this was a nice way to end a very short weekend.

Week of prayer refreshes

by Dalton Lacey

I wasn't sure about our first week of prayer at first. I thought it was going to be just another person talking to us, saying all the right things and trying to fill up the time, so I was pleasantly surprised when the speakers brought a whole new thing to the table for me.

The morning meetings with Tiana Wood were about prayer. I hadn't been thinking about praying as much as I usually do thanks to all the stresses of a new school year, but as we were in our groups having our prayer time and going through the different steps, I realized that I had been forgetting my personal time with God. Throughout the week I began enjoying the meetings more and more and wanted to spend more time in prayer alone and with the people that are close to me.

The evening meetings were given by Lawrence Thompson. He spoke about his past and all the baggage he has had to shed over time. He has been out of jail for only a year and a half, and how far he has come in that short of time really inspired me and told me that it is never too late to let God completely take over your life.

I was mostly inspired by the reactions I saw taking place around me. Different people and friends that I didn't expect to get anything from the talks were moved as much or more than I was, and altogether, the week of prayer was a refreshing and inspiring change from our daily routine.



Praying during week of prayer?

by Emily Weed

The week of October 10th rolled around, along with the groans from students in ties and dress shoes. It was Week of Prayer. Some were excited, looking forward to the spiritual high they knew was coming. Some were annoyed. But when we walked into the church on that first morning, we knew something was different. One of the speakers got up and said that this week was going to be different. This time during Week of Prayer, we were going to actually pray.

Just as with the reaction to Week of Prayer in general, some hated the idea, and some loved it. The students that participated spent time praying anywhere from 5-30 minutes during the morning meeting, using the United Prayer method. It started out with praise. We praised God for the little things: chocolate-chip cookies, friends, and a roof over our heads. We also thanked God for the big things: having UCA, healing, encouragement, and Christ's sacrifice. After praising, it was confession time. This was awkward for some, but encouraging for others. Supplication was next—asking God for help, or for things we needed. And then we ended with another prayer of thanksgiving and praise.

I know that many of the students felt like the speaker was trying to tell them how to pray, and many of them felt restricted and frustrated with the process. But, personally, I found it very uplifting. It reminded me to combine every aspect of talking to God into my personal prayer life. It was also a wonderful experience to be able to pray with my fellow classmates and to find out what was going on in their lives. What was most encouraging, though, was realizing that whether or not students joined in united prayer, they can always go and talk to God at any time and for any reason.

Are you listening?

by Reagan Dieter

At the end of every first quarter of every year in high school, one statement is heard consistently, "I need to do better next quarter." For some reason, first quarter seems to be the time of the year when everyone tests the water, as if they are afraid to jump into the whirlpool of academics. However, most times it is not the spinning water that makes us apprehensive, it is our lives. As the school year begins, people become extremely busy with making new friends, finding out what classes they like, joining sports teams, looking for relationships, and just overall trying to find their groove. Now first quarter is over, we try to slow down and find our groove so we can do better and stay more focused on what is important. Here are a five ways to increase your efficiency:

SLEEP! From ages 12 – 18, the suggested amount of sleep is anywhere from 8.5 – 10 hours.

EAT BREAKFAST! Starting your day off with a good breakfast will give you energy to perform better in classes throughout your day.

PRIORITIZE! Decide what needs to be done first; a 3,000 point English assignment or a 10 point extra credit article.

LISTEN TO YOUR TEACHERS! They are doing their job by telling you what you need to know. All you have to do is listen to them and do what they tell you to do. (i.e. read the chapter, do your homework, don't sleep in class)

PRAY! Start every morning off with God. Whatever time you "lose" talking to Him, He will give it back and help you get done what you need to get done.

Sunday horror

by Patrick Kirk

Your eyes snap open as your arm swings to smash your alarm clock for waking you up at the horrifically early hour of 7:00 in the morning. Many things could be racing through your head, but the one that most likely occurs is, "Why on earth is my alarm clock going off on Sunday morning?" And then, through the mental fog, you find the answer. It's an answer that strikes fear into every student that roams the halls of UCA. The answer is SUNDAY SCHOOL! It's a day that we all dread and that will live in infamy.

Sunday is a day that we all look forward to. We can spend the whole day watching football, or shopping at the mall, or catching up on some much needed sleep or homework. Whatever we do, Sunday is a loved day of the week. But once a month before home leave we have to endure the horror of a Sunday school.

It's understandable, of course, why we have Sunday school. If we didn't, we couldn't have home leaves. But, still, when you're sitting in English 3 listening to a fascinating lecture on Henry David Thoreau at 7:15 on Sunday morning, it's pretty easy to start thinking you'd be ok with giving up a home leave or two to be sleeping still.

For now we will just have to endure the horror of Sunday school.

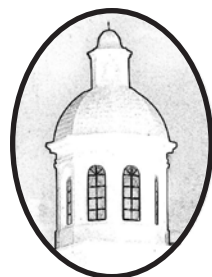
Dorm shopping

by Emily Fitch

What is your first thought as you drag yourself out of bed in the morning? Girls may be thinking of boys, and boys are probably thinking about food. But for many students (girls in particular), the first question of the day is "What should I wear today?" There are so many clothing combinations to be created with the average-sized wardrobe, but eventually they seem to dwindle significantly. And the longer you go without doing laundry, the fewer available options remain in your closet.

At this point, the phrase "I have NOTHING to wear!" becomes quite popular. Luckily, living in a dorm has its perks. One of those is friends. More specifically, friends with clothes. Friends with clothes your size that they're willing to lend you. When your pals live next door, it becomes fairly simple to lend, borrow, and swap clothing items for the day. And if they don't have what you need, there's a whole dorm of girls out there! If you start knocking on doors, you may soon discover just what you've been looking for. This is referred to as "dorm shopping."

It's important to remember whose clothes you borrow and who you lend yours to. Simple forgetfulness can create drama and destroy trust. If you earn a bad rep when it comes to borrowing clothes, the chances of other people lending theirs to you will become increasingly slim. But if you always remember to return clothes ASAP and wash them when necessary, you will find dorm shopping to be a beneficial aspect of dorm life. Be respectful of others and of their belongings, and you'll not only have access to all the clothes you need, but in turn you will develop friendships that last longer than any shirt ever will.



UPPER COLUMBIA ACADEMY ECHOES

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Alumni weekend

by Jenna Comeau

The evening of Thursday, October 6, found Upper Columbia Academy's class of 2012 setting up chairs and other decorations in the gymnasium for the 2011 Alumni Homecoming, a weekend event that many UCA alumni attend in order to catch up with former classmates.

Friday night vespers was a piano concert put on by Jerry Lange, UCA's former band director. He was accompanied by an orchestral sound track and a DVD presentation arranged by his wife, Harriet Lange. He played songs arranged by David Clydesdale, Jerry Nelson, and himself.

At Sabbath School, Linnea Torkelsen, the Alumni Director, gave the welcome, Troy Patzer, the UCA Principal gave the State of the School report, and the Upper Columbia Academy Foundation gave their report. The Alumni Roll Call, given by Jackie Crombie Stonas and Greg Kettner, involved mentioning facts about each era and having the members of each honor class and the members of classes in between honor years stand. Then, as an interlude, the Upper Columbia Academy Concert Band played *Thus Do You Fare, My Jesus* by Johan Sebastian Bach.

Various alumni were involved in parts of the church service such as the call to worship, Scripture's Invitation, Offertory, Call to Prayer, and Sermon. To further enhance the service, Choraliers sang several songs, a favorite being *Give Me Jesus*. Also, a piano quartet of Emily Anderson, Chris Wallace, Lizl Lamera, and Alex Moseanko played *Eight Hands in Praise*. Then, for the special music, Choraliers and the UCA Symphony Orchestra performed *Baba Yetu*. To end the service the Concert Band played *What Wonderful Love is This?* for the postlude.

All in all, it was a great weekend of catching up with classmates and friends.



Seniors take over

by Amanda Phillips

During alumni weekend, seniors have a lot of responsibilities. They take on the job of setting up the gym and taking down all of the decorations and chairs afterwards. They also do all of the cleaning on Thursday so the gym will be clean for the weekend.

The four year seniors have even more responsibilities. Not only are they in charge of all the cleaning during the weekend, but they also greet people when they arrive, take up the offering, and take food up to the gym for lunch on Sabbath.

And before the big event there are other jobs to do. They fold and stuff bulletins and clean the grounds. Along with all of the responsibility they get recognized with ribbons just like many of the alumni do, but instead of saying the class, the ribbons say "Four Year Senior."

The reason four year seniors take on so much is to earn money for their annual trip. In the past it has been only the four year seniors have done this work, but this year all seniors got to help as well for a chance to share in the reward.

Peach run

by Kristen Smith

At eight thirty in the morning on October 9, 2011, forty-seven slightly chilled individuals lined up at the crosswalk in front of the UCA campus, and the countdown began.

Why were all these people out of bed so early on this crisp morning? Why were they lined up on some crosswalk? They were running to keep students here at UCA. It was the 2nd annual Peach Fun Run and Brunch hosted by the Upper Columbia Academy Foundation to honor the legacy of Mr. Olin Peach. When asked why they host this event, the UCA Foundation replied that it celebrated Mr. Peach's genuine care for students and his service for others. The event also provides an opportunity to join with friends and make new ones who fondly remember Mr. Peach. An entrance fee also raises funds for the Olin Peach Memorial Scholarship Endowment.

For fifteen tiny dollars, you could share in a legacy that continues to make a difference around the world . . . and collect a t-shirt as you crossed the line and headed to a warm brunch in the cafeteria.

Awards were given and times announced, but the runners were just glad to have spent the morning with friends and family giving to a worthy organization.

Dorm store

by *Lindsay Armstrong*

It is a known fact that people need food to survive. For a few years now the dorms have caught on to this fact and made dorm stores available to teens stuck in the wheat fields, hungering for a late-night snack. This year, the girls' dorm has gone further than ever before.

With everything including chips, candy, ice-cream, drinks, brownies and spaghetti sauce, the monthly opening night of dorm store is best described as opening the flood-gates. Girls squeal with delight at all the new treats before them. The chaos and cheer are indescribable.

The task of restocking the store, however, has become stressful. Assistant Dean Stephanie Gladding searches in several supermarkets for the best prices, and after spending hours in the same store, she crams all her coupon-purchased food into her tiny car, keeping in mind that a majority of the food she has is ice-cream and will melt quickly. She races back to the dorm, unloads the goods, and begins updating the price list so it can be used as soon as possible.

Just before home leaves, the options in the store become extremely limited. Girls begin asking when it will be restocked, the thought of all that food on those shelves pushing at the back of their minds. They are—again—waiting to consume. But until Dean Gladding can recover, they just have to wait.

College fair

by *Nathan Gray*

No, no merry-go rounds, no ferris wheels, no cotton candy or curly fries, no fluffy cows or fluffy sheep. We didn't throw any balls at stacks of cans and win a fluffy stuffed unicorn. Not one of us threw up elephant ears after riding the Gravitron 2012 20 times. There were no screaming children and we didn't buy tickets to get into that house with all the mirrors. In fact, there wasn't a house full of mirrors, and screaming children were somehow eerily absent from the area. But all ye freshmen, sophomores, and juniors writhing with jealousy, there is no need for bitterness.

Despite the obvious lack of tummy aches, College Fair was well worth our time. If you mention the two classes we skipped that day, I'm quite certain that any senior would agree. And it is not true that there was nothing to do and no prizes. Many seniors came back armed with a beautiful assortment of pens and little booklets.

On a more serious note, many seniors did gain a greater knowledge and understanding of college, especially our Adventist universities. Recruiters came from around the United States to help us in our search for the college that suits us best. They came from WWU, PUC, CUC, Southern, La Sierra, Union, Andrews, and Washington Adventist. But will the pens last until graduation?

Picture day brings rain

by *Carissa Clendenon*

There is a certain day every year that, if it goes wrong, can have a lasting negative effect on a student at any school: Picture Day.

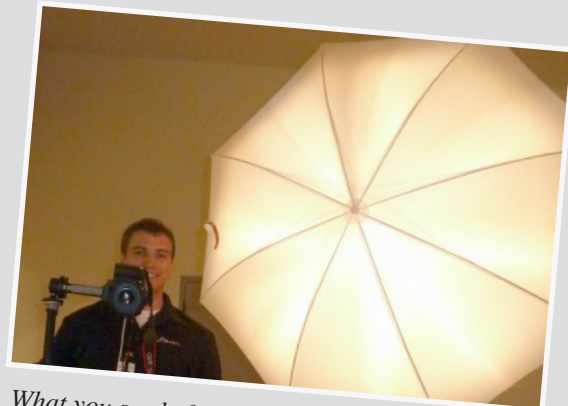
"Luckily my acne held off, but not the rain," said Tosha Diamond-Huey, a senior.

For the last few years at UCA rainy weather has been a guaranteed factor of Picture Day, and this year was no different. Rain clouds and wind swirled around students as they made their way around campus trying to keep their hair neat and non-frizzy, and their curls bouncy.

Picture day this year was in the gym rather than the Power House, which made it easier for more people to wait comfortably in line. And since the cameras were only out from 10 to 2, the line became long and it was good to have a place to stand while waiting for your turn. The close proximity to the bathrooms for last minute primping also came in handy. The picture-taking itself proved to be interesting as sometimes the wrong pictures were printed and some students were accidentally given staff cards.

Least worried about how their pictures turned out were the seniors, who get to have their specially-taken senior pictures in the yearbook. However, for almost everybody else, the picture that was taken on October 6 will be the one in the yearbook for everybody to look at for years to come, and for their future children to laugh at. Ergo, students took extra precautions to look their best and umbrellas were in abundance.

No matter how your picture turned out, you still get benefits from having a student card such as discounts at various business and resorts. And that's worth a bad hair day.



What you see before you're shot

Amateur auditions

by Carly Yaeger

When Amateur Hour Auditions were coming up just before October homeleave, the UCA campus was buzzing with talent. Students scrounged the corners of their minds to think of the perfect piece to perform. Singers, musicians, and actors alike worked hard to make their pieces presentable. From the recesses of the music building, sounds of jubilee could be heard! Harmonious voices rang out as vocalists practiced lyrics over and over again. While diligent musicians exercised their ringing instruments, girls' and boys' club began to work hard many nights a week to make Amateur Hour a smash. Ideas floated around like little bugs in the UCA air.

The drama queens of the school put their overly-expressive nature to good use by being in skits! These students rehearse their comedies until their lines become painfully un-funny. Auditions have even the best performers on edge, but in the best ways. Everyone was working hard. When the evening for auditions arrived, students prepared to go on stage by singing their songs to all who were willing to listen. Singers stood with their hands clasped behind their backs and their shoulders thrust back with confidence, singing their lyrics repeatedly until the desired outcome was achieved. Actors practiced by over-enunciating their lines and enthusiastically moving and waving their arms. Quiet speakers practiced yelling, while the fast talkers repeated "red leather, yellow leather" and "how now brown cow" until they dreamed about red and yellow cows at night.

Musicians, perhaps, are always the most prepared for auditions. Spending countless hours a day in the music building gives them plenty of time to get a feeling for what it'll be like in front of all the judges.

A few will be rewarded for all their stress and practice with a coveted spot in Amateur Hour. The rest of us will see if the judges chose well.

Triple-O heartbreak

by Patrick Kirk

This year's annual Rumble in the Wheat football tournament sure was a doozy.

All the teams played to the best of their ability, of course, but in the end there could be only one winner. The winners of the tournament this year were a group of old men from Boise, but they sure didn't play like they were old. In the championship game they played Gem State Academy but that match up was nothing compared to UCA vs. Boise.

The game started off well for both teams. Each had an electric offense that could score in a matter of minutes. This put a lot of pressure on the defense to try and make stops so their team could pull ahead. As the game wore on, it almost seemed as if the two teams were equally matched . . . until UCA marched down the field with a few seconds left.

On third down with 1 second left in the game the score was tied and UCA was in field goal range. Juan Lopez kicked his best attempt possible but it was just short, sending the game into overtime. Mind bogglingly, there were three overtimes played. Each team scored, back and forth, making the game more and more of a thrill. With every score came a new layer of excitement and drama. UCA had to score to stay in the tournament but, unfortunately, an interception was thrown. UCA's offense and defense gave everything they had, but in the end the Lions suffered from Triple-Overtime Heartbreak.

Senior girls make time for study

by Tosha Diamond-Huey

Time is elusive, but we depend on it. Perhaps there is a way to capture it and use it to study efficiently. People fit study time into their days based on their schedule, convenience, and potential efficiency, and studying at night and studying in the morning are the two popular options in the dorm.

For senior Carissa Clendenon, night time is the right time. "My head's clearer at night because I don't have the grogginess of having little sleep," she claimed. She also mentioned that she had no time in the morning. Talea Shupe, resident on senior hall, said that she likes to study at night because of the "sense of urgency" to get it done before going to bed. Her sister Shayla felt the opposite.

"Definitely morning; No one's up so there's less distraction," said Shayla. Anahi Silva said that she studies at night usually, but, ideally, she would study in the morning. "I think better because my mind is refreshed, so I'm less likely to forget what I studied, and it's better to get your sleep anyways!"

Perla Suarez, girls' dorm head R.A., said that morning was best for her. She said, "I have no classes, so there's more time. I'm exhausted at night because that's when I work, and I work late."

After hearing both sides of the story, how does one decide which time really is best? There are so many factors in picking the right time to study. It seems that maybe the best time is your time, and your time depends on you.

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