



### Student week of prayer

by *Rachelle Santee*

UCA has three weeks of prayer each year, but the highlight of them all is Student Week of Prayer. This is a time of excitement for students, eager to listen to their peers share God's love. The speakers may be anxious and nervous, and others might be disappointed about not being chosen to speak; but, overall, the week is a time of growth no matter what emotions are felt at the beginning.

This year, ASB chose the theme "Rooted," and SWOP is a time for students and staff to grow those roots. Growth takes time and effort, and everyone has different needs and is at a different stage in their growth of those roots. Student Week of Prayer is a good time to help students grow.

The main goal should be to look beyond the faces. Maybe the person up front has spoken for every event this year. That doesn't mean God can't speak through them again. We grow by learning to listen to whoever is speaking, regardless of whether they were our first or last choice. Let's be willing to let our roots grow deep.

*In another winter survival strategy, UCA held a winter campus day on Monday afternoon, February 26.*

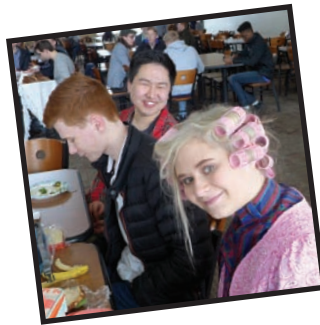
### Spirit Week

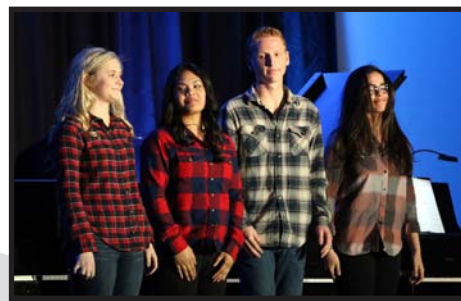
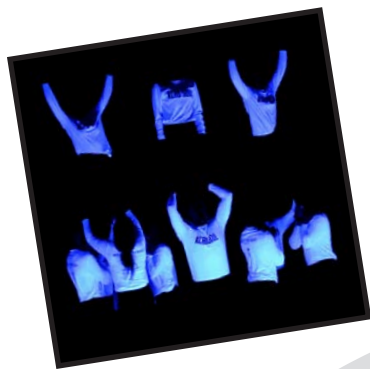
by *Isabella Featherston*

Spirit Week is a time when the undignified students express their school spirit. Each day is dedicated to a different way of humiliating yourself for other students' amusement. If that weren't shameful enough, there is a required assembly for those who feel the need to express their enthusiasm through games and physical activity.

Brought to us by the elected officers of ASB, the amusing burdens (themes for each day) can be anything from the basic Twin Day to the extraordinary Clash and Crazy Hair Day. The themes were announced weeks beforehand so that participants could vigorously plan their fashion statements. Nevertheless, most students only find the motivation to sift through their accessories on the night before.

After the whole week of embarrassment, classmates will never be seen the same. Innocent front-row-Bill now be viewed as the boy with green hair extensions and three heads. The good memories seared into the minds of the students make it all worth it and relieve the doldrums of late winter.





## Senior Recognition Talent Show

by Christian Contreras

The 2018 Senior talent show was deemed by many faculty and students as being the best talent show in years. What set this year's show apart was the playful nature of the night, the relatable skits, and the endearing songs.

This year's talent show was not as serious as others, which actually was a benefit. The Seniors combined elements of humor and quality to make the program playful yet enjoyable.

Usually, students do not relate to the skits and don't find them funny. This year, though, skits about UCA schedules and teachers hit home.

This year's songs were not pompous displays of vocal prowess but were endearing. The performers reinforced the theme of The Cat in the Hat by making their songs playful and upbeat rather than by trying to show they were the next Whitney Houston. The performers actually made their performances more enjoyable by trying to do less.

## Lion Pride

by Jonathan Terry

After the UCA men's varsity team defeated WWVA for the first time in 6 years, the Lions were headed to the championship game. With the normal pressure of being in a game of this magnitude, the guys' team was very nervous and excited. There was also a certain aspect that stretched far beyond the game itself: a number of varsity teams had been in their situation but hadn't been able to win a championship for Upper Columbia Academy. The team was approached by several members from past teams who told them to win for the alumni, as well as for the students currently at the school. The team quickly understood this game wasn't just for themselves, but for the whole pride of present and past Lions.

The gym was packed full of fans rooting for Puget Sound and Upper Columbia Academy on the Saturday night of the tournament, as well as those who merely wanted to see some top notch basketball. The crowd was so loud you could barely hear yourself think. The national anthem was sung by a UCA alumnus, and after the teams were announced, it was time to play some basketball.

After a back and forth first half, the UCA Lions led by a mere four points and the game could have gone either way. Coach Reading encouraged his players to fight hard and show some intensity and put the game out of reach. The rousing half-time speech worked wonders, and the Lions scored 24 points in the 3<sup>rd</sup> quarter to build up a lead they wouldn't give up for the duration of the game. As the buzzer sounded, complete pandemonium swept the crowd as they rushed the court to cheer the Friendship Tournament winners.

After what seemed like an hour of cheering, the crowd finally settled down and the plaques were given to Puget Sound and UCA, and the crowd erupted yet again for the Lions team. Many players were approached by people they would normally have never talked to and given handshakes, hugs, and congratulations. This game wasn't just won by the players on the court, but by everyone in the stands who did all they could to encourage the team. This was quite a landmark achievement for our entire athletic program, and I couldn't be prouder to be on the team that finally won Friendship Tournament.



Pandemonium on the court as UCA wins the Friendship Tournament for the first time

## Senior Bible projects

by Svea Smith

Our latest senior Bible projects involved four different possibilities for our future. We were required to pick The Wedding Project, The Baby Project, The Simulated Pregnancy Project, or The Retirement Project. Each project was chock full of multiple, in-depth steps. All required long hours of thought about how you might want some important life decisions to pan out in the future.

The Wedding Project imagines a marriage between two Seniors who have to budget for their wedding. Every aspect of a real wedding had to be included. The Baby Project involved making a plan for parenthood and taking care of a baby, which was either an egg or a sack of flower. The Simulated Pregnancy Project involved a "mother" carrying a sack of rice on her stomach for five days and the "father" practicing care and empathy. Both would have to study parenthood and maternal care amongst other things. Finally, there was The Retirement Project, which involved budgeting and planning for retirement.

These projects were hard work, but very educational and rewarding. They inspired a grown-up sense of self that we have yet to tap into.

## UCA reduces environmental foot print

by Abigail Ross

Have you noticed anything different about your daily campus life? We now eat from finely-made, 100% biodegradable paper dishes! There are several pros to this new addition.

No longer will your plate melt to your food in the microwave and some may even say the new dishes makes the food look more appetizing. Our old Styrofoam dishes did a lot of damage. Styrofoam is non-biodegradable and not recyclable. It is a material created from fossil fuels and is made to never decompose. Supposedly it will break down some over a span of 500 years. It also floats in our rivers and oceans, polluting the territories of our wildlife. Here's the scary part, every time you eat or drink hot food from Styrofoam, the chemicals that made the Styrofoam leech into your food! Styrofoam is even linked to global warming because the HFC's (hydrofluorocarbons) that are released into the environment when Styrofoam is made impacts the ozone layer. Roughly 95,000 plates, just plates, get used and thrown away by dorm students here on campus every year! Think about it, the plate you ate spaghetti on your freshman year is in the land fill right now exactly the same as it was when you threw it away. So let's be grateful for this little, but huge, improvement in our campus lives and avoid Styrofoam like the plague.



## Dual credit

by Hailee Huenergardt

A new class was added into the schedule last year. This class is Anatomy and Physiology Dual Credit (APDC), which is taught by Mrs. Castrejon. The class is dual credit because once you have taken the course and passed, you automatically receive a total of 8 college credits. Because this class is being taught as a “college” class, there is a limited number

of students accepted each year and they move through the information very quickly. Although it is much more intensive than most high school classes, it is rather fascinating and exciting. By taking this class students are able to develop a real and deep understanding of how intricate and wonderfully designed our bodies are. The complexity of how our bodies move and work is extremely intriguing and often taken for granted.

As well as learning and listening to lectures, students have lab opportunities to get a full hands-on experience and visual understanding of what they are learning. For the past several months, they have been memorizing bones, joints, muscles, and much more. They also have dissected rabbits, a more difficult process than most imagined. First they skinned the rabbits, which took several days, and then looked for and uncovered the muscles. Muscles are an extremely difficult to learn and memorize because they all look the same. So, being able to visualize them is helpful. Yes, humans and rabbits are very different, but they share many of the same muscles which is helpful during the dissecting process. APDC so far has been a blast and Mrs. C makes it very enjoyable to learn.

The human body is amazing and everyone in the class has begun to have a much closer look at the complex design. We are God’s perfect creation, fearfully and wonderfully made.



Snowman-building also was attempted on Winter Campus Day

## Band Clinic

by Benji Buursma

The week progressed rather quickly until the day that every high school student fears: Band Clinic. Our school population appeared to triple overnight and the place is filled with the hustle and bustle of busy musicians, practicing frantically for the Sabbath performance.

Unfortunately, we seldom take into consideration the experience that our visitors are getting. Many junior high students visit for their first time a genuine Christian boarding school. Although the flock of kids can seem bothersome, they are a good reminder of what we were once or, in many cases, what we still seem to be! Having had two young scholars in my room, I understand how it can feel overcrowded and be a hindrance, but it took me back to realize how these young people watch us older youth and view life with such brightness and passion. It gave me a lot to think about.

From Thursday morning, the schedule was full of rigorous practices and rehearsals. Mr. Mohr was the teacher for this event and had his work cut out for him. The students had their work cut out for them too!

After an amazing and impactful Vespers on Friday evening, the music came together on Sabbath morning in a beautiful and meaningful way. After the wonderful blessing of music, all the students had one last meal together before our guests gathered their belongings and returned home.

## A euphonious clinic at WWU

by Svea Smith

On Wednesday, February 7, students made the three-hour journey to Walla Walla for the Walla Walla University Choral and Honors Orchestra Clinic.

Once we got there and settled into the dorms, we got straight to work meeting all the other musicians and putting together all the pieces we were to perform as a large group. The music had been provided well in advance so the different high school choral groups and orchestras could have it almost performance-ready by the time they arrived.

Orchestra directors had given all their students the opportunity to try-out for a select orchestra. Honors Choir was also selected from existing choral groups and was determined by which elite singers had memorized a special piece of choral music.

Because everyone had learned their music prior to arrival, all that was left was long hours of practice to make sure all the different musicians could blend their sound. Thursday and Friday both consisted of seven hours of practice to make the music into the art it was intended to sound like. Finally, Saturday arrived, the day all the preparation had been done for.

Both groups—choir and orchestra—played for church, but the real performance was later that day when parents, friends, and a large number of university students returned to the church to hear the entire repertoire. It was an exciting experience for all the musicians, and the music touched many hearts.

## The Wall

by Elianna Srikureja

Earlier in the year, the seniors in Civics class and some juniors in PreCalculus were given a student-driven learning project on Trump’s Wall. Teams were selected at the discretion of Mr. Spano and Mr. Gladding, who were the instigators of this assignment. Each team was assigned one aspect of the Wall (cultural, constitutional, economic, historical, ethical, political, engineering, or diplomatic) to research and present at the end of the quarter.

Each group dived into their projects. First, they compiled a list of sources that pertained to their subject and submitted them to their respective teachers so that the authenticity and relevance of the sources could be ascertained. After Thanksgiving break, the students began to research and answer the first part of the big question: did they as a team support the Wall? If so, why? After many meetings during lunch and group texts and emails, the projects began to take shape.

When the first day of presentations rolled around, the seniors awoke early, dressed in business attire, and went to the old cafeteria. Most groups chose to present using PowerPoint, but some got creative. One group built a concrete wall, another had a live court session, and yet another presented using a game. The presentations lasted two days, taking up the majority of first through third periods, and the biggest debate was over the pros and cons of building the Wall.

Those in favor of building the Wall used the facts that it would increase drug control, make a safer border, and cut down on illegal immigrants. Those against the Wall argued that it would separate cultures, create tension, make legal immigration even harder, and destroy the ecosystems around the Wall.

After the whole ordeal was over, all could agree that they had learned a lot—not just about the Wall or how it will affect lives, but also about how their classmates think and what they perceive to be right and wrong. As a class, they were forced to see things through each other’s eyes and to break down the “walls” that separated them.

## Sharing UCA

by Meghan Orvis

We often get so caught up finishing the year that most of us forget that next year there will be new freshmen wandering around the campus. Many of them will not even know what to expect from campus or dorm life. Not only will the new-comers be confused in the overwhelming pool of schedules and adjustments, but most will still be attempting to find a place to fit into the UCA family.

I remember exactly what I felt when I pulled up to campus the first time; actually, I remember not wanting to get out of the car. All the feelings of insecurity that plagued my first few hours on campus inspired me to join Mrs. Bacon and several other students on a small recruiting mission. Within a few hours we visited Pend Oreille Valley Adventist School, Sandpoint Junior Academy, and Cornerstone Christian School. I had the chance to meet several students who are considering attending UCA next fall. Some are still on the edge, some are indifferent, and some (without a shadow of a doubt) would do anything to spend their next school year as a student of Upper Columbia Academy. I shared about bible classes and dorm life, and mentioned the second family the school has become to me. In the end, I genuinely enjoyed it, and not only because I received pizza at the end of the day.

Being able to answer questions for others that I wish could have been answered for me was a special experience. However, sharing UCA isn’t necessarily something that you have to leave campus to do. If you are returning next year, you will have the opportunity to welcome many new students into our little world. Being friendly and helpful affects them more than you will ever know and can shape a first-time experience into something they will then choose to share the following year.

## Controlling your climate

by Jillian Lopez

Upper Columbia Academy has a variety of buildings and places to be, of course, but students spend most of their time in the dorms.

This year, the boys’ dorm has been treated to a long-overdue renovation, and now each room has individual thermostats to control the temperature. The girls’ dorm, however has only one heat setting and it tends to be higher than most people want.

Over breaks, residents in the girls’ dorm are required to shut their windows, ceasing any air-flow. Often they return to hot and stuffy rooms. Those who live on the courtyard sides are even less fortunate because the airflow is already limited by the opposite wing.

Many girls buy box fans to use in their open windows to blow in cold air and counter the heating system. This can pose another challenge, however, especially in winter. The temperature gets so cold outside that if the fan is left on all night, you spend all night not quite warm enough and wake up to a freezing room, which makes it hard to get out of bed. If you turn the fan off before bed, you spend the night taking off layers and tossing and turning, only to wake up to that hot, stuffy room.

This is one of the hardest secret challenges to combat at UCA, yet the key to a good school year is a good night’s rest . . . and it’s an art to get the right conditions for that. Occasionally, though, if the temperature is just right and the fan is on just the right setting (and there’s a full moon), a good night’s sleep will come your way.



## The long haul

by Thomas Warren

Students agree the longest part of the school year is between Christmas and spring break. The combination of cold and dark days with after-holiday emptiness can easily bring the student body morale to all-time lows.

To combat these mid-winter blues, ASB holds a third-quarter Spirit Week, when students meet in the gym before lunch to battle in cheerful competitions and participate in daily themed activities. The attitude after these meetings is much lighter than at the beginning.

Ever resourceful, students also find their own ways to combat this restless homesickness. Calling parents can be a temporary solution. Some find that copious amounts of Netflix and other streaming services may temporarily drown their sorrows. Still others, in an effort to stop watching the calendar, turn to burying themselves under such enormous piles of homework and college forms that the end is no longer visible. (This rarely, if ever, works and usually ends in a minor mental breakdown.)

If students truly want to ward off the mid-winter blues and make the days seem shorter, I would humbly suggest they stop thinking about themselves. Finding an activity that serves others is the best way to achieve long-term happiness. An added benefit is that the receiving party will be happy too.

## The weather

by Emily Stafford

The weather has been so strange. I have always tried to encourage it to get warmer by saying positive phrases like “Look at the sky. All the clouds are gone. It must be spring!” I have also tried to encourage the weather by wearing sandals or short-sleeved shirts with the hope that the weather would notice my subtle hints about how I would like it to be. And this year in early February, it seemed as if spring was going to show up a little early.

But every time I say something positive like “Spring is here!” my good friend Suzy Barbosa replies that the weather will do the opposite. Somehow, she’s always been right—much to my disappointment. All the same, I know that one of these days very soon, we will see the snow melt away. The birds will sing, the sun will get warmer, and the days will be bright.

Just thinking about the appearance of spring warms my heart and gives me spring fever. Soon that wonderful time will be here when my hopes and dreams for spring will be fulfilled!



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Emily Stafford, Jared Wallen, Maddy Clark, Jacob Welch, Jordan Judge,  
Ellie Bun, Choloe Paago, and Stephen Lacey, sponsor

## Dealing with change

by Jared Wallen

This has been a year with many changes. With the boys' dorm being remodeled, the changes and expansion of the sports program, and the new schedule, this has been difficult to adjust to. Normally within the first couple of weeks of school starting, you can adjust and get into the flow of things, but this year that has been more difficult.

One of the biggest changes on campus was the remodeling of the boys' dorm. This project was planned to be finished before school began, but due to a late start and a few things not going as planned, they didn't even begin renovating the rooms until a couple weeks into school. This made moving into the dorm a more difficult task. For some of us it meant living out of the TV room for the first couple of weeks, and for others it meant living out of wardrobe boxes and last-minute thrown-together bunk beds. But with no other choice, we found ways to adapt and keep moving forward.

Unfortunately, the dorm renovation was not the only change we had to get used to. This has also been a trial year for a new class schedule. Changes included a later class start time, earlier ending times, and one less class period in the day. This may seem really nice and make a lot of sense in theory, but there are still the same number of things going on during the day with less time to complete them. So we either had to drop some classes or jam pack them all into and already tight schedule.

We also have had changes to the athletics program. The changes to the schedule allowed us to have away games, but because we live out in the middle of wheat fields, it takes time to travel to the games which means we have to leave early and get back late, and, depending on the distance, miss a few classes. This means missing teachers' instructions for assignments and probably having less time to do homework. The soccer team had the opportunity of going to a second tournament at Union College. The basketball teams were able to get quite a few away games, which added to the total number of games they had. These are just a few of the changes and added opportunities that have happened this year. How do we find ways to get all of this into one year? Well, it takes a lot of planning, flexibility for when things change, and, sometimes, getting less sleep. Was it worth all the last minute plan changes and hours of lost sleep? It was. The dorm is much more livable now, even if it did seem to take forever to get there. The schedule allows us to do things we couldn't before, such as the added away sports games. However, I am still undecided on having 11 periods rather than 12 because that takes away from the number of activities and classes you can do. Last but not least, the changes to our athletics program have given us more opportunities to explore our athletic talents.

## Day off for football

by Maddy Clark

As home leave approached and students started to become anxious about finishing assignments and taking tests, the upcoming Super Bowl came along right under our noses. Home leave began a day later but also ended a day later. This gave an extra day so that students could watch the Super Bowl on Sunday. Was this a coincidence or was it planned?

At Upper Columbia Academy, many holidays that are typically recognized at public schools go unnoticed. Holidays like Veterans Day and Memorial Day are usually taken off by schools so that students and staff may celebrate that holiday. But at UCA this is not the case. We normally continue school and do not even notice the holiday go by. Is this a problem? Many say no because students would be stuck at school with nothing to do, and they would get bored or get into trouble. However, there are those students that would take a long weekend and acknowledge the holiday with their families.

So, was the January home leave planned around the Super Bowl? Many would agree that it was and that it was a very good idea, allowing students to watch the game that is very important to most of them. By planning the home leave this way, the school made it possible for students to watch the Super Bowl on Sunday and drive back to school on Monday.

Is it wrong that we are acknowledging the Super Bowl but not common holidays? I would argue that it probably isn't. After all today students are more likely to watch the Super Bowl than celebrate Veterans Day or Martin Luther King Jr. Day, and it is highly probable that the students would become bored on those holidays if they were to take them off at a boarding high school.

So maybe the point is not to focus on the matter of not acknowledging certain holidays, but to appreciate of the consideration that was given to students and staff may have wanted to watch the Super Bowl with their families over home leave.



## Performance Day

by Hailee Huenergardt

Many students are well informed about how the music building runs during the day. If you are involved with music and taking lessons, you have a certain class period in your daily schedule that is assigned for you to practice. The practice period is treated almost the same as any other class you have. Before you start your practice session, you check in with the monitor on the second floor and then head for your practice room. These practice periods are usually considered the favorite, most relaxing part of a student's day.

Along with practicing every day, there is a major event that happens every quarter: Performance Day. This usually happens in the choir room on the last Friday of the quarter. It's a time for every student taking music lessons to perform the latest piece they've been working on. Performance Day is usually frowned upon because no one wants to perform in front of their peers, but it's an excellent way to work past stage fright and anxiety. Once all have performed, the grand finale is snack time! Mrs. Anderson makes her homemade salsa (and brings chips as well), and Mrs. Dalrymple makes a TON of brownies.

Performance Day is a fun and relaxing time to calm all of our class stress. It's always good to hang out with those who practice with you and to hear talented musicians. Of course, talking and laughing with Mr. A, Mrs. Dalrymple, and Mr. Kravig is always the highlight. Come observe if you've never attended. You won't leave disappointed!

## AV role

by Jacob Welch

The Fox Concert is one of the biggest events that UCA presents during the year. Everyone practices. Whether they play in the orchestra or band or sing in the choir, almost every student plays a part. But there is a group of people you won't see on the stage that does a major amount of work to make sure things run smoothly. Led by Bob Lenz, UCA's audio-visual team is the reason parents and other family and friends can watch performances throughout the year even though they can't attend.

For many events, the audio-visual team is the first group on the scene and the last group to leave. They have to set up and then tear down everything related to sound or streaming. Members of the group enjoy the technical challenges, and they want to help. It is not just a job but is an opportunity to do something you love.

Being a part of the AV team is like being part of a small family. You get to know everyone pretty well. If you think you'd be interested in being part of this group, you should definitely check it out. And next time you see someone who works behind the scenes for a major UCA production, tell them thanks.

# New Year's resolutions

by Jordan Judge

Many students made New Year's resolutions. Unfortunately, by February, most of the resolutions have not been kept. However, I think there are several we should try to keep for our personal benefit and for the benefit of others.

First of all, spend time reading the Bible and praying. Starting your day that way will help in so many ways and will allow you to be a blessing to others. It will also help with school work, helping you get better grades.

We also need to be kind and respectful to other students, staff, and visitors or workers on campus. Being kind and respectful goes a long way and will brighten everyone's day as well as make the world a better place. It shows you are a true Christian.

Exercise is another resolution many people make but have a hard time keeping. Even if you aren't trying to be super buff, exercise is still important. Running, for example, helps reduce stress and makes your legs stronger. This, in turn, helps you to walk further and supports your back when you are carrying a backpack full of books.

Getting plenty of sleep is also very important. Getting a good night's rest will help you concentrate in classes and not get distracted when doing homework. You will also feel really good after a good night's rest and will be ready to tackle the day.

If you've given up on your resolutions, try these. If we all followed them, UCA and the world would be a far better place.

# Once in a super blue blood moon

by Ellie Bunn

You've heard the phrase "Once in a blue moon," right? Have you heard of a super moon or a blood moon? These are different types of moons based on their size, location or distance from the earth. But have you ever heard of a super blue blood moon? On January 31, 2018, some of the students at UCA witnessed the sight of the very rare super blue blood moon. It started at 4:51 a.m. and ended at 5:29 a.m. Although it was a little cloudy, it was a very extraordinary sight.

A super blue blood moon is a combination of a super moon, a blue moon, and a blood moon. A super moon is when the moon looks larger and brighter because the full moon is closest to the earth in its orbit. A blue moon is the second full moon of a month. This happens every few years: the last one happened on May 21, 2016. A blood moon occurs when the earth's shadow blocks the sun and its light, making the moon look red. This can also be called a total lunar eclipse. The last time this rare sequence occurred was in December of 1982.

Even though the students had to get up early, most of them had a pretty good view of the phenomenon. Overall, seeing the super blue blood moon was a success. The next super blue blood moon won't occur until January 31, 2037.

# Is it worth it?

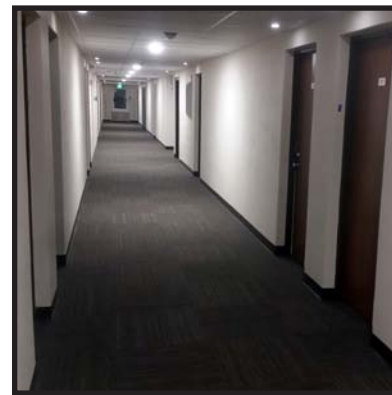
by Chloe Paago

Many students get excited when they are given the opportunity to miss a class—others, not as much. When you miss, you have to make up back-work and any quizzes or tests that were given. Those things aren't fun. Other times, you really wish you were in class when the teacher is handing out that pop quiz or explaining a concept.

Any tours are fun. The only downside is missing classes. Most students take their homework on tours but end up not doing it. During tours, they are kept busy. From traveling to performing, it is very difficult to find time for anything else. Many students dread coming back to school on Sunday night because of the number of things they have to get done before school the next day.

Being on a sports team can be especially difficult. You have to balance your homework and practice times. On top of that, you miss half of your classes going to games . . . not to complain or anything, but you miss important information that is given in class. You might miss important notes that would have been really helpful for the test. You might miss the test itself and have to find time to reschedule and take it.

Is it worth it?



Updated pictures of the boys' dorm renovation

