

Academy Days draw many guests

Elena Petrie

On the morning of Thursday, April 11, 2019, the UCA campus welcomed numerous excited visitors. Approximately 125 guests arrived for Academy Days, including teachers, parents, and prospective students. Students from around the region, including students from Alaska, Montana, Colorado, California, Seattle, and Portland, arrived throughout the day. Armed with sleeping bags and overnight bags, the visitors were hosted by UCA students in the dorms on Thursday night.

Over the course of two days, they were given tours, led by UCA students, and had the opportunity to visit teachers and see various departments. In addition, they had access to multiple scholarship-winning opportunities. The final event on Friday was an assembly featuring performances by the UCA band, symphony orchestra, choir, Choraliers, and the ACRO Soul team followed by a drill team demonstration by the equestrian program.

The importance of Academy Days for this school cannot be overstated. Prospective students are given an opportunity to learn what UCA is all about and to experience all that it has to offer firsthand. The hope is to encourage students who are considering attending UCA to follow what God has impressed upon their hearts. Furthermore, students who may not have seriously considered UCA before are given a chance to see what it is all about and how they could flourish in this environment.



photos by Donovan Andregg

University Days 2019

by Paul Tucker

The greatest part about University Days was not having to attend regular classes on Monday and Tuesday. If you had already committed to attend Walla Walla University, there really wasn't much point to the whole event. Nevertheless, the experience helped to solidify the decision to attend Walla Walla, with the added bonus of sparking some excitement for the upcoming school year after seeing some of the programs.

The bulk of everything important happened during Tuesday. Although on Sunday night there were various fun activities, such as dodgeball in the gym and an open mic in the SAC, there were no crucial appointments for learning about the college. On Tuesday, there were two different interest sessions. One in the morning, and the other after lunch. When leaving Village Hall after being crammed full of information, we found various representatives from the school scattered about carrying big white signs with a certain major on them written in big black print. If you were interested in that major, you could follow your leader to embark on an hour long tour of what the school has to offer. Furthermore, at these interest sessions there was the opportunity to win scholarship money by participating in a variety of activities and quizzes. While not in those interest sessions, you had the opportunity to take other department's quizzes in an attempt to earn scholarship money, talk to the financial aid office about your financial situation, or visit with various Walla Walla faculty and ASWWU employees in search of a job for the upcoming school year.



Student Week of Prayer

by Elisabeth McLeod

Student Week of Prayer, known to those on campus as SWOP, had come. Eleven speakers were chosen by students before Christmas break and then sent on a retreat to prepare them for this special week. They had weeks to come up with topics and write a talk to share with the student body, and now the time had come for them to present.

Student Week of Prayer has always been fun for students as they get to hear their peers talk, and the topics vary (not to mention the talks are often shorter). Instead of hearing from someone that isn't well known on campus, our friends are up there, and it somehow seems more relatable. The topics, including body image issues, why we struggle to understand God's love, and how to be God's warrior, all seemed more powerful--something students could relate to when coming from people we know and go to school with.

Although some people don't really care about the meetings and just see them as an interruption in their evening free time, SWOP has a noticeable effect on campus. There's just something about seeing and hearing friends' testimonials and views on Christ that changes the atmosphere for the rest of the year.

Speaking for SWOP

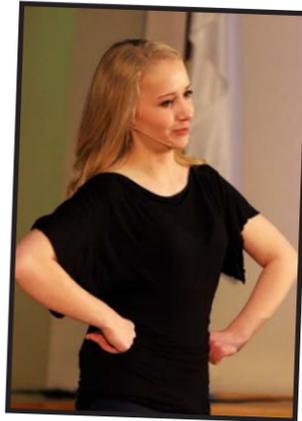
by Meghan Orvis

As a speaker for SWOP, I had the opportunity to see the "behind-the-scenes" preparation. Even though we all began preparation months in advance, the weeks seem to fly as the dates approached on the calendar. We struggled with topics, verses, and especially with making time for God. Our anticipation would build with every meeting, and inspiration would grow as we had the chance to visibly witness someone's growth and excitement in their relationship with God and in the formation of their talk.

As the first speakers went up, it brought relief for some of us and panic for others. We were emotional and more spiritually drained than most of us had ever been. However, we saw how God spoke through the speakers. When they gave Him a chance to speak – He spoke.

It was a humbling experience to see how the different nights touched different people in different ways. We were all saddened by the end of the week because of how invested we had grown in each other. The SWOP team saw each other grow spiritually in a wide variety of ways, but I think what was most important was the commitment we all made to God and how that commitment influenced the student body.

It takes a large amount of trust in a higher power to be able to set aside school work, friends, and our phones to spend time with God. We have to trust that life will be fine in the end. Ultimately, we learned that making time for God isn't something on a To-Do-List. It needs to come before you even look at your list. It's incredible how life falls into place when we put God first. So the question is, are we letting God lead our spiritual lives? Or are we trying to lead Him?



The Sabbath service at the end of Student Week of Prayer

ASB Spring Party

by Benji Buursma

It has already come and gone! ASB's annual Spring Party was held inside the cafeteria with a spectacular Luau theme. The ASB team worked hard getting everything ready for the party, decorating the cafe Friday afternoon, late Saturday evening, and to the early hours of Sunday morning.

Spring banquet is a wonderful opportunity for a friendly, pressure-free, informal date with a friend! Many of the students did an amazing job dressing up in their best Hawaiian-Luau attire with all sorts of outfits including grass skirts, flashy shirts, flowery leis, straw hats, and the simple yet idyllic beach towel wrapped around the waist. There were delicious sandwiches, hot dogs in a crescent, Shish kebab, fruit, and even a snow cone maker.

The meal was quickly followed by a range of activities. Among these were the ring toss, the hula hoop contest, and the limbo challenge, which Koen McCann totally dominated by dexterously maneuvering his six foot two inch body underneath a rod measuring barely three feet above the floor. The whole student body roared with laughter, cheered, and clapped. He later gave a brief demonstration of his incredibly flexible abilities and again the crowd was ecstatic. The limbo was a surprisingly huge hit and over 60 students participated in the event. Beverly Talakua was the winner as she amazingly slid under the rod at a height just under three feet. Although this sounds like a wrap to the party, there was still more fun to be had.

Next, those who had signed up were bused to Eastern Washington University's aquatic center for a pool party. Everyone had a great time playing basketball, volleyball, and diving off the high dives into the pool. The party lasted from 2:00 p.m. through 6:00 p.m. and ended on positive note with a snack bag to finish off the evening.



Waiting to make class schedules for next year

Cambodia 2019

by Julianna Luce

This spring break I was blessed with the opportunity to go on a seven-day mission trip to Siem Reap, Cambodia. I wasn't sure what to expect since this was my first mission trip and I had never been out of the country before. But I was excited and looked forward to leaving.

We left UCA around 10 a.m. after meeting in the café and once again going over procedures and talking about safety while traveling. Since there were roughly 63 people going on this adventure, we had to use a U-Haul moving truck to haul all our luggage from Spangle to Seattle. It was a very long car trip but we stopped to pick up some more members and we were able to get out and stretch our legs after having them crammed in the UCA bus for five hours.

Once we got to the airport, we helped unload the U-Haul, got into our assigned family groups, checked in our bags, went through customs and security, and, lastly, waited for our flight to Los Angeles. After we were aboard the plane, it was about 2 hours till we got to LA. We then boarded a plane that would take us to Guangzhou, China. Unfortunately, the flight to China was almost 15 hours non-stop. It was a long flight and would have seemed much longer had there not been unlimited movies to watch. But even then we got restless. Trying to sleep on the plane was nearly impossible, so when we got to China, lots of people (including me) were sleep deprived and ready to be done with traveling.

A few hours after arriving in China, we flew out to Siem Reap. The second we stepped off the plane, there was a noticeable change in temperature, and the high humidity made us sticky and sweaty very quickly. We went through customs once more, collected our bags, and drove to the orphanage and had lunch. We spent that day settling in and preparing for work the next day.

We started working Thursday and the week seemed to fly by. After sanding houses, painting, and working with VBS, the week was suddenly over, and we were packing to leave even though it seemed as if we had just arrived.

Many of us were sad to leave the many young friends we had made. Some of them were orphans and some were students that stayed in the dorm and attended the Adventist school. When we were boarding the bus to go to the airport, many UCA and Cambodian kids were crying as they embraced each other for what was probably the last time. It was a bittersweet moment filled with sadness and joy at the same time. But overall I think it was a blessing to both the people at the orphanage and the students and supervisors of UCA.

Hey . . . Mama?

by Lauren Threadgill

In the developed world, the United States has one of the highest rates of teen pregnancy. So, to ensure that UCA's fine students don't become part of this statistic, the Bible department steps in, swamping students with loads of information about the pains of childbirth and the financial drain that kids are. If that doesn't impress the students, then a 10-pound sack of rice strapped to their shoulders will! Lugging it around all week and tossing and turning with it all night will be sure to deter them! But, if all else fails, a 40-page report will do the trick.

So, overnight, many seniors became soon-to-be mothers and fathers, in the third trimester of pregnancy.

Going to the mall pregnant

by Hannah Petrie

The seniors again faced pregnancy projects in Bible class. It was very tiresome and extremely aggravating to lug around an extra 10 pounds for 5 days; it made sleeping difficult and made my back and neck sore, but my eyes were opened during the course of the project. My partner Caleb Acker and I decided that I was going to wear the fake belly to one of the mall outings. As we walked off the bus and into the mall, I was nervous; I fumbled with the bag of rice, paranoid that people would know it was fake. When we walked in the doors, I could feel people's intent looks and casual glances. Within three seconds, an elderly couple, a father, and a young child had already ogled my belly. If it had been any other day and I hadn't had a 10 pound bag of rice attached to my stomach, people would have gone about their business without even blinking an eye.

It was interesting to see the way that people acted around us. We even walked into a maternity store and pretended to look around at the clothes, and the woman who worked at the store didn't even offer to help us—she just stared. We also went into another store, and when the two girls working in the store came out from the back, I could hear their blatant whispers and feel their piercing stares in our direction.

Here are some teenage pregnancy statistics that show us the harsh realities: One in ten teen American girls will get pregnant at least once before age 20. That's nearly 750,000 teen pregnancies every year. Parenthood is the leading reason that teen girls drop out of school. More than 50% of teen mothers never graduate from high school.

About 25% of teen moms have a 2nd child within 24 months of their first baby. Less than 2% of teen moms earn a college degree by age 30. The United States has one of the highest teen pregnancy rates in the western industrialized world and this social experiment and week of wearing the belly at school really showed me how pregnant teenagers are looked at and treated in everyday situations. I now have a higher sense of empathy towards pregnant teenagers that I see because I can understand much more of what they have to deal with.

UCA'S cooking show: Chopped

by Sasha Paago

Everyone loves a good cooking show, but how about being able to watch it live? Students were given the opportunity to watch other students battle each other in the first ever UCA Chopped Kitchen. Hosted by Dean Hess, the cooking show kicked off in the girls' dorm chapel. Student chefs had to bring their own appliances and ingredients to help make the special food items taste magical.

With five teams, 30 minutes on the clock, three special ingredients of ramen, hot pockets, and Cheetos, the students were off to cook. However, the electricity breakers had different ideas. One by one, the outlets stopped working and the student cooking was put on halt. With the clock ticking and frozen hot pockets, the students had to come up with another creative idea to cook their meals. Luckily, at 15 minutes, the breakers turned back on.

During the first round, team February 20 was down one member due to an injury involving a knife, and Master Chefs was missing a member the whole time, which only added to the frantic rushing to get the final product done as the clock ticked.

Four different people judged each round. Two of them were permanent judges, Ms. Holloway and Mr. Bacon, while the two others were special judges. The special judges were peers of the chefs, and each round brought two new special judges. Sadly, after the first round two teams were chopped and did not continue with the competition.

The second round involved three more unique ingredients. Chefs had to come up with a dessert that involved applesauce, Twix, and string cheese. The most difficult part of the task was including the string cheese. With 20 minutes on the clock and chefs were off to cook. Surprisingly, each team was able to incorporate the string cheese into their sweet desserts.

All three teams were relieved when it was over and sat in their respective corners, hoping they would not be chopped. Of course, not everyone could be a winner. Team Master Chefs was the first to be chopped in the second round followed by February 20. Hannah and the Chilsons (Hannah Chilson, Amy Van Arsdell, and Ellie Pagotelis) were declared the first ever Chopped winners! Winning a \$50 gift card of their choosing, they were victorious.



Spring means it's time for flag football intramurals.

The Harvester

by Chloe Paago

The Harvester is a restaurant located 1.6 miles from UCA. It's about a 32-minute walk and 3-minute drive. Inside, signs are hung all over the walls with fun quotes, giving the place an old-time look and feel.

Every Friday, Principal Johnson takes a group of four students to eat lunch at the Harvester. They can order anything they wish, and while there, are able to share their concerns about school or some changes they enjoy.

There are endless food options for everyone. Whether you are a vegetarian, a vegan, or an omnivore, the Harvester has the dish. People can even order a BLT sandwich with Stripples. There are items to satisfy everyone's taste buds. The Harvester milkshakes have been an icon here, and are given out as rewards and gifts. The Harvester can be pricey, but it gives an alternative for anyone who is tired of the cafeteria food.

Although the Harvester is not affiliated with Upper Columbia Academy, it has become an essential part of UCA's life.



While the music and gymnastics tours were away, students participated in many different activities instead of attending regular classes

Doing nothing

by Jacob Welch

We all have busy lives and plenty of things to do, places to be, and people to please. We are constantly on the go, trying to stay busy, because as much as we complain, it's what we want. Isn't it? You may be thinking, "Ya right. Why would I choose to be busy?" But it's true: given the choice, most people would quietly choose an insanely busy life and wouldn't hesitate to tell you how busy they are. You see, so many of us are afraid of downtime, and I don't mean scrolling through your Instafeed. I mean literally doing nothing—the moment when your mind becomes relaxed and all the things you've been trying to bury float to the surface.

As a culture, we shame people who are addicted to things, drugs, entertainment, money, and social media, but, somehow, we've normalized, even praised, a busyness addiction. Are we really doing ourselves any favors by staying so busy? If we pull away from being busy, what's left? Not much . . . at least not at first.

Just like Thomas the Tank Engine in the children's cartoon, we all have a desire to be useful engines. Many people prefer to be busy and have many responsibilities. It makes them feel important and valuable. Overachievers consider that title to be a compliment. Are we afraid that if we stop, step back, breathe and just think we won't be able to handle the issues that surface? What parts of your life would you rather stay too busy to confront?

According to Lissa Rankin, MD, "Spirituality emerged as a fundamental guidepost in Wholeheartedness. Not religiosity but the deeply held belief that we are inextricably connected to one another by a force greater than ourselves—a force grounded in love and compassion. For some of us, that's God; for others it is nature, art, or even human soulfulness."

This statement comes from someone who isn't preaching and isn't necessarily a Christian. Nonetheless, she acknowledges the fact that we need to believe in something bigger than ourselves. I believe that is God. With God we can confront those thoughts and feelings that surface as we contemplate. We can find value and peace in simply absorbing the world around us in all its beauty. Just for a moment, do nothing.



The Benefit

by Paul Tucker

This year something was drastically different with the 4-year Senior Benefit. Instead of the usual time of Saturday night, it happened Sunday evening from 4:00-7:00. This change was because after the sun goes down on Saturday, there just isn't enough time to prepare all the delicious food that will be needed.

In years past there has always been a significant turnout to the event, but this year's attendance was significantly less. This cannot be blamed entirely on the fact of the time change, although that may have played a part. A contributor to the lower attendance may have been snowy weather earlier that weekend, creating poor road conditions. The ones who really suffer from the lower attendance are the classes, who did not make as much money as in previous years and will now have to find alternate means to fund future events and trips.

Student-led worship

by Christian Klingstrand

Upper Columbia Academy is a private Adventist boarding school. This statement alone is likely one of the leading factors that attracts the attention of people from the Christian community. Christian private schools like ours have a vastly different schedule of required activities than the average public school. Ours include bible classes that are essential for graduation, numerous dorm worships, Sabbath activities, and special assemblies. These are vital elements of what sets us apart from ordinary high schools. The promise of spiritual support and development is what draws many parents to send their kids to Upper Columbia Academy.

I believe this school has made a commitment to lead students in a positive way and help build a foundation that will stand firm with their graduates for the rest of their lives. Required events and activities are obviously necessary to follow through with this commitment, yet I believe that we can do better.

Students of high-school age are at a crossroads. They are coming to a point where they will choose what they will believe. If Upper Columbia Academy presents our faith as mandatory, it will be resented, and our mission statement will be undercut. We will undo our commitment to point students in the right direction. We should focus time and energy on optional worships that are led by students who want to lead and to serve others. If we give our students opportunities like this, faith will become a priority for individuals who otherwise would have disregarded it.

Junior internships

by Tegan Smith

What do you want to do for you career? That is the question most people dread in high school. Figuring out your life is hard, and that's why our new program at UCA is very useful. Each junior student chose a career they wanted to follow and then a team of people worked on finding a similar job for them.

There were problems such as cancellations and not getting a job of your choice, and a little dread about the week to come set in. But despite these problems, everyone had an experience that helped them to consider their future more thoroughly.

Some went to animal shelters, others went to nursing homes, and still others went to schools, motorcycle shops, and forestry companies. Some people had such a good time they were offered jobs, and others couldn't wait for the week to be over. A few of the internships were only 2 days with 15 hour shifts, while others went for 5 days with 6 hour shifts. Even though some people didn't do what they wanted, they learned something from this experience.

The first year of the internship program went well and brought to light improvements that could be made for future years to make the program even better.

A personal experience

by Sophie Enjati

Junior Internship was a lot of fun. I learned a lot about the career I want to take. I chose to shadow a fourth grade teacher who is a family friend in Liberty Lake and teaches at Liberty Lake Elementary school. I fell in love with her teaching style and how she handled the students. I really want to become an elementary school teacher, preferably a fourth grade teacher.

I learned how to connect with all the children and their parents. It's really important to find that connection so you can learn how to help them in life and school. Mrs. Monson makes a newsletter every week telling the parents what homework and lessons they learned. She also keeps all the art projects and later makes books of them for each student. She is a very organized teacher and makes everyone feel comfortable.

I also learned to congratulate all student accomplishments to help the students learn and to remember that good feeling that comes from learning. It's really important to make your classroom feel safe and a nice learning environment as well. Also, you can make your classroom reflect your personality. All in all, I had an amazing time. Internship week was definitely helpful for me.

Junior-Senior banquet

by Joelle Townsend

On March 17, 2019, the Junior-Senior Banquet occurred. This is a much-anticipated opportunity for juniors and seniors to get away, and the junior officers put many hours into planning this event to honor the seniors.

After HOPE, the junior officers headed over to the Spokane Valley Seventh-day Adventist Church. The event was originally planned for the conference office until they cancelled our event for a retirement party. The theme for the night was "Under the Stars." To decorate, we took fairy lights and put them around a wood block in the center of the table. Then we took navy blue tulle and put it over the lights for enhancement. We had silverware and plates that looked really fancy.

I was in charge of the photo booth. I took window curtains and hung them on a pipe frame and put Christmas lights behind them to be like stars. Gold wooden stars were hung on the front, and on the floor were navy and silver balloons.

Finally, at 6:30, everyone arrived. We dimmed the lights, turned on background music, and started the night with a slideshow tribute to the seniors. After that, Pastor Sid dismissed tables for the food, which was delicious. There were three different noodle dishes, salad, and breadsticks. For dessert, we had cheesecake samplers and ice cream.

Our first activity was Kahoot. There were various questions about staff and students. Then, the hit of the night came. We did lip synch battles. Sasha Paago and Benji Buursma started with the song "All Star" and it got better from there. Several people were pleasant surprises. Koen McCann did an amazing rendition of "Baby" by Justin Bieber. Mr. Gladding did a rap song to "Evie," which was amazing. Deanna Verkovod, Beverly Talakua, and Sophie Enjati did "We Will Rock You" by Queen.

Overall, the night was an absolute success. Juniors hope that next year the incoming junior class will continue this tradition as it is a favorite for all.



Vanessa Bambe, Gabriella Srikureja, Sydney Beaubien, and Julie Van Arsdell prepare to enter Spokanimal during Junior Internship Week.



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Unseen guardians

by Elaijah Alvarado

Winter has ended and the spring temperatures have melted the heavy snow UCA received in February and March. Now, it is easy to forget just how much more treacherous the conditions would have been were it not for the consistency of our maintenance workers. Rain or shine or snow, the maintenance workers are tasked with maintaining and ensuring the campus of UCA is safe and usable for both staff and students.

The late winter was a surprise. The unexpected snow drifts caught most off guard when most thought that we could have had a snowless winter this year. However, no matter how much snow fell or how much ice froze each morning, if one woke up early enough, Mr. Kramer, Mr. Williams, or another maintenance worker would be spotted clearing paths. With snowdrifts the height of cars, and sidewalks completely covered, passage around campus would most likely have been impossible without our diligent pathway-makers.

Now we welcome the spring flowers and warmer days with open arms, and walking on icy sidewalks is no longer a worry. It is shorts season again! But for whatever season hits, whether it be icy rain or blistering heat, the maintenance crew will always be on task, working hard to provide a better and safer campus for all.



Mr. Williams clears the snow from the sidewalk between the Ad Building and the Gym



photo by Donovan Andregg

ACRO Soul perform during Academy Days

2019

