



Jessica de Oro, Lacey Ringering, Katrina Yeo, Keity Hodgson and Cheria Hunter work at the church building site in Borneo

Students build more churches in Borneo

by Cyndi Rearrick

Spring break this year was very eventful. Many people went home to see their families, but others went on mission trips. I went on the mission trip to Borneo, and it was a great experience.

All of us who went to Borneo left school a couple of days early because it takes so long—about 30 hours—to get there. Once we finally arrived at Bintulu airport and stepped outside, we could definitely feel the heat.

We arrived to a big welcome from the friendly people at our long house, but had to get to bed pretty quickly because long days of work lay ahead.

There were two work crews, each building a church. It was definitely not easy work, particularly because of the heat. Some people got overheated and were unable to help for long periods of the day. We were afraid this would set us back too far, but with God's help we were able to finish the two churches and do even more than we planned.

On the final Wednesday, the mission team had a fun, relaxing time at the beach but returned on Friday for the church dedication on Sabbath.

It was a great experience, one I would recommend to anyone thinking about participating in a mission trip.

Guatemalan trip succeeds

by Natalie Ball

On March 14, 37 people, including a handful of UCA students set off on a mission trip to Guatemala. They were heading to the small town of San Luis, roughly seven hours from the capital, Guatemala City. The group, though quite small, was able to accomplish quite a lot.

When they arrived, very little had been prepared for the planned building project. Ditches had been dug, but that was all. But by the time they left Guatemala, there was a brick building with tin roofs, windows and doors, standing 90 percent complete.

Every day the group worked from 7:30 a.m. until 5:30 p.m. with a break for lunch. At 5:30 they had dinner, hit the showers, and then less than an hour later started setting up for an evangelistic series and Vacation Bible School.

By the end of the visit, ten people had decided to give their hearts to Christ, and even more decided to start following the Seventh-day Adventist faith.

Although the mission group did much, the Guatemalan people also did a lot for them such as bringing food and supplies nearly every day.

The group also visited the Mayan ruins on one of the last days and discovered how fun it is to barter away money in small town shops.

Together the group returned to the United States on March 27, not only as a team but also as a family in Christ. The Upper Columbia Conference Guatemala Youth Mission Trip was undoubtedly a success.

College Days 2006

by *Adrielle Salinas*

The senior class of 2006 pulled out of the UCA parking lot at 1:15 p.m. one distant Sunday afternoon. Not all the seniors on that bus knew what to expect. Many had been to Walla Walla College before for band or choir clinics, but none of them had been a part of College Days.

As the seniors made their escape, the juniors breathed a sigh of contentment. That Sunday, and for the next two days, they would rule the school. Some juniors even got to skip out on their senior classes.

The seniors arrived at WWC, unloaded their things, received a welcome and headed to their newly-assigned rooms. The rainy, drippy, foggy and unfamiliar campus would be their home for the next two days.

While the seniors made themselves at home and began to explore their new surroundings, the juniors and lower classmen were stuck at UCA and going to classes.

Most seniors took full advantage of all the opportunities that were offered by the college staff and were grateful to receive helpful advice from current students and alumni. A few preferred to sleep between required events.

The majesty of musical concerts, juggling, improv, worship services and pizza was shrouded by the gloomy weather. But through it all the senior class of 2006 managed to keep an upbeat and positive attitude.

During the farewell worship, UCA's seniors dominated the slide show and the awards. Cheers of joyful encouragement were shouted from the balcony as UCA students received scholarships. "For music, a thousand dollar scholarship goes to Aletha Woodruff, Keity Hodgson, Tonya Perez, Aric Vhymeister, Kavdy Hodgson . . . for science, Cody Lonning . . . for drama, Tommy Poole . . . Jessica deOro . . . Charlie Graves . . . Alan Hayes . . ."

That's right, Walla Walla . . . Look out. The senior class of 2006 is on its way!



Students at the Spring Banquet dressed like Disney characters

Banqueteers don costumes, head to town

by *Rhonda Prokopetz*

On March 5, 2006, the dorms were in a frizzy trying to get ready for the spring banquet. The theme picked this year for the spring ASB banquet was Disney. As students began to file onto the buses waiting outside the dorm, one could see an array of various Disney characters on their way to Central Church's reception hall.

First everyone headed to get their pictures taken. Then they found their places and began the process of receiving food. The menus were in nonsense French so no one could tell what they were ordering. The rules were that you could only order one thing at a time and had to finish it before you could order the next item. Also, a small twist was added: you had to order silverware, too. Many salads were eaten by hand.

Next, about half of the group headed to the skating rink. They had fun with various races and activities. The group that stayed in the reception hall watched *The Computer That Wore Tennis Shoes*.

At 8:30 p.m. the skating group began to head back to the school, while the movie group did not head back until 9:30 p.m. All buses had returned to the dorm by 10:00 p.m.

Although the following day many people went on sick list,

the spring banquet was a complete success. In fact, c'était une soirée merveilleuse!

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GRANDparent weekend

by Jonathan Schreven

What would we do without our grandparents? Actually, we wouldn't really be here in the first place to talk about (or read about) them, so it's a good thing they're around, don't you think! Without them we'd miss out on all those crazy, cool and sometimes catastrophic memories of spending the weekend away from home, fishing, baking cookies (and snitching dough, of course), and sleeping out on the deck and listening to night sounds as satellites whiz overhead and the stars wink mischievously. And we might miss a little good advice. Did I mention eating lots of sweet stuff?

The fact that these friendly folks play such a vital role in our lives is why a special weekend is celebrated every year at UCA. This weekend, all for and about grandparents, is paired with the Music-A-Rama program so that all the grandkids can show off what they've been working so hard on all year to the people they care about so much.

Thanks to all you grandparents who helped make the weekend such a success. We look forward to many more years of "grand" adventure, and back on all the memories that we share together.

Junior class throws a party

by Bill Lenz

A couple of months ago the junior class officers had the idea of having an overnight party on campus to make the class bond and to have fun. "I want the party to be something that kids can just come to and have fun and bond, not feeling pressured to have to do anything," said junior class President Mariah Gage. The officers then went about planning the event and setting the date.

On Saturday, March 11, at 9:00 p.m. the party got started. The party was kicked off by a game in which the object was to get a giant ball from the center of the gym to the opposing team's wall by whatever means necessary. This proved to be great fun. Next, a large game of dodge ball was played, followed soon afterward by floor hockey. Throughout these events, the students also had the option of playing foosball, ping-pong, video games, or board games. After these games, the students were fed delicious home-made ice-cream and popcorn.

At 11:00 p.m. the students were given the option to go back to the dorms and sleep, or stay and watch *Charlie and the Chocolate Factory*. After having some trouble with the projector in the gym, the group moved to the Power House where the movie was shown. About 2:00 a.m., when the movie was over, students moved back to the gym and went to bed.

The students were awakened at 9:00 a.m. on Sunday morning by the sponsors and then helped the sponsors and officers clean up the gym. Cleaning went fast, and the students soon left for brunch in the cafeteria.

The party went well and definitely made me feel closer to all of the students that attended. I look forward to our next chance to have fun together and to a great senior year.

Facing life

by Alex Heaton

The same thing happens every year. Near the end of the third quarter a handful of senior girls and guys decide to get pregnant. Another handful skips the pregnancy and just has the kids. Another thinks that kids are too much, so they get married instead. And a couple of seniors decide they're never too young to start on their retirement plan.

It's interesting to see UCA's modest girls become eight months pregnant overnight. One day they're normal; the next they're bumping into people with their bulging baby bellies. Then five days later, they're normal again. What's even more interesting is to see a guy with a baby belly. What man has ever been pregnant besides Arnold Schwarzenegger?

Those who skip the pregnancy carry around a basket of small children . . . in the form of chicken eggs. That's right. These parents keep their children with them everywhere they go, being overly protective so that no one decides to fry a child, an egg, to satisfy their hunger.

Then there are the couples who decide to get hitched. They take their mushy engagement pictures here on campus and spend time together picking out flowers and honeymoon locations. The engaged gentlemen don't seem too stressed about finishing their wedding plans, but all the brides-to-be are an inch from mental breakdown.

Every once in a while I hear seniors say, "I'm getting too old for this," when they talk about school. Some are really thinking about how ancient they are getting and started some money-management plans to prepare themselves for retirement. They're really getting a head start on the game of life.

Next year's senior class will have the same situations: pregnant girls and guys, chicken egg children, wedding plans, and retirement plans. It's all guaranteed by Mr. Janke's Bible IV class 'Facing Life.' Thankfully the recent events near the end of the third quarter were not real. Each mock pregnancy, egg child, fake wedding, and pretend retirement was graded for credit, and the seniors all sighed in relief when the projects were over.

Home stretch

by *Chris Lawson*

Ah, it's that great time of year again when school is getting closer and closer to the end. This is a great time of the year: the seniors are filled with anticipation for graduation, and everyone is eager for summer.

Seniors have had their two wonderful days off from school at College Days at Walla Walla College. They enjoyed spending time with friends, looking at what classes were like in college, seeing what a class schedule will look like, and finding out for sure what college is all about.

After attending College Days, seniors return with a great urge to get out of high school and find out who they are going to be in life. This great urge to leave and move on to greater things is affectionately called "senioritis." It hits harder than ever in this fourth and final quarter of high school.

Yes, this is the home stretch to summer. In less than two months of homework and tests it will all be over. Those with bad grades need to buckle down and get something done about it. Seniors with senioritis must remember not to do anything too dumb before leaving. Everyone else out there needs to just hang on and make good, lasting memories while the last little bit of the school year flies by.



UPPER COLUMBIA ACADEMY
ECHOES

Is a regular student publication of Upper Columbia Academy,
3025 E Spangle-Waverly Road, Spangle, WA 99031

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New students

by *Serena Aufderhar*

As you walk down the halls you probably don't think about how nice it is to pass your friends and say "Hi." You probably don't think about how nice it is to walk into the cafeteria knowing enough people so that you can immediately find a table to sit at, and you probably don't know how nice it is to know enough people so that you can get rides into town. I doubt that you will know just how nice it is until you don't have it. You probably wouldn't realize how close you are to your friends unless something happens and you find yourself where you don't know a soul and nobody really notices that you are there.

Just imagine the pounding in your chest as you walk through line in the cafeteria dreading having to pick a table to sit at. You are torn between sitting alone and looking like a loser and sitting with strangers who just might think you are a loser anyway. New dorm students have a lot to deal with: they are forced to sleep with, eat with, go to school with, and shower with complete strangers.

I don't know how many times you have changed schools or how many times you have just felt like you wanted to leave school and that your friends hated you. But rest assured, everybody has similar feelings at some point in life.

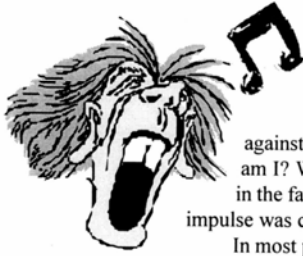
People are different and suffer different levels and forms of stress from being new. Just because people don't appear stressed does not mean they aren't. Take a moment to realize how fortunate you are to know people and to have the friends that you have. Don't ever take anyone for granted because you don't know how long they will be around or how long you will get to be with them. And keep an eye out for those who are new.

A rough quarter

by *Cyndi Rearrick*

The third quarter of the 2006 school year had some crazy ups and downs. It got off to a great start with an amazing student-led week of prayer that touched so many people.

As the quarter progressed, however, many events occurred that caused a downfall in the spirits of many students. The students and staff suffered heartache after classmates and friends were asked to withdraw from the UCA program. The UCA student body was reassured after a comforting joint worship in which everyone participated in lifting prayers for those asked to leave, and the entire school was comforted by the presence of God. We will remember the loss of our classmates, but we must understand that God can use situations like these to teach us and make us better people.



Birthday blues

by *Adrielle Salinas*

The screaming of an alarm clock rips you away from your dreams and throws you against the brick wall of reality. You lie back in bed and try to regain your bearing . . . "Where am I? What day is it? What do I have to do today?" Then a terrifying thought smacks you in the face. Your heart races as you re-count the days. Could you be mistaken? No, your first impulse was correct. Today *is* your birthday?

In most places around the world, every birthday before twenty-five is a jovial affair. Here at UCA, student birthdays are a thing to dread. A person's "special day" is a secret they whisper only to their closest friends, but even in our Christian-based school, betrayal of this type of secret happens in the cafeteria weekly.

"Please, Please, Please don't sing to me in public!" "Oh, we wouldn't do that to you . . . AHEM, MAY I HAVE YOUR ATTENTION PLEASE. TODAY IS A VERY SPECIAL DAY FOR A VERY SPECIAL PERSON . . ."

Shouts of sheer antagonistic delight split the air as almost everybody in the cafeteria turns to grin maliciously at the newest victim of a UCA birthday.

It starts low and after the initial "happy" (usually yelled by the once-close friend who made the announcement), every word and note is indistinguishable. A torrent of noise collides and collapses onto the head of the latest birthday-song casualty who either sinks into a chair while every available ounce of blood rushes to their face or escapes by trying to trot inconspicuously out of the cafeteria.

In the cafeteria a birthday is always the same: loud "singing" followed by stomping, clapping, cheering and, often, tears of embarrassment. In Senor deOro's class there are loud cheers followed by a rousing, off-tune version of "Cumpleaños Feliz." In Mr. Lacey's class, few are courageous enough to evoke the well-known phrase, "ten points off your score." In gymnastics, only those with incredibly cruel friends are presented to the team for the birthday ritual.

So if you have a birthday coming up, or are still recovering from your last one, the thoughts (and stifled laughs) of the student body are with you.

Surviving air travel

by *Ryan Billington*

On the Upper Columbia Academy 2006 Borneo trip, UCA students collectively logged over 2200 hours (roughly 55.4286 hours per student) in airplanes. The students on the Peruvian and Guatemalan mission trips also logged substantial airtime. So although we suffered heavy losses to temporary insanity and rapid personality shifts, all, eventually, survived.

Through endless hours of experimentation and trauma, the following helpful list of survival suggestions has been compiled as an aid to those trapped on airplanes for longer than 5.37 hours.

1. Take along some sort of entertainment. Thumbs are great but are only effective for about three hours. After that, the unprepared travelers lose their minds to intricate carpet design.
2. Try talking to people, even the utter stranger in the seat next to you.
3. When depression and nirvana approach simultaneously, throw a pillow randomly at another passenger, preferably someone known in this or a previous lifetime.
4. Experiment with exciting airplane food. Build random structures that would sell for millions as modern art . . . if you weren't stuck in an airplane.
5. Take snacks. When your mind begins to slip, get a grip by stuffing your face with good American granola bars or trail mix. Excessive eating, after all, solves everything.
6. Have a good supply of Pepto-Bismol tablets. They are key to solving all your problems: worms, indigestion, and the need for revenge if your seat buddy steals your trail mix while you are sleeping.
7. Finally, take full advantage of the wonderful miniature world of airplane lavatories. You can spend much time in there exploring your feet, modeling, gazing into the mirror, and contemplating the unique situations that accompany the use of suction toilets. Always be prepared, however, for the angry line of waiting passengers when you finally leave.

These fail-proof activities should ensure anyone's mental and physical well-being during prolonged periods of air travel.

Schools sing

by **Karlan Wolfkill**

Students at UCA don't usually have much contact with students from other Adventist academies. When they do, it is usually competitive and fosters rivalries. This year has been different. In January the Choraliers went to the Walla Walla College Choral Clinic and sang with students from 11 area academies. UCA students made friends readily and the only competition was in good-natured school spirit.

The UCA basketball team had a similar experience at the Friendship Tournament at WWC. Good sportsmanship and friendship prevailed over rivalries and there was positive interaction between schools.

This spirit of good will between schools was especially shown on the Choraliers tour the last week of February. In the whirlwind 2-day tour, Choraliers stopped at Moses Lake, Chenhalis and Sequim: then, they ended the tour with a visit to Auburn Adventist Academy on Saturday evening. They sang three songs with Auburn's Sylvan Chorale for a vesper program, and afterwards, the choir traded a few of their favorite songs. Sylvan finished the evening with the prayer of Saint Augustine, "Let Me Be an Instrument of Thy Peace, a fitting end to a meeting of peace and friendship.

Streams of light

by **Kent Redburg**

The Streams of Light education youth rally was held to support and bring together schools in our conference. It was held on Sabbath March 4 and took place in the gym of the Yakima Adventist Christian School.

Schools represented at the rally were Valley Christian School from Ellesburg, YACS, and Goldendale. Each of the schools participated in the Sabbath school and church services. Also involved were many home-schoolers who are a part of Seventh-day Adventist education. Each school represented itself by having students recite memory verses, sing, play instruments, and talk about how Christian education has affected their lives. There were several testimonies and question-and-answer talks.

For the sermon the speaker talked about how important Christian education is and shared some personal life stories. Then potluck was held for everyone followed by afternoon seminars for each age category. The youth attended a biology seminar where Dr. Galusha and Dr. Bowman showed new findings that support the Biblical account of the flood and creation.

Everything was very interesting. In total, the rally was successful and many people were blessed.

World famous . . .

by **Ryan Billington**

I had the privilege of going on the UCA gymnastics tour to Yakima and Brewster this March. Over the 5-day tour, the team racked up over 17 hours on the bus. Our team left Thursday evening and stayed at Ma and Pa Soule's house that night. We performed at Yakima Adventist Christian School and then drove to Brewster for a show Saturday night, after which we drove all the way back to Yakima.

Sunday morning found everyone tired, sore, and a little low on enthusiasm. We were scheduled to arrive at the All Nations Center, run by the Kravig family, to give a show and clinic for the kids. Our half-time show, unicycle routine, mixed pairs, and quads all rushed by without a hitch, and suddenly Soule was out on the mat, announcing that it was time for all the kids to come forward.

Each gymnast chose some kids and suddenly life was teeming with shouts, yells, and people everywhere. I picked out two boys. Then David Wheeler and I set to work teaching them the tricks of the trade. After several stunts, we were running low on ideas, so we asked the boys what they would like to learn. After a mumbled, "I don't know," the eldest looked up and said, "Umm... do you know my sister? She goes to UCA. Oh, you wouldn't know her. You're world famous." I chuckled and helped the youngster into position for a Front Angel, but his words echoed inside my head... *world famous*.

We finished the clinic and wrapped up the show, which had gone fairly well. While almost all of the pyramids had gone up, it seemed our timing was farther off than in previous shows and that we weren't as together as a whole. After the mats were rolled, the trailer packed, and the pizzas eaten, we loaded the bus for a 3-hour trip to UCA. Still the boy's words would not leave me. I didn't even know him, yet our 10-minute interaction had left my mind spinning. I saw him as a normal, wide-eyed kid with a shy smile and a timid voice. In his eyes, we were a world-class gymnastic team that was taking time to play and be friends with *him*: to show him how to stand on top of a pyramid of giants, and to give him a high five.

In life, we don't often see ourselves through the eyes of others. The sight of our character, our way of interacting, and our everyday actions is limited to a single perspective. We are almost blind to the ways we affect others, the thoughts we inspire and the impact we have. For the gymnastics team on the tour, working and connecting with those kids was a simple part of our show, but for the boy I worked with, it was almost surreal. It's the everyday events in life, the everyday moments we live that can mean so much to someone else: a smile, five minutes of connection, an encouraging note, a caring question that shows not our face, but the face of Christ. Living is for Christ. Not Week of Prayer, not a handful of Sabbaths. Living. And that, my friends, is beyond anything else—even being world famous.

The monthly commute

by *Aletha Woodruff*

The sun is glaring into your squinted eyes. Your right leg has been asleep for 45 minutes, and you're hungry because you didn't pack a lunch this morning. Fields surround you as far as you can see (which isn't far since you forgot your sunglasses). But you couldn't be happier. You're going home! You could, however, be more awake: you're paying the consequences of the homeleave-night party you enjoyed last night on 2nd floor.

Yes, you know what I'm talking about: the Great Migration to all corners of the Evergreen State that occurs nearly every month. The Alaskans do truly have further to go, but they fly. The rest of us have the immense pleasure of driving for two, three, or even five hours. So what do we do when eyelids droop to the utmost depths of their ability? Turn up the music, of course and keep one's eyes peeled for the closest gas station that sells Red Bull.

Because of these challenges, those unfamiliar with the trip across the state might believe it to be uncommonly dull and dangerous. Although this is always a possibility, the seasoned upper-classmen would be able to tell them that such a scenario is not necessarily the case.

There are numerous benefits to this monthly journey: you may become better acquainted with some of your fellow classmates/carpool buddies, you may become better acquainted with your musical resources, and you may come to a better understanding of the price of fuel, so opening your eyes to a more realistic view of the world.

National Honor Society

Membership in the National Honor Society at Upper Columbia Academy is based on scholarship, leadership, character, and service. These are the criteria established by the National Honor Society.

Each spring a committee evaluates all sophomore, junior, and senior students who attain a grade point average of at least 3.5. Scholarship is the most important criterion and includes not only gpa but also the number and difficulty of classes taken beyond the basic graduation requirements.

Unusually negative or positive demonstrations of leadership, character, and service also effect a student's selection to the UCA chapter of the National Honor Society.

Membership in the Society is both an honor and a responsibility. Students selected for membership are expected to continue to demonstrate the qualities by which they were selected.

Devotions

by *Michael Steingas*

Senior Bible this year has included discussions about moral issues, college, our future families, personalities, and a wide variety of random topics on Open Line Friday.

But fourth quarter is different. Instead of looking at our future in scholastics or preparing for planning for a family, the class is examining their spiritual life, specifically devotions.

As the school year draws nearer to June 4, things steadily get busier. More homework, more handouts, more prep for graduation, more mailings from colleges . . . and in between all that God sometimes gets left out. The focus in the last quarter of Bible is extremely helpful because the reminder to do devotions is constantly there. It is not so much homework but a prompt to include God in our lives and give our worries to Him.

Devotions are made more powerful by discussing them with other people. By exchanging ideas and trading thoughts, devotions become more real and insightful, and what we discover may help someone else more than we know. There isn't anything to lose.

Fighting sickness

by *Jonathan Woodruff*

This past winter seemed to be full of people getting sick. The end of February seemed to be especially bad with a rampant flu virus on the loose. At one point there were over 40 students with influenza on sick list, and many were sent home to recover.

Some of you might think that preventing bugs like these from spreading is impossible and may not be too concerned now spring is here. But there actually is a lot that can be done to cut back on sickness at any time of the year. The number one way is to wash your hands after coughing, sneezing, or using a restroom, and before you eat.

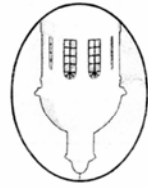
Another prevention method is to cover your mouth when you cough or sneeze. Covering your mouth keeps germs from spreading through the air, but if you don't wash your hands, you will spread the germs to everything you touch.

Finally, drink plenty of water and be sure to get enough sleep. Avoid excessive amounts of sugar, and eat plenty of healthy food including fruits and vegetables. This will help to keep your immune system strong.

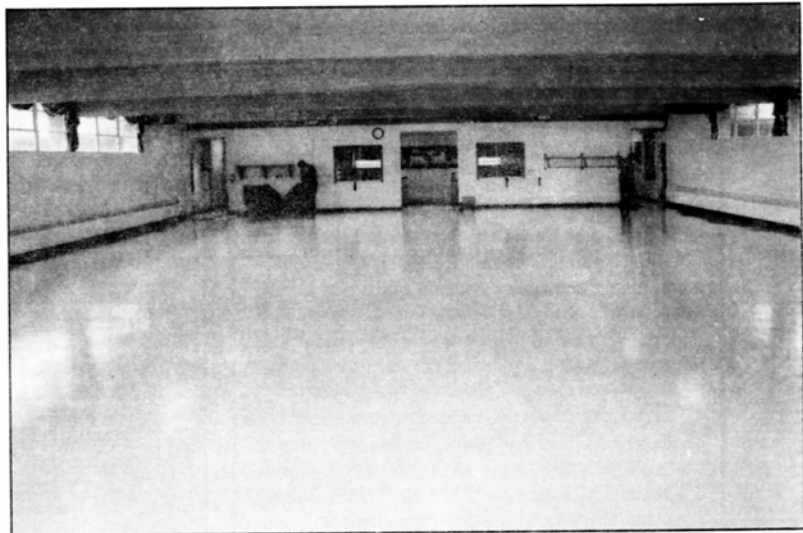
I would strongly suggest that we put these simple practices into use, especially with the possible outbreak of Avian Flu in the future.

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Bob Lenz enjoys outdoor studying on front campus during a spell of springtime weather



During spring break, all the tiles were removed from the cafeteria floor and new ones installed.