

UPPER COLUMBIA ACADEMY

ECHOES

MAY 2006

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NUMBER 6



All year we've been creeping towards the edge of this precipice we call *graduation* and now the time has almost come to take that final step and become airborne. For many of us, this step may result in a free fall for awhile, while others will spread their wings and soar to new heights. The possibilities are unlimited. Where will you go? What will you do? Who will you become?

We all dream of becoming great, but how many of us will actually reach out and embrace that goal and dream? Our motto this year has been "No Limits" and with God we all know that all things are possible. But do we live like it's true? I think that most of us can say that we don't. I know that I don't always remember that. I think, though, that we should always be pushing the edge. A great way to put it is like this: "If you're not living on the edge, then you're taking up

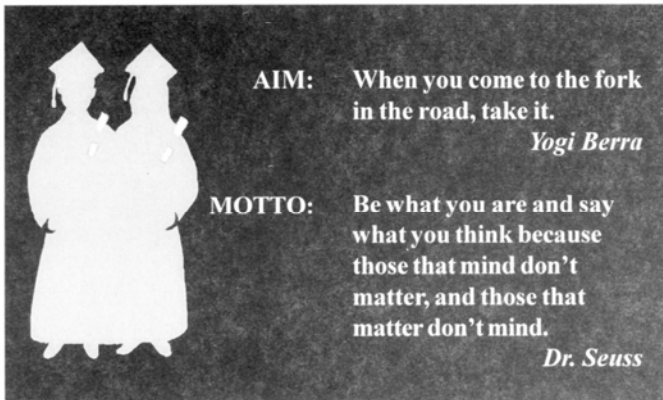
too much space." God made us naturally curious creatures; why shouldn't we continue to be inquisitive about the places only God can take us?

A chapter in our lives is coming to a close and a new one is about to begin. You may be thinking, "I'm not the kind of person who likes to live on the edge." That doesn't matter in God's eyes, though. He only wants you to trust Him and follow his leading. Sometimes that may mean that you must be pushed out of your comfort zone but remember, sometimes your greatest victories for God come when you simply "preach without words."

So as the year comes to a close, I have to say that it has been amazing! From Senior Survival on, I can look back and say fun times were had. We've made friendships that will last a lifetime and hopefully into eternity. As we go our separate ways, I hope and pray that we will continue to remember to live each day as if it were our last, to truly live with "No Limits."

Jeff Gilbert
President, Class of 2006

CLASS OF 2006



AIM: When you come to the fork
in the road, take it.

Yogi Berra

MOTTO: Be what you are and say
what you think because
those that mind don't
matter, and those that
matter don't mind.

Dr. Seuss

STUDENTS OF THE YEAR

Spiritual Leaders

Shari Fogelquist

Tommy Poole

Staff Choice

Alice Kravig

Cody Lonning

Principal's Choice

Alexia Heaton

Nolan Kinne

Student Choice

Shari Fogelquist

Tommy Poole



Cathedral concert

by *Karlan Wolfkill*

On May 26, the choral groups under the direction of Curtis Anderson and accompanied by John Oss will finish the year with the seventh annual Cathedral Concert in Spokane. The program features the music of Choir, Choraliers and Octet and will also include music from a French horn quartet and a string quartet that includes UCA's strings teacher, Jason Bell, and the organ music of Mr. Oss.

This will be the second year the Cathedral Concert has been held in the Cathedral of St. John the Evangelist. Mr. Anderson believes that singing in a place like St. John's is essential to a singer's experience. He frequently says, "You have not lived as a singer until you have sung in a cathedral with a good pipe organ."

Invitations to the concert are sent to parents of choir students and to churches in the conference. People come from all over the Northwest to the Cathedral Concert every year. One week before graduation, it is the climax of the choral year at UCA, and the last few weeks of the year are spent busily learning and memorizing music. This year is the first time that all of the choral groups will sing all of their songs from memory.

Once the Cathedral Concert is over, there is definitely a strong feeling on campus that the year is almost over.

Bloomsday 2006

by *Jessica Heiser*

On May 7, thousands upon thousands of people (45,000 was the prediction) were crammed like sardines and segregated into street blocks. It was a people watcher's paradise: the variety was immense, all ages and all sizes. Some had been training since last Bloomsday; others decided that morning to join in the run. There were some that were decked out in spandex, others in wild costumes, and still more in jeans, often pushing baby-filled strollers. Despite the variety, all were eager to begin the race, which this year featured microchip timing and new start and finish lines.

What awaited runners on this 7.5 mile trek was a conglomeration of garage bands, belly dancers, nuns, firemen, protesters and an Elvis impersonator, all willing to wave and smile at the mass of Bloomies that surged or staggered by.

When the miles have been braved and the finish line crossed, all of Spokane comes together in the park to consume carnival foods and show off their new Bloomsday shirts. It is a time of unity in the city, and even those who come from far away are accepted and invited into the Spokane family. Were you there this year?

Fitness frenzy

by *Ryan Billington*

It seems that spring has brought a newfound revulsion to idleness. In the men's dorm, the residents are pouring out in droves to run in the wheatfields or get pumped in the weight rooms. Even diehard computer and book advocates, who in the wintry months held the largest contempt for such activities, now seem open to giving fitness a try. The couch potato trend is fading, replaced with sit-up routines and an endless stream of new faces flushed with a passion for pushing iron.

Dean Wampler, the local bodybuilder and fitness guru, has been swamped with requests for work-out programs, helpful tips, and questions about the techniques of the trade. Supersets, maxing out, rep numbers, and rest times have become common phrases to almost all male residents thanks largely to his influence. When asked about this new addition to his role as a dean, exercise physiology major Jeremy Wampler stated, "Every single guy in the dorm wants an individualized plan. Too bad I'm not charging them . . . I'd be rich."

Students have even taken their passion beyond campus. A handful of brave students and teachers darted through the crowds and dashed the 12 kilometers of Bloomsday to the finish line. Bicycle enthusiasts have been out and cranking over fields and roads alike. There seems no end to the exercise craze that is sweeping our small school. Is it the cafeteria food? Perhaps it is the golden sunshine that has graced our campus. Regardless, this exercise trend has touched every hall in the men's dorm.

It's always great to see anyone get excited to change their lives by getting and staying in shape. Paul says in a letter to a good young friend of his, "Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next."

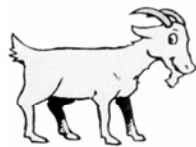
It is my hope that this May sunshine and crisp air inspire us not only physically, but also spiritually. May we open up to God with a newfound thirst so that His Spirit will consume our lives with such fire that our lungs will be burning like after that first mile long run of the spring. May we go and fill the world with pumped up people for Jesus.

CORRECTION:

On the back cover of the April *Echoes*, Bill Lenz was mistakenly identified as his brother Bob, who graduated from UCA as an illustrious member of the class of 2003.

Grow a goat

By Alex Heaton



A recent visit to the cafeteria might cause a stranger to ask, "What's up with all the goats?" Or someone might've noticed some students and staff haven't shaved in awhile. Well, "what's up" was a school-wide fundraiser—not for new uniforms or field trips but for the Chutapakkam colony.

What is the Chutapakkam colony? It is a colony for lepers in India, and they were in need of forty goats and a goat shed. The whole project ("Grow-a-Goat") cost \$1540. So here's how UCA eagerly helped: The participating men, students and staff alike, decided to not shave their goatees for a month. Then they found people, like students, staff, friends, or family to sponsor them for growing their goatees. Several staff members like Mr. Paulson, Pastor Fred, and Mr. Janke were even sponsored to shave their goatees before growing them again.

When the fundraiser started, Tommy Poole, one of the two student Grow-a-Goat organizers, expressed that it was all about UCA sacrificing of themselves to help someone else. For example, instead of spending money on a trip to Spokane for ice cream, students were encouraged to put the money they would've spent on gas and ice cream towards helping the leper colony.

It was obvious that God's hand was working with UCA because the goal of \$1540 was met before the fundraising month ended. The funds were sent to the Rising Star Outreach headquarters in Alpharetta, Georgia, where 100% of the funds go straight to the projects in India.

What's even cooler about the donation UCA is giving is that it doesn't give just once. Rising Star Outreach provides loans for micro-businesses to get started in the colonies. The President, Becky Douglas, kept in contact with student Alex Heaton throughout the fundraiser explaining how our donation will make a phenomenal difference. Our donation makes it possible to provide loans for the forty goats and the goat shed that the \$1540 goal covers. Little by little the loans are repaid and recycled helping more and more lepers change their lifestyle from needing to beg to providing for themselves and their families. The goal of Rising Star Outreach is economic rehabilitation through micro-lending. Becky Douglas emailed saying, "Thank you so much for your kind interest in our work and your generous willingness to help support it."

Check out Rising Star Outreach at www.risingstaroutreach.org and click on "Colonies for Leprosy Affected People" under "Projects."

Alumni Weekend

May 5-7

20 members from UCA's first graduating class (1946) were present.

1200 came for the event.

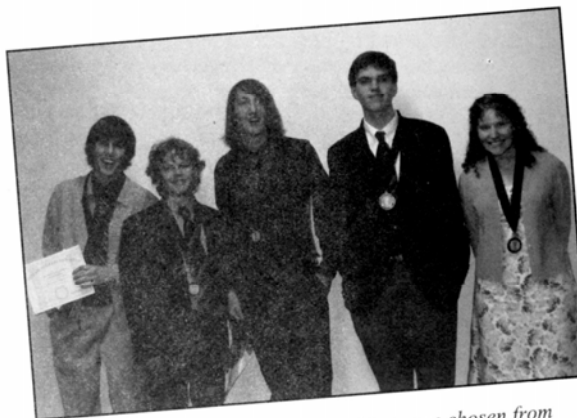
3 Alumni traveled from Australia to get here. The oldest alumnus present was from YVA's class of 1934

The Sabbath morning offering was almost \$6,000.

Four retiring staff members were honored: Phyllis Bretsch, Harriet Lange, Jerry Lange, and Ron Turner.

Alumni easily won Sunday's softball game.

Celebrating 60 Years



Each year top students in different subjects are chosen from Spokane area high schools to be honored as Spokane Scholars. This year's UCA Spokane Scholars were Cody Lonning, History; Karlan Wolfkill, Math; Charlie Graves, Science; Aric Vyhmeister, Fine Arts; and Alice Kravig, English. The students attend a banquet, listen to an acclaimed guest speaker, and receive medals and certificates.

Giraffes and flip-flops

by Ryan Billington

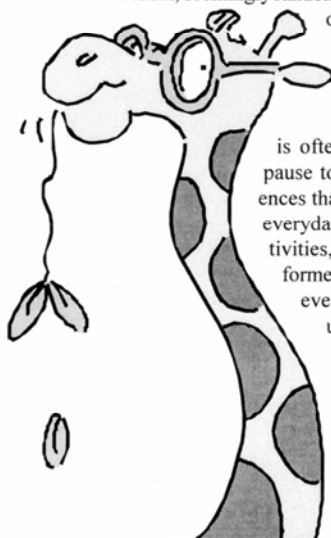
Unique fascinations held by different people are quite intriguing. A love for a certain squeaky pen has dramatically affected most UCA students' academic experience, and this year would not have been the same without a certain ASB officer's fire for Ephesians 3:16-19.

Dancing in the bathroom, rubber duckies, "questing", the squishiness of a sea anemone, giraffes, penguins, lime green flip-flops, the cloudy skies of Portland . . . there is no end to the list of these special fascinations.

Some come with stories, several with personality, and many with "don't ask why, I just do." But these individual, seemingly random interests can often expose sides of a person that are otherwise impossible to see. They offer insights that words cannot capture.

Although "being unique" is often beaten to death, only a few pause to appreciate the specific differences that break up the monotony of the everyday. In this year's final rush of activities, it seems that time is often transformed into a cyclone that rips through every aspect of life. Later, we wake up and realize that time, events and people are gone with the wind.

In a quiet moment, remember to take the time to notice what's unique and pause to thank God for diversity . . . and for the person next to you.



Marine biology class gets wet

by Mariah Gage

On Sunday morning, April 23, 61 Marine Biology students gathered at the flagpole and began loading the bus for an eight-hour drive.

They were headed to Rosario Beach to learn about the marine life along the Washington coast. The students had been anticipating this long field trip for a long time. "I can't believe we're finally going," Rhonda Prokopetz remarked. "I've been looking forward to this trip all year."

Each day at Rosario was spent doing various activities including tide-pooling, digging in the mud for marine worms, whale-watching and exploring museums. At night students went to a dock to see the bioluminescence caused by throwing rocks into the water. Each student was required to keep a journal with various writing assignments and lists.

On Tuesday the students awoke early to catch the ferry to the San Juan Islands where they searched the tide pools for crabs, sea urchins and other marine life. They also visited the whale museum and explored Friday Harbor. At sundown students enjoyed watching the sun slip behind the horizon while Pastor Fred led worship.

On Wednesday the trip ended with an exciting visit to the Seattle Aquarium and a long drive back home.



AP tests

by Serena Aufderhar

Your palms sweat. The tick of the clock echoes in your ears. Words on the page blur into unrecognizable scribbles. As hard as you try to conjure up some logical answers, your brain has already shut off. Your force your mind to concentrate and focus on the page, but the buzz of silence refuses to let you stay focused for long. Then, just as you feel a calmness start to take over, you hear the dreaded words, "Your time is up. Please put down your pencils."

Advanced Placement tests are similar to the ACTs and the SATs but slightly more challenging. They are long and tedious, taking up four and a half hours. The tests do not affect students' class grades, but their results will determine whether they receive college credit for the year's brilliant work and devotion to scholarship . . .



UPPER COLUMBIA ACADEMY

ECHOES

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This month's contributors included:

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Bill Lenz, Christopher Patchett, Adrielle Salinas,
Jonathan Schreven, Michael Steingas, Darcy Sturges,
Alex Turner, Karlan Wolfkill,
and Stephen Lacey, adviser

Varsity soccer returns

by Alex Turner

This year a varsity soccer team has been assembled along with the usual softball team. It has been several years since UCA has had a varsity soccer team and many students were ready for the games to begin. To challenge the varsity team, some took it upon themselves to form a rival team, the Outlaws.

The varsity team, the UCA Lions, has fourteen members from all classes and is coached by future task force dean Brian Williams and Dr. Carter. Recently, they played two games, the first on April 25 and the second on May 4. Both were against the Outlaws. The Outlaws are a hastily-formed twelve-person team made up of the students on DF&I, tutors, and random students who simply enjoy soccer. They do not have a coach but work together to form a very competitive team.

The first game between the Lions and the Outlaws was a grueling match that ended with a tied score. In the second game, one student observed the Lions showed "crazy improvement." According to Steve Martinez of the Outlaws, "The team that practices wins, and Varsity practiced and got their positions down." The final score for game two was 5-1 for the Lions although the Outlaws put up a valiant effort.

The Lions hoped to get in at least four more games this year against local teams, and both teams continue practicing.



Spring band tour ends year in style

by Christopher Patchett

On the weekend of April 12-14, band students piled into a bus and van for their spring tour. Over the course of the weekend, they traveled to Milton-Freewater, the Tri-Cities, and Yakima.

The weekend began as students loaded their instruments and belongings on to the bus. However, this wasn't the ordinary school bus. In tribute to Mr. Lange's final tour, Mr. Turner had arranged to use a \$400,000 bus so Mr. Lange could go out in style. This was a surprise to Mr. Lange, and the students were excited to travel in a luxurious bus.

The bus left school at 7:15 Friday morning for Milton-Freewater. Along the way, the students were entertained as they watched *Garfield: The Movie* on the TV screens spread throughout the bus.

After arriving at Milton-Freewater, the band set up and gave a concert at the Adventist elementary school. Then, after loading the trailer and eating, the students climbed back into the bus for the trip to Tri-Cities.

After hanging out at the Columbia Center Mall, the band went to Tri-Cities Junior Academy for their evening sacred concert. After unloading the trailer, students found themselves with a little free time and went out on to the playground for some fresh air. A delicious dinner followed, and after that came the concert, renditions of familiar hymns. Following the performance, the students went as guests to homes and enjoyed Friday evening and Sabbath with their hosts.

The band finished their tour by driving to Yakima on Sabbath afternoon, where they performed both a sacred and a secular concert that evening.

The tour was not only pleasant for students but was also sentimental for Mr. Lange. This last tour was very similar to his first: both visited the same cities, both gave spectacular performances, and both were very memorable. The band thanks you, Mr. Lange, for all your hard work here at UCA over the last 37 years and wishes you happiness in the future.



Junior John Lubke traces senior Alan Hayes' shadow as juniors start preparing decorations for graduation weekend

Academy Day

by Bill (not Bob) Lenz

Aw yes, Academy Day, the day when you come to school and find unfamiliar faces running to and fro. You wonder what is going on before you remember it's Academy Day. "Yes!" you think. "We don't have math homework today! Will we have Chemistry? Shoot. That's right, Chemistry is a morning class and we are only getting afternoon classes off. Hmmm. That's better than nothing!"

You finish your morning classes, eat lunch, and then have to make your way to the gym for an assembly. The band plays, the choir and Choraliers sing, and they you're free for the entire afternoon to relax and do whatever you want. You get to walk around campus and visit with people from other schools around the state and maybe even see some old classmates.

After an afternoon of having fun and goofing off with friends, you again go to the gym and watch the gymnastics team put on a show. The show is good and you are glad you stayed around to watch it. Then reality strikes. You remember that backpack full of homework you have to do, so you say goodbye to your friends and rush off towards home.

What a blessing nice, easy days like Academy Day are.

(Around 140 students and 60 adults visited UCA on Academy Day.)

Goodbyes & preparations

by Adrielle Salinas

With grins of excitement and sighs of relief, students of the 2005-2006 school year are preparing to say goodbye. For many, this will be their last goodbye to UCA student life. Others still have three more years. All current students are thinking, "What will next year hold?"

Teachers are preparing for the end of the year as well. Some are preparing for the heartbreak they experience each year as the senior class walks off campus for the last time. Some are preparing for the solitude summer brings. Most teachers, however, are arming themselves with many massive tests to fling at students before the years ends.

The parents of students are preparing to have their wonderful children home again. By the end of every school year they have forgotten the peaceful feeling of bliss they initially experienced as their children left.

Siblings of students are preparing to have their brothers and sisters back. They think they missed them so much! They too have forgotten how excited they were when their siblings left, and while parents will be in denial about how much they enjoyed the quiet, younger siblings will remember all too soon.

For students, faculty, parents and even siblings, the end of the school year is a time for preparation and mixed emotions. No one can know what the future holds, but don't worry: God holds the future.

Looking back

By: Michael Steingas

Much has happened since August when the school year began. But now, things are wrapping up and most us are counting down the days until the end of school.

For Seniors, the last few weeks are spent focusing on the future.....graduation, summer jobs and college. We spend so much time looking forward that we don't think to look back. Think about the events that have happened this year. Remember what you were involved in, people you were hanging out with and memories that you may have forgotten.

At the beginning of September, the student body voted to forfeit going to MiVoden for the annual Fall Picnic. Instead, we donated the money we would have spent on transportation to hurricane relief efforts. Later in October, a banquet was held to raise additional funds for the cause, specifically Hurricane Katrina. Both these events together collected \$4,500.

Campouts and Weekend Retreats allowed classes and organizations to unite. Before school started, the girls and guys RAs, ASB officers, and faculty arrived

early to plan and pray about the coming school year. We focused on making the school year the best in activities and with God. In mid-September, the Freshman, Junior and Senior classes went their separate ways into the woods. We focused not only on survival skills, but on Jesus Christ and making our relationship with Him and others better.

Amateur Hour and Senior Recognition have both passed. But if you pull out the old programs, you'll remember Tommy Poole's "UCA Blues", Janke's stand-up comedy, and Get-Out-of-Social free cards.

HOPE Taskforce carries memories as well. Besides work and labor, most of us can think of humorous incidents that happened while working with our friends.

What about our school theme? No Limits. It's been a long time since it was chosen. How much are you putting it to work in your life? Things may get rough as school winds down. But if we remember to let God work in our lives, there is no limit to the happiness He can fill us with.

Taking things for granted

by Alice Kravig

What would we do without the janitors and maintenance people?".....

Have you ever considered that question? What would it take to make you notice and appreciate the work of those who keep our campus clean and functioning? Our maintenance department employs nine students, and a total of eighteen janitors work in the ladies' dorm, the men's dorm, the music building, and the administration building. Gentlemen in the maintenance department get up long before most of us on snowy mornings in winter and go out to shovel snow so we can walk on clean paths; they keep the lawns mowed and flower beds weeded; they salt sidewalks in winter so we don't slip on the way to classes; they empty the dumpsters so the janitors have a place to deposit garbage collected from receptacles around campus; and they do myriad other small and large acts of service to our school, such as changing light bulbs, unclogging drains, fixing drinking fountains and leaky faucets, and reattaching doors that fall off their hinges. Janitors keep our bathrooms clean and stocked with supplies; pick up garbage in the halls; empty trash; clean windows; sweep, mop, and vacuum floors; straighten and clean desks in classrooms; and in so many other ways keep our buildings looking clean and respectable.

But how many of us actually think of these tireless workers except when we find something that needs to be done? Too often we are quick to see that there's soap on the counter or dust on the paper-towel dispenser, and slow to notice that the bathrooms have paper towels and toilet paper and soap in the dispensers. We observe that a light is out or a lawn needs clipping, but fail to realize that we only notice that particular light or lawn because the rest of the lights are on and the other lawns have already been mowed.

So, next time you see garbage in the hall, don't think that a janitor isn't doing his job—pick it up yourself and do that janitor a favor. Next time you have an irrepressible urge to kiss a window, think of the person who will have to clean it and repress the urge. Thank a maintenance worker for the jobs they do. And follow their example by doing something today to make another person's life easier.

Fasting

by Darcy Sturges

In Mr. Janke's Facing Life Bible class, seniors are studying about personal devotions. One of the sections covered was about fasting—how it can be used in a relationship with God and the Biblical history behind it. This study inspired some seniors to fast. Now most seniors, since they are in Facing Life, understand fasting and can respect an individual's decision to go on a fast. The rest of the student body, however, is left in some confusion as to why a person would ever fast.

Way back in Bible days, people fasted on average a couple of meals a week and gave the food they would have eaten to people who were truly hungry. This not only created more time in the day for that person to spend with God, but also helped the truly starving and poor people in their society.

It may not be practical or safe to give up food for one meal or a period of time, but food is not all one can give up. Shopping, reading, Internet, games, talking on the phone all can be given up. Any activity that takes up a lot of time may be a good thing to give up for a while and to replace with time spent learning more about God.

Fasting, especially from food, should only be done for spiritual reasons. Some may not know how fasting affects the body. Here's a timeline of what happens to an average person during the days of a fast:

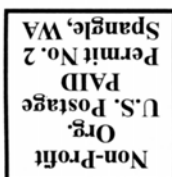
days 1-3	feelings of extreme hunger
day 4	dizziness
days 5-8	no hunger, almost a normal feeling
days 9-10	extreme energy and concentration
days 21-40	body fat has been eaten away and muscle starts to be eaten away. This is the point of technical starvation.

The decision to fast must not be made lightly, and a fast must be carefully monitored. Remember, the purpose of fasting is to make more time for God and to grow closer to Him. It should be attempted for no other reason.

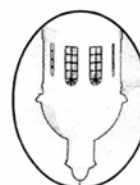
Senior Class Text

For this reason, I bow my knees before the Father, that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man; so that Christ may dwell in your hearts through faith, and that you, being rooted and grounded in love, may be able to comprehend and know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

Ephesians 3:16-19



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Unexpected beauty

by Jonathan Schreven

Have you ever been on a long trip where making good time was the main goal? How much of the beautiful scenery around you did you actually notice? Chances are you really didn't pay much attention to what was whizzing past your window at mach 1. (OK, maybe it was only 100 mph.) Chances are whatever speed you were driving, it wasn't within the law. Right? But I digress. My point is that while you were concentrating on the noises your radar detector was or wasn't making, you missed all the mountains, fields, wildlife and other beauty that surrounded you.

The same thing happens when you are at school. On a normal day you are so worried about whether you have enough time to make it to your first class that you completely miss some of the most amazing and pristine view of campus and the world that surrounds you. I think that's boring! So try something new for a change: allow yourself just one or two extra minutes in the morning and take the long way around. See if you can find a new "snapshot" somewhere you've never noticed or even thought of looking before. Who knows, it might be just what you need to jump-start your day!



Photo by Jonathan Schreven

REGISTRATION FOR NEXT YEAR: SUNDAY, AUGUST 27