



Local members make it real

by Alec North

Upper Columbia Academy Church members spoke to students during the Fall Week of Prayer.

On September 15-20, UCA hosted a series of meetings, called Week of Prayer. These meetings were held in the UCA Church. The speakers gave their testimonies, telling students that they have all struggled and continue to struggle with their spiritual lives. Two of the speakers, Ken Wirtz and Rachelle Wetmore offered their support and help to students. They said that they wanted to be there for students and show them that they are not alone.

The theme song for Fall Week of Prayer was *Power in the Blood*. The song shows that no matter what you have done in your life you can overcome with the power of Jesus on your side. This was especially relevant during the week because all of the speakers struggled with their spiritual side, but with the power of God overcame.

James Soule said, "I thought it was cool how the speakers showed us that we are not alone in our journey with God," and Weston Lodge stated, "I really liked this Week of Prayer, the church members really showed me God."

Week of Prayer only happens three times a year. It is a special time that gives students a chance to experience God more intensely every day of the week. I would like to thank all the church members who spoke, for being willing to be real with the students.

The Pride grows

Opening enrolment this year was up by 31 over last year's.

This year 270 students had registered for classes on opening day compared to 239 last year. A big factor was the departure of the class of 2008, which had always been a small class. This year 98 seniors started the year compared to last years 63. There are also 10 new seniors this year, which is an unusually high number.



The annual hug fest . . . errr . . . handshake again started the school year. ASB officers Alec North and Alex Wickward make Amanda Phillips and Josiah McIntosh feel welcome

Registration day

by Logan Carter

After being dormant all summer, UCA comes alive on registration day as new and old students flood the campus to catch up with old friends, meet new people, and get registered for the new school year.

"I like getting to meet new people," said Devin McCann, a new senior at UCA. Although it is a great opportunity for socializing, the primary purpose of registration day is for new and returning students to get registered.

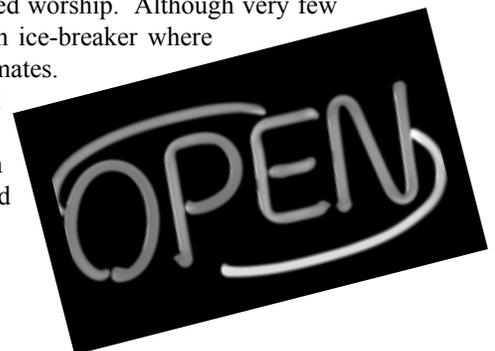
The process one must go through to get through registration successfully is quite overwhelming for some. Everything from getting your textbooks in the library to filling out work applications can leave the mind in a state of confusion.

Teachers and ASB officers worked hard to prepare this important event to start the school year off. The decorated booths advertised the different stations while teachers helped questioning parents and students.

After finishing the registration process, a special worship was put together by ASB. Singing, an introduction of the ASB officers, and a worship thought gave students something to think about.

The famous handshake followed worship. Although very few names stick with people, it provides an ice-breaker where you can quickly meet your fellow classmates.

To end the event, ASB showed a video full of the faces and happenings of the day. Overall, registration day gives the opportunity to socialize and prepare for the upcoming school year.





October is football season for varsity, junior varsity and alumni

Fashion at UCA

by Lily Ngaruiya

Teachers and students are changing clothing styles as the new season of autumn colors and chilly weather blows in. Flats, flip flops, and slippers are still around campus, but the most popular shoes are the Crocs, that come in a variety of colors. Teachers wear them while they teach, and students wear them everywhere on campus. "These crocks are so comfortable," said Anabel Ruiz.

A new wave of fashion are the Ugg boots and skinny jeans. Of course, there are more boots coming out right now because of the season change. Scarves and hats are creeping out also. Fur hoodies and graphic jackets are huge right now. They are usually a little over-sized and warm, and both guys and girls are wearing them.

The football team definitely have a type of style going on that includes the under armor long-sleeve shirt, black shorts and black Nike shoes. But despite fashion trends, a lot of people just wear a t-shirt and jeans. They may be nothing too exciting to look at but are easy to put on.

Comfortable and simple is the way people dress at UCA.

Nowhere to go

By Taylor M. Noy

Walking down the streets of Spokane can be a very scary experience if you're not prepared. There are people everywhere, some in a hurry and some, seemingly, with nowhere to go. On a Sabbath afternoon, about 50 UCA students got to meet and feed these people that have nowhere to go, who seem stuck where they are on the side of a street.

Most of these people have families. Some have served our country and some have been to jail. Some have been kicked out on to the street while others just don't want to live any other way.

It really doesn't matter how they got there or even why they're there. All that matters is those people you see on the side of the street need love and respect just as much as anyone else. They are God's people just as much as we are. The UCA students got to feel as though they actually could help someone, even though that someone may not think they need help. And the students probably received the greater blessing.

Football tryouts

by Cassie Cantrell

The first week of school brought no rest to the ball field as it was trampled by hopeful young men, all trying to make it on to the UCA football team.

Testosterone covered the field the first few nights of school. The coaching staff, clipboards in hand, carefully watched the players as they went through the drills. A new UCA senior Devin McCann felt that the tryouts were pretty intense and physically exhausting. The prospective players were tested for endurance as they dashed across the field, and drills like flag pulling, blocking, and running pass patterns were run by the coaching staff, testing the player's defensive and offensive abilities.

After four nights of competitive tryouts, things were drawn to a close with a final scrimmage, an informal game, to help the coaches make their decisions.

The turn out for tryouts was pretty good with about 64 hopeful players showing up. Since so many players from last year's team returned, there were only about ten open spots, so the final decision was definitely a hard one.

Overall the players had fun playing football even if they didn't make it. "It was good to be back out there playing football after not playing all summer," said Logan Carter a returning varsity player.

When the final list was posted, there was a lot of excitement and heartbreak running through the halls as each prospective player read the list. As the season begins and the weather grows colder we will all soon learn what our UCA Lions are made of.

U C A

Schedule overload

by *Cady Graves*

Every day clueless teenagers roam the halls frantically asking everyone in sight, “What schedule are we on today?” And all the different schedules certainly can cause confusion and add stress to an already overwhelmed teenager.

A typical high school has at most two different schedules, but we here at UCA are “blessed” with six! The official designated schedules are: Regular, Friday, Home Leave, Week of Prayer, Week of Prayer Friday and Assembly. The Assembly Schedule, new this year, was adopted by UCA to move the time slot for meeting from evening to day, enabling village students to attend. The new schedule is for Wednesdays, but sometimes Assembly Schedule is held on Thursdays, which adds to the confusion. The positive side of the Assembly Schedule is that the village students can get information about upcoming events and are kept involved in campus life. The downside is one more change to remember in an already confusing schedule.

When asked if she liked the new Assembly Schedule, Avery Stevens, a village student, said, “Yes, it helps keep everyone up to date on what’s going on at UCA and keeps village students included.” When asked the same question, Kelsi Wheeler, a dorm student, said, “I thought I was going to like it, but having three different schedules a week is confusing and then we have dorm worship at night as well.”

It seems village and dorm students alike find benefits from scheduling assembly at a time all can attend. However, the myriad of different schedules does provide a challenge for teenagers whose minds are already overloaded with T.M.I. (too much information!) Fortunately, the teenage mind is an amazing thing: brilliantly capable of learning and adapting to even six different schedules.

Dorms create reading material

by *William Moore*

To have something new and exciting to read in the bathrooms, the UCA dorms have created their own newspapers. However, the girls’ and guys’ dorm newspapers are very different. The girls’ is more for building community in the dorm. The guys’ deals more with upcoming events, guys of note, and different amusing facts. Both give people something to look forward to.

The girls’ dorm newspaper started this year. The founder and writer, head RA Laura Zenthoefler, created it to build community in the dorm. She also does the printing and publishing. The paper itself contains some UCA news, Bible texts, quotes, and events. It is an open-source paper to which anyone can contribute. The first issue included resident advisors answering questions. This, as the girls’ club president Kelsi Wheeler put it, made the RA’s more approachable. The paper will hopefully bring the girls’ dorm closer together.

The boys’ dorm paper is more for information and entertainment. It is mostly made up of recent or upcoming events. The paper was masterminded by Vice Principal John Willis and Scott Guthrie, a graduate of the class of 2008. The position of writer is passed on to each year’s head RA and has recently fallen to Adam Stevens. He is in charge of compiling and writing the information he finds. There is also a recognition section that mentions both a man and a jock of the week. The man of the week is measured by his spiritual acts while the jock of the week is measured by how manly, funny, or sporting he is.

To finish off the paper, there is usually a comic strip of the writer’s choosing. “I hope this becomes a tradition for new head RA’s each year,” said Adam Stevens, and Laura Zenthoefler shared this sentiment for the girls’ paper.

We shall see if the papers do become a tradition of the UCA dorms.

Warm and fuzzy

by *Judy Lin*

Warm Fuzzy Notes are definitely the sweetest thing to start your day with during Week of Prayer. If you were pretty stressed out by chemistry homework last night and there are two tests waiting for you today, a cheery note (with a smiley face or a heart) on the Warm Fuzzy Board can turn things around.

“I love them! They make me warm and fuzzy!” “They make me feel loved.” That’s what most people think about Warm Fuzzy Notes, but a few people think they are silly and insincere and that the board looks scruffy and messy. Another reason for concern is that some people keep hoping they’ll get a note but never do. “I support the board but I just wish students wouldn’t let it interfere with class time,” said Mrs. Wickward.

Interestingly, girls write more than three times the number of notes that boys write.

In order to make the next Week of Prayer warmer and fuzzier, we should improve the looks of the board and avoid writing notes during classes.



Dorm needs improvements

by Devin McCann

Over the years both dorms at UCA regularly become damaged and beaten from the many people living in them.

“It doesn’t look good,” said Logan Carter, “and everyone knows it.” The boys’ dorm in particular needs many things replaced and repaired, including the carpet and much of the furniture. “If the dorm was fixed up a little throughout, not just little patches here and there, it would be a much more attractive place to live and would make parents feel better about having their kids living here,” said Miguel Jimenz. In many places little patch jobs have been done but make the whole place appear mismatched and strange. “New carpet and a little paint would go a long way,” added Miguel. “Living here is a great life experience but as for the building, it is in need of major repairs,” said Isaac Houston. Hopefully it will be fixed up in the next few years and can be not only a good experience but also a comfortable place for students to stay. If proper repairs were made, parents would feel a lot better about sending their kids to live away from home and attend this great school.

There has been talk of repairs, but what can be done depends greatly on the money received towards this huge project and the co-operation of parents and alumni.



Freshmen get organized on their campout



UPPER COLUMBIA ACADEMY

ECHOES

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Alec North, Logan Carter, Lily Ngaruiya, Taylor M. Noy, Cassie Cantrell, Cady Graves, William Moore, Judy Lin, Devin McCann, Anabel Ruiz, Jemi Morgan, Ali Wilson, Marinna Kravig, Zachary Weijohn, Brianna Woodruff, Adam Lenz, Alyssa Robins, Caitlin Laubach, Doug Jahn, Breanna Johnson, and Stephen Lacey, sponsor

Freshman campout

by Logan Carter

Each year, the new freshman class at UCA heads out into the woods to meet new people in their class, work through team-building initiatives, and grow together as a class.

The initiatives took place on Sabbath. The students had to build specific structures from natural materials, walk blindfolded through a challenge course, fill a hole-ridden barrel with water, walk as a class tied together at the ankles, and get their class to stand on a tarp and turn it over without anyone stepping off. Although the challenges were tough and a couple of people voiced frustration, most comments freshmen made were upbeat or helpful to their classmates.

Six seniors joined the class of 2012 on their trip this year. They played songs and gave talks in which they gave some helpful tips about life at UCA. The seniors also got the opportunity to just mingle with and meet the freshmen.

Without sponsors such as Dean Hess, Dean Chelle, Mr. Wade, Mrs. Nelson, and Pastor Matt, this trip would not have happened. They pushed the students hard to bring out the class leaders and create unity.

Michael Woodruff, a senior who went on the campout, was very impressed with how well the freshman class worked together as a team. He was really surprised how they stayed positive even when faced with various frustrating obstacles in their challenges. The other seniors and sponsors readily agreed that the class of 2012 has something special.

Every year, freshman campout has people talking. Some opinions are positive while others are negative. One thing is for certain: this trip brings out the leaders and allows the class to come together as a team.

Class night

by *Anabel Ruiz*

Every year, class night is a time when everyone in the whole school gets to know each other by dressing up and playing games.

As usual, classes were dressed in their class colors: freshmen, green; sophomores, blue; juniors, red; and seniors, white.

The activities were held in the gym and on the football field. The classes competed to get first place, and this year sophomores and seniors tied.

There were all kinds of games going on. We had tug-of-war, in which the juniors really showed the whole school who had the strongest team. We also played the game where one person from each class had to spin around a baseball bat, with their head down on the bat, and then run straight to touch one of their classmates so the next person could go.

The weather was really cold this year. It was so cold a lot of people ended up going off to the sidelines to cuddle up However, no-one got on social that night!

Caroling . . . in September

by *Jemi Morgan*

On the evening of September 20, a group of about 10 UCA students caroled at the faculty homes. They wanted to have some fun and raise the staff's spirits.

It was during the harvest party one Saturday night while the rest of UCA's students were on the ball field playing games that this small group was out livening up Faculty Loop.

Their first stop was the Lacey's, followed by the North's, Paulson's, and Janke's. All of the group members had a wonderful time, and most want to do it again. So if staff hear a knock, followed by a choir singing "We Wish You a Merry Christmas," they shouldn't be surprised.



Class Night usually brings out the best in students

Home life versus dorm life

by *Ali Wilson*

As the school year began, it left some students missing home while others were thrilled to be back.

There certainly are differences between home life and dorm life that include food, freedom, and relationships. It is hard for students to leave the ones closest to them and at the same time have to adapt to a living style that is completely different.

"The things I miss most are my family, my friends, and taking piano lessons from my teacher in Yakima," said Melinda Novak, a senior this year. Many students miss similar things, but they also love living in the dorm.

"My favorite thing about living in the dorm is being able to go door to door to see my friends . . . but I miss my pets at home," said Lindsay Gardner. "I love not having to make the commute every morning, and I definitely don't miss the traffic," said another student.

It is undeniable that when living in the dorms, students will always miss their own beds, home-cooked meals, and being able to watch television or check their email whenever they please. Perhaps a major benefit of dorm life is that it builds appreciation for the details of living at home.

Why the smile?

by *Marinna Kravig*

As people walk around UCA's campus, they may notice something different. Not what the temperature is or how hard the wind is blowing, but something about the students and staff. These people walk around with smiles decorating their faces. There is happiness floating through the air, different from anywhere else.

What makes UCA different from other boarding academies and high schools? Some may say it's because we're stranded in the middle of wheat fields as far as the eye can see. Others say it is because we have a marvelous music program, a gymnastics team, varsity sports, and an outstanding technology program. While all of these factors are true, there is a bigger reason. UCA has an incredible student body and teaching staff. They don't just co-exist with each other; they are unified as a school. They strive for one main goal: to serve God in all they do. With this common focus an unbreakable bond is formed, friendships are solidified, and the joy of living is evident in everyday life.

The question

by Zachary Weijohn

Have you heard? The amazing has happened! The boy's dorm assistant dean, Nathan Henson, has popped the question. On August, 17, he asked Erin Morgan to marry him and she said . . . yes!

In typical, dramatic fashion, Henson couldn't just go and get a simple ring. He went and purchased a baby grand piano.

So how does the boy's dorm feel about this recent event in the life of their dean?

The reactions have varied from shock and amazement to wonder and awe. Generally, people have felt glad and some hopeful that it might even might keep Dean Henson in a better mood.

Here are some of the responses guys in the boy's dorm have had to the announcement.

Are you pulling my leg? (Noah Wallace)

Wow. (Saul Dominguez)

I didn't see it coming. (Ryan Wilder)

Sweet. Happy for ya. (Adam Stevens)



Debbie Nelson, UCA's new Vice Principal for Finance

Juniors seek adventure

by Brianna Woodruff

It was a cloudy morning when a group of juniors headed out from UCA for Priest Lake on their Outdoor Ed adventure. Excited to miss a whole day of classes, the students were eager to get away! Upon arrival the canoes were skillfully unloaded and then the students strategically packed their protected gear into the vessels. Then the seven-mile-long voyage began. The sky decided to withhold its tears and the clouds remained peaceful. After zigzagging (some did this more than others) their way up the channel and across the upper lake, the group finally reached their destination.

Now it was time to set up the campus! The dorms (tents) were assembled and the cafeteria was set up. The group ravenously ate hotdogs and then relaxed and talked on the beach or at the fire. The Sabbath was welcomed with singing and then the party braved the darkness and dispersed to the dorms.

On Sabbath morning some of the juniors tried their skill at sawing wood with really dull saws. It was quite cold and wood was needed for the fire. When the log was finally hacked into pieces, the tired lumberjacks were first in line for breakfast. After worship, the group got back in the canoes and paddled up to a special area to participate in the Cold Plunge. A blazing fire was waiting to revive the shivering figures as they emerged from the water, like penguins coming out of the ocean.

The group was more than ready to eat after returning and haystacks were a welcome sight. More leisure time on the beach followed while some ambitious souls ventured out on a hike. Others tried to see how many people could fit into a canoe, and a few made sand angels on the beach. After the fearless hikers returned, supper was fixed, followed by worship around the fire. The night was crisp and clear and the stars shone like gems.

All too soon the morning of departure dawned. Breakfast was eaten and before too long, the lake was once again dotted with canoes.

College Fair



Seniors Alexi Andregg., Kristin Stratte, and Brittany Lambert discuss the possibilities of attending La Sierra University with the university's representative.

Eight colleges were represented at College Fair this year, and seniors gathered helpful information as well as a good selection of brochures and pens.

Seniors survive again

by Adam Lenz

The senior class of 2009 recently was taken on an outing to the backwoods of Idaho. These seniors were on Senior Survival, a five-day trip filled with survival skills, adventures, devotions, and a time to “bond with friends.”

Senior Survival starts out with a bus ride and then a hike back in to where the seniors camp close to Camp MiVoden. The first day, the seniors rig their camps the way they like, setting up redneck shelters of tarps and duct tape or making waterproof shelters called bivouacs. Most of the male seniors chose to build platforms up in the trees, while the females made shelters out of plastic and duct tape.

Throughout the following days, the students learned at different stations, one of which was Wild Edibles, where they were taught which plants were edible, which were good for medicine, and which ones would kill you. The seniors wrote down the information on the plants discussed and later went hunting to find samples.

One plant that seniors sampled was stinging nettles. Some claimed the leaves tasted like a raw green bean; others grimaced and said it tasted horrible. Students also learned the proper way to husk grain and discovered that when chewed it turned into a substance like chewing gum.

At the end of the week, seniors were supposed to be able to cook a meal from some of the wild, edible plants. These meals included salads, berry pancakes, and mint tea. The class also had the choice to eat a cricket Some people ate more than one. “Tastes just like Chicken!”

RA's

by Alyssa Robins

Being a “big sister” in the girls’ dorm is harder than it sounds. The resident assistants, or RA’s, fill this role as they help the deans keep order. Amidst the haze of hair spray, the late night giggling and the trifling squabbles, the RA’s provide extra supervision for all of the girls.

When asked about their feelings for their RA’s, most girls immediately responded that they are good friends with them. In fact, gifts are not uncommon. One girl had recently given a muffin to her resident assistant. These feelings are most common but are not universal. “There are a few that are better as normal people than as leaders,” was one comment. Another girl mentioned that she loved her head RA but thought that some hall RA’s did not relate very well to the girls.

The RA’s themselves usually like the job. Being an RA lets them get to know all of the girls on a more personal level than they would normally be able to. One RA mentioned an instance where a girl knocked on her door at three in the morning to ask for medicine. At the time the RA was tired, but later she laughed and said that it came with the job.

The hardest part for the RA’s is disciplining the girls. One first-year RA said that she had to make the girls scrub the bathroom. The job comes with perks, though. Laura Zenthoefer is head RA this year and her room is not only bigger than the average dorm room but she also is not required to have a roommate. This was convenient for a village girl who was not able to go home and needed a place to sleep one night.

Roommates

by Caitlin Laubach

Students in the dorm often change roommates throughout the year, and every year the deans wait for the great shuffle to occur.

On average, there are about 25 students who switch rooms, so the deans are pleased that this year started more slowly with only 12 moves.

Although the deans go over all the forms and try to choose the best roommate for everyone, it is difficult to know for sure what someone is going to be like and how two roommates will get along. Usually students will switch rooms because they don’t get along, want more space, or are used to being an only child. One student said, “I’m used to having my own room so it was difficult to share a bedroom with someone I didn’t know.” Most said they find it easier to room with someone they already know, so it is especially difficult for students who don’t know anybody at the school.

Students from different grades often don’t make good roommates. Juniors, especially, make it hard on a sophomore or senior roommate because their classes begin at 7:15 in the morning. Getting up later or earlier than a roommate can put a strain on both students.

So, the great shuffle happens because it is important to get along with roommates so that everyone can have a good year.

Photography class

by Jemi Morgan

Technology classes take on a whole new meaning when students join Photography. Students build skills in taking pictures, learn important camera facts, and print and evaluate their pictures. But those aren’t the only fun things that the students get to do.

“I like Photography class because I enjoy watching my pictures as they develop,” said Caitlin Laubach.

Also included in the class are trips where students get to leave for a long weekend and travel someplace to take pictures. This year the class has already visited Wallowa Lake.

I can do all things through Christ.

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Students flock to annual fall frolic

by Doug Jahn

As we neared MiVoden, excitement filled the bus, everyone was at the edge of their seats. Some couldn't wait to go jump in the lake while others just wanted to find a sturdy place to sit so they could recuperate from the seemingly never ending twists and turns of the road.

Finally, the bus stopped, and most everyone's excitement reached full capacity, while a few were just happy they made it without throwing up on the person next to them.

The next few hours went by in what seemed seconds. In these seconds many people went swimming in the lake while those who wanted to keep feeling their extremities chose the warmer indoor pool. Other people played volleyball in the sand or went canoeing out on the lake.

There were even some of us who were brave enough to get blobbed into the ice-cold water. Then, in what seemed to be only a second or two more, dinner and worship were over and we got on to the buses and headed back to UCA.

For the seniors it was their last Fall Picnic, but for others, especially the freshmen, it was the first time of many more times to come.

