

## 40-day fast

by *Emily Fitch*

In January 2011, students attending Walla Walla University took on a challenge known as the 40 Day Fast. The point of the fast was for people to select something that had a negative impact on their lives and to abstain from it for 40 days straight. Some chose to go without TV shows or movies, while others eliminated Facebook, phone calls, or fast food from their lives.

Soon after WWU started the fast it spread to the UCA campus. Perhaps the most popular fast here has been from desserts. Some hope that avoiding sugar will, in turn, help them to avoid sickness. Others aim to develop a healthier lifestyle and inspire others to do the same. Sydney Drury, sophomore, said, "Walla Walla was challenging people to fast from something they're addicted to. I'm not a texting addict or anything like that, but I still want to challenge myself. So I decided to go without dessert for 40 days."

Of course, not everyone who started the 40 day fast was able to complete it. Kaci Crook, junior, said, "Everywhere you go in the dorm, there's something yummy." That is a common struggle for many dorm students. Kaci lasted two weeks without dessert. But the fact that she is no longer fasting doesn't mean that she's forgotten all about it. "Even though I messed up, I still try to watch what I eat," she said. That's success in itself. The fast isn't only about the 40 days themselves. Hopefully, people will continue to maintain a healthy balance and be more aware of how their choices affect them in the long run.

## Coming down to the wire

by *Allie Suppé*

As spring break approached, countdowns began to emerge on the white boards outside dorm rooms: countdowns to Africa, Borneo, vacations, and home. Kids spoke of spring throughout the hallways, whispering to one another about the awaited ten-day vacation. Teachers tried cramming in every test and final assignment before spring break because when students came back, the fourth and final quarter would be in full swing. Seniors were beginning to feel the pressure; this was one of the last vacations before graduation, and came faster than anyone thought. Carly Yaeger, a junior, said, "This year has flown by, and spring break is the final hoorah before the school year ends."

Many students spent vacation on a mission trip, but others enjoyed their time at home. There were two mission trips this spring break. Heading up the Africa mission trip was Pastor Fred, and Dr. and Mrs. Carter. The Borneo trip was led by Mr. and Mrs. Kravig. While students enjoyed their overseas trips, a select few opted for a less eventful spring break, enjoying the downtime of home life and the comforts of family. Then there are those who had vacations planned with their families or friends. Everyone looked forward to the time away from school no matter where they were going.

Spring break was a time to relax and recuperate after the winter that didn't stop this year. We've even had snow in April. The fact remains the same though: spring break was a great time to get away from school, enjoy the company of others, and prepare for our final quarter of the 2010-2011 school year.

Good luck students and teachers alike. Three are down, and there's less than one to go.



On April 3, seniors wait to board buses for the trip down to Walla Walla University for Univeresity Days, a sure sign that graduation is getting close.

## Wheel chairs?

by *Aryel Lockwood*

Wheel chairs are usually thought of as helping people who can't get around on their legs, but they are not normally associated with sports. Well, on Saturday night March 5, I discovered something new to do with a wheel chair: WHEEL CHAIR BASKETBALL! Yes, my dear friends, wheel chair basketball.

Band, Choraliers and Gymnastics were away on tour so there were only a few students left on campus to participate in this challenging sport. At first it was hard to maneuver the wheel chair to do what you wanted. The difficulties of stopping, starting and shooting were extreme. But after a while students *almost* got the knack of it. Now, I almost prefer wheel chair basketball to regular basketball.

Tired and frustrated after the games, the students were glad to see there were root beer floats waiting to revive them.

## Grandparent Weekend, Spring Arts Festival

by *Aja Krueger*

Friday, March 11, was a very busy day as everyone got ready for Grandparent Weekend. Kids were calling their grandparents and grandparents were showing up and looking for their kids.

That evening everyone went to Vespers together and sang a lot of songs. And since it was also Heritage Weekend, the speaker talked about Adventist pioneer Joseph Bates.

The next day Sabbath School and church were both held in the church and the choir and brass choir played. During church some students dressed as other Adventist pioneers told stories about their lives.

At lunch, some students went to the café with the grandparents, while others went off campus or to where their relatives were staying. Later that day, Sundown Meditation was held in the church. A group of students sang up front for song service, and Dustin Harter gave a short talk about being thankful for everything that he had learned from his grandparents.

After sundown, it was time for the Spring Arts Festival in the gym. The band, choir, Choraliers, flute ensemble, brass choir, and octet all performed and there was art displayed in the back of the gym. The gymnastics team also performed.

All in all, the combination of Grandparent Weekend and Heritage weekend worked well, providing a variety of quality programs.

## 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 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 g.p.a. 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 affect 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.

## Senior pregnancies strike again

by *Gemma Casebolt*

In Senior Bible the students were given the choice of doing a pregnancy simulation, planning for a wedding, carrying and caring for eggs (children) or making a retirement plan. Most of the girls opted to do the pregnancy project under the impression that it would be fun and maybe a little exciting, "I thought it was going to be funny and kind of fun," said Shayla Brown. The girls soon found out that although the description of the project seemed easy enough the actual carrying out of the simulation was much harder than expected. The requirements were to wear a ten pound rice bag on the stomach for five days and four nights.

By the time that a full twenty four hours had passed, many of the girls were miserable. When asked, Leah Grable said, "It was straining on my back and made going to the bathroom a nightmare! But other than that it wasn't too bad." Candy Cortes said that she was happy to be done once the five days were all over but that it was awful. Shayla, on the other hand, loved the project. She specifically enjoyed going into town and seeing people's reactions. When asked specifically, all the guys, who had to care for their pregnant "wives," agreed that the project was harder than expected and a great incentive not to have children anytime in the near future. Sunwoo was surprised at how much harder the project was than she first thought.

All the students came to realize that having a baby causes a lot of discomfort and requires a great deal of preparation and work. Gaining that knowledge made the relatively small discomforts of the simulation worthwhile.

## A night in neon

by Sarah Shank

It seems that the more drab life becomes, the more enthusiastic we become about arbitrary excitement. Girls will spend entire days on perfecting the banquet dress that will turn them into the lovely princess of their dreams. Imagine the fervor as the ladies of the dorm discovered the theme of the upcoming banquet was neon lights! Suddenly the air was filled the permeating odor of acrylic paint and glue. Hairspray created a muggy fog, impenetrable by human eyes. We blindly groped along in the fumes, trying to find the doors to our rooms that would lead us to safety from the half crazed girls shrieking and flying about in a desperate attempt to perfect their already heavily painted faces. Cries of dismay were often heard ringing through the halls as an unfortunate female would discover that she no longer fitted into her dress—causing a swarm of her friends to come running in a hectic hysteria, telling her that the dress only shrunk and there was in no possible way that she had put on weight.

Then the moment of truth arrived. The intercom kicked on and the unenthusiastic voice of the ever-present mystery lady announced that there were indeed males in the proximity to pick them up. Do I look okay? Do I need more eyeliner? How's my hair? Does the dress make me look fat?" To such questions you never reply truthfully.

Once the girls were out in the lobby, contentedly at their dates' sides, you could hear their chill voices utter blatant untruths such as, "Well, you know, the dress is just a little something I put together last minute. No biggie. I hardly remembered to look in the mirror on the way out." They then took the poor boys by the arms and marched them with a great display out into the darkness.



## Possible cures

by Lianne Pak

It's that time of the year when seniors claim a crippling disease spreads throughout UCA and attacks the seniors. The symptoms include laziness, not caring, and over-excessive wearing of sweats. The disease catches on as fast as swine flu. I wondered how this urge of not wanting to do anything could be conquered so I asked for some tips from other seniors.

- The only way is to walk the stage at graduation. *Naomi Keim*
- It's hopeless; it's never going to go away. *Jessica Demitor*
- You have to force yourself to study and force yourself to do everything. You have to convince yourself first though . . . or do your homework while you're on your horse. *Lindsey Rasmussen*
- Have fun, go out and play volleyball or something. Get your mind off things for a while and then come back to it. *Ryan Martin*
- What's that? *Sunwoo Lee*

I don't know if all or any of these tips will work, but they're worth a try. Even if you're an underclassman and haven't experienced this contagious disease yet, get some practice because it's coming.

## A different kind of class

by Rachel Jorgensen

We've all heard the age old question, "So what'd you do at school today?" It's usually followed by the typical response of "Nothin'" or "Learned." Well, at UCA there are some classes to talk about. Of course *all* of UCA's classes are amazing but there is one particularly on my mind right now: quilting class.

According to senior Anisha Sukrutham, "Quilting class isn't a class I have to worry about. It actually relaxes me and is a good stress reliever." Although it was a pretty intense class, with three different projects students were required to complete, there was a sense of peace and enjoyment. Laura Day decided she liked the quote, "Quilters are piece makers."

With only eleven in the class, most of whom were seniors and all of whom were girls, it was a nice way to end a day filled with sitting in desks and reading from books; there is just something good about hands-on classes.

Although the stress was on at the end of the quarter and a week of nightly recreation was traded in for after-school quilting, each girl was happy with her final project and walked away feeling accomplished and impressed by her artistic abilities.

## Spring cleaning

by Kimberly Reed

When spring arrives, a lot of girls in the dorm decide to sell their old clothes along with other things that just clutter up their closets, shelves, and other miscellaneous places. Where does all this stuff go? Straight back to other lovely ladies' closets, shelves, and other miscellaneous places . . .

Cash is often not required required as unwanted items are traded, and some of the sales are quite large with items from several different people.

So if any of you girls want to exchange clothing or spend a little money, just look for the signs on doors and walls and in the stairwells and remember life is simpler without clutter. Have fun spring cleaning.



## Avoid the rapids

by *Mitchee LaPlante*

Procrastination is a large part of everybody's life. It comes at each person like a slow moving river that eventually turns into large terrifying rapids.

If you struggle with procrastination, believe me, you are not alone! As you walk around this campus, you will see that many students here feel the urge to procrastinate. Walk into the library and look to your left. Daily, you will see many juniors frantically studying for the wonderful class of Chemistry. Papers are flung here and there, books overlapping each other, and all this chaos is covered with a "soft whisper" of questions. But this desperate chaos doesn't begin until just a couple days before the big test. Walk into the library a week earlier and you will see students neatly sitting around the table. That "soft whisper" of questions will be laughter instead.

Everybody procrastinates in some way, and that's all right. In school you need to procrastinate from time to time so that you can experience other things in life. But, there is a limit. Don't wait until the last minute to catch up. Be smart, and balance your life. Try to stay in the flowing river and avoid the RAPIDS!

## Strive for excellence

by *Dmitri Kolpacoff*

What comes to your mind when you hear the phrase "striving for excellence"? Does it ever help you get motivated to get your homework done, maybe catch up on reading *Scientific American*, or study for that next exam that is more than a week away? Maybe you don't do anything at all when you hear the phrase, but striving for excellence is always a good thing.

In life, we always set up little lists called "to do lists," and isn't it always a good feeling to know that you have done certain tasks with precision? All students enjoy the feeling that they have done well on a test or, maybe, even got an "A" on one of Mr. Gladding's homework assignments.

But striving for excellence is not always about doing an amazing job in school work. It's also a good feeling to be able to help someone out during the day and to be a leader in everyday life.

No matter what happens throughout your day, always tell yourself to strive for excellence in everything. It's a good feeling.

## This too shall pass

by *Alanna Augustin*

Does anyone find themselves getting weary from the loads of homework teachers seem to be assigning? Has anyone noticed the elongation of their necks due to the 600 lb. backpacks they carry from 7:15 in the morning until 5:05 at night? Has anyone wished they could jettison their books into the sewer ponds? Have you found yourself getting grumpy about missing out on Cookie Tuesday due to lunch detention? Students, these are natural, even expected, frustrations. Just think: we have been in school since August, and August was a healthy seven months ago. Babies kick and squirm after seven months in the womb.

However, before everyone starts acting on their frustrations, let's pause to remember that we are less than two months away from summer. We can make it! Soon you will be sitting on your bedroom floor wishing you had some books to jettison. You will miss those you have grown to know and love at UCA (which hopefully includes me).

Even though school can be grueling at times, try to make the best out of your busy situation. Remember that life exists beyond your books, too. Try to get out and make a few memories that you can look back on favorably during future bouts of reminiscing: "Remember that time Larry and I jettisoned our books into the sewer ponds?" Don't wish your life away, because eventually you will be trying to wish it back. Take life one day at a time and when something goes wrong, ask yourself: "In 20 years, will it really matter?" And when things really start to weigh down on you, remember that "This too shall pass."



UPPER COLUMBIA ACADEMY

### ECHOES

is a regular student publication of  
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**HOMELEAVE**

## Something to smile about

by Naomi Keim

As the snow blew and the winds howled, many students became despondent. We've all heard about and been encouraged to have that positive attitude necessary to make it through. Although there's truth in the idea, hearing about it consistently doesn't always help conquer depressing weather and overwhelming stress.

But have no fear, I'm not going to waste your time describing bleak depression that can sweep over our campus or how we can change our attitudes to make the sunshine appear. Instead, I want to share with you one experience that got me through.

You know when you're walking down the icy sidewalks, you can lose your footing and be suddenly hurled at the snowy ground? Well, that simple little accident made my winter easier to survive. I usually felt terrible for laughing hysterically as I watched embarrassed classmates brush themselves off and pretend that nothing happened, but I was greeted with the same reaction when I was the poor soul losing footing on the ice. So, I came to recognize falling down on the ice as a universal experience that can add a little humor to a gloomy atmosphere.

So if you find yourself the victim of a small, embarrassing accident, crack a smile. The humor in the situation far surpasses the embarrassment, and you might just brighten someone's day. Turn your frown upside down, for we all know that the prettiest people are the ones who are smiling.

## The empty dorm

by Nathan Black

When the tours leave for their various events, the dorms feel as empty as an upside down mug. Everywhere you go it feels silent. There are no large groups of students hanging around in the gym or the cafeteria, and there are fewer screams and loud noises from the freshmen on campus.

We, the remnant left of campus, enjoy the rest greatly. It is a welcomed time to relax. No one seems to be rushed or in a hurry. Going through the door before lunch takes much less time without so many students to clog up the passageway. And the showers are empty, so no one has to wait in line.

The overall atmosphere on campus is very peaceful. Many of the students think that it should be similarly quiet all year. They believe that the quiet is conducive to good study habits. Fewer distractions from other students means more study time and more homework done by the end of the day. Students notice an improvement in their work even over the short time that tours are gone.

With up to half the school gone, the school feels smaller, which could be good. Smaller schools have more one-on-one student-teacher time. That means students get more help with their work and probably learn better. Students who stay behind during tours really get a study bonus.

## You win some

by Emily Anderson

The UCA Lady Lions varsity basketball team went into the Walla Walla Friendship Tournament with high hopes and expectations. The seniors on the team, especially the team captains, Elise Kinne and Anisha Sukrutham, wanted to make the most of their last year on the team. After the exciting win over the WWVA Knights at the beginning of the season, the team expected to do very well at the tournament.

On Thursday, our first game was against Auburn. In years past, Auburn has been an undefeated team with many championships under their belt, and we were pretty nervous to play them first off. The UCA fan section grew larger and larger as we warmed up and stretched before the game. After the game, we held our heads high, despite the disappointing six-point loss. We had played our very best, but losses are much harder to deal with when your expectations are high.

Our next game was the next morning at 8:30 against Gem State. Needless to say, we lost. I think the disappointing loss the previous day snuffed out our drive to win and Gem States' team stomped all over us. That was it. We were NOT going to let THAT happen again! We were not going to let the next team, Milo, beat us the next night.

At 9:30 on Saturday night, the seniors had their last basketball game as UCA Lions. We needed to win this game against Milo to regain our Lion pride. It started out kind of rough and went back and forth, but in the end we came out on top with a five-point lead. We had a few injuries, but nothing too serious. The seniors were a little emotional at the end when they realized that was the last time they would play for UCA, but everyone had smiles on their faces.

Getting changed in the locker room, braiding back hair, running through lay-up lines, stretching, getting a quick drink of water: all these are part of the normal routine the team goes through before we get on the court. But these things are over for now—until next November when the new season starts.

## A different shade of success

by Carly Yaeger

The gymnastics tour to Sandpoint, Bonners Ferry and Pend Oreille started off on a good foot. Beginning with prayer in parking lot, the team shoved into 4 vans, and the tour was on its way. Many twists and turns down the road finally got the vans to a small dirt lane, leading to a little building. Greeted by goats, and the cock-a-doodle-doo of roosters, the team trudged out through the snow, ready to perform.

The building was a pre-school, holding only a few children and teachers but all were ready to watch the gymnastics show. After changing in the warm school, the team was lead to the gym, which was a large plywood barn that seemed to be many miles away. Upon entering the barn, the team noticed an overwhelming smell of chickens and other winged-fowl, and the barn was cold, the concrete floors prime for numbing the naked feet of the gymnasts.

The mats were unrolled, and the team quickly started to do their warm-ups. Before long, the music came on, the announcer began to speak, and the team began their routine. Disaster struck. Talking, laughing, confusion, falls, and mistakes riddled the show. Calamity? Tragedy? Catastrophe? Success! Although the gymnasts felt defeat, the screams, hoots, and hollers of praise from the audience proved things were otherwise! The kids and parents alike had thoroughly enjoyed the show and were grinning ear to ear with delight. And that one challenging performance inspired the team to work harder and ace the others.

## Preparing

by Danielle Wilson

Senior Recognition weekend is the second biggest weekend of the school year for the seniors. The first, of course, is graduation. But on Senior Rec weekend the seniors are highlighted on campus, and a lot of preparations go in to making the weekend a success.

For weeks before the big weekend, the class sponsors and officers are busy getting everything organized. The officers ask members of the class to participate in the services on Friday night and Sabbath, and the bulletin has to be put together with correct formatting and information. Also, auditions have to be held for the senior talent show and many videos have to be made. On Friday, the 9:45 Civics class folded all of the bulletins and at three o'clock in the afternoon all of the seniors met in the gym for marching practice.

When Senior Rec began, the seniors were prepared . . . and even more prepared for graduation still to come!

## Performing

by Brennan Torretta

Hours of practice, lots of stress, try-outs, more practice, and dress rehearsal—all for what? It's the final performance, the last hurrah, one of the last things to conquer before graduation.

Performing at any amateur hour is an amazing thing. It makes you appreciate all the hard work that goes into the preparation. You make it through all of the practice, the set-up and the preparation, and think you're ready to go, but once you're in the back room waiting to walk out on to the stage, it's a whole different ballgame.

There's a rush of adrenaline as you walk out on stage. The lights are bright, and you can't see much beyond the first two or three rows. I had three words running through my head continually before I started playing: "Don't mess up."

When everyone was in place for the act and I started playing my tuba, the fear changed to a feeling of numbness. I vaguely remember playing the notes, I remember missing a critical note, and I remember bowing at the end. That's it.

Performing on stage is fun, exciting, nerve-racking, and relaxing all at the same time.

## Backstage

by John Wilson

February 27, 2011, is a special day in UCA history. It's the only day in the year when Senior Recognition is celebrated. Of course, the senior talent show is part of the marvelous package people come to watch and enjoy. However, I was backstage.

There's nothing else like watching performers from backstage. They walk out and the transformation begins: the transformation from a scared and nervous person into someone who stands in front of the glaring stage lights and begins their act as if it were natural—as if no fear existed. I watch from the back corner in the dark and marvel at the transformation the crowd cannot see. They can see the act, but not the scared and nervous person who wants to do their best.

Groups huddle backstage, and I watch as the emotions flash across their faces: nervousness, fear, anxiety, happiness, even sadness. Then comes the triumphant moment when the performers glide on to the stage and it's on.

However, backstage isn't always fun and games. Things break, performers panic, and music fails. Those backstage scramble to make sure the performers are comfortable and have all the things they need: mics, stands, music, and lights. By the end of the performances we are tired, but it was worth it.

To be able to help someone be their best is the greatest art to be learned. Helping with the best transformation is the reward.

# Senior Rec



## Travel surprises

by Victoria Olson

Traveling on music tour? You'd think it would be easy. Right? With two busses that just passed the safety inspection three days before, licensed drivers, and enough seats for everyone, this should be a breeze. Well, if that was your perspective at the beginning of music tour (as it was for most of the students and adults on the trip), you were severely mistaken.

Everything went fine until around 10:30 Wednesday night. Suddenly, the brake rotor snapped in half on one of the back wheels of the bigger bus. Some students were asleep and didn't notice that something was wrong until we pulled into a parking lot. However, the damage could not be repaired, so everyone on that bus was going absolutely nowhere unless we could come up with some solution.

While the adults were working on problem-solving, the students made the best of the situation and skipped off to Wal-Mart and bought some extra snacks. The short bus (oh, the jokes that were made) continued with its passengers to the gymnasium we were supposed to sleep in that night, then came back around one in the morning to pick up the big bus passengers. The sleepy students piled on and rode into the school parking lot, and everyone finally got to sleep at around 2:30 in the morning.

The adults did come up with a solution for the rest of the trip: rent five twelve-passenger vans to replace the bus. All the adults also helped out by driving the vans . . . and no-one got lost (for very long, at least).





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# Gymnasts go to church

by Allie Suppé

As the UCA Gymnastics Team poured into the Sandpoint Seventh-day Adventist Church, they swelled the congregation and helped lead out in the service.

Rachel Jorgensen read scripture, while Sydney Drury and Carly Yaeger performed special music, singing “Captive Us” by Watermark. Charlie Wickward, Josiah McIntosh, Leah Grable and Sydney Drury also led out in song service.

Another highlight of the church service was the children’s story told by Travis Fisher. Several students demonstrated a gymnastics moved called a “Moscow.” This move is where two bases hold the middle on their legs while the top stands on the middle. The top was Courtney Kiefer, and they were demonstrating how you should always trust your bases. The catchers left the room, and Courtney fell from the top, sufficiently scaring everyone in the congregation, but her bases caught her with ease, demonstrating Courtney’s trust was not misplaced.

Pastor John Stanton gave the sermon, encouraging members to go out into the community and bring someone who needs to find Jesus to church with them. Then, following the church service, there was a potluck lunch, hosted by several church members.



Snow-boarding on “Mount Spangle” (the hill behind the church) on a bitterly cold February 25