

# echoes

February, 2001

## Flu Cancels HOPE

For the first time in its eight year history, the HOPE Taskforce day for January 22 was cancelled and classes were held instead.

Because students were diagnosed with Influenza A, all outreach projects were cancelled to protect the elderly and at-risk populations the school serves.

Vans had already been hired and driven to the school, and it was a mammoth task to call all village students to let them know classes would be held, starting with third period. All the projects also had to be called. Although disappointed, the volunteer coordinators at each project thanked and commended the school for being responsible. Students, on the other hand, were rather disgruntled about having a day of classes.

The day has not been rescheduled, but the next regular HOPE Taskforce day will be on March 5.



*There was no clowning around on January's HOPE Taskforce day. There were classes instead.*

## Spangle Wood; down but not out

Before Christmas a lack of orders forced Spangle Wood Products to close. Students were assigned jobs on campus, and adult workers found other jobs.

Spangle Wood is a vital part of the school: students can earn more than campus jobs offer, and the school receives actual income.

In January, under the leadership of Terry Couron and Ted Lutts, four orders were secured and 75 percent of the student work force was called back. Junior Josh Duke prefers being back at Spangle wood to cleaning showers in the dorm. Most students are glad to be back on the job.

Now the factory is operating on a month-to-month basis. With six orders, the plant can operate comfortably. The challenge is to find that many orders every month. The school and conference hope that work will continue at least until the end of the school year. Meanwhile, the hunt is on to find other industries to provide work for UCA students.

### 2nd Semester ASB Officers

President: Fernando Bautista  
Vice-president: Nick Lambert  
Chaplain: Andy Hanson  
Treasurer: Darcy Kasner  
Secretary: Kristen Johnson  
Sergeant-at-Arms: Casey Luport  
Chorister: Jennifer McClintock  
Pianist: Katrina Hollenbeck

Upper Columbia Academy, Spangle, Washington

## Resolving Resolutions

With a new year come new plans and resolutions. Some--perhaps most-- did not meet last year's resolutions, and they will try to meet them this year. Others will make new resolutions. Some will try to lose weight while others try to gain weight.

What are your New Years resolutions?

Get a better devotional life and be more organized.—Cherie Martinez

Get back in touch with God and make the varsity football team next year.—Tiffany Larson

I don't have any new year's resolutions because they are just a waste of time. It is not like I'll keep them.—Heidi Reese

I don't have any so that's the only one I can keep.—Laura McDow

Eat less sugar and have the world's largest crazy sock collection.—Melinda Douglas

To exercise every day.—Krista Chambers

I gave up on new year's resolutions because I always do the opposite.—Cheryl Williams

Get more in shape.—Lana Burke

Study better.—Sally Roth

Whatever your situation might be, what counts is that you have a good year.

Lourdes Colin

## Blood drive succeeds

On December 7<sup>th</sup>, the Inland Northwest Blood Center brought their bloodmobile to UCA for a blood drive.

Organized by Mrs. Corder, 49 UCA students donated blood. Out of the 49 students that donated 37 pints were kept and will be stored till needed. "This was my 5<sup>th</sup> time coordinating the blood drive," said Mrs. Corder, "and this one was more successful than last year's." The sign-up sheets filled up almost instantly.

Students under 18 had to get parental permission to donate blood. All students had to meet the usual requirements for weight, travel and sickness, and every student had to complete a health questionnaire about their medical history. Blood pressure was checked and a blood test for HIV and iron levels was given. Then while blood was being drawn, donors reclined in a chair or cot.

Afterwards, doughnuts, crackers, cookies and juice were served to help replenish the donors' fluids and energy while they rested. After resting for a brief period, students were able to return to their daily routines except for heavy lifting and other strenuous activities.

The staff of the Inland Northwest Blood Center accommodated student schedules by conducting the blood drive from 2:00-7:00--not their usual hours. They were impressed by how nice and courteous everyone at UCA was. They were also impressed with the cafeteria food.

The next blood drive is set for April 16<sup>th</sup>.

Crysta Newman

## Deans score points

The deans have announced a new attendance policy to encourage students to be on time to weekend meetings and special study hall.

All year the deans wanted the guys to be on time, but their disciplines didn't seem very effective. The punishments were somewhat vague and not very strict. Guys could lose points and even get free labor for not being on time to meetings, but they didn't know what to expect. But many continued to arrive late to weekend meetings, so the deans and RA's decided to find a more effective way to encourage guys to be on time.

Now if someone is late, they get a "technical" which means the deans "free throw them into the Claw of Death" as Dean Scribner said. The RA's are referees to ensure fair play. Some guys will have fun watching Claw of Death consequences.

If someone is tardy to two of the weekend's meetings or more than ten minutes late to one meeting, that is a double technical which means it's time to hit the showers. The dean administers discipline by giving a dirty area of the dorm for the slow learner to clean. The person could have to clean the bathrooms or vacuum the halls on all four floors.

The punishment is even worse for being absent to a meeting. The hapless absentee gets a Claw of Death, an assignment to clean a dirty area, a 10:00 pm bedtime Saturday night, and a possible forfeit of Sunday's plans. Discipline is done during free time after sundown on Saturday night.

The good news is that if everyone is on time to all the weekend meetings and dressed appropriately, guys will get all-night power Saturday night. "That's a good idea," said Carl Canwell. "It's good because it will give people incentive to be on time." "It will make me not be late," said Colt Van Sky.

Randy Mundall

This Road  
That We Travel  
Student Week of Prayer  
January 22-27

### The Speakers were:

Thomas Trefz, Ryan Bell, Ezra Foss, Devin Hunt,  
Kevin Ekvall, Andy Hanson, Casey Luport,  
Michelle Mayle, RJ Henneberg, Bob Renck,  
David Lundgrin, Lindsey Smith, Kevin Schultz

## Winter relief

Most UCA students are thrilled when winter finally arrives. In Spangle snow is guaranteed. This year the first snow came at the beginning of November, and students and staff starting getting out skis, snowboards, snowmobiles and all their snow equipment and started preparing for winter sports.

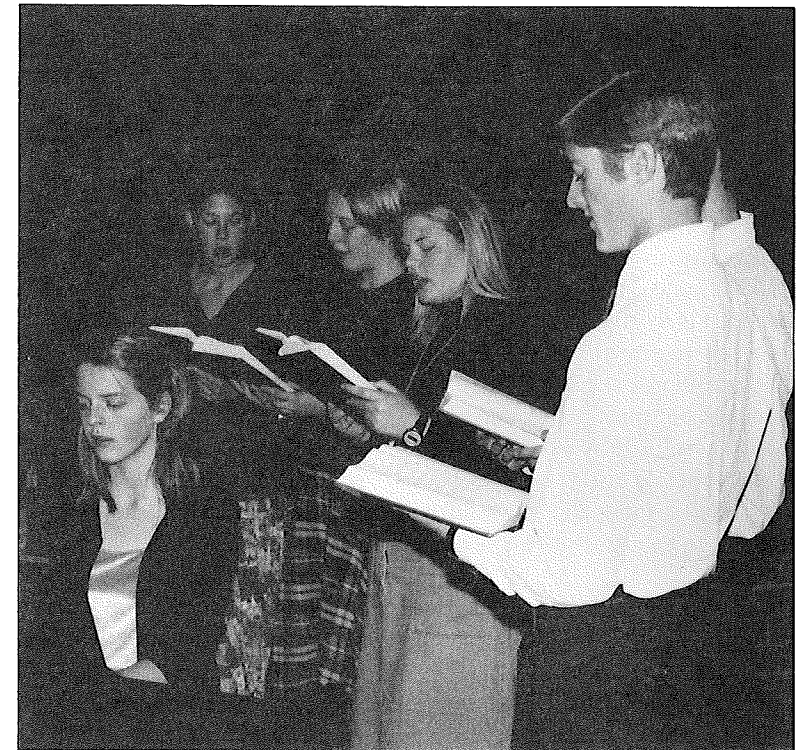
Once a year during the winter, the school usually designates one day, which they call, "Winter Campus Day," for students to take the off from school and enjoy one of their favorite winter sports such as skiing, snowboarding, or ice-skating. It is a day set aside to enjoy life and have a great time with friends. Students are able to relieve stress and forget about their worries for the day. Senior Janelle Myers said, "I remember what a fun day I had."

If everyone would participate in one of the activities on Winter Campus Day, then a day off school would seem like a worthy cause. Unfortunately, many students at UCA have shown a lack of interest in participating. Some of them would rather use the day to sleep, hang out in the dorm or even stay at home--especially if the day was planned for a Monday. Staff members feel everyone should participate in the day and have started to wonder if a day off is really necessary.

This year's calendar does not include Winter Campus Day. Some students worry that we will never have Winter Campus Day again. Kirsten Helmstetter said, "The staff should reconsider the option of having Winter Campus Day." The truth is that Winter Campus Day has not totally been taken away from the students. Staff members have decided to leave the possibility for a day off. School could also be cancelled in the event of an epidemic of sickness or a loss of power.

If students appreciate having a Winter Campus Day, then they should make the most of the day and participate in one of the activities. If the matter seems irrelevant to students then maybe the loss of this day isn't such a big deal. But students should be aware that this day was created for them to have a good time, and nobody is interested in forcing it on them.

Kristen Johnson



Gathering around the piano after Vespers for Afterglow is always a good way to start the Sabbath

## Voyager inspires mission

The *Voyager* takes students and staff from spiritual distress to the joys of evangelism.

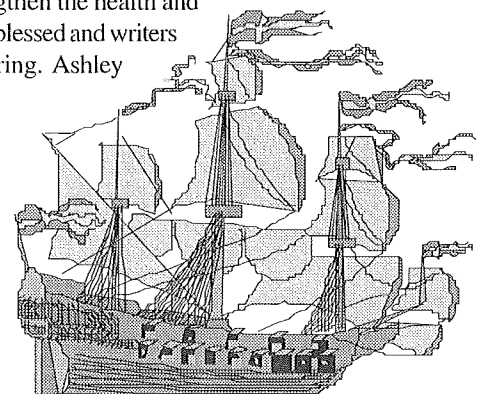
The *Voyager* transports the tidings of ministry, testimony, and spirituality to students and staff at UCA. Darcy Kasner calls the publication "Voyager" because it is designed to bless people on their spiritual voyages. After four editions, *Voyager* awesomely impresses readers. "I personally think it's awesome," said Michaela Gruzensky. The *Voyager* leads students to spiritual health and sails on the support of its authors.

The authors of the *Voyager* feel burdened to improve UCA ministry. Mrs. Katz says that she contributes because she has a burden for people's spiritual and physical health. Heidi Corder and Darcy Kasner edit and occasionally write stories in the *Voyager* to help others spiritually. Pastor Paul Lundgrin sponsors the *Voyager* and strengthens UCA spiritually through some articles as well.

The plan is for *Voyager* to strengthen the health and spirituality at UCA. Readers will be blessed and writers also will find a blessing through sharing. Ashley Thorn thinks it will bless UCA.

Darcy Kasner hopes to print the *Voyager* every other week. Those who would like to unite in this dream of smoothing the spiritual voyages of fellow believers can simply contact Heidi Corder or Darcy Kasner to submit their stories.

Ryan Mundall





## Dorm gets satellite TV

Recently the boys' deans got a satellite dish for the dorm. The dish receives over 150 channels, but only students on dean's list can watch TV. The idea is to give students on dean's list a chance to relax and take a break.

Students can watch any of the 150 channels but must get permission to watch certain movies or shows. A student can also reserve a time to watch a scheduled show and the dean will entrust the remote control to them for that time.

Satellite TV is a great new thing for the dorm, a much wider selection of programs to watch with more sports, educational, and entertainment channels. Guys can also ask the deans to order special sporting programs.

There are lots of students, though, who do not have the time to watch TV. But for the students that have worked hard to keep up their grades and have used their study time wisely, it is a chance to take a break away from their studies.

*Josh Bryan*

## Students feel puckish

With the sudden emergence of a new intramural sport, UCA is abuzz. Floor hockey is the newest intramural at UCA this year, and it has started to become quite popular.

The first time it was organized for rec. there were enough players for a full court traditional 5 on 5 game with two goalies. But since then it's really picked-up. Now when hockey is played for rec. so many people show up that there aren't enough sticks for everyone. About 5 or 6 bring their own sticks, and the school has about 15.

UCA has always had hockey equipment but there was just a lack of interest. Just recently some of the faculty have got involved and really helped in getting it going. "I've waited a long time to play hockey at UCA. I hope a lot of kids try it out. If they do they'll get hooked like me," said Mr. Martling, history teacher/goalie for UCA.

Because more and more players are showing up, the hope exists that there can eventually be enough players for three 7-member students teams and a faculty team.

Hockey intramurals at UCA offers great exercise and a definite variety and challenge that many people long for.

*Jon Koncz*

## Death scare summons sledders

You sit down and instantly you're ripping down the side of the hill, completely out of control. Tiny pellets of ice and snow fly in your eyes and mouth stinging like bees, but you love it. You really can't see where you're going or what's in front of you, but your adrenaline pushes away any thoughts of possible instant death. Then suddenly it feels like you're not really going fast anymore--almost as if you have stopped--but the world is still flying past you. You have reached terminal velocity.

This feeling of hurtling down a snow-covered slope on a thin piece of wood or plastic at speeds in excess of most Indy racing cars is enjoyed by millions of kids and teens as well as adults worldwide. Why is this? What drives us to risk our lives for the sake of such a crazy sport?

"I love sledding because it is a heart-pounding adrenaline rush," said Melissa Holmes. And indeed it is, especially when you know you are going so fast that if you fly off the sled, this could be IT. Becca Flaiz said, "Sledding is the perfect sport for the adrenaline junkie." "I like going sledding because I like going fast and being scared," said Matthew Giem.

But if the adrenaline doesn't do it for you, maybe just being out there with your friends will. Katy Bandy said, "Sledding is especially fun with friends because you're all experiencing the cold and fun together. It's kind of weird," she added, "because it's so cold and uncomfortable but you're still having fun."

There are a multitude of reasons why people love sledding so very much. Some like the huge adrenaline rush that is caused by almost losing their life. Others like it because it is one of the few activities these days that is still pure and can only be done in the great outdoors. There are even some that like it because it makes them feel young all over. "Sledding makes me feel like a little girl again," said Christine Ortega.

Whatever your reason, sledding can be for anyone. If you haven't tried it out yet, give it a shot. The only thing you've got to lose is your life!

*Casey Luport*



## A fresh new start

January 22 marked the start of third quarter and the second semester. The start of a new quarter always is a positive thing here at UCA.

The end of the first semester comes as a big relief to most students. Their absences are wiped clean again and they are not behind in any of their classes anymore. But, not only does it mean a new start for students, it also means the school year is half over. The last half of the school year whizzes by with all the activities. From skiing to Spring Break to Graduation there is always something to keep the students busy.

This time of the year gets really exciting for all the Seniors. They start to order graduation items and start planning for graduation speakers and the class gift. "It is so exciting to be thinking about graduation, but it is also so sad to think about all the friends you may never see again," said Kristen Johnson, a Senior at UCA. This time of the year reality hits them and they realize that the choices they make from here out will affect the rest of their lives.

Whether the students are Freshmen or Seniors the thought that the school year is half over is equally exciting.

*Ashley Thorn*

## European excursion

With Spring break approaching many people are thinking of the mission trips to Michigan, Borneo and Africa. But this summer another group of students will be taking the opportunity to travel together in Europe.

Is there a traveler in you? Consider a month long excursion to Europe. Tour Amsterdam, Venice and Brussels. Ski or snowboard on a glacier. Be exposed to most of Europe--all in 30 days.

This may be the last trip lead by Mr Peach who has organized many such trips for UCA students in the past. It is approved by the school but is not a school related activity. The seven or eight students will tour Europe in a Renault van, providing their own tents, sleeping bags and eating utensils. The price is \$2400, not including fees for a passport, transportation to Spokane, food, entertainment and laundry expense. An \$800 down payment for the airplane ticket is needed to ensure a place on the trip.

At the end of January there was still room for one more on the trip. If you missed your chance, contact Jonathan Engleman, Shari Strickland or Mr. Peach and ask them to send you a postcard!

*Laura McDow*

## Mid-year burnout

January and February can be very depressing months. The days are very short and usually overcast and gray. People feel that with school only half over there is no way they can make it to the end. As a result of this, grades tend to go down, people become moody, teachers and faculty seem to become less agreeable, and it feels like things are never going to get any better. However, there are some things one can do to make life more bearable.

Most people by this time of the year have set themselves up to be very busy. They are always running around, and don't take the time to slow down and put their lives back in order. This adds to stress. It may seem difficult or even impossible to do, but quite often it helps to take time to read a book, take a nap, clean your room, or just sit quietly and do nothing for a little while. It helps to slow down and refocus one's energies.

Another thing that can help is to sit and talk casually with a good friend--a teacher, a dean, or a fellow student--and let out some of the frustrations that have built up. This will help you relax and realize you're not the only person who is burned out.

*Ben Crew*

## Conference homes host parties

Every year, Upper Columbia Conference (UCC) employees provide students the opportunity to party in their homes.

UCC workers plan the parties to provide interaction with students and to give students fun off campus, according to Mrs. Corder. She enjoys the opportunity to form pleasant memories with UCA students and staff. Mrs. Jorgensen says that she enjoys hosting home parties so well that she wants to continue doing it.

This year, more than forty students enjoyed being grouped in four conference homes. The falling snow between UCA and Spokane added to the beauty of the night of parties.


UCC employees enjoy offering games and serving snacks to entertain students. "I had a blast at the conference home parties. I wish we did this more often to give kids, who normally can't go anywhere, the chance to go off campus," commented one happy reveller. Students enjoyed playing twister, uno, up and down the river, phase 10, and other games. Conference parties bring so much fun that people naturally wish they could spend more time partying there.

This year a basketball game was scheduled for the same evening as the home parties, but the plan is to have no competing activity next year.

*Ryan Mundall*

**THE END  
BEGINS  
Senior Recognition  
March 2 & 3**

The Upper Columbian



is a regular student publication of Upper Columbia Academy, a non-profit Seventh-day Adventist boarding high school, Spangle, Washington

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*The gallant Journalism class, the writers for the Echoes, pose for a final photograph at the end of first semester.*



## ACCORDING TO THE CALENDAR

February 15-17--UCC Choir Clinic  
February 16-17--Gymnastics Tour  
February 18--Valentine's Banquet  
February 21--Mid-Term  
March 2-3--Senior Recognition  
March 5--HOPE Taskforce  
March 5-10--Spring Week of Prayer  
March 11--Sunday School  
March 14-25--Spring Break