

Students share Christ

by Chelsea Moore

Not long ago, twelve UCA students traveled to Camp MiVoden, seeking inspiration. Each had been selected by a majority of the student body to be a Student Week of Prayer speaker, and each returned to campus prepared.

The talks built upon one another, giving a portrayal of Christ not often heard, a portrayal that was understandable, touchable, and real. One spoke of dealing with army ants in Africa, another shared the lesson of when to lay down weapons and walk, while yet another found that one without eyesight is not always the best lookout.

With Shakespeare, you may not understand the play in its entirety until you've seen it performed. At UCA, you may not fully realize your purpose or who Christ is until you've seen it with your own eyes.

"All the world's a stage, and the men and women merely players." The Student Week of Prayer speakers took on their role in the play we know as life and the mission we know as Christianity and again made Student Week of Prayer one of the greatest blessings and inspirations of the year.



Talisha Sandvik, Tracy Yeager and Kola Shippentower wait for the evening Student Week of Prayer meeting to begin

A wintry day

by Dan Hudson

There comes a time every school year when an assembly is called right before lunch. New kids become apprehensive and jumpy. "Why are they having an assembly!? I didn't do anything! Those CDs were my roommate's!" The experienced just smile and shake their heads.

And so a restless crowd gathered in the gymnasium to hear Winslow lay it down for all to see, mad style. "Yo yo yo, here's the dillio, we got's da snow, so let's go!" (Well, those may not be his *exact* words.) As some puzzled over his cryptic message, others knew exactly what it meant. It was time for this year's WINTER CAMPUS DAY OF EXTREME FUN AND UTTER DELIGHT, or Winter Campus Day for short.

Many options were available to the excited mass of students: skiing/snowboarding, ice skating, swimming, bowling . . . shopping, but all ended up at the fabled eatatorium, Eatza Pizza.

All in all, fun was had by most, if not all. A day off from mundane school attendance was a welcome break to the weary (if not particularly surprised) students of Upper Columbia Academy!

Second Semester ASB OFFICERS

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Vice President Megan Eklund
Chaplain Phillip Sherwood
Secretary Dewann Bach
Treasurer Amber Morrill
Sgt-at-Arms Hillary Wagner
Pianist Amanda Ward
Chorister Brittany Blankenship

Standardized misery

by Lana Burke

The word "test" strikes fear in many hearts, but nothing causes more of a full-fledged panic than the simple combination of the words "standardized testing."

Standardized tests have been prevalent in high schools since the 1950's causing many sleepless-hair-pulling-stressed-out nights of studying. Ironically, standardized tests are meant to measure how much you've *learned*, as in past tense, not how much you crammed into your brain days (or in the case of the more dedicated, weeks) before the tests.

Many programs, books and seminars, which most students will admit to having at least glanced at, boast of being able to teach you strategies to beat the test into submission and yield you an acceptable score. While these can raise your score, the majority of students don't spend enough time with the material for it to do anything except freak them out . . . which typically affects scores negatively.

Other factors that can affect your overall score are testing conditions and your emotional and mental state. The students calmly filling in answers tend to do better than the students dripping with sweat and staring wild eyed down at the menacing papers in front of them.

As appealing as the wild-eyed student sounds, it's hard to read the question when they've been smeared by sweat. So here are some tips for earning your best score on a standardized test.

1. Be equipped – Gather all the things you'll need the night before and remember to check your calculator battery.
2. Dress in layers – The climate in test centers can vary from sub-arctic to sauna-like. Be prepared for both and in-between. Being at a comfortable temperature will help you do your best.
3. Don't spend too much time on one question – Each question is typically worth the same on standardized tests, so if one is too confusing move on to another and come back to it later. This isn't answer all the hard questions time; you want the most points possible.
4. Guess aggressively – If you're going to guess, don't just guess randomly. Eliminate choices that you know are wrong, then make an educated guess from the remaining options.
5. RELAX! – Your attitude is crucial to your performance. If you're super stressed, wear something white; it's supposed to make you feel calm and confident, which is always good for testing.

So, whatever test you may be facing, remember: breathe in, breathe out, and it probably wouldn't hurt to crack open a book or stay awake in class once in awhile. Good luck.

Here a snack there a snack everywhere a snack snack

by Aaron 'snacker' Hays

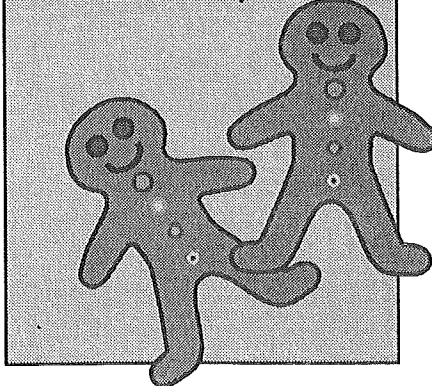
The alarm didn't wake you again. You are late to your first class. There's no time for breakfast. Musical hunger rumblings are getting louder . . .

There's only one way to save yourself from a morning of agony: eat those snacks you saved for a crisis like this.

"Snacks make me love life," said Jordan Ellingsen. "Top Ramen gets me through the day. I couldn't get by without it." Tim Workman agreed that snacks are a must.

"I eat dinner at 6:00 and lights out is at 10:15," said Aaron Davis. "That is just too much time to go without food." According to J.J. Andrews, snacks are his brain food at night.

Fortunately, the guys' dorm has a store dedicated to supplying snacks. Snacks are everywhere in the dorm and save students from long hours of torture each day.



Pupils fight long distance problem

by Kathilee J. Davidson

Upper Columbia Academy has students from eighteen states, one US territory,

and two other countries. Although this adds to the diversity of the UCA campus, those who live a long way away, must learn how to fight homesickness.

While many students have the opportunity to visit home often, others cannot go home for months, or even years. In these cases homesickness can be a real issue and must be dealt with.

Everyone has a different way of dealing with it. "I sleep, or I play computer games," says Chuck Choi, from Korea. "I count down the days until I go home, no matter how far away it is," says Talisha Sandvik, from Alaska.

Establishing a connection with home is a very common method. Thomas Nukwuk, from Alaska, says that calling home helps. Also he says he likes to keep himself busy.

Many students find it helpful to talk to people who are like family. Saria Kim, from Korea, likes to talk to a dean or a friend. "I go to my friends' rooms and they comfort me," she says. "They give me tea and stuff."

Anything that reminds students of home—such as familiar smells and pictures—helps. A package from home helps also!



Mr. Hartman shows Evan Kinne, Chuck Choi and Aaron Poole the best way to adjust a marble shooter for a physics experiment involving height, speed, angle, and velocity

Fretful melodies

by Melissa Ekvall

Sweet tunes of five classical guitarists can be heard in the choir room during the 3:42 period. However, it's not always heavenly to the ear. Playing classical guitar takes special determination and effort.

Mr. McCombs, instructor of guitar ensemble, has been playing classical guitar for eighteen years. His passion for the instrument led him to join a guitar ensemble. "Being in a guitar ensemble convinced me to start a similar group at UCA. My favorite part of teaching the guitar ensemble is seeing how much enthusiasm my students have," said McCombs. Not only does he have the responsibility of the guitar ensemble, he also is kept busy with private guitar lessons.

Every Monday and Tuesday the ensemble to meet and put the music together. Students must practice the music on their own before combining all parts on lesson days. "I definitely don't like practicing, but the greatest feeling is when all the parts come together," said guitarist Tori Shelton. Phillip Sherwood, another member of the ensemble, commented, "I love the challenge of learning a classical piece." Many times it's frustrating to learn a new song, but in the end it's worth it.

Guitar ensemble has played for Spokane Churches, the UCA Christmas concert, and the Spangle UCA Church and is planning other performances in the future. The ensemble started last year and students hope it will continue. Thanks to the dedication of Mr. McCombs and his students, UCA has been blessed to have the melodious music of the guitar ensemble.

Will I ever be good enough?

by Kristen Opp

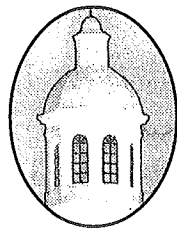
Sitting in the dark stairs of her house, Brenda reflects the events of her day. Her favorite artist is playing in the background. He sings, "I left my love and forgot my dreams, and lost them all along the way." With tears in her eyes she sings along, believing it more and more with every note that leaves her lips. She always did have a beautiful voice but no one noticed her, standing in the shadows of her older siblings.

"There's no way out," she thinks to herself. "I've got nothing left." She'd tried things to make herself feel better before: shopping, tanning, and getting good grades, but none of them worked. "What else can I do," she says out loud. "Well I could stand to lose a few pounds . . . maybe I'll skip dinner . . . what could it hurt?"

This is how it can start. Girls battling with depression or who have exceptionally low self esteem often struggle with their weight. TV and other influences often have girls thinking they need to appear perfect in order to be liked. This puts most young girls under tremendous pressure to reach the height of perfection, which in most reasonable people's minds is impossible.

One out of five young girls struggles with an eating disorder. Twenty percent of them die from it. Most never seek professional help. People who do not struggle with their weight or self esteem often find it hard to sympathize for others who do. Cruel remarks and judging looks from peers can feed the flame of this disease. Thousands of lives are permanently damaged by this mind-controlling illness; we must help stop the cycle.

There are many ways we can help. Two examples are supporting and volunteering at your nearest crisis center and encouraging a friend to exercise as a safer alternative to dieting. Most importantly, we need to be sensitive to people's insecurities and remember the proverb that until you've walked in their shoes you have no idea how they feel.



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There was more snow on campus this winter. Several inches were on the ground for most days during the everlasting period between Christmas vacation and February homeleave. This kept Mr. Mann, Mr. Williams and excited student maintenance workers busy. Right after homeleave, the temperature warmed and the rains (and robins) came, starting the gradual slide toward spring.

What's with the network?

by Willis Maxson

A lot of people complain about the Internet not working in the dorm. These complaints are well justified, as I often cannot get it to work either.

There are a lot of reasons why the Internet doesn't work. Some people simply have messed up computers (the result of expert experimentation or inadvertent key strokes) so the problem is not with the school's network at all. But they hear others complaining and join in. But, one of the main reasons for widespread problems is that the switches that route network traffic keep overheating. Yes, we do need these switches, so we can't do what we all feel like doing from time to time and take a large hammer to them.

The computer support department is working to correct this hot problem. However, it is a difficult task. They can't just open a door to the room where the switches are and let the cooling breezes blow. That would be too tempting for vandals. And modifying the doors to allow more air flow could violate fire codes. But computer support does have a plan (and parts) so hopefully this problem will go away soon.

There is one other problem that you don't have to be a computer wizard to fix: a lot of people simply have the wrong setting in their computers. If you're having trouble with the Internet, try this simple fix: When you're in Explorer, go to "tools," then "internet options," and click the "connections" tab. There you'll find a button, called "LAN Settings." Click it and make sure the "Use proxy server for LAN connections" is checked, then type this in for the address: 172.17.3.15 and for port, type 8080.

A Sample of true service

by Tommy Cutting

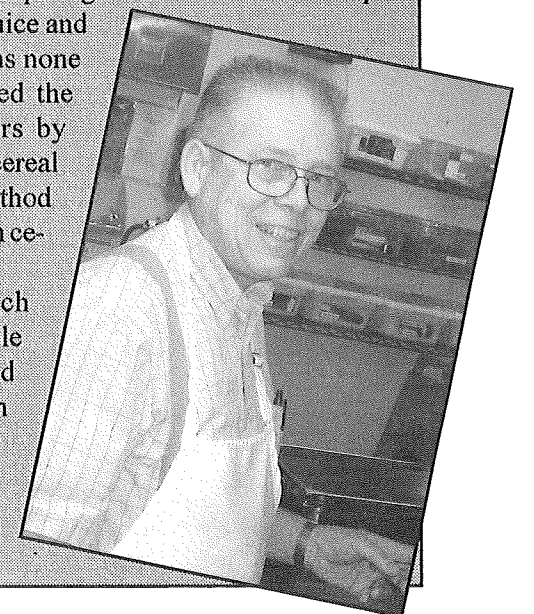
Food service is a line of work that is rich in its unsung heroes. A long time ago a man named Clyde Sample dared to try his hand at such work and today goes on unnoticed in our very midst as a legend in the food service industry.

Sample's life took the road of food service in 1954 when he began working at Laurelwood Academy as a student. This work continued at Walla Walla College, where he obtained his dietetics degree in 1963. Since then he has worked at an array of other places as well, including Weimar College and various hospitals while serving in the military. He was the food service director at Walla Walla College from 1969 to 1983. However, the crowning achievement came in July 1995 when he began work here at Upper Columbia Academy.

But what is involved in food service at U.C.A.? For certain it is no walk in the park. Mr. Sample is constantly on the move from 8 A.M. to 4:30 P.M., sometimes coming in as early as 5:30 in the morning for morning relief. A typical day's work includes minor repairs, preparing 10-12 recipes, and managing students. Though most would lose their heads when faced with such daunting tasks, Sample somehow manages to remain calm and collected through it all.

Yet, while he is a man that keeps his cool, he is also prone to excitement at the prospect of improvements to food service. It was Sample himself who was the inspiration behind making the change from pre-packaged potatoes to fresh, wholesome spuds. He has seen to a number of dining room changes as well, co-conspiring with Mr. Blankenship in the construction of the juice and soda cabinets. And it was none other than he who saved the school countless dollars by switching to the current cereal serving setup, the old method spilling 25 to 30 dollars in cereal every day.

Improvements such as these show that Sample is a man of initiative and forward thinking. Such qualities make him the man he is today, a true unsung hero of food service.



Caring hearts save lives

by Michael Moore

The wintry weather and deep snow caused blood donations to go down dramatically over the last few months, but winter is the season when more blood is needed thanks to an increase in accidents. In spite of the nasty conditions, people were still giving blood but at a slow pace.

The first UCA blood drive made an impact. Forty-four students donated blood. But that's only about 1/3 of the 150 donations needed each day. This shows the need for everyone to do their part.

The personnel from the Inland Northwest Blood Center see a difference between this Adventist school and the average high school. They saw a difference in attitude and in friendliness. Partly thanks to that example, Mrs. Corder was able to share some points about Adventism with them. She also was able to give them each *Steps to Christ*.

It is always a good time to give blood. The INBC can use all the blood it can get. It's better to have more blood in storage than not enough. People who care for other people donate blood. It saves lives!

Every donation makes a difference.

Of the general population, 70% are eligible to donate blood, but only 5% take the opportunity. Of all who donate, 14% are teenagers. Each donation can help up to three people through straight blood and blood products.

We all live for tomorrow;

now help someone live another day. Remember 70% of the population is eligible to donate blood. Give it a try. You won't be sorry.



Philip Byrd donates blood



Sometimes things don't go exactly as planned for the UCA gymnastics team

Stressed out

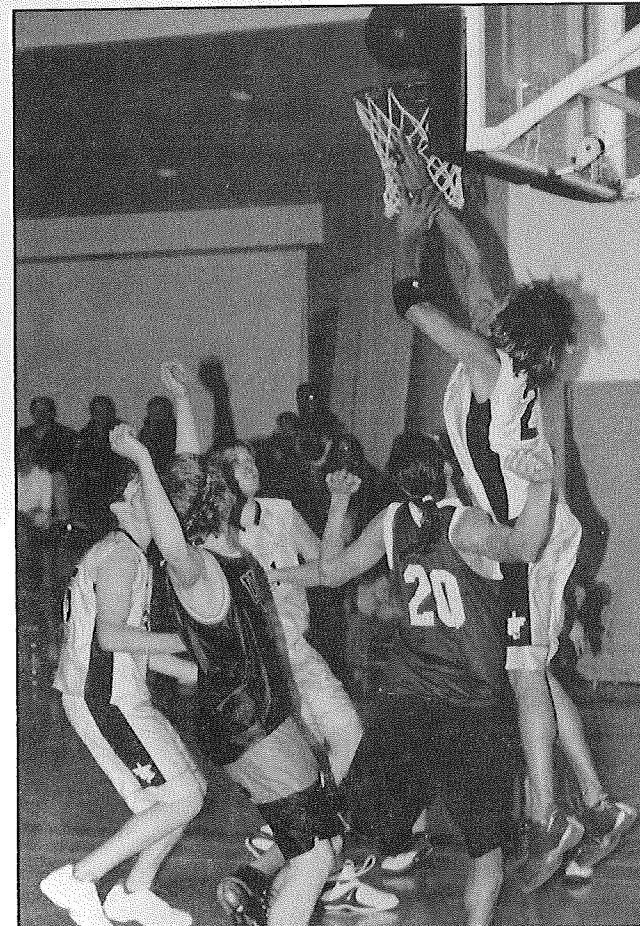
by Phillip Sherwood

The dream of a life without worries, sadness, and stress is unrealistic. When songs of light and beauty show up, homework, five-page tests and early-morning alarm clocks drown them out.

Stress is like intense music that grows and builds inside the head. The demands of high school turn up the volume, and it is more than some can handle. Is there some way to turn it down?

There are many ways to deal with stress. Extra sleep, relaxing your mind from all thoughts, and taking a walk in fresh air are all good ways. Exercise and friendly chats also help. It's good to know you're not alone and that others have the same difficulties. "I deal with stress when I pray and give my roommate a hug," says Tommy Cutting.

Life will always have its extreme times, but they are not something to worry about. According to a Chinese proverb, "A journey of a thousand miles begins with but a single step." So take this life one step at a time and live in the moment of today.



Excitement under the hoop during a basketball game

Joint-worship joys

by Tommy Cutting

When attending school here at UCA, every Wednesday we experience that enthralling weekly phenomenon known as joint worship.

It happens every time: about half way through the week we are caught unawares right around 6:30 and rushed to the gym to experience an uplifting incident.

Over the years we've managed to have a number of memorable activities: knowledge bowl and various drama skits to name but two. An assortment of other things is experienced at joint worship as well: informative school announcements, loud fellowship with your neighbor (generally this is frowned upon), enthusiastic praise music, and even the occasional chuckle when Winslow mentions his girlfriend.

Yes, for better or worse, this is the joint worship we have all come to cherish here at UCA.

Sidewalks

by Brent Davis

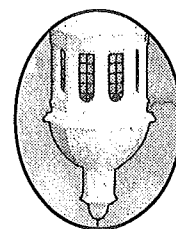
38,541,847,001 feet of sidewalk cover our globe. They wind around cities, businesses, buildings, and schools. Even at our very own UCA we have an abundance of sidewalks. They take us to the café, to class, to the gym, and to the dorms. The problem is that they lead wandering students on such a wild goose chase that they must have an extremely acute sense of direction to finally reach their destination. One must wonder if they were only installed to increase the ambiance on campus with well-balanced, symmetrical areas.

In specific problem areas, students have taken matters into their own hands and have created natural, organic walkways. Take for instance the shortcut to the café. The dirt path that cuts the corner is as dead as the concrete sidewalk and provides a route that probably saves almost two seconds on the way to lunch. Then there are the diagonals from the dorms to the administration building. In years past these student runs have been roped off with yellow caution tape to allow the grass a respite from strenuous trampling. Now the grass is reappearing from under the snow, such drastic measures may be taken again.

A constant struggle thus ensues between the faculty and some of the student body. We are told that "the grass has feelings too," or "how would you like it if you were walked on?" My personal favorite is, "pick on somebody your own size."

At this juncture, the history of concrete will not be addressed but it will be said that grass was around before concrete, but, of course, it wasn't walked on.

All in all, the sidewalks must be used. Harmony among campus residents is worth maybe even 2 extra seconds on the way to lunch. Who knows?



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