

echoes

January 1999

ASB elects new officers

There are times, twice each school year, when people run around with petitions and ask, "Will you sign this please?" ASB elections is a time to consider whom we want to lead the school for the next semester.

When a student, let's say Leonard Buchstein, decides he wants to run for ASB Secretary, he goes to Mrs. Davis's office and asks for a petition. At first, he doesn't have any trouble finding people to sign it, but as time goes on he runs out of close friends and has to ask people he really doesn't know. (The required 30 signatures is quite a lot.) When he gets the petition all filled out, he turns it back into Mrs. Davis's office.

When the deadline for petitions arrives, Ad Council goes over the names and makes sure each student is eligible to run. They check a student's citizenship and academic record.

On January 8 the whole student body voted to narrow down the list of candidates; then, on January 15 a second vote was held on the top two or three names for each office.

ASB officers are in charge of such things as parties, picnics and banquets and really are the student leaders at the school.

This year we had 30 petitions, and the most sought-after office was Vice-president, unlike last year when it was President.

Eric Saylor

NEW ASB OFFICERS

President: Bobby Sanborn
Vice-president: Mike Kyle
Chaplain: Jamie Miller
Secretary: Jenni Swisher
Treasurer: Jared Carr
Sgt-at-Arms: Jim Drake
Chorister: Leslie Francis
Pianist: Kyndre Corbett



A few inches of snow will always bring out the grace and dignity in people. Jane Rosser, Aaron Skeels, Rachel Reedy and Andrea Johnson frolic in the snow.

Thunderbird keeps going

There have been many rumors about Thunderbird. There are three sister plants, and it has been said that the one here at UCA might be closed or sold.

Thunderbird has operated for many years. It produced furniture that is still being used in the dorms. The plant here has been prosperous for the most part, and has helped the other two plants stay in business. Now the plant makes wood panels for export to Europe.

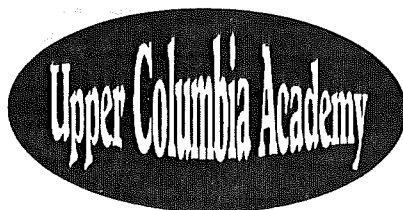
Thunderbird provides jobs for students and pays more than any on-campus job. It also provides jobs for adults in the community. If the plant closed, it would have a terrible effect on many. But according to Mr. Jon

Corder, business manager at UCA, the chance of Thunderbird closing is small. The Thunderbird board voted to either close or sell the plant, and at the present time it appears the plant will be sold.

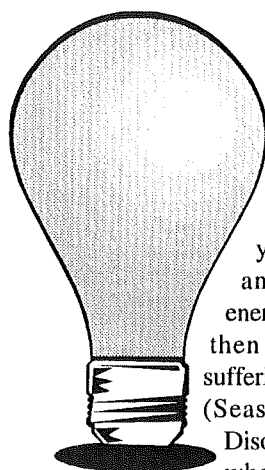
The Upper Columbia Conference, which provided Thunderbird funds so it could get new equipment a few years ago, is interested in buying it. If the plant is sold, it will probably keep operating under the same name.

It will take another six to nine months to figure out exactly what will happen, but it appears the plant will continue operating until the end of the school year.

Mesach Real



Lack of light creates winter blues



Do the short winter days and the long dark winter nights get to you? Does winter make you feel down and low on energy? If it does then you may be suffering from SAD (Seasonal Affect Disorder). People who suffer from

SAD may experience fatigue, depression, and withdrawal. They may also find themselves sleeping and eating more during the long winter months. An individual suffering from SAD, however, need not show all the symptoms, and even if a person does experience all of these symptoms it does not always indicate a person is suffering from SAD. A person may be suffering from winter doldrums, which is a sub-clinical level of SAD. A diagnosis of SAD requires a professional evaluation.

One method of treating SAD is light therapy. Light therapy involves exposure to intense levels of light under controlled conditions. For treatment a patient sits in front of a fluorescent bulb with a diffusing screen, which is designed to produce the effects of sunlight, and may engage in activities such as reading, writing, or eating.

Treatment sessions can last from 15 minutes to 3 hours, once or twice a day, depending on the individual's needs.

A new treatment called negative ion therapy, which involves special electronic devices, also has been shown to help alleviate symptoms associated with SAD. A negative ion is a molecule that contains an extra electron. These molecules are created naturally by the sun, wind, and moving water. Such molecules in high enough concentrations are capable of making the air cleaner and fresher. This has been shown to reduce irritability and depression in people with SAD, while improving their energy levels.

Some people also find that standard anti-depressant medications provide relief, but they still do not reach their normal level of well being until spring or summer.

Three fourths of the patients treated who suffer from SAD show major improvements of depressive symptoms. A patient's response is dependent on such factors as time of treatment, time of day, and level of light. Treatment must be specifically calibrated for individuals. Free treatment is available for research volunteers at about a dozen SAD clinical research centers across the United States. Personal light units are also available for approximately \$360-\$500 are capable of making the air cleaner and fresher.

Thorsen Haugen

Three steps to success

With the new year just starting, many people have thrown resolutions out the window already. A favorite resolution is to diet, but diets have a bad name because they are known for failure. There are so many diets available and many would work if the right preparations were taken. To reach a goal use these 3 simple steps.

STEP 1. Set a specific goal. Say you want to lose five pounds in the next month, not just that you want to weigh less soon.

STEP 2. List two things that are

holding you back from reaching that goal, such as eating dessert every day and never exercising.

STEP 3. Decide how you could change those two things. Walking three miles three days a week and having dessert only once a week would work.

With these three simple steps you can clearly see the things that are holding you back, and give yourself more of a chance of reaching those New Year resolutions that are so often never reached.

Nathan Lull

Prayer warriors preach

With the holidays over and things getting back to normal at UCA, we all need to find solace somehow. Student Week of Prayer gives us a breath of fresh air and helps us to renew our relationship with God and to make needed changes in our hearts.

Every year at UCA, students are elected by their fellow classmates to speak for a week of prayer. The speakers talk about what is on their hearts and what God has put on their minds to say.

The speakers chosen this year are Allison Bacon, Cameron Cook, Jim Drake, Caleb Foss, Peter Haug, Jered Kostenko, Angela Larson, Stephen Lundquist, Kurt Meidinger, Manuel Perez, SaraJuyne Smith, and Judy Straub. The sponsors are Pastor Fred, Ms. McGuire and Pastor Stevenson.

These students spent a weekend together at MiVoden to have a chance to get closer to God as well as to bond with each other. Prayer and Bible study was the main focus at the retreat.

Students and faculty enjoy Student Week of Prayer for many reasons. It is something different and it's exciting. It is good to hear fellow students talk about things that all teens go through. Students understand more and can relate better with the audience, seeing that the majority are teens.

Student Week of Prayer is a good time for students and faculty to take a look inside to see if they are right with. It is also a good time to remember how God is working in lives and to learn from past lessons. It is a time to find out what is really important in our lives. It is a time to reflect, to find peace of mind, and to be still and know that He is God.

The cares of this world can weigh us down, and guilt can tear us up inside, but Jesus is waiting to change all that.

"If my people who are called by my name humble themselves and pray and turn from their wicked ways, looking to me for help, I will hear from heaven and will forgive them their sins and heal their land." 2 Corinthians 7:14.

Angela Larson

Are we really different?

How do you tell a UCA Student from other students? They love their school! UCA turns into your home away from home. You have many parents, tons of friends, and hardly any enemies.

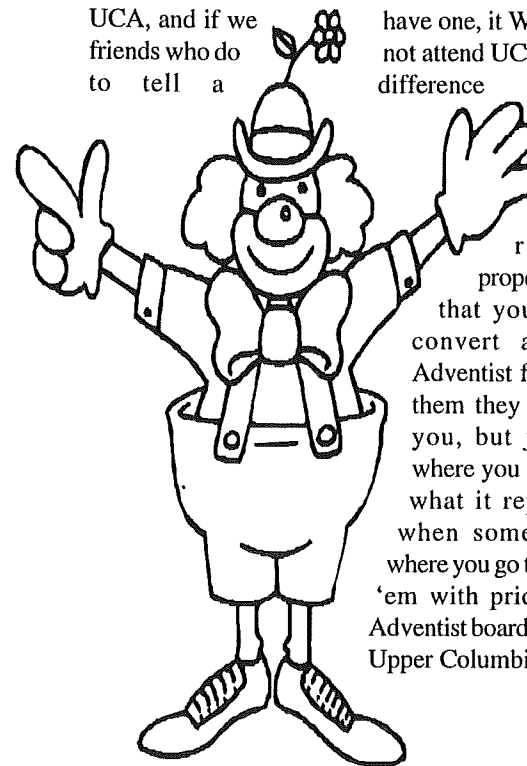
UCA students have their own identity. One obvious difference between UCA and a public school is the dress code. UCA's dress code, which is much stricter than some, is there to set us apart from the rest. But there are schools where our dress code would be considered sacrilegious. Some schools have a no-jeans policy. We're lucky.

Another difference is friendliness. You cannot walk down the halls of the Ad building at UCA without someone smiling or greeting you. As an observer at a public school for a quarter, I was never once greeted by anyone. Why is this? Do we feel safer at UCA because of our rules, and so are able to interact with others without fear of someone becoming angry at us and pulling out a weapon to retaliate?

During that quarter of observation, I noticed that public school students didn't seem as happy as UCA students. They talked among themselves, but it was all about who got into trouble with the police, and who didn't get caught. When they realized that I was a UCA student at their school, most just turned away. But one girl asked me, "Why do you actually *pay* to go to school? Isn't that kinda stupid?" I didn't have an answer. But now I realize why. If I went elsewhere, I'd not be as happy as I am here.

If you don't feel any different than any other student at any other school, take account of your life. Why do you feel no difference? We are offered a relationship with Jesus at UCA, and if we have one, it WILL show. Your friends who do not attend UCA should be able to tell a difference between you and them--if they can't, the school is not being represented properly. I don't mean that you should try to convert all your non-Adventist friends by telling them they need to be like you, but just remember where you go to school and what it represents. Then when someone asks you where you go to school, you tell 'em with pride, "I go to an Adventist boarding school called Upper Columbia Academy!"

Joel Geisinger



Stress and Anxiety over Test

As every senior knows, the SAT is the biggest single contributor to the criteria colleges examine. It is somewhat unnerving to think that your acceptance into college and the rest of your education is determined in one day of testing. Nearly every college senior in the nation takes the SAT. Along with the ACT it is considered the most accurate evaluation of your knowledge.

The scoring of the SAT I Reasoning Test has long been a mystery for high school students. Each person you ask has a different idea of how the test is scored. While the College Board does not specify exactly what fraction they use for each section, they do say that they subtract a fraction of your wrong answers from those you marked correctly, and they round that score to the nearest one point. Then the process of equating occurs. This converts your scores into something like 450 instead of 15/40. In 1995 scores were recentered so that the average score was again 500 on the 200 - 800 scale.

The test tells you how you compare to college-bound seniors with a percentile as well as a composite score which shows your achievement against the test. For college-bound seniors in the class of 1998 the average verbal score was 505 and the average math score was 512.

Retaking the SAT test is not always as beneficial as some may think. While statistics depend on your original score, the average improvement seems to be less than 10 points, which is not even visible on the score.

Some students have a specific score in mind; others just cross their fingers and do their best. Some spend the three months recommended by experts preparing for the test, while others stay up late the night before. No matter what your attitude concerning standardized testing, it is obviously one of the most heavily weighted 3 hours of your time in high school.

Many excellent study guides are available on CD and the Internet. The College Board has a web page with helpful hints also: www.collegeboard.org

Bobby Sanborn

The Upper Columbian



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

This issue's contributors included:

Kyndre Corbett, Joel Geisinger, Daryl Hamilton, Thorsen Haugen, Suzie LaPorte, Angela Larson, Bryan Larson, Nathan Lull, Mesach Real, Tim Rowe, Bobby Sanborn, Eric Saylor, Rex Wren, and Stephen Lacey, adviser



The Choraliers sing under the direction of Carmen Swigart during the Christmas concert weekend

Tropical Christmas banquet a success

The theme was a tropical Christmas. The evening was filled with wonderful food and entertainment. "It was the best banquet

I've ever been to," said Suzie LaPorte. "The food was great and the shishkabobs were the best," commented Kyndre Corbett. The pina colodas were good and there was bottled water for those who preferred not to have a sweet drink. Each table was dismissed individually so as to not have a huge crowd surging forward all at once to fill their plates at the buffet.

There were a number of vocal and instrumental performances by the students, and everyone enjoyed the background music of the Beach Boys.

The room was busy with friends taking pictures and posing by the wooden statue stuck in the sand by the fake palm trees. Professional pictures were taken in a separate room off the cafeteria for those who wanted to capture a more formal image of the evening.

The room was decorated with a sunset back drop, sand, surfboards, and torches to make it seem like you were really in Hawaii. One of the most unique decorations was an ice sculpture, carved by Mr. Blankenship, of an old-fashioned Santa Claus. It was set in the middle of glasses that were stacked four to five high.

In the center of each table was a small pile of sand mixed with sea shells with a candle stuck in the center.

After the meal was over and desert was served, people were free to go back to their dorm rooms or stay to watch the classic movie "Christmas in Connecticut," a romantic comedy made before our parents were born.

Angela Larson

Music provides a Christmas farewell

One annual highlight for parents of UCA students is the Christmas concert weekend, right before Christmas vacation. About 65-70 choral students and 90-100 band students, as well as keyboard students, participate in this event.

The hours of practicing start before Thanksgiving. This year the choir spent most of their time practicing to sing excerpts from Handel's Messiah, although other sacred as well as some secular numbers were included in the concerts. The band, of course, spent many hours practicing also—enjoying their enlarged rehearsal room. Following UCA tradition, the band played "Sleigh Ride" again complete with horse sounds and the crack of the whip. The ever-famous Choraliers contributed finely-honed numbers for both the secular and the sacred concerts.

Saturday night's secular concert is a little more relaxed and fun than the sacred concert on Friday. To squeeze even a little more fun from the event, the girls in Choraliers decided to perform without their shoes—much to the dismay of Ms. Swigart, but mostly unseen by the audience. Strangely disguised staff members also made their customary appearance to throw candy at the audience.

The sacred concert is a more formal affair, and it was such a thrill when it finally came time to sing the "Hallelujah Chorus" and everybody stood and listened in awe.

These concerts are enjoyed by parents and students alike. For parents it is enjoyable because they get to sit back and try to relax as they watch their children with nervous pride. The students enjoy reaping the rewards of hours of practice, but they also know that after the last note is played it is time for vacation. That in itself is worth it all!

Suzie LaPorte

Down Home Christmas Show returns

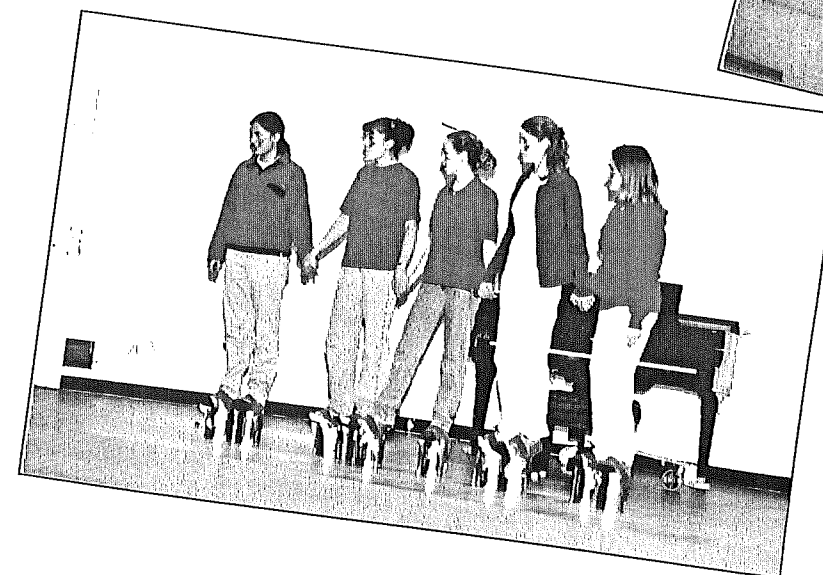
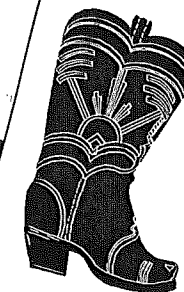
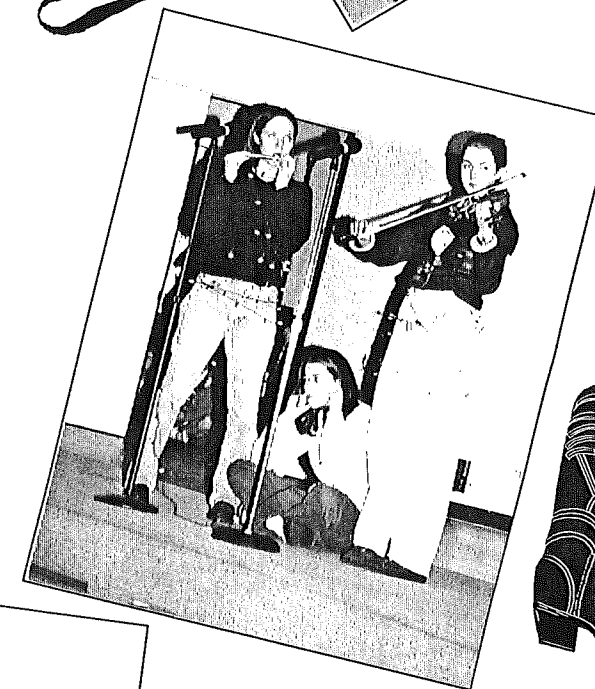
During the '92 registration, several senior girls went to Mr. Jenks saying that there was some guy singing off-key cowboy love songs to all the girls. So Mr. Jenks looked out the window and saw Leroy Wheeler serenading some girls. Mr. Jenks called Leroy into his office and discovered that Leroy loved to sing. In exchange for Leroy's stopping his serenading of every girl on campus, Mr. Jenks gave him his own Christmas show for him and other students to perform and have fun in.

Along with all the other students performing, Leroy, the star of the show, would sing and recite his own cowboy love songs (off-key of course) and Christmas poetry.

For several years, students performed at this wondrous event, displaying their talents, great and small, for all to see. And Leroy made guest appearances even after his graduation. But one year after Mr. Jenks left for Mt. Ellis Academy, the LWDHCS fizzled away.

This year the tradition was revived after Mr. Jenks returned home to UCA. During the program, some of UCA's finest once again displayed their talent for everyone to enjoy and laugh at. We had everything from "Grandma Got Ran Over By A Reindeer" (Jon Wagner and Kevin Toms) to a whistling and humming duet by Jody Straub and Jody Straub. (No, that isn't a misprint. She performed both parts at the same time!) Unfortunately, the star and originator of the program, Leroy, didn't show up in time to make a semi-musical contribution. He did appear several days later at the Christmas concert, however, to enjoy the applause of the crowd and to tip his hat.

Tim Rowe



Much resolve dissolves in January

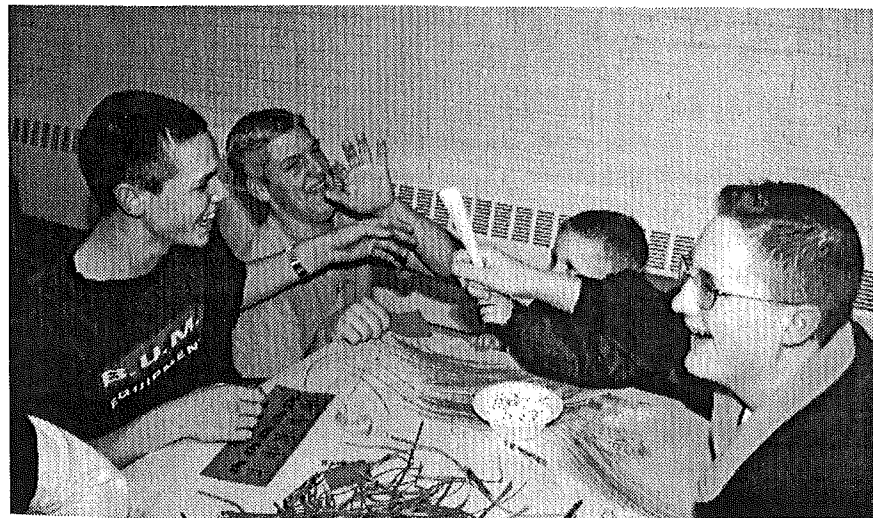
How many of us have resolved to do something only to lose sight of our goal? New Year's Day has become a time when thousands of people do just that. Out of these masses of determined humans, most fail, leaving everyone in a depressed, dejected mood during January!

Many people blame the overall drop in morale on the lack of sunlight, the low temperatures, and the generally poor weather. However, many people are depressed because they feel as though they have somehow failed themselves and everyone else. This drab attitude only contributes to the discontent of being back in school after spending Christmas at home.

Like most problems in which individuals do not meet a standard put in place by themselves or others, there is an obvious answer that some have already discovered and have begun to practice. This solution is lowering or removing the standard so that everyone can achieve meaningless goals and maintain their positive attitudes. Instead of telling yourself that you will lose twenty pounds, make a vow that you won't *gain* more than twenty pounds. Rather than committing to quit smoking, simply promise you won't smoke more than two packs a day. This handy principle can be applied to almost all resolutions and those to which it does not apply can simply be dropped.

There is great satisfaction to be gained from setting a goal and accomplishing it, but not many are willing to risk the despondency of realizing that they have failed. So keep this in mind when setting goals for yourself. Success without risk can only be gained when you are not required to persevere.

Bobby Sanborn



Jason Campbell, Todd Frey, and Troy Davis entertain a guest at the ASB Christmas Party. Every year the ASB holds a party in the cafeteria and distributes gifts to children from the Spokane area.

Music brings travellers holiday spirit

The airport seems like an unusual place to perform, but the Spokane International Airport invites UCA students to perform for the holiday travelers during the Christmas Season.

On Monday, December 14, 1998, two 15 passenger vans were loaded with students, two electric keyboards and many other musical instruments. All the participating students were dressed in their very best and ready for several hours of entertaining.

Throughout the evening as passengers were going through the security check area they could hear piano selections played by a multitude of very talented pianists from UCA. Also performing were three trombonists, Mrs. Anderson, Stephen Lundquist and Michael Waters. As the night went on more talent was introduced to the echoing hallways of the Spokane International Airport as Bryan Larson and Rex Wren performed several trumpet numbers.

The music brought much holiday cheer to the people who were eager to get to their destination. The workers there were also happy to hear music throughout the airport. "We wish you would come every night," said one of the airport workers.

The airport staff and the waiting passengers were sad to see the students leave but were also glad that they were able to come and share their talents with them. The students, too, were happy to have been able to spread some unexpected holiday cheer.

Rex Wren



Weather hampers vacation plans nationwide

The weather during the Christmas holidays left much to be desired. There were massive snowstorms in the Midwest and flooding in the Northwest.

The snow in the Midwest caused several airport closures that delayed or canceled flights nationwide. These delays and cancellations prevented more than one student from returning to school on time. Some were three days late.

A cold temperature record was set in Illinois, where the temperature in Savanna was 37 degrees below zero. The main story on [weather.com](#) on January 6 was how the temperature in the Midwest was 30 degrees warmer than the day before. This was to be short lived, however, and more snow was on the way.

In the Northwest the weather provided a lot of rain. Most of the rain was on the coast, causing flooding in several areas. In Tillamook the water came up as much as one foot every forty minutes. But thanks to the minimal amount of snow that had fallen before the rain, the flooding was not

nearly as bad as the flood of '96 when Tillamook was under water for three days and suffered several million dollars in damage and the loss of several herds of cows.

In California there was a major freeze that ruined the citrus crop for the year. According to the *Fresno Bee*, at least 90 percent of the citrus crop was lost. This is the second hard freeze this decade. California's agriculture economy took ½ billion dollars in damage because of the freeze. The temperatures in Florida have also been low, threatening the citrus crop there as well.

This is just what happened in December. This month the Northeast has been paralyzed by heavy snowfall as we have been enjoying warm, wet weather. What is going to happen in the next two months of winter? Many people are worried that January and February may be worse than what we have already seen. If this is the case, we still have a lot to endure.

Daryl Hamilton

CHRISTMAS VS. RAMADAN VS. HANUKKAH

Christmas is a wonderful and enjoyable time of the year. It's when we start seeing strange, large men in red and white outfits ringing bells outside of department stores. It's when we spend many hours debating on what gift to get who. And, of course, it is the annual festival, in the Christian world, to celebrate the Nativity, Christ's birth. But what about other religions? What do they do at Christmas time? What do they celebrate?

For Muslims, it is a holy month of fasting, called Ramadan. According to the Koran, fasting cultivates piety in the believers. This particular month was chosen because it was the month during which Muhammad received the first of the Koran's revelations.

The fast during Ramadan begins each day at dawn and ends at sunset. During the fast, Muslims are forbidden to eat, drink, or smoke. Each night before they go to sleep, they have congregational prayers along with reciting passages from the Koran. The night between the 26th and the 27th days of Ramadan is called the Night of Determination, during which, according to the Koran, God determines the course of the world for the following year. At the end of Ramadan there is a day full of celebration and festivities called Fast-Breaking.

For Jews, there is Hanukkah, a celebration consisting of eight successive days. It is also known as the Festival of Lights, Feast of Dedication, and the Feast of the Maccabees. It commemorates the rededication of the Temple in Jerusalem by Judas Maccabee in 165 BC, after the temple had been profaned by Antiochus IV Epiphanes, king of Syria and overlord of Palestine.

The story behind Hanukkah, which is Hebrew for “dedication,” is that three years after Antiochus had dedicated the temple to Zeus Olympius, Judas Maccabee recaptured Jerusalem, had the temple purged, and put a new altar in it. The temple was then rededicated to God with festivities that lasted eight days. According to tradition, only one cruse of pure olive oil for rededicatorial ritual could be found. But the small quantity burned miraculously for eight days.

A principal feature of the present-day celebration of Hanukkah commemorating this miracle is the lighting of candles, one the first night, two the second, and so on until a special eight-branched candelabrum is completely filled.

There are other interesting things related in other religions during Christmas time, and even some unique things in our own celebration of Christmas.

Bryan Larson

June approaches busy students

Christmas is over and second semester is already here. Graduation plans are becoming more frequently discussed and other plans are finalizing for retreats and tours as they get closer. UCA has made it halfway through another year.

Whether a student has been at UCA for a whole 4 years or for not even one, the arrival of second semester means a whole lot. First of all, new classes help make the day a little less monotonous, at least for awhile. The classes may be boring, but at least they're new and who knows? Maybe you'll even get a new teacher along with the class.

Spring Break is an especially exciting time for UCA students. Spring Break, which will be March 12-28 this year, is again providing a time for students to experience a new type of mission work. Many of the students going on the trips have never been into a different culture before. Africa, Philippines and New Guinea are three destinations. Most of the mission trips include only Upper Columbia Academy but one of the Africa groups will be going along with other students from the Oregon conference.

Second semester is very exciting to experience because everyone knows we're halfway through and can make it until graduation. If you're not a senior, you start to realize you can hold on until your last class is done and then load your vehicle full of junk your parents really don't want to see.

There are only four full months of school left. Study enough that you don't have to repeat classes next year! Good luck.

Kyndre Corbett

CALENDAR

Jan 25-30 Student Week of Prayer
Jan 29 HOPE Taskforce
Jan 30 4-year Senior Benefit
Jan 31 Sunday school
Feb 3-7 Homeleave
Feb 10-13 WWC Band Clinic
Feb 14 Valentine's Banquet
Feb 17 Mid-term
Feb 19-20 Senior Recognition

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Students at Upper Columbia Academy seem to relate very well in more ways than one. In one way or another, most students and faculty are kin. Many are related through marriage. Others are brothers, sisters, or cousins. Here at UCA it is possible to swing from family tree to family tree without ever touching the ground.

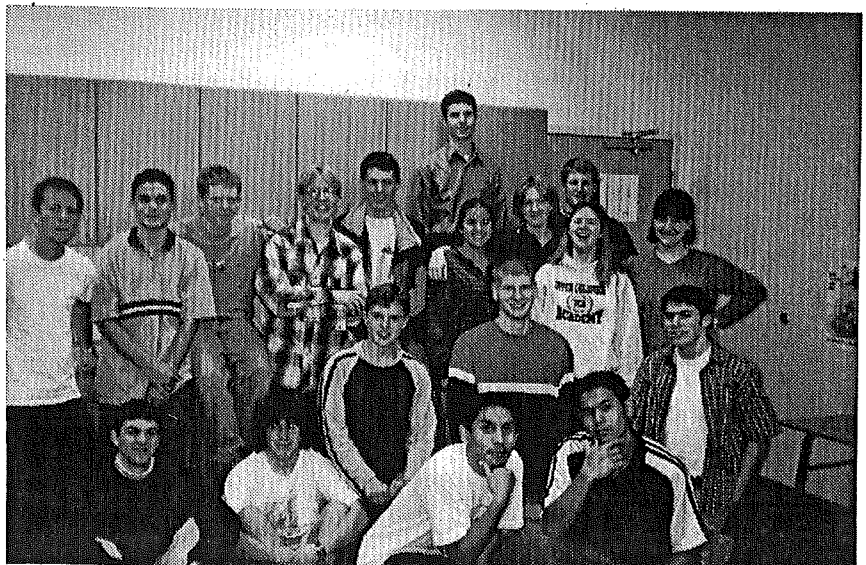
In searching for reasons for this phenomenon, many questions were raised. Do families disperse much in the Northwest? Is the Seventh-day Adventist system a small world? Among utter confusion, Geoff Janke exclaimed, "Welcome to the Adventist ghetto!" Maybe this is a small representation of what heaven will be like--everyone knowing everyone else in some way or another.

There are, of course, a handful of students who have no relatives whatsoever on campus. Usually this is because they come from outside the Northwest.

The relationships between assorted campus-goers include brothers, sisters, step-brothers, step-sisters, mothers, fathers, husbands, wives, aunts, uncles, grandfathers, grandmothers, cousins, and distant cousins.

An optimist might say it's good to attend school with so many relatives because family is always close by. And, after all, we are brothers and sisters in Christ.

Jonathan Wagner



Anticipating their imminent release, Journalism students dutifully pose for a photograph near the end of first semester. Now readers know whom to blame. But one question remains : are they related?