

UCA commended for excellence

by Ryan Billington

Excellence brings unique situations and experiences that are unknown to the ordinary and commonplace. Such could be said of our school. UCA was selected by the Alumni Awards Foundation to take part in the 2006 Academy of Excellence competition. We were one of four SDA schools chosen to be visited out of the entire North American Division, and one of the remaining three schools to go to Phoenix, Arizona, to present Upper Columbia Academy in the final selection stage.

The student body as a whole handled the process much better than last year, when UCA placed fourth, and a large number of students were excited about the possible award and prize money. Last year, some had the impression that the school faked its way through the contest. Special programs, assemblies, and stricter dress code adherence gave the process a theatrical feeling. But this year, thanks in part to an uncut explanation by Tommy Poole, everyone realized that UCA is already a great school and the special schedule, events, and student interviews were only an attempt to cram the true life of UCA into a 4-hour tour.

After UCA was in the top three, a group of students

was selected to represent the school in Phoenix. They worked tirelessly preparing, writing, organizing, and practicing for the upcoming presentation. Over February homeleave, Elliot LaPlante, Cody Lonning, Tommy Poole, Shari Fogelquist, Christopher Patchett, Aric Vyhmeister, and three faculty sponsors represented UCA on the stage, the golf course, and in every interaction with students, board members, and everyday Arizonian citizens. UCA's presentation included musical performances by Ms. Wickward, Chris, and Aric, a UCA booth spectacular by Cody and Elliot, and moving testimonies from Tommy Poole and our very own Shari Fogelquist. Thanks to their efforts and our amazing faculty and student body, Upper Columbia Academy was recognized as the 2006 Academy of Excellence. In addition to this title, our school also received a nifty sum of twenty-five thousand dollars.

Winning a title is only a small recognition of the amazing school we have here in these Spanglidian wheat fields. There are always things to change and improve, but UCA is open to God-directed change. I believe it will continue to become even more amazing, as long as we will continue to walk the path He has for us.

Rec ski ends

February 26 was the last rec ski outing of the year, bringing to an end a successful season on the slopes.

There wasn't much snow on campus, but in a complete turn around from last year, there was more than enough snow in the mountains for each of this year's six Sunday rec ski trips, giving boarders and skiers plenty of opportunity to earn PE credit for five trips to the mountain.

This year the program stayed close to home, visiting only two resorts: Silver Mountain in Kellogg, Idaho, and Schweitzer Mountain in Sandpoint, Idaho. Both resorts forecast they'll be open late into the spring.



Ben Jepson
Photos by Dave Wheeler



Doug Wheeler

Band clinic

On February 23 to 25, over 100 musicians (including 19 flute players) from seven different schools joined the UCA Concert Band for the 17th biannual Band Clinic.

Students had practiced the music for months before the event, and seminars for specific instruments were provided by faculty from local universities and members of the Spokane Symphony.

Brandon Beck from Walla Walla College was the guest conductor for Saturday night's concert, and the whole event was coordinated by Jerry Lange and the UCA music department.



Trumpeters in UCA's Brass Choir play as "guest artists" during Band Clinic

Four-year seniors benefit

by Jennifer Dovich

The first Saturday night in February saw the annual benefit in the cafeteria for the Four Year Senior Club.

Every year there is lots of good food and soft drinks, and students get an opportunity to hang out with their buddies.

For the benefit, every class plus both dorms had a booth around the edges of the cafeteria where they served different foods for students to buy with supplied tickets. It was a chance to eat food not normally served in the cafeteria such as homemade ice-cream, Italian sodas, cotton candy, popcorn, and corn dogs. It also gave students something a little different to do during the closed weekend at the end of Student Week of Prayer. Profits from sales were split between the booths and the four-year club.

After the benefit, Alumni vs UCA basketball games were played in the gym for the students who were freshly energized by the unusual eating experience.

The event was lots of fun, and the money raised will certainly help the four-year seniors have a great get-away trip at the end of the year.

Winter band concert

by Aric Vyhmeister

When all of the band students got back from Christmas break, it was time to get back to practice. Many students hadn't played at all over break, and the Winter Band Concert was less than two weeks away.

When you walked through the music building, you could hear the band students practicing the new music for the concert. Much of the music, though, had been played on the band tour in October.

On Saturday night, January 14, all of the musicians gathered to put on the annual event. Many students thought they weren't ready after so little practice time, but, overall, it was a good and varied program with music ranging from marches to selections from *The Phantom of the Opera*.

The great silence

by Katie Findsen

A cold, heartless silence and many a stony glare are not what you'd expect to encounter on Valentines Day, but what we now call the Great Silence lasted two terribly long days.

It all began innocently enough: red paper hearts on strings, boldly printed names, and a playful campus-wide "no talking contest." It was far too late, however, when everyone finally realized the true nature of the seemingly harmless game.

Tension broke out when couples refused to talk to each other. Silent barriers sprang up between the innocent boys and girls of UCA. Unaware victims cried out in agony as their hearts were stolen by the opposite gender. The cries of hopelessness and heartlessness filled the air so thick that one smart lad, Jimmy Choi, solved his problem with bright orange ear plugs. But, alas, not all were as impervious to the quick wit of the many predators, hungry for red paper hearts and string.

Finally, during joint worship, the few who survived and the many who had shown no mercy were rewarded with chocolate Hershey kisses. The Great Silence had at last ended and all were safe . . . once again.

Class of 2006

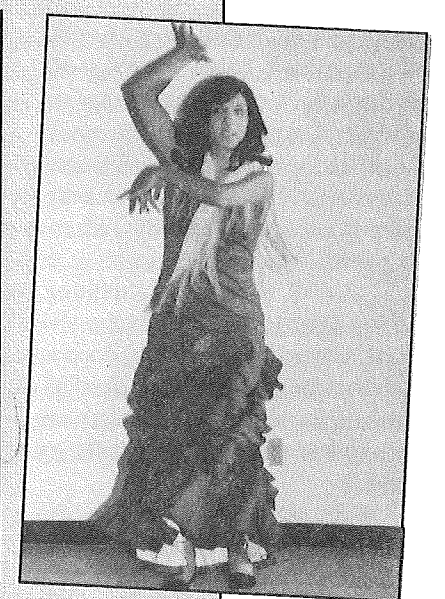
The Senior Talent Show on Saturday night was the grand finale for Senior Recognition Weekend on February 17 and 18



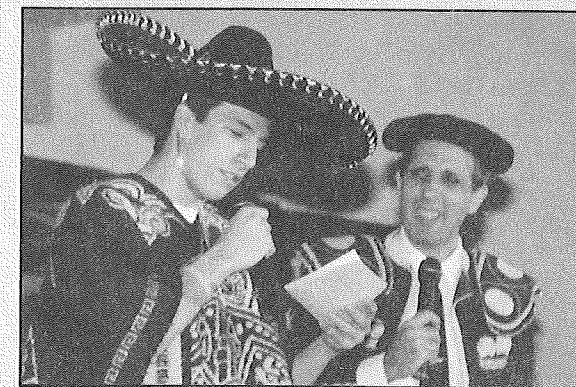
Darcy Sturges waits for the piano



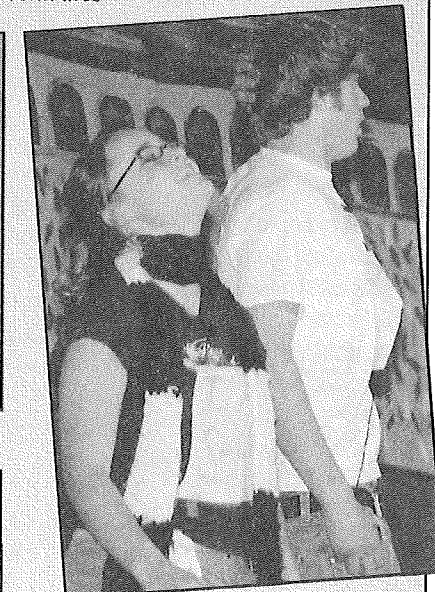
Tonya Perez concentrates



Jessica de Oro adds a little Spanish culture



Nolan Kinne and Senor de Oro were the MC's



Shari Fogelquist and Chris Parker midway through a skit



Matt Daur and Cody Lomng gracefully leave the stage

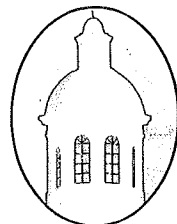
SWOP 2006

by Chris Patchett

From January 30 to February 4, Student Week of Prayer was held at UCA. Fourteen students were chosen by the student body to be this year's speakers. Every night two students would speak on a topic for ten to twenty minutes. Most of the speakers pointed toward a common theme: choose God. Even the theme song, "Give Me Jesus," helped to reinforce the point.

Overall, the week was uplifting, moving, and rewarding for the students. According to Michael Tupper, "It was really fun, and I really liked it." Brendan Hay said, "The speakers were the best and were the most uplifting for me."

With powerful praise songs, dynamic speakers, and the awe-inspiring presence of God, students were on a spiritual high for Christ and couldn't wait for the next Week of Prayer.



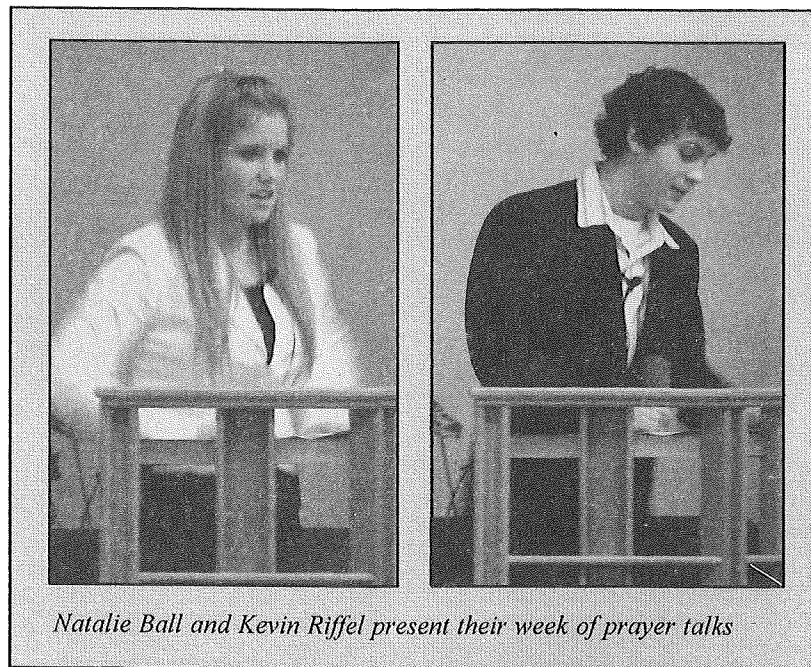
UPPER COLUMBIA ACADEMY

ECHOES

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Natalie Ball and Kevin Riffel present their week of prayer talks

SWOP retreat

by Briana Guthrie

On Thursday, January 5, all the speakers for 2006's Student Week of Prayer piled onto a bus that took them to Camp Mivoden for the amazing three days ahead. "I didn't know what to expect. They told me just as much as they told the speakers," said Dean Denise, the girls' chaperone for the retreat.

The first day everyone got moved in, ate dinner, and met in the room used for meetings (which also doubled as the boys' sleeping quarters). Pastor Fred explained a few things about speech making, and then all speakers picked prayer partner names out of a hat and got to know each other better. Thursday night was spent in the swimming pool and even (gasp) the freezing lake.

Friday dawned rainy, and after breakfast, everyone met again in the meeting room. The retreat tends to be shrouded in mystery, and to keep it thus one cannot go into detail about the goings-on; however, more than at any other time here at UCA, the SWOP retreat is a time for God. Long periods of simple time to commune with God were given, and everyone found this a great way to spend time they probably wouldn't have during busy days of classes at school.

Saturday night, all were once again in the bus on their way to school. However, much, including many of the students' outlooks on life and God, had changed. Also, friendships had been forged that would not easily be broken. "Pastor Fred and his partner have prayed at least once a week for years and years, and I hope we can do that too," said John Lubke of his prayer partner, Andrew Vizcarra, and himself.

Many students say that their lives have been touched in some way by Student Week of Prayer, but as all the speakers now know, it's absolutely impossible to be a SWOP speaker and remain the same.

You may have all this world,
Give me Jesus

Dining strategies

by Alice Kravig

"What is that stuff anyway?" Questions such as this fly about the cafeteria daily as students searching for something to warrant complaint light on the most available target: food. At boarding school it's a given that the cafeteria's food will not be the same as at home; yet, when was the last time you fed 300 people at home? Probably never. In over a year and a half here at UCA, I've learned a few things about being content with the food, and I'd like to share these with you in an attempt to decrease the criticism I hear.

1. Take all opinions lightly. You should never allow a friend's exclamation skew your mind on a food before you try it. Likewise, if you have a negative experience with some edible substance, by no means share it... lest you be responsible for someone else's bias against that substance. It might have become a favorite food but for your influence!

2. Throw fear into the dumpster and try anything that's served. After all, everything served in the cafeteria is edible, so don't judge food until you've tried it yourself. Also, don't limit yourself to what's being served. The cafeteria keeps one of the best salad bars I have ever seen, and there are always other options such as waffles, sandwiches, and fresh fruit.

3. Observe carefully what others eat and learn from their creativity. Here are a few interesting concoctions I've seen:

-Microwave fruit crisp (whatever canned fruit is in the salad bar topped with brown sugar, margarine, and granola)

-Black bean and rice haystacks (make your salad atop your beans and rice)

-Cinnamon sugar waffles

4. If you can't stand the ordinary entrees, don't write off the total vegetarian (egg and dairy free) options. Of course, there are some true vegans in the school, so don't be greedy. But the food is there for everyone.

5. If creative juices are not flowing, check the salad bar for delights such as hummus and pita bread or avocado.

6. If all else fails, eat granola!

Laundry

by Alex Heaton

Among the many aspects of life in the dorm is the terrible task of doing laundry. Life was so beautiful before. Laundry was thrown down a chute and magically appeared a day later folded neatly at the bedroom door. But not so anymore. No, now we the students are responsible for our own clothes' cleansing.

The actual washing part I've found tiresome, but not especially difficult. Drying the clothes, however, makes me miss those magic days even more. Not all clothes can simply be thrown into the dryer. Many must be hung to dry. And where? Certainly they are not hung in the laundry rooms. Dorm students are forced to haul loads of wet, dripping clothing to their rooms to desperately seek a safe hanging place. I am one such student.

I've taken to using wet shirts as tablecloths or tapestries. Sometimes I toss a tank top or two over a lamp to dry... which goes well until someone turns the lamp on. Jeans hang from the light fixtures and smoke alarm. And skirts are used as drapes over the curtain rod.

Laundry days in my room look like a tsunami hit a flea market. Ah, but that's life.

Super Bowl 2006

by Rhonda Prokopetz

The Super Bowl of 2006 fell on February 5, which happened to be a scheduled Sunday school. But to accommodate the event, the administration planned a shortened Friday schedule for the day. This enabled classes to end at 2:30—just in time for the Super Bowl telecast at 3:00.

Throughout the days preceding the Super Bowl, excitement filled the air. The campus was largely biased in favor of the Seattle Seahawks, but there was a small minority who rooted for the Pittsburgh Steelers.

When classes ended, students excitedly headed to various destinations to watch the game. Many decided to stay on campus and piled into the cafeteria. Everything from bean bags to couches was dragged in to make the spectators more comfortable, and the cafeteria provided pizza, snacks and drinks.

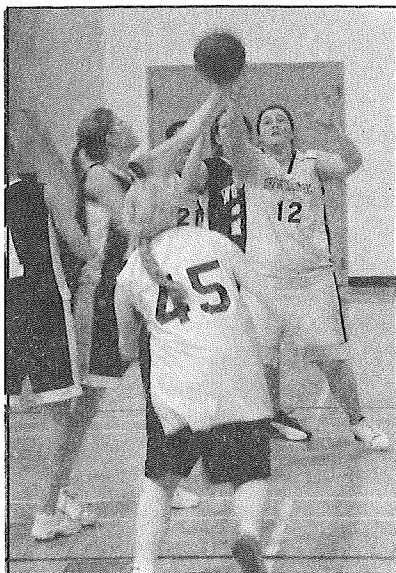
Throughout the game, the Seahawk and Steeler fans playfully giped back and forth. At times the cafeteria was filled with screaming and cheers and at other times sighs and groans.

The Steelers ended up winning the game much to the dismay of many students. According to Becky Perdew, however, it was an enjoyable activity and she was happy she went although Seattle lost.

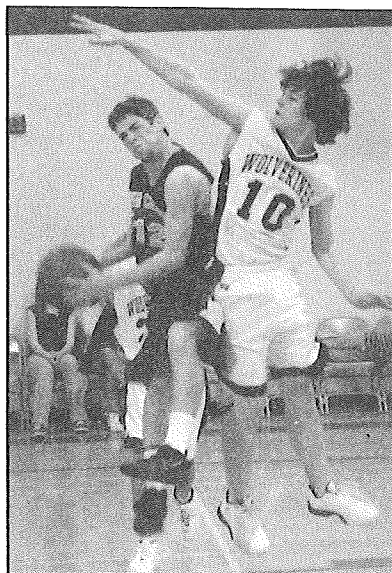
There is always next year.

STUDENT WEEK OF PRAYER SPEAKERS

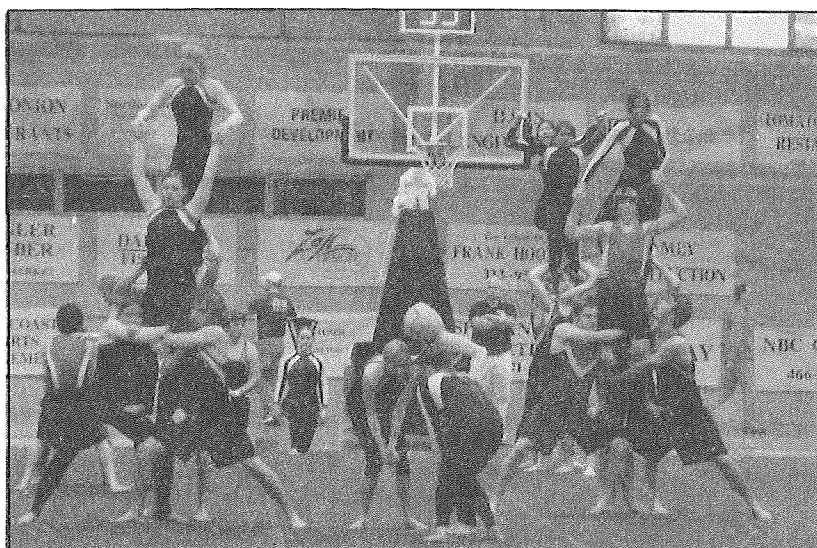
Steve Martinez	John Lubke	Alex Heaton
Nolan Kinne	David Wheeler	Darcy Sturges
David Mack	Kevin Riffel	Mariah Gage
Andrew Vizcarra	Emily Mothersbaugh	Natalie Ball
	Briana Guthrie	
	Shari Fogelquist	



Hannah Hochhalter watches the ball as Svetlana Beary moves in to assist



Joe Pardee mixes it up with players from Cascade Christian Academy



The gymnastics team performs at Whitworth College in Spokane
Photo by Dave Wheeler

March 15 - 26	Spring Break
March 31 - April 1	Grandparent Weekend & Music-A-Rama
April 2 - 4	College Days for seniors
April 7	Regular Friday schedule resumes
April 16	Easter
April 17 - 22	Spring Week of Prayer
April 26 - 30	Last homeleave of the year

Basketball!

by Hannah Hochhalter

On January 21, three basketball teams got together at UCA's gym to play a little bit of basketball. Cascade Christian Academy came from Wenatchee, Spokane Junior Academy came, and, of course, there were our very own UCA Lions.

The UCA men's JV team won both of their games against CCA and SJA. The ladies varsity team also won their game against Cascade, but not without some setbacks. First of all, six of the twelve players were away on a gymnastics tour, which left the team with only one sub.

The ladies pulled together to defeat the Cascade Wolverines 47-36. Even though a couple of girls played the whole game and every single one of them was exhausted (that's what happens in basketball), the girls finished the game strong.

The next stop was the Friendship Tournament at Walla Walla College where the girls finished fifth out of ten, and the guys finished seventh and won the sportsmanship award.

The gymnastic experience

by Dave Wheeler

There you are with your mat, ready to run out and do a half-time show. The clock is counting down. You hear the buzzer, pick up your mat, run out, lay the mat down and run to your spot. You hear the call "mount one" and the pyramid begins to grow.

This was the scene at Whitworth College. The gymnastics team did two shows there, one for their ladies' varsity team and one for their men's.

In the two shows only two pyramids fell. That was good, but not great. However, the crowd loved it and the athletic director told the team we could come back whenever we wanted.

Overall, it was a great show . . . and Whitworth won both of their basketball games.

WWC choral clinic

by Jonathan Woodruff

On Wednesday afternoon, January 25, the UCA Choraliers and two string players headed down to the Walla Walla College choral and orchestra clinic. UCA did not dominate the even but was joined by 11 other academies. There were about 250 total participants in the choir and orchestra.

Students spent the nights in the dorms, sharing rooms with the obliging college students. Meal times in the cafeteria provided a welcomed socializing time away from rehearsals. Rehearsal time totaled about 16 hours before the concert on Sabbath afternoon. In addition to the concert, the choir also sang for the church service, and the orchestra played for church and Friday night vespers.

The Walla Walla music festival provided students with not just an opportunity to sing and play instruments, but also a chance to get a feel of the college campus. For example, during their free time, students were welcome to tour academic departments of interest. On Thursday night, the college opened up the pool for an hour and a half, providing a great opportunity to relax and have fun.

After a successful concert, the UCA bus was loaded, pizza was devoured, and the exhausted group arrived back at the UCA campus just before midnight.

The new face of student council

by David Mack

Fridays during the 11:15 period, a relatively unheard of group of students meets in the ad building board room to discuss current issues that are of importance to the students and faculty. This is Student Council.

In the past, the Council sometimes has not done much. However, this year is different. They recommended the program that opened up the library on Tuesday and Thursday evenings. They suggested the renaming of the music building and chose students to meet with the accreditation visitation committee.

The Council is made up of six student members and two staff advisors. The co-chairs of the Council are Tommy Poole and David Mack. Tana Armitstead is the assistant chair and will assume the leadership role next year. Steven Williams, Chris Nelson and Haley Jahn are the other members. The staff advisors are Mrs. Wickward and Mr. Patzer.

The Student Council has big plans and is motivated to get things done. However, first and foremost, they are here to represent the needs and concerns of the students and act as a bridge between the students and the staff.



A photo of the College Church platform during Choral Clinic
Photo by Jonathan Schreven

A prayer outreach

by Canda Lodge

On Monday, January 23, all UCA students again participated in another wonderful HOPE Task Force day. While many groups were being bussed off to women's shelters and children's centers, a different kind of group was meeting. Pastor Fred and a group of kids were preparing to go out on a prayer outreach.

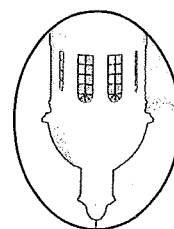
Before leaving campus, each student took half an hour to pray, think, and connect with God. They asked God to reveal people who needed prayer.

To start, each student prayed for a few specific groups of students and the HOPE project each student was participating in. Then, Pastor Fred split the students into pairs and dropped them off in a neighborhood where they went door to door asking people if they would like to pray or if they had anything specific the students could pray about. The group repeated this process at the Valley Mall, asking people whom God impressed them to pray with.

The responses were not always great and there were a lot of kind rejections, but there were a few grateful recipients whose days were brightened.

To fill the time gaps, Pastor Fred and Armand played their guitars and sang worship songs in the parking lot.

This creative HOPE Task Force project lets people know what our school is all about.



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