

"I live my life and all I know is
Follow your dream and don't let go.
No one can live for me.
No one can see the things I see.
I walk this road; no one can tell me how to be.
It's my destiny."
-Lenny Kravitz

Our Journey at UCA has been a long road filled with trials and tribulations, and exciting adventures that we will remember for the rest of our lives: taking hours of classes, hundreds of tests, and annihilating several forests all for the sake of homework. But the main things that will stick with us as we leave UCA are things we did not learn in a class room. Being a good friend, learning to work hard, keeping a positive attitude even when things are not going our way, and how to go out and change the things we do not enjoy are lessons we learned which will help us even if we forget everything else.

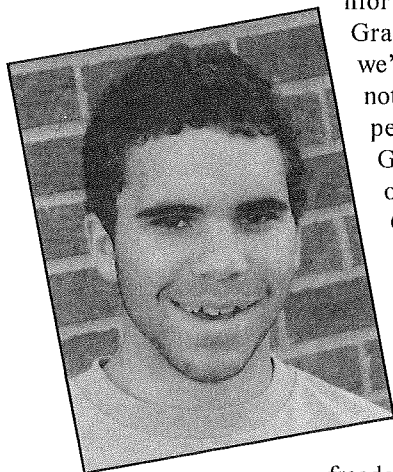
To those follow, here are some words of advice from someone who has been there, done that, and has a closet full of those t-shirts. Only you can make your experience at UCA a positive one. The faculty can not, your friends can not, and even God can not make your experience a happy one if you do not allow Him to. Have a P.M.A. (Positive Mental Attitude); Get involved. If you do not like it change it. Make new friends, cherish your old friends, and make God number ONE.

Seniors, it's been real and it's been a whole lot of fun, with memories that will last a life time: Senior Survival, Senior

Trip and—very soon—Grad Weekend. Everything we've learned is important, but not as important as having a personal relationship with God. As you leave UCA go out and live a fun-filled, Christ-centered life, and whatever you do, don't live your life a quarter-mile at a time, even if in those nine second or less, you're free. Live your life to the fullest; do not put restrictions on your

freedom or yourself.

Josh Wallace,
Senior Class President



Class of 2005

MOTTO

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands during challenges and controversy.

Dr. Martin Luther King, Jr.

AIM

I don't know the key to success, but the key to failure is trying to please everybody.

Bill Cosby

TEXT

Commit thy works unto the Lord, and thy thoughts shall be established.

Proverbs 16:3

CLASS SONG

"Journey on Your Way"

by Jessica Swena

STUDENTS OF THE YEAR

Spiritual Leaders

Karissa Kravig Brian Belcher
Staff Choice

Michelle Jahn Matt Trethewey
Student Choice

Jessica Swena Sam Derting
Principal's Choice
Lauren Schilt Kris Kostenko

Gem State visits

by Montana Conley

What do you get when Gem State Academy visits for a music concert? A really excited Emily Kurlinski!

On April 28, the entire music department from Gem State assembled in our church to provide us with a Thursday joint worship.

Their program began with two numbers by their select bell choir followed by a concert band performance. Their director, Ben Purvis, introduced each piece before it was played, and their repertoire included secular, sacred, upbeat, soothing, intricate, and direct numbers. There was a band, choir, select choir, hand bell choir, and select handbell ensemble. Each group performed two or three songs to put together a well-performed 90-minute program.

After the performance, they loaded their busses and headed to the gym for the night. Those who had friends in the dorm were allowed to taste UCA dorm life and some chocolate raspberry brownies, courtesy of Emily's mom.

In the dark and early morning of the next day the group headed out to continue their journey to Canada for the rest of their tour. We wished them the best and were glad they came.

Alumni Weekend

by Alyson LaVarnway

It was that time of year again. Time to relive memories, see old friends, and remember the good ol' days in Spangle: Alumni Weekend.

The Friday night service began with praise and worship, which was given by the class of '95. There were registration tables in the back of the gym where alumni could register and get name tags (and ribbons if they were from an honor class). An unusually high number of honor class members were present, and a tent was set up outside so that they could visit with old classmates.

The graduating class of 2005 was on hand Sabbath morning to join the ranks of UCA alumni. On hand to help the even run smoothly were the four-year seniors who set up for the weekend, registered people, helped serve Sabbath lunch and much more. "It was nice that we could be a part of the weekend. After being her for four years, it will feel especially nice to become UCA alumni," said four-year senior president, Kristine Garcia.

The weekend, was a big success, allowing old friends to reunite in a place they once called home.



Marine Biology extravaganza

by Jennifer Dovich

For many students, the end of the last homeleave meant coming back to school. But for some it meant beginning a new adventure at Rosario Beach! The Marine Biology class went on its four-day field trip to expand knowledge about marine animals and their habitats. They stayed at the Walla Walla College Biology Station with Columbia Academy.

Sunday was spent traveling and settling into cabins. Monday morning the class learned how to do transects (ask Mrs. Haeger!) and had a great time learning tons of different species names. Monday afternoon was spent in classes learning about different marine animals and jotting down notes in journals. It was a long afternoon, but much was learned. The smallest organisms can be the most complex... it's incredible.

Monday night was spent going to some nearby docks and watching jellyfish glow in the dark. It was such a fascinating sight to watch all of the jellyfish light up after the water was stirred. Some students were even able to hold some in their hands.

On Tuesday, the students went on a ferry to Friday Harbor where they went tide-pooling and to a whale museum. It was so interesting to learn so many different things. There were many animals the class didn't even realize existed.

Traveling home on Wednesday involved going to the Seattle Aquarium and watching an IMAX film on marine life. Then, after eating lunches, the group headed for home.

This trip not only taught a lot about marine biology, but also about friendships and how wonderfully creative God is.

Choraliers have a rare outside practice session during Alumni Weekend

Active April

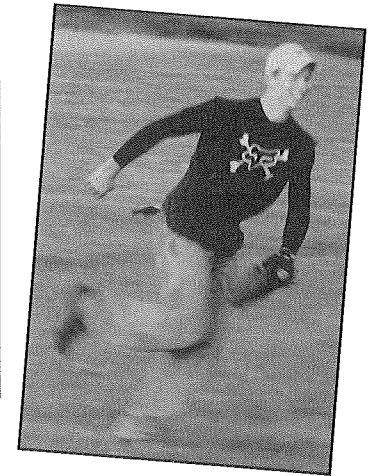
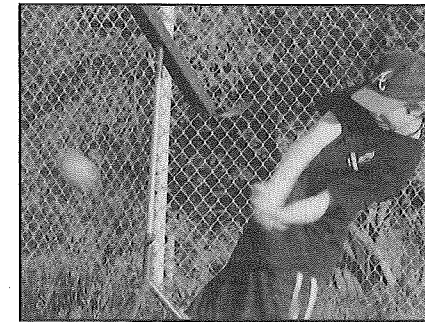
by Jennifer Johnston

As the end of the school year is drawing nearer, UCA students are being kept superlatively busy, even on the weekends. The month of April was packed with activities. The first couple of days were Grandparent Weekend which was highlighted by Music-A-Rama. The very next day, seniors headed southwest of Spangle for Walla Walla College where they enjoyed a recruiting experience.

With Seniors back on Wednesday, gymnastics had but a few days to prepare for a couple of shows that weekend which started out early (6:30 a.m. Saturday) for Lewiston, Idaho. Team members supplied sermons, special music, children's stories, and prayers for two churches, and that evening they performed a show for the community. The bus arrived back at UCA around midnight leaving some juniors slightly distraught as they dreaded waking early on Sunday, the 10th, to take the ominous ACT's. Even after this, gymnastics' weekend wasn't quite over, for that afternoon they put on another show for a wowed audience, this time at Spokane Jr. Gymnast Academy.

The next few weeks were just as eventful with Academy Day on the 12th, Band Tour to Pendleton and Moses Lake, Choraliers Tour to Brewster, Omak, and Chewelah, and the Advanced Biology Trip the last week.

All survived the action-packed month, though some had doubted they would. They might not have, had it not been for the last homeleave of the school year. We can only hope and pray that this little break was enough to prepare us all for the even busier month of May.



Try this out

by Rachel Randall

This year's softball season finally arrived with Mr. Anderson taking the job of turning the team into a real winner.

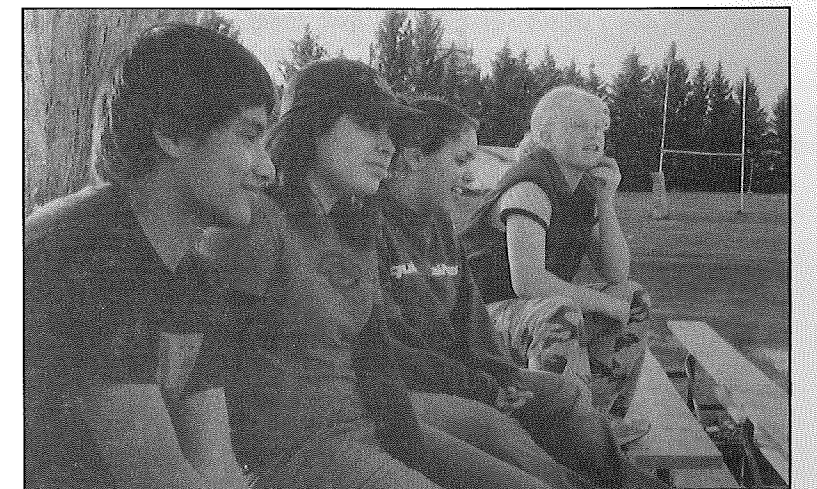
The first night of practice provided frosty fingers and red noses in the chilly evening air. The whole group that was trying out gathered on the bleachers and listened to Anderson explain practice times and how he was going to make his team the best. When he was done, he sent all the hopeful players out onto the field where they stood at their respective positions while he hit balls in all directions.

There were only two injuries that night. Mr. Anderson got nailed right in the stomach by a batter and Russell Thorman did the superman act, flying for the ball only to have his flying gear foul up and cause a crash landing.

After the first practice, Mr. Anderson announced the next try-out would be on Monday night and that the team would be announced on Tuesday.

So again on Tuesday the stalwarts showed up in the chilly night air and again threw themselves in front of the balls, sacrificing their bodies. Kevin Jorgenson missed the ball with his mitt and caught it with his nose. He was playing outfield and thought he would surely get Kyle Ewert out, but all he accomplished was a throbbing nose and mouth. The pitcher who always stands directly in the line of fire ended up with only a very bruised knee cap and a sore hand.

The next day the team members were posted and the brave souls who made it started their thrilling season.



Nathan Anica, Belen Morales, Breanna Kreiter and Svetlana Beary watch activity on the ballfield

Summer jobs

by Cody Lonning

Every year around late April or early May, UCA students start looking for summer jobs. Many upper classmen find jobs at summer camps (i.e. MiVoden) or maybe even supermarkets and the like. Others who are less fortunate may get stuck with so called ecology jobs (aka picking up roadside garbage) or even on-campus summer jobs.

There are many important decisions when it comes to choosing a summer job. Do you go for a high salary or do you want to focus on a more character building experience? I happen to know that most ecology workers come out of the program very motivated for college. However, the call of a high salary is quite strong especially when there are school bills to pay.

Another interesting facet of summer job hunting is it seems that some people get all the luck while others are left hung out to dry. Matthew Maniscalco has already gotten several job offers without even lifting a finger to look for a job. Unfortunately, many others are still searching frantically after finding out again and again that for one reason or another positions they apply for just won't work for them.

But, if you haven't pinned down that perfect summer job yet, don't panic. Just keep frantically submitting applications to every place of employment within a 100 mile radius and you may just get lucky.

Piles

by Stephanie Kay

The piles happen every spring. As the end of the year approaches, dorming girls must decide what will stay and what will go. All, especially Seniors, reach a point when there is simply too much, and the excess begins to pile in hallways or laundry rooms underneath a bold "free" sign. Clothes, I mean.

Forget Goodwill; the frightening labyrinth of off-colored blouses (was that originally white?) and stretched-out eighties spandex evokes nostalgia at best. Thankfully, the girl's dorm has created a better option. A day comes when that purple unicorn-print sweater isn't as appealing as it was in fourth grade, and what better place to dispose of it than in the laundry room? Or with a little more effort, why not sell that unicorn sweater in a room sale? Somebody is bound to have a unicorn-loving little sister.

So in the last couple months of school, a room sale/free pile outbreak emerges. Some girls may inadvertently find themselves clearing away half their wardrobe just to pick up somebody else's. The word "free" is very convincing. In any case, sorting through a room sale is better than facing the rack of elastic-waist-band jumpers in a thrift store.

Sunday afternoons

by Krystal Blair

It happens at least four times every month. Eternal and dull, Sunday afternoon is the bane of every entertainment-craving dorm resident. Many poor, depraved souls end up watching *The Lion King* and *The Aristocats* all day long. Some even resort to doing their laundry or Trigonometry homework. Yet I am here to tell you, after four years of in-depth study and innumerable UCA Sunday afternoons . . . there is hope.

Truly, I am all for laundry and Trigonometry. Even the occasional Disney movie can enrich your soul. But if you have felt your Sunday afternoon experience to be a bit dry, you might try some of these (personally tested) activities.

Sort through old library-discarded magazines for odd articles like "The Mountain Goat Running Shoe" or "Leatherman Tool Tales." They're always good for a laugh. Make some cupcakes to give randomly to people. Take an all-girl or all-guy picnic to the cemetery, but bring lots of blankets--the wind is fierce up there. Run down a wheat hill while screaming like a banshee. Make a massive snow ball. Climb a tree and read. Explore the creek, especially the cat tails. Learn the art of massage. Blow some bubbles. Have a shower party. Change your phone message to something random and a little strange. Read a fairy tale. Have a tea party. The list is endless.

In the end what really matters on a Sunday afternoon is the creativity and effort you're willing to expend. UCA is a land of possibility, so take a Sunday afternoon to go find it.

Inland Empire tradition

by Cody Lonning

Every May in Spokane there is a great commotion. People flock from all over the United States and from around the world to run in the largest timed race in North America. Some years there is so much interest at UCA that the school takes a bus to downtown.

It all started after the World's Fair came to Spokane in 1974. The city had a new sense of itself and was ready to show off its new downtown. When a local runner suggested the city hold a "downtown fun run" the city took the idea and ran with it.

Inaugurated on May 1, 1977, Bloomsday started small by today's standards with just over one thousand runners. Olympic gold and silver medalist Frank Shorter was the first to win Bloomsday.

As publicity for the event grew, more and more runners began participating, and when a Bostonian won the race, news of the event spread to the east coast. The event peaked in 1996 with 61,298 runners.

Running with the masses of people in Bloomsday is quite an experience. This year I heard one racer comment, "I didn't know there were this many people in the whole world!" The massive number of people is rather overwhelming and takes a while to get used to. Some racers commented less than favorably about the large number of runners saying their speed was hampered because they couldn't get through the crowd.

All in all, Bloomsday is an enjoyable event for the whole family and is also a great tradition in the Inland Empire.

Local Heroes

by Joe Stratte

This April 7, just outside the Powerhouse, the student body had a chance to save a life. All it took was about a 1/2 an hour, willingness, good health, and not having gone on a mission trip for a while.

By now you've probably guessed what I'm talking about. Yes, that's right: being a blood donor. It was amazing to see the number of students and staff who take the time to go save a life. Now, with so many volunteers there needs to be a way to make the process as efficient as possible so you don't miss any classes. Here is what I've found to be helpful: if you're a first-timer get the paperwork before your scheduled time and fill it out beforehand. If you've given before, be sure to have your donor card with you. An early time really helps in beating the rush, so if possible get in early. Lastly, but most important, eat large healthy meals and drink lots of water before your appointment so you don't have to spend anymore time than necessary in the "canteen" (an area in the donor rig) being watched to be sure you feel o.k. and don't faint.

Giving blood is a deeply enriching experience, and I've found that taking a little time out of one day turns a possibly dreary week into an enchanting week where everything just seems better. So next time you hear of a blood drive, take a little time, empower your week, BE A HERO!

Free t-shirt day

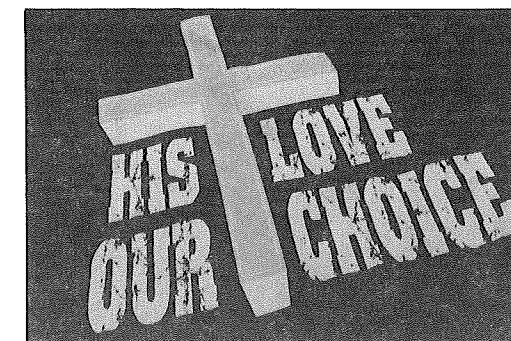
by Aletha Woodruff

Tuesday, April 12, was the annual Academy Day. To the delight of the UCA population, afternoon classes were cancelled so that everyone could participate in the day's activities.

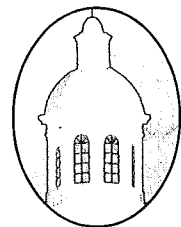
The day began as Mr. Turner bustled about greeting visitors and organizing while his assistants registered the 200 visitors and handed out t-shirts. Tour guides showed guests around campus who then met in the girls' dorm chapel for assembly and Knowledge Bowl. Following Knowledge Bowl, people swarmed to the cafeteria for the culinary delights that awaited them there. Choir, Choraliers, Octet, band and gymnastics all performed in the afternoon, and each department set up contests and displays in the gym to give students a taste of the options available at UCA. This also gave students a chance to demonstrate their knowledge. Scholarships, competitions, and prizes were also included in this special day.

Academy Day is a great way to share to high-school age visitors what UCA has to offer them and why Christian education is important. According to Jeff Spady, "It's good because we can show them the cool things about this school and that they should come."

All in all, it was a great experience, another successful Academy Day.



The message on the back of the new blue UCA t-shirt that was given to all students, staff, and guests.



UPPER COLUMBIA ACADEMY

ECHOES

Is a regular student publication of
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This issue's contributors included:
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Stephanie Kay, Alyson LaVarnway,
Cody Lonning, Rachel Randall,
Joe Stratte, Marlin Thorman,
Josh Wallace, Aletha Woodruff, and
Stephen Lacey, advisor

A few notes of sunshine

by Marlin Thorman

Ignoring the bell for the 12:30 pm class, twenty eight students collected their bags and headed to the flagpole for the last Choralier's tour of the year which took place April 15-16. The group's destinations included a Friday night concert at Brewster and a concert for church in Omak on Sabbath. After a three-hour bus ride and a short stop at Grand Coulee Dam, the group arrived at the Brewster Seventh-day Adventist Church. Supper was prepared by some of the gracious women from the community and served in the Fellowship Hall.

The concert started at 7:30 pm with the Choraliers singing "Hark I Hear the Harps Eternal." Lauren Schilt and Kessle Hodgson both played piano solos. After Octet sang four songs and Choraliers sang eight, the concert ended with "The Lord's Prayer." That night all of the students stayed in different homes around the community.

The next morning everybody met back at the church at 8:30 and boarded the bus for a short ride to Omak. The group arrived early enough to practice a few songs in the sanctuary and get a feel for the acoustics. After announcements, offering and a children's story by Joe Jenks, the rest of the service was turned over to Mr. Anderson. The concert was identical to the one the previous night except that Choraliers added two more songs and octet added one more.

A potluck was served in the adjacent gym following the service and after the meal it was time to head back to campus. On the way back, the bus was half empty because several of the students went to alternate places for the weekend and the ride was quiet and peaceful. The tour was enjoyed by all and the only note of sadness was the realization that this would be the last tour that many of the members would get to experience together.

Truth about 4-year seniors

by Michelle Jahn

There is a special group of people that go to school at UCA. They are an elite group within the senior class who have been here longer than any other students: the four-year seniors.

The truth about the four-year seniors is that they may have been here for only most, not all, of four school years. During that time they have attended the classes of about twenty teachers in about 660 days of classes, enjoyed four registration days, and have helped on 24 HOPE Task Force projects. They have created a special bond with each other over the years and have had the chance to experience, together, many stages of life during their high school experience.

Here are some more interesting statistics about four-year dorm students. They have attended approximately 336 dorm worships, 122 joint worships, and 2772 meals in the cafeteria. They have gone through nine girls' deans and 8 guys' deans in the past four years. Also, they have experienced about 30 fire drills.

This elite group is not only special because of the amount of time spent together in class, on tours, and on weekends, but are also special because they have experience to offer those who attend UCA. They know what it takes to survive a boarding high school . . . which may include truckloads of chocolate and friends with cars!

Spokane Scholars



Each spring Spokane area high schools select top students in the various academic disciplines to participate in the prestigious Spokane Scholars Banquet. The students receive certificates and medals and are in the running for scholarships. The keynote speaker at this year's event was from WSU and spoke about the fascinating Neptune Project. Representing UCA this year were Ian Holm, Mathematics; Amanda Ward, Fine Arts; Amanda Wilson, English; Karissa Kravig, Foreign Language; Jennifer Johnston, Science; and Dustin Kelley, History.

Life in the music building

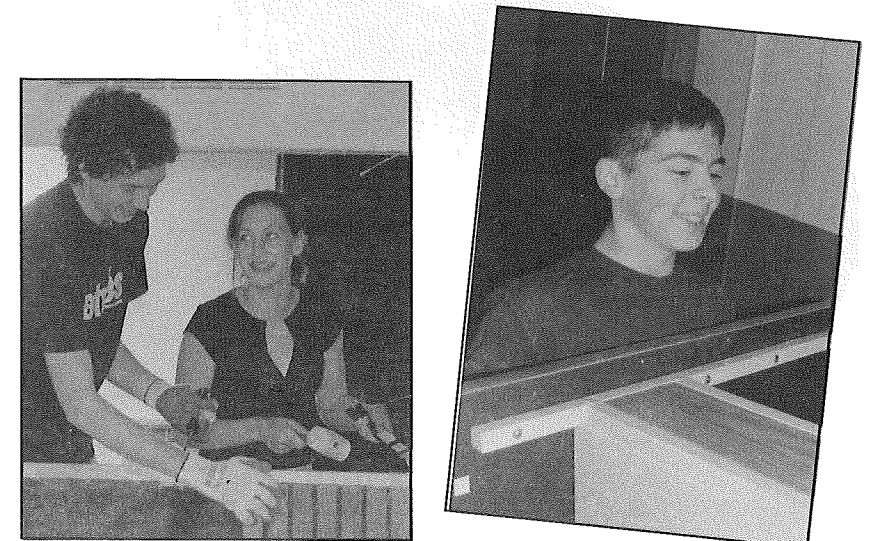
by Ryan Billington

Promptly at eight o'clock, Mr. Lange unlocks the music building for another resounding day of music at UCA. The first of the music monitors follow him in to begin another day of observing and helping the hordes of students that will flow through the facility. Mr. Anderson waltzes up the stairs and students begin to arrive.

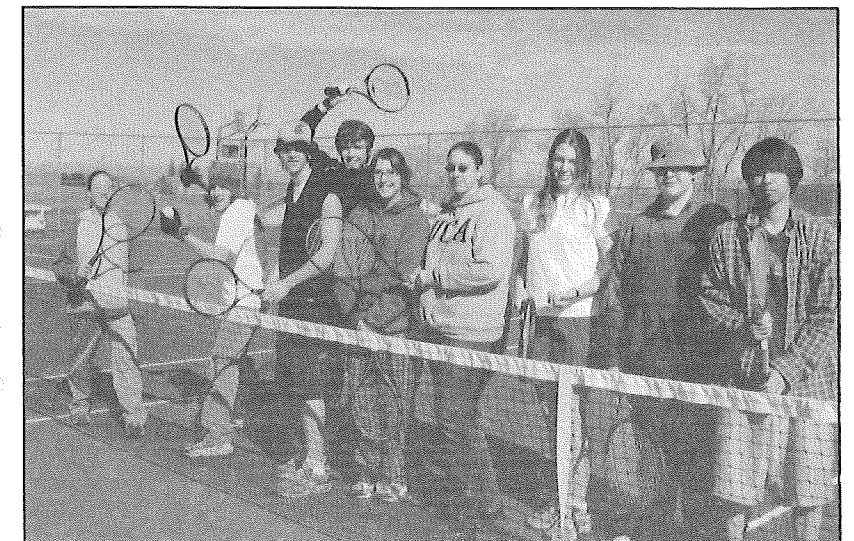
Days in the music building are never the same. Some days are peaceful, with the sound of muted instruments and voices floating through the sunlit halls. Others seem more like D-day: trumpets blast, voices shout, and scales are blasted out in the background. Monitors scramble after wayward practicers while several other workers scurry up and down the stairs. New battle or escape strategies are sprung, leaving the faithful janitors with plenty of work to do. Ensembles meet, lessons are given, and time is served. "Monitoring can be a real hassle at times, but it's also really fun, rewarding, and a challenge to see if you can get everyone into their rooms," said Marlin Thorman.

Mr. Lange has been teaching music for over three and a half decades, and Mr. Anderson has over two decades of teaching under his belt. Between these two veterans, students can receive some of the highest quality teaching, while having a lot of fun.

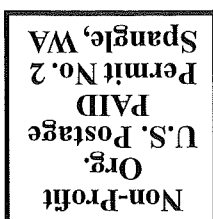
At the 5:18 period, Choralier and band members arrive, trying to prepare for an upcoming performance or tour. The sun's rays stretch across the campus as the last students and workers file out of the building. The last monitor locks the door, and another day in the music building comes to an end. More days come and more will go, but through peace, chaos, money shortages, and other challenges, the gift of music is passed on to yet another generation of young people.



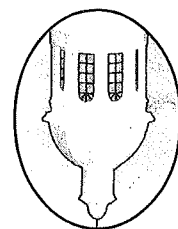
Stephen Prewitt, Aubrey Littman and Michael Shinner work during their last HOPE Task Force project



Warmer spring weather brings Wimbledon hopefuls (the Tennis class) out to the courts



UPPER COLUMBIA ACADEMY
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A note of encouragement

by *Jennifer Dovich*

As graduation weekend approaches, life at UCA becomes more and more hectic for students. Seniors start wrapping up their high school career and thinking about where they will attend college next year. Juniors are eager to take their places at the top of the school. Sophomores are glad to be nearly upper classmen, while the freshmen can't wait to move up from the bottom of the food chain. But no matter where each of us are headed next year, we all wonder what the future will hold and what God has planned for our lives. There is the uncertainty about what life is to bring or what trials we might have to face.

In Romans 12:12 it says, "Be glad for all God is planning for you. Be patient in trouble, and always be prayerful." Texts like this inspire prayers of thanks and give an inner peace and contentment.

With life crazier by the day, I hope each of you will always remember that God is there for you, always watching out for you. Don't forget to pray . . . and when in doubt, just know that He has your life planned for you.

See you next year!

**REGISTRATION IS
SUNDAY, AUGUST 28**