

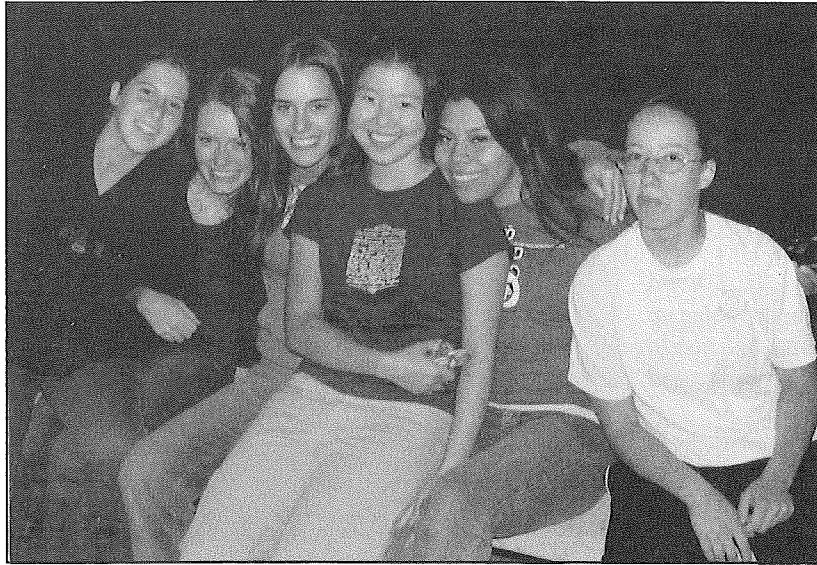
UPPER COLUMBIA ACADEMY

ECHOES

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A new year brings friendships old and new. Jessica Heiser, Laura Dick, Jennifer Dovich, Saria Kim, Daniela Garcia, and Cara Blackburn stop for a few moments on a bench by the fountain on front campus

Fall Picnic moves closer to home

by Katie Schlehuber

It all started with Mrs. Williams explaining her concerns to the ASB officers about the people involved with hurricane Katrina. Mrs. Williams, along with ASB, made a united decision to have the fall picnic at UCA rather than at Camp Mivoden and to send the \$1,500 transportation money to help with the hurricane relief effort.

They presented the idea to the students, and everyone agreed to relocate the picnic. So on the morning of September 6, UCA was the site for many games and activities such as medic, dodge ball, and mattress races. The students also arranged themselves into the shape of the initials *UCA* for a picture, and there were some water fights.

Ashley Dresen said, "It was a bummer that we couldn't go to Mivoden, but think about all the people we helped in Louisiana." This is how many of the students felt although a few were disappointed.

By changing the location of the Fall Picnic, students got closer to each other, had a lot of laughs, and learned what it means to be unselfish.

New tradition unites students

by Zach Marcus

The 2005-2006 school year marks the beginning of a new school tradition. It is the first year that UCA has had a 'theme of the year'. It was one of the new ideas that this year's ASB put into action. A banner with the theme of the year, and the text that goes along with it, Phillipians 4:13, will be created and hung in the gym. This is to be an annual tradition here at UCA.

ASB chose the theme 'No Limits' because it is very broad and can be applied to each student's own personal situation. They hope that the students and faculty will come together to rally around this goal. "When people have a central idea," says ASB President, Cody Lonning, "they become more unified."

"Everyone needs to think about this," Cody adds, "It's a good goal."

NO LIMITS

I CAN DO ALL THINGS THROUGH CHRIST WHICH STRENGTHENETH ME

Another night of Class Night

by Dayton Osborn

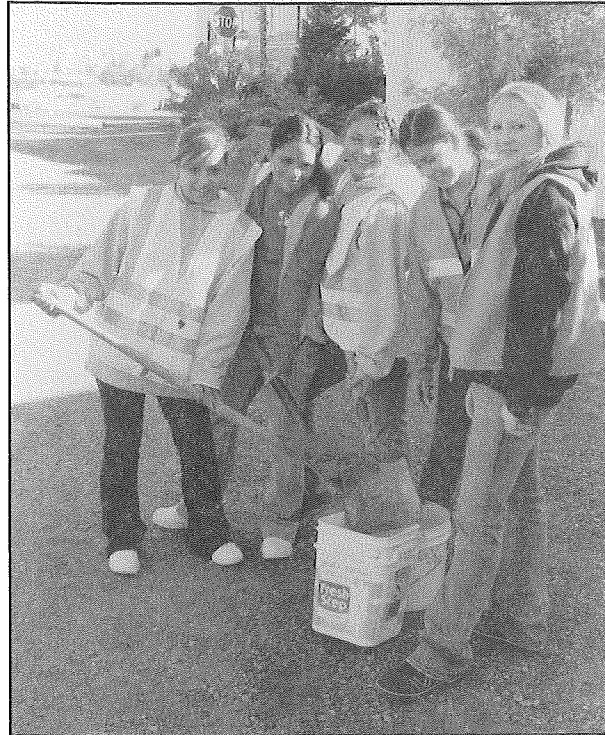
Once again, the first Saturday night of the school year was Class Night. As usual, the turnout was high as students swarmed into the gym for the class scramble. Spirits stayed high and overflowing until the last person left the field late that night.

Fifty-two students made up the Freshman class, 47 the Sophomore class, a whopping 99 boys and girls were Juniors and last, but definitely not least, were the 84 dudes and dudettes in the Senior class. Just think, that's 282 yelling and screaming voices in the crowd. That's 564 hand and feet clapping and stomping around. That would also be 2820 fingers up in the air as 564 feet are jumping up and down while 282 vocal cords are getting stretched to the limit from screaming. What fun. It is never a quiet and peaceful time.

"Class night is a crazy, cool time where we get to hang out and go crazy with friends. Plus there's donuts too which are very nice," said Cody Skeels, a member of the class of 2007.

This year was especially exciting for the Seniors for they had a huge 25ft banner which said "06' Kicks" ... which they do.

Always remember that class night is the only time you're able to get away with a different color of hair. So next year, all you returning students, go all out with your class spirit.



One of the projects on September 14, the first HOPE Task Force day of the year, was filling potholes with gravel and dirt in front of the Union Gospel Mission. Yaaresi Silva, Amanda Wadkins, Nancy Ruiz, Susana Maldonado and Avery Stevens pause for a moment during their arduous task.

Choraliers tryouts finish on high note

by Jessica Purviance

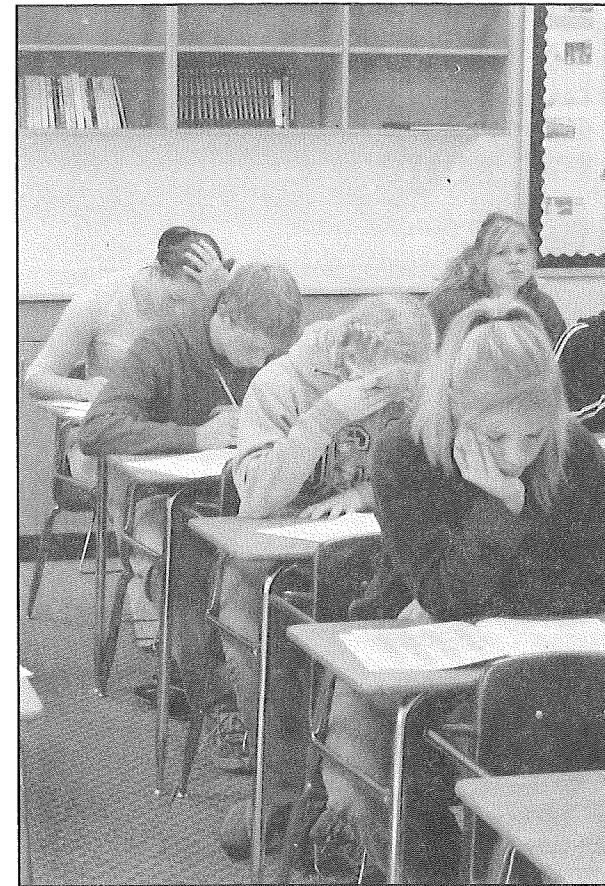
On Monday, Tuesday and Wednesday during the first week of school, a total of around 60 nervous teenagers made their way up the forbidding stairs of the music building to try out for UCA's illustrious select choir known as the Choraliers. To try out, the students had to sight-read a piece of music and then sing a duet. Being able to hold their own part when singing in a group is very important as well as having the confidence to sing solo. Out of so many who tried, only a third could be chosen as 20 spots were open. Six former Choraliers held spots from last year. Thirteen guys and thirteen girls, along with two pianists make up the 26 Choraliers.

Choosing so few out of so many was not an easy task. Mr. Anderson, the school music director stated that he was nervous at first about finding the right voices for the group, but when he saw a lot of unexpected talent, the hardest part turned out to be making the final list.

Several factors played roles in determining who made it into the group. A voice that sounds pleasant to the ear, volume, confidence, and essential sight-reading skills are some of main things Mr. Anderson looks for in a potential Choralier.

After a few weeks of practice, Mr. Anderson feels that this year's Choraliers sound great, and he has confidence that they will work well together as a group.

Want to try out next year? Here are a few tips from Mr. Anderson: Always sing at church, try to sing all of the parts, and learn to read music. Voice lessons, although not required, will definitely help your voice and confidence to develop and could also give you a better chance of making it in.



While the seniors are away at Senior Survival, freshmen, sophomores and juniors take the annual ITED test. Here a group of juniors enjoy the first of two mornings of testing.

Whom do you trust?

by Bethani King

"Love many, trust few." We've heard that line from our parents and teachers our entire lives. This year at Senior Survival, UCA's class of 2006 was stretched beyond these parameters. Camping together out in the wilderness near Camp MiVoden, the 81 seniors learned not only to love their classmates, but to depend upon them, and ultimately, to trust them.

Each day students faced a challenge, or "Initiative," which they could only overcome with the entire team's support. Beginning relatively easy, these challenges progressed in difficulty to the renowned "Trust Fall" on Thursday.

Says Shari Fogelquist about the Initiatives: "It was amazing how the group grew in unity from the first day to the last; our ability to listen to each other and accomplish the task efficiently improved dramatically."

For many people, the trust fall was the most powerful of the "Survival" experiences. Especially for this anonymous senior, who states, "At the beginning of the week, I was convinced there was no way that I would choose to go off that six-foot platform, no matter who swore to catch me. But after working with the same group of peers for five days through intimidating situations, I couldn't have been more confident that they would catch me."

Most importantly, the trust fall symbolizes an individual's release of whatever issue or struggles are keeping him or her from God. Senior Survival ended with two students giving their lives to God through baptism — a beautiful symbol of open and willing surrender.

Girls' tryouts hit big numbers

by Lauren Stingl

Of the 144 girls attending Upper Columbia Academy this 2005-2006 year, over 30 showed up on the first day of varsity volleyball tryouts. Unfortunately, due to unclear announcements or dwindled confidence, that number did not carry through to the following 3 days of tryouts.

Girls hoping to impress the head coach, boy's Dean John Willis, with fiery kills and sky-high verticals were sadly disappointed to know that Coach Willis looks particularly for good passers and good attitudes. Coach and players agree that teamwork is particularly valuable to the volleyball team.

Hours of preseason preparation had been done. Practices and games were and uniforms were discussed. But, less than \$100 was spent towards girl's volleyball.

Willis is confident in his team, saying "I'm excited about the positive, uplifting, and encouraging attitudes."

Let's get the pigskin started up

by Adam Hays

It was that that time of season. People came to the field suited up and ready to get their groove on.

The first football tryout was on the second day of school. There were 52 people who tried out and gave it their all. But only 24 were needed on the team. Nine players were returning from last year's varsity team.

"Quickness, brains, and a positive attitude toward the game of football and the coach are just some things I am looking for in a football athlete," said Coach Soule.

"When I first got up to the field I had no idea what to do. But everyone told me that Coach Soule really liked the way I rushed. So when I saw the list of people who made the team I really didn't worry about it that much just because of what everyone said," said Thomas Freeman.

This year's varsity football schedule includes 6 games and 2 tournaments.

From hippies to wangstas

by *Prisilla Gonzalez*

Things are quite different at UCA than they were fifty years ago. It is 6:30 in the morning in the 1950's, and students get ready for worship. Ordinarily, students begin their day with Jesus as their friend and prepare to attend classes for half of their day. The other half is spent working. Some students are hired by the school laundry. Others work on UCA's farm, dairy, or at the furniture factory. Most commonly, students work twenty hours per week.

In the cafeteria, students are directed to sit three gentlemen and three ladies to every table, and food is served on plates by café workers. There is no helping yourself. For drinks there is a choice of milk or one type of juice, and there is no salad bar.

One of the rules for ladies is that they can't cross the line on the sidewalk that runs down the middle of campus between the dorms. The girls have to stay on their side and the boys on theirs. During church, girls sit with girls and boys with boys. There is no mixed student seating.

If a student makes a sudden movement when next to someone else from the opposite sex, both could be put on social. One student was put on social for meeting his girlfriend for the second time within five minutes in the hall of the ad building.

The day ends with strict study hall from 7:30 to 9:30, and lights are out at 9:30.

August 29, 2005 started with 279 students kicking off another school year at UCA, but a year quite different from one fifty years ago.

The *Whisper* zone

By *Stacy Ramos*

As most probably know, the library has been a place to go if you want to get some studying done, but it's been even more popular for talking. This talking has been a constant problem. Students are not supposed to loiter in the halls, so the library seems the only place to go.

Well guess what: the library is not the only place to go to socialize. The Power House is conveniently open Monday through Thursday from 11:15 to 1:00 and then from 4:00 to 5:45. The Power House and the dorms are the perfect places to hang out.

The library is meant for studying, not socializing. It's supposed to be a "Whisper Zone," especially for those who want a quiet place to study.

If you still feel the need to hang out in the library, please whisper your words. It will be greatly appreciated.

Simply speaking

by *Justin Seibly*

Certain people enjoy working on some subjects that other people absolutely abhor. How can someone love working on English and other people love working on math? Well, what you enjoy doing—and not doing—is based on the experience of every single day you've lived and the knowledge you've acquired over that time.

Many say what you like is based on your present level of comprehension in that subject. It seems logical: if you don't understand a subject, you can't enjoy it. This is true, but not entirely accurate.

In a student's first year of woodshop, they do not know a whole lot about wood-working; however, they enjoy learning the skill because they know that one day they'll be able to create amazing things from lumps of wood. They know that with the knowledge they gain they'll be able to do things they want to do.

If you apply that thinking to all your classes, they'll turn into much more than a string of dull assignments. You'll be eager to learn all you can. When you're sitting in English class and think that learning the stuff is of little importance, just think about what you'll be able to do with the knowledge. You could become a teacher, author, journalist, or simply a literate person who communicates well. And you'll be making yourself a lot smarter.

To have knowledge is a priceless gift, and being able to apply it is even better. If you can set a goal for what you want to learn and live out that dream, one day you will become what you've always wanted to be.

The great outdoors

by *Eddie McCune*

Outdoor Education is a favorite class at UCA. Once a year the junior class goes to the wilderness to get know each other better while growing nearer to God.

This year, there were 60 students who went canoeing at Upper Priest Lake. "The bus ride up was long and excruciating but I had a fun time talking to the new girls," said Anthony Simone. While Anthony was making his moves, the rest of the crew played Uno and talked about movies.

When they arrived at their destination, it was a sunny and beautiful day. But as they paddled to their campsite, rain clouds moved in and it suddenly rained. "All my stuff was soaking wet," said Stacy Ramos, "and we had a hard time putting up our tents."

On Saturday, they paddled up river to admire nature. Two notorious boys, Zack Rearrick and Nolan Kinne, snatched everyone's oars leaving their victims helpless and struggling to get back to camp. "It was the best trip I have ever gone to," said Jonathan Woodruff.

While the canoeists struggled to get to camp, the second Outdoor Education group, the backpackers, were having fun at Stevens Lake. "The first day was sunny and nice but the next 2 days were horrible," said Casey Thruston. But the group did enjoy hiking and fishing. "The trip made me appreciate nature. It showed me that God is an artist. He brought the trees, grass and soil together to form His masterpiece," said Robert Gabel.

Freshmen become a class

by *Ronilea Lombard*

On September 9, the freshmen class headed out on their very first adventure, their primary bonding experience.

The new tradition started with the class of 2007. They put their brilliant minds together and decided that freshmen really needed a time right off the bat to get away as a class. And so the tradition of the freshman campout began.

Friday afternoon and night was spent at a Farragut campground with all 52 freshman attempting to pitch their tents. The girls had the most trouble, but after much screaming and confusion, everyone's tents were set up. Amber Davis commented, "It was still so much fun, even though it was raining."

After supper everyone settled down and had worship with senior class volunteers leading song service and talks. "Even as a senior the campout was so much fun," said Briana Guthrie.

The following day, after breakfast, everyone set out to do their activities. All the activities had to do with working together, and many leaders were found among the class. "The tarp activity was my favorite. It was hard but it only took us twenty minutes," remarked Trevor Carstens.

Overall, the trip was definitely a success. They all had fun, but the best part is that they all feel like part of the Class of 2009.

Spirit poured out

by *Crystal Kablanow*

On September 2, 2005, Fire Bowl Vespers started just like any other—introduction, songs, prayer, speakers and all—but as the words of that night's speaker died away, things began to change.

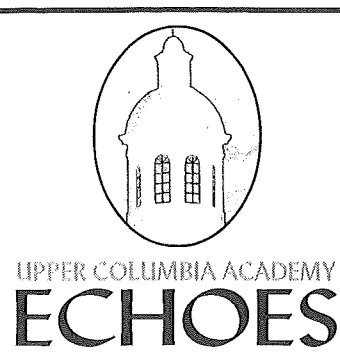
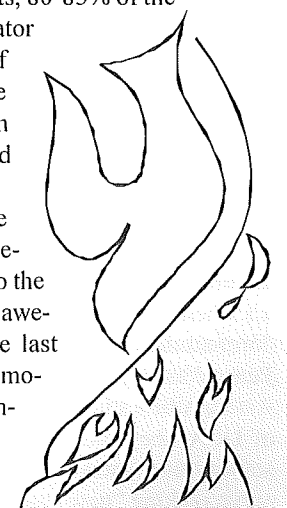
Following Pastor Fred's plea for God, almost the entire student body strode forward to join arms about Pastor Fred and Mr. Thorman as they led in a prayer of dedication, a dedication of each of the students present, the school, and the year to come that they might become the light of God to the world around them.

Just when the group began reluctantly to disperse, Pastor Fred announced that they had a choice: they could either go back to their rooms, or they could stay for an "Afterglow."

To the astonishment of several former students, 80-85% of the student body lingered to sing praises to their Creator and King. Everyone joined in an immense circle of warmth and sang praises that grew stronger and more meaningful as the moments slowly ticked by and an incomprehensible feeling of power arose just beyond reach.

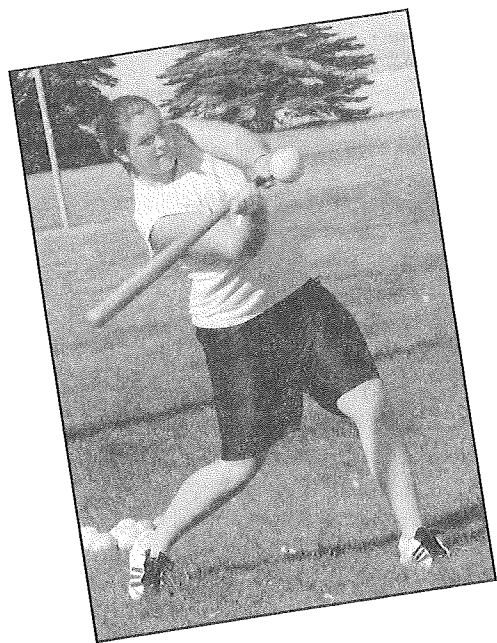
As the night progressed the feeling became more tangible, and by the evening's end it had become unmistakably clear. It was the direct answer to the prayer of dedication. The Holy Spirit was there. His awesome presence pervaded the company and as the last song died off the lips of those present there was a moment of amazed silence as everyone stood contemplating what each was feeling.

After several moments of silence Pastor Fred stood and with a shaky voice said, "Lets pray."



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3025 E Spangle-Waverly Road,
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This issue's contributors were
Prisilla Gonzalez, Nick Ham, Adam
Hays, Sheldon Holm, Crystal
Kablanow, Bethani King, RoniLea
Lombard, Zach Marcus, Eddie
McCune, Sonya McDowell, Ashley
Morrill, Dayton Osborn, Chris Parker,
Tommy Poole, Jessica Purviance,
Stacy Ramos, Katie Schlehuter, Justin
Seibly, Lauren Stingl, Emanuel Suarez,
Spenser Zaharrie, and
Stephen Lacey, advisor



New students

by Ashley Morrill

On August 29th, UCA's first day of school, the UCA campus was once again busy with students.

With two hundred and eighty-two students in all, UCA has ninety-eight new students for the school year '05-'06. Of our new students, sixty-seven live in the dorm, and the remaining thirty-one are village.

This is Mindy Schreven's first year at UCA. She is fifteen years old, and a sophomore. As a village student, she drives, everyday, to and from Cheney where she lives. "The highlights of my day are Bible and English class," Mindy says.

Each new student has a different story about how they came to hear about UCA and how they decided they wanted to come.

Kyla Humbert is also a sophomore. Although she is new this year, she is the fourth child in her family to attend UCA. "All my siblings went here, and I wanted to as well," she says. Kyla also tells us her favorite time of day, "I love lunch and dinner; it's when I get to socialize!" Kyla is a dorm student who comes from Tum Tum, Washington.

As new students learn the ropes of UCA, they blend with the stir of activity and soon lose that once so nerve racking "new student" feeling.

New improv team

by Spenser Zaharrie

It was September 5, the first night of tryouts for the UCA Improv Team. Last year, Joe Jenks and Nissa Ham founded the team but had to quit because --well--they graduated. This year the team is under new management: Darcy Sturges, Jessica Heiser, Spenser Zaharie, and the new sponsor, Tim Peters.

By the end of the day, 14 brave souls had signed up to attempt this crazy masquerade and headed for the first night of tryouts.

Improvisation is when your brain is not reciting or trying to remember something it has learned but is responding to stimuli and making things up as fast as it can with you hoping you have the guts to say them aloud.

Tryouts began with a couple of games. One was Freeze Frame where two people start acting out a scene until they are stopped and one of them is replaced. The tryouts were a test, and before they were over, some people dropped out, leaving ten truly dedicated people to continue the process.

It was quite a profitable night. Details are still being hammered out, but it looks like it will be a good year for the team.

Homesickness hitsUCA

by Emanuel Suarez

Dorm life, for some high school kids, becomes the best part of high school. For others, it is the biggest problem they have ever encountered. In the boys' dorm, a survey was taken at the beginning of the year. Seventy-six boys contributed to this survey to see how many were actually homesick. Fifteen percent said they were. Surprisingly, most of those were seniors (5%), not freshmen (3%).

It's sometimes hard for a kid not to be homesick when his family is in another country. UCA receives quite a few kids from Canada, and from even as far away as Korea. In the most extreme cases, students don't see their parents for years. This is big contributing factor to homesickness. Forty-one percent of homesick students said family and friends are who they missed most back home.

For some students, UCA is their home, a place where they feel loved and can have fun. Here is where everlasting memories start and where important academic and spiritual decisions are made. Here, too, major goals are reached.

The best change

by Nick Ham

I can hear the sound as I walk down the stairwell to first floor, the distinctive sounds of pool and muffled conversation. I walk into the huge room (size being relative after living in a dorm room). "Have a seat," says the guy sitting on the couch. I do and take in more of the scene.

The guys' dorm has made a lot of changes for this year. One of the best is the rec room. It was redeemed from being a storage/dump room and is an impressive addition to the dorm. Mrs. Willis cleaned up and decorated the room, and it's also well-furnished thanks to a few "generous" members of the guys' dorm. The main attractions are a pool table, foosball table, and a big screen TV.

At the moment the room is open during rec and after study hall, but once the key situation gets sorted out it could be open more frequently. So pay it a visit and see what it's all about.

The small 21

by Sheldon Holm

As many of you know, Upper Columbia Academy has many rules that, for some, seem quite restricting, limiting, preventing, prohibiting, and repressing. The list goes on. Every year the whole student body has to sit through what seems like an eternal presentation of the rules know as the Big 7 and the Mid-sized 14. These are all basic rules without which the whole school would turn into utter chaos. A few of these rules address supplying drugs and alcohol, hazing, climbing the water tower, and possession of firearms. Without these, I think we can all agree, the school simply would not function properly.

Well, I am here to ask the simple questions that I know a lot of you must have thought of at least once: Whatever happened to the Small 21? Has it ever existed? Did it simply get abolished? I was pondering this very subject the other night and decided to interview a few people to find out what kind of rules would be included in the Small 21. Here are a few possibilities: No climbing trees higher than five feet. No running on sidewalks unless accompanied by an adult. Backpacks cannot weigh more than 15 pounds due to a safety hazard. Destruction of cafeteria utensils is strictly prohibited.

It is unlikely that such rules would be passed by the administration, but could it happen? Is our society getting so bad that we have to give names to different groups of rules based on their punishment? One day we very well could have a Small 21.

However, by simply rewarding those who do good we could be less focused on the bad; and people, depending on the reward, would want to start doing good all the time. If we started focusing on the good, would the Mid-sized 14 and the Big 7 become irrelevant?

Gymnasts take Soule's test of the best

by Chris Parker

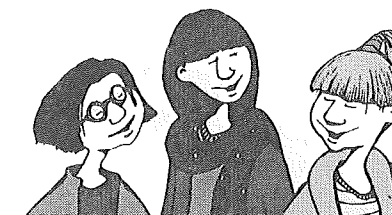
You're standing on a pad talking to your friends, not knowing what to expect, so you just try to relax. Then out yells a voice, "Line up!" And everyone runs to a spot on the pad. 5 tucks, 5 crunches, 5 lunges, 5 pushups, and 5 jumping jacks! You pound out each of the sets 10 times.

This was the routine that started every day of gymnastics tryouts. Over the next two weeks Coach Soule watched and instructed gymnasts through pop-ups, elevators, moscows, and even 3-high moscows. He watched for talent but also for the willingness to learn and improve.

This year about 73 athletes went through this grueling tryout, which is about the normal number of participants compared to past years. This year, however, only 35 people, instead of 48, would be chosen to represent UCA on the gymnastics team. The number was cut to insure safety and make it easier to work one-on-one.

After two weeks, Soule was faced with the daunting task of filling over half the team with new people because only 3 guys and 10 girls were returning. The result is a team that's inexperienced and untested. But this isn't dampening Soule's spirits. In one sentence, he summed up the team as, "Green, courageous, and willing to learn; the willingness to learn is what's going to make it, and the potential is really high."

Soule invites everyone to come to the shows, which he promises will be exciting and "golden!"



To be or not to be . . . a good roommate

by Sonja McDowell

What makes a good roommate? Many must have asked themselves this question when they entered a new phase in their lives: the dorm life.

Of the girls that were interviewed, all said that a roommate has to have respect. A respectful roommate respects the other's property, and their personal alone time—time not only for God (if they choose) but also for homework and study.

Another necessary quality of a good roommate was cleanliness. A good roommate is willing to pick up after herself and to do her share of the work. Teamwork is important for keeping the room clean and each other happy.

Dean Theresa restated these facts and also said that out of the 110 girls only a few have switched rooms.

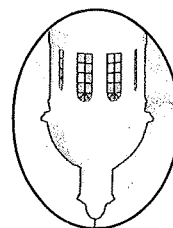
Half the girls in the dorm knew their roommates before coming to school. Some believe it easier to room with such friends than to experience and get to know someone they have never met. The half who do not room with friends are randomly put into rooms if they did not send in their ideal roommate forms on time.

So here's a bit of advice for the girls in future years. If you want a good roommate for the whole year, find someone you know and get along with. If you don't know anyone, apply and complete your ideal roommate sheet early so the deans will have time to find a perfect roommate for you.

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UPPER COLUMBIA ACADEMY



The long haul

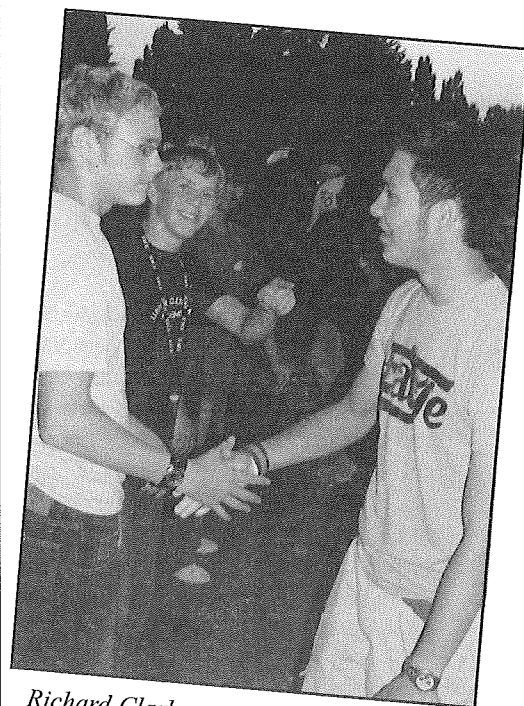
by Tommy Poole

It's hard to believe how long school has been in session. It seems like only yesterday when we were all running through the green fields of summer with lotus blossoms at our feet and the smell of pine trees in our nostrils. Or maybe you preferred to spend your time at the park, conversing with squirrels or enjoying a nice jar of almonds. Well those days are over!!!

At UCA school starts before it really STARTS. The first month is merely a warm up session, or maybe for some of you who didn't have a summer job it is a wake up session. It really isn't that intense, but after school picnic, freshman campout, senior survival and outdoor-ed are over, it is time to begin preparing for the Long Haul.

Nolan Kinne, a junior at this fine establishment, revealed how he prepares his mind, body and spirit for the rest of the school year. "For the first few weeks I kind-of slack up the line. So to prepare for the winter months I eat a lot like a bear does before hibernation."

Unfortunately we don't have the luxury of hibernating like our friends of the forest, so some more practical advice might be this: If you become bogged down by school work, teachers and your overall situation as the school year thickens, look to friends, adults and, above all, look to God to help strengthen you and provide aid. You don't have to do it alone. Tutoring is available for those who need help with school and, of course, Jesus is available for those who are struggling with life. So why not give the remainder of the school year to God and see what happens?



Richard Clark meets Tyler Schaffer at the beginning-of-year handshake while Gage Curry looks on.