



Spring: a time to sit on the ad building steps and lounge on the lawns . . . cell phones close at hand

Grandparent Weekend displays student skills

by Christin Beierle

The first weekend in April, UCA held its annual Grandparent Weekend. The multi-day event included many performances from UCA’s diverse groups and an arts festival displaying student pieces from our fine arts and technology classes.

The Needlework class displayed scarves they made for the Red Scarf, a project which allowed them to knit scarves for foster children. Various pottery, stained glass, drawings, paintings, and many other arts were displayed. Woodworking projects, such as coffee tables, were on display in addition to the Yearbook class’s photography.

Music groups performed as usual, but a new performance occurred this year as well: a play was presented by the new drama team. The play, entitled “This I Know,” was written by sophomore Kaitlyn Kramer. The play was performed Friday night as an opener for Grandparent Weekend and was about the history of the song “Jesus Loves Me” and its impact around the world.

Attendance champs live it up

by Geoffrey Urbin

When going from class to class, I always imagine the bell ringing just before I walk through the door. I hate being late, and just imagining it scares me because I don’t want to lose my perfect attendance. You have to work hard at it to get perfect attendance, but it is totally worth it.

The third quarter perfect attendance party has just taken place. This quarter, the party was in the Power House where the students ate pizza, cupcakes, and vanilla ice-cream. There were also root beer or orange soda floats. The students played air hockey and foosball or simply hung out with their friends. The perfect attendance party is a fun little event.

If a party doesn’t help motivate you to get perfect attendance, what about the chance of going to Triple Play and receiving money? Students who get a full year of perfect attendance can go to Triple Play for a full day and receive a \$50 cash prize.

Me days

by Morgan Stanyer

U Days, or University Days, is the college version of academy day at Walla Walla University. On April 3, the entire senior class loaded the busses to go to Walla Walla. They spent three days touring the university campus, learning more about college, and gathering information on potential majors. Some of these seniors had been waiting three years for their chance to attend this annual event. Many students agree that if taken seriously, University Days can be a great opportunity to figure out what to do for their next step in education.

Two-year-year senior Kristi Rose finalized her major based on attending social work interest sessions. Three-year senior Ryan Dieter reconsidered his previous decision to attend another Adventist college after visiting the Walla Walla campus. We are normally told that “it’s not all about you.” However, when it comes to your college experience it really is all about you.

University Days can change your outlook; it helps you recognize and take advantage of the opportunities before you.

The worst day of the year

by Breanna Daley

No one should be awake at 7:15 on a Sunday morning, let alone be expected to solve for x or find the y -intercept. Sundays are the one day a week we have to do laundry, sleep, socialize, catch up on homework, and regain our patience—all very important things if we are expected to be civil to each other and pay attention in classes the next day. Neither the teachers nor the students want to be there, which causes Sunday school days to be less productive than normal school days.

As much as we dislike Sunday schools, the one in March was worse. Why? The clocks went forward one hour, robbing us of a much-needed hour of sleep.

As bad as going to class was, we did get extra days off school. So the next time you start to complain to a friend or parent about the misery of Sunday school, I challenge you to think about all the poor kids still in classes while you are chilling on your couch, eating your mom's famous mac-n-cheese, and Net-flicking.

I can wear that color?

by Kaelyn Plata

"Gentlemen can go; ladies, we need you to stay for a few minutes after assembly." With these words, Mr. Winslow had questions running through every girls' head. What had we done? Were they perhaps going to drill us about the endless restrictions of dress code? Were the lice back in the dorm? Warily, we all moved up to the front of the assembly hall and prepared ourselves for whatever the principal's announcement had in store.

"Ladies, we want to inform you that nail polish is now approved." What!? Approved? This was too good to be true. After three years of weak pinks, and muddy colored browns being the only options on the nail polish color wheel, I had simply given up trying to keep my nails perfectly filed and painted up to UCA expectations. Happy chatter filled the assembly hall as the exciting news sunk in. There were several restrictions that went along with this new privilege: no black or colors that look black, no bling, and no gaudy designs.

I hope that the girls of UCA will realize that this is a privilege that we have been given, and that we girls won't push the lines and cause the staff to reconsider this privilege.

What is our purpose here?

by Kayla Kime

In case you hadn't noticed, we've lost quite a few people this year. It's truly a sad thing to see. Why all of a sudden—this year—have so many left us? I can't answer, but let this not be the beginning of more losses.

Why are we all here? To get to know our God, to learn and study, and to make lasting friendships . . . not to try our hardest to leave. So, make wise decisions. Think carefully. We're all in this together to be good examples for others.

We always have the chance to make wise decisions—to think about our actions carefully. Let's make this year and all our high school years the best years of our lives.

Just one foundation

by Nate Cheney

Few students go to this school without aid. In fact, many of our students would be unable to attend UCA without extra financial support. Thankfully, an organization called Foundation One has been active in supplying grants to such students. On Sunday, April 3, those students who receive financial aid were able to go to brunch with those who have helped support their education.

At ten o'clock on Sunday, students, parents, and donors were seated and fed in the old cafeteria. Those attending dressed well, the tables were beautifully decorated, the food was well prepared and there were no limits on the breakfast links! Foundation One members took pictures throughout the event.

After eating, students were awarded their scholarships. While the majority of students were awarded Foundation One's grant, multiple students were awarded specific scholarships such as the J.V. Peters Memorial Scholarship, the Wayne Hooper Memorial Brass Scholarship, and the Olin Peach Memorial Scholarship. Scholarships were awarded to brass players, aspiring teachers, and young women interested in math and science. Those who were granted the general scholarship were also given a free Harvester milkshake.

Not many students put much thought into their tuition. But this event reminded the students of how blessed we are to have so many people willing to give their time, energy, and money for the benefit of the students.

2016

Baby fever

by Heather Bruton

"Do I really have to wear this? I don't have any clothes that go with this thing! My shoulders hurt already and it's only been on for five minutes. I'm really starting to re-think this project." It was that time of the year, time for the infamous senior Bible project, and the bellies and sacks of flour were back! The senior ladies walked to class with a new addition, an added growth, and the men were burdened with a second backpack.

The underclassmen ladies smiled as they walked by, the men gave weird looks and tried not to stare. It was a grueling two days for the senior ladies as they walked the halls, climbed the stairs, tried to fit into the desks, and spilled food on themselves when they couldn't scoot up close enough to the cafeteria tables because of the added ten pounds of rice they'd acquired and strapped to themselves. The men had it much easier, though most won't admit it.

This week was full of town trips, stretched clothes, smiles and stares, pictures, hours of research, aching shoulders, sleep deprivation, discomfort, and stress; but at the end of it all, when that sigh of relief escapes, this week may have been the best of our lives.

WWU music festival

by Thalia Tomarere

Upon arrival at Walla Walla University, our first duty was to get registered. Next, we headed to the dorms to settle into, for some of us, a stranger's room. A meal of pizza and sushi in the cafeteria was followed by a long string of practices in the University Church.

The orchestra spent their hours sitting. For the choir, there were hours of standing, practicing consonants, and waiting to sit down.

On Thursday we attended a wonderful performance by the University music groups including I Cantori, University Singers, band, and orchestra. Finally, after a long day of practice on Friday, we got to go to a refreshing, music-based vespers service in which one of our alumni, Jonathan Fitch, was a big part.

For Saturday's church service, the choir and orchestra gave the audience a preview of what was to come later that afternoon, when our final performance when quite smoothly. All groups—choir, honor choir, soloists in the choir, orchestra, and symphony orchestra—did a great job. The large amount of practice done the previous few days showed in that concert.

Epidemic alert

by Grady Dietrich

An epidemic is spreading rampantly across the UCA campus. It is not known what causes it or how it can be stopped. It is a water addiction. Students all across the campus carry barrels full of water, chugging it as they go from class to class. Lines at the drinking fountain reach out the door, forcing you to wait hours to fill your bottle. Countless numbers of students miss precious learning time on a daily basis for they are always in need of the bathroom. Eventually, this time adds up. Leaving English every day to relieve yourself is not only an annoyance for your teacher, but a hindrance to your learning.

There seems to be no end to this problem. The only viable way to recover and get our full dose of learning would be to extend the school year into the summer. This idea will surely be the solution to our problems. Together we can get through this tragedy.

Gymnasts hit the road

by Ashley Samuel

The gymnastics team ventured off to Coeur d'Alene, Idaho, for their first tour on March 4. The team had been practicing tirelessly and arranging their routine for months, and they were eager to show off their skills. On Friday morning, after sleeping in, the acro team boarded the majestic UCA bus and headed for the land of potatoes. Upon arrival at Lake City Junior Academy, the team set up and prepared (got hyped) for their performance. Finally, at 11:30, students and family members began to enter, and the nerves began to set in.

It was finally time. All the hard work and countless hours spent in the gym would finally pay off. Before the show, the team huddled for some motivational thoughts and a prayer. Then they were off. The show, as every first show does, had its minor issues, but overall it was a dazzling performance that the team could be proud of.

At the end, the team hosted a clinic for the students of LCJA. It gave the kids a chance to try some of the less advanced moves, and many students said they wanted to come to UCA because of the gymnastics program. Overall, the gymnastic team's first tour was a success.



Breakfast

by Charles Buursma

Isn't breakfast great? I understand that some people don't always make it to breakfast, but if you think about it, it's really the most important meal. Breakfast is one of the biggest attributes of the day that prepares and strengthens your body so it can be ready for whatever challenges you may face. Some people have gotten so used to not eating breakfast that they think their sluggishness is a normal thing. Sadly, I am one of those people who doesn't make it to breakfast as often as they should, and many times I find myself almost dozing off in my morning classes or feeling just too hungry to focus on the teacher.

God wants our spiritual hunger to be satisfied as soon as possible, and just like going to breakfast gives you energy, so does His word. It gives hope, joy, peace, and purpose as you explore the depths of its pages. It refreshes you and gives you strength to keep going as the trials approach. But as you eat, you can't forget to breathe or you'll suffocate.

Prayer is the breath of the soul and as we eat up God's word we need to take a breath and just talk with Him about our needs, wants, and problems. But we shouldn't just talk to Him as we would Santa Claus, only focusing on what we want. We should talk to Him as though we're talking to a friend, our best friend, and listening to what He has to say as well. He's actually more than your best friend. He's your Creator and knows you better than you know yourself. So if He asks us to do something we may not feel like doing—through His word or even through a still small voice—remember He only has us do things that will benefit us the most. He loves us so much and tells us to go to Him so He can give us rest and satisfaction.

Eat breakfast with God, for He's the only One that will truly strengthen you as you go through the day.

Factor of life

by Kate Ruud

Too exhausted to comprehend the time, we wake, stand, and sit back down staring at random numbers on a clock. We squint, trying to pry our weary eyes open, glaring at the clock until our brains start to function on a low moderate mode. Once we can see clearly enough, we realize that the day is going to be a struggle. Walking to our first class, sitting down at our desks, and then recognizing we are dozing off.

These are the final days of the quarter. Crunch time. Getting all your assignments done, extra credit completed, and corrections made seems impossible. There is no energy to function at a fast pace anymore. We are swamped with homework and feeling weak and stressed. In just a few days time will run out.

But now it's all over, there is peace and hope for the new quarter.



UPPER COLUMBIA ACADEMY ECHOES

is a regular student publication of
Upper Columbia Academy, Spangle, Washington 99031
This issue's contributors included:

Geoffrey Urbin, Christin Beierle, Morgan Stanyer,
Breanna Daley, Nate Cheney, Kaelyn Plata, Kayla Kime,
Heather Bruton, Grady Dietrich, Thalia Tomarere,
Charles Buursma, Daniel Arlt, Thomas Ewert, Kate Ruud,
Katrina Santiago, Josh Bevins, Jared Humphreys,
Ashley Samuel, Andrew Robinson, Amber Lee,
Allison Albritton, Emma Tucker, Summer Davis,
and Stephen Lacey, sponsor

Junioritis?

by Daniel Arlt

Everyone's heard the term "senioritis." It's used to describe the feeling seniors get when they just want their high school careers to be over. But could this feeling start as early as junior year? I know that I've felt this way for quite a while now. For the few juniors who can relate, I think this feeling is definitely a problem. There are a number of factors that could decide whether a junior obtains this feeling, but the outcome is still the same: wanting to leave UCA before even getting to their senior year!

This attitude is terrible to have, especially as a junior because we have an entire year of school left after this one. It can lead to an overall negative attitude towards UCA and the events the school creates. So I say that if any juniors out there have this feeling, they should try to keep it at bay for a while, at least until senior year when it can be properly labeled.

Keep your spirits up! The year is almost over and you're going to make it through!

Spring fev . . . NO!

by Thomas Ewert

It's that time of year once again. Temperatures are rising, the snow has gone, and people are tired of winter. Not everyone is excited for spring though. There are a select few of us that wish winter would continue because with the end of winter comes the end of . . . ski season.

It is especially hard to accept the fact that winter is over because this ski season was the best in years. With the abundant snowfall came many powder days and many smiles. At one point, we had almost two feet of snow here at the school (which meant, of course, lots of grumbling from those who don't like the snow).

In the end, though, we are going to have to accept the fact that spring is here and winter is over.

Clinic during tours

by Jared Humphreys

The moment came. After performing on the UCA Gymnastics Team at Lake City Junior Academy on March 4, 2016, we were going to have a gymnastics clinic with the kids.

We, semi-experienced gymnasts, took children with little experience and taught them some simple stunts they could do on their own. We put the children up in two-high pyramids, we placed them on our knees as we squatted in the Moscow pyramid, and we grabbed their feet and lifted them up into the air in elevators. The gymnastics team also helped teach the children how to jump off the mini trampoline and land on the mat. Some of the kids got to stand on the thin pole as it was lifted off the ground.

I enjoyed this clinic more than I thought I would. I am a slightly germ phobic and don't enjoy feet, but after I left my comfort zone behind, I reaped the benefits and joy of seeing all the children's smiling faces. Gymnastic clinics are my favorite part of tours.

Is it brownie day?

by Geoffrey Urbin

How many of you guys love homemade brownies? If you happen to be in one of Mrs. Humbert's Spanish classes, there is a possibility for your class to receive some delicious homemade brownies.

You know that in all of Mrs. Humbert's classes she gives vocabulary quizzes almost every day. When everyone in a class scores 100% on that day's vocab quiz, the class has earned a Brownie Day. For Brownie Days, Mrs. Humbert brings homemade brownies and give them to the class.

For those of you who have had the opportunity to taste one of Mrs. Humbert's homemade mint brownies, you already know how amazingly addictive they are. So, if you want a brownie, study your vocab sheets and start writing some 10/10's on the top of your quiz. Imagine all the brownies you can get if your class gets 100% every day for the rest of the year!

So which Spanish class will receive the most Brownie Days in the 2015-16 school year? 2:35 Spanish 1 is in the lead with two Brownie Days. 12:55 Spanish 2, 1:45 Spanish 2, and 3:25 Spanish 1 are all tied with one Brownie Day. May the best class win!



Late night alarm

by Katrina Santiago

All was quiet throughout the dorm—so silent it seemed abandoned. Most were peacefully asleep in their beds, dreaming the night away. Suddenly, a shrill sound pierced through the night, disturbing the tranquil dreams of the sleeping girls. Everyone slowly drifted back to reality, some taking longer than others. Confusion slipped into people's minds. What was that annoying noise? Is that an alarm clock? Upon realizing the noise was the fire alarm, everyone slowly stumbled out of their rooms, still stuck in a sleepy haze. Grumbling was heard throughout the hallway as everyone trudged towards the exits. Once outside, cold wind slapped the girls' faces, sending shivers down their bodies. Most, after all, were not properly dressed for freezing weather. Many huddled in tight groups, attempting to stay warm.

What seemed like hours later, the girls got the all-clear to return to their rooms. It was after one o'clock in the morning, and all were exhausted. Back in their rooms, the girls crashed into their comfy, warm beds and fell back into their dreamy state. But who would pull the alarm at 12:45 in the morning?

Thank-you

by Josh Bevins

There is someone who has dedicated every evening for the past few months to UCA. This someone has selflessly given his time and his family time, and has spent countless hours making the commute from Lewiston to UCA at least 4 times a week. This individual is none other than Coach Wiggins. He has sacrificed so much time to come up and coach both the girls' and guys' varsity basketball teams.

Coach has brought a considerable amount of success to UCA's athletic department. He has been instrumental in adding a record amount of games to the basketball schedule. He has also led the girls' varsity to 2 finals appearances at the Walla Walla Friendship Tournament with a first place win and a close second place this last season. Coach Wiggins also led the guys' varsity to a 4th place finish.

So let us just take a moment and thank Coach Wiggins for all the time and success that he has given to our school. If you see him around, remember to thank him. Thanks, Coach Wiggins!

Teams meet for last time

by Amber Lee

At the end of the season, both the boys' and girls' basketball teams rode a bus to the Old Spaghetti Factory. Sitting at one long table, many realized this was the last time we would all be together as a team. But to cheer us up, we ate delicious food thanks to Coach Dubs. After the whole group was over-filled with pasta, Coach Dubs handed out awards. The two captains for both girls' and guys' teams, including Luke Freedle, received the co-MVP award. Emma Tucker got the most improved player award, and Josh Bevins earned the best defensive player award.

The event was very bittersweet with us knowing basketball season was officially over, but at least there are intramurals!

Intramurals

by Andrew Robinson

Intramurals is one of the ways UCA tries to get students active and involved in sports without being committed on a daily basis. It is a sports program during rec time that is for students of any gender, grade, and skill level. It's not as competitive as varsity sports—it's just a fun way to get exercise with your fellow scholars. The sports included in the intramural program are basketball, soccer, and volleyball.

With the close of the varsity basketball season, intramurals was underway and started with basketball. Many students who weren't able to play on the varsity level this season are pleased to showcase their talents with some of the varsity and junior varsity players during intramurals.

The great thing about intramurals is that every time there is a new sport, there are new teams, so you don't have to worry about being forced to play a sport you don't like. But no matter what the sport is, even if you've never played it or think you don't like it, you can sign up and give it a shot. Chances are you'll find out you're a lot better at it than you thought.

1st to 4th

by Nate Cheney

Although Senior Recognition at UCA has traditionally had no judges, winners, or prizes, this past Senior Rec had an undeclared winner. It was a rap music video featuring many of the seniors who live in the boys' dorm. Shown a few acts before intermission, the video came as a shock to most of the audience and was applauded more than almost any other act. This video was the largest student-led project this campus has seen in years.

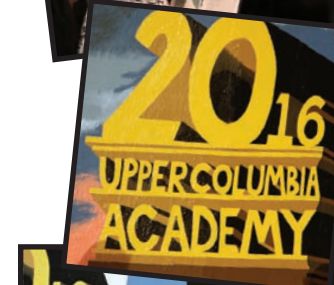
About two months before Senior Rec, a small group of seniors decided that they wanted to make a rap song about dorm life. Jordan Barnett, a dorm musician and music producer, was solely responsible for the production and recording of the all-original track while Colton Fleck and several others wrote the lyrics. The song featured Gary Jessop, Nate Cheney, Joey Terry, Colton Fleck, and Nathan Mathison as rappers and Ryan Dieter as vocals. The production of the song alone took about a month and a half.

The weekend before Senior Rec, video production began. Directed by Colton Fleck, the video was shot primarily in the boys' dorm, but included several scenic shots of the campus. The video included over thirty students, but was shot and produced primarily by Colton, Jordan, and the rappers. It was edited over the next week by Colton and Brendan Coon, a junior.

After completion, the students anxiously anticipated sharing their project. Although the video was approved, there were concerns that the rap might not be appropriate for so large an audience. However, when shown at Senior Rec, the video was received very well by the student body and audience as a whole. The music video "1st to 4th" was later released to YouTube under the name "Tales of Captains" and quickly accumulated over a thousand views.

This video was only a small example of the talents present on campus. Although a lot of that talent will be leaving campus this June, I have faith that following classes will step up and continue to apply themselves creatively.

Senior Recognition Talent Show





Gabi Culata holds Mazy

A new addition

by Allison Albritton

On March 4, 2016, the Girl's Dorm welcomed a new member to the UCA family. Weighing less than a pound, little Mazy was brought to live in the girl's dorm by her new mother, Dean Dani. Mazy is a Yorkshire Terrier and was only 7 weeks old on March 10. She was adopted by Dean Dani, who now has two dogs, Mazy and Tiny.

Mazy enjoys sleeping, as all UCA kids probably do, and she has lots of energy when she is awake. She likes to steal Tiny's food and to be held by people. There has been a waiting list of girls waiting to hold her. She is definitely a cute puppy!

A few girls commented on what they thought about this new puppy: "She's the cutest little thing on this campus." "I'm in love!" "The second I saw her innocent eyes look at me, the stresses of my day went away!" "My jaw dropped from being overwhelmed by cuteness." This puppy has definitely had an impact on the dorm girls!

Enjoy spring

by Emma Tucker

Spring. The time of year in which days grow longer, the sun shines brighter, the birds sing at irksome noise levels. Children begin to frolic once again on the fresh lawns, and the whole world seems to be a much happier place. Yet in the midst of all this delight, there is a sinister force at work upon campus. Year after year, our fine school is afflicted by the seemingly inescapable spring flu.

Last year, the virus claimed upwards of 30 students for weeks at a time, and it is somewhat logical that this ailment should spread so easily: placing nearly 200 children together in one rather small location is the first mistake if one is seeking to avoid the flu. On top of this, we eat, sleep, live, and breathe together. We're all connected; if one of us goes down, we're all doomed.

Despite these overwhelming odds, it is still possible to avoid the flu. Use common sense; wash your hands, a lot. Drink more water. It'll give a handy excuse to leave when you're stuck in the middle of another boring class lecture. Obviously, avoid unnecessary sugar, and eat more fruit. Get as much sleep as possible (while still balancing homework, keeping your room clean, participating in extracurricular activities, friendships, social life, time with God, exercise, nutrition, hygiene, distractions, foolishly acquired extra responsibilities, and what's left of your mental well-being).

Even if following these simple steps doesn't prevent you from falling ill, you'll soon find yourself living a healthier, happier life. Enjoy it.

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Matthew 6:26



Riding the bus

by Summer Davis

Most students, if not all, have ridden on a UCA bus. Some have ridden for tours; others for home leaves. But we all know how it works—what fun and awkward moments occur.

The main bus activities include sleeping, listening to music, yelling, singing or laughing. Then there are those who dreamily look out the window in quiet reverie. We all know the moment of panic when we don't know whom we will sit with or the awkward moment when our bus buddy chooses the window seat when we clearly wanted to sleep and avoid the feeling of a broken neck when attempting sleep in an aisle seat. And then there is that awkward situation when sitting with an acquaintance who falls asleep on your shoulder.

It's common knowledge that the back of the bus contains the loudest passengers, while the front has those who quietly sleep or read.

There are those awful moments when you realize you have forgotten your headphones, water, or a pillow. In those cases, you are left with the sounds of the bus to lull you to sleep, a jacket for a pillow, and a parched throat.

Despite the hardships of riding on the bus, there is a liking for it deep within. It is a different adventure each time.