



ECHOES

UPPER COLUMBIA ACADEMY

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Let's be real

by *Brinelle Riddle-Anderson*

Let's be real here. The first week of school hit us like a sack of bricks, and we're *already* tired. The block schedule is mixing us all up, the bells are silent, and there's still homework. Correct me if I'm wrong, but Senioritis may occur earlier than expected. There's certainly a hefty amount of change that has affected UCA's campus: new phone policies, internet on devices other than our laptops, confusing schedules, and a more lenient dress-code— even the old cafeteria is backwards. Sure, some of these changes can be a little daunting and tend to nudge us right out of our comfort zone (especially you returning students), but honestly what would we really do without a bit of change? Everthing would always be the same. Right? That's no fun. Although change is certainly a challenge, it can also be a blessing because, in disguise, it can teach valuable skills such as perseverance, determination, and the ability to know how to adjust to the future.

UCA is quite a leap ahead, compared to the typical high school, with its introduction of the block schedule and absence of bells this year because it is preparing us for college. Most of the UCA students already live in a dorm, so adjusting to dorm life at a college should be no problem, but block schedule? Now that's new. College professors don't waste their time telling you when you need to be in class, and no bells are going to save you at a university. So, ideally, the new schedule is preparation for the future!

While we are still adjusting, however, the whole UCA family obviously isn't going to be comfortable for a long time, and often these modifications to the school will affect our daily life, but we must always keep in mind that there is a purpose for these changes and it's OK and completely normal to get confused with new things happening. Just relax, and take some time once in a while to breathe in and appreciate the change, even when that's the thing that seems to be weighing you down.

Theme for the year based on 1 Peter 2:21

In His steps



ASB church



Sabbath, September 15, the first ASB Church of the year was held on the lawn of front campus.

New cafeteria policy

by Holly Gauthun

As a new school year begins, new traditions, rules and chores begin as well.

A new policy in the cafeteria has been introduced which requires all students to throw away their trash and wipe down their own tables after their meal. If students do not follow through with this policy the consequence could be an early lights out for all students in the dorm, including seniors! A concern that came up from some dorm students was how this discipline gives any incentive to village students to clean up after themselves, given that they are not under the control of the dorm. Will dorm students have to suffer as result of a few careless day students?

This policy will hopefully give café workers more time to finish other tasks that need to be done, like watching the line or replacing the juice and milk. One former cafeteria worker comments, "It's a shame. Wiping tables used to be a desired job as opposed to vacuuming, sweeping or working in the dish room." On the other hand, a cafeteria supervisor said, "It's a good idea. It teaches students to be more responsible and to clean up after themselves, and it could lessen outbreaks of food fights." Will this new practice stick throughout the rest of the school year? We will just have to wait and see.

Preparations for Senior Survival

by Elena Petrie

It was the beginning of a new school year, and for the seniors of UCA, that meant it was time for Senior Survival. But before the class goes up to the Idaho wilderness near Camp MiVoden to bond with their fellow classmates and spend a week of questionable hygiene trying to find their inner outdoorsman, preparations must get underway. That's where Mr. Dean Kravig, UCA's Band Director, Mrs. Lori Kravig, UCA's Stained Glass teacher, and Pastor Fred Riffel, a Bible teacher at UCA, come in. As the forefront leaders of Senior Survival, it is their job to plan prepare, and then actually facilitate the entirety of Senior Survival.

On the morning of Sunday, September 2, the Kravigs and Pastor Fred, along with a group of seniors who had volunteered to help, set off for the Senior Survival site. After an hour and a half drive, they arrived. Armed with axes, rakes, hammers, wheelbarrows, an assortment of other tools and equipment, and plenty of manpower, they got to work. Pastor Fred, who has been involved in planning Senior Survival for 23 years, explained that "selective logging" had been done by the people in charge of the property in order to be "wise in forest management" and address fire hazards. This "aggressive logging" had resulted in major changes to the landscape. "We've had to do a lot of revamping ... the main thing is landscaping, rebuilding some of the main elements, and then landscaping," said Pastor Fred.

Another project was a ten foot wooden wall used for teambuilding exercises that has been an integral part of Senior Survival for around thirty five years. In order to be safe and up to date, a new wall was required. Because of some measurement errors done on the first day of work, another day at the site was needed to complete it. Unfortunately, during transport, the temporarily secured wall broke, and it had to be built again and assembled in the middle of the trail. Even with that completed, it would take six more hours to make the two to three hundred pound wall Senior Survival ready.

Considering all the time and effort put into getting ready for Senior Survival raises questions about the outcome of all of the hard work. According to Pastor Fred, it is worth all the effort. "When you ask me if this is this all worth the effort . . . it makes me think of what we're told about Jesus in Heaven when he looks out at the vast crowd. The Bible says, 'He sees the travail of His soul and He is satisfied.' I see these kids coming out—smiling, happy, awesome. It's more than satisfying. Bring it on. The more work the better."

Juniors go backpacking

by Luke Mirasol

Every year Mr. and Mrs. Williams lead a weekend backpacking trip for many juniors, and each student who participates receives one P.E. credit. This year we headed to Independence Creek in Idaho with over half the junior class.

The first day started off with an 8.5 mile hike to where we would be camping and spending our weekend. The group separated into many smaller groups depending on how fast people wanted to hike which led to our whole group being very spread out. As the first few groups hiked on it was obvious that something was burning not too far away, but they didn't think too much of it and carried on. That evening at about 8 o'clock, just about everyone had showed up at the camping site and had started to set up camp.

Early the next morning, many were given the unpleasant surprise of wet shoes and other supplies, soaked by an early morning rain. Fortunately, it didn't come back the rest of the weekend and things were able to dry out by the time we had breakfast and church. After church, many decided to spend the day going on little hikes, chilling in the creek, and spending time with friends.

That night, some of the group decided that they wanted to hike half of the way back in the dark so 10 members of the group headed off. A couple miles into the hike they encountered a forest fire burning up on the hill above them no farther than 100 yards away. After a couple minutes of praying for safety, they continued on and made it through with no harm done.

The next day the rest of the group joined up with those who had left early and together hiked back to the bus. All of us were very glad to get out of the smoke and very thankful to God for his protection throughout the whole experience—especially for keeping us safe from the forest fires. That night's sleep was for sure the best rest many of us had had in a long time.



picture by Faith Workman

Boys' dorm transformed

by Benji Buursma

The boys' dorm went under heavy remodeling last year and was finally completed this year with a new look to the lobby. The office for many years rested where a TV is now. The office wall was taken out to make the lobby much longer, open, and spacious, and new furniture creates a nice new sitting and social atmosphere. For those who remember the old dorm it is quite a drastic transformation from two years ago.

The sinks now have granite countertops and the rooms are fully equipped with all the desired shelving, desk space, and book space that a student would need. The rooms have all been repainted and the chapel is renewed with its brand new cushion chairs, lights, and a really nice stained glass painting of a mountain scene at the front. The bathrooms and showers were also remodeled with new tile, sinks, stalls, and stainless steel shower heads. Dean Hess says plans for extending the lobby over the steps were delayed because the cost of steel went up and exceeded the budget. So, the lobby we have now will most likely be the lobby we will have for many years down the road.

Let's give a quick shout out to the boys of the dorm from last year who maintained positive attitudes even through inconveniences. Many Senior RAs and other students did not move into their rooms until many weeks after school started. Many were required to sleep on hard mattresses on the floor of the TV room or in the guest rooms. Many of us we had to use different bathrooms for months on different floors while the bathrooms were being completed on our hall. To all the guys from last year, thank you for your patience and positivity through these inconvenient times! We are all so thankful for the donations, prayer, and work that was done to make the boys' dorm a better and nicer place which will continue to make an impact on the residents for years to come.





Barn party at the Gee's farm

At six o'clock on Saturday, September 15, the dorms were closed and students boarded busses and other vehicles to head to the Gee's farm for Sundown Meditation and a barn party.

Activities included hayrides, arm wrestling, bobbing for apples, freeze tag, and burning marshmallows.

You CAN buy happiness

by Julianna Luce

After dinner the busy hustle and bustle of school life starts to slow down. Some students go to their rooms and frantically study homework that is due the next day, while others take a relaxing walk around the loop. Then, after worship, the girls' dorm store opens and the halls are filled with life once again.

Dean Steph revealed some pretty interesting facts about dorm store procedures. "When we go shopping for food, we fill up three carts of food for just the girls' dorm alone," she says. "It costs around \$1,200 to supply the store. For that reason we mark up the price by 20-40 cents per item."

Interestingly enough, before home leave, most girls use their laundry money to pay for edible goods. Then after home leave, many of them pay with \$20 bills.

The best sellers are ice-cream, Cheetos, sugar-filled drinks with the brand name of "Sparkling Ice" and (around banquet time only) fake eyelashes. (Who would have thought that the dorm store has so much variety?)

The places where the deans usually buy the supplies are Walmart, Costco, and Yokes—specifically for vegetarian ramen, since it can't be found at the other stores.

So if you want sugar rushes and temporal happiness for only \$5, visit your local dorm store.

Hitting it off to a good start

by Lauren Threadgill

"ACE!" the Lions section roared. On the court the varsity volleyball players came together and cheered for the hard driven serve. They had won the first game against St. George's. For the volleyball team's first game played together, things were looking up. Even with all the learning curves involved in becoming a team, everyone continued to work hard and better themselves after each point. In the second game they pulled away to a large lead and finished it with a hit. The third game followed suit with a massive lead leading to victory.

These wins helped set an excited tone for the rest of the season. It helped that the team had an amazing cheering section, including their main 5-year-old cheerleader in a pink tutu and matching pom poms. The Junior Varsity also pulled through with a win. They dominated the first two games and kept the game going with their strong serves and good communication.

As the two teams headed back on the bus, there was loud cheering and celebration, followed by lots of napping for the rest of the drive. It was a proud Lions night, and hopefully this momentum and positivity will continue throughout the season.

New floor, who dis?

by Michael Daley

WOW! Has anyone else noticed that gorgeous new floor in the gym? This summer, the sports program decided to refinish the gym floor for the upcoming volleyball and basketball seasons. Many players on those teams have talked about how excited they are to play on it. This is the first time since the gym was built in 1990 that the floor has been sanded down and completely redone. The process of sanding, painting and resurfacing took nearly two weeks. Putting new lines in that match UCA colors with the new logo is an added bonus. This season can't come fast enough for the basketball players. Blake Johnson, one of last year's Varsity starters, had this to say about the new floor, "I'm really impressed with the new gym floor and am excited to play my senior season on it."

Coach Reading talked about how big of a difference you could see between last year's floor and this year's. One big difference is that the main court was moved to the middle of the gym instead of having two courts side to side. The main reason for this was to create a better environment during games and to have spectators around the court instead of on just one side.

Reading has bought new cleaning tools for the gym floor to help keep the floor in pristine condition for season, and one thing he has asked the students to do is keep outside shoes off the floor. So, if you are headed to the gym, do coach a favor and try to grab some athletic shoes that won't mark up the new floor.

Soccer tryouts

by Paul Tucker

Soccer tryouts consisted of 50 young athletes competing to be the best and make it on to the team. With only 17 spots available, the competition was very tough. Making varsity presents the opportunity to travel to two different tournaments. One of the tournaments is at Walla Walla University and the other is at Union Collage. Both tournaments provide the experience of traveling, getting out of school, growing closer with your teammates, and meeting loads of new people. Making the team also has the added bonus of receiving assorted gear that players get to keep after the season has ended.



The tryout period was two days long, beginning at 5:45 P.M. and going until 7:30 P.M. During tryouts, there were numerous drills and activities to give the coaches the opportunity to scout talent, as well as see strengths and weaknesses. There were ball handling and control drills, corner kicking drills, and crossing drills. Most of the drills ended with shot attempts on the goal to see under pressure shooting and scout for goalkeeper talent. The coaches had some tough decisions to make but once it was all said and done, the soccer team appears to be quite solid.

New schedules!

by Chloe Paago

Once again UCA has kept their annual tradition of NEW SCHEDULES! Former students know that in previous years classes met on a daily basis, but the new block schedule has A and B days where classes meet every other day and alternate on Fridays. Instead of meeting for fifty minutes each day, classes meet every other day for ninety minutes. Previously, UCA had six different schedules! Three of those schedules were used weekly: "regular," "Chapel/assembly," and "Friday." Now, UCA uses four different schedules with just two used weekly; "Regular" and "Friday."

Why do they do this? Mr. Johnson says that by doing this classes can go deeper into the subject. Also, it decreases the amount of prep work students have to do on a single night and allows students to engage in project-based learning. Project-based learning is using a curriculum that ties learning with everyday tasks. The goal is to engage students in a project throughout the school year. Project-based learning will allow different subjects to come together. The music and English departments are creating a song for Choraliers to sing. While the English and Bible department are making a devotional book.

ASB OFFICERS	
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Being a Resident Assistant

by Kristen Martindale

Many people think that being an RA is all rainbows and unicorns, but that is not always the case. There are many pros when it comes to being an RA, but every good thing comes with a little bit of bad.

The cons of being an RA really are not all that bad. Sure, you will be tired all of the time. It will put mental and emotional strain on you and sometimes you will want to give up. People will dislike you because they think you are out to get them in trouble. There will be times when you do not go to sleep until 2 AM because you have a long work night and still have to finish homework, but in the end, the good really does outweigh the bad in this job.

Being an RA is rewarding even though it is very tiring. You get to connect to the other students on your hall. You will gain the respect of your peers and the staff on campus. There will be nights when you do not want to be doing this job but on nights like this, someone will trust you with something or you will have a really great conversation with someone on your hall, and you will remember it is the most rewarding thing you will ever do. Another pro is when applying to colleges, you will receive scholarships for your leadership role.

In the end, being a Resident Assistant is the most rewarding job you will ever have. It will challenge you and help you grow in so many ways that you never expected. It is not all roses and glitter, but it is worth it.



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Youth church

by Meghan Orvis

This year, Upper Columbia Academy is taking steps to bring youth-led worship into a new light. With a new initiative to have several UCA students step up to plate in leadership, ideas were put into action for a completely student-led church service.

Two students will be responsible for the service from start to finish on one out of five designated Sabbaths throughout this school year. This includes organizing music, speakers, prayers, a children's story, or even a spiritual drama. No details can be overlooked, and the goal is that the service can feel inclusive to all church members. With creativity being pushed in the planning process, student leaders are being encouraged to involve people and to create variety in the church service. Thinking outside the box is one way that the leaders hope to shine light on what any church service should be.

As a way to connect with each other and gain some insight into spiritual planning, 10 UCA students were taken to camp MiVoden the day before Fall Picnic for a retreat. Leadership, connectivity, prayer, and God's will were some of the points considered throughout the day. All agreed that in the end the entire purpose of a youth-led church service is to bring together an experience that is in line with what God intends a true church service to be.

There are many different aspects to a church service, and it's important to remember that being involved does not necessarily require being able to speak or sing in front of a congregation. I encourage those that feel a calling to be more involved to come forward and join missions like this one.



Horsemanship class is going well at the Palouse Equestrian Center at UCA



No more bells

by Enlai Wang

Bells, the very foundation of running schools and keeping classes on track, have been removed from our school in the hope of simulating the real world where there are none. However, is the absence of bells really beneficial? After conducting some interviews around school, I found that there are groups both for and against the new policy.

Some say school has been more peaceful without the obnoxious ringing. A couple of students and staff members agree that being forced to be responsible for their own time has allowed them to become more independent and aware of time. This assisted them in having further control over their lives as well.

On the other hand, there have been several negative comments on the lack of bells. Some teachers do not like having to constantly look at the clock to start or end class. Bells made their job easier and more orderly. Some students may be focusing on their task at hand, causing them to lose track of time and be late for future engagements. It is arguable, of course, that the whole point is to be more responsible with time management.

Getting used to this new way of starting and dismissing class has been a challenge, not just for students but for teachers as well. Although the idea of growing independent of bells may be beneficial in the long run in terms of real life, it certainly has been hard to adjust and keep track of time on our own.

Furry friends

by Alondra Pena

Some may have been left in the dark about the newest additions to the UCA family. As of June 2018, Willow and Poppy, two female chinchillas, have come to stay at Mrs. Castrejon's zoo. Both Poppy and Willow have amazing downy, grey fur. Poppy and Willow are also both pleasantly plump little creatures with strong characteristics differentiating them from each other. Poppy is strong willed and will do anything for a cranberry. Willow is lazy and a bit more composed than Poppy. Although these young chinchillas are adorable, seniority still stands. The royal throne of seniority belongs to Helen. Helen is a petite white chinchilla that angrily glares at those who dare approach her cage without a cranberry.

These chinchillas are guaranteed to give your day the boost it needs. Stop by the biology room to admire them from afar or, maybe, to feel their cloud-like fur.



Fall Picnic



Tuesday, September 4, was the day to enjoy the smooth, straight bus ride up to Camp MiVoden for the annual Fall Picnic

Class night

by *Abbie McAdams*

Class night is arguably one of the most anticipated nights of the year. Old and new students alike all join in support of their specific grades. Each class is assigned a color (freshmen-green, sophomores-blue, juniors-red, seniors-white) and the students along with their class sponsors are expected to arrive dressed and decorated in their class colors. So, dressed from head to toe in their specific colors, the students head to the gym for a night full of fun and gather by class in each corner of the gym.

Students who didn't know anyone before certainly do now as the gym is filled with the raucous sound of excited teens cheering, running, and rooting for all the classes, teachers, and parents.

After a while, everyone starts to get a bit tired. It's the perfect time for an energy booster. Everyone heads to the soccer field for donuts and water bottles, which are much needed after all the running and jumping. After a quick break, they head straight into some more games on the field. They have a blast lying in the grass while moving a classmate up and down the field on top of a mattress. Next is an epic game of tug-of-war where the classmates use their last bit of energy to pull with all their might and bring their class to victory. Finally, class pictures are taken and everyone gets to enjoy the camaraderie of the night with their friends.

It is fun to compete and try to win challenges, but the best part of class night is that everyone is there to support each other. It's not a competition to see who can be the best, but it's an opportunity to make new friends and start the school year off with a bang.



Your own personal space

by *AnnaBeth Houston*

As you walk through Lacey Hall, also known as the girls' dorm, you will notice right away that the girls put in a lot of extra work and money to make their dorm rooms cozy, since they will be staying at UCA for nine months.

During the summer, girls receive a letter from the women's dormitory, giving them a date for painting their rooms before school starts. Throughout the dorm, you will find a variety of painted rooms with colors including light greys, tan and purple. Often, some get creative and make lofts with their beds or just don't use the bed frames at all. Most rooms have fairy lights hanging around the windows or across the ceiling, giving each a room a unique personality and ambiance. Sometimes, the girls will bring their own furniture, which makes the dorm feel more like home. Every weekend, you can go visit your friends and have sleepovers, too, which helps take away some of that "school stress." The dorm is very homey and snug, and many memories made there. Best friends are made within these walls.

Feeling comfortable in your own room is very important. When you *live* at school, you want somewhere to



picture by *AnnaBeth Houston*

"get away," a place to make good memories. What better way is there than to bring your favorite posters and tapestries, string up some tea lights, and hang out with your friends while you all study? Feeling relaxed when you're at the dorm takes a lot of pressure from those ACT's and Civics tests. So just make some tea, turn on a humidifier, and snuggle up with some homework or a good book, and as this year goes by, keep your room clean and comfortable.