



ECHOES

UPPER COLUMBIA ACADEMY

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Snow attends Alumni Weekend



The earliest recorded snowfall in Spokane history arrived on September 28, just in time for Alumni Weekend.



picture from Abbie McAdams

2019 Barn Party

by Abbey Threadgill

The time had come for the annual barn party. People were far more excited than usual and were fixing their cowboy hats and flannels for a fun time.

This little get together is a great way to celebrate the beginning of fall with hayrides and square dancing. The Gees were wonderful and extremely generous and let this rowdy group of teenagers join them on their farm for some fall activities. Everyone indulged in some kettle corn and homegrown apples and caramel. Mrs.Hagele rejoined us to give a meaningful worship to start off the event. People slipped outside to play some competitive yard games while others were more preoccupied by the face paint done by Carly Haeger. Overall, the night was a success and everyone made many fun memories.

ASB Church

by Julia Welch

ASB church was held outside as usual, but the location was different. It was set up on the hill between the Boys' Dorm and Lange Hall. Students were in school dress and many brought blankets or bean bags to sit on. The ASB team did music and there were two speakers and four break-out sessions for Sabbath School.

The two speakers were Mrs. Srikureja and Principal Johnson. Mrs. Srikureja told the mission story, but she called it "The Children's Story." She recounted her time at a boarding school outside Nairobi, Kenya. She reminded us to be thankful for what we have here at UCA, such as the solid walls that divide our rooms and showers, which her school lacked. She also pointed out that for the most part we are all closer in distance to our families than the students at her school were.

Principal Johnson gave a talk that most of us have heard before, the we-must-be-sure-we-do-not-conform-to-the-world sermon, a valid and important talk in the Christian community. He gave an interesting example at the beginning that he hinted could get him in trouble. He had a student take a bite from two burgers to determine which one was real beef. It caught most of the students' attention, especially when the student guessed incorrectly.

It was a notably hot ASB church day. I saw multiple people fanning themselves. My friends and I moved a number of times to stay in the shade, and it was a relief at the end of it all to head into the air-conditioned café.



Lions win first game of soccer season

by Evan Pierce

The UCA Lions Men's Soccer team won their first home game of the season against a well-coached WWVA Knights squad. It was a rivalry game, and it had been several years since UCA had defeated a WWVA soccer team. Captain Luke Mirasol told his guys, "Go into this game with a chip on your shoulder," and it seemed to work.

With a 1-0 lead at the half, goalkeeper Alden Wilfley was having an amazing game. The fans were in good form for the match and kept the players in good spirits throughout. UCA's defense, running a four-man set, seemed unstoppable, allowing only a couple of shots on goal in the first, which Wilfley handled with ease. The midfield and strikers had a well-coordinated offensive strategy with midfielders Caleb Shirinzadeh and Corban Acker orchestrating the whole attack, leading the strikers with outstanding passes to set up 5 goals on the game. A highlight was when brother connected with brother for a well-placed header, resulting in the Lions' second goal of the game. Isaac Acker put a beautiful ball in the goal box right where his brother Corban could get his head on it. Even with this being their only regulation match before Fall Classic, the players felt optimistic and ready for whatever challenge might come their way. Left defender Dylan Hill stated, "I think we have a pretty good shot at getting back to the championship game this year."

There was an unfortunate injury at the end of this game with midfielder Corban being tripped up from behind and landing awkwardly on his knee. Unable to walk off under his own power, it did not look good, but we were optimistic that he would make a fast recovery and be good to go before Fall Classic.

Going forward, the Lions will definitely have some things to work on, but they are off to a good start, and everyone is looking forward to the rest of the season after the big 5-3 home victory.



Senior Survival prep

by Abbie McAdams

On Tuesday, September 3 2019, a group of about 15 students sacrificed their sleep for the opportunity to help set up the Senior Survival campsites. The group, largely made up of boys, along with a few girls, met at the cafeteria before the sun had come up and headed off to the woods near Camp MiVoden. Students road with Pastor Sid, Pastor Fred, and Mr. Melendy in their various vehicles filled with tools and other supplies for cleanup.

The staff members knew the kids were going to need some sustenance if they wanted them to do physical labor early in the morning, so they stopped at IHOP for breakfast. Everyone feasted over French toast, omelets, pancakes, and, of course, decaf coffee. (Pastor Sid made his own gourmet avocado toast, which consisted of half an English muffin and a single slice of avocado.) They laughed and visited with each other before heading back on the road for their final stretch to reach the campsite.

Once they had arrived in the woods, they got straight to work. The boys picked up chainsaws and axes and looked for anything they could cut or chop. The girls were sent to the girls' village where they picked up large branches, cleared pathways, and weed-wacked the area. Everyone helped cut down dead trees and load tons of firewood onto a truck that would be used throughout the Senior Survival week. The students didn't mind the hard work and had a lot of fun getting to know each other while helping out their teachers. Another advantage to going to help was that each kid got to pick which campsite their group would have before anyone else had picked.

By around 12:30, everyone was tired, hot, and dirty. Once they got the confirmation from the staff that they had finished everything that needed to be done, the students loaded all the tools back up into the trucks and left camp. They took a turn off the long winding road towards MiVoden to meet all of their classmates at the Fall Picnic for a refreshing dip in the lake.

Juniors head to the woods

by Elizabeth Jimenez

Junior backpacking was held on September 6 – 8. This is a traditional event held for the Juniors once a year and is run by Mr. and Mrs. Williams, who faithfully and with courage took 30+ teenagers to the wild to hike, to live, and to hear God's whisper through His beautiful creation.

With each Junior packed and ready for an eight-mile hike into Independence Creek, Idaho, the bus was loaded and set for a for a 4+ hour drive. This drive included the norm: sleeping, talking, food throwing, awkward staring competitions, and a small stop at Walmart for quick pick-ups of gear, or in one Junior's case, a whole rotisserie chicken.

The hike was as scenic as you would imagine, holding the stereotypical Pacific Northwest vibe of a wet and cloudy forest. The vicinity was full of luscious green vegetation and river/creek crossings. Along the way, you never really lost sight of the creek and meadows unless you got lost taking the infamous right side of the trail I instead of the left that Mr. Williams made very clear to never take as he's made countless mile hikes to retrieve lost Juniors, ignorant of the very plain (and very large) wooden arrow pointing left on the trail.

When camp was set, packs unloaded, and ramen eaten, worship was held. The exhausting day was finished with a classic game of star tipping. Saturday held several activities: some students decided to stay at camp, others to take a dip in the fresh waters of the creek, and for the weird ones, an uphill eleven-mile hike. On Sunday, everyone had an early start for the eight-mile trek back to the bus. Everyone was glad to finally be able to use a proper restroom and eat a well-deserved meal at Taco Bell.

Senior Survival

by Ethan Jiao

The seniors had their Senior Survival on the third week of school. It was over a period of five days in the woods, and students were divided into three big groups for activities. There were three main survival classes the seniors had to take which were Wild Edibles, Initiatives, and Survival Skills.

First, in the Wild Edibles class, they had to learn to identify wild edibles in the woods like grasshoppers or ginger. Many may be surprised to learn that pretty much everything around us is edible. Second, in the Initiatives class, the seniors had to overcome problems both physically and spiritually, the famous ones being getting over a wall and the trust fall. These were good bonding activities, and people cried and laughed and lifted each other up. Third was the the Survival Skills class, which included building a fire, building shelter, and navigation.

During the individual group time, the guys had their camps and shelter set up by the creek and the girls had their camps set up on the hill. For showers, the guys had a creek with freezing water to freshen up their day, while the girls had a bag of water that dripped slowly for showering. By the end of the week, the smell was brilliant.

Overall, Senior Survival was a great time, and if you're not a senior, you should definitely look forward to it as it will be one of the best weeks of your UCA journey, and definitely worth your time.



Freshman retreat

by Joelle Townsend

On Friday, September 6, the freshman class and eight seniors left for a much-anticipated weekend: Freshman Retreat.

I had the honour of being one of the seniors and it was the job of four other girls and I to be in charge of the freshman girls for the night. Early on in the night, we started off with playing Telephone and Honey Will You Smile for Me. Those games were fun enough, but the freshmen wanted something more exciting, so we moved to doing a senior open line. This quickly went downhill because the only questions they had to ask were relationship questions, and only one of us senior girls had been in an actual relationship.

After that, we all headed outside to play star tipping. This game involves everyone getting in a big circle. One person is in the middle and spins around for thirty seconds, looking up at the stars. When the thirty seconds pass, a flashlight is shone in that person's eyes and they fall over. This was fun and all, but all of the sudden, we heard a noise in the shadows, and we realized there was a group of boys in the shadows attempting to prank us with banana peels and what seemed to be water balloons. This sent us all into a crazy planning meeting for our revenge. We got saran wrap and headed to the cafeteria. We collected all the dead bees out of the bee traps, wrapped them in saran wrap, and started to wrap that saran wrap around the cafeteria. While a couple of girls did that, I motioned the rest of the girls into the shadows to watch from what I thought would be a hiding spot. Out of the dark came a deep voice, "Careful there, ladies." Thoroughly spooked, forty girls could be seen and heard screaming through the forest back to the lodge. The next morning, we learned that Dean Hess, Mr. K and Mr. Lersbak had been waiting in those shadows for a long time, waiting for the perfect moment to get us good.

Moral of the story? Maybe don't try to prank each other at Freshman Retreat, but, seriously, do it because it'll be a memory that you'll have for years to come!



Fall Picnic

by Joshua Cho

On September 3, students went to Camp MiVoden on Hayden Lake, Idaho, for a day of canoeing, tubing, swimming, wake-boarding and volleyball.

By far, the most popular attraction was tubing. Tubing was located on the main dock behind the sandy volleyball court. There were several boats to take students out on the lake for tubing as well as other activities. In addition, there was canoeing and paddle-boarding on the other beach, located near the road.

Another popular attraction was volleyball. In the morning, students were just playing around, getting back into their volleyball form. In the afternoon, however, the atmosphere changed, and the volleyball tournament started. Teams had been selected a few days before by members of the UCA volleyball team. The first couple of matches were regular matches with nothing really on the line. However, the last matches were intense, leading to a winning team.

We cannot forget about the food. For lunch, we had Taco Bell. There were burritos, tacos, rollups, and a few other items. In between meals, there were goldfish crackers, pretzels, peanuts, and other assorted snacks. For dinner, we had pizza. There was cheese pizza, vegetable pizza, pineapple pizza, and a few other options.

After dinner, the students had worship. They sang a few songs and then listened to a talk given by Mr. Knipple. After worship, the students loaded up the buses and went home. Overall, it was a great day to have fun and get to know new classmates.

Class night raises school spirit

by Hannah Chilson

On September 31, after a sundown meditation featuring Pastor Sid's iconic singing of "Jesus God is the Lamb" and a worship thought from Pastor Fred, students and staff joined in the gym for Upper Columbia Academy's annual class night. Class night, which always takes place on the Saturday night of the first week of school, features fast-paced games and lots of school spirit. Classes each crazily dress in their respective colors: freshmen are green, sophomores blue, juniors wear red, and seniors white. The staff members also dress to fit the occasion, with a perfect example of this being Mr. Gladding rocking a white unicorn costume.

In the gym, students played a game called "Almost Everything Goes." Students raced to bring random objects to the center of the gym, while remembering to listen for air raids. In between rounds, students would run across the gym to cheer on staff members and other classes.

After the games in the gym, everyone migrated up to the field to participate in "Mattress Race," "Dizzy Izzy" (a relay race involving spinning around a baseball bat 10 times before running), and Tug of War. Once all the games were over, everyone posed for many pictures and enjoyed much-needed water and donuts. With students thoroughly exhausted and hoarse from all the cheering, they headed back to the dorms at around 10:30 with another Class Night complete.



Year starts with week of prayer

by Molly Ahola

When you think of the first week of school, you think of endless meetings describing procedures and how classes are going to be run during the upcoming school year. This year, staff decided to do something unprecedented. Instead of focusing on only classes and rules the first week, we began by having daily worship meetings right before lunch. It was an effort to show the school's priorities, but there were many mixed opinions on the success of this trial.

Some students viewed the Week of Prayer meetings as just more lectures that went in one ear and out the other. Some viewed it as a welcome reminder of our purpose in the never-ending flow of scholastic speeches. Even more worried about the confusion starting the year off with week-of-prayer schedule would cause. But even with the excitement, worry, nervousness, and stress, no one can argue that we started off the year on the right foot.

Our speaker, Tommy Poole, was able to give relatable, humorous messages that struck home with many students. Friday's worship was a highlight to many due to an impromptu special music given by Pastor Fred and Pastor Sid. By the end of the week, everyone was exhausted, but it was good to be reminded throughout the week of why we are here and what should really matter.



The germaphobe and handshake

by Hannah Thornton

"You excited for handshake?" a Senior asked me as I sat on the grass with my pizza in hand.

"Handshake?" I asked with much question in my expression.

She continued, "It's basically a germaphobe's worst nightmare." She proceeded to pull out her phone and show me a picture of gloves and hand sanitizer titled "ready for handshake at UCA." I swallowed hard. I am rather germophobic. Not necessarily a boil-my-shoes-every-time-I-wear- them kind of person (Yes, some people do that.), but I am a germaphobe nonetheless.

Supper was devoured and we all made our way up the hill to the soccer field for worship. We sang songs and had a joyful time, but, alas, my doom had come. I postponed and avoided it as much as I could, but nothing could hide me from the grasp of my inevitable fate. I slipped into the monstrous line of people and began introducing my name in the most awkward way possible. It was basically a large game of "Where do I insert my name in this three second conversation?" I was confused at how disorganized and awkward this handshake was. Some kids thought it was funny to introduce themselves under a different name. My nervous self just took it and moved on because I had no idea what I was doing. In the end, I was just happy I had survived and sinks were readily available for me to use. I was relieved that I had survived. I let out a sigh of relief right before I heard someone say, "Just wait until Class night!"



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New band, orchestra director

by Luke Mirasol

Here at UCA, we have the privilege of having two directors lead and guide our music department. This year, we have the honor of welcoming Rob Knipple as our new band and orchestra director. He will be teaming with Mr. Anderson, our choral director, as they teach how to develop our musical skills and use them to bless others and praise God.

Mr. Knipple, or "Mr. K" as many call him, has been teaching and ministering to students in the Adventist educational system for twenty-two years. Mr. K attended both Andrews University in Michigan and La Sierra University in southern California. He studied music while playing the French horn as his main instrument. Mr. K is married and has two children. His daughter attends UCA as a junior and his son will be entering his first year of college. When Mr. K is not teaching, he enjoys the outdoors, hiking, and aviation.

UCA is very blessed and excited to have Mr. K here at UCA. We are looking forward to seeing where God leads our music program through Mr. K and Mr. Anderson. If you happen to pass by Mr. K, make sure that he feels welcome and knows that we are thrilled to have him as part of our UCA family.



New food service director

by Joelle Townsend

As you all know, we have a new Food Service Director this year, Mrs. Allison.

Before coming to UCA, Mrs. Allison was the head baker at Providence St. Mary Medical Center in Walla Walla. Before that, she owned her own bakery in Republic, Washington, for six and a half years. She is self-taught as a baker but attended Walla Walla University and graduated from UCA.

She loves to bake many types of bread including sourdough, breads, bagels, scones and cinnamon rolls. When she isn't in the kitchen, she loves to eat ethnic food and her go-to food is Thai.

When she gets free time, which is probably rare at this point, she loves to paint with watercolors, walk in nature, and play with her adorable 18-month grandson, Kalvie. Her favorite animal is her long-haired dachshund, Chippy. Some of her favorite color schemes include the evening sky with wispy pink clouds, the brilliant color of Indian Paintbrush, and the blue of her grandson's eyes.

If you ever need a bread pick-me-up or a recommendation for a good Thai Restaurant, she is the one to ask.



UCA's dual credit history

by Amy Van Arsdell

This year, UCA added two dual credit history classes through Walla Walla University, taught by Dr. Laura Pierce. Juniors can take a year of History of the U.S. and Seniors can take a semester of American Government and a semester of the West and the World.

Dr. Pierce graduated from Walla Walla University with a double major in History and Music and went on to get her Masters degree and Ph.D. in American History from Claremont Graduate University. She specializes in American Social and Political History, History of Foreign Relations, and Women's History, and her dissertation was on Cold War U.S. History. She has experience teaching history at California State University at Fullerton, La Sierra University, and Meredith College in North Carolina.

Dr. Pierce graduated from WWU with her husband, Trent Pierce, who is a practicing physician in the Spokane area. She took a break from teaching to spend time with their three children, two of whom are attending UCA now.

Dr. Pierce says, "My hope is always to inspire a love of history in my students. My goal is to help them learn how to think, not just to digest historical facts. I hope these classes spark a lot of my students to go on to pursue history in college and beyond."

Changes in math, science departments

by Julie Van Arsdell

When Mr. Hartman announced that he was going to be the registrar for the 2019-2020 school year, it certainly shook up the school's math and science departments! Since the school was unable, or unwilling (we mere mortals may never know) to hire a new science teacher to take his place, other people stepped up to take some of his classes. Mr. Hartman has continued to teach Physics, and has taken on teaching Pre-Calculus. Mrs. C is now teaching Chemistry instead of Biology, which has been passed on to Mr. Andregg who also teaches Physical Science, and she continues to teach a number of other science classes including APDC and Genetics. Mr. Gladding, who is our math teacher, still teaches many of the same classes, but has taken on Pre-algebra and ceded Pre-calculus to Mr. Hartman, as mentioned before.

I briefly spoke to Mr. Andregg, the newest to the teaching staff in science. He has taught for 26 years, and most of those years included teaching science, although he commented he hadn't taught such large classes before.

UCA looks forward to many new opportunities with this staff. As we go into the new school year, let's remember to keep our growth mindsets even if we aren't a part of those who still have to take these classes. Best wishes to all of you!



Phone Policy for Dorm Life

by Tawni Lloyd

As a part of registration this year, students' parents were informed of a new dorm phone policy concerning personal phones. Three days into the first week, students were informed of the developing system. Of course, as may be expected from teens, the new policy was met with less than favorable opinions. In the beginning days of September, the charging ports and individual pockets were assembled and ready for use.

The policy called for freshmen and sophomores to have their phones in by 9:55, followed by the juniors and seniors at 10:25. These times run Sunday through Friday with an all-night exception on Saturday. In addition to night hours, phones must be left in the pockets during Sabbath School and church. These changes in dorm life have so far been effective, according to Dean Dani who stated, "I used to walk through the halls around eleven having to quiet people down, but now it is quiet to begin with."

The reasons behind the phone policy dealt with two major issues. In the first place, teens, as much as adults, have problems managing their time with the distractions a phone offers all too readily. Second, while the computers have monitoring, the deans are unable to monitor the personal devices. So, by decreasing the amount of time students spend on their phones, the policy decreases automatically the amount of time a student has unmonitored access to unhealthy sites or information. "With less distraction, students may get an hour or two more sleep during the week, which has incredible effects on student's health and active life," stated Mrs. Melendy, the school counsellor. While certain issues, such as international time differences, must be dealt with, the phone policy, whether liked by all or not, points to positive steps being taken towards better time management and reduced distraction.





Four-Year Senior Trip

by Missy Surdal

From freshman year to graduation, being a four-year senior is constantly a topic of interest. Who is still here from freshman year? Who will be in our four-year senior class? What are we going to do for our four-year senior trip? Well, if the trip was stressing you out, have no fear: the four-year senior trip has been disbanded.

The seniors of 2019 were the last to have a four-year senior trip. "The vote was not unanimous," said a staff member. It was decided, because of student complaints and quick decisions, to simply end the trip. Some students had felt left out and had voiced their opinions to the staff. There were other concerns with the trip including how much school was being missed and how much work it was to raise money.

On one hand, it makes sense to end the four-year trip. Students feel left out enough at a lunch table. Why give the opportunity for them to be classified and left out because of what year they enrolled? It is not an issue when students see everyone as equals, but when the "four-years" start being "better" than others, a problem develops. Also, the work put into the Four-Year Senior Benefit was exhausting for the few hundred dollars that each class raised.

On the other hand, the need for a trip is almost unquestionable. Many students look forward to being a four-year senior and going on a trip down memory lane with their fellow classmates. For better or for worse, four-years will always have a slightly different bond than the students who came later. On the trip, there is time to reminisce and make the "Hey do you remember that stupid thing you did freshman year?" comments.

It is still possible to have those reminiscing moments and laughs without a four-year senior trip, but now some of those bonding times may be lost. It is important to remember that in our school, the faculty are always ready to hear our voices. If your class wants a four-year senior trip, go to Student Council, state your points, and figure out what can be done. Perhaps there can be a shorter trip or just a day for the four-years to spend time together. Both sides of the debate have their reasons for where they stand, but that does not mean that we cannot come up with new ideas or ways to improve the four-year senior trip.

Chalkdust

by Lorelei Harbour

As Mr. Johnson, our principal here at UCA, enters his third year as principal, we find that he is continually finding new ways to make our school more fun. One of those ways is a blackboard, painted onto a wall in the front ad building staircase. Johnson wants this to be a space where students can draw doodles or write nice messages to others.

As the weeks have gone by, the blackboard has been a popular spot, and students can always be found with chalk in hand doodling something before class. Walking up the stairs on a dreary Monday morning, you need only to look up and smile. Phrases like "Keep going, you've got this!" various Bible verses, cute doodles, and "Class of 2021 rocks!" are enough to add a little bit of spice to your morning.

The sound of (classical) music

by Emmalyn Logan

When I walked back onto UCA campus for the first time in several months, I heard the usual sounds you would associate with the beginning of a new school year: the sound of parents meeting teachers, the sound of students groaning under a new load of textbooks, the sound of 200+ teenagers talking to each other for the first (or hundredth) time . . . and a sound that was new to the everyday life of UCA. Classical music wafted over the campus, very softly but also quite noticeably.

Although Principal Johnson explained a little bit about the reason for the music at orientation on the first day of school, I still wasn't exactly clear just who had come up with the idea or what the specific goal was behind it. (Not that I necessarily object to the music being played; I personally tend to enjoy classical music.)

When I asked Mr. Johnson about his reasoning behind playing classical music, he told me that after researching the benefits of classical music, looking at studies that link classical music with academic performance, and hearing about how it has impacted other schools, he decided to try it out here at UCA.

"Our goal is to create an environment where it's pleasing, and hopefully it inspires kids academically on some level," he told me. "Personally, I like the ambiance it creates on campus. I like the feeling of walking onto campus and hearing the music."

As UCA continues with playing the classical music, it will be interesting to see the effects it has on students and staff. For the most part, I have been enjoying the musical accompaniment to my walks to and from class.