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ECHOES

UPPER COLUMBIA ACADEMY

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Okay, bye . . .

by William Frohne

One thousand three hundred and ninety days—that is how long UCA has been an integral part of my life. There have been so many memories, both highs and lows. I have made so many friends for life here, people I can count on no matter what. While here at UCA I have changed and grown as a person more than in the rest of my life combined. Coming in as a totally and utterly lost freshman and being forced to live with 100 other guys was just the kick I needed to actually take the time to figure out some of the more important points of life such as social skills and study habits.

All being said, UCA has been the best thing ever to happen to me. It has been the four best years of my life. We all may complain about little things like the café food, annoying teachers, and not having enough time. However, looking back, those struggles just kind of fade away. My Dad has always called UCA an “educational resort,” and, all things considered, he isn’t far from the mark.

Summertime

by Jonathan Joplin

Summer is coming soon, and an important question comes up: “How will I spend it?” Most people choose to waste their summer away playing videogames, watching Netflix, and hanging out with friends and family. However, the truly wise ones will work during the summer.

You need work experience, and it’s always nice to have some cash to spend when summer is over. Some people just do chores for their parents or grandparents to make money. Others try to mow lawns in their neighborhoods, but those who truly want to make money put themselves out there and get a real job. It may be scary to make a resume and go to interviews, but in the end, it helps you prepare for your future so that you can learn to work with others and get better at interviewing for the job you will one day have for the rest of your life.

Pastor David Dean from Clovis, California, focused on the story of David for spring Week of Prayer,



Senioritis strikes

by Michael Daley

Something has spread all across the senior class this spring. Yes, it’s senioritis. Whether they have been here for all four years or this is their first, it is evident that seniors will take every opportunity they have to escape from campus. Many will leave at least once a week, and most of them, if they can, are gone over weekends. This has been evident throughout this year with an obvious lack of seniors on weekends and some weekdays. However, I do not think the school should take it personally; it is just seniors being tired of high school and wanting to move on.

Underclassmen are more likely to enjoy everything UCA has to offer, including banquets, rec, Saturday night activities and Power House hang-outs. Most of them would never think they could ever get tired of being here. Then, senior year arrives.

You are happy to be back on campus for another year with your friends; then, one month in, it hits. There is no cure. No matter what you do, you cannot seem to shake it. You just want to be away. You enjoy the breaks away from campus and search for every option to leave. It isn’t because seniors dislike the staff, it is because once you are in the 17-19 age range, you want to be free. You have your own car, you make your own decisions, and you can go almost anywhere you want.

Don’t take it to heart, it’s just . . . senioritis.

MOTTO
If we do not stand firm in our faith,
we will not stand at all.

2019

TEXT
Do not be conformed to this world,
but be transformed by the renewing of
your mind, that you may prove what is
that good and acceptable will of God.
Romans 12:2



Track and Field Day

by Faith Workman

Monday, May 13, was UCA's annual track and field day, a day where students can take a break from the monotony of school and enjoy the warm weather and sunshine. Classes were let out early and students were fed a meal of burgers and fries with lemonade up on the field.

Individuals could sign up to participate in various track and field activities such as the mile run, 100 yard sprint, broad jump, and shot put. There were also other events such as four-on-four volleyball and a 5k run around campus. Those not taking part in the ongoing events were seen soaking up some good old vitamin D, while lounging in hammocks and on picnic blankets in the grass. Although students thoroughly enjoyed the vigorous activity amidst their fellow athletes out in the sun, it's safe to say that the highlight of everyone's day was being given the opportunity to drench a faculty member in the dunk tank. Some, you could say, may have enjoyed it a little too much.



A plant a day

by Jacob Welch

There is something missing in your life. That's right, there's a simple cheap and healthy way to increase the quality of the air in your life. Because if you're like me, living in a boys dorm, air quality isn't always a priority. The solution is cheap and quite simple, and by the time you're done, you'll even have a new friend. The answer is house plants. Extensive research by NASA has revealed that houseplants can remove up to 87 percent of air toxins in 24 hours. Plants take all that oxygen you turn in to CO2 and turn it back into oxygen to fill your lungs and rejuvenate your soul.

When deciding what type of plants to select, you must make sure to pick one that fits well into the climate of your living space. Broader leaves mean that they will produce oxygen at a higher rate. No matter what plant you choose NEVER over water. Succulents and cacti are great first plants since they require very little care and can survive some of the most careless owners. Ferns and vine plants are also good choices for a beginner. Taking care of plants instills an extra sense of responsibility and care for something other than yourself. So if you're a vexatious dogmatic narcissist, this might be the first step towards a better you. In all seriousness though, we could all use the positive environment nature brings to the table. When we are surrounded by signs of nature we are more at peace, resulting in a number of proven benefits that include

- Lower blood pressure (systolic)
- Improved reaction times and concentration
- Increased attentiveness, and increased value in life itself
- Improved attendance (at work and school)
- Raised productivity (at work)
- Improved overall well-being, mental and physical health
- Improved perception of the space, and cognitive computation
- Lower levels of anxiety during recovery from surgery and anxiety in general
- Raised job and school satisfaction

God knew what he was doing when he gave Adam and Eve a garden home, a beautiful paradise, lush, green, and full of life. That environment is what all our minds and bodies crave, even if we don't realize it, science being a testament to that fact. Studies show that people are happier in the spring. So as spring and summer roll around and everything starts to turn a hundred shades of green, take a moment to experience the beauty, fresh air and warm sunshine. Even if you're not an outdoorsy person, maybe a little bit of that nature is what you need in your home.

Lock-In

by AnnaBeth Houston

For April 26-27 the girls' club planned a very special event for all the girls in the dorm, a time when you are not allowed out of the dorm from sundown on Friday to sundown on Saturday. This event is for girls to step back from their normal lives and give themselves a little self-care.

So, for Friday and Sabbath services you were allowed to wear your PJs while you relaxed and listened to guest speaker Emma Tucker along with Mrs. Dalrymple. There was also fun activities such as painting a cup or a picture frame. Kate Ruud also led a stretching class. Girls' club made all the food for the 24 hours and it was really good. I can confidently say everyone enjoyed themselves.

The mysterious disappearance of HomeSlice

by Beverly Talakua

Not too long ago, a child went missing. His name was HomeSlice and not only was this precious child very near and dear to his mommy's heart, but he also stuck with her through many of the stresses school brought upon her.

The poor boy had suffered many accidents. Because he was such a cute and irresistibly squishy baby boy, people just couldn't keep their (GRIMY) hands off him. Soon enough, he became dirty, but, nevertheless, his momma still loved him.

But one day, a latch that kept him on his mother's backpack broke off, and the two were separated. His mom didn't realize he had disappeared until she arrived at her next class, but when she set out to look for him, he was nowhere to be seen. For two WHOLE days, she looked for him, trying every possible method to help spread the word of the missing child, yet she still came up empty handed.

One day, she decided she could not take the separation any longer and took her search a step further, sending out an important email to all students and staff. The email proved helpful because the perpetrator finally revealed himself and returned her precious child back into her loving arms. Thus the search was over, and they lived happily ever after. The end.





Doomsday

by Braden Reitz

For those of you who don't know what Bloomsday is, it's basically where you decide that life isn't exhausting enough and want to run 7.5 miles (12k) with about 60,000 other people while other hundreds sit on their lawns and

on the side of streets and watch while trying to either encourage you or sell you outrageously expensive Otter-Pops.

You start off pinning your race number to your shirt with the provided safety pins. The number has a tracking device and displays the color of your group. The color depends on your previous year's time, and each group starts at a different time.

Once you finally start the race, you can't really do much but walk because it's so crowded. Once you finally get out a little way, you can start going your own pace. It starts off pretty easy with only a couple of small hills. But then, when you get about 5 miles in, you see it . . . Doomsday Hill, named for a good reason. You gain 120 feet of elevation in less than three quarters of a mile (the steepest part of the entire course). After you conquer the hill, you struggle to finish the last two miles, and after you finally make it to the end and you have to walk more to collect your t-shirt which you will wear the next day to show everyone what you have accomplished.

Marine Biology trip

by Abbie McAdams

The 2019 Marine Biology trip was filled with many exciting adventures that we won't soon forget. Upon arriving at Rosario Beach, we were assigned our cabins and set our things down. Many students rushed down to the beach shortly after to begin soaking up the beautiful scenery all around us. Some walked along the shore while others set up hammocks to enjoy some relaxation before the busy schedule began. We had supper and then enjoyed one of Pastor Fred's worships on the beach around a fire.

On the first full day, we stayed at the Marine Biology Station and searched the tide pools for all the animals we could find. Then we split into groups to go to different classes. We had personal time with God on the beach, plankton study through a microscope with Mrs. C, fish dissection, and seabird study. Everyone had a lot of fun going through their rotations. After lunch, we went on a hike over Deception Pass Bridge and then returned for a seaweed class where we made our own sushi. Next, we had supper, worship, and free time before we loaded the bus and went to a nearby dock to observe bioluminescence in the water. It was fascinating to see the water light up when throwing sand, rocks, and sticks off the dock into the water. After a long day, we returned to our cabins and went to bed.

On the third day of our trip, we caught a ferry to Friday Harbor in the San Juan Islands. Once we arrived, we split into two groups and took turns exploring the town and going to The Whale Museum, where we saw different presentations on whales. In the afternoon, we visited the Lime Kiln Lighthouse. Then, we went to a beach nearby and looked in some much larger tide pools. We found some really cool animals such as huge purple starfish. Afterwards, we enjoyed a delicious supper provided by Mr. C and then boarded the ferry and returned to our cabins for the evening.

On our final day, we left early and began making our way back towards school. We stopped at the Seattle Aquarium and looked at many different exhibits to see all the species we had been learning about. It was a good way to end the trip and we are all grateful for the memorable experiences that we enjoyed.



A musical adventure

by Hannah Chilson

On Wednesday, April 17, all the Upper Columbia Academy students involved in orchestra, band, Choraliers, and octet left the campus on a six day long music tour. The tour required two buses, a van, and a Penske truck to transport all the staff members, chaperones, students, instruments, music, and luggage.

After driving for roughly a day, it became evident that one of the buses did not have working air conditioning. On the second day, after performing and spending the night in Bend, Oregon, the group left nearly two hours behind schedule due to the time needed to repair the bus. The vehicles managed to avoid any more technicalities throughout the rest of Thursday and Friday. On Sabbath, however, the buses left Reno, Nevada, behind schedule once again due to a tire that needed replacing on the bus. The tour continued, and just when we thought it was a smooth ride back to school, the other bus that had seemed to be working broke down on Monday. All the students and staff spent the day in Medford, Oregon, while the bus was being repaired, and once again the group left hours behind schedule.

The students and staff got back to UCA safely at about 2:00 in the morning. Classes were excused the next day, allowing the tired students to catch up on sleep. Overall, the music tour was an experience that allowed Upper Columbia Academy students to spread their musical gifts and show God's love. Even though the excessive fast food became tiresome, the cold community showers didn't leave people feeling clean, and the hours spent on the bus became boring, students had fun and enjoyed the opportunity to show a little bit of what it is like being a part of the music program at Upper Columbia Academy.

Room sale!

by Chloe Paago

"There will be a room sale in room (insert a room #). There will be a room sale in room (insert a room #)." This announcement can be heard every night throughout rec time and right before study hall. All over the dorms, there are posters up advertising room sales. Posters are decorated with black and white ink, with slogans such as "Dollar Sale," "Come one come all," and "Everything but the kitchen sink sale!" Room sales are a great way for sellers to get rid of their stuff while making money. It's also a good place for buyers to get deals on clothes and room decorations. Room sales also give a person practice on their bargaining, marketing, and customer service skills.

Room sales can sometimes be awkward, especially when you don't end up buying anything. Here are some helpful tips to get through your next room sale: Take a person with you. This person can work as your bodyguard in the event you don't buy something. He or she might end up buying an item and you guys can walk off freely! They can also help you spend your money more wisely.

The first rule for buying anything is to act like you don't want it. Once the seller knows how much you want that item, you have no chance for bargaining. Always bargain to the pennies. Sellers, this is a tip for you, coins will start adding up and can give you another \$1 or more! You should always take a bag when you go room sale shopping. There's always more than one room sale happening, and you don't want your hands to be full of items you have purchased. Also, only bring the amount of money you want to spend. Room sales are like yard/garage sales: \$10 can get you a long way. What treasure will you find in a room?

ASB

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Bullet points instead of numerical lists

by Jillian Lopez

Prioritizing is a necessary skill to develop in one's life. It helps us to know which things are most important and require immediate attention, and which things we can afford to put off for a little bit later or perhaps put less effort in to. The very word "priority" implies a hierarchy of responsibilities, so that if one were to write out their priorities on paper, it would start with #1 being the most important, and #15,406,293 being the least. Unfortunately, people in our age group are told what our priorities are. However, multiple people with different priorities tell us our priorities multiple times, which results in nothing short of disaster: everything is a priority!

As people expected to follow the directions of their superiors, we have been swamped with #1 priorities! We are told that school and grades are the most important by our teachers, good grades by our parents, our relationships with God by our church and religion, self-care by our doctors, friends by our friends, climate change and veganism by the protestors, and favorite Netflix shows by worn out and overwhelmed selves. All these things fight for the position of "top priority," leaving teenagers feeling hopeless and as if we'll never live up to the standards that our priorities set.

This is where we come to the realization that our true top priority is none of these, but making sense of all of these. Getting these bullet-pointed lists back into numerical order will not only relieve stress and anxiety on us, but will also help with our time management and productivity. No one can tell you what your top priorities should be because you are capable and qualified to sort out your own priority list for yourself. Do some self-research and find out how you work best, and work out your priority list from that. When it comes to sorting out all these priorities, your individuality is your top priority! Embrace it, and watch yourself begin to thrive.



Not just a water bottle

by Chloe Paago

Metal water bottles are popular here, especially the name brand bottles called Hydro Flask. These water bottles are not just ordinary water bottles. Hydro Flask can keep the temperature of the water in the bottle the same for 24 hours! They are customizable and come in every color imaginable.

Clank, clank, clank. A tragedy has occurred. A fallen water bottle has obtained a new battle scar, a dent. Some people don't understand the full extent of what they have caused another person from causing this scar. It makes the bottle imperfect and unattractive. But each battle scar has its story, and each makes the bottle unique. A dent can be a conversation starter, but it can also be heart-breaking. Next time you see a metal water bottle, please use caution.

End of an era

by Elaijah Alvarado

Although some would defer, most would agree that high school is a great experience. And though it may be great, like all things it will come to an end. With May coming to a fast close, the signs of an ending high school career for all seniors have begun to show. This "senioritis" has plagued many, though the supposed affliction has shown its symptoms earlier in the year, only now its presence is more noticeable.

University Days came and went, and the tours that were well-anticipated, are also completed. The countdown had begun freshman year, but now seniors can hear the clock ticking ever so loudly. It is time for the senior class trip, and then graduation. Not much stands in their way, but the motivation and drive to finish strong is running low.

The end of a significant part of a person's life is coming, and whether they're ready or caught unprepared, their world is destined to change. Adulthood is just around the corner, bearing gifts of higher responsibilities and expectations. All that's left here is to fight through the remaining days in the name of education. High school will be remembered, but life is bigger now, and it is up to those graduating to take it on.

UCA offers college credit

by Enlai Wang

There are many ways one can gain credits for college while taking high school classes. The two most common are taking dual credit and advanced placement courses.

In our school, we offer two dual credit classes and two advanced placement classes: Anatomy and Physiology D.C., Music Theory D.C., AP Language Arts, and AP Calculus. Next year an AP History class is planned. Dual credit classes mean that you take a high school class and get both high school and college credit for it. Whereas, an advanced placement class is when you take a high school class; then, take an AP exam to earn college credit. The dual credit classes are meant to be hard and challenging since they are considered a college course, but advanced placement classes are not much easier. If you slack off, you won't be prepared for the exam and might fail it. However, one thing is certain, these classes are here for you to be ready for college.

One day tour

by Joelle Townsend

After the big California Tour, music groups thought they were done touring for the year, but the music teachers had other ideas.

Last fall, we were supposed to tour to Beacon Christian Academy in Lewiston, but due to the Pertussis outbreak, we had to cancel. Beacon wanted us to come, so, finally, they agreed on a date. This is a very busy time of year, but somehow a tour was scheduled for May 11. Since it was the last WOP day, the music groups were unable to leave until 3:30. After an hour and a half drive, we arrived in Lewiston. It was approximately 10 degrees hotter and the gym was stuffy.

We got a tasty dinner of Domino's Pizza thanks to Ian Schroetlin's parents. We also got cake since it was Rachel Seeley's birthday. After that, we did a sacred and a short secular program for our audience. The program ended at 9:00 and we loaded the bus at 9:30. By 11:30, we were finally back to UCA.

Most people did not enjoy this experience because they would have rather been at home or doing anything other than traveling for one performance, but if we were able to make a good impression on anyone that was in that audience, I think the trouble was worth it.

Dorm cleaning on Sundays

by Hannah Petrie

When you live in a girls' dorm, there are many unusual things you have to deal with. Instead of being able to shower or use the bathroom in the comfort of your own home, you have to share the same toilets and showers with around 100 other girls. As you can imagine, the dorm can sometimes get extremely messy – sometimes it ends up looking more like an animal enclosure at a zoo than somewhere inhabited by teenagers.

With its constant use, the janitors struggle to keep the dorm clean. The trash piles up, and the showers get lined with hair. Since there are janitors to clean up after them, sometimes girls feel they can be messy and it will be cleaned up by someone else. Well, the deans came up with a solution to take care of the excessive disarray in the girl's dorm: Every single Sunday night the girls on each hall are assigned jobs—from cleaning the bathroom stalls to sweeping the stairways there are many jobs to keep us busy. The deans hope that this will help us take ownership of our space and make things a lot cleaner.

For the sake of all the girls in the dorm, I hope that things can get cleaner too. I know that all the girls in the dorm would appreciate having their Sunday nights back. The last thing you want to do after a weekend is do hard manual labor.

Friends

by Megan Taylor

I am sure you all have heard the phrase "choose your friends wisely" from someone or somewhere in your childhood. When we hear this, we don't really register the true meaning or the impact that friends actually have on us.

Here at UCA I have seen a lot of friendships form, but I have also seen many fade or break. To keep friends, you shouldn't have to try to change the way you act or the way you dress. You should be able to be yourself around a friend. They shouldn't judge you or the people you love and care for. They should be there encouraging your every step. A true friend is one who will share in your joys and in your troubles. Your friend should feel joy in your enjoyment and pain in your time of trouble.

It is heart-warming and comforting to have a real friend. You know you will have a shoulder to weep on if sorrow or failure comes your way, just as you will be assured of a hand to share a high five with in your joy and success. A friend is one who shares with you with no expectations. Friendship gives true happiness because when you have a real friend you have all their love.

Choose your friends wisely. Live that happy life.

Drama

by Deanna Verkovod

Drama isn't just a club that happens on Wednesday nights, it's a plague on our UCA campus, eating away at friendships, relationships and people you don't even know. Some people are drawn to drama like a moth to a flame. The irresistible temptation to create drama can be too strong for some people even if they know it can mentally harm and cripple the unsuspecting victim.

Even though we all know drama, caused by the creation and spreading of half truths, is an atrocious form of slander, we almost all still choose to indulge in it. We thrive on it. Drama adds layers to situations but results in unpleasant consequences. Why is it that we need drama? I believe the problem lies with this simple fact: when our lives are stable, comfortable, and humdrum, we feel the need to make something up. We have to come up with anything we can just to keep life interesting. But in the end, this is never beneficial because with drama comes stress and anxiety, which are not worth the small benefits of an interesting story.

Temperamental weather

by Molly Ahola

Students began the month of May with hammocking, sunbathing, relaxing, and absorbing Vitamin D. With temperatures reaching the low 80s, confidence quickly rose that summer and warmth was on the way. For many of us, this was a glorious break from the everlasting snow in February and early March. However, in true Spangle fashion, the weather had other plans. On May 16, Spangle and the surrounding area was hit with major rainfall and thunderstorms. Although Spangle itself did not get the brunt of the storm until May 17, our neighboring metropolis of Spokane was hit hard. Thunderstorms hit the downtown area especially, flooding businesses, roads, and even the carousel in Riverfront Park. Reports from village students included climbing through sunroofs to keep from flooding their car by opening their doors and serious hydroplaning on the freeway. This was a stark contrast to the gorgeous tropical weather the week before. In complaint, some students and teachers choose to blame this soggy weather on the Pathfinders, who came the afternoon of May 16 to stay on our field for their annual camporee. I guess I will leave that up to speculation. Needless to say, this phenomenon leaves us looking forward to summer and the months of warmth and sun that are sure to come.



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HOPE

by Joshua Cho

HOPE is an event when students at Upper Columbia Academy go to different locations to help others. There are many opportunities off and on campus, and students sign up for where they want to go. The sign-up sheets are posted in Mr. Harman's classroom, and the process is first-come-first-served. The few who forget to sign up get placed in projects that are not yet full.

The last HOPE day was no different. Students worked in the cafeteria, around the church, in a person's home, and were involved in a church ministry.

Two went to the Upper Columbia Conference Office and helped Mr. Art Lenz in the storage building. They helped build shelves and moved items to them. Many went to the Northview church and helped hand out flyers for the upcoming prophecy seminar.

Whether bending over to work in the dirt, testing culinary abilities, or walking in the hot sun sharing flyers, everyone received a blessing.

Note Night

by Madison Twigg

First check is about to start and you're lying around your room feeling the Sunday blues. Then your RA comes in to remind you that it's Note Night. This tradition was around even when my parents came to UCA. My mom told me how everyone used to write on pictures ripped from magazines or find some other creative way to write to their crush. The goal was to make it as exciting as possible.

What has happened over the years? Now you can barely get a piece of lined paper that says, "I hope you had a good weekend." This should be a way to show your significant other or your friends that you spent time on them. Let's try to use more creativity. Let's try to make Note Night exciting again.



Schedules of UCA

by Kailey Nash

Upper Columbia Academy, a place where you don't have to worry about having the same old thing every single year. Of course, every day we go to our regular classes but we have to know, depending upon the day, whether it is A, B, Wednesday, or Friday schedule. And it also depends whether it is week of prayer, a HOPE day, snow day, or home leave schedule. Then, of course, there is the schedule we had when the snow storm hit and the buses needed to leave two hours sooner. Within the past three years, there have been three different schedules here at UCA.

In 2016-2017, first period started at 7:15 a.m! Yes, folks, you read correctly: it was that early and the electives classes met before dinner. Things have improved since then. 2017-2018 classes started at 7:30 a.m., but 15 minutes is better than nothing, and gymnastics and music were moved to before lunch. Then this year we got another improvement, with classes starting at 8:00 a.m. just like a regular school. Finally! But we still do not get out of classes until 5:30 p.m.

Everything changed in assembly on May 17. We got the new and improved schedule for next year. Classes will still start at 8:00 a.m., but we also will get out at 5:15! Fifteen minutes is better than nothing. So, ladies and gents, there is hope for your future here at UCA.

Winding down too soon?

by Luke Mirasol

Spring is here and so is the smell of freshly mowed grass and mulch scattered throughout campus. The sunshine is out and people are itching to get out of class and enjoy the good weather that has been non-existent for what seems like an eternity. The flowers are out and the sprinklers have resumed their job of keeping the grass green. A crane was spotted on front campus trimming branches from trees in order to help keep our campus well groomed for Homeshow Weekend and graduation.

This is the home stretch for us all. It is very noticeable just how done many of the students are and how a big dose of senioritis has gotten the better of many of the seniors. For many students, the warm weather and thoughts of summer give the signal that it is time to start winding down and become more relaxed. However, this has led to it being harder for us students to be motivated to get homework done. Waking up in the mornings has suddenly become much more difficult and once we are up, the only thing we want to do is go outside and do anything but school. Classes seem to be more of an optional thing rather than a necessity. Winding down seems like the go-to option at this point, but is it really the best option this soon?

See you next year