

TechnicArts Fair

Not showing off, showing *out*

by *Prema Pongrakthai*

On October 26th, the TechnicArts Fair hit a record-breaking attendance number of nearly 240 kids and 50 chaperones. As UCA students scurried around helping staff prepare for the fair, attendees were driving on their way to discover more about UCA and what their future holds.

There were various activities on campus for attendees to experience. Besides the fair being a way of displaying what UCA offers, it also gives younger students the opportunity to explore their interests. There is nothing more beautiful than giving fresh young minds the chance to grow their skills and confidence in a God-loving atmosphere. Several of the activities held were acro-clinic, soap making, card making, 3-D printing, graphic design, knitting, acrylic painting, computer building, videography, and plasma cam (cutting metal with lasers).

When kids left stations, they had gained new skills and self-confidence. This was especially clear with those who rotated through the acro station. They came in scared and unsure of what their capabilities were. There was even one who cried because she was fearful of heights. By the end of the day during the acro finale show, this girl presented her new found skills on the mats with skill and confidence.

This is why UCA does the TechnicArts Fair. We don't do this to show off our campus and staff, but rather to show *out* the abilities God gives us—to see what happens when we overcome the spirit of timidity and live in boldness. The girl in the acro clinic was just one of the many students who came this year. At the end of the day, all the students who attended were able to show *out* their skills and their new found confidence.



Night to party

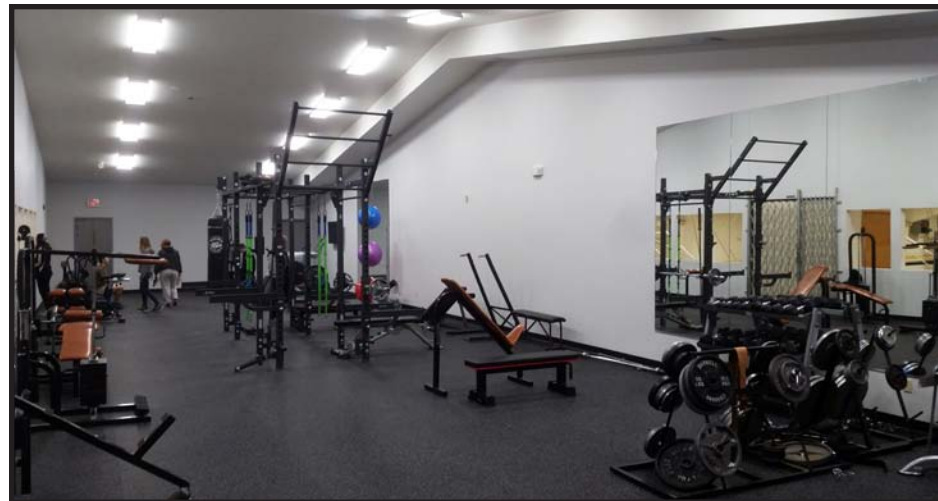
by *Kaitlyn Kramer*

On Saturday night, October 14, all over campus students gathered for a night of games, socializing, and good food at their class parties. The Power House was filled with freshmen getting to know each other over pizza and games before they went to the field for capture the flag. The old cafeteria found itself the host to the sophomore class for games, a disguise photo booth, and pizza. The juniors settled into the Dining Commons for a night of Twister, *The Incredibles*, and a fire-pit hot-dog cookout. The seniors claimed the gym for their festivities, and commenced with kickball in the dark, *The Emperor's New Groove*, lots of pizza, and an injury here and there. With this kind of fun all around, there was only one thing that could put a damper on the evening.

Sunday school, looming in the background, put most people in an all-but-partying mood. Stress of assignments due and no time to do them, concern of a late night, and the inconvenience for village students still needing to drive home, began settling in. A new activity was added to the senior class party—a civics study group.

All of these fun-dampening experiences could be avoided with a slight change in schedule. Students who want to have fun and want to do well in school can't have it both ways during this weekend, but if class parties were put on the calendar on a different weekend, all would be solved.

Though the scheduling conflict was a major concern across the board, all agreed that the class parties are a great way to be able to spend time with your class as a whole and break up friend groups for an evening. A night of senseless fun and joviality is a great experience; let's not ruin it with fears of the day after.



Do you lift?

by Maddy Clark

Many new things have come to UCA already this year: a memorial, new gymnastics mats, and an updated boys' dorm. Because of all of these things, many people didn't notice the change going on in the upstairs room of the gym. For the past few weeks, workers have been updating the old workout room.

It started on the first HOPE day when students were assigned to take weight room equipment out to pickups to be carried off. A donor had offered to provide all new equipment for the room, so preparation had to begin.

The room was completely emptied and then painted. Mirrors were installed on the back wall, and black rubber flooring replaced the old carpet. Then, the new equipment was moved in along with a flat-screen television for watching workout videos. The ribbon-cutting for the new room was held at six o'clock in the evening on Thursday, October 26.

With all of the new things on campus, now you can add the new workout room. It is open for use and provides a great opportunity to get some exercise and have fun.

Bugs

by Elianna Srikureja

With the recent change of seasons from summer to fall, there has been a resurgence of small gnats all over campus. The small winged creatures fly in swarms, oblivious to the comings and goings of students and faculty. They are the cause of much annoyance. They, being of too small a size to see properly and thus avoid, can easily get caught in hair, mouths, and eyes. The swarms of these gnats are most commonly found on the way to the music building and from the ad building to front campus.

As hard as it is to walk outside without their small bodies coating your skin, some people have come up with solutions. Swatting them away with a jacket or computer bag is an efficient way to get rid of the pesky bugs in your path while at the same time getting out a little frustration. Another way is simply covering your face and hoping for the best. Thankfully, the existence of these bugs is short-lived. As the weather gets colder, they decrease in number and finally disappear. Before that, they teach us a good lesson in patience.

Anything but amateur

by Jonathan Terry

Upper Columbia Academy is full of talented students, and every year UCA organizes a talent show for the Saturday night of Parent Weekend for them to showcase their skills. The title of the program is Amateur Hour but don't let the name fool you: it lasts way longer than one hour. As well as the talent show, there is a silent auction table where different goods, donated by parents, students, and local businesses, are sold to the highest bidder. Also, seats at tables close to the stage are sold for \$10 a chair, and they sell out quite quickly.

The auditions for the event take place about a month or so before the show (This year they were on Tuesday, October 17), and the audition judges include the assistant and head deans from each dorm, the principal, the men's club and girls' club presidents and vice-presidents, the band and choral directors, and the piano teacher. This fearsome group unfortunately has to break some hearts when they decide which acts are best suited for the prestigious event.

The night itself is certainly a busy one for anyone involved. Not only is there the silent auction but also—if you didn't buy a table which is outfitted with all sorts of snacks—there are shamburgers, drinks and desserts sold in the back of the gym. The event is quite a fundraiser. In total, it brings in anywhere from \$3000-5000 which goes to benefit next year's Amateur Hour and the winter banquet.

There are three main judges for the night who decide on the best acts. The audience gets a say as well, voting for the "audience choice." Although this program is put together by mainly high school students (with the help of many parents and staff), the results are nothing short of impressive.

Horsemanship program gallops ahead

by Thomas Warren

UCA is starting a horsemanship program this year. Among the new faces on campus are those of our equine friends. These horses live between Hymark and Old SR 195 in a repurposed grain field. In preparation this summer, the field was fenced and spread with grass seed, making a comfortable and safe home for the horses soon to occupy it. But one major element of this equine paradise was missing: a barn. This, however, is now being rectified.

A new barn is being built that will house the horses during the winter months. A large area in front of the Hymark building has been leveled and is piled with gravel. This new barn and program bring new opportunities for those interested in horses. The new barn also offers the possibility to board some of the horses from Camp MiVoden's equestrian center – a benefit to both UCA and MiVoden.

Sarah Holloway is the new Horsemanship Program director. Hailing from Tennessee, Ms. Holloway is laying the groundwork for a thriving equestrian program for years to come. In addition to caring for the horses and all that comes with them, Ms. Holloway also offers riding lessons and enjoys talking about her hopes and dreams for the program.

This new barn opens up many opportunities for UCA. It gives an extracurricular program, centered around God and caring for His creations, and offers even more students a chance to explore their interests. If you get a chance to talk to Ms. Holloway, ask her about the new program!

Prayer on the plaza

by Brielle Bartels

Students and teachers had been wondering when Prayer on the Plaza was going to start up again. The building anticipation was satisfied after the first meeting of Week of Prayer. A group of seniors gathered to pray, followed by students of all classes and Mr. Johnson, the principal. One song was sung, a thought offered, a prayer said, and a warm tradition was reinstated.



Sarah Holloway and her equine friends

The outsiders

by Riley Dieter

Most of the players that attended the Union Tournament trembled with a combination of anticipation and stress. With the quarter ending the day they left, the athletes scrambled to get their grades in order. Others were sad and a bit angry that they had no home leave. This mixture of emotions coupled with the stress of traveling made for an interesting couple of flights.

Dressed in garb adorned with the mascot of Upper Columbia Academy, students weren't surprised that several of them were approached by well-meaning folk interested in where they were going. With polite smiles, the students explained the chance of winning and of playing against those they hadn't played before. The strangers expressed their well wishes to the players and then settled in for the flight. Many of the strangers approached the coaches with praise for UCA's students. Some of the words that were used to describe the team were classy, well behaved, respectful, and polite.

Before leaving for the tournament, both the volleyball and soccer teams decided to show the other schools at the tournament UCA's school spirit and love for God. They did not limit their cheering just for each other, and soon friendships were made and the spirit of UCA spread to other games. Both volleyball and soccer teams would sit and cheer for the underdogs, who had no support. It soon became more fun to cheer than to play the game. The teams were commended for their support by the parents of the other players, and the spirit spread so much so that the other teams would come and cheer for UCA.

Both teams did well (2nd and 3rd place), and the highlight of the entire tournament was the Award Ceremony. Anticipation surrounded each team as their eagerness for getting prizes rose above their tiredness. The UCA Lions huddled together waiting for their names to be called. Suddenly, their names roared over the speakers, "And the winner of the Spirit and Sportsmanship Award goes to the UCA Lion's volleyball AND soccer team!"

Congratulations, Upper Columbia Academy, for showing Union what it means to be a Lion.



It's about time

by Thomas Warren

This year, Upper Columbia Academy welcomed as its fall Week of Prayer speaker, Pastor Jason Calvert from Kettering, Ohio. Pastor Jason, as he is known to students, is an energetic, fun loving, and passionate man. His theme for the week was "It's About Time."

The theme "It's About Time" was actually part of a longer phrase. The whole phrase repeated throughout the week was "It's about time we tackled those deep and hard questions." To start off the week, Pastor Jason chose to speak on the first and second deaths that will occur at the end of time. This was the springboard from which the UCA student body dived into a realm of unanswered questions, seeking truth. Guided by Pastor Jason, many difficult and even personal questions were answered, and students gained a better understanding of the Bible, God, and Christianity.

Rather than having a preset schedule of topics, Pastor Jason gave out his cell phone number and asked that students text him questions it was "about time" were answered. Then he took the most common question or question topic and tackled it during the evening meeting. Pastor Jason also visited every Bible class at some point during the week. During these visits, students in that class could text in other questions and have a more personal answer.

The week Pastor Jason spent at UCA brought about a peace seldom seen on campus. His open dialogue with students and honest answers to tough questions gave the student body a feeling of acceptance and love that is too often lacking. Thank you, Pastor Jason, for showing us Jesus through the toughest of stories, questions, and problems.

Stage fright

by Jared Wallen

It had arrived, that dreaded first performance of the year. Whether you are singing with Choraliers, singing with the octet, or playing in the band, the first performance is rarely looked forward to. You've only been in school for about a month, which means you have had sixteen rehearsals at the most. For returning students who have done this many times, it may not seem as daunting, but for the others, stage fright may be a serious problem.

To make matters worse, the first performance comes during one of the most attended weekends of year, Alumni Weekend. If the number of people isn't enough pressure, the alumni are all coming back to their alma mater to listen to the group they once were in and to hear how good you are in comparison.

No matter how much you practice or look over your music, by the time the performance comes around your heart will be pounding, and you will be asking yourself why you ever thought it was a good idea. As you sit and wait, looking at all the people who will be listening, you start to think about what could go wrong. You could come in at the wrong time, play the wrong note, or just totally freeze. You have to remind yourself to take deep breaths and relax. After all, all the rehearsals and practice time were to make you ready for this moment.

Then you look up at the conductor and see him lift his hands. You are about to begin. This is it. Immediately you're thrown into the music, and before you know it, the song is over and you're looking at the conductor and hearing applause. You did it. The first performance is over, and future performances will be easier, less stressful, and . . . very enjoyable.



Boys' dorm to get new lobby

by Josiah Carter

The boys' dorm has stood on the campus of UCA for roughly seventy years. The lobby has been slightly remodeled during those years, but now a complete renovation is underway, and a new lobby is in the plans. This is great news to the guys in the dorm as well as to any visiting family and friends of UCA. The new lobby will not be in the exact place of the current lobby, but will be attached to the front of the dorm where the front steps are now. This will more than double the size of the current lobby.

The new lobby will also give the dorm a much more modern look with a new entrance. In fact, the new lobby entrance will match the entrance of our 4-year-old cafeteria. After seeing an artist's depiction of the new lobby, a sophomore resident said it looked clean, sharp, and modern. Another resident described it as spacious and practical. The new lobby will make an impact on the students here for many years.

It truly is a blessing to see all God is doing on this campus. He is providing for much more than our needs and deserves the credit for the new lobby and all of our privileges.

Students help others on HOPE days

by Ellie Bunn

On Sunday, September 17, Upper Columbia Academy students headed out to help the community for the first HOPE day of the year. HOPE day stands for Helping Other People Everywhere, and UCA has four of these days each year. Students sign up in groups for different community projects or projects around the school. They then spend a half day doing something that helps other people.

This quarter my first HOPE group went to Hancock Farms. This a farm where they breed dogs and llamas. They also have chickens and goats. My group was responsible for helping the owner do farm chores. We cleaned up the chicken coop, cleaned up after the dogs, and did general maintenance around the farm. The best part was when we got to play with the cute little puppies. In the end, we probably got as much enjoyment out of the experience as did the owner we were helping.

Overall, HOPE days are fun. Students and faculty get out of the classrooms and get to work together to help people. It raises everyone's spirits and makes us all feel like we have accomplished something good, and the people we help are always so grateful. Thanks to UCA for organizing these days.



Not your typical lunch

by Maddy Clark

Students filed out of the church after enjoying the final Week of Prayer sermon. For once, their first destination was not the cafeteria. They changed out of their church clothes and waited for their extraordinary lunch to begin. What is so special about this lunch? It is called "Faculty-Advisee Lunch," and instead of enjoying a typical lunch in the cafeteria, the students go to their school advisors' houses to enjoy a home cooked meal.

Because students were in small groups, the staff were able to take it upon themselves to prepare gourmet dishes. Many staff members spent much of the day before preparing their astounding meals. Others invited students over to help prepare the meal with them. There was chaos everywhere in the kitchens. While some worked in the kitchen, others talked in the living room, but after all of the hustle of getting ready, the time came to enjoy the delicious food. Staff and students circled the dining table or grouped together and prayed over the amazing meal that had been so kindly prepared.

Many diverse dishes were made. The Gladding's and Pastor Fred's groups enjoyed rice and curry with spring rolls and chocolate cake. Mr. and Mrs. C prepared their world-famous burritos. The Hartman's cooked enchiladas and peas and a delicious pumpkin pie to celebrate the fall season, and the students that went to the McConnachie's got to enjoy their wonderful tacos and burritos that they enjoy every year at this time. Students and staff loaded their plates with the enchanting food and sat and talked and ate. Students talked to other students they may not usually talk to, and staff were able to connect with students they don't have at work or in their classes. New friends were made and old friends were given some quality time in the comfort of a home.



Homeward bound

by Kerianne Kruger

Cutting across the countryside with precision, the school's new bus traveled smoothly with every turn and straight stretch taking us closer to home. We passed grass, corn and wheat fields that filled the outstretched arms of valleys under cotton ball clouds. Having already eaten their cafeteria sack lunches, many students had fallen asleep. All questions about home-leave plans were already answered, so many just sat and pondered life as their seats became harder during the hours of travel.

As we made it to the first stop in George, Washington, everyone came alive with conversation and laughter. Moving to sit with fellow classmates and friends, the passengers launched into a variety of lively conversations.

Black sooty plants blanketed several areas as we made our way along the highway. Windmills made time seem to fly as they turned clockwise with the force of the apparent wind that was unfelt in the comfortable bus. Conversation continued as we traveled through Ellensburg, Yakima, and Toppenish.

Gazing for miles across the flat countryside, you could see patches of gold and black. Gliding out of the valley and into the Columbia River Gorge, students looked to see if they could find evidence of the terrible fire. Smoke columns sprouted up between the trees with fires on both sides of the river. We came across stopped trains and emergency vehicles, and as it got darker, it became hard to tell what was real and what was an illusion seen through glass.

As we got closer to our final destination, all started to bustle about and chat excitedly. But minutes stretched into hours until we finally came upon the lights of Portland, Oregon. We had finally made it to our destination.

With sore bodies but energized spirits, we slowly swept out of the bus to collect our luggage and find our families. Soon, home comforts would be ours and we would be able to relax and enjoy home cooked food again, not having to worry about school for a good five days.



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This issue's contributors included

Prema Pongrakthai, Kaitlyn Kramer, Jonathan Terry, Maddy Clark,
Elianna Srikureja, Thomas Warren, Brielle Bartels, Riley Dieter, Jared Warren,
Josiah Carter, Ellie Bunn, Kerianne Kruger, Jordan J. Judge, Annabeth Houston,
Blake Johnson, William Frohne, Jonathan Joplin, Rachelle Santee, Adreana Ward,
Kari Rose, and Stephen Lacey, sponsor

Options worships

by Jordan J. Judge

Every Wednesday at UCA is important in some way. There's Assembly after lunch, and once a month home leave starts on Wednesday. But for some students, Wednesday is important in another way.

After recreation time, instead of returning to the dorm for dorm worship, students are given a chance to choose where they want to go. This year, the options are more abundant than last year's. There's jamming in the Power House, and there's worship with the Gladdings, Johnsons, Hess's, Bacons, and Kramers. Also, for those who don't want to go to worship at those places, there is worship in the dorms. After these first few weeks of options worship, it was exciting to see the turnout. The Power House has had about an average of 30 people attend, and there has been a good turnout at the staff worships as well.

Those who aren't going to options worship are missing a tremendous blessing. It is nice to go to someone's home and talk about God or other spiritual matters or to go to the Power House and sing. If you don't know which option to go to, try a few and see for yourself the blessings you can gain from options worship.

Options worships started last year, and they will probably continue for a long time because of the blessings and the time the staff have put in to make it a success. We are blessed to have options worship here at UCA.

Desk worker joys

by AnnaBeth Houston

"Excuse me! Make room for Jesus!" I called out to a couple one Sunday afternoon because they were sitting too close on the couch. It's always super funny to watch faces turn bright red from embarrassment. As a desk worker it is both fun and awkward to call students out on that kind of stuff.

Being a desk worker is one of the best jobs on campus, especially if you are a junior and have endless homework. The job allows you to study for all your afternoon classes while you are still getting paid. You also get to know the deans really well since they are your bosses. When the weather starts to turn cold and the dorms fill up with people, desk workers have the authority to kick all gross couples out of the lobby.

As a desk worker you also get to meet new girls you don't really know because if they're on sick list and you work during a meal time, it's your responsibility to make sure they have food. People also count on you to make announcements and to remind everyone of worship times.

I really enjoy my job most of the time, even when I have to remind couples to leave room for Jesus.

Fall Classic

by Blake Johnson

I'll spare you from having to read about all the clichés of Fall Classic such as friendship, being nice, and showing good sportsmanship. Instead I'll focus on what people actually care about: eating, sleeping and winning.

At Fall Classic everybody pretends that the main focus is sportsmanship and having fun, but everyone cares about winning. Sadly, we didn't get to have that winning feeling this year. We didn't play terribly and finished in fourth place. It was all good, though, because the support for our team was really great from all the fans and spectators.

The cafeteria for sure delivered at Fall Classic. The food was great and made me want to be in college even more. I had enough ice cream cones for 30 people and drank non-stop soda. Pizza was my go-to food, and I can assure you that it did nothing good for my system.

As expected, sleep was an elusive thing over the weekend. I added my total hours of sleep for the three nights and it came out to 13 hours. My roommates weren't terrible—they just stayed up until 2:30 every night. I didn't really appreciate that. But taking everything into consideration, Fall Classic was a blast and a success.

Canceled games

by William Frohne

The soccer season was decimated by game cancellations.

First, we had a game canceled due to a scheduling conflict with Fall Picnic, and then another was canceled due to smoke. A week later we went to play a Catholic school and found they wouldn't play girls. Later, we found that one of the teams we were to play was not very good, so we gave both legs to our JV, and the same happened a week later with another team.

We lost more than half of our games and all of our scheduled home games.

Sickness in the air

by Jonathan Joplin

It's the time of the year again when all of the students are getting sick. Here at this boarding school, everyone is pretty close to each other throughout most of the day; so when one person is sick, everyone gets sick. So what can you do to keep yourself from getting on sick list and missing classes? Here are some tips so you can do exactly that.

First off, wash your hands ALWAYS and carry hand sanitizer around with you to kill the germs and keep the sickness away. Second, get lots of rest. Unfortunately, this can be especially hard here at UCA with all the homework, tests, and quizzes, but try your best to get as much sleep as you can. Third, keep your immune system strong! Stay away from the sugar and snack foods and stay closer to the leafy greens, fruits, and vegetables. Also, you can never go wrong with beans and rice. Fourth, if you can drink tea, it helps. Drink tea with lemon and honey in it; drink it slowly, and breathe in the steam while it's hot. Last of all, exercise. Getting light exercise, like walking, is a good way to help support the immune system.

Follow these tips and you should be well on your way to getting better or will stay well.

Happy Thanksgiving



Running in the morning

by Prema Pongrakthai

The sun is just starting to peak over the rolling hills and cold air embraces you—the perfect time to find peace before the start of a long day. Running in this atmosphere is calming and has many benefits. In fact, morning exercise increases your brain acuity up to 10 hours later, so this is a great way to prepare for success throughout your day of academics. On top of the brain benefits, running in the morning also gives you time to be in a state of peace as you get your heart rate up.

We can generally agree that stress is a big problem among students at UCA. Running in the morning or doing your favorite workout calms those stresses, giving you a sense of accomplishment, an anchor, throughout your day. Doctors say that endorphins fueled from workouts are a great way to deal with daily stresses or even depression. "Endorphins also trigger a positive feeling in the body, similar to that of morphine. Research has shown that exercise is an effective but often underused treatment for mild to moderate depression."

So get out there and go on a morning run! Push past the running pains and the negative self-talk, and keep those legs moving. They can go farther than you think, and you are capable of more than you could ever know!

Clocks

by *Rachelle Santee*

Time is a very important aspect of our daily lives. Without time we would not be able to know when to be at class and when to go to bed. Thankfully, we have clocks to help us know exactly what time it is. Clocks are needed at UCA for us students to know when to meet our next appointments.

Clocks impact student lives especially since we are not allowed to use our cell phones in the Ad Building and Music Building. Not being able to use our phones deprives us from being able to know how close we are to when class starts or ends unless there is a clock nearby. It is very useful to know how much time one has left in class to decide if there is time to start the assignment. Someone studying in the library needs a clock nearby to know how soon their next class will begin. Especially on days when the bells aren't working, clocks become more appreciated. Yes, this older form of technology does influence student lives.

Sadly, there are a few clocks in the Ad Building that are not working. The classrooms without clocks feel bare and empty. When we have to sit in those classrooms, it is torture not being able to count down the minutes. These broken clocks are a hindrance and make the learning experience less enjoyable. We all wonder if we will ever see time running properly again as we stare at a hole in the wall or at the still hands of a dead clock.

On the other hand, we are very thankful for the newest addition to the clocks on campus, which is on the new café. It is a huge clock above the entrance that makes the new café complete. It's got more of a modern flare, unlike the classic clock in front of the Ad Building.

Hopefully more working clocks can be added soon to our campus to help us stay on track because we are all slaves to time.

Those big tests

by *Adreana Ward*

For most upperclassmen, there are plenty of important tests to prepare for: PSAT, ACT, SAT, AP Calculus, AP Language . . . the list goes on. Unfortunately, the habit of many students is forgetting about these tests until the week before and trying to cram in as much as they can just before the big day. What are some test taking strategies that can help procrastinating students?

For multiple choice questions, there are two methods that not only help to find the correct answer, but also significantly increase chances of guessing an answer correctly. POE stands for process of elimination, and it's pretty self-explanatory. By crossing out answers that are obviously incorrect, the correct answer becomes clear.

The second method is double passing. Since tests are timed, it is critical not to spend too long on a single question. When going through multiple choice questions, if you find there is one that seems to be taking too long to answer, it can be circled to be readdressed after the easier ones are completed.

With all of the anxiety about tests, it's helpful to remember there are ways of getting a better score, even if something new pops up that wasn't previously covered.

Seeing the other side

by *Kari Rose*

When you hear the words "Fall Classic" or "Friendship Tournament," what comes to your mind? Most people think of sports, specifically soccer, volleyball, and basketball. Why? Because those are the teams that play in these two tournaments. Fall Classic and Friendship are annual events that you don't want to miss. When we hear these words, we think of how our teams all go down to Walla Walla on Thursday morning. The many games they have to play come to our memory, and anticipation that they might make it to the championship games is in full rise.

However, there is another side to the picture that people often overlook. What about all those who are not on the sports teams? What is their life like while they stay at school? Many leave after school on Friday to go and watch what games are left. What is the week like from their perspective? They look forward to going to Walla Walla and seeing recent UCA alumni, friends they miss very much. There are also the late night Taco Bell runs, pumpkin patch visits, and relaxing afternoons consisting of doing very little. Then Saturday night comes and they watch from the sidelines as the two best teams compete. Sometimes our school wins, sometimes they lose. But it's fun to watch.

In the anticipation of the weekend and the support for our sports teams, don't forget about the rest of us. We have to go through two more days of school before we can enjoy the weekend. But we all support from afar as fans of our UCA teams.

