



TechnicArts Fair draws a crowd

According to Doni Andregg, UCA's VP for Admissions and Marketing, on October 31, approximately 175 students and adults from 16 Upper Columbia Conference schools and home schools arrived to participate in a day of activities focusing on arts and technology.

Many teachers, volunteers, and UCA students worked together to make the day a success with diverse classes including construction, metals, basic guitar, horsemanship, watercolor, gymnastics, photography, and soap-making.

AcroSoul heads to Tennessee

by *Makena Fleck*

For the first time in UCA history, our gymnastics team will be heading to Tennessee on November 6 for the country-wide gymnastics clinic held at Southern Adventist University, Acrofest. It will be an intense week of practice and training for each gymnast.

To end the week, each team participating in Acrofest will perform a routine on Saturday night in front of hundreds of gymnasts and students attending SAU. There will also be a talent show, *Acrofest Got Talent*, which is open to anyone and will include everything from singing to dancing. This exciting night is anticipated by everyone on the team and will likely be the highlight of the whole trip.

If you are not on the team and want to see the routine AcroSoul has planned and missed it during Tech Fair, you're in luck. The event will be livestreamed on SAU's website and uploaded on to YouTube as well.



College Fair

by Richard Scott

Wednesday, October 16, Seventh Day Adventist University representatives descended upon the UCA campus like a pack of hungry wolves. The colleges represented were

Southwestern Adventist University
 Andrews University
 Walla Walla University
 Kettering College
 Pacific Union College
 Union College
 Southern Adventist University
 La Sierra University
 Burman University

The event brought an exciting and frightening reality to the seniors while the juniors were inspired and eager for their turn at being courted by colleges and universities.

All seniors had to attend the College Fair and visit each college's table. They had to fill out forms seeking more information about the colleges and give information about themselves.

Juniors were also invited to attend and most of them did. For most juniors it was a first look at what each college had to offer. Many juniors felt overwhelmed to think that it is already time to start thinking about which college to attend.

There was a lot of great information showing each school's strengths. Some recruiters were great at talking about their school and finding out what you like and how it would fit with their school. There were others who seemed to just pass out fliers.

Overall, the College Fair left students enlivened and hopeful about their future.

Eating food in class

by Kytanna Ballard

I am not going to lie. I am not the most opposed to it. There are reasons why you shouldn't. . . .

Eating food in class is a distraction. You can't hear yourself think when you are crunching loudly on snacks. The food may be so good that all your attention goes to it. (I know that ramen was more interesting than question number 8.) You also make a mess all over the desk, and the poor person that has to sit there after you has to work in your crumbs.

Eating snacks in class benefits the person eating them, of course, but the smell can be so good that when it goes around the room it tempts others to try to steal your snacks. So, you are now a bad influence. The whole troubling situation can be avoided if you eat before you come to class. Snacks may seem good, but they aren't healthy for you. Now, carrots are healthy, but no one has carrots in their dorm I am pretty sure.

Some key tips—do not try to distract yourself from work with snacks. Do not distract your teacher with weird dry ramen cookies. Do not distract your classmates by whipping out the M&Ms.



Influx of injuries

by Luke Mirasol

This year has been filled with ups and downs. However, it is injuries that took the biggest toll on the soccer team. At the start of our two last games before October home-leave, we only had one substitute available.

At the beginning of the year, the varsity soccer team had 21 players before we lost two players for eligibility reasons. From there, many of the remaining players succumbed to injuries and sickness, including over half of the starters. Thankfully, we were blessed with October home-leave and given the chance to recover. We hoped that home-leave would bring back health and strength for the home stretch of the season. And in the last game, a Sub Regional match against WWVA, neither team scored until the last five minutes when WWVA scored the only goal and won the match, ending UCA's soccer season.



NPUC Leadership Retreat

by Faith Montes

The NPUC Leadership Retreat was held October 10 – 13 at Camp MiVoden. With an average of 6 students from each Adventist School in the North Pacific Union Conference in attendance, there were over 40 student leaders present. UCA sent 9 student leaders, including ASB officers, class presidents, and dorm RAs.

Business meetings were held depending on the roles students had at their schools. For example, all of the chaplains were in one business group in the auditorium while all of the social vice-presidents were in another business group in the conference room. The contents of these meetings differed for every group but every single one of them left students with new information and new ideas to share in hopes of bettering their schools in Jesus Christ.

Small groups were different from the business groups since they were randomly assigned. Small groups were one of the most interesting parts of the retreat since no two students from the same school were placed in the same small group. These groups were great places to share ideas after the business meetings or powerful sermons.

All in all, the weekend was insightful, raw, and inspirational. The speaker for the entire retreat was Pastor Mark Witas, and his incredible testimony opened the eyes of every student leader there to what servant leadership is really supposed to look like.

Beverly Talakua, UCA's ASB President, described the experience like this: "This retreat was actually a surprise. I didn't expect to enjoy it so much. I met a lot of people who radiated such energy and shared awesome ideas! Too bad I won't be able to come back next year."

UCA's Junior Class President, Lorelei Harbour, described the experience as well. "It impacted me by showing me not just how to be a leader, but how to lead with God holding my hand along the way and guiding me."

A fan's Fall Classic

by Abbie McAdams

Fall Classic is a very different experience when you aren't on the teams. Students can leave UCA after school on Friday and drive down to Walla Walla in order to cheer on the soccer and volleyball teams for the weekend. Before then, students depend on updates from the team on how they are doing in their games. The anticipation builds throughout Thursday and Friday as they get messages that will determine what ranking we get and whether we will play in the championships. Finally, Friday afternoon comes along and everyone leaves for the weekend. Most carpool with friends and listen to music on their way. This year, some of students stayed with friends from Walla Walla while most of the senior girls rented an Air BnB and stayed together as a large group.

Upon arrival Friday evening, a lot of people went to their homes for the weekend while some chose to meet up again for vespers at the University Church. Afterwards, everyone went to get some rest in preparation for the big day. On Sabbath morning, most students went to the University Church or Circle Church on the WWU campus.

Saturday evening was when everyone came together for the most exciting part of the weekend. Students finally got to watch their classmates play in the tournament. This year, our volleyball team played for first place in the second bracket, and they won. The soccer team made it to the championship game, and a great turnout of UCA students, staff, parents, and alumni gathered to cheer them on.

Everyone was huddled together in the cold, shouting, cheering, jumping, screaming, and waving signs. They were all hyped up on adrenaline and excitement, so they didn't really mind the chilly weather or the fact that it was late at night. The important part was that they were there to support the team. Unfortunately, the boys didn't win the championship game, so we took home second place for the tournament. However, the team played really hard and did a great job representing our school.

Everyone had a really fun weekend in Walla Walla and we can look forward to more friendly competition at Friendship Tournament in January!



33 units of blood were collected from a total of 54 hopeful donors during October's blood drive in the gym. It was a time for merriment and selfies.

Can the Juniors Make It?

by Abbey Threadgill

The infamous junior year at Upper Columbia Academy. Everyone tells lower classmen how hard the junior year was for them, and they all just give uncomfortable laughs, not really realizing the terrors that are before them. Now that I have stepped out of my small sophomore shoes and fallen into these large junior ones, I am realizing the full extent of what I have gotten myself into. If I had known how difficult this was, I would have never signed up. I was not ready for the countless nights trying to remember when I last had two consecutive hours of sleep.

"You are going to use this in college; it's important to learn this study skill now." Yeah, okay, you are probably right, every teacher ever, but my GPA wasn't prepared for this. I don't have time for all of life's needs like sleeping, eating, maintaining my super popular social life, and watching Netflix. These teachers don't understand that their class is not the only one I am taking. Sure, I had time to do this worksheet and that assignment in Chemistry if that was all I had to do. I don't have time for the math assignment, the English quiz, the chapter reading in US History, the two chem assignments, and my 5 hours of Spanish that I put off till the end of the week. Even though I may not turn in all my assignments, the overwhelming feeling that keeps piling up while I procrastinate is punishment enough. I don't need a bad grade as well!

But even though this is one of the harder years of high school, it is still a key point of our lives. We all need to learn to live it to the fullest even when we are crying over how to spell "bathroom" in Spanish at 3 a.m. in the morning.



Classics in the library

by Gabriella Srikureja

At the beginning of the school year, it came as a surprise to the greater student body that classical music would be played on campus during the greater part of the day. The discovery was met with the criticism from many, but as the days have worn on, the music has woven itself into the background of everyday student life. With this push for an increasing exposure to the "classical," many students have noticed a discrepancy, especially in the literature available on campus. Among the books in the UCA library, the classic literature section is the smallest. Why should this be when classical literature has several benefits that cannot be ignored?

One such benefit is that classical literature can expand our world view. Authors such as C.S. Lewis wrote books in response to societal issues in the society of their day (many of which still exist). They wrote those books to expose errors in common thought and to show a different (perhaps a more beneficial) thought track.

Another benefit is one of educational emphasis. Literature written a while ago contains vocabulary that is rarely used in our common conversation. These books provide an opportunity for students to learn new words that they normally wouldn't be exposed to. This new vocabulary can help them in further education and in their chosen field of occupation.

Finally, and perhaps the most important of all, this literature, well chosen, does not use romance as a key plot archetype. This is not to say that there never was romance in classical literature, but when it is present, the romance is not the driving force of the story. Jane Austen, for example, included a lot of romance in her writing; however, her books focused on the society and culture women in her day faced. The topic of her books was not about who was the hottest guy the main character could hook up with.

From auto-biographies to instructional material, we are definitely blessed to have a plethora of literature in the UCA library. However, we here must throw aside the double standard we have in regards to what kind of classical influence we provide on our campus.



On October 28, an Arctic blast hit campus, bringing thunder, lightning, wind and snow. Then, night-time temperatures dropped into the teens.

Online Spanish?

by Joelle Townsend

This year has brought many changes to our school, but I think we can all agree that one of the biggest changes has been the addition of our satellite program at Lake City. Prof drives over approximately 15 students from Coeur d'Alene to be at UCA for two days a week. They spend those days interacting with UCA students and attending classes on campus. The other days they spend back at Lake City, watching teachers via the internet. On the two days that Prof is on campus, she is kept busy keeping track of LCA kids and teaching Spanish for juniors and seniors. What do those juniors and seniors do on the days when she isn't on campus? Online Spanish.

Spanish I and II students were introduced to Edmentum Spanish in late September. The course is completely online and the requirements are grueling. Students are recommended to spend 5.75 hours on it each week. The assignments are tough, and sometimes the directions are vague.

Students have voiced their concerns, and many of the senior Spanish students agree that learning Spanish online is not effective. Students Gabbie Srikureja and Ellie Pagotelis went and met with our school principal to discuss alternate ways for learning Spanish. Parents have also voiced their concerns. So what is the solution?

So far there has not been a solid solution for the school's Spanish course. Patience is the best route to take right now because doing this Spanish course online is allowing a new program to grow. However, several seniors have realized that Spanish is not necessary for graduation and have opted to drop the class to focus on other courses.

Spanish is vital for working and living in our world today, especially in America. To learn a language, it is key to immerse oneself in talking in the language and learning the culture, which is hard to achieve online. For future students who may want to take Spanish, the best idea might be a shift back to in-class learning. It probably isn't possible for that to happen this year, and we have to be okay with that, but we hope concerns have been heard and adjustments can be made.



Earlier in the year, some sophomores practiced getting airborne. Nobody knows why.

Music practice

by Hannah Chilson

Upper Columbia Academy is known for many things, including its large and successful music program. There is a variety of music groups available to the students here, including band, orchestra, and different choirs and singing groups. If a student does not want to participate in any of these groups but still hopes to be musically involved, an option is to take lessons. UCA offers voice, piano, guitar, string, and instrument lessons, and students are expected to get credit from them.

In order to get credit, students must practice for 40 minutes a day between lesson days, with the exception of weekends. Music monitors each work different blocks throughout the day, marking music students in to insure they are practicing and getting credit for it. Although there is a worker for each block, there are not always practicing students. On other occasions, the music department will be so full there will not be any open practice rooms.

If you are a lesson-taker looking for a quieter, more empty time to practice (and if your schedule allows it), stray away from the chaos of practicing during period 5 and go in during the dreaded block 1 because there is literally NO ONE there and music monitors would like to feel that they are actually doing their job.

Sermons

by Julia Welch

At the beginning of this year, we had chapel. In this particular chapel meeting, Dean Steph told us Pastor Bryan was wanting to ask students what they would like to hear him talk about—a well-intentioned act to get students more involved in his sermons.

A list was put up on the bulletin board down by the deans' office. It was yellow and had at least 15 lines for girls to suggest sermon topics. I saw it nearly every day.

I couldn't help but take note of the varying topics that appeared from day to day. They were all different except in one way: They were all a bit too controversial. Topics included jewelry, sexual orientation, gender, gun laws, capital punishment, proving the 29 fundamental beliefs and so forth. They were all topics I would be intrigued to hear about in church.

Unfortunately, students don't think these topics will be tackled. They're all too sticky or likely to cause an uproar. I can't see transgenderism, for instance, being covered, but I would like such topics to be. It will be a bit disappointing if this attempt to get students' opinions will come to nothing.

We shall have to wait and see.



Sidney Allison returns

by Gabriella Srikureja

As some students of UCA are aware, our school motto is, "A place to grow." This motto, as agreed by most, is an accurate portrayal of the attitude on our campus. However, considering the number of new faces this year, a more fitting motto for this year might be "A place that grows."

One such new face is Sidney Allison although perhaps it is not completely fair to say that he is a new face as Mr. Allison is an alumnus of UCA from the graduating class of 2016. Mr. Allison stated that he was very excited to be back and a part of UCA life once again. When asked why he decided to become the new Taskforce IT, he replied that the timing of the opportunity was actually miraculous. He hopes he can make new friends as well as get involved in the spiritual life of campus. He hopes students will see him as approachable, friendly, and willing to help.

The new block schedule

by Vanessa Bambe

This year, as well as the last five years, Upper Columbia Academy has changed its class schedule. This schedule is even more interesting because it was changed about three times before it was finalized.

The new schedule is made of six different schedules for different days. There is a schedule for Mondays and Tuesdays, Assembly Wednesdays together with collaboration Thursdays, and Week of Prayer Monday through Thursday schedule. Other schedules are for Friday, and for shortened Friday. The last two sections of the schedule are for home-leave and Week of Prayer Friday.

From the information I gathered from the students and some teachers, no one seems to be satisfied with the schedule. It is confusing and it is making some students get a tardy when they were simply wrong about the time. Some teachers are letting the students go early or late because they do not seem to be used to the schedule yet. The new schedule has so far been unappreciated by the students or the teachers.



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Technology

by Rebekah Grace Reynolds

Throughout the years from the 1950's, when television came about, to 2019, much has changed in our society. Now we have laptops, phones, and iPads to read from and use for gathering information, to "socialize," and to update EVERYBODY on how our lives are so "great" or so "perfect."

Our generation has these great devices that have access to so much information and can find it in five seconds. But we don't connect in a physical and human way or engage our ability to absorb information from physical, hands-on experiences like perusing the aisles of our local library or taking home an actual book so we can curl up, relax, read, and sip hot tea while turning the pages of adventure, knowledge, humor, or mystery.

It feels as if we lose a lot of our simple interactive life skills and our ability to organize. We have our phones to organize for us, to put everything together, to find everything and to remind us. Honestly, my iPhone is a big distraction. When I try to do homework, I hear it ding. When it's on vibrate, it's still distracting because I can still feel *and* hear it. I've developed a sense of when someone texts me or when someone likes a picture on Instagram. I know that that's my own fault because I have become attuned. Maybe I should even call it an addiction.

So, I'm deciding to take back my liberty by limiting my use of my phone by turning it off or leaving it in my room so I can simply connect more with my friends and be social in the environment here at UCA.

DEEP time

by Elizabeth Jimenez

Every morning five minutes after block 2 starts, we have our regularly scheduled DEEP (Drop Everything Except Prayer), a planned time to have a 5-minute meditation with God.

What's unique about DEEP is that what you do during that meditative time is personal to you. Students either journal, pray, rest, or cram for tests and quizzes they forget were a thing. This meditative time is an honest effort to bring God into our daily lives and a reminder that we have the awesome ability to have one time with God anytime anywhere.

So far, DEEP has gotten positive feedback from students. One student says, "I like it, I usually use it to read my devotional for the day, so I think it's a relaxing time to start the morning off good with God." Another student says "DEEP's nice. It's a reminder for me to chill out." Hopefully, this gratitude towards a rest period is felt the same by all students and teachers alike.

Study Hall

by Dylan Hill

In efforts to encourage the maintenance of grades, UCA administration has put forth a 6 a.m. study hall. Anyone with two D's or one F (a.k.a. category 4) at midterm must attend study hall in the mornings and is required to remain in their room studying after evening worship. Every weekday, the energized study hall RA gets up early to gather the unlucky guests. He proceeds to usher them toward the library, an opportune location for the redemption of grades.

This protocol has been enacted with hopes of reducing the number of students with lower grades. Previous years have revealed that evening category 4 study hall often was too relaxed, inviting many students to never raise their grades. With a more rigorous regimen put forth, UCA staff aim to assist and encourage students in dedicating enough time in academic pursuits.

The inconvenience of waking up early to do homework has already led many students to improve their grades and make more time for sleep. With the positive results already appearing, the new study hall time seems to be a beneficial step in improving education at UCA.



Taskforce deans

by Owen Milledge

There are three taskforce deans this year. The new boys' dean is Ryan Dieter. He is an alumnus of UCA and already knows the ropes. He graduated in 2016 and is now a junior in college. He is the first UCA grad that Dean Hess had as a student, and so the circle of life continues. Ryan is very well received and a very likable person. Dean Dieter came here for a gap year because he decided to take some time to serve others and help bring them to Christ.



Ryan Dieter



Jessie Sheese

There also are two female taskforce deans this year. Dean Jessie Sheese is cheerful and optimistic. She graduated from Walla Walla University and has a degree in Social Working. Dean Catalina Rodriguez is wonderful to be around and all her RAs love the food she brings to them. She also graduated from UCA.



Catalina Rodriguez

Many already love the new deans and are looking forward to the next year with them.

Pastor Fred

by Chantelle Olbekson

Who is the pastor on campus that is so loud that you can hear him throughout the hallways? Who is the pastor that gives such good advice and can make most anybody laugh? Why, it would be no other than Pastor Fred. For those of you who don't know him all that well, I advise you to get to know him. He is kind, generous, straight forward, and funny. He loves his family and has a deep love and passion for Jesus.



Those of you that have yet to take his class should know that his number one rule is, respect. When you do take his class, you must be respectful and mature. In class, some of the conversations can get very deep, and we learn things that aren't always on the lesson plan. On Fridays we do something Pastor Fred calls Open Line, where you can ask him any question you can think of, and he will honestly answer it. The downside (or upside) to this is that he WILL ask you a question of the same intensity.

So, if you haven't yet had Pastor Fred's class, it is something to look forward to.



events

November

7-9 Acro Fest

15-16 Music Tour

22-24 Family Weekend

23 Amateur Hour

25-Dec 1 Thanksgiving Break

December

19 Concert at the Fox

20-Jan 5 Christmas Break

CLASS OFFICERS

	SENIORS	JUNIORS	SOPHOMORES	FRESHMEN
President	Sophie Enjati	Lorelei Harbour	Jeremiah Williams	Carson Huenergardt
Vice-president	Micah Honeer	Lucy Han	Ayden Lee	Cassie Fleck
Chaplain	Owen Milledge	Ian Schroetlin	Kate Byrd	Tori Johnson
Secretary	Julia Welch	Carly Haeger	Ashley Cox	Mia Pierce
Treasurer	Julianna Luce	Dylan Hill	Kole GreyEyes	Tony Wang
Sgt-at-Arms	Tegan Smith	Tom Asaki	Micalyn Haugsted	Katie Bunn
Musician	Luke Mirasol	Abbey Threadgill	Renee Rinke	Carson Cox
Sports Coordinator	Braden Reitz	Kirk Everett	Emily McCleod	Isaac Acker
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Student Council	Kailey Nash	Grace Reynolds Josh Penhallurick	Sky Seong	Genevieve Harbour