

ECHOES

published by the students of upper columbia academy



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UCA LEGACY

UCA has been working hard to spread our campus outreach to others this month. From Alumni Weekend to ring in the month of April, Academy Day on April 8, and Acro/Music tour from April 13 to April 16, students and staff alike have been sharing what life at UCA is like. I've been here for three years now, but I never realized just how much we as a UCA family connect with those outside our small campus here in the wheat fields. It's incredible that we're able to meet with former students, future students, and students from communities outside of our own. Alumni weekend is a sentimental moment where students from decades and decades ago come together again to relive all their favorite moments; they also can see how the school that shaped them has evolved to what it is today. Academy Day is a great way to highlight our school to interested students and for current students to share their experiences. Our Acro and music tours also allow us to meet and share the UCA spirit with others who may have never even heard of UCA. I think it's one of the most valuable things we do here at UCA, reaching out to others even amidst our own crazy schedule, and it teaches us an important lesson: that we should always go out of our way to connect with others.



THE RUSSO-UKRAINIAN WAR



Starting back in February of 2014, conflict between Russia and Ukraine has increased until, on February 24, 2022, Russia finally invaded Ukraine. Millions of children and families were displaced and are now in need of assistance, relief, and protection. In response, many humanitarian groups have formed to offer help to struggling Ukrainians. Millions of dollars have been invested to assist these humanitarian programs as well.

The Ukrainian port city of Mariupol is one area that is in desperate need of humanitarian support. More than one hundred thousand citizens are trapped and in desperate need of food, water, protection from the elements, and communication.

Russia had Mariupol under siege right after they invaded in late February. Mariupol is one of the top cities Russia would like to gain control over for a number of beneficial reasons.

Mariupol has one of the largest ports that, if Russia gained control over, would grant them access to almost 80% of the Ukrainian controlled Black Sea coastline. By gaining control over Mariupol and its port, Russia would then be able to successfully block off major trade connections and Ukraine's access to other parts of the world.

Though it cannot be immediately confirmed whether or not Mariupol is under Russian control now, the city's mayor says that their military is still holding on. As of now, it seems as though both nations are in for a devastating war that will slowly work on wearing each other down.

In other Ukrainian cities, Russia has continuously bombarded them with bombs, (rather than using their somewhat unsuccessful means of offensive actions) killing thousands of citizens. Many other inhumane war atrocities have been recorded that include airstrikes on hospitals and missile strikes at train stations.

Ukrainian citizens have had their passports taken by Russian soldiers and are then sent through "filtration camp," where around 33,000 were either sent to economically depressed areas in Russia or prison.

Still, retired British General Richard Barrons, the co-chair of the U.K.-based strategic consulting firm, stated that, "As to the outcome, it's finely balanced right now..." And previously, during Russia's attack on the Ukrainian capital Kyiv, they greatly misjudged the people's resistance and military functions. Combined with Russia's set of poorly combined action plans, Russia ultimately failed in their initial goal to take Ukraine's capital city.

If you would like to donate to the CDP's Ukraine Humanitarian Crisis Recovery Fund, there is an included link here:

[DonatetoCDP'sUkraineHumanitarianCrisisRecoveryFund-CenterforDisasterPhilanthropy](#)



ACADEMY DAY



Claire Christensen -
Campus News Editor

On Friday, April 8, excited new faces filled the UCA campus, many for the first time. Academy Day is an event where people come from all over to check out the UCA campus and its programs. It has caused many former and current UCA students to make the decision to become part of the Upper Columbia Academy family.

To start off the day, new students were given a bag filled with goodies that included a name tag that assigned them to a group. After most of the new faces found their group leaders, who were current UCA students, worship began.

An uplifting worship was led by Cameron Bordeaux, Melody Van Doozer, Ethan Kim, Kale Patzer, and PJ. It was followed by the introduction of the staff to the visitors and cheers from current students. Tour groups were then dismissed to tour the UCA campus, its teachers, and the classes offered.

Tour groups followed their leaders to different classrooms so they could get to know

the teachers and what kinds of classes they could take better. Students toured: English, history, shop, music, art, dorms, and equestrian programs. At each location, they were given the opportunity to win scholarships. For example, in the history department, students were given a multiple-choice quiz and while in the art classroom, students could create art for chances at scholarships.

Lunch followed a tour and showcase of the horse barn. To end off the day, the scholarships were awarded, and there were excellent performances by Acro Soul, Band, Choir, Choraliens, Orchestra, and Strings.

Current UCA students also enjoyed academy days because they did not have any classes. Students were able to sleep in, relax, and catch up on their homework. Overall, academy days were a success for the recruiting for the future of UCA and was a much-needed break for current students.

KEEP CALM AND COUNTRY ON

On Sunday, April 11, students crowded into the horse barn for ASB's spring party. The Horse Barn was decorated beautifully with balloons and paper streamers, welcoming students and staff to an afternoon of fun.

The arena was filled with various carnival games people could take part in. These included giant Jenga, darts, inflatable bowling, horseshoe, ring toss onto soda bottles, and cornhole. Other activities were knocking cups over with Dean Abrio's face on them, trying to get ping pong balls into cups to win fish, making your own balloon animals, and jousting.

The main attraction of the party was a mechanical bull. Students tried to hold on as long as possible before being tossed onto the mats surrounding it. Despite the bull being predicted as the most dangerous attraction, its spot was unexpectedly taken by jousting. It somehow caused Isaac Acker, a junior, to dislocate his shoulder, giving him a trip to the ER.

Since the spring party's theme this year was Country Carnival, students dressed accordingly. Many wore cowboy outfits and cow onesies. The most memorable outfits were Caleb Brusett's clown bull fighter costume, Sasha Vaughan and Cody Heimann as Woody and Jesse from Toy Story, and Makenna Shirinzadeh and Jonah Alvarado dressed as a chicken and Colonel Sanders.

After an afternoon of fun and games, students hungrily headed to the cafeteria for dinner. This included veggie hotdogs, mozzarella sticks, and French fries. For dessert, the delicious options were caramel apples, churros, and cotton candy.

Overall, the spring party was a great success with students and staff alike. ASB put a lot of effort in and did a great job planning the banquet. The only concern shared about the events is the lifespan of the fish and Isaac's well-being.

THE BEAUTIFUL CONTINENT OF EUROPE



Isaac Acker -
Campus News
Editor

A group of UCA students went on the Spain and Portugal trip that left on Monday, March 14 at 4:30 and got back on Friday the 25th after midnight. They arrived in Portugal on Tuesday around noon. Four staff members came along, and they were Mrs. C, Dean Ballance, PJ, and Mrs. Deming. The staff members were supported by any parents who wanted to come too. They spent about two nights at each hotel. One day was spent walking around exploring the city, and the next day was spent driving to the next city. They had one guide that followed them for the whole trip, while more specialized local guides helped them in each town.

Dean Ballance was interviewed and was asked a couple of questions about his favorite parts of the trip. He enjoyed learning about the history of the area. The two religious groups that affected this area of Europe were Christians and Muslims. Christian houses were very fancy and extravagant on the outside, while the inside was often simpler. Muslim houses, on the other hand, had ordinary exteriors with lavish interiors. He also learned that sultans, who were basically the medieval lords of the time, would build their own home when they came into power. They would attach this house to the existing sultan's house. This resulted in large, extravagant houses.

UPCOMING EVENTS

Midterms April 26

Spring Picnic May 9

Home leave April 27- May 1

MAPS Testing May 11-12

Week of Prayer May 2-7

ASB Elections May 11

Mother Daughter Brunch May 8

Pre-Awards Assembly May 18

SAT May 8

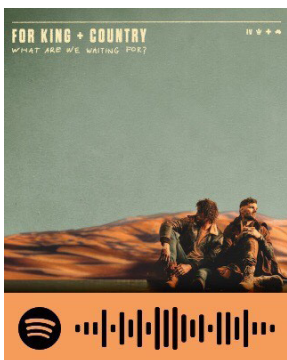
Music and ACRO Shows May 20-21



HYPE, HYMNS, & HALLELJAHS

These three songs are some of my favorites. This month take time to sit back and listen to these beautiful, peaceful songs that show the character of God.

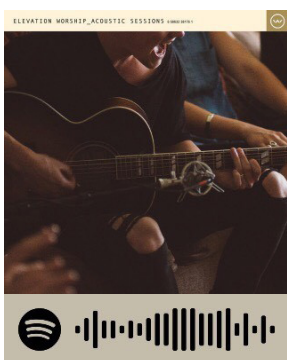
“There Is a Peace” by Harvest



“Benediction” by for KING & COUNTRY



“Yours (Glory and Praise)[Acoustic]” by Elevation Worship



Send any worship quotes or music recommendations to Gabrielle Townsend on Teams, I would love to hear your input!



Gabrielle Townsend - Spiritual Editor

A SNAPSHOT OF JESUS

“Grace is God’s power to do what he says. Grace gives eternal life. Grace gives peace. Grace is Jesus.” ~ Pastor Fred

“God carries us in our hardest moments.” ~ Benjamin Perrin

“If we claim to live in the light, we must walk in it.” ~ Mrs. C.

WHERE ARE YOU LOOKING?

Over Spring Break, my family had the misfortune of checking into our flight 10 minutes late. Just this small amount of time led to our boarding passes being in the C-30 section. As we were the last to board, I was thankful to find an open window seat next to a kind looking couple.

As the plane took off, the woman next to me began to read from the book of Mormon. I asked her if she was a member of the Church of Jesus Christ of Latter-day Saints. She said she was, and I was then able to interview her to complete a Bible project.

Looking back, I realize how many things had to fall into place for me to have that opportunity; we checked in late, I sat in that specific seat, and she was reading the Book of Mormon. God worked in a crazy way for me to have the opportunity to share my faith and learn about hers.

Things in life seem to happen because of chance and natural laws. We know that God is real and can work in big ways, yet we seldom realize when He works through everyday occurrences. We expect to see writing on the wall, when maybe the devotional or verse that we just read was written long in advance for this specific moment.

I like this quote from You Were Made for this Moment by Max Lucado, “The next time you hear someone say, ‘The devil is in the details,’ correct them. God is in the details. He works in the small moments.”

God is constantly working in our lives. Maybe we just don’t stop to notice it enough.

Bible promises: Psalm 9:1,2,10; Psalm 16:7-11; Psalm 119:73-76

CAN MUSIC IMPACT YOUR MOOD... AND YOUR BODY?



Laura Wertz -
Music Editor

Music is a part of everyday life. You can find it just about anywhere, from movie soundtracks to the classical music playing around campus. But did you know that this seemingly small slice of life can have an impact on your health?

You have probably heard that music can influence your mood in certain ways, depending on the kind of music you are listening to. For example, one study in the United Kingdom and Finland measured the emotions of more than 2,400 people listening to sad songs. Surprisingly, most of the participants reported a positive reaction to the music. However, there are other studies that reveal sad songs can influence your mood in a negative way. Another study found that people prefer sad music when experiencing emotional hardships, such as losing a friend or breaking up.

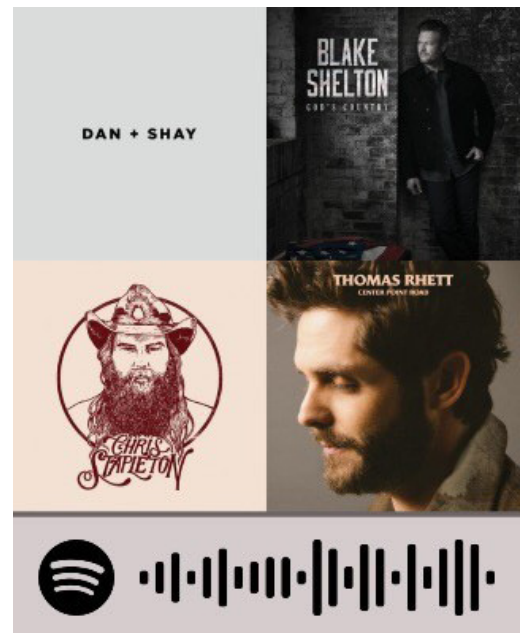
On the flipside, a 2013 study found that listening to upbeat music can boost happiness.

Being happy not only brings contentment to the mind but can also improve bodily health.

Happiness can reduce blood pressure and stress, enable better sleep, and help maintain a normal body weight along with proper diet (which can also be impacted by mood) and exercise. Your attitude can also influence your work ethic and your interpersonal relationships.

Music can have such a large impact on your mood that it can be used as a form of therapy. Music therapy can help people reduce stress, enhance memory, express emotions, and even assist in physical rehabilitation and alleviating pain. Music therapy can include playing, listening to, singing along to, and even moving to the beat of music.

So, go ahead and vibe to whatever you love! Listening to the music you enjoy will make you a happier, healthier person.



G.I. JANE 2



Jillian Petersen
- Entertainment
Editor

A MADLIBS PRODUCTION

Once upon a time, on a very special night, ***major event*** was held at ***place*** for the 94th time. Celebrities gathered to celebrate ***multiple nouns*** It seemed as though it was going to be just an ordinary evening, that is, until ***male celebrity*** went up to the stage to ***insert action***. ***First male celebrity*** is a funny fellow, and he sure did not disappoint (for lack of better words). While he was up on stage, ***first male celebrity*** made a joke about ***female celebrity***'s ***personal belonging or attribute*** (or lack thereof). ***insert movie title***, "can't wait to see it," he said, mocking her ***same personal item/attribute***. While it seemed at first that her husband ***new male celebrity*** was laughing at the mockery, once he saw her face of disgust, he decided to ***verb/action*** and marched up onto the stage. While the whole world watched, ***male celebrity 2*** ***action ending in 'ed'*** ***male celebrity 1***. Now it was ***same female celebrity***'s turn to laugh. ***Male celebrity 2*** preceded to saunter off the stage, satisfied with his way of dealing with his emotions. "I think this has been the greatest night in television history," was ***male celebrity 1***'s brilliant response. ***Male celebrity 2*** proceeded to ***verb or action*** in an attempt to get his point even further across. Turns out, ***same female celebrity*** has a disease called ***insert disease***, which makes the situation even more tricky. The big question is, who's in the wrong here?

YOU'VE BEEN QUOTED

"Feelings lead to problems." - Laura Wertz

"I have no pride. I have no shame" - Mrs. Riffel

"Can I sell your placenta?" - Jon Coleman

"Guys, I've always wanted to get my eyebrows done professionally." - Dace Manley

"I just want to read 12 lines of Olivia Rodrigo." - Carson Cox

"Of course I have postpartum depression - I've been pregnant

before." - Kole GreyEyes

WHY SPORTS?



Mia Pierce -
Athletics Editor

Large percentages of students around the globe participate in athletics of all kinds. Is this beneficial for them? The research says yes. Here are some of the positive effects of participating in sports.

SOCIAL SKILLS

Participating in sports results in higher self-esteem and confidence. Athletes develop a sense of belonging and learn to cope with success and failure. Being a part of a team allows students to build lasting friendships too. Playing sports makes teenagers more sociable and outgoing, it also lowers their levels of stress and anxiety. In addition, studies have shown that teenagers who take part in sports and physical activities have reduced depression and suicidal tendencies.

PHYSICAL HEALTH

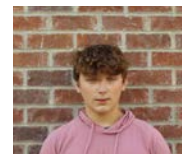
Only 8% of teenagers reach the recommended 60 minutes a day of physical activity. Student athletes are more likely to achieve this and are also more likely to remain active as adults. Studies have found that student athletes are fitter and have healthier body weights. They are less likely to develop heart disease, diabetes and obesity. Girls who participate in athletics have a reduced lifetime risk of developing breast cancer, and victims have higher rates of survival. Overall, student athletes have better agility, coordination, and balance, and are more likely to eat fruits and vegetables.

BEHAVIORAL BENEFITS

Teenagers who are part of a sports team tend to have decreased screen time compared to teens who are not involved in physical activities. Student athletes have improved levels of academic achievement and have higher levels of education. Participating in sports also results in fewer behavioral problems. Student athletes are less likely to commit crimes, do drugs and smoke. Girls who play sports are less likely to have sex or get pregnant at young ages.

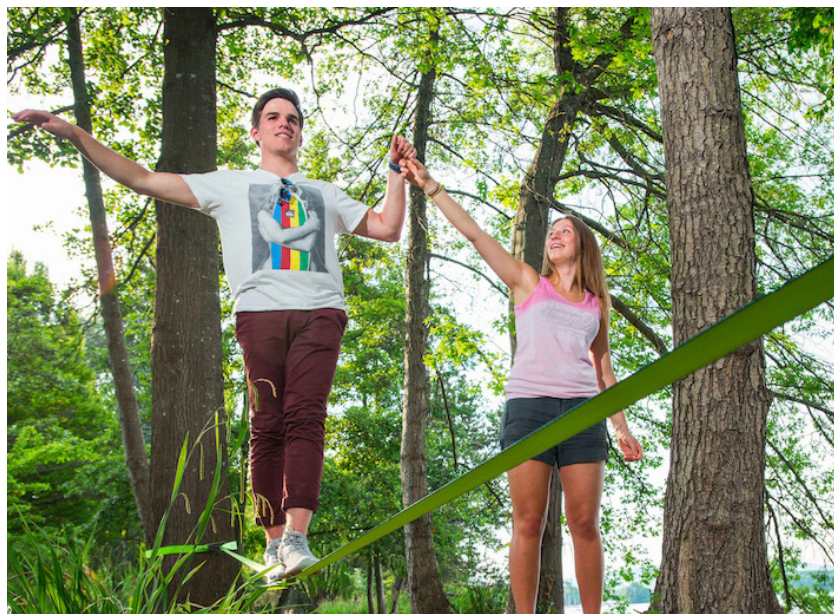


DON'T SLACK... LINE YOURSELF UP WITH SPRING



Chaz Kastl -
Campus Life
Editor

As spring roles around UCA is about to come alive. The campus has felt isolated and desolate since late October with the clouds and cold. Although the weather is not complying totally with snow in April, the sun is taking back dominion over the sessions. Although UCA tries to provide students with activities to keep the moral and spirits up, but the doom and gloom catches the campus happiness. With the seniors also leaving it puts a whole feeling over campus that only spring can heal.



Students always pull out there fun and games as soon as they feel the warmth. So far, I've seen kites flying, soccer practice, bike riding, and longboarding. But to my surprise a thing called slacklining. Apparently, I've been sheltered, but I've never seen this as a hobby shared by teens. I have a distinct memory of balance ropes, and its not pretty. With me fearing this activity it was a huge shock to see it enjoyed by so many people. No matter what people are doing on campus, its good to see the campus buzzing with activity. UCA has plenty of fun to offer, don't miss out!

THE SHAVING CRAZE

If 2021 wasn't crazy enough, last year we saw a trend with "The Boys" shaving their heads. The crazy isn't over, 2021 is creeping into 2022 with a hug shift towards guys shaving there legs. Watch out on the UCA campus for the shaven legs.



MR. SQUIGGLES

At some point through the year, Hannah Chilson's roommate inherited a hamster, Mr. Squiggles. All went well for a time. She recalls keeping him under the bed and pulling him out at night when the coast was clear to roll around in his little ball. However, the worst nightmare of every owner of an illegal hamster occurred. Mr. Squiggles vanished. "I came back, and our room was a disaster," Chilson says. Her roommate was panicking, still unable to find him. Then, after a good deal of searching, they heard something. Scratch! Scratch! They stopped to listen. Scratch! Scratch! There it was again. They followed the noises until they figured out where he was. Chilson states, "He was in the wall between the closet and sink." Now, she and her roommate had the challenge of getting Mr. Squiggles out of the wall. To do this, they thumped on the wall until Mr. Squiggles came out of a little hole near the bottom. In the end, Mr. Squiggles was safely secured and spent the rest of his stay at UCA with his roommates knowing his location.



Abigail Robertson - Dorm Life Editor

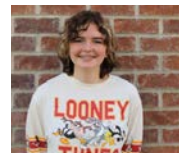


RAMEN LIKE ROYALTY

- According to my mom, something kids would do in academy is crack an egg into their ramen and then microwave it, making a sort of egg flour soup.
- Adding curry powder to your ramen is a nice way to spice things up (quite literally).
- Beef jerky (for the carnivores on campus), onion, and dehydrated veggies can be added to create a pho soup. If you are feeling fancy, a squeeze of lime juice will top things off nicely.
- If you're in the mood for Thai, I discovered a recipe for Peanut-Sriracha ramen. I like this one, because the ingredients will last long if you have them in the dorm. If you don't, all of them are easily obtained from the café. Simply cook your ramen noodles, and then add soy sauce to taste (or if you have soy ramen, a little of the seasoning packet with only enough water to spread it around), then peanut butter. The recipe calls for chunky peanut butter, but any will do, and then add your sriracha. Toss together and enjoy! I personally sampled this one, and it was OK. I would recommend mixing your sauce together first, and then adding it to the noodles.
- Add lime juice, try topping it with sesame seeds, seaweed, and other nonperishables.

MEET THE ARTIST

IRINA MUZYCHKO

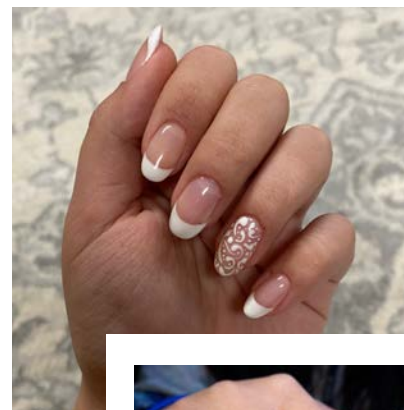


Kaelyn Olson -
Student
Highlight Editor

I grew up in a Christian family, and have one older brother, he's 27 now. (In a week they'll have a baby). My father is a pastor, he's a secretary of Moscow conference SDA church. My mom is a stylist, and she also works for Moscow conference, she's a head of the prayer department and family department. At the beginning, about 4 years ago, doing nails was my hobby. Later I started doing my mom's and my friend's nails and now it's not just hobby for me, but also a way to earn some money.



My family is a great blessing for me and they always supported me in everything, including this hobby. Besides that, I love music, I sing, play violin and piano. In Russian, my last name sounds close to words "music" or "musician".



ODE TO MY CHICKEN

She came to me
Smaller than my hand
With feathers grey as a wolf.
Her cry was that of a small child
Yearning for her mother.
She pressed herself against my
hands
To feel a sense of warmth.
And as she did, I felt her heart
Pounding in her chest like a
thousand
Little feet pattering against the
ground.

Her eyes where those of dark
mystery
Darker than the night
And her feathers were softer
than sheep's wool
As she slept in my hands that-
night.
Later as the weeks and months
went on
She grew strong
She spread her wings up to the
sky

And for the first time she could
some-what fly.

And to this day she still has
Feathers as grey as a wolf,
Eyes darker than night,
And a heart beating like little
feet
Puttering against the ground.

By: Larissa Smith

UCA'S TIKTOK STARS



Lauren Moody -
Student
Highlight Editor

TikTok. The app that runs social media and influences millions of people around the world. Almost everyone has TikTok and has witnessed several relatable, funny, or cute videos throughout the app. Several students at UCA have become viral themselves on this app by creating fun and engaging videos. Below are several interviews of the “famous” students, giving insight into their notorious TikTok lives.

JONAH ALVARADO

Do you like TikTok?

Yes, it gives me entertainment and a good laugh now and again.

Do you consider yourself “TikTok famous?”

Yes I do.

How many likes/views does your favorite video have?

Almost 9k views and around 1,500 likes.

What was it about?

Being quarantined with friends.



ABBY PAGOTELIS

Do you like TikTok?

No, it's too addicting and takes up all of my time.

Do you consider yourself “TikTok famous?”

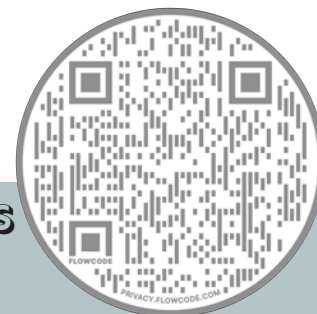
No.

How many likes/views does your favorite video have?

Almost 7k views and 700 likes.

What was it about?

My sister getting more Christmas gifts than me.



FRANCESCA DE LAPAZ

Do you like TikTok?

No, it's a waste of time, but a good waste of time. I have a love/hate relationship with TikTok.

Do you consider yourself “TikTok famous?”

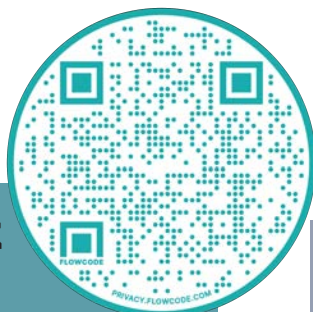
Absolutely... not.

How many likes/views does your favorite video have?

4.5k views and 1057 likes.

What was it about?

It was about dancing with Jesus in heaven.



MAXWELL STONE

Do you like TikTok?

Meh.

Do you consider yourself “TikTok famous?”

I feel like a child celebrity that fell off.

How many likes/views does your favorite video have?

7.1 million views and 1.2 million likes (However, it is no longer on TikTok)

What was it about?

It was about a “Karen” I guess.

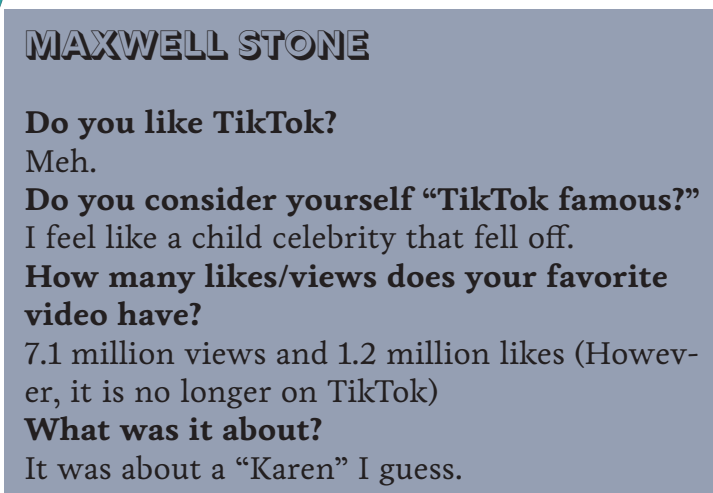






Photo Credits:
Ryan Hughes and Lyndi Brenton

THE RED MENACE

The dusty floorboards squeaked with the weight of the man who had entered. The saloon doors whined and clanged as they opened and swung shut. It wasn't uncommon to be covered in a thin layer of dust in this small desert town. But this man, he was covered, from the tip of his black cowboy hat to the heels of his boots. The loud murmuring in the saloon was instantly silent as the mystery man walked to the counter. Even the piano had stopped playing. Everyone who knew anything would know who this man was. His black cowboy hat, his red cotton shirt paired with a black vest, his pair of dark revolver pistols set on his hips. This man was the Red Menace. He stopped right in front of the man behind the bar, the young man eyes were full of fear and his hands were shaking slightly.

"Where could a man get a drink around here?" The Red Menace asked slowly. There was a sense of humor on the edge of his lips and a smile was creeping around his eyes. He knew he could get a drink here; he knew

his reputation. The young man startled and quickly poured a glass and placed it on the counter. The man in the dark cowboy hat raised his head, looking intently at the other, before reaching into his pack. As his hand reached, the entire room stiffened even more. The young man was both watching him closely while also looking for an escape. The Menace pulled his hand back with a couple of silver pieces and placed them on the counter. The young man froze, not having expected the payment, and then slowly reached out. He stopped about halfway and stared back up at the strange mystery man, as if asking if he was serious. The older man then quickly pushed the money towards him and turned, back towards the wall. The piano had slowly started playing again and the conversations were continuing. He had soft smile on his face. He slowly sipped the glass of water that he had received, while shifting his head around watching people. He downed the glass and placed it behind himself on the counter. Not looking back at

anyone, he walked confidently towards the saloon doors. Near seconds later a loud ruckus sounded outside. The young man, curious, hopped the counter and swiftly through the door. At the sight he saw, outside the door, he started laughing. There, the town scoundrel lay in the middle of the street wrapped in a hog tie with a small pouch of money in his teeth. At the end of the rope, stood the man dressed in red and black. On his face held a strange expression, humor. He looked as though he was going to bust up laughing. The town sheriff walked up shyly, asking what was happening. The Menace turned, now his laughter was apparent on his face. The corners of his eyes were upturned, and his stance was very relaxed. He handed to rope to the sheriff who also began laughing and walked to the tied-up man. He reached out and grabbed the small pouch from his mouth before saluting the sheriff and jumping on his horse. It was apparent that the Red Menace wasn't so menacing after all.



SMACK!



Sienna Duffield
- Cartoonist and
Backpage