



ECHOES

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SPIRITUAL LIFE

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GLADDING SPEARHEADS NEW UCA WELLNESS CENTER

With the rise of depression and anxiety rates across the country, UCA is committed to fostering a healthy environment for its students’ mental health with the opening of the new wellness center in the Olin Peach Powerhouse this January.

Stephanie Gladding had worked at UCA since 2010 as a girls’ dean, until she accepted the part-time position as wellness coordinator this year.

Starting next week, the wellness center will offer individual and group counseling, and guidance counseling for seniors, college and career planning, and help with scholarships, provided by Gladding, herself.

Full-body massage chairs will also be installed. Students can sign up for 20-minute time slots, and chairs will be sanitized after every use. A telehealth counseling room and services will be available for those who cannot schedule time with in-person counselors.

The wellness center will be open during collaboration, third and fourth period, and rec. Students can participate in quiet, calming activities such as coloring books, Lego building, painting, and many other activities that promote calm, not just counseling.

According to Gladding, “The world needs a wellness center. When I started deaning, we only

had 1-2 students in counseling a year, but toward the end, we had about 20-25 students. Taking 20-25 students to town every week became taxing. In bringing counselors here, students don’t have to miss class or make it so public.”

Students have been anticipating the opening of the wellness center since this fall. Senior Hannah Knipple commented, “I can’t wait for the massage chairs. I also appreciate that they are having support groups.”

Senior Missy Surdal added, “I’m glad UCA is finally doing this. Teenagers struggle with so many mental health issues and I’m glad we are finally taking a step towards getting people bet-

ter access to what they need.”

Finally, Knipple sums up the need for a wellness center through this metaphor: “When you sprain your ankle, you get help right away with ice and bandages. But you can’t put ice on anxiety or trauma, so sometimes we pretend that its not there. I think the wellness center will finally give attention to those who have suffered for far too long.”

On behalf of the UCA students, we’d like to thank the generous donors who made the wellness center possible. Thank you for your generosity and commitment.

Written by Rachel Riffel

CAMPUS NEWS

EDITOR: ALLY BENADO



Banquet 2020: A Night of Stars and Memories

The 2020 Winter Banquet was the biggest event of the first semester. This year, it fell upon December 13. Because of COVID-19, all pre-banquet activities were all on campus in order to not risk exposure. The options were to either watch the movies Home Alone or Polar Express, or participate in a gingerbread house contest.

Seniors, Alden Wilfley and Lorelei Harbour were the winners of the contest and commented, "It was literally the proudest moment of my life and if you listened closely, you could hear me shriek and scream when they announced the winners. We are the best gingerbread makers that ever lived on this planet."

Around 5 p.m. dinner was served to the students. The cafeteria was decorated with lights and stars hanging from the ceiling. The tables were filled with gold and silver plates and decorations. There was a photo

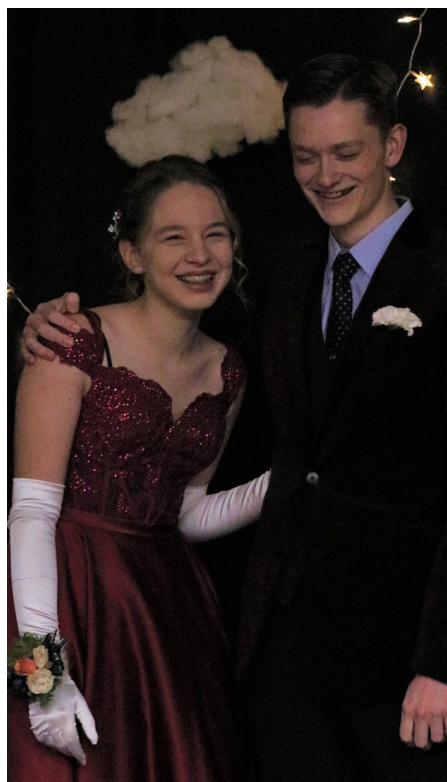
booth in the fireside room that students used to take pictures with their dates and friends.

For entertainment, Mr. Melendy played a game with the students called, "Who Knows Their Date Better?" He had each couple give the other one of their shoes and once Mr. Melendy asked a question, they would lift the shoe of the person they thought would do what was said. For example, a question asked was, "Who is more likely to not take a shower for a week?" and each couple raised the shoe they thought would. If you both guessed the same person, you won that round.

By the end of the night, students were exhausted but had loads of fun.

Angela Pielaet, freshman, described how her first banquet went: "It was really good. It was very decorative, and I liked the activities. The photo booth was cool! My

favorite part was the food. It was really good food."



Upcoming Events

January 15: End of First Semester

January 15-17: Rec Ski Retreat

January 18: Martin Luther King Jr. Day

February 1-5: ASB Spirit Week

CAMPUS NEWS

EDITOR: ISAAC GESSELE



Student Week of Prayer: A Spiritual Sledgehammer

Why is Student Week of Prayer such an impactful time for so many students? Hearing such a variety of ideas and praises in such a short amount of time brings spirituality back into focus for many. But Student Week of Prayer is powerful for more reasons than that. Listening to other students testify about the glory of God provides a connection that may not exist in a normal sermon. The times that are given each evening during the week are influential, not only to the listeners but to the speakers as well, as it provides a new, healthy experience for them in their walk with God.

Kate Byrd, Junior, was one of the speakers this year. "I'm really relieved that it's over, you have to spend a lot of time planning, it really takes some time out of your schedule. So yeah, I feel very at peace, even though it's also really sad that it's over. Going on the retreat and getting to know the other speakers is also a huge part of it," says Byrd. "If you want to speak for Week of Prayer in the future, just pray about it. Even if you don't make it remember that God works in crazy ways, and he still has a plan for you."

Seniors Alden Wilfley and Garrett Christensen filled me in on their experience as well. "I was really nervous about my talk beforehand, and in the first minute or two. After I was up there, though, it began to feel like I was just talking to some friends." Explained Wilfley. "If you want to speak for Student Week of Prayer, first of all, say yes. Besides that, make sure you have your talk planned out so that you know exactly what you're going to talk about and when."

The two speakers also told me a story about our very own Caleb Shirinzadeh taking place during SWOP retreat, Camp MiVoden.



"We convinced him to run down the street in one of his pant legs. So his whole body was engulfed by the one pant leg, with his arms crossed so he looked like a mummy. So he was forced to kind of waddle."

Byrd added to the story, "he was configured so that the other pant leg was flowing behind him like a cape!"

Alden continued to narrate. "Right about by the nurses' office he tripped and fell over. We heard the office door open, so we all ran, leaving Caleb to face whatever lay within. He couldn't pick himself up because he was, you know, mummified. Somebody opened the door and asked him if he was okay and he was just like, 'Yup, I'm fine!'"

SWOP this year has been a blessing to our school, and we can only hope that years to come will meet the standard that students this year have set.



SPIRITUAL LIFE

EDITOR: MAKENA VONBERGEN



VERBATIM: You Are Powerful

By Mia Profir



2021. A new year. A time to start fresh. A year for big things.

Ephesians 3:20 says, “Now to Him who is able to do above and beyond all that we ask or think according to the power that works in us – to him be the glory in the church and in Christ Jesus to all generations, forever and ever. Amen.” That is crazy! The God of the universe is telling us that He will use his power to work in us. We must take a step of faith.

No matter how bold our requests may seem, God can do all we ask and so much more. So, pray impossible prayers. Pray big, scary prayers. His power, the same power that

rose Jesus from the grave, is at work in you and with that nothing is impossible. We can do far more than we dare ask for or imagine. Do not let the uncertainty hinder you. God has complete confidence in you, and He can use you in the craziest, most unbelievable ways. But you must let Him first.

As we go into this new year, take that step of faith, tell God your impossible prayers, and allow His power to work through you and let His beautiful plan for your life unfold.

Small Beginnings

The new temple was completed, and their God lived among them.

The Babylonian exile was over, and the Jewish people had every reason to be absolutely stoked!

Instead, they wept.

You see, as many of the older leaders looked at the new structure, they were reminded of the original temple from the time of Solomon, bathed in glory. In comparison to the splendor of old, this new temple “seemed like nothing.” Tears intermingled with shouts of joy, and amidst the disappointment, the prophet Zechariah gave this message:

“Do not despise these small beginnings, for the LORD rejoices to see the work begin.” (Zechariah 4:10)

Read that again.

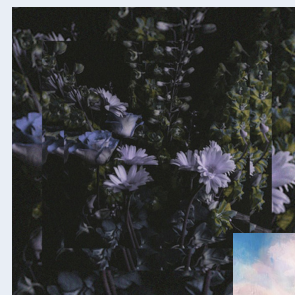
You see, we have a habit of confusing small with insignificant.

LAMB JAMS

Montell Fish’s lofi and rap have been ahead of the Christmas music game for a while, so he gets to own this section this month. “On My Way,” and “Holy God” are groovy, and his new album Camp Lukewarm needs to be listened to all the way through. (P.S. Check out @montellfish on Instagram for some CRISP aesthetics.)

“On My Way” by Montell Fish

“Holy God” by Montell Fish



UCA ATHLETICS

EDITOR: ASHLEY COX



Students Excel on the Slopes: UCA's First Rec Ski of the 2020-2021 School Year

On December 6, 2020, many excited UCA students hopped on the bus bright and early for the first rec ski trip of the season.

Due to COVID-19, Schweitzer looks different this year. There are only a few tables in the lodge, and the skiers are required to wear masks while waiting in the lift line. The conditions were not as enjoyable as some hoped, but the students still appreciated the opportunity to ski with each other.

"It was pretty buns, but I had fun with friends. You could still see grass and rocks in the runs. Most of the runs were closed," junior Noe Hernandez commented. Although some kids were disappointed with the snow quality, everyone came back with anticipation for the next ski day.



How to Achieve Your 2021 Fitness Resolution

It's New Year's resolution time, which means you might be finding yourself amongst the 80% of people who will fall off a New Year's resolution train in the next couple of weeks. But, that is okay! For now, if your resolution was to become for fit, here are some things you can do:

- Start by creating a schedule: This can include when and where you work out or journal entries and document how you feel.

- Stretch before bed: Stretching is a crucial part to a workout routine, although it is commonly overlooked. Getting into the habit of stretching before bed will prevent muscle soreness, injuries, and help you with your workout performance.

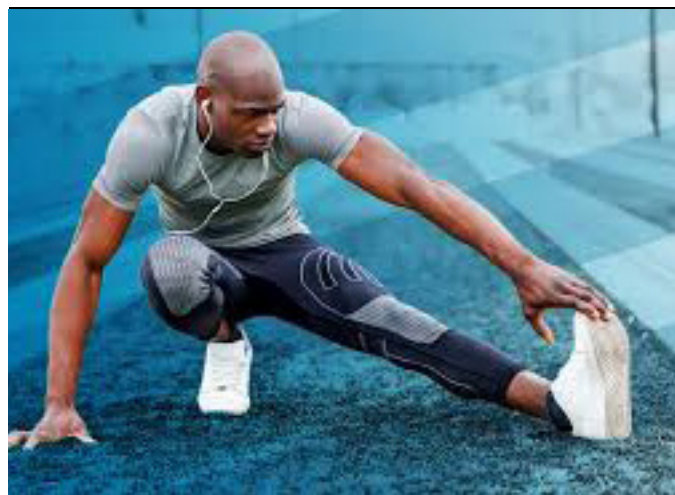
- Set some goals: It is a proven fact that you will become unmotivated at some point in the year. Setting and achieving goals will keep you going!

- Drink water: Not only does water keep you hydrated, it keeps you full.

- Try something new: Get out of your comfort zone! Try a new routine or sport altogether. This will keep you interested, along with physically and mentally challeng-

ing!

- You do you: Do not compare your results to the person next to you. This is your journey. Not your neighbor's.



ENTERTAINMENT

EDITOR: TORI STAFFORD



WINTER ENTERTAINMENT: THE ART OF WATCHING PEOPLE FALL

Are you looking for some entertainment during these chilly times? Look no further, I am here to provide you with some frozen fun.

Snow is not the only thing falling on our lovely campus: Sidewalks, roads, and the slick floor of the cafeteria give plenty of opportunities for some epic falls.

With all the snow accumulating and teenagers' general lack of self-control, snowball fights are bound to happen this season. If you are looking for some chaos, instigate a snowball fight (Instructions not included). Not only does this cause chaos, but it also leads to a 99.8% chance of people falling into the snow.

If the chaos you have caused is not satisfactory, there are always other options. If you are an absolute madman, join rec ski. Rec ski consists of juveniles racing down mountains at unnatural speeds with no one (that I know of) having attained skills equivalent to Lindsey Vonn. There are bound to be a couple of mishaps.

If you are not looking to involve yourself in such barbaric activities, there is

an option of safety. Go inside. Being inside a warm building with large windows allows you to be a part of the fun without the cold, gross, wet sock feeling.

Now remember, laughing at those who fall is all fun and games as long as you're there to help them back up again.

Warning: If someone is seriously injured, please help them, or notify someone who can.

Words from snow-falling survivors:

"It hurt, I hurt my hip because I'm old." ~Dean Dani

"It felt like I caught myself, but I kept going and going.... Then I got back up and fell again." ~Micalyn Haugsted

"Painful and wet." ~Kytanna Ballard

"It was really sad, it felt like there was nothing left in the world but ice and destruction." ~Anonymous



Are You Hopelessly Single?

Are you desperate for love?

Do you need a significant other NOW??

Sign up for a blind date by texting

360-899-6292.



Favorite Words with Tori!

Conducive – adjective: Making a situation or outcome likely or possible.

~Paul Hartman

Aesthetic – adjective: To be concerned with beauty or the appreciation of beauty.

~Alyssa Ruud

Sure – adverb: Not having any doubt about something; convinced.

~Josh Ford

Chrysanthemum – noun: A beautiful flower with a wide variety of meanings.

~Lindsay Demitor

NATIONAL NEWS

EDITOR: RENAE REINKE



PC: Maya King

ONE WOMAN CAN MAKE ALL THE DIFFERENCE: HOW THE STATES OF GEORGIA BECAME PURPLE

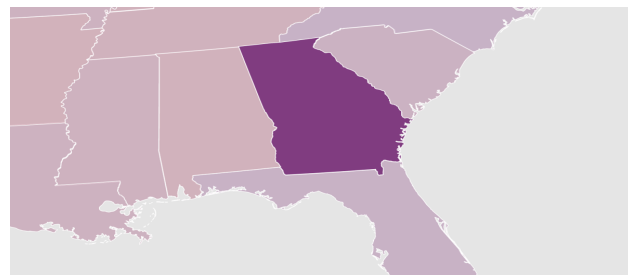
No one could imagine Georgia becoming a swing state. For years, Georgia was solidly conservative, and percentages of voters hardly fluctuated throughout elections. However, on November 3, 2020, the turnout of voters and number of newly registered voters skyrocketed from previous years. In this election, the number of voters was just shy of 5 million; a new record and a million more voters than 2016. What shocked people the most, however, was the percentage between the Democratic and Republican votes. After the Democratic barrier of 46% had been broken in 2018, it rose even to an astounding 49.5%, leaving Georgia at a nearly perfect divide between red and blue voters.

Stacey Abrams was the woman who made it all possible. She was the first African American woman to run for governor and lose a very close margin of 55,000 votes in 2018.

During her campaign, she realized just how many potential voters were out there and that Georgia could be on the cusp of becoming either red or blue. In her 2018 campaign, Abrams decided to use her coalition to include disengaged voters of color and new voters, instead of focusing on persuading older, moderate, and/or undecided voters.

The results of this method were astounding, increasing an overall turnout of voters and turning a long running red state into one of the most influential swing states in the 2020 presidential election. Abrams has set the stage for a new way to gain voters in both parties, should they also turn their focus to a new demographic.

(Photo Courtesy: Barbara Greenberg From CBS)

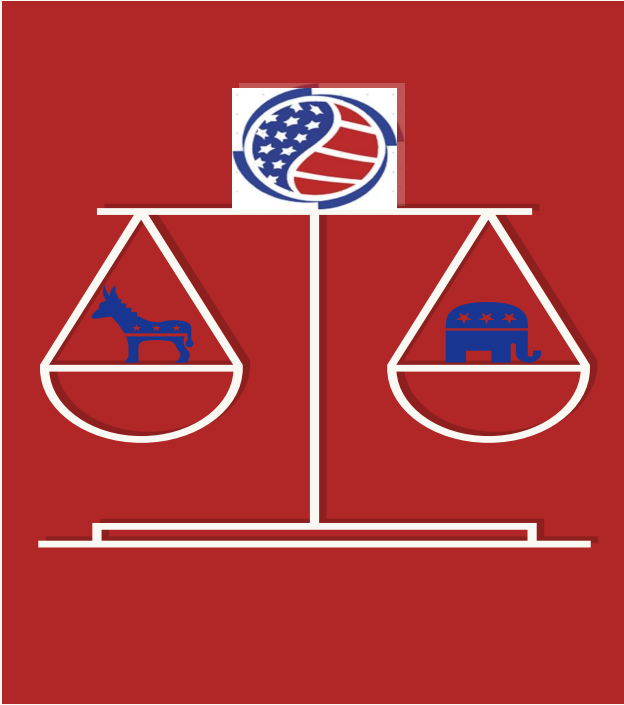


HIGHLIGHTS

EDITOR: ROSALYNE FOOTE



COMPROMISE



COALITION



HIGHLIGHTS

"Can You Guess 'Em?"

He is a Senior.

She is a Freshman.

He is six feet and four inches tall.

She is five feet and four and a half inches tall.

His favorite thing to say is, "Nicole, you suck."

Her favorite saying is, "That's lit."

His hobby is longboarding.

Her hobby is working with horses.

His favorite class is gymnastics.

Her favorite class is science.

His pet peeve is when people chew with their mouths open.

Her pet peeve is flaky people.



Turn to page 12 to find out if you guessed 'em right

RANDOM QUOTES

"Real G's move in silence; like me. Battaglia." ~Alex

Battaglia

"How do you determine the sex of a book?"

~Tyler Parker

"It's an African moose... Or a giraffe cat."

~Alex Wilfley

"Liking men is a disease."

~Lorelei Harbour

"Oh! You feel like dying?! Let me give you some LEECHES!" ~Mrs. Riffel

"Christmas isn't a color, it's commercialism." ~Ian Schroetlin

Drops candy cane "That was almost as disappointing as waking up this morning." ~Dylan Hill

ELECTION 2021

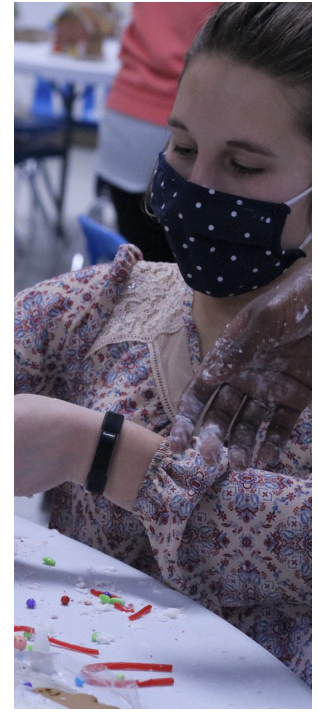
**ROWAN
DAVIS**

FOR PRESIDENT



★ ROWAN YOU TO A
BETTER AMERICA ★





THE BACKPAGE

EDITOR: AYDEN LEE



LITERALLY AND FIGURATIVELY ANYTHING: I'LL THINK OF A TITLE LATER (YES, THAT IS THE TITLE)



Humans are inherently lazy. You cannot convince me otherwise. If given the option to wake up at 5 a.m. and start their day or sleep in and do whatever, I can confidently say that anyone would choose the latter.

To counter our laziness, mankind invented all sorts of things.

We got tired of crawling, so we invented feet to walk.

When we got tired of walking, we invented the horse to ride on.

Then, eventually, the car, so that we could go even faster.

Laziness was the reason behind many people's suc-

cess. Thomas Edison was too lazy to light a candle, so he invented the lightbulb.

Michael Jordan was too lazy to play basketball, so he started a shoe company.

Theodore Geisel was studying to be a doctor but was too lazy to finish. Geisel still became one of the most famous doctors ever: Dr. Seuss.

Society frowns upon lazy people, which, sure, you can justify, but what many people do not understand is that lazy people are generally the most effective.

"I choose a lazy person to do a hard job. Because a lazy person will find an easy way to do it."
— Bill Gates

Dr. Pierce, who knows everything because she went to doctor school, said these wise words: "The person at the bottom

of their med school class is still called a doctor when they graduate."

Look at me, I am writing this article the period it is due. Should I have written it sooner? Probably. But whether I wrote this article minutes before it is due or in a week, I get the same grade as someone who turned theirs in a week ago. So, remember kids, and possibly adults, do not feel bad for being lazy, but know the boundaries.



Lakers beat the Heat,
The 49ers went to
the superbowl? The
Dodgers beat the
Rays, and Tampa
Bay beat the Stars!



sheesh it really was
a crazy year,
I hope 2021 is just
as exciting.

