

# ECHHOES

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2

## FEATURE

“New Year, New Me!”  
Setting realistic new years goals  
by Gianna Bolla

3

## NATIONAL NEWS

“Happy Healthy News”  
Learn the importance of a caring community  
by Anna Phillips

8

## ENTERTAINMENT

“The Actual Amazing Spiderman”  
The never-ending debate for the best Spiderman  
by Jillian Petersen



4

## CAMPUS NEWS

“Rec-Ski: The Winter Anti-Depressant”  
by Isaac Acker & Claire Christensen

# “NEW YEAR, NEW ME?”



Gianna Bolla -  
Head Editor



“New Year, New Me.” Sorry everyone, hate to break it to you, but this isn’t going to happen. Not to be a nerd or anything, but psychology says that by five years old, our personalities are set, and well, personalities don’t just magically change.\* So, call me a Debbie-downer but just because we’ve orbited around the earth once again doesn’t mean that skipping the cookies on cookie Tuesday will automatically make you a body builder, or that waking up 30 minutes earlier to study will give you that 4.0 GPA. However, just because we must be reasonable about things doesn’t mean we can’t make small improvements in our day to day lives. After all, your life is only as good as your mindset. Sometimes we get weighed down with intense goals to “perfect” ourselves which only leads to intense pressure and unhealthy expectations. So, let’s relax and be realistic. Yes, let’s improve ourselves – but in a way that prioritizes our mental health. Some of the best ways to improve come in the form of self-love. Here’s a list of my favorite acts of self-care that I’ve developed after one too many afternoons of crying and feeling anxious. Hope you enjoy!

- Give yourself time alone to be in your thoughts
- Journal
- Make yourself a hot cup of tea
- Remind yourself of something you’re proud of
- Make a new playlist
- Curl up with a good book and read for thirty minutes
- Exercise (even though we all feel tired)
- Make your bed
- Eat your favorite food
- Cry when you need to, and don’t feel guilty for it

# STRANDED ON THE HIGHWAY



Anna Phillips-  
National News  
Editor

Beginning January 3 on a Monday morning, a truck jackknifed on the I-95 in Virginia, causing a pile up of cars to lose control on the icy roads. Snow was falling at about two inches per hour and caused both lanes to be backed up for forty miles from Richmond to the nation's capital.

Hundreds of people and cars were stranded along the highway in freezing temperatures overnight. Some people reported to have been stuck for 16 hours, while another family said they didn't eat anything for 18 hours. The interstate itself wouldn't be opened again until late Tuesday evening when the Virginia Department of Transportation came and assisted.

Throughout the night, many people needed food, water, warmth, and bathrooms, and many panicked, sending out messages through social media about the stopped traffic. To provide help, Governor Ralph Northam's team and other officials distributed supplies and set up warming stations to help the stranded motorists.

Though there were no reported deaths or any serious injuries, many of the drivers and passengers were angry and displeased with the reaction time from the governor. In response, they argued that it was incredibly difficult to send the required people to help due to the heavy snow and ice.



## SPECIAL DELIVERY

Wilmar, an Amazon delivery driver from New Jersey, made an unexpected but much appreciated delivery after driving around the Franklin Park suburb. Wilmar spotted an old lady that was walking alone on a street and immediately knew something was up.

The old lady was a 92-year-old grandma named Gigi who had Alzheimer's disease. After wandering from her home, the Ring doorbell camera picked up the footage of her leaving.

Wilmar stopped his van and took the time to assist the lady, finding a medical alert bracelet around her wrist. Thanks to the alert bracelet, Wilmar was able to find a contact number and call up the lady's granddaughter, Karen.

After receiving Grandma Gigi's address and learning that her home was nearby, Wilmar drove the old lady back to her house where he was able to continue speaking with Karen through the Ring doorbell camera.

Karen was very thankful for the special delivery Wilmar provided and described the family-like neighborhood they lived in. Karen takes care of both her grandmother and her father, who has dementia as well, and was grateful that someone else had taken the time to also care for them.

"I think it's very important that the community looks out for one another," Wilmar said.

# A JANUARY HOME LEAVE



Claire Christensen - Campus News Editor

In December of 2019, some patients in a hospital in China contracted a disease called the Corona Virus. Fast forward to January of 2022, and a little school in Spangle, Washington is frantically searching for answers on what to do with a new outbreak of the virus on their campus. High percentages of students have COVID-19, and the ones who don't are wondering if the school is going to be shut down again. Students ask the teachers, and they all say that the school has no intention of shutting down, but the students don't believe them. It gets bad enough that multiple meetings are called in the café to tell the students that there is no plan to shut down.



Even more people test positive, resulting in the next day's basketball games being cancelled. School on Friday and Monday was also cancelled, relieving a lot of the sick kids' worries. The end of the semester, which was supposed to be Friday, was extended to the following Wednesday, so all stresses were put at ease. This four-day weekend in the middle of January had many kids calling it the January home leave. Some kids took this opportunity to head back home and see some family, while others just relaxed at school.

## UPCOMING EVENTS

**Jan 27-29:** Walla Walla Friendship Tournament

**Feb 9-13:** Senior Rec Talent Auditions

**Jan 31- Feb 5:** Student Week of Prayer

**Feb 14-18:** Junior Internships

# REC SKI: THE WINTER ANTI-DEPRESSANT



Isaac Acker -  
Campus News  
Editor



Almost every Sunday morning in the winter, students on the UCA campus wake up to stumble onto the bus at 6:00 a.m. to leave for Rec Ski. Rec Ski is located at Schweitzer Ski Resort, about 2 hours away.

To take full advantage of the drive there, some people catch up on the sleep they missed, procrastinate on homework, or hang out with friends. Along the way, the bus picks up village students at various stops. One plus of the early morning drive is watching the sun rise on clear mornings.

Students who have been on Rec Ski know the common sight of various staff becoming airplane stewards, walking up and down the bus isles offering breakfast and lunch items. Arriving at the mountain, students excitedly put on their gear and decide how many layers of clothing they need before rushing onto the slopes.

Students who have been on Rec Ski know the common sight of various staff becoming airplane stewards, walking up and down the bus isles offering breakfast and lunch items. Arriving at the mountain, students excitedly put on their gear and decide how many layers of clothing they need before rushing onto the slopes.

Once outside, students and staff split off to all different areas on the mountain. Some students head to the terrain park to master their newest trick, while others look for new runs or fresh powder. Whatever students and staff do during the day, they always come back into the lodge, hungry for lunch. After eating, they rush out onto the slopes to feel the thrill of flying once again down a snowy mountain.

At the end of the day students load onto the bus exhausted and happy, reminiscing about the eventful day. Although Rec Ski is not an event everyone participates in, those who are a part of it will recommend the experience to anyone. "I would say it's one of the best and most fun opportunities we have at UCA to make memories with our friends doing what we love," says Mia Profir, a Senior. A huge thank you is owed to the staff who help make it happen.

## THE SEVENTEEN DAYS OF CHRISTMAS

Christmas happens every year in December and is nearly 50% of the population's favorite holiday. Most kids love this holiday for the free gifts you get and the couple of weeks off school. UCA's home leave is nothing different; the students go home for seventeen days and return soon after the new year.

Gifts change over the years as kids get older and turn into adults. Some appreciate the change, while others wish it never happened. Most kids get toys for Christmas that seem super fun at the time, but only one or two usually last more than a week, let alone for a whole year. As you get older, you get a lot more clothes that usually aren't appreciated

right away, but when you must start buying your own clothes you grow to enjoy them a lot more. As you become an adult, the clothes stay as you also get practical items for work around the house.

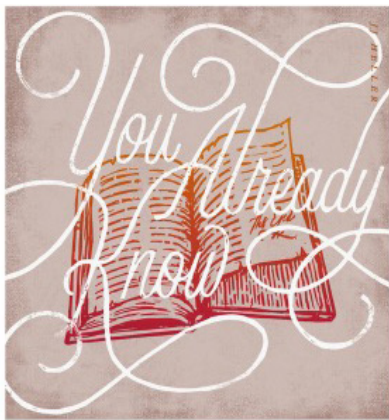
No homework is given over Christmas break, so students can kick back and relax. Almost everyone can go back home, even if they live out of the country. This is the one time out of the school year that Caesar gets to go back home to Honduras. He gets to catch up with his friends and play a lot of soccer in the balmy, 80-degree weather. Christmas is a time when families come together and share fun experiences.



# HYPE, HYMNS, & HALLELJAHS

Songs for 2022. May your year be filled with an abundance of love and the knowledge that you are never alone.

“You Already Know” by JJ Heller



“Abundance” by Mike Donehey



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



Gabrielle Townsend - Spiritual Editor

## WHAT STRUCK YOU TODAY?

Last year I decided to try something new. I took an old notebook, and I wrote one line per day. I would write a line that stuck out to me from what I'd read, or something I heard throughout the day. This was something that I continued to do throughout the year. These little snippets have become very meaningful. They show me how I have grown, changed, and seen God in the past year. Below are some of my favorite lines from 2021:

- Jan 1: Hold hopes and dreams but hold even tighter to God.
- Jan 2: Empathy changes the world. Jesus knew who He was with God, so He served. John 13:3,4
- Feb 16: Embrace correction and instruction, it leads to Godly wisdom. Proverbs 1:1-7
- May 9: Be present in love.
- July 1: We are KNOWN by a God who has made Himself KNOWN.
- Aug 13: Face fear and inadequacy in God.
- Sept 3: Great friendships, ministries, and things are never built in the first mile.
- Oct 25: Why trust humans over God? He has proven faithful.
- Nov 7: Face challenges; you are not alone. Deuteronomy 31:8
- Dec 10: God is a personal God who creates galaxies. Psalms 147:3-5

I encourage you to try it here, in an old notebook, or in a fancy new journal.



# 2021 IN REVIEW: MUSIC EDITION

Though 2021 was not an ideal year, many of us have found joy and comfort in music. We watched quite a few new artists, including Olivia Rodrigo and The Kid LAROI, come into the limelight this past year, with the social media app TikTok playing a huge role in highlighting new music. Now it is time to recognize them for their hard work and talents.

The number one song both globally and in the United States, according to Spotify, was Olivia Rodrigo's "driver's license," which streamed over 1.1 billion times last year. Her song "good 4 u" also took the number two rank in the United States, and her album SOUR achieved the spot as the number one album in the world.

This was also a great year for Doja Cat, Glass Animals, and Dua Lipa. Their singles, "Kiss Me More (feat. SZA)," "Heat Waves," and "Levitating (feat. DaBaby)" filled the next three spots for most streamed songs in the U.S.

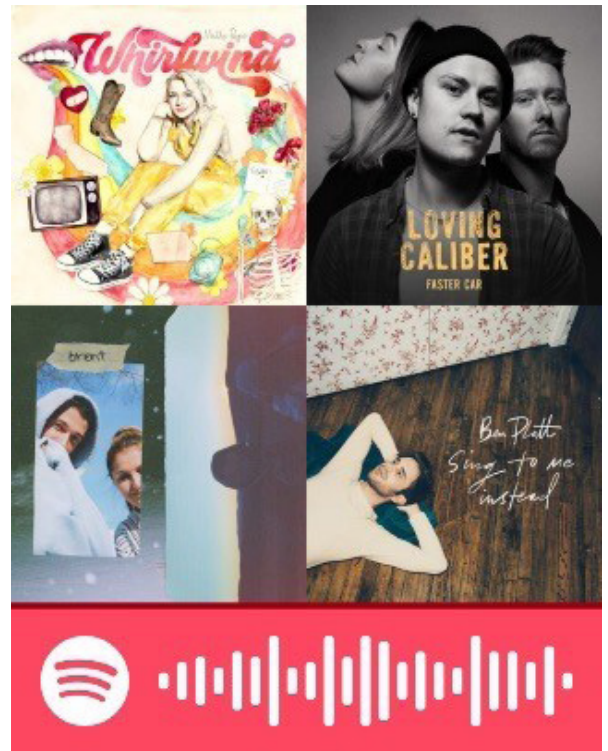
Despite these artists producing the top songs, the most streamed artist in the US last year was Drake, and the most streamed globally was Bad Bunny.

As the new year comes around, more new artists will also come. Who do you predict will receive their big break this year?



Laura Wertz -  
Music Editor

## MONTHLY PLAYLIST



## ANNOUNCEMENTS:

Feb. 8: Senior Rec Auditions

Feb. 9-12: WWU Choral/  
String Clinic

# THE ACTUAL AMAZING SPIDERMAN

So, obviously, this is an article about the best Spider-Man, and obviously most of the school thinks Tom Holland is the best, but obviously I'm going to tell you why he's not. And why Andrew Garfield is. Just kidding. We must include Tobey Maguire somewhere in there.

As I begin, I should mention that this article revolves around my opinion, so if you find yourself disagreeing with the glaring truth, I advise you to stop reading (it's called self-confidence, babe). Anyway - let's continue, shall we?

First of all, there are technically more 'Spider-Men' than just the Terrific Trio (or maybe the Dynamic Duo?), like the one actor from New Girl, and of course Shameik Moore, the voice behind Miles Morales. I could talk for hours about the cast, but y'all would rather read about why Tom Holland is just not it, right? (Whoops- who said that?)

You know, it's funny cause I can totally see people's facial expressions as they're reading this- most of them are crying because of how this wonderfully written article made them come to terms with the truth

"But what is the truth?" you may ask. Well, my dear reader, the truth is this-

Tom Holland is overrated

Tobey Maguire is scary

Andrew Garfield is hot

Now that you know the truth, you can determine who the best Spider-man is yourself



Jillian Petersen  
- Entertainment  
Editor

**SPIDER MAN TOTAL:**

**TOBEY MAGUIRE 10**

**ANDREW GARFIELD 26**

**TOM HOLLAND 38**



## RANDOM QUOTES

"Being seductive is hard."

-Katie Bunn

"My brain just had a heart attack."

-Rachel Thornton

"I barely go an hour without saying the word phos-  
phorus."

-Wesley Oliver

"That's so awkward."

-Brynn Martsching

"Are there instructions on the chopsticks?"

-Grant Early

"Bro, Olivia Rodrigo slaps."

-Nathan Michael



# ORDER IN THE COURT



Mia Pierce -  
Athletics Editor

Hitting a game-winning shot is every basketball player's dream. This dream became a reality for senior Jon Coleman on December 13. Shadle Park High School, a 4A school from Spokane, came up to UCA to play.

The game was close, but the boys took it to another gear in the final few minutes. Braiden Ermshar played incredible defense, tying the ball up several times in the last two minutes. The Shadle Park Highlanders, up two points, shot free throws in the final

few seconds. After they missed the second free throw, the Lions rebounded the ball and pushed it up the court.

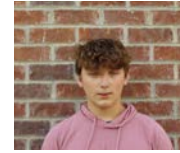
Coleman, ready to shoot in the corner, received the ball and let it fly. The ball hit nothing but net, a perfect, game-winning swish. The crowd went wild, storming the court and cheering. It was an unforgettable moment for UCA and Coleman.

Quote from Jon:

"I honestly don't remember what I was thinking when I shot the ball. I just caught it and let it fly."



# CHAZ'S COMPREHENSIVE CAMPUS GUIDE TO 2022 GOALS



Chaz Kastl -  
Campus Life  
Editor

With the new year of 2022 here, many of us resolve to do better. Better with our goals, better in our relationships and better all around. Literally all around, because that's the shape we are in after Christmas and New Year's dinner. One thing that is very common with new year's resolutions is getting rid of stuff that is holding you down. Whether it's emotional baggage, bad habits, or maybe even that baby you've been carrying inside. The UCA campus provides so many opportunities to meet your 2022 goals. I now present Chaz's Comprehensive Campus Guide to 2022 Goals:

## FITNESS:

If you woke up on January 1st telling yourself, "I want to look like Chris Hemsworth," then I have just the help you need.

## EXERCISE:

UCA offers a wide range of physical activities such as:

### The Gym

Not only do we have a basketball court, but we have a wide range of exercise equipment upstairs to help you achieve your goals!

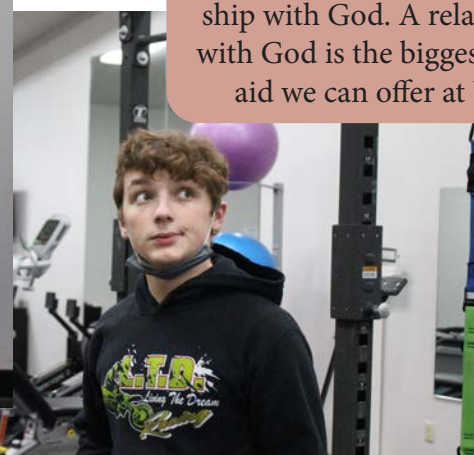
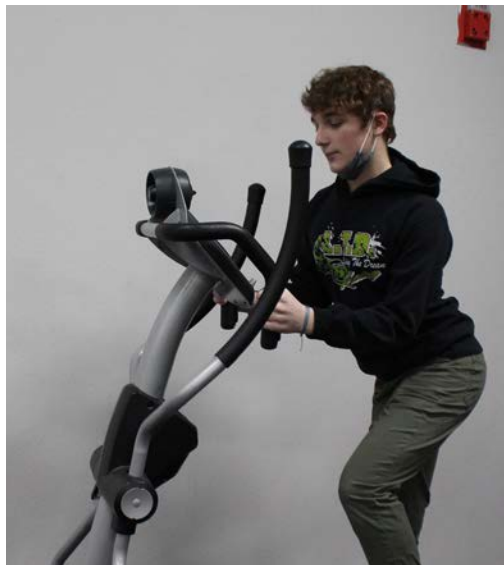
### The Loop

The loop isn't just to talk to that girl you like silly, no, it's about a half mile of easy to navigate terrain that can build legs of steel.

## DIET:

### Vegan options

If all else fails, just become vegan. Just ask Makena VonBergen, it helped her achieve her dream height.



## MENTAL STABILITY:

If your 2022 needs to be a year to find yourself mentally,

## COUNSELING:

Wellness center  
UCA takes pride in our new Wellness Center, a place for you to let all your worries subside. Our very capable staff, or just the simple environment filled with relaxing and fun activities, can aid you in mental goals

## COMMUNITY:

Friends and activities  
Having supporting people is something UCA can provide more than any other place. A Christ filled environment combined with UCA activities can lead to a developed relationship with God. A relationship with God is the biggest mental aid we can offer at UCA.

## WHY IS THE GUYS' DORM CALLED EKE?



Abigail Robertson - Dorm Life Editor

The questions surrounding the unusual name for the guys' dorm, EKE, have floated around campus for years. What does it mean? Where did it come from? How is it pronounced? These are all things many have wondered about. The truth is, we may never know where the name came from. According to Dean Rivera, not even the previous superintendent knew. It took some time to figure out, but EKE is Greek. In Greek

it is the letters Sigma Kappa Sigma, and it means "brotherhood." Its pronunciation is still questionable, however based on my research, it is not "eeek" or "ek." Sigma translates to "s" in English, and Kappa translates to "c." I don't think "scs" makes very much sense. Scscscscsc #viscogirl anyone? In that light, it is probably best to stick with Sigma Kappa Sigma.

## WHAT PEOPLE'S PHONES SAY ABOUT THEM

### The Caseless phone:

From Apple to Android, and amongst the wide range of outfits available for phones, everyone has their preferences. Is your phone still in its birthday suit? Or maybe you just got it for Christmas? Whatever the case, it's time to get one. Perhaps you are a procrastinator, and just haven't bothered to order one yet. I know it fits better in your pocket without, but seriously, a case is better than a broken phone.

### The Very Cased Phone:

On the other extreme, there are those with a phone so armored that it could survive both World Wars. Your parents probably threatened that if you broke it, you would buy it. Thus, you set out, determined that would never happen. It is a scary thought, but you should be fine with a nice case and screen protector. We are NOT GOING TO WAR. Everything will be ok.

### The Pop-Socket Phone

Ahhhh. What is it about those with Pop-Sockets? You have fabulous taste – or humor. I can't decide. My guess is you got really wrapped up in trendy things right around 2018...and then got stuck. But they are convenient, so what can I say.

### The Belt Clip Phone

If you have a belt clip for your phone, either you are a 60-year-old man, or you really like to go hiking. Have you tried geocaching? If not, I would recommend it. That's all.



# DONNEWICK



Kaelyn Olson -  
Student  
Highlight Editor

Let me tell you children the story of Donnewick...

Two days ago, in the land of the kitchen, there lived a goldfish called Donnewick. Donnewick was a small and skinny fish and wished more than anything to be free from the dark and dry prison of the goldfish bag. He longed for freedom the way that humans long for love, and he felt that his other fishy brethren did not understand him. He never spoke and often wished for the power to cry tears from his dry cheesy eyes but found that alas, he was powerless.

All hope was lost for Donnewick. He was so depressed he never moved an inch and was waiting for bacteria and mold to overcome him (just like his cousin, Dominic). Yet still, he stayed alive, surviving without thriving.

On this morning, Donnewick felt his brooding eyes impossibly light up. He looked in shock, as the bag that he had been contained in his whole life was ripped in two. Pure delight washed through Donnewick, and he became happy for the first time. Humongous fingers lifted him up, as if he had just won an Olympic medal. He was about to cry tears of joy, when suddenly, he was crushed in two by a pair of humongous white teeth. Donnewick's final thought was whether someone would remember him. And the truth of the matter is...

No one will remember him.

**By: Katie**

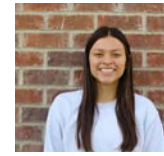
## MEET THE ARTIST

This beautiful watercolor painting was done by Joanna Enikeev, a freshman here at UCA, who is a village student from Spokane. Her favorite animal is a cat. She loves to relax by sitting down to read a good book and creating fantastic works of art.



by Joanna Enikeev

# UCA'S HIDDEN TALENTS



Lauren Moody - Student Highlight Editor



The student body at Upper Columbia Academy is full of talent. Whether its sports, music, or academics, each student is gifted in their own way. Some of these students have very special abilities, which are overlooked by many. Here are three students that have fun and exceptionally unique talents that you would never expect.

In the picture on the right, Emely Guerrero, a junior at UCA, is demonstrating her ability to move her finger all the way to her wrist! She

can do this with all of her fingers and makes it look easy.

Another talent that was demonstrated was by Ayden Lee, a senior at UCA. He is able to make an interesting popping noise just using his hands.

Lastly, Silas Gillham, a junior at UCA, has the best Donald Duck impression you will ever hear. If you are ever looking for a good laugh, go to Silas and you'll be in for a treat.

# BIBLICAL WORKS OF ART

At Upper Columbia Academy, students enjoy expressing themselves and being creative through their artwork. In the junior Bible class, Pastor Fred asked all his students to create art pieces based on the book of Revelation. Each using their unique abilities and ideas, the students created some wonderful pieces. Some of the most memorable pieces were the artwork done by Gianna Bolla, Sasha Vaughan, and Chaz Kastl. These pieces were the first artworks to be framed by Pastor Fred in 6 years!

The picture on the left was created by Gianna Bolla. She based her drawing on Revelation 18 and spent lots of time creating the details sketching this illustration.

The picture on the right was done by Sasha Vaughan and Chaz Kastl. They based their drawing on Revelation 17 and chose to draw and use watercolors to create this piece.



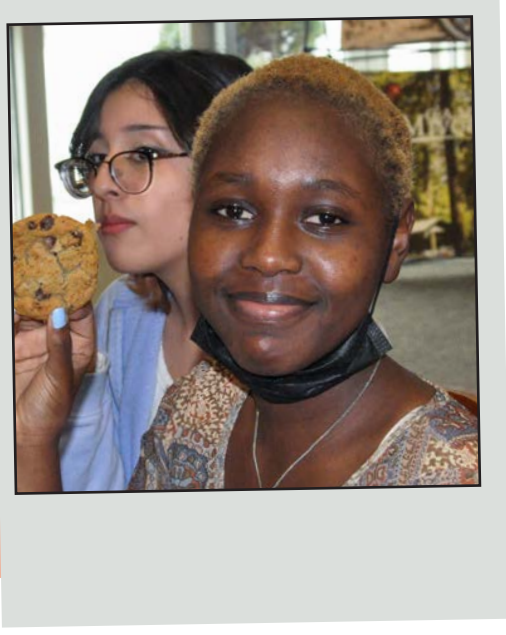
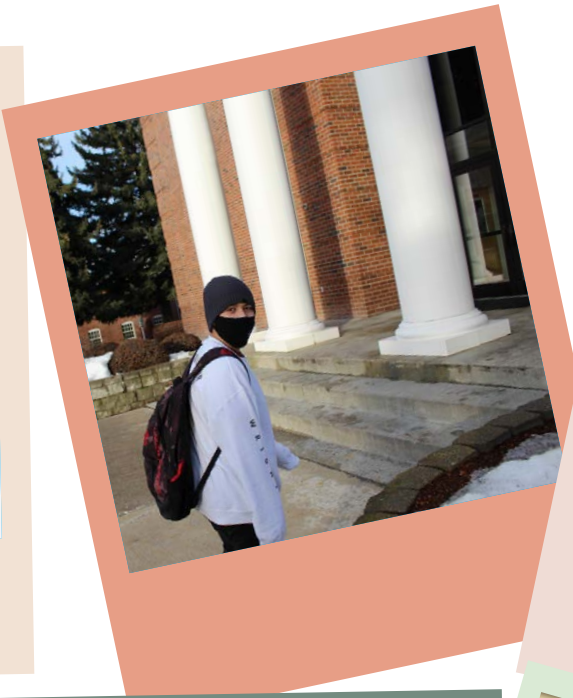
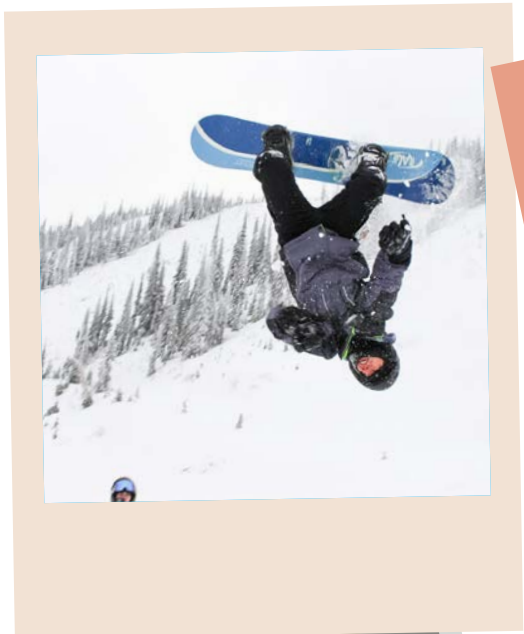




Photo Credits:  
Ryan Hughes and Lyndi Brenton

# QUOTES FROM MY FRIENDS

Why have big GPA when you could have big biceps like Arnold?

-David

“Hey man, are you going to be okay?” “eh I don’t really care”

-Isaac

“I love the taste of sweaty leather”

-Andy

“Anything for lasagna”

-Jonathan K.

“Why don’t you speak Australian?”

-Skyla, to me

“No, he’s consumed your truck and your father”

-Matthew D.

“I’m gonna see some sinners on the side of the road and full send them to Christ”

-Ryan G.

“Do you feel like a million bucks?” “No, I feel like 369”

-Orion and Alex B.

“I have so many onions”

-Asher, David and Caleb Brusset

“Oh hold on, did I forget my daughter?”

-Kyle Gladding

“I asked for cookies, not abuse”

-Rosalyne

“The truth is a lie”

-Alex B.

“I think I’m gonna go be one with my people and sit with the trash can”

-Asher

I didn’t know I was a man”

-Ryan G.

“I would literally die for my sister’s dog. that is how sad i am right now. and I don’t even like my sister’s dog”

-Will



Asher Mack -  
Chaos Editor



## SPIDER MEN



Sienna Duffield -  
Cartoonist