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Senior wRECKed Us

By Alden Wilfley



Welp, it's that time of year – Senior Recognition.

Although the weekend is way more than a talent show, the senior-oriented-Amateur-Hour-type-beat is what occupies many of the senior's minds.

From what I have noticed, there are two types of seniors when it comes to Senior Rec. There's the senior who has been thinking of Senior Rec for as long as they could remember – like Caleb Shirinzadeh, who has apparently been planning his "Fever Dream" act since September. The other type of senior is one who remembers that Senior Rec is in one week and they agreed to be in three different acts.

Regardless of which senior you are, if a senior at all, Senior Rec 2021 was one for the books. There were bands, duets, solo acts, skits (including a super stereotypical one and even

one involving half-naked men as depicted above), an Acro routine designed by Mikayla Brenton herself, and even a look into one of Hartman's weird dreams.

Even with the entertaining talent show along with social buzz of seeing parents and meeting friend's families, Senior Recognition Weekend has to bring a certain level of stress to everyone involved; it's basically a rite of passage.

When asked about Senior Rec, Senior Class President, Lorelei Harbour said, "Despite the superfluous stress of the entire weekend in which my mind, body, and soul were exhausted, it was fun, worth it, and we made \$20,000. I would do it again, I just need a year of rest."

Better than any other man could have stated, when asked to give a quote about Senior Rec, Ian Schroetlin responded with, "Senior Rec was fun."

When asked the same question, Chris Kime said, "I was thinking of bananas the whole time."

All of these quotes give a deep insight into the sheer mental impact that Senior Rec can have on those involved.

Although Senior Rec weekend is over and that aspect of senior stress is gone, the reality of actually graduating is taking its toll. Instead of stressing about our performances, we're thinking about growing up, getting jobs, and paying bills. That's way more daunting than learning how to march down an aisle. In that way, Senior wRECKed us.

CAMPUS NEWS

EDITOR: ISAAC GESSELE



Photo Credit: Cami Reese

UCA Recording Studio: An Interview with Mr. Anderson

One of the largest projects the UCA staff and students have undertaken in the 2020/21 school year is the recording studio, which will be located on the top floor of the music building. As the studio is not quite finished yet, some questions and general curiosities remain in the air. An interview with Mr. Anderson may be able to answer some of these questions. Isaac: Why is the recording studio not done yet?

Anderson: There are a couple reasons. Of course there's COVID, which slows everything down. There's also bad weather, which makes it much more difficult to transport expensive sound equipment. So now all we're waiting on to finish the studio is the sound equipment, and the windows as well.

I: Who will be able to use the recording studio?

A: I don't want this to be something for just a select few students to use, this needs to be something for anyone and everyone that wants to record something. You know using an independent recording studio costs upward of \$100

an hour, so having this at the school will really open up musical opportunities for the students.

I: What will we be able to use the recording studio for?

A: Well, obviously, we're going to use it to record things. While the school is going to record our stuff like octet, sax quartet, and maybe some other small ensembles, it's also going to open to kids who are even considering music, as well as things like composition club. Students will be able hear their own compositions on a recording and decide whether they like it or not.

Excitingly, on the date of the interview, we received the excellent news that the sound equipment had arrived. With a hopeful perspective, that means the only thing keeping the recording studio from completion is the windows. If we are lucky, we could plausibly see the recording studio in action very soon.

Upcoming Events

HOPE

March 14

Spring Break

March 17- 28

St. Patrick's Day and End of 3rd

Quarter March 17

4th Quarter Begins

March 29

Academy Day

April 9

ASB Spring Party

April 11

CAMPUS NEWS

EDITOR: ALLY BENADO



You Can Have All the Clubs You Want

Due to the effects of COVID-19 on our extracurricular programs, UCA's Student Faculty Council wanted to spice things up on campus this year by establishing campus clubs. With the approval of Ad Council, on January 6, 2021, clubs were introduced.

The following clubs were made available: paddleboard building, debate, reading, music composition, backpacking, canoe camping, guys volleyball, crocheting, monopoly, historical movie, disc golf, hiking, and technology.

Some of the sponsors of the clubs include Mr. Anderson, Mr. Gladding, Mr. Lenz, Mrs. Larson, and Mrs. Kramer. Each club convenes once or twice a month following the sponsors instructions.

Freshman Micah Alvarado,

commented about debate club, "It is a really good club. It is definitely my favorite one. It can be really chaotic, sometimes, but it is really fun in general."

One of the clubs worth mentioning, which excited students is the book club, which is organized by Mrs. Kramer and Mrs. Riffel. Every month, the two teachers pick a book for the participants to read, and when they finish, the students discuss what their feelings were while reading.

Junior Laura Luke, said, when asked about how it was going, "I am really excited because we are going to go on field trips. We are also focusing on books that I don't typically read, which is fun. Right now, we are reading, *And Then There Were None*. I am loving it!"

We are grateful to Student

Faculty Council for giving the UCA student body many more fun activities to do throughout this school year.



In Recognition of the UCA Cafe

By Sky Seong

Three quarters have gone by this school year. The year of uncertainty, fear, and isolation that affected the entire globe did not fail to knock on UCA's door. Safety regulations were placed all over campus, including required masks indoors, separation of desks in classrooms, and limited school and sport activities.

The cafeteria was impacted the most because it is usually a place where everyone can take off their masks at once. The rules placed on the cafeteria were especially strict at the beginning of the year. Even though the rules are more relaxed now, the cafeteria staff and student workers continue to work hard to prevent the spread of the disease.

It is widely believed among the student body that not much attention and thanks is given for all the hard work the cafeteria workers put in. Their work-

load increased when the administration decided to create two lunch periods, in order to reduce the number of students in the cafeteria.

At the start of the year, the cafeteria student workers had to serve food to everyone. The complaints of long lines distracted from the hard work of cafeteria workers. Even though they do not have to do that anymore, they still must make sure the students are wearing masks and putting on hand sanitizer before entering the lines, as well as sanitize everything after the students leave. These are just the beginnings of what they must do to protect the UCA family.

"It is a real blessing as a village student to be able to eat good food that the cafeteria workers have taken the time to safely prepare," says junior Allyson Benado.

The cafeteria workers should not be excluded from the list of people at UCA working so hard to keep UCA open and safe. Maybe, this is a sign for you to write a little thank you card!



SPIRITUAL LIFE

EDITOR: MAKENA VON BERGEN



Guard Your Heart, Not Your Time

There are three things I'm genuinely, truly, beyond-all-reason terrified of. The first is accidentally touching someone's back hair when I hug them. The second is mistaking sweet pickles for dill pickles at potluck. The third and greatest is losing time.

I'm a big achiever. I love pursuing and accomplishing ambitions, so I obsess over checklists. This isn't inherently bad. However, it often gets in the way of something really important—being available to people and myself. I'm so scared of losing time that I cut anything that isn't "efficient" out of my schedule. I avoid being with people. Oh, I'll hang out if there's something to do, but just being present with people and not doing anything? That scares me. It's not "productive." It doesn't mark off my checklists. In my pursuit of what's efficient though, I lose what's effective: love.

According to Colossians 2:16, we were created BY love, FOR love. That's our purpose. If anything slows my progress towards that goal, I might

need to reevaluate. God's biggest dream for us isn't for us to achieve a lot; it's for us to love radically. The upside-down Kingdom of God operates on a reverse economy. Want to be rich? We're told to give away what we have. Want status? Lose yours. Want to lead? Learn to follow. It seems counterintuitive, but if we want to achieve big things, we need to waste time on loving people. We don't need to make more checklists—we need to make more time.

"Guard your heart, not your time." It's not really our time anyways. Stay available to other people. Stay alert, stay engaged, and stay genuinely interested in the lives of others.

Because sometimes, by losing the time we grip onto and by giving away what we see as important, we gain what really matters.

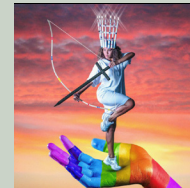
~Lamb Jamb~

This month's bands are radically pushing the envelope for Christian music. Ecclesia is an eclectic, alt-pop, "art ministry" whose areas of passion encompass everything from music to fashion. King's Kaleidoscope weaves together indie rock and hip hop in their melodies.

Man, both these songs are absolute anthems. Not only are they beautifully hype, but their lyrics are insanely powerful. If you want music worthy of living by, these songs are it.

"Sticks & Stones" by King's Kaleidoscope

"We Could Be the Ones" by Ecclesia



Verbatim

How do we become more vulnerable to others?

"You have to make it uncomfortable for yourself to experience new things, so definitely opening up. It's so scary, but once you get into it and you practice, it's so rewarding. It's the best thing you can do, honestly."

-Madi Divers

How do we learn to be more content with our situation?

"Yesterday is history. Tomorrow is a mystery, but today is a gift! That is why it is called the present."

- Master Oogway

UCA ATHLETICS

EDITOR: ASHLEY COX



Who Spikes Harder? UCA Volleyball vs. COVID-19

For current scores and updates, be sure to check out the MaxPreps website!
[https://www.maxpreps.com/high-schools/upper-columbia-academy-\(spangle,wa\)/volleyball/home.htm](https://www.maxpreps.com/high-schools/upper-columbia-academy-(spangle,wa)/volleyball/home.htm)

As blessed as UCA is to have live classes and students on campus, a large chunk of life has been left out of the high school experience, due to COVID-19, preventing us from feeling somewhat normal.

On Tuesday, February 23, UCA took a big step in replacing a piece of high school life—interscholastic competitive sports. With the eastern region opening to phase two, volleyball became the first interscholastic sport to be approved. Because of this, the lady lions were able to host their first volleyball game against Reardan High School.

Both the junior varsity and varsity teams were able to secure a win in the first regular game of the season.

A crowd of UCA students were able to share in their victory, which made it even more exciting. It did look a little different however, as the players were required to wear masks on the court, and benched players were spaced apart.

With the constant threat of a COVID-19 outbreak, live fans are limited to 70 and must always wear a mask. They are also required to enter through the back doors and confined watch

the game on the stage. Regardless of the stricter guidelines, UCA students still enjoy the games.

Although the season is shorter than what one would look like in a normal year, both volleyball teams have scheduled games with 10 different high schools. Half of them are home games, and the other half will be hosted at other schools, ranging from UCA's neighbors at Liberty High School to as far away as Chewelah, Washington.

Since volleyball is only for the girls, many guys feel left out. With the introduction of many

clubs on the UCA campus, guys who were interested found a way to play volleyball more competitively by creating a club. Although it is mostly for fun, tryouts were held, and practices occur during the week, usually one of them being a morning practice! The boys are also hoping to get a few games in with teams outside of UCA. Before the season started, varsity was able to play an exhibition game against the men's volleyball club. They battled hard and lost by one set.



PC: Cami Reese

ENTERTAINMENT

EDITOR: TORI STAFFORD



Books for People Who Don't Like to Read

RANDOM QUOTES

"Snowflakes be like 'For Narnia!!' and then zoom into your eyeball."

~Lucy Han

"I'm gonna sell my ovaries or something. Maybe then I can pay for college."

~Carly Haeger

"Call me batman cuz I'm on a roll."

~Alex Wilfley

"They all look dead inside and I love it."

~McKenzie Haskin

"I feel like a woman with a purse."

~Tyler Parker

"I WILL THROW THIS MUSHROOM AT YOU!"

~Dean Clair

"Who needs Mr. Melendy when you have Youtube?"

~Landyn Stam

Ok, guys, so I don't know about you, but when I was younger, I LOVED to read. I was up all hours of the night reading and only stopped when my mom would enter my room at like 3 a.m., turn my lights off and either tell me to put away my book or take the book from me.

Unfortunately, my reading habits soon diminished after becoming a teenager. I no longer had the motivation to even respond to text messages so picking up a book was a foreign concept.

BUT! I recently have been inspired to read again, and I thought maybe by sharing my rekindling love for books I could perhaps interest some of you hidden bookworms.

Since it's March, AKA National Reading Month, I went around campus and asked a few students for their favorite books and here's what they have to say! Just to clarify I've written some summaries that are extremely vague and if you want a better description read the book lol.

P.S. This list isn't in a specific order don't read into it too much ;)

1. **The Witch of Blackbird Pond by Eliza George Speare**

This book is about Katherine "Kit" Tyler and she has to face the struggles of being a 17th century woman. You know the usual things, like being accused of witchcraft and whatnot.

2. **Pride and Prejudice by Jane Austen**

Romantic, but not the typical romance, but that makes it the typical romance. Old fashioned love, but challenging.

3. **To Kill A Mockingbird by Harper Lee**

Everybody is racist. Man is falsely accused of a horrible crime. Lawyer is assigned to defend the falsely accused man. This book was an emotional roller coaster.

4. **And Then There Were None by Agatha Christie**

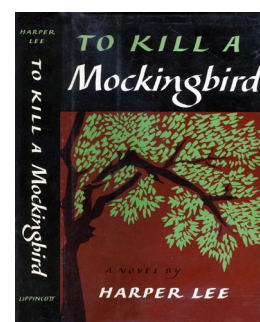
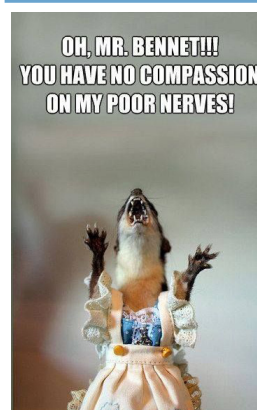
Everybody loves a good mystery. People are dropping like flies and nobody can trust anyone. Is it you? Is it them? Is it me?!

5. **Oh, The Places You'll Go! by Dr. Seuss**

My favorite Dr. Seuss book growing up. Still my favorite books today.

Books I'm not going to summarize but you should still read:

1. The Alchemist by Paulo Coelho
2. Hatchet by Gary Paulsen
3. Wonder by R.J. Palacio
4. Diary of a Wimpy Kid by Jeff Kinney
5. I Am Malala by Malala Yousafzai



NATIONAL NEWS

EDITOR: RENAE REINKE



PC: AP Images

National History Months: Remembering National Figures Who Made a Difference in America

The National History months of February and March are a great time to remember significant figures who shaped America. February is Black History Month, the brainchild of Carter G. Woodson, and March is Women's History Month. Black History Month was officially established in 1976, and four years

later, Women's History Month was established in 1980. After many years of historical education, the months cover a new theme each year.

This year, Black History Month covers the theme of representation, identity, and diversity around the African American family.

The theme aims to break the original stereotypes surrounding the typical colored family, bringing light to the many other diversities of the spectrum.

Another goal of this month is to bring out figures who weren't considered as "typical" heroes, but still made large impacts. Some of these figures lived quite recently and include musicians, writers, and even athletes. Albert Murray, Althea Gibson, Howard Thurman, Ella Baker, Gordon Parks and Fritz Pollard are people who deserve research in some spare time.

Following immediately after is Women's History Month, with its collection of interesting characters. The month officially begins on the 8th of March and

holds a theme regarding the fight for gender equality and significant impacts upon the feminist movements against bias. This month, a few young women featured were in their teens, making for a more inclusive month for the younger generation. Some women worth looking up are Sybil Ludington, Claudette Colvin, Hedy Lamarr, Chien-Shiung Wu, Sojourner Truth and Babe Didrikson Zaharias.



PC: Anonymous

HIGHLIGHTS

EDITOR: ROSALYNE FOOTE



This month's student highlight include extra credit projects from Dr. Pierce's World History class and sonnet from Mrs. Melendy's English I class. Also included is a meme by our resident copy editor, Kole GreyEyes. Thank you to each of the students for showcasing their abilities in each class.



Sleep

By: Spencer Rich

How fair thou lays my gentle head aloft
 My everlasting praise I give to thee
 A bed with you, my love, is twice as soft
 Don't ever cease to sooth and comfort me
 I'm lost and yet there is no need to search
 It is a merry quest my heart doth find
 My wings in you rest on a sturdy perch
 No other one I've found is just as kind
 But what of you that helps me persevere?
 You know I can't be nimble in your sight
 Your price of great is always quite sincere
 It's hard to dodge your devastating bite
 Although in often times you ar'nt the best
 I love thee, sleep for always giving rest

The Realm of Videogames

By: Levi Hardy

All it took was a small, mini CD
 Spinning, revolving, around in the set
 Suddenly I was an fiction'l QB
 Launching passes down field, while
 dodging threat

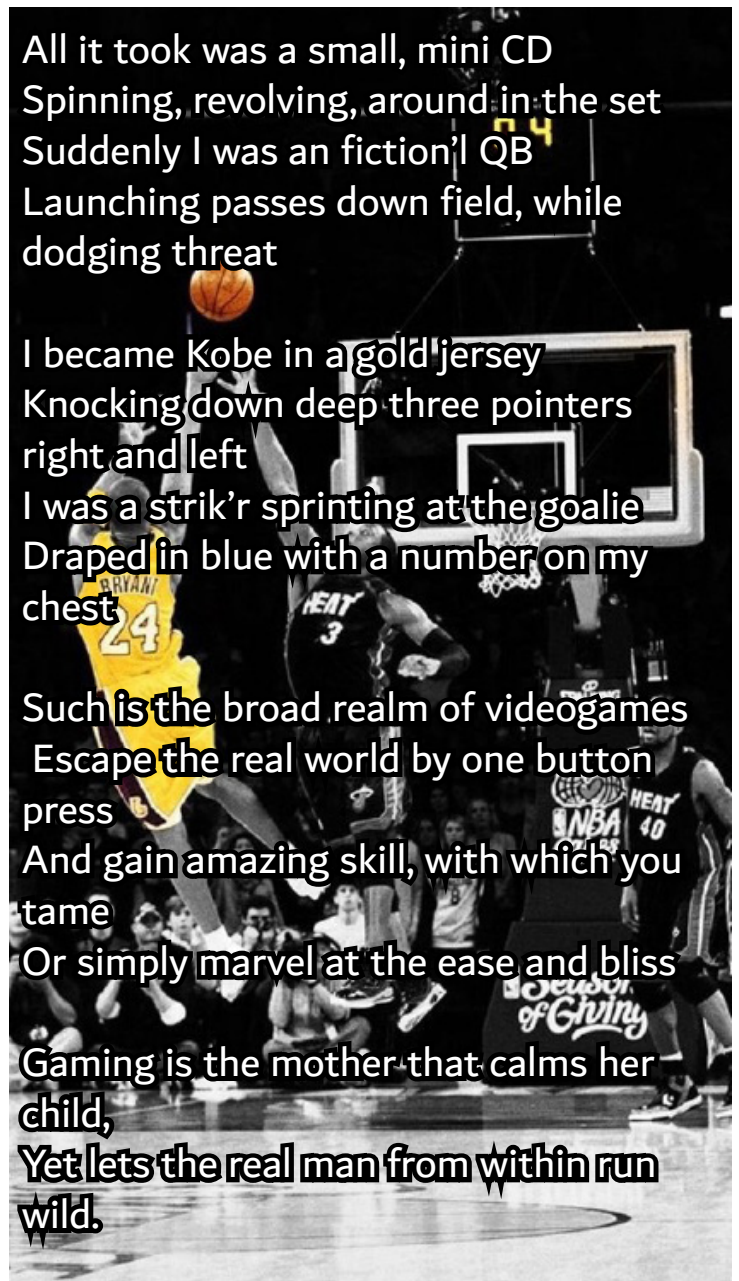
I became Kobe in a gold jersey
 Knocking down deep three pointers
 right and left
 I was a strik'r sprinting at the goalie
 Draped in blue with a number on my
 chest

Such is the broad realm of videogames
 Escape the real world by one button
 press

And gain amazing skill, with which you
 tame

Or simply marvel at the ease and bliss

Gaming is the mother that calms her
 child,
 Yet lets the real man from within run
 wild.

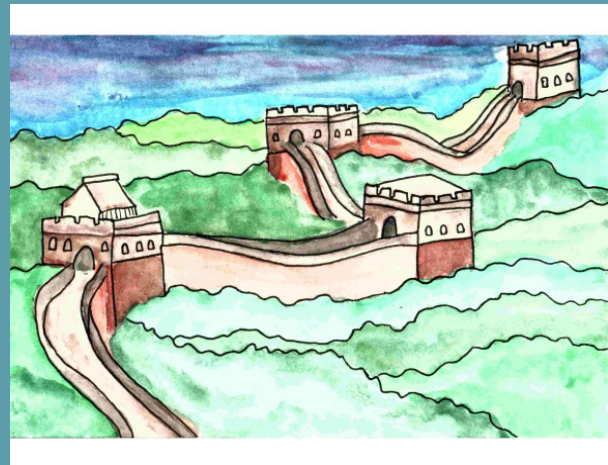


HIGHLIGHTS

Procrastination

By: Orion Carr

Long hours until collaboration
 A strange, tough hate to leave my cozy bed.
 I wrestle to find a motivation,
 To face the long, treacherous day ahead.
 I realize then that deepest sleep is sweet,
 And idleness is an adoring bliss.
 To make learn-ed instruction obsolete
 And all unease to peaceful calm' dismiss.
 But take note of instruction from wise terms
 *"Just a little sleep, a little slumber:"
 Soon hard-earned academics won't be firm,
 My grades let down to a lower number.
 So I'll get up, work hard and carry on,
 until work is finished and the sun gone.
 *Proverbs 24:33



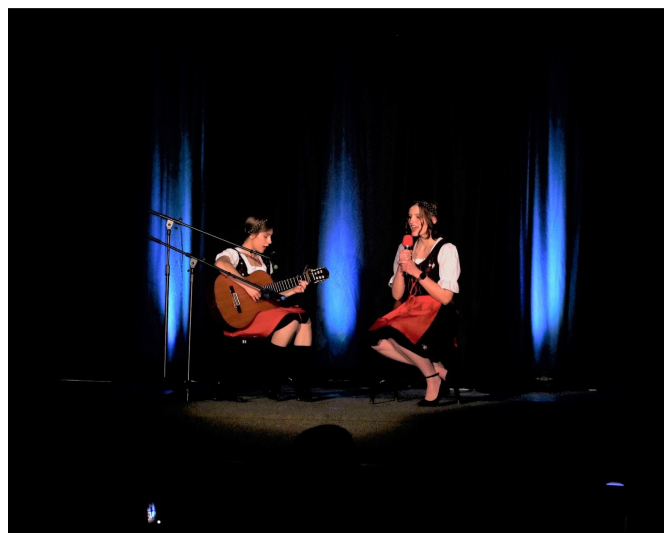
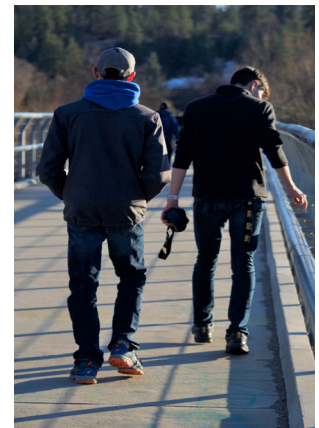
When you're on teams and you're trying to read the board when the teacher hasn't zoomed in



Drawing credit:

Opposite page: Paige Sumner; Top right: Makenna Shirinzadeh; Bottom Left: Genevieve Harbor; Center Right: Omar Entezar





THE BACKPAGE

EDITOR: AYDEN LEE



Literally and Figuratively Anything: Idiots Making Idioms

The English language is very confusing, even to native speakers. Along with it being confusing, there is figurative language and idioms that just make no sense.

For instance, couch potato. This saying is used to describe a lazy person. Whoever made this saying didn't realize the diversity of a potato. It can remove stains, make a hot or cold compress, clean your windows, be made into juice for ailments, remove warts, remove a broken lightbulb from its socket, shine your silverware, feed your geraniums, soothe your headaches, relieve a burn, absorb excess salt from soup or cooking pot, banish rust from metal, and power a light bulb.

Potatoes are the swiss army knives of food.

"Biting off more than

you can chew" is defined as "Not having the capacity to take on a new assignment or task that is just too taxing."

The saying makes sense to a degree, but thinking about it literally, personally, I find it hard to bite off more than you can chew. Maybe I just have a big mouth, who knows? Well actually I do, but when was the last time you were eating and had to physically stop eating because you took too big of a bite. If you answered recently, you need to learn how to eat.

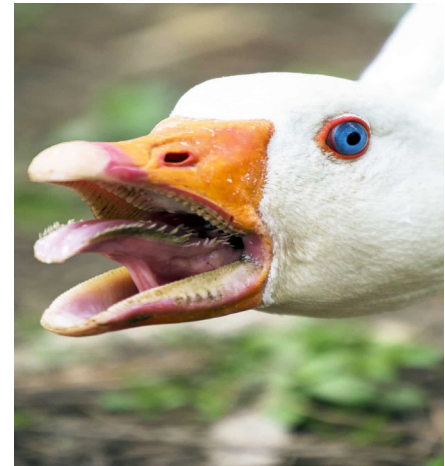
"Feeling under the weather," defined as "not feeling well or feeling sick". Name one person that isn't physically under the weather, unless your name is Oleg Skripochka, Jessica Meir or Andrew Morgan, than you are under the weather. These are the

three people who are currently in the International Space station. Those are the people only who can say they are feeling over the weather.

"A wild goose chase" defined as "Doing something that is pointless." Who in their right

mind would chase a goose? They are horrifying, they literally have razor teeth. You know that feeling, when you are walking down the street and you see someone/something that makes you change your route?

Beware of geese.



PC: Pinterest

Artist: Danielle Culata

