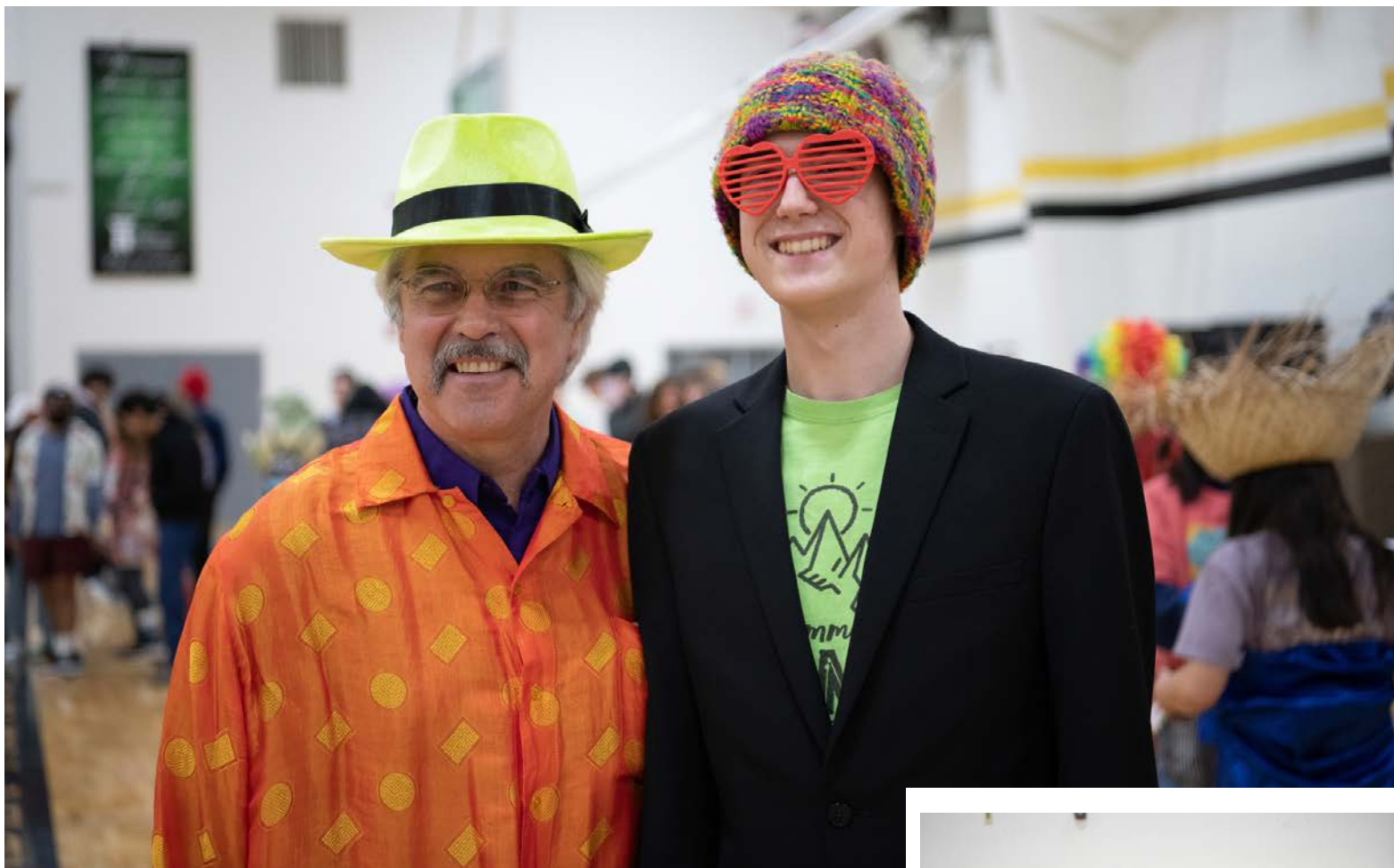


ECHHOES

published by the students of upper columbia academy



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CAMPUS NEWS

“We’ve got spirit yes we do! We’ve got spirit how bout you?”

by Isaac Acker and Claire Christensen



Gianna Bolla -
Head Editor

SPRING BREAK A LEG!

Guys, there's only about two weeks left of this season until spring break. This winter has been brutal; unexpected snow, no breaks, and lots of assignments. However, despite all the chaos and stress, you can do it! I know we're all feeling pretty exhausted and burnt out, and the nonstop talk of everyone's spring break plans surely doesn't help our desire for a break. From traveling to Spain and Portugal, visiting family, and taking beach vacations to just chilling at home, spring break is sure to be a time of resting and refueling from these long past three months.

Remember, don't give up! Even though these last few weeks have felt longer than any other, and you're mentally drained, you're so incredibly close to the finish line. It's really just a few more tests, projects, and assignments away before you catch that much needed break. Remember that you can do it, even if motivation seems nowhere to be found. You're more than capable of accomplishing all you want to! So, in all the ways I could say it for the next couple of weeks: You got this! Don't give up! You're so close! Everything will work out! Good luck, and break a leg!



WINTER IN BEIJING



This year's 2022 Winter Olympic Games were held at China's capital, Beijing, and just recently ended. Because of the dry winters there, much of the snow had to be artificially made with snow lances and snow guns, making this year's Olympics one of the first to heavily rely on artificially made snow.

Though the required amount of snow would not be a problem to make, many were still worried about the effect it would have on the environment, since it would use such a large amount of electricity and water. China doesn't get many wet winters, so more than 350 snow machines had to be used to make enough snow that, in turn, consumed around 49 million gallons of water.

Fortunately, the IOC said that everything would be powered by wind and solar energy and that no chemicals would be used to keep the snow cold, thanks to the naturally cold region that the slopes were made on. Because of this, the temperature would stay constant, allowing for an easy and steady flow of snow that would not need to be repeatedly replaced.

Normal snow usually forms off small particles in the atmosphere, such as pollen, that water vapor clings to. This forms a small snow nucleus that provides a base for more water molecules to attach to and form a snowflake.

Snow machines use a method similar to this. They propel atomized water into the air along with mechanically formed iced crystals that act as the start for a snowflake. This process was first used in the Olympic Games of 1980 in Lake Placid, New York.

But the athletes do have some conflicting opinions about this technique, starting with the obvious fact that it is not real snow. Some people argue that because artificially made snow has less moisture, its conditions would be closer to ice rather than true snow. Joanna Taliarm, an Estonian Olympic biathlete, said that this would make it "faster and more dangerous."

Even though there are some downsides to artificially made snow, some athletes admitted that there are additional advantages to it. One of these being that the hardness to the snow can be regulated depending on what sport is being played. On top of that, the IOC also states that, by using machine-made snow, the consistency is more balanced and provides a smoother surface to be used.

Though there have been some debates on why the Olympics were once again held in Beijing, they were still a success and there was enough snow for all the winter sports.



JUNIOR INTERNSHIP: CAPTIVATING CAREER

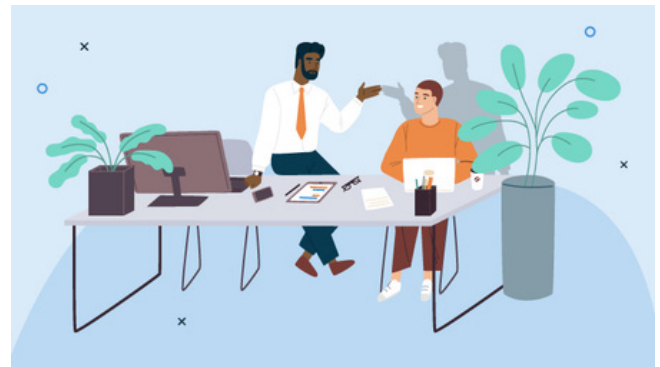


Claire Christensen - Campus News Editor

During the week of February 14-18, the juniors at UCA experienced Junior Internships. Junior Internships are where the students find someone to job shadow and follow them around for 4-5 days. This opportunity helps students experience a career and decide if it is a path they would like to pursue. The class of 2023 was very happy that their internships were able to happen, as they were cancelled last year due to COVID-19.

To prep for this experience, the juniors learned how to interview for jobs and write resumes and cover letters in English class. They also had to find where their internships would take place by the beginning of January. Some students struggled more than others to find internships as options fell through due to various reasons. However, by the end, everyone had an internship lined up.

Those participating in internships did not come back to school after February home-leave but instead went to wherever their internships were taking place. Across the junior class, there was lots of variety as to what people did for their internships. Some people followed around lawyers, physical therapists, medical professionals, pilots, and even film directors. Kaelyn Olson, a UCA junior, when describing her internship said, "It was an eye-opening experiment that taught me about the job that I was observing and the requirements I would need to meet to do that occupation. This was a great help in planning for my future."



UPCOMING EVENTS

HOPE- Mar. 13

Beginning of Fourth Quarter- Mar. 28

End of Third Quarter- Mar. 16

WWU Days- Apr. 3-5

Spring Break- Mar. 16-27

Academy Days- Apr. 7-8

CRUSHES ARE TEMPORARY BUT LOVE IS FOREVER



Isaac Acker -
Campus News
Editor

On Saturday, February 5, UCA had their annual Valentine's Day event. All the kids who wanted to participate went to the cafeteria and were ecstatic when they found out they could pay for Italian sodas. The night started off with UCA couples playing a newlywed game. This was a comedic event with plenty of time for all the couples to be humiliated but none more than Corban Hardy and Madi Larson. They were the newest couple and easily the worst at this game.

Next up was a fun game called speed dating. In other words, everyone's faces are a couple feet away and you scream questions and answers at each other for a couple minutes until you move on to the next person. There are so many people close together that you can't really hear what the other person is saying.

The night ended with Mrs. Riffel making inappropriate jokes during the bachelor game. She was asked what her dream date was, and she said something about a couch and how her answer was not appropriate within the setting. Tatum Durbin was up first. She asked a few questions and, based off the blind answers, chose Joseph Lee. Spencer Shipowick was up next. With the answers to his questions, he chose Makenna Shirenzadah. This night was full of laughter, a little bit of romance, and for some, hints of sadness and disappointment.

WE HAVE SPIRIT, HOW ABOUT YOU?

Every year, UCA has an annual spirit week; it occurred this year on March 7-11. This is a week filled with many outfits and lots of laughter. Each day, students and faculty dress up and go to class in their wacky outfits. During the normal collaboration period, all students go into the gym for a smaller version of class night. This week is run by ASB, and they plan all the themes and lead out in the activities. Monday was "Mismatch Monday," Tuesday was "Twin Tuesday," Wednesday was "Anything but a Backpack," Thursday was "Country vs. Country Club," and Friday was "PJ Day."

Most of the days follow a similar schedule, so I will walk you through what we did on Monday. We all got to the gym at 11:30 and everyone who dressed up for the day stood in a line. Every class's total was counted and the class with the most people dressed up got the most points. While everyone was being counted, each class sent up two representatives to be judged on their outfits. Three games were played: a game to put on as many articles of clothing as possible, a pirate game, and a speed flipping paper game.

Spirit week is a super fun week and ASB does an excellent job of involving everyone in the fun.



HYPE, HYMNS, & HALLELJAHS COME AND SEE

This year our SWOP theme song was written by Juliana Mason. Though you can't hear the melody, I encourage you to read the words.

He took away my suffering
So, he could give me every-
thing
Thoughts and hurts we can't
erase
Protected by his perfect grace

Thought my life had fallen
apart
But it had just begun to start
He made a way into my heart
And I'm not letting go this
time

Come and see how he rescued
me
Come and see how he
showed me peace
Come and feel his calming
touch
Let him show you
His perfect love

I wish I could explain
He took my anxiety away
He replaced my pain with
peace
He just wants you to come
and see

A SNAPSHOT OF JESUS

Gianna Bolla
Come out of the what if and know that
God will.
Matthew 6:25-30

Lyndi Brenton
Your creator God is down on one knee
holding out a ring of perfect love. Will
you accept it?
Hosea 2:19, 20; 1 John 4:18

Mia Pierce
When we let God into our minds, we
can overcome any battle.
Romans 12:12; Philippians 4:7

Sky Seong
We are the ones who let go of God's
hands. He NEVER lets go of us.
Isaiah 53:3-12; 1 John 4:19

Franny De La Paz
My God left the 99 because he was so in
love with me.
Isaiah 41:10

Kole GreyEyes
We don't have to listen to these lies that
we hear that we aren't good enough, that
we are unworthy of God's plan.
Jeremiah 29:11

Melody Van Doozer
No matter what you go through in life,
God's going to prove to you every single
day that he is with you. He is not a liar.
Isaiah 41:13; Matthew 18:14

Isaac Acker
Lean into God's love in moments of fear
because perfect love casts out all fear.
Psalms 23:4

Yve Ellis
You can't trust a God you don't know.
John 8:36

Jon Coleman
Love God and put others above yourself
in humility and respect.
Philippians 2:3,4

Ayden Lee
We humble ourselves because less of us is
more of Him.
Philippians 2:6-8

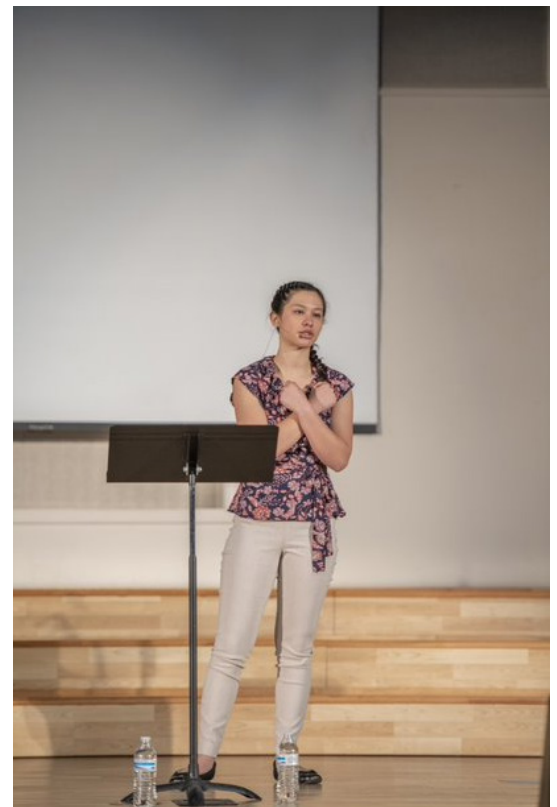
Camron bordeaux
What do we do to be saved? NOTHING.
What will we do because we're saved?
LOVE.
Matthew 22:37-39

Makena VonBergen
If you hear God's voice and you're fol-
lowing it, so what about the applause?
John 12:3-5



Gabrielle
Townsend -
Spiritual Editor

In February the UCA cam-
pus was blessed with SWOP,
student week of prayer, to
pause and listen for God's
voice. Below are some of the
key themes that the speakers
shared.



WELCOME TO SENIORS' GOT TALENT!



Laura Wertz -
Music Editor

This past Saturday night, the senior class put on an incredible Senior Recognition program for us. There were some hilarious skits, fun filler games, and amusing commentary. But who can forget all the musical talent the seniors had to offer?

There were many duets throughout the program, but each act was unique. Cami Reese and Trace Rolle opened the show strong with Dream a Little Dream by Doris Day. Camron Bordeaux and Kate Byrd did a fun rendition of Come Thru by Jeremy Zucker, and Lauren Ganson and Danny Holloway-Cook's cover of How the Car's Running was very soothing. Renae Reinke and Ely Alvarez took us back to 2015 with their awesome version of Adele's When We Were Young, and then we got some Coldplay from Wesley Oliver and Tyler Parker's duo. And let's not forget how Cesar Pinell and Brian Rojas wowed the audience with Un Año!

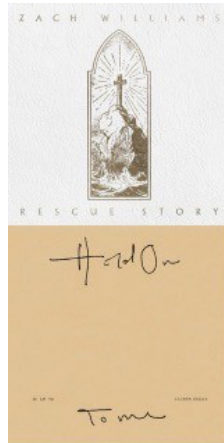
There were some wonderful piano acts as well. Catlyn Clark played Song for Sienna, and Isaac Gessele and Luke Springer surprised the au-

dience with Cantina Band piano duet.

We even got a performance from our Octet, made up of Melody Van Doozer, Ally Bendo, Makena VonBergen, Micalyn Haugsted, Kole GreyEyes, Trace Rolle, Camron Bordeaux, and Isaac Gessele. (Stormy Weather)

The closing act was an outstanding band performance with Makena VonBergen on the bass, Camron Bordeaux on guitar, Trace Rolle as lead vocals and keyboard, and Logan Henneberg on the drums. They covered Time Moves Slow, and their performance made the audience wish they could savor the music longer.

With that being said, the highlight of the show just HAD the VeggieTales theme played by Danielle Culata on the kazoo, Ayden Lee on the recorder, and Trace Rolle on... whatever that thing is. Bonus points go to Dean Abrio and Danielle showcasing their amazing dancing skills! And then to make things better, Trace and Ayden played that one iconic song from Titanic and very accurately recreated the scene it went with.



UPCOMING EVENTS

April 8-9 – Academy Days – All groups

April 13-17 – Spring Tour - Choraliers, Band, and Orchestra

WHERE DID YOUR LOVE GO?



Jillian Petersen
- Entertainment
Editor

THIS ISN'T AN AMERICAN GIRL MAGAZINE QUIZ, HONEY.

1. What would you rather receive for Valentine's Day as a gift?

- A. A box of chocolates
- B. A jar of pickles
- C. A mug with your face on it

2. What song are you listening to on VDay?

- A. "Chasing Cars" by Snow Patrol
- B. "No" by Meghan Trainor
- C. "Take a Chance on Me" by Abba

3. What quote do you find most applicable to your feelings on VDay?

- A. "All you need is love. But a little chocolate now and then doesn't hurt." – Charles M. Schulz
- B. "Divorce, babe, divorce" – Adele
- C. "I feel like I've just found out my favorite love song was written about a sandwich" - Katherine Heigl

4. What movie are you watching on VDay?

- A. "Valentine's Day"
- B. "Pirates of the Caribbean"
- C. "Titanic"

5. Where are you eating out on VDay?

- A. Spaghetti Factory
- B. Taco Bell
- C. Walmart (frozen pizza!!!)

6. Who deserves your eye-roll on VDay?

- A. The girl complaining that no one loves her
- B. The couple in the corner giggling hysterically
- C. Your mom because she told you that 'she loves you even though no one else seems to'

7. What would you do if you got a note from a secret admirer?

- A. Keep it even though you're in a current relationship
- B. Give it back (because it is so, so obvious as to who gave it to you)
- C. Frame it above your desk

8. In your opinion, what is the purpose of Valentine's Day?

- A. To laugh at those who aren't in a relationship
- B. To laugh at those who are
- C. To cry for a reason other than your grades

YOU'VE BEEN QUOTED

"My skin has become frail and weak."
-Jon Coleman

"Make like a fetus and head out."
-Mrs. Riffel

"If I drank coffee I'd be like a squirrel on steroids."
-Cody Heiman

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

YOU'VE BEEN QUOTED PT.2

"It makes me want to just simply evaporate."
-Franny De La Paz

"My eyebrow is having a seizure."
-Claira Robins

"Yeah, I plunge"
-Paige Sumner

Mostly A = In a relationship, but you're keeping your options open

Mostly B = Gets Valentine's Day and National Do a Grouch a Favor Day frequently mixed up

Mostly C = A hopeless romantic and hopes a mug with your face on it will show people what they're missing

BASKETBALL HAS BOUNCED



February marked the end of the basketball season for both the UCA boys and girls basketball teams. Both teams entered the Districts Tournament, playing for a chance to participate in the State Tournament. Districts is a double elimination tournament, meaning each team will continue playing until they lose two games.

The Lady Lions came into the tournament as the eighth seed. They played a total of four games, beating Asotin and Chewelah, and losing to Colfax and Saint George. The girls played well, finishing the season with

a 9-7 record and a Friendship Tournament win.

The boys were the eleventh seed, and played a total of three games in the District Tournament. They beat Asotin and took losses against Saint George and Ritzville. The team finished with a record of 4-12.

After playing only four games last season due to COVID-19, it was amazing to have full seasons for both Lions basketball teams. Players are looking forward to next season!

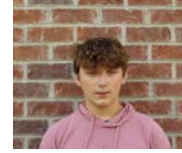


FORE!

As basketball season has come to an end, golf season is beginning! Tryouts were held on February 28, and the teams have been made. Seventeen people are on the team, five girls and twelve boys.

The team will practice until April, when tournaments begin. Sadie Pierce, a freshman on the team, is very excited for the season. "I love this team, and I know playing with them is going to be so much fun!"

PASSING THE TORCH



Chaz Kastl -
Campus Life
Editor

With the UCA Class of 2022 preparing to pass the torch and journey into adulthood, the campus life looks slightly different from usual. To start, the junior class is always responsible for making the transition easy for the leaving class. Juniors begin to pick up here and there, while seniors focus on events like the recognition weekend and Graduation. Juniors will work by cleaning up the campus for the big graduation weekend and plenty of other things. March 5th, the seniors planned and prepared an ab-

solute banger of an event to show off their God-given talents and abilities, shoutout to Cezar and Brian for making me cry. “Esperaré un año por mis flores”. Senior Recognition brought friends and family to UCA and made the weekend feel warm and friendly. The best wishes to our loved mentors and pals that will be leaving. May your long journey to Walla Walla be safe, except for Jerry and Makena. They will be going to Southern, and we hope they prosper and thrive, although the wound of betrayal is still fresh.



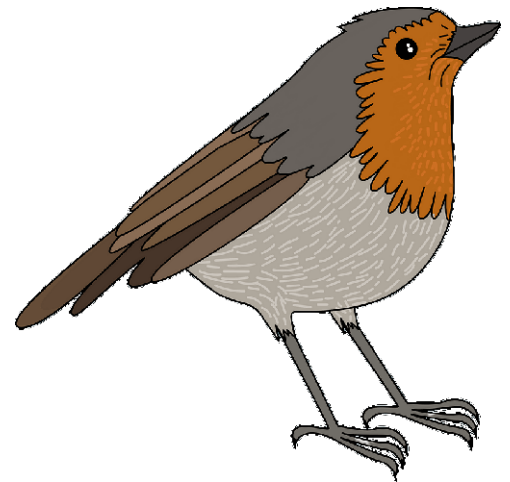
THE ROBIN RACKET



Abigail Robertson - Dorm Life Editor

Way back when Dean Claire was a UCA student, there was also a gal by the name of Whitney Johnson. Throughout Whitney's time here, she apparently snuck in several animals, even a rat at one point. However most memorably to Dean Claire was the baby bird episode. Whitney had found a robin baby that needed to be fostered. But she had some problems. First, she had injured her leg, and was staying in a room on the first floor, rather than taking the trek up to third. In addition, little birds are noisy. Despite these challenges, Whitney was bound and determined to keep the baby robin, and she came up with a hilarious and daring plan. She and some friends decided to rotate the little fledgling all through the dorm, changing from room to room, so that no one could pinpoint sounds coming from a specific area consistently. This went on for several weeks. Dean Claire

said, "I heard it, but I always thought it was a bird outside." When asked about it a little while later, Whitney confirmed the story. If you listen closely, perhaps you can imagine the echoes of a hungry baby robin. "Feed meee" "Reeet, reet, reet, reeeeeeet!" Baby birds are not recommended in the dormitory.



LISA BLACKWELDER, 1994

"If you needed a break from homework and wanted to socialize, the large room in the center of the 2nd floor of the dorm was the place to be – and find creative ways to procrastinate on said homework. One game we devised was what we called "The Dizzy Shoe Game." The rules were simple: Stand in a clear space with as much extra room as possible, hold a shoe above your head, stare at it while spinning in a circle a predetermined number of times (10 was an easy one to remember), toss the shoe on the floor, and try to jump

over it. The trick, of course, was powering through the dizziness to even find the shoe let alone jump over it, and all while your friends (and often you) were laughing hysterically.

And then there were the random things that kept life interesting that everyone knew to watch for. For instance: After "lights out" when the power was turned off in the dorm, you'd wait for signs that a room's occupants were either asleep or out of the room. If the opportunity was right (determining this was very im-

portant), you'd sneak in and flip on the light switch and/or plug in a vacuum cleaner with the switch turned on, finding a good place to conceal the vacuum cleaner as much as possible. Then you'd wait and hope that your efforts went undetected until the power came back on early the next morning. The fun was in either successfully pulling off this rude, early morning awakening on the occupants, or thwarting other people's efforts if they were trying to do it to you."

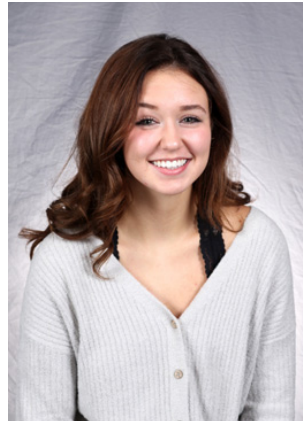
MEET THE ARTIST



Kaelyn Olson -
Student
Highlight Editor

Hey guys, my name is Francesca but most of you know me by Franny! I am from Texas and have been at UCA for 3 years. I love being outside and currently have a bucket list of hitting a ton of national parks through Utah, Colorado, and Nevada - I just need a car and money first. I'm planning on attending Southern Adventist University next year and working on a biology pre-dent major with a language minor and I will be going abroad to Spain for a year!! A few of my hobbies include basketball, skiing, swimming, playing guitar and piano, lifting/working out, and being outside. Food is so good so just a little heads up- beans are good for your heart. The more you eat them, the more you fart. The more you fart, the better you feel, so let's eat beans with every meal. Being at UCA with all of you guys has been one of the best things that's ever happened to me and I wouldn't trade it for the world.

Also, if y'all aren't in stained glass yet, JOIN IT!!! I have found my forever hobby. If any of you ever need anything, my number is in the like it looks book or you can find me in the dorm, the shop, or the gym.



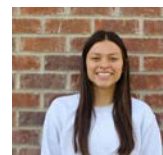
SKYLA JORDAN'S INTERNSHIP

For internships, I shadowed pediatric occupational therapists. I went into the job without knowing a lot about it. To my surprise, I really enjoyed it. Therapists find creative ways to work with children who need improvement on certain skills. They do this by playing games, reading stories, and doing crafts. So, it is basically just play time with cute kids (Although there were a few who were extremely hard to work with). After shadowing several different people, I want to do this as a career. It was an incredible learning experience and without internships, I would not have found this job as an option.

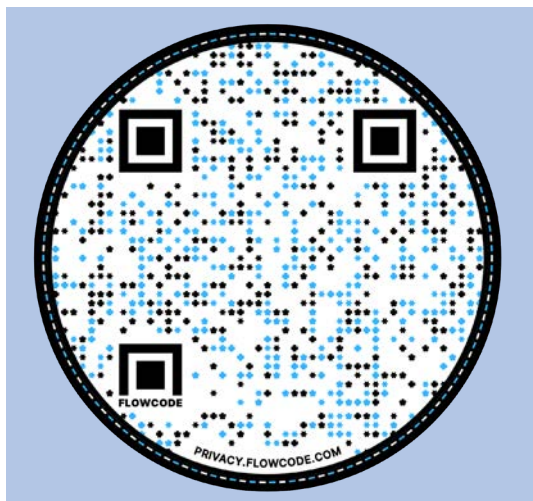
By: Skyla Jordan



DANEROSE'S GO TO COMFORT FOOD



Lauren Moody -
Student
Highlight Editor



During this time of the year, every student gets at least a little bit of senioritis. During the final countdown until spring break, it can be hard to get through school. A helpful solution to this could be making your favorite comfort food!

Danerose, a sophomore at UCA, has many great ideas for her comfort snacks. Her favorites are chocolate, crackers, and of course a Filipino dessert called Suman Malagkit. This is her go to dessert, learn how to make it below!

ALVARADO'S STIR FRY

If you know Jonah Alvarado, you know that he loves to cook! Jonah is a junior at UCA, and although he has various talents, one of his strong suits is cooking.

Jonah decided to share one of his favorite meals, Tofu Stir Fry! Learn how to make it yourself below!

First, dry the tofu with paper towels and cut into desired pieces.

Next, turn the pan to medium heat. Once heated, pour 3-4 tablespoons of cooking oil into the pan.

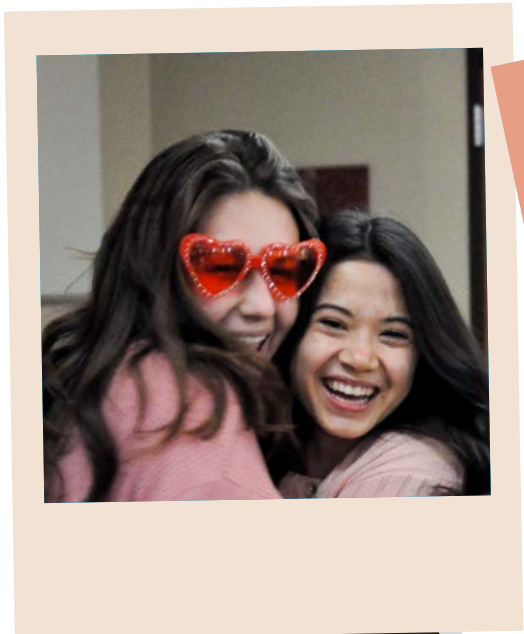
Then, carefully add the tofu onto the pan and fry both sides for 5-7 minutes or until golden. Add onions, diced garlic, and honey to the cooked tofu. When stirring, make sure not to break the tofu.

Next, add desired vegetables, soy sauce, and lemon juice

Lastly, top it off with cilantro, and add white rice.

Enjoy!





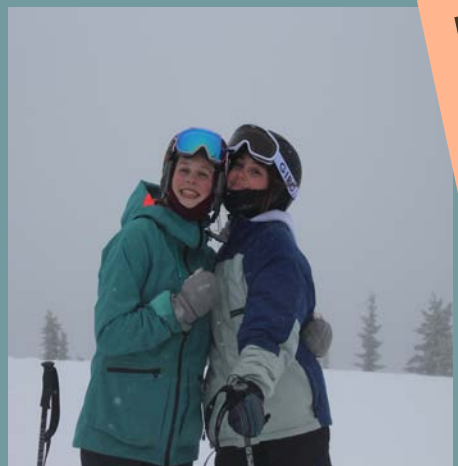
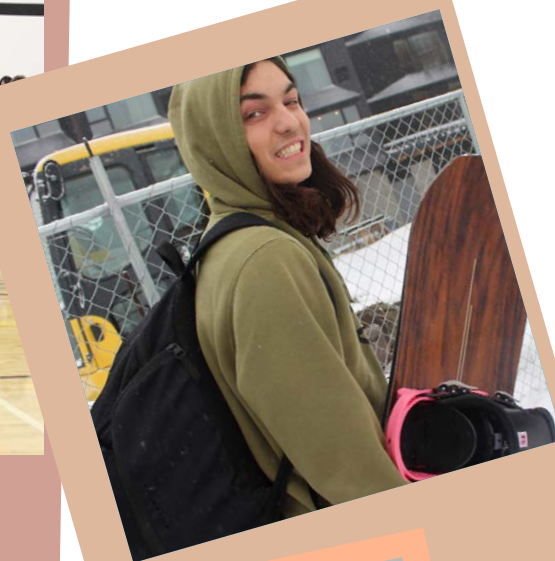


Photo Credits:
Ryan Hughes and Lyndi Brenton

GANGSTER BARNYARD ANIMALS

'Twas a dark, dreary day at the barn, as the farmer finished feeding the animals and walked out of the barn back to his house. A brown donkey with one eye and three legs poked his head out of the stall. "Is it clear?" he whispered. A pig with a thick New-Yorker accent walked out of a corner. "What are ya talkin' about? of course it's clear! He's gone!!" "Oh. Right. Sorry Louie. I'm bad with common sense." "Louie, I cluckin' swear if you insult Karl one more time, I'm gonna give literal meaning to the phrase when pigs fly." A hefty black-and-white chicken with his offspring clinging to his back flapped

in from the ceiling. "Chuck you better step your cocky feathers down or I'll make fried chicken out of that son of yours!" Louie growled back. "LOUIE DON'T MAKE ME TURN THAT FLAB INTO PRIME CUT BACON LIKE I DID TO-" "Daddy can I make the piggy into baby back ribs?" Chuck's son chimed in. "NOBODY'S MAKING ANYONE INTO DELI TODAY!" A small yet somehow intimidating mouse poked its head out from behind a barrel. "Now where the haybale is the stuff?!" "Aw pluck, it's Butch." Chuck muttered. "...I-I got the stuff, boss, ...Who's dealin'?" Louie said hesitantly. "Wrong answer. I got

the stuff. 416 artichokes, 67 pounds of corn, and a cantaloupe in case we got freaks who actually like the stuff. Boys, give our guests a warm welcome." A jet-black llama and an algae-green tortoise crept into the scene. In a deep, booming voice, the tortoise commanded attention. "Well, lookie what we got here. That's quite the stack, Butch. Now, let's talk business."

- To be continued



Asher Mack -
Chaos Editor



SPRING IS HERE



Sienna Duffield -
Cartoonist