

# ECHOES

## #10

“YOUR OPINION IS WRONG” WITH AYDEN LEE

### CAMPUS NEWS

Read about our latest news and events. This issue, Ally Benado recaps outdoor trips affected by fires and smoke. p.2

### MEET OUR NEWS STAFF

Browse the photos and positions of our Columbian staff in Mrs. Riffel’s Honors English class. p.3

### ARE IN YOU IN THE HIGHLIGHTS PAGE?

Each month we feature snapshots of UCA students and staff. Check to see if you’re featured! p.8-9

## 70 Years of Echoes: A Message from the Head Editor

Dear Readers,

It is with much joy and anticipation that we celebrate this year’s first launch of “Echoes.” On behalf of the Echoes Newspaper Team, I would like to extend a very warm welcome to our readers.

I want to take this opportunity to thank our authors, editors and designers, all of whom have worked hard to contribute to the success of this paper.

An enormous amount of work has been put into the development of this monthly publication and I believe you will see that effort reflected in this edition and in its im-

pact on the UCA community.

In previous years, Upper Columbia Academy’s newspaper was published as “UCA Echoes” by Stephen Lacey, the beloved UCA English Teacher. This school year, our Honors English class, led by Rachel Riffel, received an incredible honor of publishing the school newspaper.

Echoes reflects student life on the UCA campus, providing the readers with details of both school and national events from countless perspectives – spiritual, athletics, entertainment, etc.

Through Echoes, we wish to encourage you in your walk with God, friends and

yourself. Guest authors and photographers are always welcome. We also welcome comments and suggestions that could improve the quality of the newspaper.

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.” -Romans 8:28

Happy Reading,



Sky Seong and staff

# CAMPUS NEWS



Ally Benado  
Campus News Editor

## Senior Survival

2020 senior survival took place at Camp MiVoden from September 10-15. This is an annual trip that seniors participate in to grow as a class and form a stronger bond with Jesus. This year was different from most for several: one being the global pandemic and subsequent health restrictions, another being the smoke from wildfires in Oregon and California.

Pastor Fred describes Senior Survival: "Friendship, peace, rawness, caring, survival, vulnerability, exhaustion, B.O., and God's presence."

Missy Surdal described the smoke: "You could walk to the ridge away from the camp and it would affect your breathing. But once you were inside the camp, the smoke seemed to clear."

Lorelei Harbour commented, "It was a time to watch each other grow, support each other and lift each other up, physically and mentally. A time to come together and be who we are."

## Junior Backpacking

The same weekend seniors left; juniors left for the annual backpacking trip. Much of the junior class traveled to Independence Creek, Idaho for an eight-mile hike with 20-50lbs of food, clothing, tents and other items strapped to their backs.

Halfway through the weekend, smoke began to surround the camp. This affected the air quality but not the moods of the juniors.

RosAlyne Foote commented, "I was not impacted by the smoke, but my friends were, so that impacted my mood."

Alyssa Brown, "It was definitely fun. Long at points. But I'm glad I stepped out of my comfort zone and achieved something I normally wouldn't do."

Nicole Price and Micalyn Haugsted got lost towards the end of the first day. Instead of turning left when they should have, they missed the sign and kept on walking.

After about a mile and a half, the girls stopped when they came across a group of bikers. The men tried to point them in the direction they thought Nicole and Micalyn were going. They walked another four miles before hitting the end of the trail. Sitting down, they began to pray and read their bibles. Around 30 minutes later, one of the original bikers rode back to the girls. He told them he had Mr. Williams on his radio and offered to give the backpackers a ride back.

Arriving safely at camp, Micalyn and Nicole were thankful to be safe and sound.



# MEET THE STAFF



Sky Seong  
Head Editor



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Micalyn Haugsted  
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Spiritual Life Editor



Natalie Trujillo  
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Ally Benado  
Campus News Editor



Cami Reese  
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Alyssa Brown  
Entertainment Editor and Designer



Luke Springer  
Designer

# UCA SPORTS



## This Month in Sports

Sept. 12 - Oct. 11:

French Open

Basket Ball Playoffs

Baseball Playoffs

Football!



Ashley Cox  
Sports Editor

## First Intermural Champions

Throughout the month of September, those who chose to, played Soccer intramurals. Sixty-two kids signed up to play, and more were added to different teams. The field was surrounded by excitement, excellent sportsmanship and competitive spirits. Captain Isaac Acker and his team Kenyan Fost, Carson Cox, Yve Ellis and Jonas Thermitus, with a guest appearance from Cesar Pinell, won the championship game.

## Q & A with Coach Ryan Irwin



**Q: Where did you go to school? Where were you raised?**

**A:** I was born in Tennessee, for the first 11 years of my life I lived in Georgia, then moved back to Tennessee.

I went to Tennessee's Collegedale Academy for high school. Then to Southern Adventist University, but I also spent a year at Southwestern Adventist University. Later I received my masters online from Liberty University.

**Q: Why did you want to become a PE teacher?**

**A:** I wanted to go into physical education, because of the examples I had in high school. I really appreciated my teachers. Originally, I was going to go into psychology or sociology, but then realized it would take extra years, and I didn't want to that. So, I decided to go into PE because I could do the same stuff, but not have to go to school for as long. I love interacting with students, helping them, and getting people who are not athletes excited about doing fun stuff.

**Q: What is your most embarrassing story in sports?**

**A:** While I was getting my masters degree in P. E., during my first or second year, we performed a show in front of all these high schoolers. I had been

working on my roundoff, back handspring series with a back tuck at the end, and had always had someone to spot me, but the coach was like 'go ahead, do it!' I didn't do it with a spotter. I completed a round off back handspring, and went up in the air, came down and landed flat on my face. I probably messed myself up bad, but, at the time, we didn't really check. I didn't remember conversations that had happened, so I think I may have had a mild concussion, and I had this nice little gash on my nose from rubbing it on the mat. The next week in class, a really pretty girl came up to me, sat down and said, 'You are the one who landed on your head! Awww!' It was embarrassing to have her come to class and console my stupidity!

**Q: What is one thing you learned from sports that you wish you had learned sooner?**

**A:** When I was younger, I had a problem with my anger management. I learned how to control my temper through sports. When you get into high-stress situations, you will either react, or be able to sit back and think about it. Over the years I learned to know my breaking points. As I've gotten older, I've realized that there is more to sports than just winning and being the best. It's more about enjoying what you do, however that doesn't take away the competition. I still want to win, but I'm not getting angry or frustrated. I've realized the difference. If you are not having fun with it, it is not worth it.

# NATIONAL NEWS



Trump announces Coney Barrett as his Court Justice Nominee: Pc; Olivier Douliery/AFP via Getty

## THE ROSE GARDEN JUSTICE

**THE NEWEST NOMINEE OF THE COURT JUSTICE IS A SMASHING SUCCESS**

The death of Ruth Bader Ginsburg is fresh in the minds of the guests attending President Donald Trump's announcement in the White House Rose Garden. Nine days after the passing of the beloved court justice, the president arranged a gathering to announce the next supreme court justice nominee.

When Coney Barrett's name was announced, the crowd erupted into cheers of approval. If her rise to the position is confirmed, she will become the youngest court judge on the bench of the Supreme Court. She is also a favorite among the Catholic conservatives and shares many of their Republi-

can views. The Democratic Party, however, is nervous about Barrett's ascent due to her ability to tip the scales of a predominantly conservative bench of justices.

Due to this worry, Vice President Joe Biden and presidential candidate suggested postponing Barrett's approval until after the election. This decision would allow the new president to select their own nominee. Trump is still pushing for Barrett's approval, but the results of this endeavor are still a mystery to everyone.

Whatever worries or excitements the public may have, many are confident that Barrett will be

a fair justice and capable of rising to the challenge set before her.

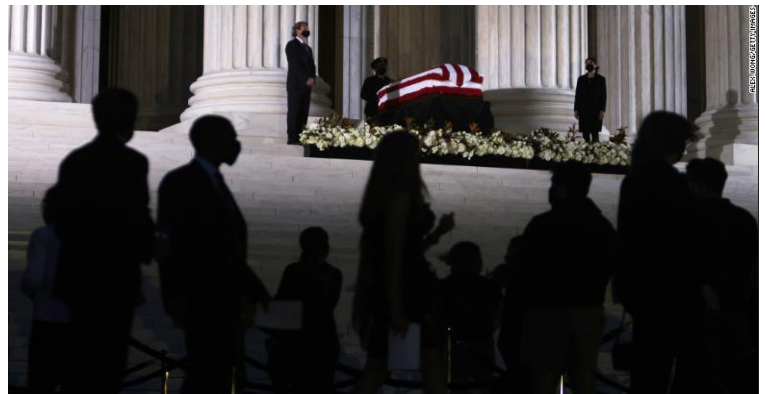
**Want your voice to be heard?**

Vote for the next president of the United States via our Echoes form to be sent out election week! Do your research and know your candidates. We will published the results in our next issue.



Renae Reinke

News Editor



Hundreds of attendees pay their respects and Ruth Bader's Funeral:

Pc; Alex Wong/ Getty Images

# SPIRITUAL LIFE

## HAND OVER HAMMER



Makena VonBergen  
Spiritual Life Editor

We live completely immersed in “hustle culture.” We are constantly bombarded with the pressure to grind it out, hustle hard, put the pedal to the metal 24/7 and never miss a beat. Now, do not get me wrong, I’m in full support of putting your all into everything you do. I respect the hustle.

But sometimes the hustle message distracts us. It makes us concentrate on what we can do in our own strength, instead of God’s, and what we can do in his. That is where things get dangerous.

I struggle with the hustle mindset constantly. Transferring to UCA, I feel the need to build a kingdom for myself here. I feel like I should build a massive group of friends, get involved in leadership, play sports, practice music, crush scholastics, and gain social media repute.

So, I hustle, and truth be told, end up feeling emptier than before.

Every so often, I come across a verse that stops me dead in my tracks. Psalms 127:1-2 is one of them:

“Unless the LORD builds the house, the work of the builders is wasted. Unless the LORD protects a city, guarding it with sentries will do no good. It is useless for you to work so hard from early morning until late at night, anxiously working; for God gives rest to his loved ones.”

Psalm 127:1-2

Unless God is the head builder of your lives, all your hustle is wasted. All this work you are putting into your empire is null and void because, without God, everything is chasing after dust. The things God calls you to are outside your capability; if you try to do it yourself, and just hustle it out, you will fail. You alone are not strong enough to build the kingdom God has in mind for you.

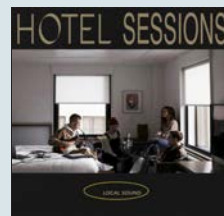
Let God build your kingdom. Put aside all your blueprints and all your expectations, hand over your hammer, and let God build your empire. I hear He is a pretty good carpenter.

## LAMB JAMS

Lamb Jams will be spiritual media recommendations to everyone, whether music, art, etc. If you have any recommendations you’d like to spread the gospel about, email me at [makena.vonbergen@ucaa.org](mailto:makena.vonbergen@ucaa.org)!

“Whoever has ears, let them hear!” – Matthew 11:15

God is fresh, and His music should be too. Here are two of my all-time favorites: “Wild (Hotel Sessions)” by Local Sound and “814” by Isla Vista Worship



# ENTERTAINMENT

## There is a Popular Game Among Us



Alyssa Brown  
Entertainment Editor

A game has skyrocketed into a popular pastime for friends just wanting to escape the stresses of school and everyday life. "Among Us" is a game created by InnerSloth on June 15, 2018. Even though it was created two years ago, it did not gain popularity until this year.

"Among Us" is set in space, with a crew of 4-10 players. Each player is given one of two positions, either a crewmate or an impostor.



Like the game "Mafia", each player is working to find who the impostors are. At the same time, the ship is being sabotaged and crewmates are being picked off one by one. Every time a crewmate has been reported dead, the players vote on who they believe the impostor to be.

The game ends when the correct impostor is voted off or if the impostor is successful in killing all the crewmates without being discovered.

With over 100 million downloads on Google Play, "Among Us" can be played online with anyone or simply with friends. I myself have downloaded this game and played it a couple of times; the game is basically an online version, or rip-off, of "Mafia". I will admit it is very fun to play, however, if you are playing online with players you do not know, it is not as fun. The game does have some network issues, such as lagging, especially when creating a party with 10 people. Sadly, there is only the ability to play with 4-10 players, when most of the time, there are groups of more than 10 who want to play. Overall, I would rate "Among Us" three out of five stars.



## THE BEST FIVE INDIE ALBUMS OF 2020



Abbey Threadgill

### Father of the Bride



This album is different from most Indie Pop albums. It has such strong contrast with its upbeat music and the clash of its more dark and meaningful lyrics. The song Harmony Hall has such a peaceful and orchestrated vibe while the song Sunflower has a stronger rock appeal.

### Where the Light Is



If you want some "feel good" music, Surface is a band comprised of two vocalist/guitarists: Forrest Frank and Colin Padalecki. This album is a mixture of pop and jazz. All the songs have a good message radiate positivity.

### Fuzzybrain



The singer/songwriter of this band is Sloan Struble. His songs are all mostly upbeat with his top song in this album being "Hot Rod". All the songs are different in their own way making the whole thing more interesting. These songs are reminders of warm summer days.

### Songs For Dads

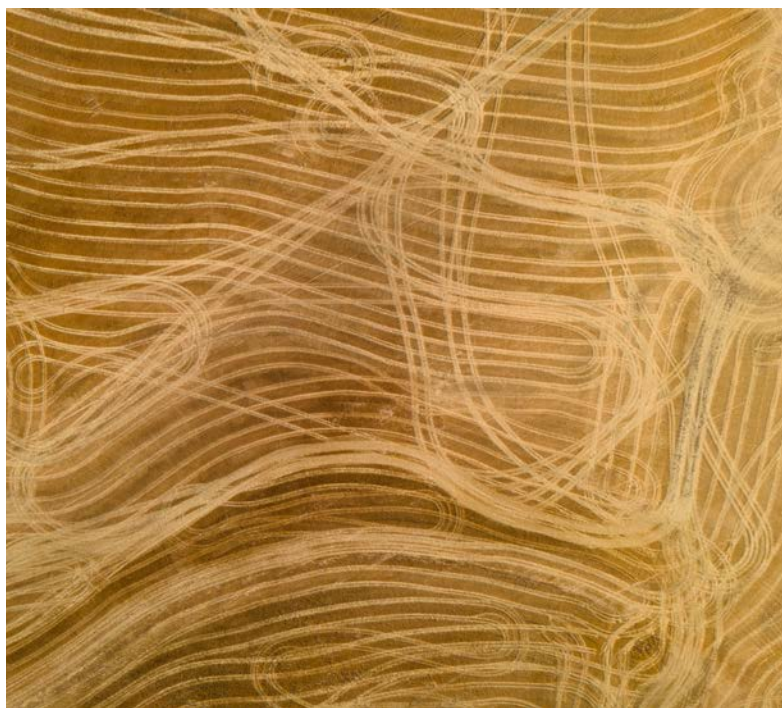


Their music is described as "cardigan rock" and are generally classified as indie rock and new wave. Songs for Dads is a very chill playlist.

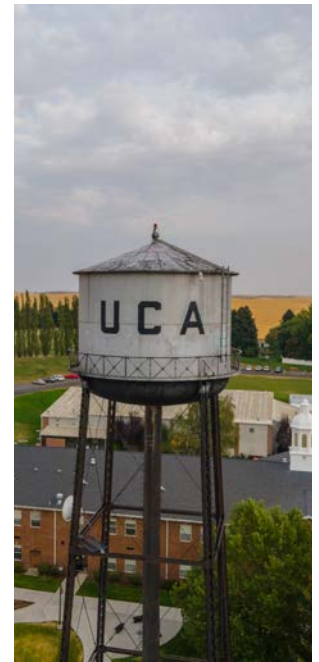
### Dreamland



Though COIN is from Nashville, they are not country artists in the slightest. Their songs are more energetic and anthem-like, focusing on celebrating life. They wrote this album while on the road. If you need something upbeat and happy turn up the sound on this album.







# THE BACKPAGE

## YOIW: RAMBLINGS FROM A CONCUSSED

Concussions stink.

That is all there is to it. I have been restricted to eating in the cafeteria and sleeping in a dark room. No reading, writing or looking at electronic screens.

It may not sound so bad, and it was son, but when the homework in class starts to pile up, it is difficult to get the proper rest.

As of now, my symptoms include random headaches, the inability to process what people are saying, memory loss, and nausea. Out of all these negatives, there are a few positives. People constantly asking, "How is your head?" and me replying with "Who are you?" and a lot of random thoughts when I zone out.

What is quinoa? I understand that it is like rice or something but what is it really and does anyone genuinely enjoy eating it. Also, who in their right mind decided to spell it that way. It is dumb unless it is some other language, then it is not dumb.

How did Latin die as a language? If all of Rome spoke it, and Rome is freaking huge, how did they lose the language? And if it is a DEAD language, why do we still use it? I understand that we use it for science and for medical purposes? Why do



Ayden Lee  
Opinion Editor

we only use Latin for those things? Why can we not use it in everyday life? Use it for other purposes? Why do we not use other dead languages? Why just Latin? Why did we start using a DEAD language?

What is the longest conjunction you can think of? I think it is whomst've. Is that even a word? We need to start using it. Whomst've definition: who must have. But according to Google, it apparently is whomst'd've'ly'yaint'n t'ed'ies's'y'es. When you look up its' definition, there is no answer.

So... if home is where the heart is, how is anybody homeless. Does that make homeless people heartless?

There are probably answers to all these questions. But I do not know. I cannot get the answer. I am concussed.

Need advice? Ayden is here to answer your questions. Submit your questions in Mrs. Riffel's box in her classroom.

-AYDEN

## STUDENT HIGHLIGHT

"Tears"

they say that rain is good for the earth,  
and i guess i agree.  
it's kind of like rebirth,  
washing away the old,  
watering the new.  
but what it's the same for us,  
and our longing souls,  
crying through it all,  
anger, sadness, joy.  
what if our tears are the rain,  
and our souls the earth,  
struggling through the pain  
and relishing in the smiles,  
letting the tears flow.

good, bad, no one truly knows.  
sometimes they come from hate  
holding all the anger in,  
letting it fester inwardly.  
and maybe it's fate  
that it should build inside,

and follow with a landslide.  
other times our tears

they come hot,  
from a hate caused gunshot.  
tears can come from the strong  
for they have carried their sorrows  
for the longest time.



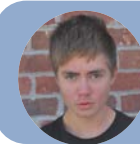
RosAlyne Foote  
Highlight Editor

exhaustion begins to show  
causing the strong to drop.  
but they can be happy,  
laughter bubbling over,  
joyful tears spilling out.

adding to the moment  
a tangible joy.  
they can be for those you love,

as they walk the wrong path.  
pushing everyone away,  
causing them all to hurt.  
but tears can be a sign of moving on.  
leaving our body,  
taking the weight,  
refreshing your soul.  
you begin to grow a little,  
moving on from the pain,  
living with the scars.  
so, don't feel defeated when you cry,  
just wipe your eyes and look to the sky.

by RosAlyne Foote



Andrew Baker  
Comic Editor

