

ECHOES

Published by the students of Upper Columbia Academy

Sarah Tonin
p. 5

Gen Z Lingo
Explained
p. 8

Battle of
the Colors
p. 2



Welcome to UCA

By Hailey Fischer



A new chapter at Upper Columbia Academy has arrived. The campus is overflowing with excitement as students reunite with old friends and bond with new ones. The first few weeks have been packed with school-bonding activities such as Handshake, Class Night, Friday Vespers, Lake Day, and Class Retreats.

“It was really fun to get to know our class,” mentioned freshman, Claireese Smith, about her experience over Freshman Retreat, “I felt like I fit in immediately.”

The smiling faces of the freshmen class and other newcomers have been a welcome addition to

UCA. Core memories and lasting friendships are already being formed as the school year of 2022-2023 begins.

On August 21, waves of students brought energy back to UCA. The empty halls of the dorms quickly filled with voices as more people moved in. One of the most distinguishing aspects of UCA is the boarding program that differs from most high schools. Because of our boarding academy, we have people from all around the world. High school dorm students are constantly surrounded by their friends and peers.

Junior, Bella Smith, emphasized

the benefits of dorm life: “You get to engage with people whenever you want ... you have the option of going and interacting with other people or just staying in your room.”

While being a huge adjustment, living in a dorm can form incredible memories and relationships.

“I [now] live with a bunch of [sisters],” freshman, Avery Hickok, remarked over the reality of living in the Girls Dorm.

UCA is one large family created from shared experiences. This school year will not be like any other.

Campus News

Class Night: Battle of the Colors

Saturday night was one of the most anticipated events of the school year: Class Night. All four classes dressed up in their class colors and battled against each other to see who was the best.

The mattress race saw some of the best footwork that the school has to offer, which never fails to provide an adventure for the surfers. The seniors cruised down the line, taking first place by a landslide. Shortly behind,

the juniors barely claimed second, followed quickly by the sophomores. The freshmen held out and finished last.

Class Tug of War is one of the most anticipated events of class night, and congratulations to the class of 2023 for winning first place in both the guys' and girls' categories. The junior guys pulled off their second ever victory in three years, coming in second place this year. Out of nowhere, the freshman girls

almost beat the senior girls, reeling in a surprising second-place finish.

After posing for a school photo, everyone headed back to the dorms. When asked about the events at Class Night, Brendan Wicklund, senior, simply said, "Wow."

In other news, the class of 2024 held onto their air raid reign, winning three out of five air raids during Almost Anything Goes.

By Jonathan Haegar



Lake Day: Sunburn City

Two days after Class Night, students loaded onto buses and headed out to Camp MiVoden. After two hours of torturous driving, students were met with many activities, including: swimming, tubing, wake surfing, disc golf, and nine-square volleyball. Tubing, being the most popular activity, had a line that reached from the dock shed all along the front of the dock. Some people waited

upwards of two hours to have a turn on the tubes.

Avery Hickok, a freshman, recalled, "I got a turn to go wake surfing, and it was super fun. I am really excited for lake day next year!"

After a long day of swimming and exertion, the students grabbed some pizza and sat down on the lakeside to listen to Adam Colcord giving an inspirational and touching worship talk.

One problem

was that people did not apply sunscreen. At the end of the day, many students' shoulders and backs were as pink as the sunset. Aloe vera use reached an all-time high in the dorms as people desperately tried to relieve the pain from their burning shoulders.

"It was horrible," Joey Deihl, freshman, recalled, "And what made it worse was people would slap me on the back. Other people told me, 'Good luck sleeping,' but thankfully it wasn't that bad."

Spiritual Life

Saved by the Scepter

As the new school year begins, there are challenges we all must face. Making new friends, adjusting to classes, maintaining old friendships, figuring out a career path, and choosing a college during high school are only a few of the hardships we encounter. However, in order to grow, we must move forward. In the Bible, there are many stories that begin with the hero taking a leap of faith into the unknown.

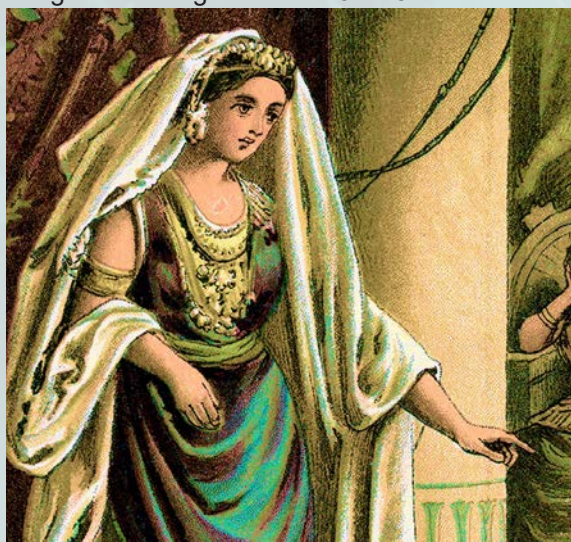
One of my favorite Bible stories is about Esther. She started out as a happy little girl who loved her parents. Unfortunately, this didn't last long, for her parents died while she was still just a child. Thankfully, her Uncle Mordecai took her in and thus, with this one act of kindness, set the stage for what happened later.

In order to save her people, she had to go before the king. With God by her side, she barged in unannounced. This would normally be a fatal mistake, yet to her and everyone else's surprise, the king held out his scepter, not only saving her life but also the lives of an entire nation.

God wants to do the same for you. He wants to lead you through your life and work through you for the good of others. Though it might seem terrifying like it was for Queen Esther, just remember God can turn any situation into a great blessing.

"God is our refuge and strength, a very

present help in trouble. Therefore, we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling." Psalm 46: 1-3



By Angie Buursma

Quote of the Month

"We all have a fear of the unknown.
What one does with that fear will make all the difference in the world."
-Lillian Russell

Context From Bible History

Did you know that the oldest perfumes found by archeologists were discovered in Cyprus and date back to around 4,000 years ago? Perfume also became part of other ancient civilizations, such as the Egyptians, the Chinese, Hindus, Israelites, Carthaginians, Arabs, Greeks, and Romans. The first recorded document about perfume states that Tapputi, an Egyptian chemist, was the first to discover perfume. However, the sweet-smelling substance could also be found in India around the same time period, so its origins are not known for sure. Nevertheless, in about 1000 B.C., glass was first discovered and molded for the use of perfume by the Egyptians. Some of the first uses of perfume were for religious purposes and were often made by the burning of incense and aromatic herbs. Then, as time went on, they grew to have other uses.



Athletics

Varsity Sports

Many fun things are happening in the world of sports this month. ACRO Soul tryouts have been a success. With so much new talent and interest in this dangerous sport, we have the biggest turnout we have seen in a long time.

Coach Ryan Irwin said, "It's the most talent I've seen in a while."

Many people will endure the hardships of ACRO Soul. Although 50% of the team is made up of first-timers, the team is demonstrating potential as they learn all sorts of new moves. During these past couple of weeks, they have been focusing specifically on tossing.

"This is one of the hardest moves on the team. Everyone must work together as one for it to go right," says junior, Connor Turner.



Girls Soccer:
 At Davenport on Tue. 20 , Home Game on Thu. 22 vs. Rearden
 Tue. the 27 at Kettle Falls, At St. Georges on Thu. 29
 @NWC Tue. 4 , Varsity, JV: , Tue. 20 vs. Tekoa-Ros.
 @NWS Thu. 22, @Jenkins Mon. 26
 Vs. Kettle Falls Tue. 27 @Liberty Thu. 29
 Vs. LRS Mon. 3 Vs. Davenport Tue. 4

Vaulting is also starting. This is gymnastics on horseback. Anyone who is interested can join. You do not have to have any experience with horses or gymnastics to join vaulting. This will be the first year that UCA will have a vaulting class. So do not miss out on the fun, contact Holly Haeger if you're interested.

Lastly, softball intramurals started on Sept. 6. With three teams and a lot of energy it should be a fun season. For those that do not know, intramural seasons change about every 1-2 months. We play all types of sports including soccer, football, futsal, volleyball, and basketball. If you feel like you exceed in one specific sport, talk to Coach Irwin and you could get a chance to draft, manage, or play for a team you made.

List of Events

Guys Soccer:
 At Prescott on Wed. 21,
 Vs. Moses Lake Chr. Mon. 26,
 @Riverside Tue. 27, Vs. Prescott Fri. 30
 Vs. St. Georges Tue. 4,
 Fall Classic 6-9 Soccer and Volleyball



By Ethan Hickok



We also have a ton of new sports starting. Girls' and guys' soccer teams have been made and are already getting a head start on their seasonal practices. They are both preparing for their upcoming games later this month. Sadly, some of these games will be away, but our school spirit will travel with them. We are looking forward to our first home soccer game.

"I like kicking stuff," says senior, Makenna Shirinzadeh. "I'm excited that we finally get a girls team with bags and all of our own stuff."

Volleyball is starting up with our JV and Varsity teams here at UCA. Since it is their first game and we are lucky enough to have them here, all of us should attend to show them our lion spirit!

"I hope that everyone comes, and we are definitely going to win, with a shutout each set!" says senior, Mia Pierce.

Fall Classic is coming soon. Guys Soccer and Varsity Volleyball get to travel down to Walla Walla. All athletes wait eagerly for this tournament each year. This is without a doubt the climax of our fall sports season. If you get the chance, watch a couple of the athletes' games; you will not regret it.

The Sarah Tonin Corner

By Sarah Cole



Food Madlib: Caf Cuisine or Dorm Snacks?

Attention All UCA Scholars. The struggle is real when deciding when/where you will synonym of "eat" on this ad-
jective campus, especially as a/an adjective student. Will you partake of the adjective sustenance of the illustrious
 cafeteria? Or consume some of the nutritious and adjective Nutella, microwave popcorn, or favorite dorm
 snack that is waiting adverb for you preposition your own room. How to decide? Another common struggle is:
 To eat? Or not to eat? That is the question of the noun. Do you have time in your adverb complex schedule?
 You have 3-26 units of time to complete your tasks, sleep, and verb in the gym. The answers to all these
 questions are found in adjective studies, which have been recorded in title of a magazine* Medical professional plural have
 found that getting sufficient food in your diet is crucial for the noun and wellness of adjective high school plural
noun just like you. It is also recommended that when you are not feeling hot, drinking some adjective liquids,
 especially noun water can bring the spark back preposition you. In conclusion, if you want a noun and adjective life,
 please eat well and stay adjective.

Playlists for Every Study Hour

Pop Study

Jazz for
Study

CLASSICAL
STUDY
MUSIC

Focus/Study Music
 Lofi-1 AM Study Session
 STUDY Café ~ Jazz & Bossa Nova
 Pop Study

(Disclaimer: any points of view in this article are not necessarily formed from the author's opinion).

Students listen to a wide variety of music genres while doing homework. While some might set the vibe with classical tunes, others might prefer some light pop to get into the studying mindset. Then there are those who like to blast those melodies that are among the least-popular genres of music, which is jazz. Does anyone do that anymore? It is okay dear reader, who listens to jazz, you are seen and loved anyways. On the other hand, lo-fi is popular for studying as it has

a steady beat and no lyrics. It is known to calm the mind and help the brain focus.

What is your go-to genre of study music? It has a bigger effect on your concentration than you might think. Who knows, developing a playlist with music that helps your brain focus could help save that science grade you are worried about.

Student Highlight

Edited by Sofia Pinell



"I Am From"

I am from flashlights.

From toothpaste and erasers.

I am from the brown house.

Roomy, homely, and smelling like Africa.

I love lavender that is in our house from time to time.

I'm from worship every night and generosity.

From Ben and Kemunto.

I'm from the smart and caring people.

From "Watch your brother" and "Use the bathroom before we leave."

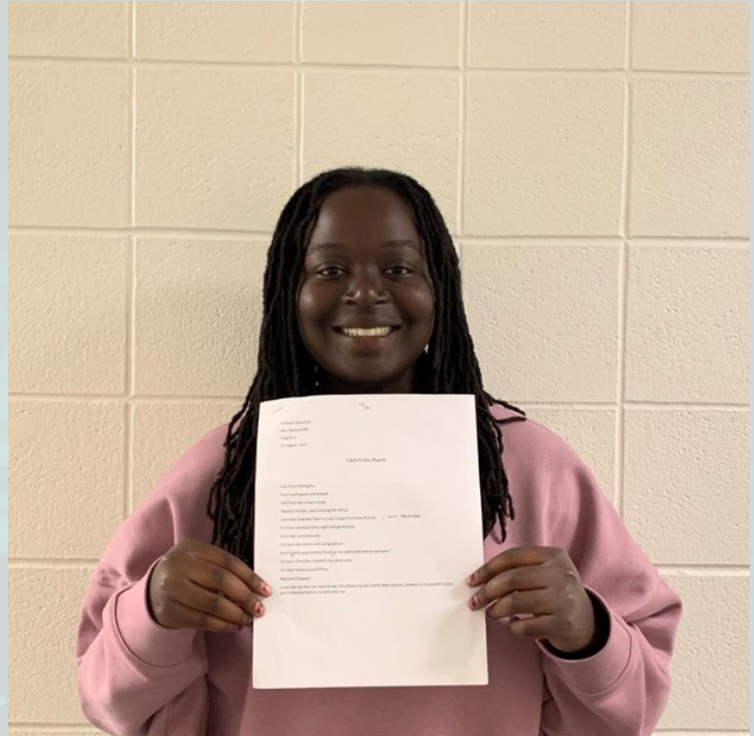
I'm from Christian, Seventh-day Adventists.

I'm from America and Africa.

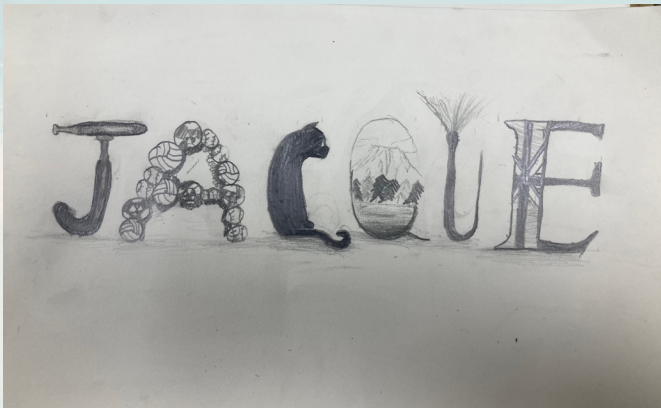
Kale and Chapatis

From the hip that my mom broke, the phone my dad rarely takes around, drawers in my parent's room, and moments before me and after me.

By: Chelysse Kakumba



Sketch by Elise Colburn



Sketch by Jacque Wilson



Are We There Yet?

By Tanner Duffy



Gen-Z Lingo Explained

Welcome back. School has officially become routine again and we are back to classes, ASB events, cafeteria food, work, vespers, and, hopefully, a little rest. Did anything even change in the few months we were gone? Were we even gone? Life is full of unanswered questions.

Meanwhile, the world keeps moving around us whether we like it or not. With every new day comes new ridiculous things we all enjoy sharing. On that note, here we go.

We are Generation Z, a.k.a. Zoomers, post-millennials, and “snowflakes.” We are quick to look up, prove, and research anything on the internet. Despite all our magnificently innovative ideas, we lack a rather important aspect of human existence: the ability to speak in full sentences. We resort to creating our own dictionary. Many staff members probably have absolutely no clue what we are

saying.

Therefore, here is a short intro into our strange language:

1. Salty: You have probably heard people saying this frequently, and it just means upset, irritated, or angry.

2. Slaps: To be excellent or amazing and is mostly used in reference to music.

3. Spill the Tea: Tea by itself means gossip, so to “spill the tea” means to share gossip.

4. Extra: Lately, it seems we have grown out of our “extra-ness,” but for the record it means that something is excessive or over the top.

5. Glow up: A glow up is a positive personal transformation. If you want to view a glow up for yourself, just look through the Like It Looks from the past two years.

6. Sus: Some of the old staff members have attempted to use this one. It is the shortened version of suspi-

cious.

7. Bussin’: This means that something is really, really, really, really, good. So good that it is almost perfect. You could say that this article is bussin’.

8. Drippy: Why is this a word? It sounds gross. It means something that is cool or awesome. Like bussin’, but not as bussin’.

9. Slay: Ah, yes, good ol’ slay. If you have not heard someone say this before, you either have not left your room or you live under a rock. It means to do something spectacularly well.

10. Cap: Let me be honest, I had absolutely no clue what this meant until a week ago. It means a lie or something that is untrue. If someone says “no cap,” it means it is authentic and genuine, or they are trying to cover up a lie.

Submit any funny (obviously, appropriate) memes to me, Tanner Duffy via Teams or email at tanner.duffy@uca.org



Exam question: What's 2+3?

My heart: 5

My friend: 5

God: 5

My brain:



Random Quotes

“My fish are flopping.” -Cam Stam

“He’s always staring at me; I feel like he’s going to shoot daggers from his nostrils.” -Tanner Duffy

“I’m blinded in the ears.”
- Sarah Cole

“I like warmer toilets than colder ones.”
-Bella Smith

“My aura senses are tingling.”
- Ian Christianson