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AN EVENING BY THE
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Loving Traditions at UCA: Musings From an Alumnus

By Rachel Riffel

Over the years, UCA has produced a myriad of traditions for campus couples. From cold showers to being on social, and not to mention the 3-second hug after guys walk girls to the dorm, these traditions have signaled brewing relationships, and have kept campus gossip up to date.

Cold showers have been a recurring milestone in any relationship at UCA. Few new boyfriends and/or girlfriends have escaped the icy dowse.

When asked how long cold showers have been occurring at UCA, English teacher Mr. Lacey, who has been at UCA for 28 years, commented, "I don't know."

Another long-standing tradition has been guys walking girls to the dorm in the evening. Many of us have looked both ways before attempting the 3-second hug so as to avoid being put on social. Because I was

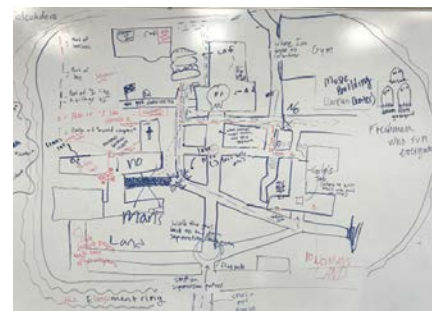
village when I was a student, I was completely unaware of the forbidden areas around the dorms. In order to enlighten me, my students have contributed to a detailed diragram for your viewing pleasure.

Junior Andrew Baker commented, "There's a point where you have to stop between the cobblestone and the sidewalk. As Gandalf once said, 'You shall not pass.'" This area has also been coined as "no-man's-land."

A newer tradition that has plagued our campus is the giving of scrunchies and hoodies. One can easily recognize "who belongs to whom" when observing a wrist or that a girl is wearing an XL hoodie with an unmatching last name. Unironic scrunched sleeves in Snapchat posts signal to all that said girl is "taken."

One tradition that I can speak to personally is marriage after UCA. When I first met my now husband, son of the infamous Pastor

Fred, I did not necessarily see marriage in our future. But over time, he won me over with his charm and broad shoulders. I think UCA is a special place to solidify friendships and maybe even deepen them into something more because really, it's all about finding love in God and then loving others. We love the aforementioned traditions because they keep campus life interesting and help us to know who to sit by at vespers.



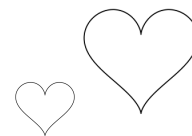
CAMPUS NEWS

EDITOR: ISAAC GESSELE



Photo Credit: Cami Reese

Echoes Blind Date: An Evening by the Fire



For the February edition, Echoes decided to sponsor a blind date. Although the concept stemmed from jokes and simple expectations, the date itself became a prime example of what can come from students willing to try something new and participate in events that may seem scary at first. Despite being a fun time and a success, it would still be an egregious fallacy to describe the date as entirely smooth.

The event was just chaotic enough to keep it interesting. Some of the chaos may be attributed to the fact that the dates were only given 30 minutes to converse. Conversation may have been rushed for some. For many, there was also some tension beforehand, as is to be expected on a blind date. Concerns naturally included “Will it be someone I know?” and “How awkward will this be?”, as well as comments such as, “I can’t believe I let my friends sign me up for this.” Luckily, tensions settled for the most part when the dates actually began.

The dates were asked a sample of questions to prod conversation. The answers given were fascinating to say the least. It is worth noting that most of the dates asked the questions of our generation such as, “Do you enjoy pineapple on pizza?”, which was sur-

prising considering the extremely polarizing status of such a controversial topic. The one couple that said “No!” in unison was Makena Shirinzadeh and Joseph Lee.

The question which yielded most interesting answers would have to be, “Which animal would be the coolest to scale up to the size of a horse?” To which the most interesting answer was Alden Wilfley’s. “Probably a dung beetle. I mean think about the balls of dung those things would make, it would be astronomical in scale. They would be really good for waste management.”

Others also proved with this question that creativity is at a healthy level on campus, with answers including a frog, a spider, and Shirinzadeh (scaled up to the size of a horse).

But why did we even do this in the first place? It’s a clear question with a possibly less clear answer. Most of the reasoning behind it was simply “Why not?” as campus activities can be a little dry in the long stretch from Christmas Break to February home leave regardless. Originally, it was just a wisecrack comment from Mrs. Riffel’s classroom. If an idea like this could find its legs without a hitch, what else could do the same?

Upcoming Events

Acro Soul Tour:

Feb 12-13

Valentine’s Day:

Feb 14

Midterm: Feb 15

Senior Rec. Auditions:

Feb 16

Homeleave:

Feb 17-21

Dorm Spiritual Lock-In

Weekend: Feb 26-27

CAMPUS NEWS

EDITOR: ALLY BENADO



Green Tea VS. Coalition Compromise

By Carly Haeger



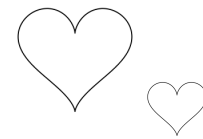
Upon nearing the end of the first semester, Dr. Pierce's Dual Credit Government students were taping up posters, spreading propaganda, and threatening each other all week. The motive? The infamous election project! The class was split into two teams, and each team had the enormous task of creating a political campaign from the ground up. This project included creating a character to run for office, said character's background and life story, a new political party supporting the candidate as well as its platform, buttons, posters, and more. The students had to work and think hard about what they

wanted to stand for, and how to present their information in a clear and concise way to the student body at the election assembly on Wednesday, January 6th. The student body had a little over a week to decide on their candidate and cast their vote.

On the last day of the semester in Government class, Dr. Pierce read the statistics of the election. Voter turnout was 109 students. Rowan Davis of the Green Tea Party won the majority 56% of the vote, and Ailani Kane of the New Compromise Coalition won 44% of the vote. (The Green Tea Party is my group's party, so

I'm pretty proud!)

Nothing is more important than the voice of the people in an election, so on behalf of both parties, I want to say thank you to all the students who participated in the election project! We greatly appreciated your support.



Do You Have School Spirit?

The week of February 1-5 was UCA's annual ASB Spirit Week. Students were encouraged to show their school spirit through the art of compiling colorful outfits. Every day, students and staff attended assembly and participated in activities like chain tag, Kahoot trivia, and relay races. This year's themes, Mismatched Monday, Twin Tuesday, World Traveler Wednesday, Throwback Thursday, and FAN-tastic Friday, have allowed individuals to spread laughs and smiles around campus.

Kale Patzer, commented on how his first spirit week went, "It was pretty good. Compared to previous ones, it was much better.

My favorite day was probably Mismatched Monday because everyone was wearing the wildest stuff!"

The day that brought the most spirit was FAN-tastic Friday. Principal Eric Johnson and the school board made Friday into a mental health day. Students came into the gym feeling great and ready to play. Assembly started with the classes doing a class chant.

Mr. Spano, an ASB sponsor, said, "I was very impressed with the spirit that was demonstrated throughout the week but particularly, in the creativity of the class chants that everyone showed." The seniors ended up winning this year,



SPIRITUAL LIFE

EDITOR: MAKENA VONBERGEN



A Prerequisite to Love

When I look into a mirror, “loved” is not one of the words I use to describe myself. When I look for a table at lunchtime, “worthy” and “accepted” are not the first adjectives about myself that pop into my mind. See, I have difficulty believing I am enough to be loved—by God and by others. But here’s what’s really unfortunate: when I devalue myself, I inevitably treat my neighbors and loved ones the same way.

“You must love the Lord your God with all your heart, all your soul, and all your mind: This is the first and greatest commandment. The second greatest commandment is, ‘Love your neighbor as yourself’” (Matt. 22:37-39).

When Jesus speaks these words, he draws a definite and distinct connection between our relationship with God, ourselves, and other people. According to him, there is a prerequisite to loving your neighbor: you can only love other people at the same level you love yourself. The time we spend hating things about ourselves actually cripples

our ability to love others. Jesus created us as a masterpiece. He looks at us and says we are good. When we doubt that about ourselves—that we wonderfully made—it naturally follows that we will be doubtful of what The Artist says about His other creations too.

We can love our neighbor only at the level that we love ourselves, and we can only love ourselves when we learn, REALLY learn, how much God loves us. And may I just say, He loves you a lot, like a WHOLE lot. Hit up the book of Isaiah, specifically chapter 45. Our Lord is head over heels for us, and it is beautiful. Before we knew or cared about Him, He chose each of us to be a recipient of his extravagant love. That’s insane. To love ourselves and other people the way God intended, we need to build a relationship with the God who created us and loves us. If we don’t know God, who is love, how can we know love?

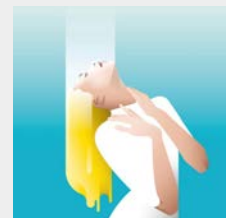
Sync up with God’s plan: love God, have a relationship with Him, love yourself, and then love others. It’s not selfish—it’s what makes sense.

Lamb Jams

Hailing from Oceanside, California, Beach Chapel is a small group of artists bringing us certified SLAPPERS since 2019. Their song “Honey” reminds me of the band Vampire Weekend in all the best ways, and “Endless Summer” reminds me of sunrise wake-surfing sessions. These two made my top 10 songs of 2020 list easy.

“Honey” by Beach Chapel

“Endless Summer” by Beach Chapel



Verbatim

What is the number one thing you think kids our age need to learn about love?

“I think the biggest thing people need to learn about our love is that it’s all about giving. It’s not about what they can bring to you—it’s about what you can give to them. There’s different love languages—even if yours is different from theirs...you should still be conscious about how they feel about love and about how you can give to them.”

~ Maddie Stone

“See yourself from the eyes of God. Love yourself the way He loves you. Believe what the Word says instead of what you feel.”

~ P. Fredders

“Where it comes from, which is from God. He is Love. And then how to be in love, which is to be completely selfless when you’re with somebody else.”

~ Coach Reading

UCA ATHLETICS

EDITOR: ASHLEY COX



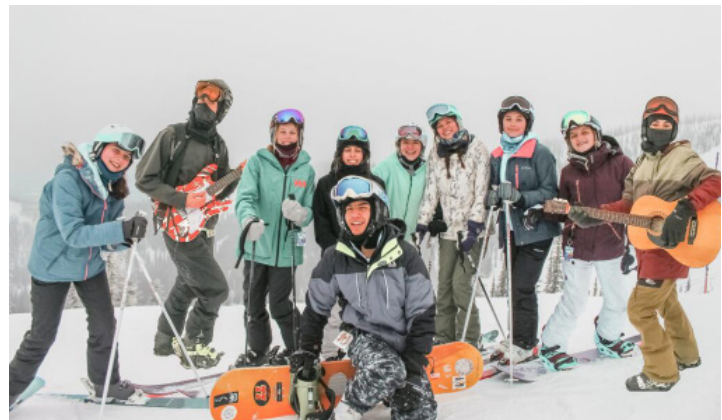
Rec Ski Plus



After classes on Friday, January 15, about 90 students loaded up on the buses, ready for a weekend full of social activities, time together and skiing. Due to the lack of cooperation with Schweitzer's mask policies, the mountain canceled night skiing. Although UCA was planning to ski Saturday night and Sunday, the weekend was still a go! It was full of fun activities including dare-base and a spontaneous competition of who could whack their friend the hardest with a pool noodle.

On Sabbath, the students went up the mountain for a walk, which turned into card-

board sledding, courtesy of the parking lot dumpster and Joah Vandoozer's creativity. On Saturday evening, everyone enjoyed a movie night, pizza, and root beer floats, which was arguably just as exciting as night skiing would have been! Although ski retreat looked different this year, UCA students felt lucky enough to participate in an incredible weekend.



PC: Ryan Hughes, Carson Cox

Show Yourself Love!

While February is the month that celebrates love, it is easy to forget to love yourself. This month, why not start learning how to express love to yourself by getting active? Although there are so many ways to take care of yourself, one of the most beneficial options is doing something vigorous. Many studies show that exercise boosts self-esteem. It enhances your mood,

boosts confidence, and provides a sense of accomplishment. Staying active is also good for your mental health. When exercising, your brain releases serotonin, which is why it also helps fight depression and anxiety. Because exercise and anxiety both cause heavy perspiration and increased heart rate, the body begins to associate those indicators with safety rather than fear.

The most important part of self-love is your mindset. If you work out because you want to change how your body looks, loving yourself completely will not be attainable. Physical activity is supposed to be pleasant, and there are so many different varieties of exercises. This makes it easy to find a way to stay active that you enjoy.



PC: Ashley Cox



PC: Ashley Cox

ENTERTAINMENT

EDITOR: TORI STAFFORD



THE DO'S AND DON'TS OF VALENTINE'S DAY

Some say that Valentine's Day is just an over-commercialized holiday that corporations use to exploit humanity's need for romantic validation. Others view Valentine's Day as a celebration for the gift of love, whether that be platonic, romantic, or for oneself. Whatever personal views you might have, I have some free advice to help navigate this overly affectionate day.

Tip #1: Don't Be A Valentine's Day Scrooge

Just because some do not have the luxury of enjoying the company of a special someone, does not mean they have to hate on those who do. There are plenty of ways to celebrate the Feast of St. Valentine without a significant other.

Tip #2: Don't Send Anonymous Valentine's Day Cards

Ok. This is extremely biased, but this is my article, and I don't care. Anonymous cards are annoying, often disappointing, and not

to mention they are just downright creepy. If someone is too scared to confess their feelings face-to-face, they are probably not ready to be in a relationship, period.

Tip #3: Do Your Own Thing

Chocolate, affectionate notes, and flowers are always appreciated, but this is a day to get creative! This is also applicable for all the single people of the world. Do not wallow in self-pity. Go out and do something fun!!

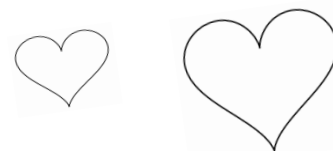
Tip #4: Be Considerate

This goes along with the Valentine's Day Scrooge concept; some may not have a significant other to celebrate with. Don't be that person.

Tip #5: Don't Let Valentine's Day Define You or Your Relationship

Valentine's Day is often viewed as a time for couples to do extravagant things for each other. However, that is not necessary for a re-

lationship to work. Valentine's Day is just one day out of the trip our Earth takes around the Sun, don't let it affect you. If you're single, change the meaning of Valentine's Day. It is a day for the celebration of love. Don't limit Valentine's Day to just romance.



RANDOM QUOTES

"Being a good teacher is really just good manipulation."
~ Mrs. Riffel

"I hit a turkey!"
~ Skyla Jordan

"Oh my ostrich!" ~ Lucy Han

"I thought all teachers were the same age."
~ Isaac Gessele

"I'd go to Walmart and lick everything."
~ Mr. Anderson

"Spanish is temporary, gains are forever."
~ Alex Wilfley

"Franny is just a trench coat full of hamsters."
~ Renae Reinke

VALENTINE'S DAY ADVICE?

"Don't be petty."

—Rachel Thornton

"I've been single for 8 years I don't know what to say."

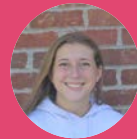
—Dean Jessie

"You might not have a girl for Valentine's Day, but the bros will be there for you every day."

—Joe Rivera

NATIONAL NEWS

EDITOR: RENAE REINKE



PC: Gabe Hopkins

PENGUIN FIELD TRIPS: CUTE PENGUIN COUPLE GO ON MUSEUM FIELD TRIPS IN DOWNTOWN CHICAGO

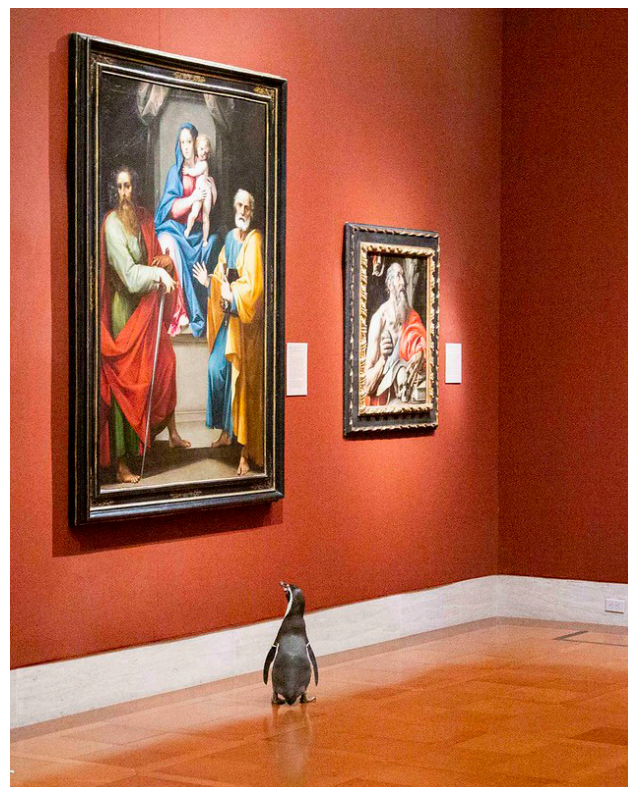
As many know, COVID-19 forced many businesses to close their doors for the foreseeable future, aquariums and museums included. To combat the disheartening situation, some zookeepers from the Shedd Aquarium decided to take a penguin couple to the various art exhibitions and museums that Chicago has to offer.

Since the facilities were closed, the penguins named Issy and Darwin were free to waddle as they pleased, while their caretakers took photos of their exploits for everyone to enjoy through the media. The little field trip dates successfully brought cheer to the regulars from both facilities as well as the many cute photos of penguins doing penguin things. Even taking photos of the little things in life can bring lots of happiness to those who may be currently lacking it. If it seems like there is not

much going on in the home, take a picture or two and share them. It might make someone's day.

Fun Date Ideas for Quarantine

1. Go star gazing
2. Visit a farmer's market
3. Make Tik-Toks together
4. Video game marathon
5. Play card and board games
6. Take a virtual cooking class
7. Bowl in your hallway
8. Do a super hard puzzle
9. Have a spa night
10. Build a pillow fort
11. Have a movie night
12. Picnic on the roof
13. Visit a park



PC: Gabe Hopkins

HIGHLIGHTS

EDITOR: ROSALYNE FOOTE



falling for you

a compilation of all the things that 8 people said
they love about their significant others in an interview.



your eyes drew me in,
a soft grey blue
to a deep ocean hue
framed by long lashes,
they were so pretty,
otherworldly.
i felt their spark,
their depth,
and their fire.
your intelligence reassured me,
i knew you'd always be there
through my highs and my lows.
your broad shoulders held me
steady,
they kept me from falling
while the world around me crum-
bled.
your charming smile, lit my own,
candles with twin flames.
your

warm hands, thawed mine,
and brought an unfamiliar pas-
sion.
your determination brought me
peace.
your amazing memory kept me
laughing,
bringing up old jokes and mem-
ories.
your body, your being,
it's perfection to me.
unsurprisingly,
you are my bestest friend.
i love you despite your flaws
and long for this love's recipro-
cation.
you are my rationality,
there are no doubts, no reason to
doubt,

it's a trust that wasn't always
there.
you're constantly giving
to me, to us all.
you're my safety,
my companionship.
you can fix almost anything,
especially me.
you've helped me realize
i'm more than a shell of human
emotion,
that i have depth,
and reason.
you've helped create emotion
i didn't know i could feel,
but it's so natural
as if i've been loving you all my
life.
it's like a strong attraction to-

wards food,
but, oh, so much stronger.
it's simple,
it's humorous,
it's unconditional.
it started off as infatuation,
that resulted in understanding.
it's consistent, yet challenging.
it's something comforting,
a deep, steady hug,
held for a delayed moment.
but, somehow i think
that these words
aren't enough,
and don't even begin
to describe
my love for you.



C.R.
Cami Reese

HIGHLIGHTS

Love Haikus

By Kole GreyEyes

Love is like a bird. Love is short and pain-
It consumes, it flies, it dies ful, just like Mrs. Riffel's
Just like an airplane. class time ev'ry day.

Why does love scare them?

"LOVE!!!" he said to the large group.

"AHH!!!" they yelled right back.

Ashley Cox once said Love is a tire.
Love is temporary, and It makes me very tired.
Pain is forever. It also spins lots.

It's Friday



There are 6 quizzes in one
day

**Are you hopelessly
single?**

Is Valentines Day hard for you?

**Do you
want to
find
love?**

ASB wants to help!

Sign up to be UCA's next bachelor/ bachelorette by texting
(808)866-6102

**When the cafeteria doors aren't
open even though it's already one
minute past time**







THE BACKPAGE

EDITOR: AYDEN LEE



LITERALLY AND FIGURATIVELY ANYTHING: FORGOTTEN



PC: Ayden Lee

Love is in the air, unless you're single, then it's just normal air. But that's beside the point. Valentine's Day can either remind people of love or of hopeless loneliness, depending on who you ask. Before this year, Valentine's Day was nothing special to me, other

than the fact that it was the day that I got my first girlfriend. My freshman year, I became good friends with a certain girl. Before we started dating, I asked her to the Winter Ball. She said yes, blah, blah, blah, and then we reached the night of the Ball.

We met up at a classy venue and I introduced myself to her mom. I thought that my first impression was great. The only problem was that this wasn't my first time meeting her mom. Before this, the girl had a Halloween party at her house. When I arrived at the house, I met her mom and introduced myself to her for the first time. I was literally forgotten by my girlfriend's mom. Even when we were officially dating, she didn't know who I was. She just knew that I was "the boy."

So, some advice to everybody, make sure your first impression is memorable, otherwise, someday, you may be forgotten by your girlfriend or boyfriend's mom. In the end, it didn't really matter to me because I ended up getting dumped. But in a way, I'm glad I

got dumped, because it was such a horrible relationship. Now, two years later, I'm happily in a relationship, and I wouldn't have it any other way. Happy Valentine's Day Makena.

Unsolicited Advice:

Valentine's Edition

Hearing "You don't need to get me anything" is the same as hearing "Does this dress make me look fat?"

Bad Advice:

Valentine's Edition

If they say "no" to being your valentine, ask again. They want you to try harder.

Artist: Andrew Baker

