

# ECHOS

PUBLISHED BY STUDENTS OF UPPER COLUMBIA ACADEMY

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**NEW  
STEP  
NEWLOOK  
JANUARY  
EDITION  
2023**

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# FEATURE

by Hailey Fischer

## UCA's Recreational Ski Program

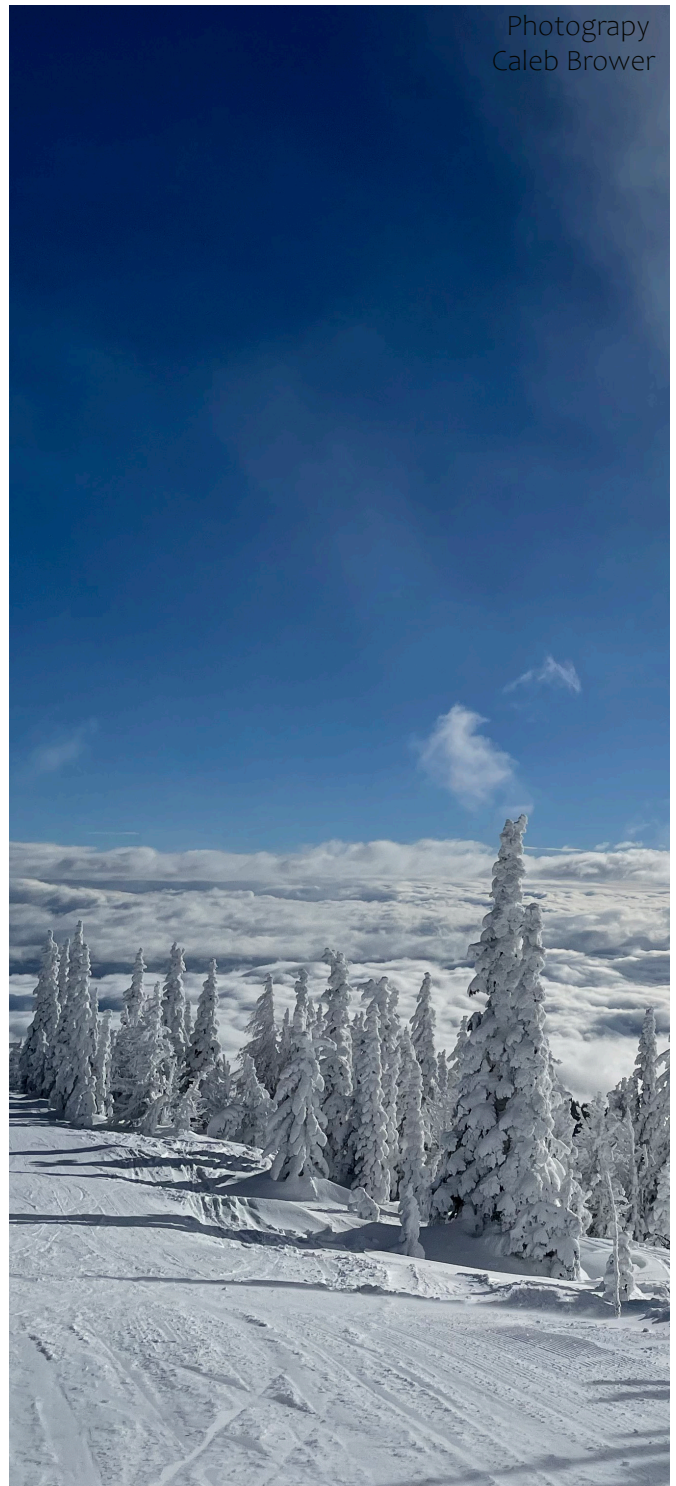
Whether they're skiers or snowboarders, UCA students have the opportunity to enjoy the winter snow at the Schweitzer Mountain Resort. Upper Columbia Academy's ski program is a popular extracurricular that allows students to experience the revitalizing mountain air and stunning Sandpoint views. The current mastermind behind the organization is Pastor Sid Hardy. Since joining the program in 2010, Pastor Sid has helped it flourish tremendously.

"This last year I sold 120 season passes and we have a regular 60-90 [students] going each week," explained Pastor Sid. The

number of participating students has drastically increased over the last few years.

"When I took over [the Rec ski program] ... we had a really bad winter and there was a time when there was me and six kids in a van."

Over the years, Pastor Sid has acquired the help of the ski shop, ordered passes from the mountain, organized transportation, and contacted students to make the program possible. Currently, Rec Ski is one-third of his job. His endless commitment and support of the program has helped the ski program thrive.



Photography  
Caleb Brower

"One of my biggest goals [for]... Rec Ski is to see kids going outside and doing outdoor [activities] in the wintertime, as opposed to just staying in their room and doing things on their computers and phones," Pastor Sid remarked.

# CAMPUS NEWS

by Jonathan Haeger



Photography  
Amy Ranette

## Changes in the UCA Government

Following the recent national events, Dr. Laura Pierce's Dual Credit Government class completed their candidate election project. The People's Choice Party nominated Oliver Chen, and the Convergent Party nominated Kalysta Regali. After introducing their candidates, students were given the opportunity to vote for them. After the ballots closed, 61% of the votes were in favor of Oliver Chen. Congratulations to The People's Choice Party for winning the election.

## Lounging and Job-finding

During January 9-11, Pastor Jeff Wines and 2021 alum, Caleb Shirinzadeh, visited from Camp MiVoden to interview potential staff members for this coming summer. Around 30 students were interviewed, many of which were hired. Congratulations to those who were hired to work this coming summer. Thank you for choosing to make a

## MLK DAY

Martin Luther King Jr. participated in a massive knockout game. There was also a jumpo cup stacking competition. After lunch, students could relax in their dorm rooms, go outside, or play games in the cafeteria for the rest of the afternoon. Both staff and students enjoyed spending time together there.

# NATIONAL NEWS

by Bella Smith



## Ship and Helicopter Are Both Down

The first international story begins with a bang. Italy's most wanted man, who was a mafia leader by the name of Matteo Messina Denaro, was arrested with the help of one hundred special agents. He had been on the run for 30 years after committing some of the worst crimes in Italy's history. Good thing he is off the streets, right?

Meanwhile, in Ukraine, there was a devastating helicopter crash that killed 14 people, three of which were a part of Ukraine's interior ministry. It crashed on the outskirts of Kiev next to a kindergarten/nursery, which was then

charred from the fire caused by the crash. A funeral was held recently for all the members who passed, which president Zelenskiy and his wife attended.

Over in Congo, 140 people are feared to be dead after a ship sank in the night due to being overly full of goods and animals. Thankfully, about fifty-five people survived the incident. Unfortunately, this occurrence is not uncommon because of boats being overloaded due to limited transportation and people working on them not knowing how to swim. So much can happen in just a day.

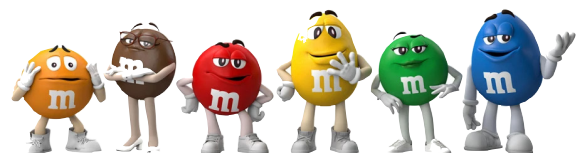
## Marriage and M&M's

This month's news is filled with controversy and change. The man who was previously known as Kanye is now called Ye (due to a recent name change), and he allegedly got married to a woman named Bianca Censori. She is an architect and designer who, coincidentally, works for Yeezy. This private marriage took place in Beverly Hills only about two months after the official divorce from Ye's previous wife - Kim Kardashian.

This next news headline came with more emotion as it was a part of many GenZ childhoods. Remember the M&M characters that are seen on TV and on M&M packages with legs, arms, and funny

facial expressions? Well, the M&M characters are on an "indefinite pause" due to backlash they have received from some minor tweaks. Which would include modifying the spokes candies shoes to make them less gender specific. Mars Wrigley, the company owner, made statements apologizing and announcing their new company add-on. The new face replacing the characterized M&M's place will be actress Maya Rudolph. She will make her first debut on a M&M Super Bowl commercial on February 12.

This is a peak into the new beginnings for Kanye and the end for our infamous M&M characters.



# SPIRITUAL LIFE

by Angie Buursma

## Shoes in Our Journey Together

The book Journey Together: Stories of God's Guidance is full of inspiring thoughts from fellow students. These stories have been quite the inspiration as I have grazed across ones discussing topics such as God having our back, fear, and worship. Probably one of my favorite devotional thoughts that I've read so far was the one Ryan Hughes wrote, "Shoes from Everyone." I love how he compared the uniqueness of each pair of shoes to the Christian walk of each individual. He used the example of how we all wear different styles and sizes, thus describing

that we should not expect others to be able to walk in them the way we do. I especially loved his last point when he said, "at the end of the day, all our feet stink just the same." None of us are perfect, and we all have our own issues that we must deal with. We should instead be quicker to love and lend a helping hand to someone than we are to judge them.

"So that you would walk in a manner worthy of the God who calls you into His own kingdom and glory." -1 Thessalonians 2:12

### Quote of the Month

"There are far, far better things ahead than any we leave behind."

- C.S. Lewis



Hey guys! Since it's the month for seasonal depression, I thought I'd share some tips to help you improve your mental health. Enjoy!

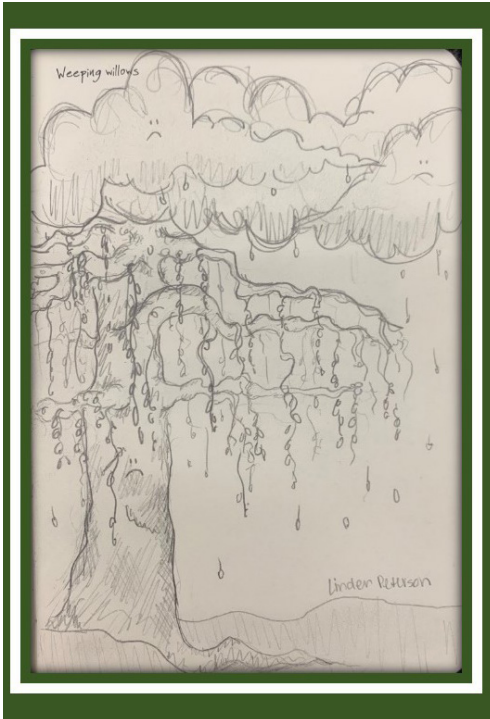
1. Initiate your own personal routine.
2. Discover your best support system.
3. Always remind yourself that you are never alone.
4. Treat each day as a fresh start to grow.
5. Give yourself a break when you need one.

Phelps, Michael. "Michael Phelps' Top 5 Mental Health Tips for Teens." Boys and Girls Clubs of America (2021). Accessed 23 January 2023.

# STUDENT HIGHLIGHT

by Sofia Pinell

## Junior Bible Projects



The junior class at Upper Columbia Academy is currently studying the book of Revelation in Bible class. Pastor Fred asked his students to create either a poem, painting, or drawing related to Revelation 15-22. Each one of them was required to use their own ideas and abilities.

Claire Twigg did her project on the tree of life mentioned in Revelation 22:2,14. The tree of life represents the divine gift that is obtained by righteousness. “Blessed are they that do his commandments, that they may have right to the tree of life and may enter in through the gates into the city.” Rev. 22:14. She chose to

use colored pencils for her project.

Chelysse Kakumba and Kailianne Smart decided to create a painting for their Bible project. They based their painting on Revelation 21:2. This verse explains the wonderful future, in which humanity will experience a place created by God for His people. “I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband.” Rev. 21:2. Chelysse and Kailianne used both acrylics and watercolors to create this beautiful painting.

## 200 Drawing Prompts

On Dean Kry’s and Megan’s desk, there is a 200-word drawing prompt book for the girls to express their inner artistic flare. The deans had the idea to set out a drawing prompt book for girls to draw on. This book gives one prompt on each page and leaves the task of completing the page to the girls.

On one of the pages, the picture on the right is a pretty drawing of weeping willows that was drawn by Lin-

den Peterson, a senior dorm student at UCA. She added clouds which makes it even prettier.

This other amazing drawing shown on the left was created by Alondra Gonzalez, also a senior dorm student at UCA. She chose “something abstract” as the prompt. She said she was inspired by a previous art project she did when she was little. Now she draws whenever she is bored to keep herself entertained for a while.



# ENTERTAINMENT

by Sarah Cole

## Life Without Music is 'Meh'

It is late winter; the time of year when depression likes to set in because your brain finally realizes that it cannot be mentally stable without vitamin D. The Pacific Northwest is known for being a gloomy pit of despair during the cold months. You must learn coping mechanisms to make it through the doldrums. What are these coping mechanisms, you ask? Well, there are many different ones to choose from. But one highly effective way is to listen to

music. Music can affect your mood tremendously. Studies show that upbeat and cheerful music causes the production of dopamine and serotonin in the brain, making you feel happy. Calm music has a relaxing effect, reduces anxiety, slows down your heart rate and lowers your blood pressure. Sad music soothes difficult memories and the feelings that go along with them, helping regulate your negative emotions.

## Important Quotes in History:

"I hate it when I'm singing a song and the artist gets the words wrong." ~unknown

"It is not necessarily the words that are said, but the manner in which they are spoken." ~unknown

"He has good typing skills, but he's allergic to corn." ~unknown

## Spotify Supremacy

Whether you like it or not, ladies and gentlemen, Spotify is the superior music streaming platform. Period. Unlike Apple Music, Spotify gives you ultimate access to top-tier exclusive music and podcasts. It inspires the unleashing of your inner disk jockey by allowing you to create personalized and/or group playlists. For those of you who geek out about your favorite artists, there is exhaustive info in their profiles to satisfy your curiosity.

For those of you who like to correct when the artist gets the words wrong, most tracks have real-time lyrics available to verify your instinct. To top it all off, your least tec-savvy friend can easily navigate this user-friendly music platform. I implore you! Please start listening to Spotify if you haven't already, beginning your journey to becoming a better you! I guarantee you won't regret it Apple Music and other platform users. vote



# MUSIC

by Megan Christensen

## Get to Know Me: The New Music Page

Hey y'all, my name is Megan Christensen and I'm adding a new page to the Echoes this semester! This is the spot for everything music, from news to events to random things that I feel like I want to write about (this will be very dependent on my current mood). I also should warn you that a very, very, extremely small percentage of you will actually appreciate my wonderful taste in music, but that's okay. I'll try and spice it up a bit so that hopefully everybody gets a little bit of what they like. Also, please feel free to give me any input on your musical tastes and what you enjoy and I'll try to implement some suggestions.

Anyhoot, since I play varsity basketball and Friendship Tournament was this past

weekend, I'll leave you with some of my favorite hype warmup songs:

- "High Hopes" by Panic! at the Disco
- "Welcome to the Show" by Cody Johnson
- "Shut Up and Dance" by WALK THE MOON
- "Moments We Live For" by In Paradise
- "10:35" by Tiësto
- "Hometown" by Kane Brown

## Choral Clinic 2023

As students return to school from Christmas break, the drudgery of school and the dull, gray days of winter the long winter months, many extracurricular activities are planned for the next few weeks, from volleyball intramurals, basketball Friendship Tournament, and spring break plans. In the music department, preparations for choir clinic have been underway. Last week, UCA senior Jonathan Kasper remarked, "I'm most looking forward to meeting all the kids and seeing their reactions to singing in a choir with 200 people." This past weekend, 90 kids in 7th and 8th grade spent the weekend in the dorms at UCA. They spent their days rehearsing in the gym and the weekend

climaxed with a performance for church on Sabbath. UCA students involved in choir intermingled and spent time with the visiting kids, welcoming them into the dorms, helping them to find their way around campus, and making sure they enjoyed their time at UCA to the fullest. On Sabbath morning, everyone, including many students' parents, gathered in the gym for church. The combined choir of UCA students and visiting students did a phenomenal job with their performance. Afterwards, UCA senior Irina Muzychko explained, "I really enjoyed getting to know and interact with all the kids that came. Also, I enjoyed the songs that Mr. A picked for the weekend performance."





# ATHLETICS

by Ethan Hickok



## Basketball Is Our Friend

We had a lot of fun with basketball this season. We just had an awesome senior night where they recognized the senior basketball players. The UCA Lions fought long and hard against Asotin. Boy, there were some good games. We won by 10 points in the boys' varsity game and in the girls' varsity game. All of our players were amazing.

We also got the chance for both of our JV teams along with our Varsity teams to compete in the Friendship tournament. In our first varsity games both

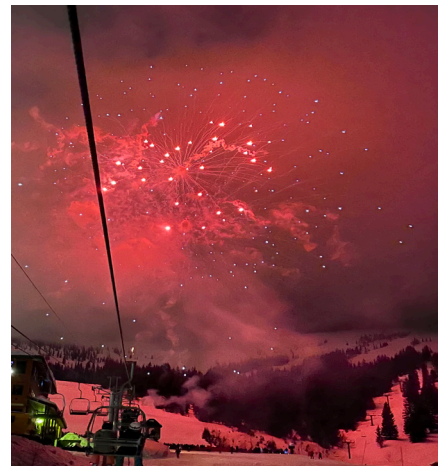
teams came out on top, the following game our Girls varsity played a long hard-fought game against rouge valley only losing by 3 points. Our Boys varsity then played Auburn starting off slow, but in the fourth quarter down by 15+ points the guys scored 33 points in less than 10 minutes to win the game! Then the girls won the game for 3rd by over 25 points! Then our guys varsity played very well in the final championship games. They almost came back but, in the end, lost to Rouge Valley.

## Ski Retreat

Everyone had an awesome time on the ski retreat earlier last month. We had the opportunity to go night skiing up at Schweitzer and see many fireworks. We were then able to ski all Sunday after a fun, packed, activity-filled weekend. We had lots of fun, whether it was participating in a team-based race for Saturday morning worship or watching a movie that

night after skiing. For all of you that could not go on ski retreat, there are still many ski trips during the upcoming Sundays. Even better, we are hoping to expect more snow soon. Remember, if you did not go on the Ski Retreat this year, be sure to sign up next year. See you up at the mountain!







# THE BACKPAGE

by Tanner Duffy

## The Movies That Made Us in 2022

The last 365 days of the universe's existence before the dawn of the year with the worst number combination (2023), overflowed with fantastic television and cinematic endeavors. Now if you're like me, you follow, when every new movie releases, what actors are cast, and if someone asks what movie a certain person was in you can name more than ten. I am obsessed with every plot, every character, and whenever there is a plot hole my brain explodes... obviously I need help. However, most people may not know anything about the best cinematic features of the year. So here, with the help of this year's Oscar

nominations, are the most amazing cinematic works of the year.

### BEST PICTURE

"Avatar: The Way of Water"

- This movie's visual effects are stunning, and absolutely gorgeous. Though it is basically giant blue cat people swimming in the ocean for three hours.

"Elvis"

- The life and times of the king of rock and roll played by Austin Butler, who is now stuck with permanent Elvis twang.

"The Fabelmans"

- Steven Spielberg decided to make a movie completely about himself because apparently, he isn't famous enough

"Top Gun: Maverick"

- "... " Enough said.



"Women Talking"

- A movie about women talking.

"Turning Red"

- What the heck was this?

### BEST ANIMATED FEATURE FILM

"Guillermo del Toro's Pinocchio"

- Of the three versions of Pinocchio released in 2022, this was by far the best.

"Marcel the Shell With Shoes On"

- I have no clue who though of the idea for this one...

"Puss in Boots: The Last Wish"

- PUSS IN BOOTS RETURNS! Now alongside Oscar winner Olivia Colman!

"The Sea Beast"

- A monster hunter finds monsters in monster infested waters.

And lastly in the words of Benoit Blanc in "Glass Onion: A Knives Out Mystery," "Oh fiddlesticks... I'm very bad at dumb things."

## Random Quotes

"What was that thing that we made? It starts with a G. umm...oh! Hummus!"  
-Alex Bierwagen

"I would be a depressing TV show." -Nathan Coon

"Wait is Canada a country?"  
-Eden Won

"Romiet and Julio, wait, that's not right..." -Amy Ranette

"I wasn't paying attention! I was busy putting my feet on your feet!" -Jomar Rodriguez

"You're right! That bat really does look a Trevor!"  
-Mrs. Duffy

