

COUGAR PRINTS

Character | Scholarship | Leadership | Service

Plans for Good

by Hannah Decolongon, Class of 2016

As the month of June falls upon us, graduation comes along with it. Parents may have mixed emotions as they consider watching their children walk down the aisle and prepare to start their own lives. But seniors, too, look ahead with mixed emotions: feeling excited and hopeful and ready to fly, yet unsure of what the future will bring. Remember that college will come with its temptations and trials. Parents and teachers may not be nearby to be the voice of caution. All will be called on to make good choices. Let God lead the way. "The heart of man plans his way, but the Lord establishes his steps" (Proverbs 16:9).

Whether a graduate, a student, an adult, or child, we may not know what lies ahead, but there is Someone who has a plan for us, and He will take us on the path we are meant to tread if we let Him lead. He does not ask us to travel into the unknown alone; rather, He reminds us to walk with Him. "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope" (Jeremiah 29:11).



Glendale Adventist Academy



Be a Light for Christ

By USAFA Cadet Brittney Gregg, Class of 2014

God does not call the qualified, He qualifies the called. During the first semester of my freshmen year at the US Air Force Academy (USAFA), I completely lost my footing with God. I strayed from the path He had set me on, and put my focus on what I thought was the most important: school and military training. By the time winter break arrived, I knew I needed to change: I needed to put God first in all I did. A week after returning from vacation, I was asked if I wanted to go on a mission trip to Poland with the Bible study group I had started attending at USAFA. I thought it would be an incredible experience, but had no clue how I could afford it.

After lots of prayer and the support of dozens of sponsors--including my NHS family at GAA--all the money came in, and I purchased my ticket to join the mission group, Campus Crusaders for Christ. I did not feel ready to be a missionary, as I was struggling with my own relationship with Christ, but I knew He would qualify me to do His work.

Our Crusader group consisted of cadets from my Bible study



Give Blood. Give Life.

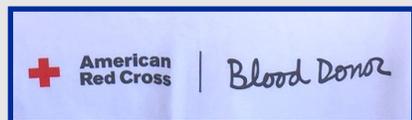
by David Cecil, Class of 2015

On 14 April 2015, Glendale Adventist Academy students and staff participated in the American Red Cross Blood Drive. The Red Cross operates a network of blood donation centers around the country, collecting whole blood, platelets, and plasma for hospitals and first responders. In addition to "brick and mortar" donation centers, the non-profit also operates a fleet of mobile donation centers. One of these vans set up on campus to allow students the opportunity to save lives.

For most donors, the process of donating went efficiently and painlessly. After completing a medical history questionnaire and settling in, the actual donation was done in about ten minutes. Recovery took much longer, but the tedium of the wait was alleviated by limitless snacks, juice and water, and a free t-shirt.

The best part, however, was the instant gratification donors felt once completing their donation. "I don't know who I am going to help, but I know that my blood donation will help someone. I might even save a life," said David Juarez, Class of 2016.

Combined, the Glendale Adventist Academy family was able to donate 23 pints of blood, including three double-red donations. Many first-time donors said they will donate again when the opportunity arises.



circle. Jet-lagged after our 14-hour flight from Colorado to Poland, we made our way to the city of Poznan. Here we had the opportunity to work with local churches by praising God through music and sharing our testimonies of God's love and the importance of a personal relationship with Christ. My favorite experience here was working with children during a service designed for them. The small church was packed with children, and both their innocence and their love for Jesus were beautiful. They showed such reverence as they kneeled, trying their very hardest to stay still during prayer. I was a witness to how God's love and message conquers all language barriers.



We also visited schools in Poznan. The first school we spoke at was a technical school, and the students were cold and distant. I was absolutely terrified. I recall praying that God would soften the hearts of the students we still had to talk to, and to open their ears and their hearts to His message. The feeling at the next school was the polar opposite. The students were welcoming and excited to be there, and it was beautiful to see the Holy Spirit working in the room, touching the students.



We next spoke at the University in Poznan, expecting a group of fifteen or so people to attend, but we ended up sharing God with two hundred people. Some drove over an hour to hear us speak, while others who were in the area just stopped in to see what was happening. We sang praises and worshiped with them, gave two testimonies, and shared the love of God. After

we finished, people asked many questions, some of which were fairly difficult to answer. What does it mean to be a Christian? Who is God? Why does He love us? It was incredible to see



how deeply they desired to learn about God.

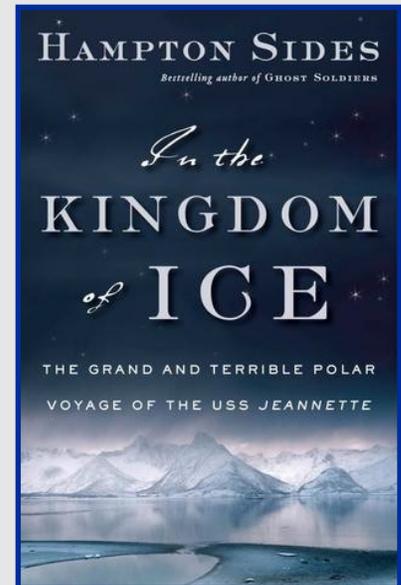
Another opportunity we had was visiting Auschwitz, one of the largest Nazi death camps from World War II. We had all learned about the Holocaust in school, but to visit the actual location

where horrific acts were committed and to realize that the events happened merely seventy years ago made the lessons from school so much more real. Not only had Poles survived the Nazis, they had survived Soviet-enforced atheism under a communist regime during the Cold War.

Our mission group traveled on to Krakow, one of the larger cities in Poland. Here we visited a Boys' Juvenile Detention Facility. The leaders warned us that the boys would likely be inappropriate boisterous, and might even walk out. As we pulled up to the building, the boys ran to the barred doors, banging their fists and heads upon the glass.



Our group exchanged wary looks as we walked up the steps, still unsure of how the boys would react. We told them about our school, the physical training at the Air Force Academy, and the morals we stood by. Then we told them about God. He can take brokenness and make it whole. Even though it may be difficult for us to give up control, God knows what is best for us in our lives. Through personal testimony, we shared God's love and mercy. During the entire meeting, the boys were quiet and



Book Recommendation

by Marianne Albarracin, Class of 2016

"I felt as we floundered aimlessly about in the snow that it made little difference to me whether I lived or died."

The history genre was never really my cup of tea, but the book, *In the Kingdom of Ice: The Grand and Terrible Polar Voyage of the USS Jeannette* changed my view. This book, by journalist and *New York Times* best-selling author Hampton Sides, follows the exciting journey of George Washington DeLong as he explored the North Pole on the *USS Jeanette*. The book originally captured my attention because I had never read a book about the North Pole before.

From the prologue, I was sucked in to the story because it was written so well. The author's descriptions of the beautiful and deadly scenery, tenacious wildlife, and breath-taking Northern lights draw the reader into the story. Sides writes a "white-knuckled" tale of adventure and survival not to be missed.

In the Kingdom of Ice did not even seem like a true story because of the amazing experiences that DeLong had. I highly recommend this book to all adventurous readers.

"The Dishwasher"

a transformation poem

by Matthew Hutchinson, Class of 2016

The dishwasher,
Hunched over a gleaming pot.

White whispers wordlessly
Scrubbing and souring
Surfaces clean to reflect
Hair falling down his face.

His apron,
Wretched and ragged,
Clasping limply onto
Sunken, shriveled shoulders.

Suds slip silently
Past the rancid residue on
Gnarled, grimy fingers
Washing slippery smooth
silverware.

Exhausted,
He flows
Down the drain,
Leaving a whiff
of lemon.

Save the Date

How will you celebrate,
commemorate, or take action for
these June events?

- 01 National Say Something Nice Day
- 01 Flip a Coin Day
- 05 World Environment Day
- 06 D-Day (Normandy Invasion 1944)
- 06 National Yo-Yo Day
- 06 Turtle Races Day
- 08 National Best Friends Day
- 10 Ballpoint Pen Day
- 11 Making Life Beautiful Day
- 14 Birth of US Army (1775)
- 14 National Flag Day
- 14 Family History Day
- 15 Magna Carta Day (1215)
- 15 Worldwide Day of Giving
- 16 Fresh Veggies Day
- 19 World Sauntering Day
- 21 Father's Day
- 21 Summer Solstice
- 23 Public Service Day
- 24 Swim a Lap Day
- 25 National Handshake Day
- 29 Hug Holiday

engaged, never once demonstrating the behavior of which we had been warned. After, we played America v Poland basketball, testing our skills against each other in fun.

Seeing these boys who were considered lost causes smiling and laughing, being sweet and kind was, in its self, such a blessing. One boy in particular who was only ten and had been abandoned by his parents at a young age. He became my little shadow, following me around with the biggest grin on his face. Before leaving, he gave me a bear hug. Through a translator, I told him, "You have the most beautiful smile; whatever you do make sure you never ever lose that."



Back in the stress of school at USAFA, I began to doubt God's purpose. I missed the positive and loving environment on the mission trip, I missed proclaiming God's love, and I missed speaking with everyone and anyone who would listen about the Good News I had to share. I sulked, I struggled, and was confused. Prior to leaving for Poland, I had been reading Philippians: "Do everything without grumbling or arguing, so that you may become blameless and pure, children of God without fault in a warped and crooked generation. Then you will shine among them like stars in the sky" (2:14-15). God brought these verses back to my mind.

The last line resonated with me the most, to shine like stars for Christ. Reading my Bible, I refocused. God put me here on this path to be a light for him, and to touch those around me at USAFA. I do not need to go overseas to be on a mission trip, my mission is the people I meet, the friends I make, the strangers walking by. I need to be a light shining for God wherever I go. It took God sending me half way around the world to find out that the work He needed me to do was right here. Wherever we are, God uses the willing in some way to touch those around us.



Two Are Better Than One

by Nohely Melenciano, Class of 2016

*"Two are better than one...For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!...And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken."
Ecclesiastes 4:9-12*

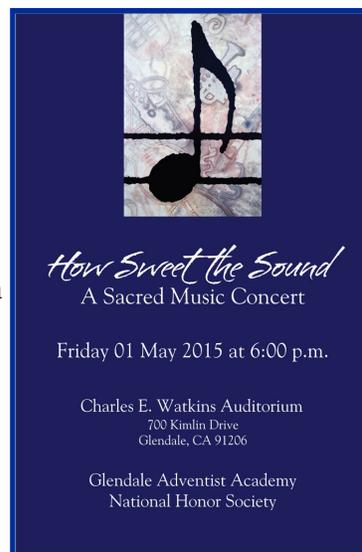
On 01 May 2015, the National Honor Society hosted its second annual benefit concert for which students donated time and talent to raise money for the Worthy Student Fund. For the concert, Lucas Marcondes, Hannah Decolongon, and I chose a simple song called "You Loved My Heart to Death," by Shane and Shane. The song tells of the blood Jesus shed for us, and explains that we deserve death, but, by His grace, we are spared.

As we practiced, I started to think of how this song relates to every soul on this earth. We all deserve the punishment of death, and yet we were given a second chance to live, but why? I spent some time trying to fathom the mercy that the Lord shows us daily, and I came to the conclusion that I am often selfish. I am not always grateful for the many opportunities that have been handed to me, one of them being the privilege to attend this Adventist school. The purpose of our sacred concert was to raise money for students in need of assistance with school payments. How often did I thank my family for their sacrifice for me?

I complain about having to wake up at 6:00 a.m. while some of my friends are up by 4:00 a.m. to walk to the bus stop for band because their parents are out working to provide a better future for them. I have it so easy, and do not realize that friends may be struggling in some way, whether they show it or not.

By the end of my moment of enlightenment, I was left with the question, "What does it really mean to serve others?" Galatians 5:13 says, "For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another." There is one thing that I want to say to encourage students at my school who are struggling: I am here for you. We are here for you.

As a community, it is crucial that we lift each other up and encourage each other. One way we tried to do this was by hosting this sacred music concert where academy, junior high, and elementary students came together to help each other. I hope that all were inspired to continue such efforts. Next year will bring hardship for this school, and we all need to support and serve one another through these changes. I pray that GAA is moved to serve its students and its community by sharing the love and grace of Jesus Christ.



Scholarship Opportunity

by Mahta Marefat, Class of 2016

ScholarshipExperts.com strives to present a "fast, easy, and free" way to provide a great resource for students searching for a wide variety of financial assistance. Specializing in easily accessible year-round opportunities, the site also hosts monthly scholarships based on a specific topic. Registering for a free account entails listing academic interests, hobbies, and backgrounds, and allows students to direct their scholarship searches to more personalized options.



Support ADRA Nepal

by Sydnee Nicolas, Class of 2015

On 25 April 2015, a massive earthquake hit the country of Nepal, resulting in widespread destruction with an estimated 8,000 fatalities, 19,000 injured, and more than 50% of the region rendered homeless. Adventist Development and Relief Agency (ADRA) immediately responded to the 7.8 magnitude Gorkha Earthquake and its aftershocks, assisting survivors by providing food, drinking water, and shelter.

The National Honor Society sponsored a school-wide fundraiser on 01 May 2015 to help ADRA Nepal. Students from Kindergarten through high school donated money and wore red, white, and blue in honor of the Nepalese flag.

NHS also set up a booth at May Festival to collect ADRA donations in exchange for a free t-shirt. With the help of the GAA school family and Pico Rivera Bilingual SDA Church, NHS raised over \$5300.00 to assist survivor recovery in Nepal.

That's Puntastic!

by Mahta Marefat, Class of 2016

I opened my electric and water bills together. Suffice it to say, I was shocked.

Question: What animal could Noah not trust?

Answer: A Cheetah.

Question: Where were Solomon's temples located?

Answer: One the sides of his head.

Shout out to all the people wondering what the opposite of in is.

Question: Why couldn't Noah go fishing?

Answer: He only had two worms.

I could try to tell you a chemistry joke, but I know it wouldn't get a reaction.

Question: What do you get from a pampered cow?

Answer: Spoiled milk.

My obsession with circular patterns is really spiraling out of control.

Question: What do you call pastors in Germany?

Answer: German Shepherds.

I am going to stand outside. So if anyone asks, I am outstanding.

Question: Who was the smartest man in the Bible?

Answer: Abraham. He knew a Lot.

Love in Action

GAE Students Share God's Love with the Elderly

by Mrs. Tauro, Fourth Grade Teacher



On 23 April 2015, the fourth graders of Glendale Adventist Elementary had the opportunity to put into action the lessons they had been learning in Bible class. The students had been discussing the effects of giving to others, and, when asked to share their God-given talent of singing with

the sweet people of Scholl Canyon Estates in Glendale, they cheerfully agreed.

"When we got to the Estates, we were so excited to meet everybody," recalls Lucas Abaro. Aidan Torralba added, "Before we started singing, I felt really nervous, but by the third song, I felt better. I think the people felt happy when they heard us sing. One woman kept saying, 'Amen! Praise the Lord.'" Beaming with pride, Andie Manez noted, "When we started singing, their faces lit up with joy. I was happy that I sang for the elderly."

Fourth grader Charlette Sumagang mentioned that "I really saw them smile and laugh out loud. It felt great to sing to them and share our special talents with them. It was a real blessing. I was excited to see the happy smiles, and it felt like signing on stage."

"I was just so happy praising the Lord's name," Cole Tobola said. "I suddenly realized what we were learning in Acts 20:35 was true:

'It is better to give than to receive.' I hope I made the Lord happy as we were praising His name to His people. I felt happy touching people's lives. I had so much fun singing to the elderly and showing them I am a Christian. I felt like I did a good job praising God's name."

On this day, the students learned that Jesus wants to work with us and that He has wonderful plans for us. If we bring what we have, then God will multiply it and make

something miraculous out of our gift. God is not worried about how big or little we are. What matters is if we are willing and cheerful, and He will take it from there. The more we give away, the more we become a miracle! "Now I understand why it is better to give than to receive," proclaimed Kailee Kaocharoen.



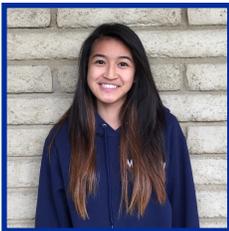
NHS Graduates Seven in 2015



David Cecil
NHS Membership: One Semester
 Service Branch: United States Coast Guard
 Career: Coast Guard Public Relations



Krystal Danlag
NHS Membership: One Semester
 College: Pacific Union College
 Major: Pre-Dentistry
 Career: Dentist



Marla Mallari
NHS Membership: Five Semesters
NHS Offices: Vice-President, Secretary
 College: Pacific Union College
 Major: Nursing
 Career: Medicine



Sydnee Nicolas
NHS Membership: Five Semesters
NHS Offices: President, Cougar Prints Editor
 College: Walla Walla University
 Major: Nursing, Pre-Medicine
 Career: Pediatric Medicine



Ellee Posner
NHS Membership: Five Semesters
 College: Pacific Union College
 Major: Health Care Administration
 Career: Hospital Administrator



Adriel Rillera
NHS Membership: Five Semesters
 College: University of California - Irvine
 Major: Bioengineering, Pre-Medicine
 Career: Cardiothoracic Surgeon



Jake Sy
NHS Membership: Five Semesters
 College: University of California - San Diego
 Major: Biochemistry, Pre-Medicine
 Career: Medicine



Alumni Give Back

by Sydnee Nicolas, Class of 2015

*"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."
 2 Corinthians 9:7 NIV*

On the Friday of GAA's annual Alumni weekend, students and faculty were surprised by the sound of power tools and joyful conversation coming from the halls.

Dr. Doug Snider and Mr. Wally Hofmann, both from the Class of 1975, greeted those passing through the halls with cheerful hellos, sincere conversation, and genuine kindness as they devoted their time to "spoofing-up" the campus. These alumni spent 01 May 2015 grinding, sanding, and painting the black railing around Building A on the academy campus.

Expressing his desire to contribute to his school, Mr. Hofmann said, "This place continues to hold a very special place in my heart and in my mind. I hope more and more graduates will follow along, returning 'home' to support the future of quality education with their time, their money, and their prayers."

No one asked these men to come, but their love for the school drew them back to help. We thank them.



Special Thanks

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Cougar Prints

Cougar Prints is sponsored by the Glendale Adventist Academy chapter of the National Honor Society. The publication is committed to sharing positive examples of character, scholarship, leadership, and service found at the school, in the community, and among the alumni. Cougar Prints is available in digital format at www.GlendaleAcademy.org.

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Whatever things are true, whatever things are honest, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8 KJV

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June Calendar



01 B Block

01 Minimum Day

03 B Block Finals

04 Consecration
Rehearsal (8:30 a.m.
at Vallejo Drive SDA
Church)

04 Graduation Rehearsal (12:45 p.m. in Liberty Hall at Hollywood Forest Lawn)

05 Consecration (7:30 p.m. at Vallejo Drive SDA Church)

06 Class Night (7:30 p.m. in auditorium)

07 Graduation (10:00 a.m. in Liberty Hall at Hollywood Forest Lawn)

08 GAA Summer School begins

14 ACT

15 Diploma Pick Up

21 CHSPE

Talk to Us

If you have a story that could be part of this publication, please share it with us at CougarPrints@GlendaleAcademy.org. We would like to feature class projects, art, poetry, essays, alumni achievement, book recommendations, great websites/apps, and more. If you have supportive comments to share or if you would like to underwrite the printing of an up-coming issue, we would love to hear from you, too.

