

COUGAR PRINTS

Character | Scholarship | Leadership | Service

Thanks and Giving

by Hannah Decolongon, Class of 2016

*"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*

When the month of November hits, I immediately think of fall, cooler weather, and, of course, Thanksgiving. My family usually meets up at my aunt's house, and my uncle cooks great food that we all look forward to devouring. This time of year starts me thinking about all the things that give me reason to be thankful. And this is good. However, this year, I want to dedicate more time to giving, not just thanking.

Let us share our thankfulness with others this month. For instance, when walking by a homeless person, consider going out of the way to share food with them. Consider contacting NHS for a "to go" bag filled during Socktober with water, snacks, and a warm pair of socks. With this bag in your car, you will be ready the next time you find someone in need.

Simple actions--such as asking how someone's day is going and then actually listening to the answer, performing a random act of kindness, sharing comforting words and Bible promises with someone who is sad--can all help bring joy to others.

It is good to be thankful for what we have. Let us also participate in giving of our selves to others, sharing our blessings, and showing others who our Creator is.



Sharing Our Selves

by Amanda Ladia and Jillian Martínez, Class of 2020
with Mrs. Takamune, NJHS Adviser

"When did we see You sick, or in prison, and come to You?" And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'"

Matthew 25:39-40 NKJV

We, as National Junior Honor Society (NJHS) members, understand that some people are not as fortunate as we are. We want to show the community of Glendale that we represent God and are here to serve others. NJHS has been working with Los Angeles Regional Food Bank Director Diana Elias and Share Our Selves (SOS) Food Pantry for six years. Each fall, we collect food to fill the Food Pantry shelves, sometimes donating as much as 3,000 pounds of food. This year, the National Honor Society (NHS) and the academy Religion Department joined our food drive. The Glendale Trader Joe's on Glenoaks Boulevard generously supplied grocery bags to send home with each member of the school family. To motivate elementary students, NJHS offered prizes for the top three classes who collected the most pounds of food donations.

Mrs. Elias wants our school family to know that everything contributed is such a blessing and a gift to hungry people, many of whom are our neighbors in the Glendale area. The third Thursday of every month, crowds show up to accept the free food from the Food Bank, taking home vegetables, fruits, milk, and bread. When available, they might also receive supplemental foods--peanut butter, canned soups, and granola bars, for example--from Share Our Selves

Give Thanks

by Janine Mozoomdar, Class of 2016

Let the peace of God rule in your hearts...and be thankful...And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.

Colossians 3:15-17 NKJV

For what are you most thankful this year?

"For being able to come to this school where people care so much, and for the blessings God has given me throughout the year."

Melody Cornel, Class of 2018

"For meeting new people!"

Angela Encinas, Class of 2019

"For having the opportunity to get to know the Academy students so much better."

Mrs. Garcilazo, Principal

"I am thankful for my awesome friends and my awesome classes this year."

Kenton Brandmeyer, Class of 2018

"For having friends and teachers who really care about my well-being and who stick close to me."

Khayla Hendy, Class of 2018

"I have taken up cycling this year, and I am thankful for the time I am able to spend outside, seeing more of the details of nature at the beach or in the mountains."

Ms. Marcarian, English Teacher

"I am thankful for the new experiences that I have had since coming to this school."

Hannah Salcedo, Class of 2016

"I am so thankful for a place to live, for being able to come to this school, for my football team and coaches, and for food. I am also thankful for my church."

Jocelyn Rojas, Class of 2018

to give them a well-rounded meal.

One Thursday, a small girl and her mother came to receive food from the Food Bank. After they received their supplemental groceries from Share Our Selves, the little girl started bouncing up and down and squealing in delight. She had seen the staff put yogurt into the bags and it was a treat she had not been able to taste in a while. Everyone who has contributed has made someone else happy in a similar way.

The food we were able to donate from our fall drive helped share nutrition, pleasure, a sense of pride because it allowed someone to feed a family, and the realization that there are other souls who care about them and want to help. In this way, we are the hands and feet and heart of God here in Glendale.



Wildlife Observations of Famil(y)iar Species

by Janine Mozoomdar, Class of 2016

College Admission Prompt: Describe the world you come from — for example, your family, community or school — and tell us how your world has shaped your dreams and aspirations.

My dear mother is a hummingbird. She darts and buzzes to and fro, up and down, all around in a flash of bright pink. Though the smallest species of bird, hummingbirds have the highest metabolism of any warm blooded creature. Everyday, my mom encourages me to join her in her never ending to do list and humors me when I cannot keep up with her seventy times per-second wing beat.



"The hurrier I go, the behinder I get," is the motto hanging from her wall, yet it is blatantly ignored. From tending the garden, to lifting weights, to cooking and cleaning while having a full time job, my mom does it all. Yet she also finds a moment to stop and perch beside me, to ask my opinion on the popcorn popper she got from Salvation Army, to discover how that calculus limits test went. Ironically, the one with the least amount of time has spent the most time with me - raising, encouraging, caring for me throughout the years.

Despite her best efforts, my mother's encouragement tends to fall

upon my deaf ears. My overactive imagination feeds me one hundred and one ways to fail. You could say I tend to imagine falling before I leap. My mom is the one who actually pushes me off the (hopefully) metaphorical cliff, forcing me to jump, despite the possible causality of a just a few broken bones.

Large, loud, yet solitary, my father is a grizzly bear. He lumbers around the house, looking for his next meal. Winter hibernation is always around the corner for this grizzly bear; he feasts on salmon, nuts and berries, then retires to his dark upstairs cave to rest alone.

Though a great provider, my father is elusively seen. When I was little, I mostly saw him through cracks of doors or late at night watching tennis. Now, since he is traveling, I see him through Skype or WeChat on Mondays, sometimes Thursdays, and each Saturday.

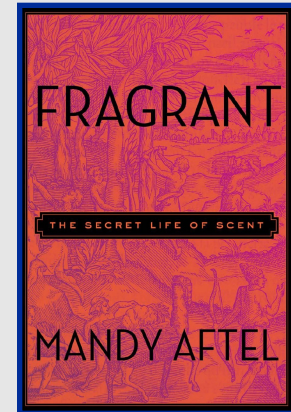


Somehow, fleeting times together with my father have led to lasting memories: how he would always brag to his friends about my stellar report card, how he would lecture me about hard work while I was mindlessly watching *Animal Planet*. His goal for me became my goal: simple yet glorious success.

Sleek, intelligent, stubborn, yet affectionate, my siblings are literally cats. At the time of my birth, two cats were present, with Koffee, the grand ol' Persian unofficially claiming me his own. According to my mom, he was my smelly caretaker, yet I can not recall his apparent foul body odor or yellow rotting teeth. Looking through my adorable baby photo album, Koffee most likely invented the "photo bomb". He was there everyday by my side, until one day he wasn't. Cancer decided to take care of him.

Since my diaper days, I had dreamed of becoming a veterinarian, but my first experience of death is what really made my dream a reality. My reasons for striving towards "veterinarian-hood" are the usual cliches of any animal lover: to help and to save.

All in all, it comes down to this: The cats have given me my dream, filled with scrubs, medicine, and exotic creatures. The grizzly bear has passed onto me ambitions for the future. The hummingbird has thrown to me the belief that all the above are reachable.



Book Recommendation

by Hannah Decolongon, Class of 2016

"Time passes as fragrance evolves on the skin, telling a story, beginning to end, before it disappears entirely, leaving only a sweet memory."

After reading *Fragrant: The Secret Life of Scent* (2014) by artisan perfumer and author, Mandy Aftel, I realized that I have been seriously underrating the value of scent. Before starting the book, I wondered how anyone could write an entire book about smells, but then I let Aftel take me on a surprisingly poetic journey through fragrance, its affect on people, and the intricate history of the world's most influential scents.

Aftel explains that there are "five rock stars of the aromatic world": cinnamon, mint, ambergris, frankincense, and jasmine. Mint "is an old familiar," while "cinnamon represents a journey of a thousand miles to reach our doorstep." Ambergris actually comes from whale stomachs, and smells horrid at first, but over time, attains a sweet, musky smell. Frankincense is an ancient scent, and jasmine--"no perfume" can exist "without jasmine," as the perfumers saying goes.

The book also includes recipes, teaching the reader how to blend Mint Vetiver or Jasmine perfume. Some of the more intriguing parts of the book includes learning the proper way to smell a fragrance and finding out what a scent has to do with memory and making meaning.

Experiments in Cinquain

cinquain poetry
from the Class of 2017

"Mother"

by Brian Keshish

Mother
Beloved fighter
Bearing, caring, repairing
An unbreakably tough cookie
Hero

"The Best Gift"

by Melanie Grey

Gently,
Across the room,
A stranger gifts a smile.
A seed for friendship there
planted.
How grand.

"Reflections"

by Priscilla Castillo

Mirrors
Helpful and honest
Reflecting, revealing, mimicking
Exposing our flaws and
highlighting our assets
Enemy and friend

"Beach"

by Vivien Lee Posner

Cold waves
Thrashing down on
The wet white sand. Wind strikes
My face, shoving me back. And
still,
There's peace.

"Surprise"

by Alexa Jacinto

Heart, why?
Why am I forced
To endure this madness?
I did not plan on falling in love
But, wow.

"Snack Time"

by Caitlyn Ng

Homework
Grasps my focus
But hunger hums my name.
I work. I write. I type -- what's this?
Goldfish!

GAA Girls Support Health

by Alessandra Ramos and Priscilla Castillo, Class of 2017
with Janine Mozoomdar, Class of 2016

In the early hours of October second, a group of 20 GAA senior and junior girls answered the call for volunteers by former teacher and beloved mentor, Mrs. Warlick-Bryant. The girls arrived at the annual Women's Health Conference in Pasadena where they were given oversized green t-shirts and eye-catching purple lanyards to identify them as volunteers.

Though originally assigned to help with registration, students discovered they had been specifically requested by one of the conference organizers. Their new mission? To assist the workshop moderators. The girls were sent off to work in exercise classes, nutritional programs, and health education workshops. For the rest of the day, GAA students gave directions, helped audience members to their seats, answered questions, passed out evaluation sheets, distributed lunches, handed out goodie bags, and ran errands for their moderators.

During breaks, volunteers were able to benefit directly from the free services offered. Some, like Coach Luna, got their body mass index measured, and others got free eye prescriptions at a vision health booth.

Just volunteering made the GAA girls more aware of women's issues. Mrs. Warlick-Bryant noted that the conference brought "together more than 2,000 women, community-based health organizations, medical professionals, and beauty and wellness experts for a day of education, inspiration, and fun. Designed to empower women to make better decisions about their health,

wellness, lifestyle, and beauty, the event offered information on female-related health issues, available services and resources, and ways to influence health policy." This noble purpose was not lost on the GAA students.



A Little Love from Home

by Vivien Lee Posner, Class of 2017

For years, the National Honor Society has kept up a tradition of sending care packages to college freshmen who graduated as members of the NHS. The Honor Society sends hand-written letters of encouragement and of school news along with snacks, school supplies, and other college necessities like chewing gum and Go-Fish.

When it was time to sign up for a graduate, I was first to claim my sister, Ellee Posner, who is a freshmen at Pacific Union College (PUC). My group had fun cramming her care package full of her favorite snacks and supplies that she had specifically mentioned needing, such as Thai tea packets, lychee cups, and Ramen--lots of Ramen.

The first box arrived in October. For Ellee, opening the box was like having Christmas early. She reported that "for a struggling and stressed out college student, it's nice getting a physical reminder that there are people at home who support and encourage me. Being far away from home is sometimes hard, but the thoughtful care package definitely made the transition easier. Reading the letters made me laugh, getting the snacks saved me a few meals (and a few bucks), and seeing how much my sister loves me brightened my busy week."

Krystal Danlag, Ellee's roommate and close friend, also received a package. Krystal was lucky enough to receive an original work of art from Kimia Fariborz. She noted, "I liked how it was nice and comforting getting something from back home. And it seems just like yesterday I was sending out care packages to college students, but now I am receiving snacks and even art, and it's exciting to experience the other side." Marla Mallari, also at PUC, said, "College is really fun and the people here are great, but sometimes I really miss the friends back in Glendale. Getting those notes reminded me how much I miss my GAA family, and it was really sweet of NHS to send care packages."

NHS members love to hear that our gifts uplift our friends in college.

Sydnee Nicolas, studying nursing at Walla Walla University (WWU), especially appreciated receiving her favorite Ramen noodles and a stuffed animal sea turtle. Adriel Rillera, finishing generals at Pasadena City College, commented, "Thank you for all the snacks! Now I have munchies to eat during class." David Cecil, in training for the U.S. Coast Guard, also reported, "Thank you so much for the letters and the care package. It really means a lot to me--really!"

Throughout the year, NHS will continue to send letters, postcards, and packages. Our goal is to keep in touch with our friends as well as encourage them as they make the leap from high school to college. We hope that our continuous support through care packages and letters will motivate them to keep working hard.



Sydnee Nicolas, Class of 2015, at WWU



Meet Mr. Alva

by Janine Mozoomdar and Marianne Albarracin, Class of 2016

A life-long Adventist, Roger Alexander Alva, born in Texas, fulfilled a commitment to helping others and sharing Jesus when he decided to become a teacher. This school-year, Mr. Alva joined the Science and Religion Departments, teaching General Science, Physics (both General and Advanced Placement), and Religion 9.

Before coming to GAA, Mr. Alva was the principal of Gurnee Christian School, an Adventist elementary school in Illinois. Saying he was busy there would be an understatement as he was both full-time principal and full time teacher. This was no easy task, and eventually the large workload took its toll. To prioritize family over job, Mr. Alva eventually accepted a teaching position at GAA. He enjoys working at GAA, stating that "the students are really, really interested in succeeding" and he likes that there will never be any snow days.

Mr. Alva makes it a goal to always share Jesus with others. As a child, he had aspired to be a marine biologist, but everything changed when his brother challenged him by asking how becoming a marine biologist would allow him to meet his other goal of sharing Jesus with as many people as he could. This led him to change his aspirations, and decide to become a teacher.

During his free time, Mr. Alva enjoys hiking, going to the beach, spending time with his wife and cat, and watching baseball. He also has a passion for writing and languages. Currently, he is working on a historical novel set in the Middle East, and is learning Arabic to increase the authenticity of the storytelling.

Teaching is Mr. Alva's passion. By sharing knowledge and Jesus with his students, he is able to fulfill his goal to help others.

That's Puntastic!

collected by
Mahta Marefat, Class of 2016

A friend of mine tried to annoy me with bird puns, but soon I realized that toucan play at that game.

No matter how much you push the envelope, it'll still be stationery.

In a democracy, it's your vote that counts. In feudalism, it's your count that votes.

Question: What has many keys but can open no doors?
Answer: A piano.

I don't trust stairs. They are always up to something.

A comedian stopped by the fabric store on his way to a show. He was looking for new material.

Two hydrogen atoms meet. One says, "I've lost my electron." The other asks, "Are you sure?" The first replies, "Yes, I'm positive."

My spelling list consists of synonyms for "incorrect." I can now write every wrong.

Sometimes I tuck my knees into my chest and lean forward. That's just how I roll.

Question: In Bible times, which area of Palestine was especially wealthy?

Answer: The area around the Jordan. Its banks were always overflowing.

Skipping school to bungee jump will get you suspended.

Novice pirates are terrible singers. They can't hit the high seas.

Two-Ingredient Recipes

by Marianne Albarracin, Class of 2016

Easy, fast, and cheap does not always pair with healthy, but the following two-ingredient recipes are the exception to the rule. I discovered these recipes when I was looking for something easy and fast to prepare for school-morning breakfast. For both, start with the basic two ingredients and then spice things up to taste.

Banana Pancakes

makes six small pancakes

Ingredients: 1 banana
2 eggs

Instructions: In a mixing bowl, mash banana with a fork. Leave the banana slightly chunky if you want a more intense banana flavor. Whisk the two eggs into the banana mixture until just combined.

Optional: at this stage, add cinnamon, fruit, or chocolate to the batter.

Oil or spray a frying pan to ensure that the pancakes do not stick to the pan. Heat pan and pour batter to form small pancakes. It is easier to flip the pancakes if they are small, as these will break apart more easily than regular pancakes.

Top with maple syrup, honey, agave, jam, or fruit, and serve.



Banana Oat Cookies

makes eight small cookies

Ingredients: 1 banana
1 cup oats

Instructions: In a mixing bowl, mash banana with fork. Begin adding oats. The more oats added, the drier and more solid the cookies will be.

Optional: at this stage, add cinnamon, dried fruit, or chocolate.

Preheat oven. Form cookies and place on a baking sheet. Bake in oven (or toaster oven) at 350 degrees for 13-15 minutes.

Remembering My Origins

by Alexandria Lee, Class of 2013

*“Even now,” declares the Lord,
“return to me with all your heart.”*

Joel 2:12 (NIV)

I did not realize this at the time, but fostering my relationship with God during my time at Glendale Adventist Academy was, relatively speaking, uncomplicated, unchallenging, and obvious. How could I not maintain a relationship with Him? I was surrounded by spiritual enrichment. Chapel programs, weekly church attendance, NHS morning worship and vespers, and religion classes enabled me to experience a profound spiritual connection even when I failed to dedicate myself to its maintenance.

Things changed when I arrived on the UCLA campus. I was no longer required to attend weekly chapels, I was no longer reminded to pray before my meals. Even more, I was surrounded by people who did not believe in the same God, in one God, or in God at all. It became all too easy to forget where I came from, too natural to forget God.

My story may be too familiar. Finding myself in a place defined by frat parties, disengaged professors, and hyper-competitive science majors, I became too busy. I threw myself into my academic and extracurricular life, focusing on finding my place, on my campus organizations, on anything but God. But when I finally had research, leadership, friends, everything I thought I needed, I still felt a profound sense of void. I carried this with me until somewhere along the way, I was reminded of who got me to where I am.

Gradually, I began to realize that I can not do it alone, and importantly, that I do not have to. It is this realization that has made all the difference. It has progressively filled my void as I have become reacquainted with the God who gives everything I do and everything I have done the meaning I have been seeking.

Admittedly, there is no definite resolution to my spiritual story, no climactic turning point that drastically changed my life. My spiritual shortcomings are still very much a part of me, and I am still trying to find my way back. Along with my realization that I do need God has come a familiar sense of peace that I have not had since high school.

To all of you, and especially to the seniors, once you reach college, remember the God who got you there. Remember your origins.



When at GAA, Alexandria Lee served NHS as Treasurer. She is now a third year biology major at the University of California: Los Angeles.

Save the Date

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

- Native American Heritage Month
- 01 National Authors' Day
- 03 National Sandwich Day
- 04 King Tut Day (discovered 1922)
- 04 Use Common Sense Day
- 05 National Doughnut Day
- 07 International Tongue Twister Day
- 09 Berlin Wall Falls (1989)
- 10 Marine Corp Founded (1775)
- 11 Veteran's Day
- 13 World Kindness Day
- 15 America Recycles Day
- 15 I Love to Write Day
- 17 Take a Hike Day
- 17 World Peace Day
- 19 Gettysburg Address (1863)
- 19 Great American Smoke Out
- 21 World Hello Day
- 22 JFK Assassinated (1963)
- 24 Celebrate Unique Talent Day
- 25 Eliminate Violence Against Women
- 25 Thanksgiving

Berlin Wall Falls

by David Larsen, Class of 2017

After World War II, Allied nations divided Germany into four occupation zones: the Soviet zone became East Germany and the British, French, and USA zones merged to become West Germany. The capital, Berlin, in the Soviet sector, was divided as well. By 1953, more than 850,000 East Germans—especially professionals—escaped through West Berlin, seeking freedom from restrictive Soviet policies. To stop the “brain drain,” the Soviets, in 1961, ordered the overnight building of a wall—built at first of barbed wire and concrete blocks. The eastern side of the wall was guarded by watch towers, floodlights, dogs, trip-wire guns, and a strip of soft sand (to reveal footprints). Patrolling soldiers were ordered to shoot escapees on sight.

At least 171 people died trying to cross to the West, and at least 5,000 made their way to freedom—jumping out of windows, climbing over barbed wire, crawling through sewers, flying hot air balloons, or speeding through less well-fortified areas of the wall.

On 09 November 1989, after a mistaken announcement that the border would be opened to the West, more than two million people flocked to the wall's checkpoints, overwhelming the guards who let them through. One journalist noted it was “the greatest street party in the history of the world.” By 1991, the wall was gone, and the city was united. “Only today,” spray-painted one Berliner, “is the war really over.” The fall of the Berlin Wall marked the beginning of the end of the Cold War era.

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Cougar Prints

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Whatever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever 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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November Calendar

01 Daylight Savings Time ends (set clocks back one hour)

03-04 La Sierra University Experience

05 Academy Day/ Minimum Day

06 NHS Vespers (4:00-6:00 p.m. at school)

07 Band and Chorale at Central Filipino SDA Church (arrive by 10:00 a.m.)

07 Home & School Fall Festival

09-13 Fall Week of Prayer

10 Jazz Band at Annandale Golf Club for GMAC (4:30 p.m.)

11 Blood Drive

12 Play *It's Not You, It's Me* (7:00 p.m. in amphitheater)

14 Play *It's Not You, It's Me* (7:00 p.m. in amphitheater)

15 Fall Banquet (5:30 p.m.)

16 Late Start (Band 8:00 a.m.; Classes 8:50 a.m.)

19 Play *It's Not You, It's Me* (7:00 p.m. in amphitheater)

20 Minimum Day

21 Play *It's Not You, It's Me* (7:00 p.m. in amphitheater)

21-29 Thanksgiving Break

30 Classes Resume

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.

