

COUGAR PRINTS

Character | Scholarship | Leadership | Service

Rooted in Christ

by Hannah Decolongon, Class of 2016

"Therefore, as you received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, just as you were taught, abounding in thanksgiving."
Colossians 2:6-7

The month of June has come upon us. This is an exciting time for all students of GAA because it means summer. For seniors, it is more than just summer: it means graduation. With this comes the flood of new worries: what job to pursue, how to pay for this and that, and for whom to vote in the Fall.

Amidst the busy chaos, it becomes easy to forget things that we have learned. Foremost in all that we must remember is where we are rooted, where we have established a stable foundation. Life throws obstacles in our paths that may seem unconquerable. The lessons we have learned from elementary and up can get pushed to the back of our heads, but these are essential for tackling future challenges: remember to pray always, share, follow the Golden Rule, and think before speaking.

So, as we go our separate ways--whether it be another day at work, another year at Glendale, or starting college--it is imperative to remember that we can do all things through Christ who gives us strength (Philippians 4:13). Without a strong foundation it is easy to lose our way; however, if we root ourselves in the Lord, the rest of our journey will not be as turbulent.



Pathway to Help

by Marianne Albarracin, Class of 2016

"As we have therefore opportunity, let us do good unto all men."
Galatians 6:10

In the middle of the mad rush to finals, it is easy for the demands of school to block out everything else—school becomes our everything, and we forget that we are still called upon to serve others. Pathway to Health helped remind us of our greater mission. According to their website, Pathway to Health is committed to reaching “the great cities of this planet with the love of God” by providing free “medical, dental, eye care, surgery, and support services,” as well as offering preventative medical care. To reach Los Angeles on such a large scale, Pathway called upon local Adventist academies for volunteers. Principal Garcilazo urged GAA students to participate, saying, “I wanted the students to go because it would give them a once in a lifetime chance to experience this type of ministry, and I insisted because I thought it would be life-changing for some.”

Many GAA students were able to volunteer two days in April at the LA Convention Center. The first day was all about setting up and stocking a mini-hospital. Jobs included everything from assembling medical equipment, stocking towels for hydrotherapy, organizing storage for central supply, to filling giveaway bags with Adventist literature. By the end of the day, students were sore from so much lifting and walking, but it was just a taste of what they would experience the next day when community guests would arrive.

The second day began with training in how to interact with patients, a review of safety regulations and crowd management skills, and how to serve as patient transfer assistant (PTA) to ensure that clients would not get lost. Emilee Kintanar, a sophomore PTA said, “I really liked talking to the people we were escorting. Also, getting a real



GAA Adopts a Block

It is a land the Lord your God cares for; the eyes of the Lord your God are continually on it from the beginning of the year to its end.
Deuteronomy 11:12

Committed to serving the local community, practicing positive participation, and caring for the environment, GAA, in April, adopted a portion of the City of Glendale. Last year, Pastor Ben Garcia and Pastor Anthony Paschal asked the city of Glendale how the school could be a service to the community. The city suggested GAA work with Glendale Clean & Beautiful (GC&B) to ensure that Harvey Drive (from Chevy Chase to Wilson Avenue) is litter-free.

Pastor Ben followed through by establishing a relationship with GC&B, a non-profit organization dedicated to removing graffiti, cleaning up the city, and improving the quality of life for residents. With the help of sponsoring businesses and private donors, GC&B provides trash bags, gloves, and any needed litter pick-up tools to the school, and students and faculty commit time to picking up litter.

Students kicked off the trash clean-up in celebration of Earth Day on 22 April 2016. Their efforts helped improve the look of the main streets leading to the school. Over 80 students and teachers worked together to weed, sweep, and fill more than 50 bags with trash. A GC&B-provided sign alerts the public to the school's commitment to keeping this area of Glendale clean.



look at how life is for underprivileged people allowed us to understand why it is so important that they have access to health care." Students and teachers who speak other languages--especially Spanish, Thai, Tagalog, Portuguese, Armenian, and Korean--were tagged to assist with translation. Most students began working in the lab, where all patients first reported for blood tests and for an introduction to Pathway to Health's mission. As guests began moving through the convention center, more students were sent to help at stations such as dentistry, primary care, and women's health.



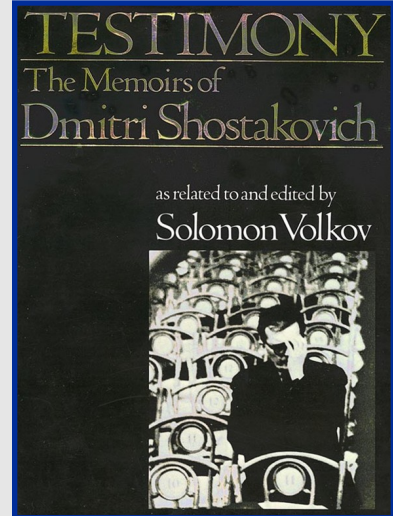
Thousands of patients showed up, some clients even camped outside the convention center the night before to reserve a place in line. GAA volunteers were a huge help. Pastor Ben Garcia noted that "the students' primary jobs were to provide hospitality and to be a liaison-- to greet guests, make people feel welcome, and help them find the clinics they needed.

It was an incredible experience for the students who volunteered because they were able to hear extraordinary stories. I was able to help with transporting patients at the haircut booth. It was amazing to see the transformations the hair-stylists and barbers achieved. The friendly atmosphere was heart-warming, and the students who worked at this station were frequently sent to retrieve more SDA literature for patients requesting it. Whether the guest was well-off or whether they had their entire lives in plastic bags, no one judged. Mrs. Lorentz noted that "it was a good opportunity for the students because they were able to mingle with people of a different society. The students showed the patients they cared, and that it didn't matter who they were." GAA freshman volunteer Nicolina Ranieri commented that she found "helping people really fun. Talking to other people and seeing their faces light up with happiness made me happy as well." By the end of the day, most students slept on the bus ride home, happy and exhausted after helping hundreds find medical help and compassion.



Music Tour Heads North

The Music Department tour left its mark on Sacramento, San Francisco, and Yosemite in April.



Book Recommendation

by Alessandra Ramos, Class of 2017

"I write music; it's performed. It can be heard, and whoever wants to hear it will. After all, my music says it all. It doesn't need historical and hysterical commentaries. In the long run, any words about music are less important than the music."

Testimony (1979), a controversial memoir by Dmitri Dmitriyevich Shostakovich, not only informs the reader about who this composer was and what impact he had in his time, it reveals the struggles he faced to give his message to the world despite the efforts of Stalin who interfered with the composer's career.

Shostakovich's memoir is surprisingly humorous. Of fellow-composer and rival Prokofiev, Shostakovich noted, "He probably had a better musical education than I did. But at least I'm not a snob." Mixed in with strong opinions, is an element of philosophy: "When a man is in despair, it means that he still believes in something."

The composer recounts defying direct orders from Soviet leaders and performing his Fifth and Thirteenth Symphonies, both with clear political overtones. Of the Fifth, known for driving audiences to tears, he says, "I'll never believe that a man who understood nothing could feel the Fifth Symphony. Of course they understood, they understood what was happening around them and they understood what the Fifth was about."

I recommend *Testimony* to anyone interested in classical music, World War II history, and all who like to laugh and learn at the same time.



History gets Personal

by Johanna Bazan, Class of 2016

Eileen Tochioka, the mother of junior David Larsen, took time off work to speak to our Honors Government class about the incarceration of Japanese-Americans during World War II. Her father was among those forced into isolated and desolate camps. Once detained, her father was given a survey to answer which asked if he had any bombs, if he was willing to join the army, and if he would give up allegiance to the Empire of Japan and swear loyalty to the American government. Born in the U.S., he had never had allegiance to Japan, and, although now incarcerated, he had never broken any laws.

We found out that two-thirds of those detained were U.S. citizens, and, in Hawaii where the Japanese had bombed Pearl Harbor, virtually no Japanese were incarcerated because detaining them would have destroyed the island economy.

On the mainland, the Japanese were allowed to take only what they could carry, and had to sell belongings and liquidate businesses and property or risk losing everything. Once in camp, multiple families had to live together in long-houses that offered little in the way of privacy. Ms. Tochioka showed us pictures of lodges, camps, and the people who, through determination, were able to thrive on the land, provide education for their children, grow crops where it was thought to be impossible, and play baseball and basketball as a way to find joy in an impossible situation.

Ms. Tochioka's father came to the attention of camp leaders when he questioned how the U.S. government could repay the service of Japanese-American WWI veterans with incarceration. This story highlighted injustice, but also demonstrated the beauty of the human spirit's ability to thrive despite oppression. Incarcerated from ages 19-23, her father lost his college years. He and his brothers became gardeners after the war. It was much later that the government paid back a little to the Japanese people who were incarcerated, but, by then, it seemed too little, too late.

Learning through personal stories was eye-opening, and it allowed all of us to personally connect with history. Ms. Tochioka's family story helped us understand that history is made by people who are just like us, and that history's story improves when we stand against injustice.

NHS Graduates a Dozen



Marianne Albarracin

NHS Membership: Five Semesters

NHS Office: Treasurer (two years)

College: Rutgers University in NJ

Major: Bio-Chemistry and Pharmacology

Career: Research Medicine



Johanna Bazan

NHS Membership: Five Semesters

NHS Office: Parliamentarian

College: Pacific Union College in CA

Major: Nursing

Career: Medicine



Emily Carvajal

NHS Membership: Five Semesters

College: University of California--Irvine

Major: Nursing

Career: Medicine



Jarrukorn Chernbumrung

NHS Membership: Three Semesters

College: University of California--Davis

Major: Engineering

Career: Aerospace Engineering



Desirae Darrett

NHS Membership: Three Semesters

College: Pacific Union College in CA

Major: Speech Pathology and Audiology

Career: Speech Pathology and Health Care



Hannah Decolongon

NHS Membership: Five Semesters

NHS Office: Pastor/Historian (two years)

College: Pacific Union College in CA

Major: Elementary Education

Career: Education

Kimia Fariborz

NHS Membership: Three Semesters

NHS Office: Vice-President

College: Art Center College of Design in CA

Major: Illustration

Career: Illustration and Graphic Design



Matthew Hutchinson

NHS Membership: Four Semesters

College: Pacific Union College in CA

Major: Biology

Career: Medicine



Lucas Marcondes

NHS Membership: Five Semesters

College: Walla Walla University in WA

Major: Computer Engineering

Career: Engineering



Mahta Marefat

NHS Membership: Five Semesters

NHS Office: Secretary, Parliamentarian

College: University of California--Los Angeles

Major: Neuroscience

Career: Medicine



Janine Mozoomdar

NHS Membership: Five Semesters

NHS Office: Cougar Prints Editor

College: University of California--Davis

Major: Biological Science

Career: Veterinary Medicine



Kaylee Pak

NHS Membership: Five Semesters

NHS Office: President, Secretary

College: Pacific Union College in CA

Major: Business and Pre-Dentistry

Career: Orthodontic Dentistry



A Bite of Happiness

by Sereena Yeghiazarian, Class of 2017

"A righteous man has regard for the life of his animal."
Proverbs 12:2

Usually, when we hear about service work, we imagine helping other people who are in need. This May, however, the NHS service project focused on helping man's best friend. It is easy to forget about stray and homeless animals, thinking that other people will take care of them. We too often take the world and all its creatures for granted, dismissing the fact that it is our job to care for God's creation.

In cooperation with Best Friends Animal Shelter in Los Angeles, NHS came together to make treats for the dogs at their no-kill shelter. Best Friends strives to spread awareness of stray animal overpopulation in the city, facilitates pet adoption, and encourages other shelters to become no-kill institutions as well.

NHS members volunteered by donating money to purchase ingredients, by providing ingredients, or by dedicating their time to bake the Peanut Butter and Pumpkin Treats. We hoped by making treats we could offer the animals at the shelter a bite of happiness.

Sophomore Natalie Gregg said, "It made me happy to know that something as small as baking dog treats could make a dog's day. I know dogs love the treats because Ms. Gross sent a few home for my dog, and he gobbled them up."

Baking together was also fun for us, especially as we realized that we were fulfilling part of God's directive to Adam and Eve to take care of and respect the animals. Understandably, there are other issues in the world that may be viewed as more important or serious, but that does not allow us to forget about nature and all its gifts.

That's Puntastic!

collected by
Mahta Marefat, Class of 2016
with help from Britney Oeung, Class of 2017

Question: Can Napoleon return to the place of his birth?

Answer: Of Corsican.

Question: What happens when the smog lifts in Southern California?

Answer: UCLA

Gravity is always bringing me down.

Question: Why do trees have so many friends?

Answer: They really branch out.

An astronaut broke the law of gravity and got a suspended sentence.

Question: What is guacamole's favorite workout?

Answer: Avo-cardio.

A man sitting in a kayak was chilly, so he lit a fire. It should come as no surprise that the kayak sank, proving once again that you can't have your kayak and heat it too.

Question: What do you get when you cross a snake and a plane?

Answer: A Boeing Constrictor.

My band teacher is controversial. She told us to read band books.

Special Thanks

The Drama Department and GAA wish to extend special thanks to the Marefat family who donated wireless microphones to the school and to the Marefat and Stephens families for donating funds for the purchase of both traveling and wing stage curtains.

Les Misérables

The Drama Department's successful musical production in May involved the hard work of 45 student actors and stage crew as well as the help of many parents and members of the community.



Fava Beans with Dill

by Anna Bahrami, mother of senior Mahta Marefat

Ingredients

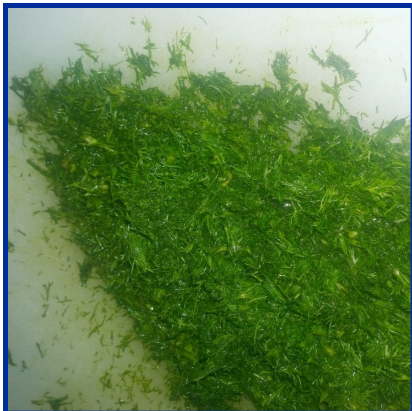
- 1 package of frozen fava beans
- 1 bunch fresh dill, chopped
- 1 cup water
- 1 Tablespoon olive oil
- 2 cloves of garlic, diced
- 1/4 teaspoon Turmeric
- 1 egg (optional)
- salt and pepper to taste

Instructions

Place the frozen fava beans in a colander and rinse under cold water for about 5 minutes, then peel off the outer skin.

In a medium pan, warm the oil on medium heat. Add the peeled beans, diced garlic, turmeric, and chopped dill. Sauté for several minutes before adding water. Add salt and pepper and cover pan.

Reduce heat to medium low, and cook 15-20 minutes or until the beans are the desired softness and the water is absorbed. (Add the egg into the pot to poach.) Bon appétit!



Save the Date

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

- 01 Say Something Nice Day
- 03 Doughnut Day
- 05 Robert F. Kennedy Assassinated (1968)
- 05 World Environment Day
- 05 Cancer Survivor's Day
- 06 D-Day (1944)
- 12 Philippines Independence Day (1898)
- 12 Anne Frank's Birthday (1929)
- 14 National Flag Day (1777)
- 14 World Blood Donor Day
- 15 Smile Power Day
- 17 Watergate Break-In (1972)
- 18 Napoleon Defeated at Waterloo (1815)
- 19 Juneteenth (1865)
- 19 Father's Day
- 20 World Refugee Day
- 21 Summer Begins/Summer Solstice
- 24 Take Your Pet to Work Day
- 25 Korean Conflict Begins (1950)
- 29 Hug Holiday
- 30 Hong Kong Returned to China (1997)

World Refugee Day

by Kimia Fariborz, Class of 2016

June 20 is dedicated by the United Nations as World Refugee Day. Secretary-General Ban Ki-Moon reminds the world that refugees are people who led ordinary lives before becoming displaced, and their biggest dream is to live normally again. On this day, let us recall our common humanity, celebrate tolerance and diversity, and open our hearts to refugees everywhere."

From what and where are refugees fleeing?

Current refugees are coming mainly from Syria--fleeing civil war--and from Eritrea--fleeing a violent government.

Why is Europe, and especially Germany, taking in such a high number of refugees?

The European Union nations accepting refugees are highly developed, uphold human rights, have stable government, offer generous welfare programs, and are safe places to raise a family. They are also geographically close to the Middle East and Africa. These nations are easy to travel through due to the Schengen Agreement which abolished the need to show passports once inside the 26-nation, free-movement area.

Germany, wealthy and centrally located, has accepted the most refugees. Other EU nations are still playing a part by taking substantial numbers of migrants and by donating funds and supplies. Germany's more positive stance on immigration has allowed that nation to provide the most assistance.

Special Thanks

The generosity of an anonymous donor made the publication of this issue of Cougar Prints possible. Thank you for your support of NHS and our school family.

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 - Logo: Pathway to Health
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 - K Hendy as Factory Worker and J Bazan as Fantine: Ben Garcia, Class of 1990
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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, 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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June Calendar

01 Block B Final Exams

01 NHS Community Service Deadline

(Junior and Sophomores)

02 Consecration Rehearsal at Vallejo Drive SDA (8:45 a.m.)

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

02 Pick up Graduation Cap and Gown in school office after practice

03 Senior Portraits at Vallejo Drive SDA Church (5:00 p.m. in chapel)

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

04 Class Night/Senior Awards in GAA Auditorium (7:30 p.m.)

05 Senior Class Picture outside Liberty Hall (5:00 p.m.)

05 Graduation in Liberty Hall at Hollywood Forest Lawn (6:00 p.m.)

13 Diploma Pickup in Registrar's Office

13 GAA Summer School Begins

10 August Honors History and English Entrance Exam (9:00 a.m.)

10 August NHS Packets Due for membership consideration

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.



NHS Best Friends community service project clean-up crew: Sereena Yeghiazarian, Natalie Gregg, Taylor Nicolas, and Bua Chernbumrung

