

COUGAR PRINTS

Character | Scholarship | Leadership | Service

Driving Lessons

by Alyssa Danlag, Class of 2018

Whenever it rains in California, people do one of two things: (1) celebrate the much-needed water or (2) panic because they do not know how to drive in the rain.

I acquired my license this past summer, and had yet to drive in conditions more treacherous than a sprinkle. On a November evening, Natalie Gregg and I sang, listened to the youth worship thought, and, when the service ended, prepared to go our separate ways. But, it was raining--cats and dogs raining.

Tentatively driving home in the blinding downpour, I realized I could no longer see the lines that separated the lanes. I carefully signaled my way into the slow lane, thinking this would reduce my stress. I began praying, and then chanting, "Almost home, almost home."

Suddenly, I noticed the speedometer needle: it kept jumping from my current speed up to 50 mph and then to 80 mph, without me pressing on the gas any harder. As I began to panic, the only thought that came to my brain was to ask God for help.

Frantically, I prayed to God, asking Him to guide me safely home, and I never stopped praying until I reached my house.

Many of us often go to God only when we realize we need Him. How much of Him are we missing because we forget to seek Him out even when we think nothing is wrong? Given that He is always there for us, why are we not always there for Him? One way we can be there for God is by sharing His word and spreading the Gospel. Psalms reminds us to "Declare His glory among the nations, His wonders among all peoples" (96:3 NKJV). Let us seek Him in times of sunshine and in times of rain.



Calexico Mission Trip

by Alexa Jacinto, Class of 2017

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge...rather, serve one another humbly in love.

Galatians 5:13

How does one define a mission trip? Does it involve traveling to a third-world country and performing great tasks to save the lives of others? Or can it also be an act of service performed for a neighbor? What matters most is helping those in need. On 15 November 2016, faculty members Pastor Ben García (Class of 1990), Pastor Pono López, Coach Luna Escudero (Class of 1989), and Adam Takamune (Class of 2006) drove 23 GAA students over 200 miles to Calexico Mission School located on the border of Mexico. Our mission: paint the school's fence.





NHS Hires a Teacher

Each year, NHS participates in a service project that benefits people outside of the United States. This year, NHS raised \$480 to pay a year's salary for Kroueh Hun, a literacy teacher working in Cambodia. Mr. Hun will be hired by a school sponsored by Adventist Southeast Asia Projects (ASAP), a non-profit organization that addresses the educational, medical, economic, and spiritual needs of people living in Cambodia, Laos, Vietnam, Myanmar, and Thailand. The hiring of Mr. Hun will allow 19 additional students to attend school.



Cranes for Cancer Update

When NHS started their Cranes for Cancer project in October, they expected that it would take several months before they could complete folding the 1000 cranes needed to send to a cancer patient. However, Mrs. Tauro's 4th Grade class read the article about the NHS service project in the November 2016 issue of *Cougar Prints*, and they were inspired to help. As a result, GAA is now ready to send well over the 1000 needed to the cancer project, Joey's Wings. Thanks so much, 4th Graders :)



We arrived in Calexico on a Tuesday night, and painted for the next two days. Although painting a fence is not exactly a life-altering task, we were able to take a little weight off of the school's shoulders. The principal, a former GAA Religion Department teacher, had wanted to repaint the fence for some time because the old paint was chipping. Principal Oscar Olivarría was unable to do due to all the other tasks on his list of things necessary to accomplish.

Most of the students at Calexico Mission School cross the border from Mexico every day, making their trip to and from school an hour longer than it should because of time spent going through customs at the border. The principal tries to maximize their learning potential while they are at school so they are not discouraged by the long trips to school and back. This is part of the reason why he thought the fence would never be repainted. He visited with us before, during, and after we finished painting the fence, and always gave us wonderful words of encouragement and thanks.



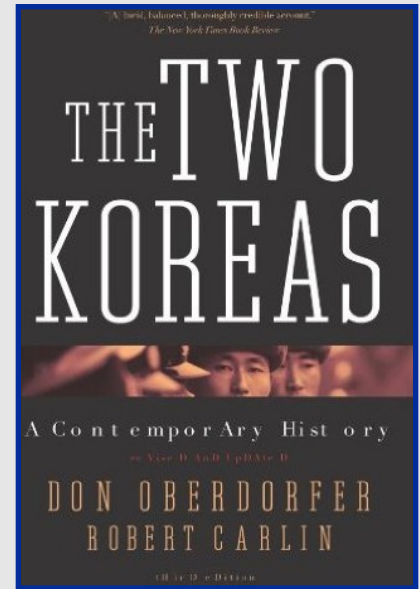
The Calexico students interacted with us during lunch and other break times to thank us for our service. Even though we have different backgrounds and live in different settings, we could relate with each other and enjoyed each other's company. Some of us became good friends with the

students there while talking about similar interests or dreams for the future.

We had chapel together with their elementary and then their high school. We worshipped together, listening to Pastor Pono and Liana Salvador’s (sophomore) special music and to Pastor Pono’s and Laryssa Zorek’s (sophomore) messages. They felt blessed to have us there, and we also felt blessed to be there.

A mission trip’s goal is to serve others and spread the joy and love of God. We were lucky to have Calexico Mission School reciprocate those feelings to us. It was an amazing trip, and I suggest everyone make an opportunity serve—whether in a developing country or in the local neighborhood. It is a little taste of the companionship and love we will experience in heaven.

Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen.
 1 Peter 4:11



Book Recommendation

by Brandon González, Class of 2018

“Though paying homage to his father’s rule, [Kim Jong Un] strongly implied that his was the start of a new era, that North Koreans could look to the future with confidence, ‘without tightening their belts any longer’...he left the door open to dealing with Seoul, and, by implication, with Washington as well.”

The Two Koreas (2014), by Don Oberdorfer and Robert Carlin, is the perfect book for anyone interested in the history of the Korean peninsula since the 1970s. It is insightful enough to educate a person fairly well about the general topic, but does rely heavily on translated Korean sources and Western-generated sources, rather than drawing information from original Korean-language documents.

What makes *Two Koreas* more unique as a history text is that, instead of dense paragraphs of fact after fact, the book explains its topic through story-telling. This strategy offers readers an engaging experience when learning about assassinations, the Olympics, rocky relationships with the Soviet Union, China, and the West, and nuclear showdowns.

Although I learned quite a lot about modern Korea from reading this book, I had a sense that the authors spent many extra paragraphs trying to grip their readers emotionally by expressing facts with more story-telling elements.

Generally speaking, this is an excellent book for anyone interested in the topic of Korea and its divide. I felt that the author should have more thoroughly addressed the reasons and results of the original dividing of the nations after World War II and the results of the Korean Conflict, but the text is still insightful enough to educate a person fairly well about modern history of the peninsula.

Inaugural Fun Facts

The Twentieth Amendment to the U.S.A. Constitution moved the presidential inauguration from the 4th of March to noon on the 20th of January.

1793: George Washington's second Inaugural Address still holds the record as the shortest. It was only 135 words long.

1801: Thomas Jefferson was the first president to be inaugurated in Washington, D.C. The ceremonies took place in the Senate wing of the not yet finished Capitol building. The Marine Band, formed in 1798, has played for every inauguration since Jefferson's.

1825: John Quincy Adams was the first president to wear long pants instead of knee breeches for his swearing-in.

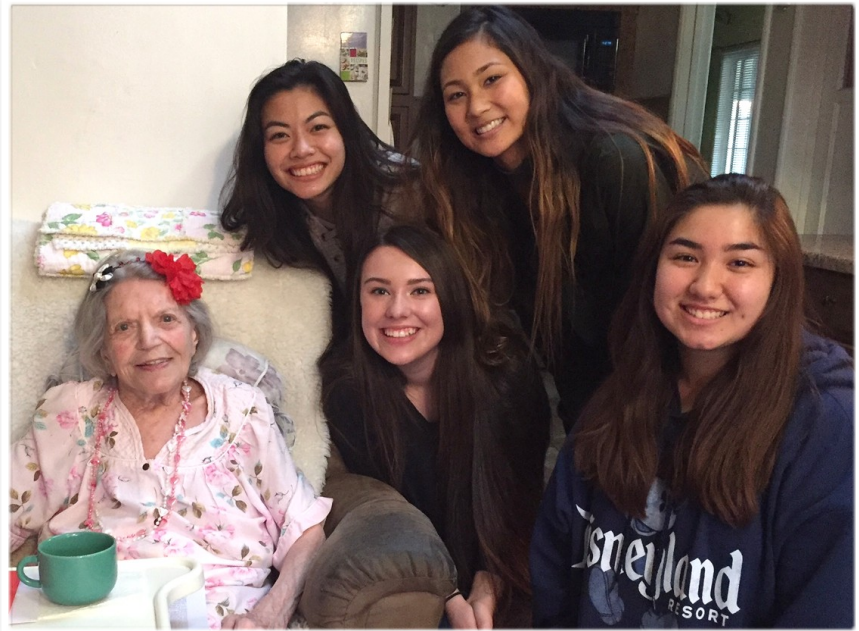
1837: The first time "Hail to the Chief" was played during an inauguration was for Martin van Buren. He was also the first president who was not born as a British subject.

1841: William Henry Harrison set the record for longest speech (100 minutes and 8,495 words), which he delivered sans hat or coat in the middle of a snowstorm. He died of pneumonia a month later.

1961: During John F. Kennedy's inaugural prayer, the lectern caught on fire due to faulty wiring. Fire marshals had to be called in to douse the flames.

1963: Lyndon Baines Johnson is the only president so far to repeat the Oath of Office while aboard an airplane.

2009: Chief Justice John Roberts, attempting to administer the Oath of Office without referring to the text, accidentally said the word "faithfully" in the wrong place. Since the error raised concerns that Barack Obama may not have been properly sworn in, they repeated the 35-word oath in private the next day at the White House.



Gifts from the Heart

by Caitlyn Ng, Class of 2017, and Natalie Gregg, Class of 2018

*Even to your old age, I am He, and even to gray hairs I will carry you!
I have made, and I will bear; even I will carry, and will deliver you.*

Isaiah 46:4 NIV

The holiday season is celebrated as a time for family, but not everyone has a chance to spend that time surrounded by loved ones. This year, NHS tried to bring Christmas cheer to people living in nursing homes and retirement centers.

The first way we reached out to the elderly was by writing Christmas cards. In order to contact all the residents of Scholl Canyon Estates in Glendale and Ellee Residential Care in North Hollywood, NHS called on NJHS to help. Between the Academy and Junior High students, Honor Society members wrote over 140 personalized cards filled with jokes, poems, and Bible verses.

The second way NHS reached out to spread Christmas cheer was to take time on 09 December 2016 to visit Ellee Residential Care. Senior Caitlyn Ng, NHS Vice President, collected favorite Christmas carols for singing. It was amazing to sing "Silent Night" with people who ranged in age from late 80s all the way to 103, especially when we realized that, while we needed the lyrics to sing all the verses, they could sing from memory.



Senior Britney Oeung, the Honor Society's Parliamentarian, brought more cheer by crafting ornaments to hang on the Christmas tree at the nursing home. She was

able to take time out of her busy schedule to create these gifts to add a little NHS spice to the tree and to remind the residents of the members' visit to their home.

The ornaments and the cards were not only nice gestures, but they gave proof of love in action. One resident, Isabel, actually cried after Mrs. Logé read and translated her Christmas cards. Isabel speaks only Spanish, and she often feels very lonely because few people in the home can understand or communicate with her. By writing cards to Isabel, NHS was able to communicate with her through love, showing her that people are still listening and care for her.



As we read cards to the women and began learning their stories, we witnessed smiles lighting up everyone's faces. We discovered that Margaret, 101 years old, has lived an adventurous life. We learned that she grew up in Nebraska and remembers cold winters and sledding, and that she played basketball in high school, but her sports career ended in college after a leg injury. We also learned that she has had 10 children and 18 grandchildren. What started as a quick greeting turned into an hour-long conversation among friends. By the end of our conversation with her, she wore a grin on her face. The moment we saw that grin, we knew that we had brightened her day by just spending time with her.



We found it difficult to leave our new friends because we wanted to hear more of their stories. While we were there, we laughed, we smiled, and we listened. It is in moments like these that we realized the holiday season is not about material gifts, but rather, gifts from the heart.



As we said good-bye to our new friends, each of us felt an undeniable joy glowing within. Through this experience, we learned that writing cards, making gifts, and sharing our time and attention with people is a huge blessing for all. We do not have to be relatives to create a family and touch hearts. No matter how many decades separate us, love is the same in every generation.



The Reverse is True

Reverse Poem: a poem which reads both forward and backward, with the reverse reading expressing a truth.

"Acceptance"

by Jennifer Carvajal, Class of 2018

Acceptance

will never triumph over
the pressure of conformity.

It's human nature

to force our negative opinions onto
others without thinking twice
about how they might feel.

You'll seldom come across a
person who is unapologetically
himself.

It's silly to be under the impression
that

we should be able to follow our
dreams without having to worry
about judgment from others.

I strongly believe

little boys should not be allowed to
play with Barbie dolls.

It's foolish to think that

a girl can dress like a tomboy.

Tradition and close-mindedness
overrules

freedom.

But I believe the opposite is true.

That's Puntastic!

collected by
Jennifer Carvajal, Class of 2018

Question: Why were the early days of European history called the Dark Ages?

Answer: Because there were so many knights.

I can cut a piece of wood in half just by looking at it. It's true. I saw it with my own eyes.

Question: What do you call it when a dinosaur has a car accident?

Answer: A tyrannosaurus wreck.

Waldo wears stripes because he doesn't want to be spotted.

Question: What job did the frog have at the hotel?

Answer: Bellhop.

I love the way the earth rotates. It really makes my day.

Question: Why do writers always feel cold?

Answer: They are surrounded by drafts.

Mountains aren't just funny--they're hill-areas.

Teacher: Can you describe for me Napoleon's origin?

Student: 'Course I can!

If we ban shredded cheese we can make America grate again.

Question: What type of exercise does a lazy person do?

Answer: Diddly-squats.

Question: What do you call a snobbish criminal going down the stairs?

Answer: A condescending con descending.



Sharing Christmas Stories

by Aileen Sapigao Payne, Class of 1984

The Home and School Association sponsored its annual Barnes and Noble/Restaurant Night fundraiser on 06 December 2016. Story time featured Mr. Payne, Chef Shomari, Adam Contreras (senior), Kylie Venus (eighth grade), Mrs. Vigil, and Mrs. Garcilazo reading some favorite Christmas stories. It ended with Mr. Hansen leading out Christmas carols with Joshua Stephens and Elon Bontemps, accompanied by Cheyenne Stephens (juniors) on the guitar. Story time drew a crowd of GAA families as well as the general public who were out holiday shopping.

This was the first time the Home and School used Lemonade to host a fundraising event. From the sight of the never-ending line made up of GAA/GAE families, it was a success. Overall, the evening proved to be full of fun and great fellowship for our school community.



Natalie Gregg's Food for Thought:

Potato Corn Chowder

by Jennifer White

reprinted by permission from JennifersKitchen.com

Ingredients

2 stalks celery, diced
 1 small carrot, diced – optional
 1 medium yellow onion, diced
 2 tablespoons oil
 5 medium Idaho potatoes
 2 cups water (or mild vegetable stock or broth)
 2 bay leaves
 1 Tablespoon onion powder (or granulated onion)
 1 Tablespoon dried parsley
 1/2 teaspoon garlic powder (or granulated garlic)
 pinch dried sage
 2 cups soy or cashew milk, unflavored and unsweetened
 1/4 red bell pepper, diced – optional
 1 1/2 cups corn kernels
 1 teaspoon salt – or to taste

Instructions

Prepare celery, carrot, and onions. (I use my vegetable chopper.)

In a large pot, sauté onions, celery, and carrot in oil over medium heat until onions begin to appear translucent.

Meanwhile, peel potatoes, if desired. Dice into small pieces. (I use my vegetable chopper to make fast work of this.)

Turn heat to high and add potatoes, water, and seasonings. Cover and bring to boil. Reduce heat and simmer until potatoes are tender (about 10 minutes).

Meanwhile, pour milk into blender.

When potatoes are tender, remove approximately 1 cup of soup from pan and add it to milk in blender.

Stir diced pepper into soup and continue simmering.

Add salt to blender mixture and blend until creamy. Add this mixture to pan along with corn and stir. Cook until hot.

Discard bay leaf. Season to taste.

Serve hot.



Save the Date

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

- Alzheimer Awareness Month
- Slavery/Human-Trafficking Prevention Month
- 01 New Year's Day
- 01 Emancipation Proclamation (1863)
- 01 Rose Parade (1890)
- 07 Orthodox Christmas
- 09 National Clean Off Your Desk Day
- 10 Read Poetry at Work Day
- 11 Alexander Hamilton BDay (1755)
- 12 Drink Hot Tea Day
- 15 Martin Luther King, Jr. Bday (1929)
- 16 Religious Freedom Day (1786)
- 20 Presidential Inauguration Day
- 21 Give a Hug Day
- 24 National Give a Compliment Day
- 27 Auschwitz Liberated (1945)
- 28 Chinese New Year (Rooster)
- 30 Bubble Wrap Appreciation Day

Rose Parade

by David Larsen, Class of 2016

As a thank you to church members who have supported Eagle Rock Pathfinders all year, we Pathfinders camp out on New Year's Eve in prime locations along the parade route to save seats for supporters who will watch the Tournament of Roses Parade. This year is unusual because the parade is on January 2nd, due to the "Never on Sunday" tradition begun in 1893 to prevent the horses tied outside churches from getting scared and interfering with the services.

The Rose Parade was first held on 01 January 1890, and two-thousand people attended. The founders of the parade, originally called "The Battle of the Flowers," were residents from the Eastern and Midwest regions in the United States. To showcase California's mild winters, they decorated carriages with flowers and hosted games including footraces, polo matches, and tug-of-war. Later years featured ostrich races and even a race between a camel and an elephant.

As each year passed, crowds increased. By 1895, the parade was so popular that the Pasadena Tournament of Roses Association was created to be dedicated to the parade year-round. Now, hundreds of thousands watch in person, and millions--in over 100 countries and territories around the world--watch the festivities on television or online.

According to a *Pasadena Star News* article (October 2013), the parade generates \$268 million and creates 3,000 jobs. The marching bands that perform during the parade are chosen two years in advance to give time to earn money to make the trip.

Spectators can buy tickets, but most camp out on the streets all night to see the floats, horses, and bands. I have been saving seats for the last eight years, and this year is no different, so if anyone reading this plans on attending, stop by and say hello.

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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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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January Calendar

03 Classes Resume

04 Home Game Basketball Girls v Newbury Park (4:30 p.m.)

05 NHS Information Packet Due (download from school website)

09 Home Game Basketball Girls v YULA (4:30 p.m.)

10 Home Game Soccer Girls v AGBU (GSU at 3:15 p.m.)

10 Senior Class Fundraiser at Islands in Glendale

12 Home Game Soccer Girls v Providence (GSU at 3:15 p.m.)

12 Home Game Basketball Girls v Buckley (4:30 p.m.); Boys v AGBU (6:00 p.m.)

12 *Importance of Being Earnest* Drama Department (7:00 p.m. Amphitheater)

13 Minimum Day

14 *Importance of Being Earnest* Drama Department (7:00 p.m. Amphitheater)

16 No School/Martin Luther King, Jr. Day

17 Home Game Soccer Girls v Pilibos (LACC Lot 4 at 4:00 p.m.)

17 Home Game Basketball Boys v Pilibos (4:30 p.m.); Girls v Pacifica Christian (6:00 p.m.)

19 Home Game Basketball v de Toledo (Girls 4:30 p.m.; Boys 6:00 p.m.)

19 *Importance of Being Earnest* Drama Department (7:00 p.m. Amphitheater)

21 *Importance of Being Earnest* Drama Department (7:00 p.m. Amphitheater)

22 SAT at GAA (arrive at 7:30 a.m.)

23 Home Game Soccer Girls v Pilibos (GSC at 3:15 p.m.)

24 Home Game Basketball Girls v Oakwood (4:30 p.m.); Boys v Pacifica Christian (6:00 p.m.)

25-28 Bible Camp

26 Home Game Basketball Girls v Hillcrest Christian (4:30 p.m.); Boys v Providence (6:00 p.m.)

28 Home & School FUNdraiser Iceskating

02 Feb NHS Induction Rehearsal (Auditorium at 12:50 p.m.)

03 Feb NHS Induction (Auditorium at 4:00 p.m.)

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 feature class projects, art, poetry, essays, alumni achievement, book recommendations 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.

