

# COUGAR PRINTS

Character | Scholarship | Leadership | Service

## Devotional

by Alyssa Danlag, Class of 2018

*"The Lord longs to be gracious to you; therefore He will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for Him!"*

Isaiah 30:18

Four-leaf clovers always come to my mind whenever I think about St. Patrick's Day. Finding a clover with four leaves is special. These clovers are hidden amongst the patches of all the normal three-leaf variety. Not everyone can find them, and when one is found, it feels like something precious has been discovered.

During flag-football season, my teammates and I would always try to find four-leaf clovers. In between practicing plays, you could find us crawling around on the field, searching for the leaves that were different from the rest. While all my teammates seemed to be finding one after the other, I, however, could not find even one. It was so easy for them to track down all the little symbols of good luck in leaf form.

When trying to find four-leaf clovers with my team, I felt as though I was lacking something that they all had. Maybe it was because I was not looking in the right places or because I was not searching hard enough, but I still felt that everyone was doing better than I was.

In life sometimes, it seems as though everyone is doing better than I am. That everyone else is smarter and are introduced to new opportunities while I seem remain the same. However, God reminds us that good things come to those who are patient. If we are patient, we will be blessed with His compassion.



## The Perspective of Love

By Lawrence Steven Dorsey III, Class of 2018

Jesus, from the perspective of a high school student, can mean many different things, depending on where a person is in his or her spiritual walk. Before Bible Camp, if someone had told me that I would see God through a whole new lens and come back spiritually recharged, I would have laughed.

At Bible Camp, there are four roles. There are family group leaders, prayer warriors, dream team members, and the praise team. With this in mind, I imagined that I would be a regular participant since I am still a junior and there might not even be a spot left for me. To my amazement, not only was there a spot left, the camp also needed one more family group leader. Like every student, I asked the seniors to tell me about that role before I considered applying for it. The responses I got were intriguing, with the main idea of every answer being that family group leaders have no free time to relax and enjoy Bible Camp. With just a few days left to sign up, I took into account all the answers I received, and decided that I still wanted to be a group leader. As if my mother could hear my thoughts, she asked, "Didn't you go to leadership camp?" I responded with a nod, to which she replied, "Then go as a leader to Bible



## Truth in Five Lines

*Cinquain poetry, an American twist on Japanese haiku, is just five lines and twenty-two syllables long. It conveys a mood, an emotion, a truth, or tells a story.*

### "Weekday Mornings"

Darkness,  
Eyes half-open,  
Alarm screaming in my ear,  
Band begins in one hour, and...  
Hits snooze.

by Aaron Recalde, Class of 2018

### "What Did I Expect?"

"Study!"  
I tell myself,  
to no avail. Proceeds  
endless scrolling, LOL'ing, sharing.  
Bad grade.

by Jennifer Carvajal, Class of 2018

### "Shadow"

Dark shape  
Follows every  
Step. I attempt escape  
Fear, panic, fright! Oh. It is my  
Shadow.

by Alyssa Danlag, Class of 2018

### "It's Not a Compliment"

Cat calls  
Assault our ears.  
With clenched fists, we tread on  
degraded, disempowered, scared  
Heads down.

by Jennifer Carvajal, Class of 2018

### "God's Gift"

Sin  
Wage, death  
Surrounds us all  
Will be defeated through  
Grace

by Brandon González, Class of 2018

Camp, too!" With that exchange, I signed up the next day, eager to use my traits of leadership for God. Each passing day, I prayed that I would be the most effective leader possible. Just when my doubts threatened to consume me, I received a text from a Loma Linda Academy prayer warrior that read, "You are going to impact people in so many great ways. I've been praying for you, and know you'll do great!" Lingering doubts and nervousness vanished at that very moment.

The leaders left for Pine Springs Ranch a day earlier than the other participants so we could prepare for the events. The ride up was eventful, to say the least. While driving to the camp, we encountered a SUV stuck on black ice. We piled out of the van to offer assistance, and the van was soon on its way again. But, once we returned to our van, immediately got stuck on ice as well! Thinking things could not get any worse, La Sierra's van got stuck, and another, until there were five vans stuck. Due to divine intervention, Pastor Chris Kaatz discovered chains in our van, so we were able to help all the other vans get up the mountain. We labeled this insane event the "Icepocalypse." In my mind, I thought that if the devil was going

through all this trouble to prevent us from reaching the camp, something good must be going to take place.

Once we arrived at Pine Springs Ranch, leaders were separated for their first team meetings. There is something joyful about being around like-minded people, because as soon as I set foot in the room, I could tell that everyone gathered there was also eager to lead for Christ.

Everyone who had said that family groups leaders had no free time were right. We launched a trial-run of the events for the entire weekend in order to ensure that the Bible Camp experience would run as flawlessly as possible. Our first day did not end until just before midnight. Although we were tired, we realized that we would be using our God-given talents to impact lives for Christ.

The final hours of training, we practiced dealing with worst scenarios with both sensitivity and compassion because some students would might come to us with thoughts of suicide, abuse, or agendas different





than the goals of Bible Camp. We needed to know how to report such cases to our sponsors.

My co-leader's name was Valeria Juarez, and we could not have been a better pair. She was time-vigilant and organized, while I was charismatic and engaging. Before we had our first family group session, Val and I had a short prayer over our family meeting area which was on top of a peak reached by a path covered in ten inches of snow.

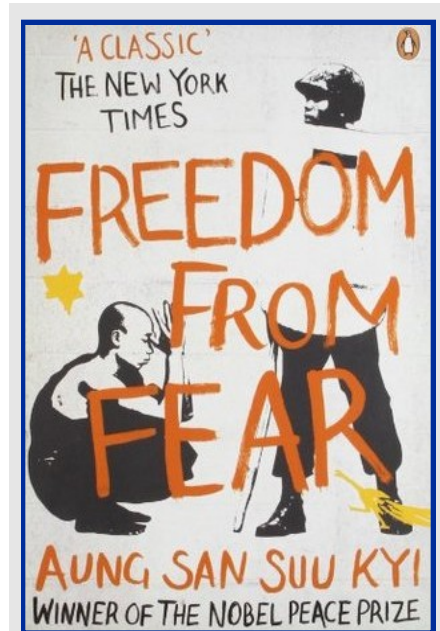
Once all 400 campers arrived, we gathered in the main hall where the praise team jump-started the spiritual adrenaline of the heart. The praise team did their job by making students excited to attend Bible Camp, and now I was ready to complete mine. The first session was a little awkward, as expected, but, as time progressed the thirteen of us grew closer and closer to each other and to God. Gradually, discussion topics deepened, emotions were engaged, and spiritual tension grew. If I was sure of one thing, it was that there was spiritual warfare happening on our mountain top. Val and I had an itinerary to follow, but because we were in sync with the group dynamic, we took certain liberties in prolonging some topics.

I see God as a provider, creator, father, best friend, and, after Bible Camp, I now view Him as the omnipresent being and creator of immeasurable love. Some of the things I heard at Bible Camp were tragic, even heartbreaking, but before a group member would finish the story, there was always a silver lining laced with God's love. Thankfully, tragedy hasn't stuck me, but Bible Camp taught me that everyone has a story, and it is our responsibility to hear those stories with compassion rather than judgement. Never have I been so exuberant for Christ and inspired to let God use me as an avenue of light. After bible camp I cannot act the same because I have seen what God has done in the life of my peers and how there is always some new aspect to learn about our heavenly father.

It was an absolute privilege to attend Bible Camp, and I will be eager to go as a leader again next year. To all those reading this, ask questions, seek the answers you are looking for, and never forget that Jesus is waiting for you with open arms, ready to embrace His creation He so dearly loves.

*"So that Christ may dwell in your hearts through faith...that you, being rooted and grounded in love, may be able to comprehend...the breadth and length and height and depth, and know the love of Christ which surpasses knowledge, that you may be filled with the fullness of God."*

*Ephesians 3:17-19*



## Freedom From Fear

By Sereena Yeghiazarian, Class of 2018

*"If you're feeling helpless, help someone."*

*Freedom From Fear* is a collection of personal essays and by and about Aung San Suu Kyi, one of the most influential political leaders fighting for human rights and democracy in Burma. Following in her late father's footsteps, Suu uses her voice to empower those living under a cruel military dictatorship. By gaining their trust and promoting education for Burma's youth, Suu leads them one step closer to achieving their dream.

Suu advocates for women's rights and for the voice of the children. She believes the youth hold the power to change the future. Its people long silent from fear, Suu wants the Burmese to understand their capabilities and use them to reclaim their nation.

*Freedom From Fear* also exposes many of the violations of human rights practiced by the Burmese military. Such violations include forcing civilians to march in front of the army as a low-cost method of testing for land mines and beatings for those who dare speak openly of their religious and political beliefs. The people of Burma seek freedom from fear and are inspired by Suu's own courage and bravery.

After fifteen years of house arrest, numerous false rumors, and countless attacks against her, Nobel Peace Prize-winning Suu keeps fighting for democracy and freedom. While "absolute peace in our world is an unattainable goal," she notes that "we must continue to journey, our eyes fixed on it as a traveler in a desert fixes his eyes on the one guiding star that will lead him to salvation."



## Party with the Principal

by Ms. Jessica Carballo Czajka, Class of 1995

I have the honor of being the first Transitional Kindergarten (TK) teacher at Glendale Adventist Elementary. This grade level was created for children with birthday's from 02 September to 02 December to help them become more prepared behaviorally and academically for Kindergarten.

Each week in TK, we discover a new letter of the alphabet, and try to do as many fun things we can with that letter. For example, for the letter C, we read *If You Give a Mouse a Cookie* and had a cookie party. On 07 February 2017, we celebrated learning the letter P by throwing a popcorn and pretzel party with the principal.

The students knew this special day was coming up, and they could hardly wait to visit Mrs. Garcilazo in her Academy Office on the section of the campus where all the big kids went to classes.



From the moment TK students walked in though our classroom door until the moment it was time to line up for the party with Mrs. G., their excitement could hardly be contained. All morning, they kept asking if it was time yet to visit the principal.

Finally, the time arrived. The class was in awe as they walked into the Academy Office and were warmly greeted by Mrs. Martin, the Academy Secretary, Ms. Biaggi, in charge of Student Accounts, and Mr. Hinkle, the school's Treasurer. We took a few pictures in the office, and then Mrs. G invited us into her office to begin our much anticipated party.



## Life Lessons, Part II

by Matthew Núñez, Class of 2014

*Matthew is an Intercultural Communications major at Pacific Union College. Currently, he is studying German at the Theologische Hochschule Friedensau in Möckern, Germany. This article is the second part of "Life Lessons Learned Abroad" published in the February 2017 issue of Cougar Prints available online at [www.GlendaleAcademy.org](http://www.GlendaleAcademy.org).*

Now that I am nearing the end of my college studies, I am realizing that it is important to find a career doing something that I love. Thankfully, Adventist Colleges Abroad (ACA) Germany offers internships to students. I narrowed down my options to either helping at a retirement home or working with refugees through the Deutsche Rote Kreuz (DRK), the German Red Cross. I chose the Red Cross. I have grown to love this internship, and I look forward to my work with them every week.

The refugee home is located at the edge of Burg bei Magdeburg. The set of apartments allocated to refugees were originally built to house Soviet occupying soldiers, but lost its purpose after the fall of the Berlin Wall and the reunification of Germany. These houses are now home to about eighty refugee families. The families come from many countries, but most are from Afghanistan, Iraq, the Sudan, and the majority are from Syria.

The DRK and Cable News Network (CNN) have both reported that, in the past six years, an estimated 400,000 people have been killed in the Syrian civil war, with millions more displaced from their war-torn homes. Many countries have closed their borders during this humanitarian crisis, refusing to allow refugees entrance. However, Germany has gone above and beyond in terms of offering a haven for refugees. This country has allowed in millions; however, the refugees have not come in without meeting some resistance and protest.





The province where I live in Germany is still attached to their former East German and Soviet Era ways. They tend to be conservative, resistant to change, and worried that they are not fairly represented in the German government. Many are unhappy with the number of refugees housed in our city of Möckern. I think that many would change their opinion about refugees if they would take some time to get to know some of them individually, to learn their stories.

It was my privilege to do this for the first time at school. I met three Syrian refugees who were welcomed into one of my classes. One was a man my age who is incredibly kind and who invites classmates over to his apartment. The second was a father who was waiting for his family to join him in Germany. The father brought chocolate to class so that we could all celebrate with him after his family finally arrived from a refugee camp. The third was a woman who taught me how to cook Dawood Basha, a Syrian dish, that we prepared for our Thanksgiving party. Once strangers, these people are now my friends.

At the refugee house, I have been able to meet many interesting people of all ages. I first began working in classrooms set up to teach refugees how to speak, read, and write German. My job was to help teach Latin script and letter pronunciation. For adults, one must be able to read and speak German before qualifying to seek work. Until they become proficient, refugees must rely on a small government allowance. I was surprised at how quickly the children all learned, and many of them already speak German much better than I do.

My favorite experiences with the refugees are when they tell me their stories. One Afghani woman missed language class for two weeks because she had given birth to a baby. She was so excited to return to class and continue to learn. Not all stories are happy. Some refugee children know nothing of their country but war. During one class period, students were trying to figure out what "fireworks" meant. As soon as one of the refugee women related it to "bomb," everyone quickly grasped the concept.

As I spend time speaking with refugees, I have found that they are just like me and probably like you, too. Some love Western music, fast food, and American clothing. Where I feel the biggest separation is that my most basic assumptions are different: I assume that I will see my whole family again, I assume that I can return to my homeland when I leave Germany, and I assume that I have many options available in my future. My new friends cannot make these assumptions. Some of them may never see relatives again. War and fear of persecution stops them from returning home. They have to learn a completely new language and learn to navigate a foreign culture before having any hope of finding work.

Because of my experience at the refugee center, I would encourage anyone who can to help where possible with refugees, immigrants, people in hospitals or assisted care living, or with the homeless to find ways to make them feel welcome and valued, and to share their stories.

An internship is more than just a job while in college, it can help you discover a way to make the world a better place.

*"Whatever you did for one of the least of these...you did for me."  
Matthew 25:40*



Party (continued)



Feasting on popcorn and pretzels, the students and the principal had fun trying to name as many P words as they could.

We all had so much fun spending time together, and cannot wait to visit Mrs. G., not just for a letter of the week, but because we love her so much.



Principal Garcilazo: "Interacting with our youngest students here at GAA is a pleasure. Sharing popcorn and pretzels while discussing P words will be one of my most precious memories of this school year.

Transitional Kindergarten is a program that provides a strong foundation for future success to students who are not quite old enough to enter our traditional Kindergarten class. It follows an age-appropriate curriculum that blends social and emotional experiences with academic learning so that students learn essential literacy, mathematics, and cognitive skills needed for success in school and in life."

## That's Puntastic!

collected by

Jennifer Carvajal, Class of 2018

Parallel lines have so much in common: it's a shame they'll never meet.

Want to hear a word I just made up? Plagiarism.

Question: What did King George III think of the American colonies?

Answer: He thought they were revolting.

I was going to tell a sodium and hydrogen pun, but NaH.

Question: What did the famous French tower say when it toppled over?

Answer: I fell.

I, for one, like Roman numerals.

Question: What do snowmen eat for breakfast?

Answer: Frosted Flakes.

The Romans never found algebra very challenging when solving for X--because X is always 10.

Question: Why did Adele cross the road?

Answer: To say hello from the other side.

Every morning I wake up and think I am going to make pancakes...but I keep waffling.

St. Patrick's Day? It ain't over 'til it's clover.

I was going to look for my missing watch, but I never can find the time.

## Picturing it Greater

by Alyssa Danlag, Class of 2018

*In this style of acrostic, the first letter of each line spells out the full name of the poem's author.*

**A**waiting patiently for the days I went to Preschool,

**L**ooking for an adventure and new places to explore,

**Y**oung and short, but still able to

**S**ee the huge world around me.

**S**o perplexed by

**A**ll the things, the little things, that seemed to

**B**ecome significant when using my imagination.

**"R**un! There is a monster chasing me!"

**E**very classmate would scream at the lung-top, only to realize that I was only pointing at

**A** dragonfly.

**N**ervously, I would lay wide-awake and wide-eyed during

**N**ap time, holding the blanket up to my nose, alert for any scary monsters coming my way.

**E**agerly, I counted down the minutes until dismissal for recess because the playground was a new world where

**D**andelions became fairies, sand transformed into lava, and

**A**liens were once tall trees.

**N**othing could compare to the first time I

**L**earned that I had the

**A**bility to picture something

**G**reater than it seemed.





Natalie Gregg's Food for Thought:

## Sweet Potato Hash Browns

by Jennifer White

reprinted by permission from [JennifersKitchen.com](http://JennifersKitchen.com)

The taste will surprise you, specially if you do not normally like sweet potatoes.

Sweet Potato Hash Browns do not have a sweet taste like baked or boiled sweet potatoes, but instead, they are rather savory.

### Ingredients

2 medium sweet potatoes

2 tablespoons olive oil

1/2 teaspoon salt

1 teaspoon onion powder or granulated onion (optional)

1/8 teaspoon garlic powder or granulated garlic (optional)

### Instructions

Wash and peel sweet potatoes, then shred using the shredding blade of food processor. (You could shred these by hand, but a food processor does the job in just seconds and makes this dish quick and easy.)

Mix sweet potato shreds with about 1 tablespoon of the oil.

Heat remaining oil in a large non-stick skillet over high heat. Add sweet potatoes. Reduce heat to medium high and allow sweet potatoes to brown on bottom.

Flip with a spatula and brown on other side.

Season to taste.

Serve hot.

### Notes

Add dried herbs like parsley or basil for even more flavor.



## Save the Date

How will you decide to celebrate, commemorate, or take action for these March events?

- Women's History Month
- Music in Schools Month
- 02 Read Across America (Seuss BDay 1904)
- 03 National Anthem Day (1931)
- 03 World Wildlife Day
- 03 Unplug Electronics (24 hours)
- 07 National Pancake Day
- 08 International Women's Day
- 12 Daylight Savings Time
- 13 Good Samaritan Day
- 14 Pi Day (3.14)
- 16 Freedom of Information Day (1966)
- 17 St.Patrick's Day
- 20 Spring Equinox (3:29 a.m. Pacific)
- 20 National Meat Out (eat plant-based)
- 21 Courtesy Day (take action against bullying)
- 21 World Poetry Day
- 25 Earth Hour (8:30-9:30 p.m. lights off)
- 30 Walk in a Park Day
- 31 César Chávez Day (1927)

## Daylight Saving Time

by David Larsen, Class of 2016

*"So teach us to number our days,  
that we may apply our hearts unto wisdom."  
Psalm 90:12*

On 12 March at 2:00 a.m., I, along with most Americans, will lose an hour of coveted sleep when clocks "spring forward" one hour for Daylight Saving Time (DST).

DST was introduced in 1918 by President Woodrow Wilson, to conserve energy and make better use of daylight hours, but it was revoked within a year. The lack of a federal mandate created confusion, especially in the transportation industry, and eventually necessitated a national standard. Even with the Uniform Time Act (1966), individual states still have the right to be exempt from DST. Arizona (except on Navajo tribal lands), Hawaii, and overseas US territories do not observe DST. Arizona, with its hot metropolitan areas, would suffer from the extra hour of daylight. Hawaii's minimal variation of daylight length throughout the year makes changing the time unnecessary. Currently, variations of DST are observed in more than 70 countries.

There is continuing controversy around the benefits and harms of DST. Proponents argue that DST saves energy, is good for physical and mental health, reduces traffic accidents and crime, and is good for retailers, sporting events, and tourism. Opponents claim it is does not benefit agriculture, increases health risks, and is economically detrimental to the evening entertainment industry (theaters, for example). Some claim that dark mornings endanger children walking to school.

Whether or not you agree with or like Daylight saving time, we can at least agree that we should make the best use of our time.

## Special Thanks

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## Cougar Prints

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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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## March Calendar

**02-04 Walla Walla University Experience**

**06-10 SA Spirit Week**

**07 Home Game Volleyball v**

Waverly (Boys 4:30 p.m.)

**08 Snow Day** at Snow Valley in Running Springs (7:00 a.m. to 4:30 p.m.)

**08 Home Game Volleyball v YULA** (Boys 4:30 p.m.)

**09 Home Game Volleyball v Orangewood** (Boys 4:30 p.m.)

**10 Music Department Concert Rehearsal** (in Liberty Hall at 1:30 p.m.)

**11 Music Department Benefit Concert** (in Liberty Hall at 7:00 p.m.)

**12 Daylight Savings Time** (set clocks AHEAD one hour)

**13 Blood Drive** (all day in Student Center)

**15 Home Game Volleyball v AGBU Canoga Park** (Boys 4:30 p.m.)

**16-22 Senior Trip**

**17 Minimum Day**

**19 SAT/CHSPE** (7:45 a.m.)

**20-31 Spring Break**



*Junior girls playing in snow at Pine Springs Ranch during Bible Camp January 2017*

## Talk to Us

If you have a story that could be part of this publication, please share it with us at [CougarPrints@GlendaleAcademy.org](mailto: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.

