

# COUGAR PRINTS

Character | Scholarship | Leadership | Service

## My True Home

by Alyssa Danlag, Class of 2018

*"Live in me. Make your home in me just as I do in you. In the same way that a branch cannot bear grapes by itself but only by being joined to the vine, you cannot bear fruit unless you are joined with me."*

John 15:4

The month of June seems to have arrived extra quickly this year. For many, June is a time of vacation and travel. For others, it is a time of staying within the comfort of their own homes. Traveling is great, but there is nothing in the world that beats the feeling of coming home after a long, fun-filled trip.

My home allows me to disconnect from all the chaos of the world and reconnect with myself. Home is a place where I feel comfortable, peaceful, and relaxed. It is a place I can look to for refuge.

In the same way, God makes us feel at home. He provides us with comfort and refuge when we are lost and scared. He makes us feel grounded when we are weary. When we do not have God in our lives, we feel "homesick" for Him. We feel empty, as though we are missing an important part of our lives. That is why God tells us to make our home in Him, where we will be safe, loved, cared for, and blessed. When we seek Him, our house will be built in Him and His house will be built in us.

No matter where you decide to go this summer, no matter what adventures you explore, and no matter how far away from home you travel, remember that your true home is in Him.



## Explore the World

by Shannon Vigil, Class of 2014

*currently a junior at Walla Walla University, pursuing degrees in Health Promotion and Pre-Nutrition and Dietetics*

The first time my older brother went to summer camp, my mom cried almost the whole way home. My brother, on the other hand, looked forward to his week at camp, unafraid of leaving our family for those seven long days. My little eight-year old mind never dreamed about leaving my mom for an entire week. As I got older, I never needed my parents to come on all my school trips, but I also never longed for the day I would leave home for college, and I certainly never imagined traveling the world by myself.

I remember distinctly when I decided to study abroad. I was in seventh grade, and I had overheard tales of the adventures of one of my mom's former students who had just returned from a year studying Spanish in Argentina. My mom was so proud of her; she was amazed that her student had accomplished something so bold. Right then, I decided that I too wanted to study abroad. But there was one thing I did not really grasp at the moment: leaving. When I reached college, the plans to go became more of a reality, but I was not ready to leave anymore.

## Worthy Student Fund

by Alexa Jacinto, Class of 2017

*"Carry each other's burdens, and in this way you will fulfill the law of Christ."*

Galatians 6:2

For our final service project this year, NHS decided to raise money for the Worthy Student Fund. In the past, we have done this with an NHS-hosted sacred music concert, but this year, we held three separate fundraising events.

First, we baked. For three weeks in April and May, almost every NHS member donated baked goods to sell in the student store, various classes, and in study halls. With happy hearts, students, faculty, and staff donated \$1 for each cookie, brownie, cupcake, or mini-cheesecake, knowing that their donations for the yummy treats were helping make it possible for students to attend GAA. Our GAA family helped us earn \$683 during our bake sale.

Next, we grilled. Because NHS members are involved in so many other activities and because Ms. Gross usually helps proctor SATs, NHS has never hosted a May Festival booth. This year, with no SAT scheduled on campus and all members willing to work an extra booth, NHS helped celebrate the school's 110th Anniversary by hosting a booth to raise even more money for the Worthy Student Fund. Mr. Biaggi, the school's maintenance manager, and Mr. Gregg, father of NHS member Natalie, graciously offered their time and talent to help us sell grilled corn. The corn was a hit, and we earned an additional \$686 for the fund.

Lastly, we ate. For our final event, NHS hosted a restaurant night at CPK. Mr. Ng, father of NHS member Caitlyn, helped us work with CPK who generously offered us 20 percent of each participant's bill. An anonymous benefactor will match the amount we raised at CPK as soon as the restaurant calculates our total.

Christian education is a blessing, but it is expensive. NHS is glad that our service projects will help those who are in need.

Sometime during my freshman year, I developed cold feet about studying abroad, and I decided to stay in Walla Walla. It was easy to get caught up in college, stress about classes, and worry about finishing school and starting a career. I did not have time to leave the country. But, that summer, I worked at Big Lake, an Adventist camp in Oregon.

My summer at Big Lake was the best summer of my life as I explored central Oregon and met quality people who lived for God. The more I was away from home, the more I developed the courage to explore the world; to experience life outside my comfort zone. I finally realized that if I waited to travel the world--waited until I had a career and more money--I would never travel. As a student, we may be the most poor we are ever going to be, but this is when we are the most rich with life. We are young, energetic, and can eat almost as much gelato as we want in Italy, and not gain too much weight. So the plans were settled. I discussed the idea with my college advisor, and prepared to leave the following year.



Upon arriving in Spain, I experienced culture shock. I struggled with feeling comfortable in my new living space; the food was different and the people were nice, but they were loud and bold in comparison to my shy, scared personality in this new place. I was intimidated and vulnerable.

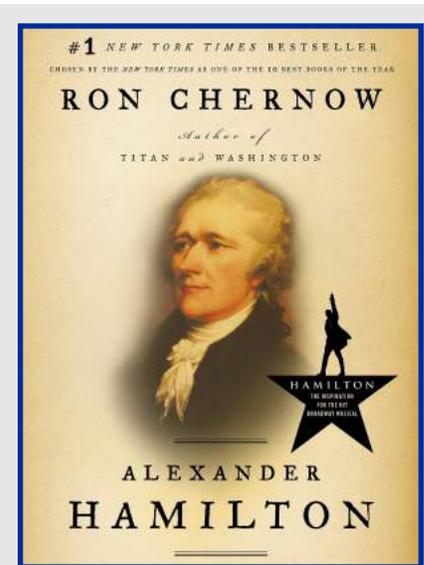
The first month was hard, but I knew it would be. I was homesick and missed the ease of American culture and its familiarity. I finally adjusted, and, before I knew it, I was on a plane with my friends to travel for Fall break. We traveled to four cities in three countries in ten days: Paris, Pisa, Florence, and Geneva. Our trip was fast-paced and exhausting, but it was exciting and a good reminder as to why I had paused my college career. In my six months of living in Europe, I explored 14 countries and 23 cities. The friendships I created will be eternal, the experiences I gained will help me for a lifetime, and the memories I made will stick with me forever. This is why I went, this is an experience I could never get while vacationing with my family. I

had to become courageous and bold and open to adventure. I learned how to navigate without the help of Google maps. I learned that it never hurts to ask questions. I learned how to pack light and in a backpack for a month long trip. I learned how to sleep “comfortably” in an airport. I learned to be open to cultures that I did not understand. I also learned to appreciate the culture I grew up in and the freedoms that I have as a woman.

Even though I started out with homesickness and culture shock, I can not wait to travel again. Learning a new language comes with its own challenges and personal struggles that vary for each person. Immersion is the best way for me to learn a language; it forces me to learn and to think in that language. Language immersion is something few English-speaking Americans experience, but it is normal in European culture. Most Americans speak only one language and have never traveled outside of the U.S. The rate of Americans who own a passport has steadily increased since 2011 with 18,676,547 issued in 2016, according to the U.S. State Department. That equates to only 36% of the nation who hold a valid passport. Compare that to 71% of the population in the U.K. who hold passports.

Travel abroad does not have to be just for language-learning or going to school. There is always need for volunteer teachers, construction workers, or medical professionals in hospitals and clinics. Stop looking at pictures of cool places on Instagram and Pinterest and start taking those pictures yourself. Experience ethnic food in its original country--not just from a local restaurant. Introduce yourself to someone who has never seen your color of hair or eyes before. See the art and architecture that you learned about in Ms. Gross' World History class. I can not tell you how excited I was when I first recognized *Las Meninas* by Velázquez in a museum in Madrid. You are in school for a reason--now go out in the world to build on your knowledge and share it.

What I learned from going abroad did not just expand my knowledge of language, it expanded my brain to new ways of viewing the world. Growing up in the Los Angeles area, I felt as if I was already exposed to many different cultures. However, most of these exposures were Americanized and second-hand encounters. In the same way that we do not understand another person until we have walked a mile in their shoes, we do not truly



## Book Recommendation

By Khalya Hendy, Class of 2018

*“With a ready tongue and rapier wit, Hamilton could wound people more than he realized, and he was so nimble in debate that even bright people sometimes felt embarrassingly tongue-tied in his presence.”*

*Alexander Hamilton* (2004), the biography by John Chernow that inspired a Broadway musical, is about the rise and fall of one of America's most influential early statesmen. Born outside the U.S., Hamilton grew up on Caribbean St. Croix. Chernow claims that “no immigrant in American history has ever made a larger contribution than Alexander Hamilton.”

Hamilton's mother died when he was just 13 years old, so he was sent to live with a cousin. After his cousin's death, Hamilton found himself once again at a crossroads. Fortunately, friends recognized that he was an amazing writer and was great with money, so they raised funds for him to travel to New York where he started a career in politics, law, and finance. He married his beloved Elizabeth Schuyler who gave birth to seven children, one of whom was Philip, who later died in a duel defending his father's honor.

During his political career, Hamilton counted many important Revolutionary figures as friends, including George Washington and James Madison. He also had his fair share of political adversaries, such as Thomas Jefferson and Aaron Burr who killed him in the infamous duel in 1804.

Lin-Manuel Miranda, the creator of *Hamilton: An American Musical*, noted that Chernow's biography was the inspiration for his award-winning musical. I recommend this book, not only because I enjoyed the musical, but also because it explores daily life and shares insight into the impact that Hamilton had on this nation.



## Costa Rica Mission Trip

by Alessandra Ramos, Class of 2017

Brandon González, an NHS member and a junior, spent his Spring Break working on a Maranatha mission project in Costa Rica.

*What was your first impression of Costa Rica?*

Costa Rica was like landing in an entirely new world--new smells, new trees, and new people. As I stepped off the plane, a heavy wave of humidity and heat confronted me. Once I left the airport and had the chance to see the beautiful Costa Rican mountains, I knew I was in paradise. I knew I had a lot of work to accomplish during the trip, but the views would make the work easier.



*How did you provide help in Costa Rica?*

Our mission group, in addition to religious outreach, had four main jobs: mix and pour concrete, paint, build desks, and assist with education. I worked primarily in education and concrete.

We had the opportunity to visit classrooms from kindergarten through high school at the local Adventist school. Students wanted to practice speaking English, so we used the time to get to know each other.

While working with concrete was all about hard work and sweat, it was my favorite job because I could clearly see progress each day. First, we demolished the existing concrete, and then we leveled the ground and poured concrete to create nicer paths and roads.

*What cultural adjustments did you make?*

One major cultural adjustment I needed to make involved food. Meals are much

understand a culture until we have lived in it for ourselves, and, even then, we still have biases from our own culture.

I believe this experience has helped me become more compassionate about differences and be more open to trying new things. Foreign countries seem not so foreign to me anymore. I do have the travel bug, and will probably find no cure until I have explored all the beautiful people and places God placed on this earth.



## Sweet Sixteen

This year, sixteen seniors are graduating as members of the National Honor Society. We congratulate them on their commitment to character, scholarship, leadership, and service, and ask that God bless their college and career plans.

*"We have not ceased to pray for you, asking that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and increasing in the knowledge of God."*

Colossians 1:9-10



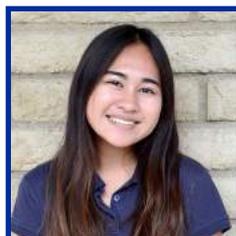
**Nolan Alinsod**

*NHS Membership: Five Semesters*

College: Walla Walla University, WA

Major: Business

Career: Undecided



**Chelley Blay**

*NHS Membership: One Semester*

College: Pasadena City College, CA

Major: Pre-Pharmacy

Career: Pharmacist

**Dyanna Castañeda-Policarpio***NHS Membership: One Semester*

College: University of California--Riverside

Major: Political Science

Career: Lawyer

**Melanie Grey***NHS Membership: Five Semesters*

College: Walla Walla University, WA

Major: Neuroscience

Career: Psychologist

**Alexa Jacinto***NHS Membership: Five Semesters**NHS Office: President*

College: Southern Adventist University, TN

Major: Chemistry

Career: Pharmacist

**Brian Keshish***NHS Membership: Five Semesters*

College: University of California--Los Angeles

Major: Computer Science

Career: Computer Engineer

**David Larsen***NHS Membership: Five Semesters**NHS Office: Treasurer*

College: San Diego State, CA

Major: Humanities

Career: Journalist

**Jessica Miranda***NHS Membership: One Semester*

College: Walla Walla University, WA

Major: Biology

Career: Chiropractor

**Caitlyn Ng***NHS Membership: Five Semesters**NHS Officer: Vice President*

College: University of California--Berkeley

Major: Biology

Career: Family Physician

**Costa Rica (continued)**

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simpler and food is served in much smaller quantities. At first, it was not a problem, but, near the middle of the trip, I was a little tired of eating the same food for every meal. Some of the food items I had never heard of before in my life. By the end of the trip, I was grateful for these experiences since it made me appreciate what I have at home.

*Who or what inspired you to go on a mission trip?*

I love adventure. Immediately after hearing that Maranatha was planning a trip to a tropical, Central American country, I was all in. I also like helping people. Maranatha trips always focus on both construction of well-built churches and schools and on service outreach. Not only would I be able to discover a whole new country, but I would be able to help the local populace as well.

*How did you encounter God during your mission trip?*

I saw God in so many ways throughout the trip. One way was through the people. Nearly one hundred people banded together with a common cause to help others. It was truly great to see how we would unite to get as much work done as we could for the people of Costa Rica every day. I saw God in the hearts of these people, in the minds of these people, in the souls of these people. But where I saw God the most was the nature. Costa Rica is truly a beautiful country. I would constantly wonder to myself, "How could anyone seriously think this could be an accident that developed over billions of years? There is someone much greater than I who created this. This is clearly the work of God."

*Did your experience inspire you join more mission trips?*

Most definitely! The feeling of being able to see a whole new land and setting forth on a grand adventure while helping people is a perfect situation. I can hardly wait for the next opportunity to serve God and help others.



## That's Puntastic!

collected by  
Jennifer Carvajal, Class of 2018

The composer said she needed a short break. She'll be Bach in a minuett.

I recently took up pottery. I'm just kiln time.

Question: Why did the cowboy adopt the wiener dog?

Answer: He wanted to get a long little doggy.

My friends tried to persuade me to board their boat, but I always say no to pier pressure.

Question: What type of dog likes to take a bath?

Answer: A shampoodle.

Of course you are not served anything tasty while flying; it's just plane food.

Having children is a heir-raising experience.

Question: What vegetable is a sailor's worst enemy?

Answer: Leeks.

## May Crossword Answers

The answers to Britney Oeung's May 2017 *Cougar Prints* crossword puzzle are listed below:

### Down:

1. What is the nickname of the person for whom the art building is named? **Sonny** Inez
2. What is the last name of GAA's first woman principal? Gwen **Meredith**
3. What was the street name of GAA's original location? **Isabel**
5. For whom was the auditorium named? Charles E. **Watkins**
7. What is the mascot of GAA? **Cougar**
9. The formal name of Third Terrace is \_\_\_ Field. **Marsh**

### Across

4. What was the original name of GAA? **Greater** Glendale Academy
6. Who is the current principal of GAA? **Nancy** Garcilazo
8. Where only the \_\_\_ is good enough. **Best**
9. The prayer garden is named for which teaching couple? The **Mohrs**



### Britney Oeung

*NHS Membership: Five Semesters*

*NHS Office: Parliamentarian*

College: University of California--Riverside

Major: Biology

Career: Physician



### Vivien Lee Posner

*NHS Membership: Five Semesters*

*NHS Office: Secretary*

College: Hawaii Pacific University

Major: Business

Career: Financial Analyst



### Tiara Rabello

*NHS Membership: One Semester*

College: Walla Walla University, WA

Major: Nursing

Career: Nurse



### Alessandra Ramos

*NHS Membership: One Semester*

College: Johns Hopkins Peabody Institute, MD

Major: Music

Career: Musician



### Emily Santa Ana

*NHS Membership: One Semester*

College: University of Redlands, CA

Major: Biology

Career: Physician's Assistant



### Justin Sapigao

*NHS Membership: Five Semesters*

College: Walla Walla University, WA

Major: Nursing

Career: Nurse



### Braden Warrick

*NHS Membership: Five Semesters*

College: University of California--Santa Cruz

Major: Computer Science

Career: Game Developer

Natalie Gregg's Food for Thought:

## Garden Veggie Quinoa Salad

by Jennifer White

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### Ingredients

3 cups cooked quinoa  
 2 teaspoons granulated onion  
 1 teaspoon dried basil  
 1/2 teaspoon dried oregano  
 2 – 3 cloves garlic, crushed  
 1 (16-ounce) can olives, cut in half lengthwise  
 1 bunch green onions (about 8 onions)  
 1 small head Romaine lettuce (about 12 leaves) or another crunchy lettuce  
 1 small cucumber  
 1 pint cherry or grape tomatoes (about 30 tomatoes)  
 2 radishes - optional  
 Vegan Creamy Italian Salad Dressing (see below)



### Instructions

Stir together quinoa and seasonings in a large mixing bowl. Add garlic and olives. If quinoa is hot, chill mixture for at least 30 minutes before continuing.

Slice green onions, chop lettuce, dice cucumber, cut tomatoes in half, and mince radishes. Stir vegetables into quinoa mixture.

Drizzle with salad dressing. If the dressing is thick, you may want to thin it with a bit of water first. Serve.

### Vegan Creamy Italian Salad Dressing

#### Ingredients

2/3 cup water  
 2/3 cup raw cashews  
 1/3 cup lemon juice  
 1/2 teaspoon garlic powder or granulated garlic or 1 clove garlic  
 1/3 cup olive oil - optional  
 2 teaspoons dried parsley  
 2 teaspoons dried basil  
 2 teaspoons onion powder or granulated onion  
 1 teaspoon dried oregano  
 1 teaspoon dried minced or chopped onion – optional  
 1 1/4 teaspoons salt

#### Instructions

Place water, cashews, lemon juice, and garlic into high-powered blender and blend on high speed until very smooth and creamy. Add oil and blend very well. Add seasonings and blend until mixed. Chill. Stir before using.

## Save the Date

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

- Alzheimer's and Brain Health Awareness Month
- 01 Say Something Nice Day
- 05 National Veggie Burger Day
- 05 World Environment Day
- 06 D-Day Anniversary (1944)
- 08 Best Friends Day
- 12 National Peanut Butter Cookie Day
- 13 Miranda Rights (1966)
- 14 World Blood Donor Day
- 15 Magna Carta (1215)
- 15 World Meat-Free Day
- 17 Eat Your Veggies Day
- 18 Father's Day
- 19 Juneteenth (1865)
- 20 World Refugee Day
- 21 Summer Solstice
- 21 World Music Day
- 23 United Nation's Public Service Day
- 24 Great American Backyard Campout
- 26 Day in Support of Victims of Torture
- 27 PTSD Awareness Day
- 30 Social Media Day

## Save the Date

by David Larsen, Class of 2017

When I was a child my sister, Miranda, used to tell me she was exercising her Miranda Rights, which meant that I had to stop bothering her. She said it was the law.

On 13 June 1966, the Supreme Court ruled in the case of *Miranda v Arizona*, which has now changed the way suspects are arrested by police. It started with the case of Ernesto Miranda. Mr. Miranda, originally arrested for theft, confessed during questioning to abducting and raping a woman several days earlier. Although he later recanted, he was convicted based on his confession.

The American Civil Liberties Union took up his case, and appealed to the U.S. Supreme Court. In a 5-4 decision, the Court overturned Miranda's conviction, stating that his confession could not be used because he had not been informed of his 5th Amendment right not to "be a witness against himself" and his 6th Amendment right to an attorney. Chief Justice Warren wrote that without those two fundamental rights, a defendant could be intimidated and coerced into a confession.

Today, many take Miranda Rights for granted, assuming that all defendants hear the words, "You have the right to remain silent. Anything you say can and will be used against you in court of law. You have the right to an attorney. If you cannot afford one, one will be appointed to you" before being taken into custody. The words of the Miranda Rights are some of the most important that we might hear, because they remind us that our legal system must begin by assuming that we are innocent and ensure that our constitutional rights are fully protected.

## Special Thanks

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## Cougar Prints

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

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

Philippians 4:8 KJV

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## June Calendar

01 Exam Review for A Block Classes

02 Final Exams for A Block Classes

05 Awards and Yearbook Chapel/Minimum Day

06 Exam Review for B Block Classes

06 NHS Community Service Deadline

07 Final Exams for B Block Classes

08 Exam Make-up Day/Minimum Day

08 Consecration Rehearsal at Vallejo Drive SDA Church (8:00 a.m.)

08 Graduation Rehearsal at Liberty Hall (1:15 p.m.)

09 Exam Make-up Day/Minimum Day

09 Graduate Photographs at Vallejo Drive Chapel (5:00 p.m.)

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

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

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

19 Diploma Pick-up from Registrar's Office



## 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.

