

COUGAR PRINTS

Character | Scholarship | Leadership | Service

Let's Celebrate

How will you celebrate or commemorate these November events?

- 01 World Vegan Day
- 01 Write to a Favorite Author
- 03 Cliché Day/Sandwich Day
- 04 US Election Day/King Tut Day
- 09 Go to an Art Museum Day
- 10 US Marine Corp Day
- 11 Veterans Day
- 13 World Kindness Day
- 15 America Recycles Day
- 15 I Love to Write Day
- 21 World Hello Day
- 27 Thanksgiving Day

Grow Deep Roots

by Hannah Decolongon, Class of 2016

While camping with classmates, a few of us decided to take a chilly morning hike to watch the sun rise. On our way back, we noticed a fallen tree. Its huge body lay across a barren area where other trees should have stood. A little farther on, we discovered many trees standing tall, and not a fallen one in sight.

"Do you remember the fallen tree?" asked a parent hiking with us. "Do you know why it fell?" We shook our heads. "Did you notice there were no other trees around the fallen one? In order for a tree to stand firm, it needs other tree roots for connection. If a tree is all alone, it has no support, and so it falls."

The same is true for us. Without friends and family, we lack a support system. More importantly, without God, we fall. We need God's help to stand: we need to be rooted in Him. Colossians 2:7 says, "Let your roots grow down into Him, and let your lives be built on Him. Then your faith will grow strong in truth...and you will overflow with thankfulness." The next time you feel alone, whisper a prayer, and grow your roots into Jesus.



Honoring Veterans

by Kaylee Pak, Class of 2016, with Lt. Col. Andrew Pak

Have you ever considered that you are protected by a huge group of strangers? For most, that is what the military is-- unknown men and women who risk their lives to safeguard freedom. For me, however, it is not that way. I am honored to have one of those brave as my father. My father is a chaplain serving in the US Air Force. He has traveled the world to help those who have risked their lives for the safety of the nation.

Veterans Day is a day dedicated to honoring all who have served so nobly in the military, whether in war or during peace. I asked my father to share his perspective of service and the value of thanking our veterans.

Lieutenant Colonel Pak: As part of my service as a military chaplain, I was stationed at Walter Reed Medical



US Air Force Lieutenant Colonel Pak



To Honor and Serve

by Brittney Gregg, Class of 2014

A year ago, if someone had asked what Veterans Day meant to me, I probably would have answered something along the lines of "a day for honoring those who serve the nation," but mainly I would have looked forward to it as a day off from school. Since enrolling in the U.S. Air Force Academy, I can say that the day truly has a much greater significance.

The freedom and liberties we enjoy are not free; instead, they are paid for with the lives of our armed services. It is humbling to be part of an organization so motivated and so willing to make the ultimate sacrifice for others. Thomas Jefferson once urged that we "let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty."

The liberties we enjoy are too taken for granted, and, as Jefferson's quotation exemplifies, freedom is not free, and the nation's armed services stand ready to pay the ultimate price.

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Center in Washington, D. C., when our country was involved in Operation Iraqi Freedom War. I worked with many injured soldiers who had been flown home from the Middle East. Those injured were not just being treated for cuts and bruises; rather, they were missing body parts, suffering from brain injuries, and dealing with post-traumatic stress complications. My heart went out to these young men and women and their families. Many soldiers who survived now live as amputees, and now have to deal with mastering previously simple tasks, such as walking and talking. Some must learn to cope with



Lt. Col. Pak (far right) in Iraq

the fear of certain sights and sounds. All of them willingly endangered their lives to protect the values our nation cherishes so that the rest of us could enjoy freedom everyday. Veterans Day, the 11th of November, is quickly approaching. If you see a veteran, please stop and say "thank you" for his or her service for our country. These brave soldiers--whether recently returned from Iraq or Afghanistan, or having served during World War II, the Korean Conflict, or in Vietnam--have stepped forward at great personal risk and a great cost.

Behind each veteran, there is a family who sacrificed a great deal while loved ones served their country. We should never take this sacrifice for granted, but instead, be grateful for the price they have been willing to pay for our safety.



Lt. Col. Pak, Arron (Class of 2014), Kaylee (Class of 2016), and Mrs. Pak

Thanking Those Who Serve

- Thank soldiers you meet for their sacrifice
- Display an American flag
- Wear red, white, and blue on patriotic holidays
- Send a letter or postcard to a deployed soldier through AMillionThanks.org
- Adopt a deployed soldier and send care packages (include Beanie Babies or small stuffed animals that soldiers can give to local children) and letters
- Discover who in your family, school, or church has served in the military, and speak with them about their experience
- Participate in Operation Gratitude's Battalion Buddy program that sends stuffed animals to the children of deployed soldiers



US Air Force Cadet Gregg

To Honor and Serve

(continued from page 2)

Right now, my service consists of training and completing classes. However, there are so many out there who have already made the ultimate sacrifice to preserve my freedom, and I hope that one day I will demonstrate the same bravery.

This Veterans Day, I encourage you to reflect on what service means to you, and to model your life to serve others in some way.

"You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love."

Galatians 5:13 NIV

Cadet Gregg, an NHS member and GAA alumna, is training at the U.S. Air Force Academy in Colorado where she is a member of the "Fightin' Fourth!"



I want to prove that I am worthy to be at the Air Force Academy where cadets are often reminded that more than ten excellent applicants were turned away from each of our spots in the program. This reminds me how truly blessed I am to be here. Four years from now I will be graduating with a Bachelor's Degree in Science and as a Second Lieutenant. I plan to enroll in medical school after graduation, but I am definitely not opposed to becoming a pilot!

The World through Jake's Eyes

An interview with Senior Jake Chen

by Marianne Albarracin, Class of 2016

Usually a man of few words, Jake Chen warms to conversations about photography. Born in China, Jake has been attending schools in Singapore and the United States since the sixth grade. His passion for recording life in pictures began at home, and he has since continued to develop his skills.





Challenge: Conserve Water

California is currently facing a third drought year. The state's reservoirs are at historic lows. California's Department of Water Resources notes that Lake Oroville is only 29% full while Lake Shasta is only at 25% capacity.

Are you willing to accept our Conserve Water challenge? You can easily begin saving the precious resource today:

In the Kitchen:

- run only a full dishwasher
- soak pots/pans and then scrape them clean
- scatter accidentally dropped ice cubes in house plant pots
- compost vegetable waste rather than running the garbage disposal

In the Bathroom:

- turn water off while brushing teeth, soaping up, washing hair, or shaving
- use a bucket to capture shower and bath water while waiting for the water to warm; use the water on indoor and outdoor plants
- place a weighted plastic bottle filled with water in toilet tank

In the Laundry:

- run only a full washing machine
- set water levels to the lowest needed to the clean clothes

Email Cougar Prints to share stories and pictures of your Conserve Water success story.

Who introduced you to photography?

My dad introduced me to photography when I was in the fifth or sixth grade. He liked taking pictures, so he would travel with his friends and bring me along. Even though I was too young to use his camera equipment, I was able to observe, listen, and ask questions as the people around me were taking pictures.



What type of photography do you like best?

I like landscape and nature photography the best. Taking pictures of people is much harder. When it comes to people, you have to capture your subject's emotions and thoughts, you have to record what their character is. I like photographing nature because it is a constant, it's always there. The sunrise and sunset will always be there, the night sky will always be there. Buildings fall and people change, but nature stays.

What is your favorite place to photograph?

Japan is my favorite place for taking pictures. I have been there twice, and once during cherry blossom season. It seemed to me as if the whole world had turned pink. I also like how Japan maintains nature and even incorporates it into cities.



Where would you like to travel next for photography?

I want to climb the Himalayas and take pictures of the Milky Way. I have tried taking pictures of the night sky from the Altadena hills, but none of my pictures turned out great. My father gave me permission to use a camera designed especially for photographing stars, and I even set my shutter speed for two hours, but there is too much light and too much pollution this close to the city.

Do you have advice for beginning photographers?

Take many pictures. Experiment. You will get better over time if you continue to take pictures. Also, learn about white balance. In my opinion, that is the most important when manually setting up a shot because it affects the color and feel of the picture.

Chef's Corner

A Healthier Alternative to Carbohydrate-rich Mashed Potatoes

by Chef Shomari Boulin, Class of 2001



If you are looking to reduce carbohydrates during the upcoming holiday season, try substituting mashed cauliflower for mashed potatoes for Thanksgiving or Christmas meals.

Ingredients

1 head cauliflower, cut into florets
3 Tablespoons Olive Oil
Salt and Pepper

Directions

1. Bring a pot of salted water to boil
2. Add cauliflower to boiling water and cook until just tender
3. Remove cauliflower and reserve 1/3 cup of the cooking liquid
4. Put cauliflower in a food processor (or use immersion blender) and pulse until smooth, adding olive oil and the reserve cooking liquid
5. Add salt and pepper to taste, and enjoy!

Free Museum Exhibitions



J. Paul Getty Center

- ends 30 November 2014: "Chivalry in the Middle Ages" - Illuminated manuscripts from the Getty illustrate knightly courtship, hunting, jousting, and war as viewed through the Code of Chivalry.
- begins 18 November 2014: "World War I: War of Images, Images of War" - presents art, images, and propaganda from wartime journals, posters, prints, and photographs that capture the reality of the Great War.

Norton Simon Museum

- ends 19 January 2015: "Home and Away: The Printed Works of Ruth Asawa" - while best known for her wire sculpture and activism, Asawa's formal training was in drawing and design. This exhibition is the first to focus on portraits and florals. (Free with Student ID)

That's Puntastic!

by Mahta Marefat, Class of 2016

Question: What is a pirate's favorite letter?

Answer: You may have thought it be RRRR, but a pirate's true love be the C.

Question: What rock group is made up of four men who don't sing?

Answer: Mount Rushmore

Person 1: A bicycle cannot stand on its own.

Person 2: Why?

Person 1: It's two tired.

There's a thin line between word and world.

Person 1: The invention of the shovel was groundbreaking.

Person 2: But the invention of the broom is what really swept the nation.

Person 3: Come on, it was the invention of the wheel that really got things rolling.

You are living, you occupy space, and you have mass. You know what that that means? You matter.

I submitted ten puns to a contest, hoping that one would win, but no pun in ten did.

Experiments in Haiku

Glide through worlds below
At times capturing fresh air
Eluding sky's flame

by Desirae Darrett, Class of 2016

Brilliant snowflakes
Numb, frozen hearts drawn closer
By the fire we burn

by Kimia Fariborz, Class of 2016

Barrel spits thunder
Thick crimson dots --blinding frost
Alone, he trembles

by Johanna Bazan, Class of 2016

Operation Care Package

National Honor Society Supports Graduates

by Sydnee Nicolas, Class of 2015

Have you ever opened the mailbox only to find it empty? Or worse, you found the box filled with bills? College students suffer from this problem, but the National Honor Society (NHS) is trying to transform the college mailbox experience.

Each year, current NHS members sign up in groups to adopt an NHS graduate who is now a college freshman. To let our friends know that we miss them, are thinking of them, and want to hear about their college adventures, we write post cards and send care packages. We sent the first box in October. These we filled with school supplies, snacks, and knick-knacks that we knew would put smiles on their faces. The boxes also contain personal letters, student poetry, and Bible promises. School Administration generously donated GAA t-shirts, water bottles, and key lanyards as reminders of home.

Most students reported that they loved the letters, appreciated all the school supplies, and simply devoured the snacks. Angela Poon, at Embry-Riddle Aeronautical University: Daytona Beach, was overjoyed at finding food in her care package because she is without a car, and the nearest store is more than two miles away. Ryan Rabello and Kyle Nicolas, roommates at Walla Walla University, filmed a video to express their appreciation for their Fall care packages, and to share newly acquired college insights with their NHS friends back home.

Jennifer Matsuda noted that when she was filling care packages and writing letters and postcards to the college freshmen last year, it didn't occur to her "how much it would mean to them to hear from us and be encouraged with God's love. Having parts of GAA sent to me warmed my heart." In addition to snacks, Jennifer's care package included her favorite: yellow, rubber duckies.



Madison Federici at La Sierra University



Jennifer Matsuda at Azusa Pacific University

Once inducted into the NHS, students not only join an honor society, they become members of a family.

Helping the Hungry

Glendale Adventist Elementary NJHS Fall Food Drive

by Mrs. Takamune, NJHS Adviser

The National Junior Honor Society (NJHS) held its annual Fall Food Drive during October 2014. In preparation for the drive, NJHS members visited each elementary classroom to perform a skit that helped explain the importance of the community service project. Each student received a flyer explaining what types of non-perishable items were most helpful and noting that the food donated would be support Vallejo Drive SDA Church's Share Our Selves (SOS) food pantry. Glendale's Trader Joe's Market on Brand Boulevard graciously donated grocery bags to help make food collection easier.



Members of the NJHS

To encourage and reward participation, classes could earn prizes based on how many pounds of food they donated. With incentives like ice-cream floats and free dress, students rallied to bring in over 1,500 pounds of food. The donations helped fill the pantry's shelves in preparation for the holiday season.

Diana Elias, the director of the Share Our Selves food pantry, believes that the NJHS donation will last through the upcoming holiday season and "provide nutrition for Glendale residents with no or very limited food sources." She commented that the food pantry has come to rely on Glendale Adventist Elementary's annual food donation program to keep SOS shelves stocked through the winter.

One NJHS member noted that by giving to a local service organization students are able to see where the food goes and better understand how the donations help.

Scholarship Opportunity

by David Cecil, Class of 2015

StudentScholarshipSearch.com is a convenient place to find scholarships that apply directly to a specific student. Rather than searching through catalogues of random offerings, simply enter gender, state of residence, grade level, GPA, and ethnic heritage, and the site does the searching and refining. Results can be sorted by amount or by deadline. Users do not have to create an account to take advantage of the site's features.

Check It Out Online

Hanx Writer: a free iPad app developed by actor Tom Hanks that provides writers with all the nostalgia of the sound and speed of a typewriter, but with all the convenience of the digital age. For those who have never used a manual typewriter, this is a chance to pound the keys.

FreeRice.com: play and learn while donating rice through the United Nation's World Food Program. Registration is not required. Select subject (SAT prep, geography, chemistry, etc.), set the level of difficulty, and play. Rice accumulated by correct answers helps end world hunger.



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 electronic format at GlendaleAcademy.org.

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"Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Philippians 4:8 KJV

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November Calendar

02 Daylight Savings (set clocks back one hour)

02 Senior Walkathon (2:00 p.m. at Rose Bowl)

03 Nov - 18 Dec Thespian Society Toy Drive (GAA Room 7)

05 College Days Seniors to LSU (leave GAA at 7:00 a.m.)

06 Academy Day/Minimum Day

08 Music Department at CFC (meet at CFC at 11:00 a.m.)

08 Fall Festival (6:00 p.m. on GAA Second Terrace)

11 GAA Blood Drive (sign up in academy main office)

16 SA Banquet (3:00 p.m. at Burbank Castaways)

17 Late Start (8:00 a.m. Band/8:50 a.m. Classes)

18 Morning Worship (8:05 a.m. in Auditorium)

25 Minimum Day

26-30 Thanksgiving Vacation

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, we'd like to hear from you, too.

