

# COUGAR PRINTS

Character | Scholarship | Leadership | Service

## Love and the Cross

by Hannah Decolongon, Class of 2016

"Help me color!" my cousin demanded, "but use only the red markers." As I started to color, the red came out darker than I expected, and the thought of blood popped into my mind. Scanning across the paper, I saw the hearts she had drawn, and the idea of Valentine's Day squeezed into my thoughts as well. Blood and Valentine's Day.

On this day, we show special people that we love them by giving them chocolate and flowers. However, someone who loves us gave us an everlasting gift, shedding His blood for us so that we could receive it. When Jesus died on the cross, He gave us the gift of salvation so we could have the chance to be with Him forever.

During this time of candy and cards, remember that "God so loved the world, that He gave His only Son, that whosoever believes in Him should not perish, but have eternal life" (John 3:16).

## "Love Conquers All"

A Reverse Poem

by Desirae Darrett, Class of 2016

Hatred

will always conquer

Love.

The beauty of a soft, sweet rose  
will rarely distract from  
the sharp thorns on the stem.

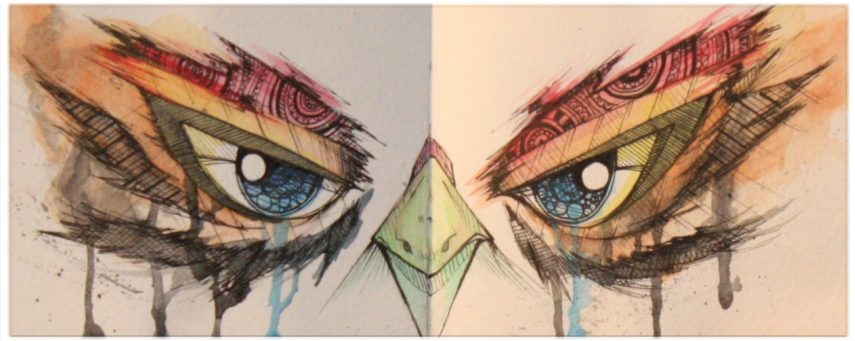
A cloudy sky  
will take away  
the light of the sun.

Powerful enemies of happiness  
will prevail over  
the meek.

Hatred

will rid people of  
the concept of love.

But I believe the reverse is true.



## Creating in Watercolor, Oil, and Pen

*An Interview with Kimia Fariborz*

by Sydnee Nicolas, Class of 2015

When asking anyone at school about Kimia Fariborz, a junior, the responses tend to run along the lines of "She oozes originality and passion" or "Her artwork draws you in with its complexity and uniqueness." Having taken up painting when she was eight years old, Kimia excelled at sketching whatever her heart desired by the end of elementary school. Mr. Brandmeyer, the high school art teacher, notes that Kimia "is a very talented art student who is always committed to giving her best effort, and her work shows it. It is a pleasure having her in my classes." Creating in watercolor, oil, and pen, she continues to amaze and inspire those who have the pleasure of experiencing her art.

*What is your favorite medium for art? Which is the most challenging?*

My favorite medium for creating art is oil, although I also really like watercolor. They are like opposites. With oil, I can create texture and I have more control.



## What are You Reading?

by Matthew Hutchinson, Class of 2016

Dr. Negrete, GAA Principal  
*Miracles* (1947) by C.S. Lewis  
"God intervenes in marvelous ways"

Adam Afenir, Class of 2016  
*Red Pony* (1933) by John Steinbeck  
"A boy struggles with life and growing up"

Janine Mozoomdar, Class of 2016  
*Albert Einstein* (2007) by Walter Isaacson  
"Details Einstein's life and studies"

David Larsen, Class of 2017  
*Alan Turing* (2014) by Andrew Hodges  
"Enigma code breaking during WWII"

Isabella Naguit, Class of 2016  
*Bible: Luke* (1st Century) by Luke  
"Gospel story of the ministry of Jesus"

Adriel Rillera, Class of 2015  
*Lenin's Tomb* (1993) by David Remnick  
"Post-Stalin USSR culture and politics"

Connor Weekley, Class of 2015  
*Unbroken* (2010) by Laura Hillenbrand  
"Louis Zamperini survives trials unbroken"

Jonathan Salvador, Class of 2015  
*20,000 Leagues Under the Sea* (1869) by Jules Verne  
"Scientist travels in a submarine"

Christopher Salvador, Class of 2017  
*Huck Finn* (1884) by Mark Twain  
"Adventure despite a dysfunctional family"

Matthew Hutchinson, Class of 2016  
*Endurance* (2000) by Alfred Lansing  
"Band of men travel to the Antarctic"

Dr. Ashley Prosper, Class of 2003  
*Eat & Run* (2013) by Scott Jurek,  
"Vegan ultra-thoner who runs 50+ miles"



With watercolor, I cannot completely control how it will turn out. Things are more free-flow and unpredictable, but, because of this, the results are often beautiful. In both mediums, I find that I am drawn to soft colors and dreamlike, almost other-worldly images. I particularly like the contrast of pastel colors juxtaposed with navy or black.

Right now, the most challenging medium for me is digital art. I am still learning to draw the simplest things, like circles, on my tablet. I have a basic grasp of the technology, but I have a difficult time connecting with the art, and I am still learning how to create the colors I want. I do like the delete button.

*Are you able to create anywhere or do you have a favorite location?*

I can work almost anywhere, but I do like to have all my supplies with me so that I can create what I want with what I need. I have favorite brushes for oils or watercolors, and I have favorite pens for sketching. For example, I like to work with my full set of 72 Copic markers, but I don't always have them with me.

It might be easier for me to be alone in my art space, but I can work anywhere—even in a coffee shop filled with people and music. The sounds, smells, and conversations can act as background or inspiration.

Even when I am in a situation where I cannot work on art, I find that I am planning art. When I see something new, I immediately begin trying to figure out how I could create it.



*What challenging project are you working on right now?*

In art class with Mr. Brandmeyer, I am working on a sketchbook. Sketching is not new to me, but this is the first time I have developed an organized sketchbook that reflects a specific thought process—a type of controlled stream of

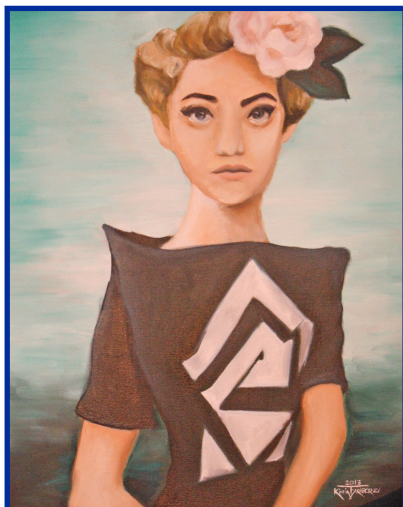
consciousness. I really appreciate the process, even though I feel like I'm working more slowly. I am also working on an oil painting. It is a profile portrait with three hummingbirds hovering near a woman's face. I want to experiment with light coming in from different sources and at different angles.



#### *How do you share your art?*

My artwork has been on display in the school library, and I regularly share it with art students during class. Once an adult from a local art school asked if he could use an infinity sign I had painted for a critique. He wrote paragraphs of things that he saw in my simple work, things that I had never thought of and hadn't intended. Since then, it has been really interesting to share my art and hear what people think of what I create.

Online at [instagram.com/dihydrogen.monoxide](https://www.instagram.com/dihydrogen.monoxide), I post pictures and even videos of my work. While it feels good when people "like" and follow my art, I especially love when they leave



comments. I have sold some of my art, but I have a hard time parting with what I really like.

Another way I share art is teaching at a local art school. I attended this school when I was younger, and now it is exciting and enlightening to help children learn to create for themselves. It made me laugh when one little girl at the art school called me "Miss Kimia."

## Book Recommendation

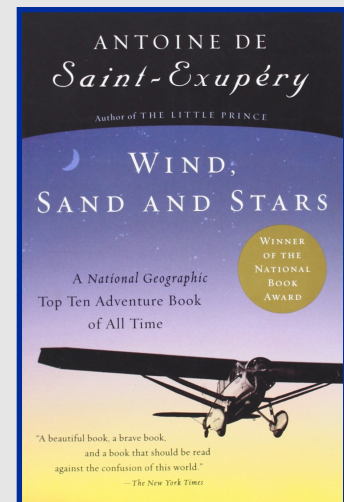
by Johanna Bazan, Class of 2016

*"When I opened my eyes I saw nothing but the pool of nocturnal sky, for I was lying on my back...face to face with that hatchery of stars...I was seized with vertigo and felt myself as if flung forth and plunging downward like a diver."*

An adventurer, a pilot, and a poet, Antoine de Saint-Exupéry tells of his many travel experiences while serving as a mail-delivery pilot in the 1920s and 1930s. His stories in *Wind, Sand and Stars* (1939) float the reader to a different world.

His world, full of beauty and grace, is described in ways that wrap one in wonder and fill the mind with complete awe. He compares the charm and dangers of nature to human character, and he shares with readers the sublime peace of solitude, the blessing to be found in troubles, and the importance of careful observance.

Reliving near-death experiences in plane crashes, escaping Moorish attacks, and surviving the unmerciful expanse of a desert, Exupéry recounts his story with warmth and grace, gently tinted with a dash of humor. His love and talent of writing are truly evident and his work is thoroughly art.



Winner of the 1939 Grand Prix du Roman de l'Académie Française and the U.S. National Book award for best work of non-fiction, *Wind, Sand and Stars* today ranks #3 on the *National Geographic* list of 100 all-time best adventure books and #1 on *Outside* magazine's list of 25 essential books for the well-read explorer.



## "Six String Call"

by Isabella Naguit, Class of 2016

It's a little like a love story  
 The past of you and me.  
 I heard you sing from down the hall  
 And leaned into the room to see  
 Your beauty  
 Your complex simplicity.

Just six strings with  
 Set tones,  
 Plucking and strumming  
 To rhythms and notes.  
 Numbers in music?  
 "Tabs" - what are those?  
 Those numbers in music  
 Taught me half of what I know.

Some days we spend hours together  
 Some days no time at all,  
 But every moment away from you  
 I hear your six string call.  
 Never will I forget when I first heard it  
 From down the hall.

## The Mirror of Me

*An acrostic poem in celebration of friendship*  
 by Johanna Bazan, Class of 2016

Hopping up the steps, thick soles plop,  
 A pigeon-toed girl trips. She  
 Noses into the Kindergarten room alight with shining faces:  
 Notices some shining with excitement & others with tears.  
 As she enters the room, the din derails her senses.  
 Hurriedly she scurries behind her mother's legs.  
 Daringly she flits her eyes to peer at those around her:  
 Everywhere she looks, new faces dawn.  
 Calming herself, she sets her gaze on a familiar face--  
 One alike her own--a  
 Lively & rudely bright girl, pudgy, with ebony bangs resting  
 Over dark, spirited eyes.  
 Never had she seen such a bold character:  
 Galloping independently across the room, yelling  
 Out a quick "Hi!" despite the timid look of the pigeon-toed girl,  
 Never guessing her reflection, her alike opposite, would become  
 an Everlasting Sister



## Leading to Serve

*An Interview with Ashley Prosper,  
Class of 2003*

GAA alumna and National Honor Society member, Dr. Ashley Prosper took some time out of her busy schedule to speak with *Cougar Prints* about the importance of leadership training and a life of service. In 2007, she graduated from the University of Southern California (USC) with a B.A. in Biological Sciences and a minor in Business Administration. In 2011, she graduated as a physician from USC's Keck School of Medicine.



*How did GAA prepare you for college and career?*

I am incredibly grateful to the teachers and staff at GAA who went far beyond the requirements of their job descriptions and out of their way to help me. The school is incredibly receptive to student leadership efforts. Learning to plan events like fundraising dinners, Junior/Senior Ditch Day, May Festival fundraisers, and class camping trips, provided a safe environment for me to develop leadership and organization skills that I further honed in college and medical school and, today, rely heavily on as a physician.



*How important has community service been to you?*

High school provided a wide variety of community service opportunities, and I remember trying my hand at many of them. I discovered that the experiences that brought me the most joy were the ones I had while mentoring younger students and helping them with their school work. Reading with the first graders was a lot of fun!

As a freshman at USC, I volunteered in elementary schools by joining a group called "Going for the Goal" (G4G). Over a six week period each semester, G4G matched undergraduate and Master's degree students with sixth graders in USC's surrounding neighborhoods. The program aimed to teach students the importance of dreaming big, setting goals to make dreams a reality, recognizing and overcoming roadblocks, asking for help, and identifying and building personal strengths. Watching our students realize that, with a carefully constructed set of goals, they, too, could attend USC or any university of their choosing, was an eye opening and humbling experience.

After a year of volunteering with the group, I became the group's director. I ended up running the program for the next two years, and

## Scholarship Opportunity

by Sydnee Nicolas, Class of 2015

Zinch believes that students are "more than a test score." Understanding that college is expensive and that most people will need tuition assistance, Zinch continues to find fun, meaningful, and unique ways to help students pay for their college education.

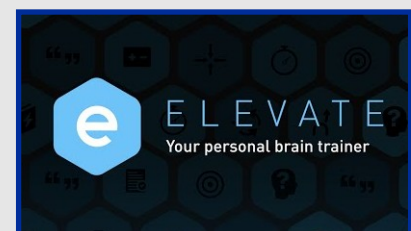
Just one of the creative opportunities is the \$1000.00 Weekly Scholarship that asks for a three-sentence essay in response to a prompt. For busy students, the three-sentence essay is manageable, and people can enter on a weekly basis. Each contest begins on Monday at 9:00 a.m. PST and ends the following Monday at 8:59 a.m. PST.

Creating a profile takes only minutes, and allows students to customize searches according to education history, college interests, and experiences in academics and at work. Go to <http://www.zinch.com/scholarships> for more information.

### Check It Out Online

**Peak:** This free app presents neuroscience-based brain games that target key categories: memory, focus, problem solving, mental agility, and language. Users must register to gain access to four free brain exercises a day. The app tracks progress, and games become progressively more challenging. Users may set an alert as a reminder to play.

**Elevate:** AppStore Editors' Choice for 2014. Focusing on memory, reading comprehension, and concise writing, this free app presents activities that adapt as the user's ability increases. Rather than rely on mostly shapes and patterns, Elevate games present sentences and short paragraphs in which users correct errors, improve grammar, and identify facts. Users can play three free brain games a day.



## That's Puntastic!

by Mahta Marefat, Class of 2016

I can see five years into the future, thanks to my 2020 vision.

Question: You know what's really odd?

Answer: Numbers that are not divisible by two.

Time flies like an arrow. Fruit flies like a banana.

Question: Which Greek god loved animals the most?

Answer: Zeus

Oxygen went on a date with potassium. It went OK.

I tried to grab some fog, but I mist.

Question: What does a woodchuck use to keep track of all his wood?

Answer: A log.

I broke my finger today, but on the other hand I am completely fine.

Question: What happens to nitrogen when the sun comes up?

Answer: It becomes daytrogen.

My math teacher said that I was average. How mean.

When it comes to math, graphing is where I draw the line.

I should have been sad when my flashlight died; instead, I was delighted.

Question: Who was the roundest knight at King Arthur's table?

Answer: Sir Cumference.

Bakers trade recipes on a knead to know basis.

have proudly watched the next generation of students continue the tradition after I graduated.



*Why did you decide to become a doctor?*

As a very young child, maybe three years old, I saw a physician in our congregation respond to a woman who fainted during Sabbath church service. I remember thinking that I wanted to be helpful like this one day, too. I found studying for my science and math classes to be particularly fulfilling, so medicine seemed like a great way to practically apply the concepts that I enjoyed learning.

I was accepted into an eight-year medical pathway at USC with guaranteed medical school admission. Still, I wanted to make sure that I was choosing the right career. Shadowing physicians at LA County Hospital, getting to "scrub in" and watch procedures, and following doctors during their clinic visits sealed the deal.

*What challenging opportunities have you had since earning your medical degree?*

As a resident at LA County Hospital, I've been privileged to serve as a delegate to our residents' union. Successfully negotiating a three year salary and benefits contract for 900+ residents at LAC+USC Hospital and presiding over a \$1.2 million annual resident-run budget for the improvement of patient care have been some of my proudest moments.

On a state level, I'm currently serving the California Radiological Society as the Residents & Fellows Section President, working to boost resident programming. On a national level, as a Nominating Committee member of the American College of Radiology's Residents & Fellows Section, I'm representing the West Coast Radiology Residents and working to select capable candidates for national leadership positions.



*What are you passionate about learning right now?*

I've recently obtained a fellowship position in cardiothoracic imaging at USC for the 2016 academic year. I will spend a year specializing in imaging and image guided procedures of the lungs and heart. My research work in cardiac imaging was what first drew me to the field of radiology, so I'm absolutely thrilled that I'll be able to make cardiothoracic radiology my career.

Thanks to the influence of a fellow resident and great friend, I have discovered that I really enjoy running. Despite barely being able to finish "the mile" in P.E. class for Coach Luna, I've now run seven half marathons, the San Francisco Marathon, and placed in two 5Ks. I am currently training for the LA Marathon in March with the goal of improving my prior time and staying healthy while training.

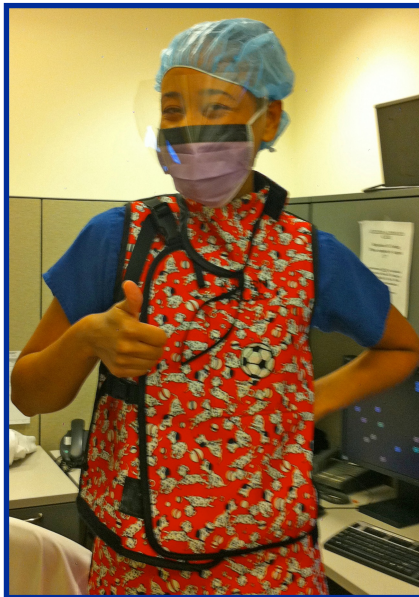
*What advice do you have for students as they consider college and a career?*

1. Pay attention to what makes you happy and the activities that you truly enjoy. If you enjoy what you're working toward, you'll be able to stick with it, even when things get tough.
2. When trying to decide which college to go to, I felt overwhelmed by what seemed like the most important choice I'd ever made. Pastor Aitken, my academy religion teacher, told me something that I'll never forget. He said, "There is no 'best choice.' You make a choice and then you MAKE it the best choice every day." He was absolutely right, and I try to remind myself of this whenever I have a big decision to make. A decision isn't over once we've come to a conclusion. It's our everyday efforts that seal the deal. And remember that God helps: "I know that You can do all things; no plan of Yours can be thwarted" (Job 42:2).

3. Remain humble, and take comfort in the fact that you're never on your own. I'm aware of the fact that everything that I've been blessed to accomplish, I've done with the help of family and friends and the grace of God.

*One more thing*

You never know when you're going to use what you've learned in high school. Imagine my Cambodian patient's surprise when I spoke a few words in Khmer before performing an image guided biopsy. Instantly, I felt her relax and saw her tension melt away. Suddenly she was smiling and laughing through what she had previously imagined to be a scary procedure and was shocked to realize that we were "done in no time." I was more grateful than ever that Ms. Gross had taught me to say "choum reap suor," a Khmer greeting, in World History class.

**Save the Date**

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

- 01 Freedom Day (13th Amendment)
- 01 Woolworths' Sit-In (1960)
- 02 Groundhog's Day (1887)
- 03 Day the Music Died (1959)
- 04 Rosa Parks' Day
- 05 World Nutella Day
- 06 Wear Red Day (Heart Health)
- 09 Read in the Bathtub Day
- 11 Nelson Mandela freed (1990)
- 12 Abraham Lincoln born (1809)
- 14 Valentine's Day
- 14 Library Lovers Day
- 16 Presidents' Day
- 17 Random Acts of Kindness Day
- 19 Chinese New Year
- 22 George Washington born (1732)
- 29 Salem Witch Trials first warrants (1692)

**Lunch Counter Protest**

by Janine Mozoomdar, Class of 2016

Four African American students from North Carolina's Agricultural and Technical College planned a peaceful protest that began on the 95th anniversary of Lincoln's 1865 signing of the 13th Amendment. On 01 February 1960, four freshmen purchased items at the Greensboro F.W. Woolworths, and then sat down at the segregated lunch counter to eat. The store refused to take their food orders, and asked the students to leave. Joseph McNeil, Franklin McCain, Ezell Blair, Jr. (now Jibreel Khazan), and David Richmond did not leave, staying at the lunch counter until the store closed.

The protest continued when the store opened the next day. Over the next few months, more students arrived to help the sit-in at the lunch counter in protest of the store's segregation policy. The story, picked up by the media, inspired peaceful sit-ins at other stores in other states. By March, there were sit-ins in 55 cities across 13 states. Stores soon abandoned segregation policies when sales dropped by more than a third. Woolworths officially desegregated its lunch counters in July 1960.

Freedom is often taken for granted in the United States. By remembering and honoring events of the past, we can work toward the goal of true freedom for everyone, no matter what one's ethnicity or nationality, color of one's skin, and regardless of the cost to business.

## Special Thanks



We would like to thank Dr. Aziz Berjis for his generous donation that made it possible to publish and mail the February 2015 issue.

[www.GlendaleSurgeryCenter.com](http://www.GlendaleSurgeryCenter.com) 818.244.8200

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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 [GlendaleAcademy.org](http://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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## February Calendar



**02 Home Game Soccer Girls v Pilibos** (3:30 p.m. at GSC)

**02-06 Week of Prayer**

**05 NHS Induction Rehearsal** (12:45 p.m. in auditorium)

**06 NHS Induction** (4:30 p.m. in auditorium)

**07 H&S K-12 Talent Festival** (7:00 p.m. in auditorium)

**09 Block B Monday**

**10 Home Game Soccer Girls v Providence** (4:30 p.m. at GSC)

**10 Home Game Basketball Boys v Oakwood** (4:30 p.m.)

**11 Valentine's Chapel**

**12-15 PUC College Days**

**16 No School/Presidents' Day**

**20 Black History Chapel**

**21 Music Department at Glendale City SDA** (10:00 a.m. at church)

**21 Senior/Freshman Social** (5:00 p.m. at GAA )

## 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 would like to feature class projects, art, poetry, essays, alumni achievement, book recommendations, great websites/apps, and more. If you have supportive comments to share or if you would like to underwrite the printing of an up-coming issue, we would love to hear from you, too.

