

COUGAR PRINTS

Character | Scholarship | Leadership | Service

I Must Tell Jesus

by Hannah Decolongon, Class of 2016

"Cast your burden on the Lord,
and He will sustain you; He will never
permit the righteous to be moved."
Psalm 55:22

Sponges are very helpful items that have many uses. They scrub the floor, wash the dishes, and aid in almost all areas of cleaning the house. What makes them so special is their ability to retain the liquid that they soak up. When a sponge holds water, it is noticeably heavier than its original state. But, when liquid is squeezed out, the sponge becomes light once more.

It may seem surprising, but we can be just like a sponge. We are all busy people with many things on our minds. Whether it be work, personal problems, or something weighing on our hearts, there is no question that life can get rough. Too often, during these troubled times, we tend to hold in our worries and concerns. Just like the sponges, we become heavy with burdens.

There is a hymn whose chorus reminds us that "I must tell Jesus, I cannot bear my burdens alone. I must tell Jesus, Jesus alone." We never need to keep all of our troubles to ourselves. We never need to be heavy like a water-soaked sponge. Jesus is near to help us with our load, so that, just like the sponge, we can be lighter.



A Heart With Christ

by Diego Calderón, Class of 2015

As a little boy I had always dreamed about Brazil. I would imagine myself almost like Tarzan, deep in the Amazon Forest, exploring the dark jungle and the murky waters. Other times, I saw myself swimming in the clear waters of Copacabana or riding a sea turtle as I happily sipped from a coconut while watching the sun dip down, through an amazing palette of colors unfolding in the sky. I would smile, lost deep in my imagination, knowing I was an adventurer with a heart and mind in Brazil.

Nearly ten years later, God has given me the incredible privilege of going to the country of my dreams. I would go, not as Tarzan or an expert rider of sea turtles at sunsets, but rather as a missionary volunteer. I would be going as a volunteer at a school in Para located in the north-eastern part of Brazil. Here, my primary responsibilities would be helping in the school gardens and production department. I would also be assisting in English classes for the students and teaching one of the pastors English.

I had a huge doubts about delaying college for a year of mission service. Many questioned my decision, asking, "Are you sure you want to do this? Shouldn't you go to college? Isn't education your priority?" These questions filled my head, and I doubted many times that I was doing the right thing, worrying that I might be wasting an entire year. Yet, God was calling me to serve. Because of this, no doubts, worries, or questions kept me from trusting His plan.

Brazil was a culture shock for me. The people, language, culture, sights, smells: everything was different to me. How on earth would I

A Heart With Christ

Continued

by Diego Calderón, Class of 2015

I pray every day that God continues to work to transform me into a person who seeks solely His heart. With His help, I want everything I do on this planet to glorify Him. In the end, He's the one who truly matters, and I can't imagine living any other life than the one that He has decided for me.

Being a missionary volunteer is one of the greatest privileges I've ever had. Many people--like I once thought--believe that they have to go to a foreign country to be a missionary. But, the truth is that there are people right here at home who are dying for a change, dying to fill a gap in their hearts that only God can fill. A friend shared an inspirational quote from German Count Zinzendorf, "Missions, after all, is simply this: Every heart with Christ is a missionary, every heart without Christ is a mission field."

Post-It-ivity

by Johanna Bazan, Class of 2016

A day can be transformed by something as simple as a smile. To this end, NHS decided to spread a little "Post-It-ivity." During an April morning worship, members wrote encouraging notes on Post-Its that could be posted on doors, bulletin boards, classroom windows, and even bathroom mirrors to spread cheer, encouragement, and confidence across the campus.

By the end of the first day, colorful notes filled with Bible verses or quotes--such as "believe you can, and you're already halfway there" or "if opportunity doesn't knock, build a door"--lined the hallways and happy chatter was heard as students plucked messages from the walls and shared them with friends or moved them to other campus locations so more people could read the messages.

In the following days, Honors English III students wrote inspiring quotations from Emerson and Thoreau to share what they learned while simultaneously improving the morale of our campus. Many placed the Post-Its in their binders as reminders to stay strong and do their best. The project is on-going as we hope to de-stress the campus with Post-It-ivity that will last until the end of the school year!

survive here for the next ten months? The roads were some of the biggest shocks for me. The nearest major city to the school is Belém, and it is a 45 minute bus journey away. The main highway, leading in and out has two lanes each direction, but can easily turn into a eight lane road with cars squeezing between cars and onto the sidewalk and buses fitting in places where'd you think a Fiat couldn't fit. People risked their lives as they ran across the highway, and bikes wound in and out of traffic. It was pure madness.

Now, nearly three months later, things are going well. I have a work routine, the Portuguese language--which once sounded so foreign and unable to grasp--is now easy to understand and my words are more fluent. The once crazy and hectic roads have now become a part of life. I enjoy going into the city, becoming part of the commotion, and participating in everyday life.

God always knows in what areas I need help. For example, my two biggest struggles have been a lack of humbleness and a love of complaining when I am not comfortable. In Brazil, I work in the produce department with men from all walks of life. Back in the States, I would have looked down on these men, never taking time to talk to them or value their hard work. Now, these men have become my friends, and are my example of honor, hard work, and perseverance. They may be tough on the outside, but deep down inside they have hearts of gold. They inspire me by their example of how care and provide for family, how to work without complaining, and how to have faith in God in every single situation. The people I have met in Brazil live lives of deep faith. Friends here have told me, "I have \$10 in my bank account. I have no idea how I'm going to survive, but I'll trust in God."



Being in Brazil has reminded me that God--the one that we pray to today--was the one there for Joseph, the one on whom Moses relied, the one in whom Ruth entrusted her life, the one about whom David sang praises, and the one who put fire in the soul of Paul. This same God asks to have a personal relationship with you and I today. If this God has taken care and watched over all those people in the past, I am confident that He can watch over me, too.

As a missionary volunteer, I see God opening my eyes in ways I never imagined. He is opening my eyes to see that kindness in the people here, how they embrace and accept me with arms and hearts wide open. There's no judgement, preconceived notions, just pure joy--joy and happiness. Their smiles burn right through me and make me want to become more like them, these people who have so little have so much more than I have. That they want to be friends in Christ with me humbles me and is an awesome honor.

Of Songs and Strings

by Janine Mozoomdar, Class of 2016

If you are looking for an extraordinary person on campus, look no further than Senior Hannah Decolongon. Hannah, well-loved by all, has attended GAA since Kindergarten. Hannah is a jack of all trades in music: she plays saxophone in Jazz Band, flute in Concert Band, sings in the Chorale, writes songs, and plays the guitar, piano, and harp in her free time.

When did your passion for music begin?

Ever since I can remember, I have always loved music and it has been an important part of my life. I first started with singing, which seemed to come naturally. The first instrument I learned to play was the piano.

Piano seemed like the most "basic" instrument to learn. Since my sophomore year, I have given up piano time to concentrate on the harp.

How did you end up playing the harp?

I had a knack for learning instruments. When I was in second grade, my mom and I visited a harp center during a free group lesson, and the manager asked if I would like to try private lessons. I can remember that I really enjoyed learning how to play. I started to perform in churches on the harp when I was around eight years old. Since then, I just haven't stopped playing.

What is your favorite musical activity?

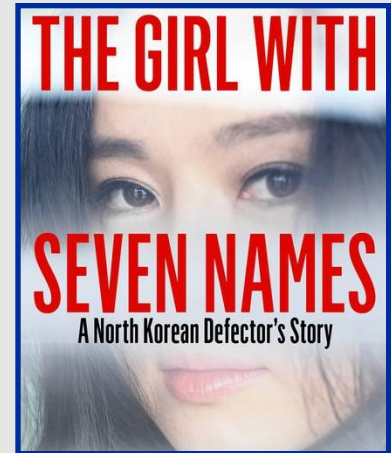
I enjoy singing the most. I like how I am able to use the music, the words, my voice, and my face to convey emotion while I sing. Singing allows me an opportunity to connect with the

audience in a closer way than while playing an instrument. The harp is the most challenging. Several things take place while playing, such as the pedals and plucking. Yet through its complexities, I can still reach out to the audience. Sometimes people will tell me that my performance makes them think of David playing to calm King Saul, or that it makes them think of heaven and how much they want to learn to play when they get there. I'm thankful that such an instrument can reach out to people.

How do you manage your time being in so many musical ensembles?

It is difficult to balance music and school. When I have a harp performance coming up, I wake up 4:00 a.m. to practice before school. Singing and playing with groups and ensembles means that I have to schedule practice time after school. Although it can be tiring, it is what I look forward to most--spending time with people who share my same

love of music. I recently held a concert at my church to raise money for Adventist Education. Eagle Rock SDA Church has always been so supportive of the students who attend, and my family and I wanted to find a way to give back. Preparing for that concert challenged my ability to balance music and school. Those who attended generously gave



Book Recommendation

by Mahta Marefat, Class of 2016

The Korean Conflict left North Korea isolated from West and even from South Korea. Rejecting the values and open communication to the south, North Korea also limited its citizen's opportunities. Those within the country lacked access to open information and were placed under surveillance by the army, their neighbors, and even their own families. Interaction with any non-North Korean was illegal, and bribery was the understood, unspoken language of the people.

In *The Girl with Seven Names: A North Korean's Defector Story* (2015), Hyeonseo Lee tells of her life growing up in North Korea, describing what it was really like to live in a world of twisted truth. By the age of 17, she had already lived under two names, and she sought one final adventure before being classified as an adult under the law. Sneaking across the river separating North Korea from China, Lee had planned to stay just a few nights, so was heartbroken when she received the news that she could not return home.

Forced to live in China, she picked up not only the language, but new names and identities as well. The truth about North Korea began to seep into her new reality, and forced her to realize the home she loved was not as wonderful as she was led to believe. Every move brought the danger of someone discovering her truth, and she devised a way to reach South Korea, who was accepting defectors, for a chance at one final, new life.

Hyeonseo Lee faced a life of danger, treachery, and heartbreak. Throughout it all, she learned how to adapt and survive in a world that was against her success. The identities she lived under are seven different stories, but the girl with seven names has only one life.



A Look Back

1907: Glendale Church School opened in the basement of the Glendale Sanitarium on Isabel Street. Fifteen students enrolled.

1920: The school became a twelve-grade academy.

1922: The academy began publishing *Stepping Stone*, the school yearbook.

1923: Ten investors purchased 40 acres in Sycamore Canyon, selling lower acreage to fund developing a new campus on the higher land. The school on Kimlin Drive was renamed Greater Glendale Academy.

1925: Greater Glendale Academy became Glendale Union Academy.

1941: Gymnasium was built, which also housed academy vocational classes (now Kindergarten classrooms)

1958: Library was completed.

1961: Lee R. Marsh Memorial Field was constructed on Third Terrace.

1966: PE Locker Rooms and Music Room were built (the Music Room now houses the Art Department).

1970: Academy Buildings A and B opened for student use. Planned mirror structures on the west side of Kimlin have never been built, in part because the Conference sold a key property.

1980: Charles E. Watkins Auditorium opened for use. The school was renamed Glendale Adventist Academy.

1989: Cougar selected as the school mascot.

2014: NHS began publishing *Cougar Prints*, a newsletter focusing on leadership, service, scholarship, and character.

to the education fund, so it made all that work worthwhile.

Will you continue to focus on music as part of your career plans?

I'm planning to earn an Elementary Education degree, and I want to teach using music. I process information more quickly when I use music and song. As a teacher, I plan to teach the kids in different ways, music being one of them. I'm also planning to continue playing the harp as part of hospital ministry.

What Bible verse inspires you?

My favorite Bible verse is Isaiah 41:10 which says, "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." No matter how big my problems may seem, God is bigger and is always ready to help me.



By Students, For Students

by Kaylee Pak, Class of 2016

In just one night, the National Honor Society's third Worthy Student Fund sacred music concert raised over \$2,600. The concert, which has become a new NHS tradition, was begun as a way to increase the funds available to students who need a little help with tuition.

"Anchored in the Lord" was almost entirely student-run, and owes its success to the many student volunteers in both the academy and elementary who took time out of their busy schedules to prepare over many months. These volunteers helped from planning and setting up, to working the sound both and performing. The concert featured vocal and instrumental music as well as solo and group performances. This year, even the chorale, directed by Mr. Hansen, joined us to sing the concert's theme song. The elementary contributed their part with vocal performers, and the Junior High's NJHS members helped collect the offering.

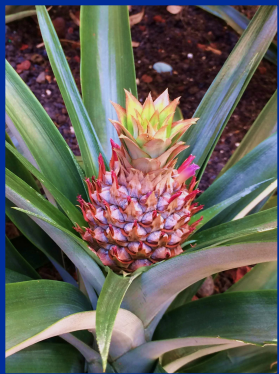
Senior Desirae Darrett, who sang "Do Not Pass Me By," thought that "the concert was very inspirational, and it was amazing to see students of all grades come together for the event. It made the audience realize how important the Worthy Student Fund is, giving students the opportunity to help many others have a Christian education."

The 08 April 2016 evening concert provided an opportunity for audience members to relax and refocus after a busy week and welcome in the Sabbath through sacred music. Performer Johanna Bazan, who sang "Press On," noting the power of music, said, "I felt the message of the song I was singing; that I need to move forward with God as my guide on the right path. No matter what I go through, I always know He will be there to help me *press on*."



Making Memories in Hawaii

In March, seniors took their class trip to the island of Oahu in Hawaii.



Blast from the Past

The answers to the questions below are the Honor Years for Glendale Adventist Academy's Alumni Weekend: 1956, 1966, 1976, 1986, 1991, 1996, and 2006.

In what year did the following events occur?

1. Gorbachev resigned as General Secretary, and the USSR dissolved.
2. The *Miranda v Arizona* ruling required those arrested be informed of their legal rights.
3. FBI arrested "Unabomber" Ted Kaczynski.
4. Pluto was demoted and reclassified as a "dwarf planet."
5. Chernobyl nuclear disaster devastated in the Ukraine.
6. Eisenhower authorized "under God" to be added to the Pledge of Allegiance.
7. Steve Jobs and Steve Wozniak founded the Apple Computer Company.
8. Saddam Hussein was convicted of crimes against humanity and was sentenced to die by hanging.
9. Space shuttle *Challenger* exploded after launch, and all seven on board died.
10. Britain was plagued by deadly cow disease.
11. Bicentennial of the United States of America.
12. General Electric-Telechron introduced the world's first snooze option on an alarm clock.
13. Operation Desert Storm was launched against Iraq to defend Kuwait.
14. U.S. tested a hydrogen bomb on the Bikini Atoll in the Marshall Islands.
15. At age 15, Pelé became a professional soccer player in Brazil, scoring four goals in his first game.

Answers: 1. 1991, 2. 1966, 3. 1996, 4. 2006, 5. 1986, 6. 1956, 7. 1976, 8. 2006, 9. 1996, 10. 1996, 11. 1976, 12. 1956, 13. 1991, 14. 1956, 15. 1956

That's Puntastic!

collected by
Mahta Marefat, Class of 2016

I have always wanted to plan an Earth Day party, but every year I forget to planet.

Question: How do you spell candy with only two letters?
Answer: C and Y.

A woman quit her job at the doughnut bakery because she was fed up with the hole thing.

I am really good friends with 25 letters of the alphabet. I really don't know Y.

Question: Who are the happiest people on earth?
Answer: No-mads.

Decimals have a point.

I own two thermometers of the same size. You could say that they are Fahrenheit.

Question: What type of computer do horses like to eat?
Answer: Macintosh.

Question: What do you get when you cross a turtle with a flu shot?
Answer: A slow poke.

Escalators don't really break down; they just turn into stairs.

Question: What was Forrest Gump's password?
Answer: 1forrest1

I am going to this year's Fibonacci convention. It will be as big as the last two put together.

I asked a French boy if he played video games. He said wii.

A Bite of the Big Apple

Twenty-eight people joined the Drama tour to New York City in March.



Strawberry Applesauce

by Jennifer White

reprinted by permission from JennifersKitchen.com

Ingredients

9 medium apples

6 to 10 strawberries, fresh or frozen - The amount depends on whether you want your applesauce to have a strong strawberry flavor or just a subtle one.

1/3 cup apple juice or water

Instructions

Wash apples. There is no need to remove peel the apples.

Place water or juice in a large, heavy-bottomed pot and begin heating.

Cut apples off the core into large pieces and place pieces in pan.

Cover and bring to boil over medium high heat. Stir often! Watch closely so that apples do not scorch. You can add more liquid if you like, but the more liquid you add, the less flavor the applesauce will have.

Cook until apples are soft. The amount of time will depend on what kind of apples you use. Cortlands can take as little as 5 minutes, but other varieties can take up to 30 minutes.

Remove lid and allow to cool slightly.

Scoop some of the warm apple mixture into blender jar, filling the jar only one-third to one-half full. (Do not fill more than halfway, as it can be dangerous to blend hot foods if the blender is too full. Be sure to follow the instructions below to avoid burns while blending hot foods.)

Add as many strawberries as you like.

IMPORTANT NOTE ABOUT BLENDING HOT FOOD: Blending hot food can be dangerous. Remove the center piece (feeder cap) of the lid and then place lid on blender. Hold clean and folded towel over feeder opening, venting to allow steam to escape and so preventing an explosion of hot applesauce out of the top of the blender.

Begin blending at a low speed and gradually increase the speed, blending until very, very smooth. (This may take several minutes unless you have a powerful blender.)

The applesauce should be silky smooth and creamy with no visible pieces of skin.

Pour applesauce into a container. Repeat procedure with remaining apples and strawberries.

Store in refrigerator.

Notes

For a variation, add 4 or 5 red raspberries along with the strawberries.



Save the Date

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

- Native American Heritage Month
- 01 May Day
- 03 Teacher Appreciation Day
- 04 Star Wars Day (May the Fourth...)
- 05 Cinco de Mayo (1862)
- 05 National Day of Prayer
- 08 Mother's Day
- 08 International Red Cross Day
- 09 Lost Sock Memorial Day
- 11 Donate a Day's Wages to Charity Day
- 13 National Apple Pie Day
- 14 American Indian Day
- 16 Love a Tree Day
- 17 Brown v Board of Education (1954)
- 18 National Museum Day
- 21 American Red Cross Founded (1881)
- 23 World Turtle Day
- 24 National Scavenger Hunt Day
- 27 Golden Gate Bridge Opens (1937)
- 28 Amnesty International Founded (1961)
- 30 Memorial Day
- 31 World No Tobacco Day
- 31 National Macaroon Day

American Red Cross

by Kimia Fariborz, Class of 2016

When an organization provides disaster relief, medical supplies, and education to those in need, it is not surprising that its symbol becomes widely recognized. The 21st of this month marks the 135th anniversary of the American Red Cross, founded by Dr. Clara Barton. After her work with the International Red Cross during the Franco-Prussian War, Barton determined to establish an American version of this humanitarian organization.

The American Red Cross' first response was after Michigan's Great Thumb Fire of 1881 which burned over a million acres and displaced thousands of people. Barton and her volunteers worked tirelessly to provide for those in need.

Today, the organization continues its tradition of taking action to meet the world's needs. Utilizing a staggeringly large number of volunteer workers, more than 650 chapters and 36 blood service regions are dedicated to the Red Cross' goal of saving lives and educating people to prepare and respond to medical emergencies. Currently, the American Red Cross is aiding the citizens of the Houston region after extreme flooding in April. So far, they have provided over 29,000 meals distributed by 21 Red Cross emergency response vehicles dispatched to the area.

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.

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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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May Calendar

01 May Festival

02 Late Start (Band 7:45 a.m.; School 8:50 a.m.)

02 Home Game Volleyball v Providence (Boys 4:30 p.m.)

03 AP Physics Exam (begins at 12:00 p.m.)

04 AP English Exam-- Literature (begins at 8:00 a.m.)

04 Home Game Volleyball v Holy Martyrs (Boys 4:30 p.m.)

05 AP Calculus AB/BC Exam (begins at 8:00 a.m.)

05 Home Game Volleyball v de Toledo (Boys 4:30 p.m.)

07 "Les Miserables" by Drama Department (8:00 p.m. in auditorium)

09 Class Elections/Co-Ed Badminton Tournament (4:30-6:30 p.m.)

10 Honors English/History Entrance Essay (3:45-4:30 p.m. in Room 3)

11 Student v Faculty Softball Game (4:00-5:30 p.m. on Third Terrace)

12 AP Statistics Exam (begins at 12:00 p.m.)/NHS Hours Due (Seniors)

13 Student Association Elections

14 Band/Chorale at Vallejo Drive SDA Church (arrive by 10:00 a.m.)

14 "Les Miserables" by Drama Department (8:00 p.m. in auditorium)

16 Spanish Challenge Exam (3:45 p.m. in Room 6)/Senior Review

17 Boys Basketball Varsity v Faculty (3:45-5:00 p.m.)

19 Spring Concert by Music Department (7:00 p.m. in auditorium)

26 Block A Final Exams

27 Awards Chapel/Yearbook Distributed/Minimum Day

30 Memorial Day/No School

01 June Block B Final Exams/NHS Hours Due (Juniors/Sophomores)



"Anchored in the Lord" performers Jade Frias, Rheese Vigilia, and Lauren Bangloy

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 or if you would like to underwrite the printing of an up-coming issue, we would love to hear from you, too.

