

# COUGAR PRINTS

Character | Scholarship | Leadership | Service

## Following the Recipe

by Alyssa Danlag, Class of 2018

*"But one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*

*Philippians 3:13 (NIV)*

Baking has been one of my favorite hobbies. I have spent hours watching cooking shows, scrolling through pictures of desserts online, and reading my mom's cookbooks. I love how I can take different ingredients and put them together to make something amazing.

It used to be difficult for me to allow anyone to bake with me. I wanted to do everything myself. As I precisely measured my ingredients, my mom or sister would always offer to help, but I refused because I was afraid that they would make a mistake. They would try to tell me what I should use, what I should make, and what I should do differently. I usually paid no attention to their advice.

One day, I decided to make muffins. I followed the recipe exactly. As I began to put the batter in the muffin tins, my mom suggested that I should grease the pan. Me, being a "know-it-all," thought that I did not need to grease the pan. The recipe did not say to, therefore, I discarded my mom's advice. I should have listened to my mom. After the muffins finished baking, I could not remove them from the tin. I was so focused on following the recipe exactly that I did not take into account common sense and the voice of experience from others.

In life, we might become so focused on avoiding mistakes that we fail to see the bigger picture, we fail to listen to those with experience. We want to do things our own way, rather than follow the example left to us by Jesus.

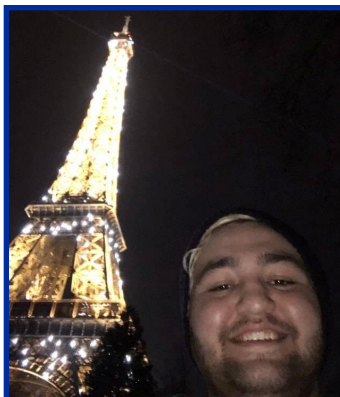


## Life Lessons Learned Abroad

by Matthew Núñez, Class of 2014

*An Intercultural Communications major studying at Pacific Union College*

Normally you would find me in the Napa Valley at this time of year, hiking the hills to and from classes at PUC, but this year, I am learning German at Theologische Hochschule Friedensau in Möckern, Germany. I chose Germany because of its proximity to other countries in Europe, making it an ideal home base for further travel. My mother also inspired me to go to Germany because she, like 50+ million other Americans in the U.S., can trace her heritage to Germany. I thought it would be nice to learn the basics of the language, but assumed I could use English everywhere else I might travel. I also assumed that I would one day work in either finance or for the United Nations.



Eiffel Tower on New Year's Eve

I have lived in Germany for four months, and I found out that I was wrong about both my language and my career assumptions. I am now learning German as quickly as I can so that I can live more independently and communicate more effectively. Also, rather than working in finance, I now want to work with refugees.

Of the sixteen countries I have visited so far in Europe, I relied on speaking German in all but Spain, Portugal, and France. Since I speak Spanish and Portuguese already, I used a combination of these two to communicate in France. I spoke English

## Spreading Joy

by Natalie Gregg, Class of 2018

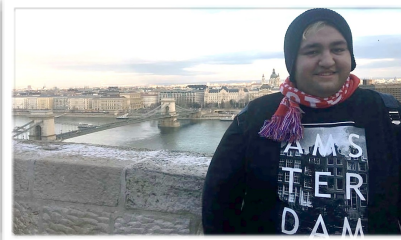
*"Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand. Think of yourselves the way Christ Jesus thought of Himself."*

*Philippians 2:3-5 (MSG)*

Just before Christmas, I, along with hardworking classmates of mine, had the opportunity to volunteer at the annual Women's Health Convention at the Hilton Hotel in Pasadena. We started our day bright and early on 16 December 2016. Some girls were assigned to registration, helping people check in and distributing badges and t-shirts. Others assisted with social media, covering the event online. I was assigned to help vendors where I was tasked with confirming that all vendors were present, set up, and ready to serve the public. Once I finished my job, I joined Tiara Rabello and Jennifer Carvajal to help with registration. When lunchtime approached, we teamed up with other volunteers to distribute food to all of the vendors. Our last major job was transporting about 500 gift bags to the main event room.

After we finished with the gift bags, we were given some free time to take a look at the booths and learn about all the health information being presented at the convention. At one of the booths we learned about early detection of breast cancer, at another we discovered the risks of drinking water from plastic containers and identified safer options.

Not only did we spend the day learning about our health, we were able to help many people. Helping others creates a happiness like no other. When presented with opportunities to help, I encourage you to take it: not only will you feel joy, you will spread joy.



*Visiting Budapest, Hungary*

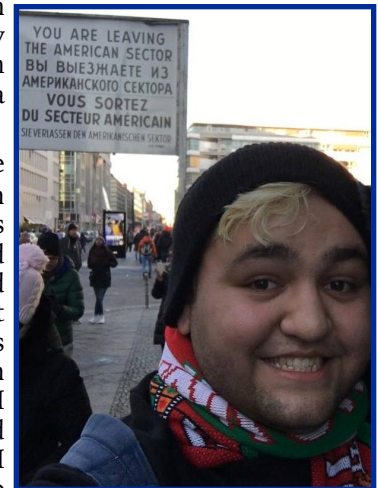


*With friends at the Brandenburg Gate in Berlin*

only while checking into hostels after clerks saw my U.S. passport. From Croatia to Poland, my friends and I found that we could communicate with almost everyone in German. This came to no real surprise because I had learned in World History at GAA that many countries lived under German control throughout history. In my classes here, I found out that German is the most frequently spoken native language in Europe, with millions of speakers also living in both North and South America. In addition to learning how to communicate in German, another thing I had to learn quickly was to be responsible with money. I have had to become constantly aware of currencies and exchange rates. For example, when I was traveling to Zürich, Switzerland, I made a big mistake. I was only going to be there for a day, and had not looked up the exchange rate. I reasoned that I should withdraw 100 Swiss Francs for the day. Bad idea. Once in Switzerland, I realized that the Swiss Franc was roughly equal to the U.S. Dollar, but that costs were almost double what I would expect to pay in America. A \$4.50 coffee at Starbucks cost \$9.00 in Zürich. I quickly learned to be thrifty with my money. Now I know to stay in Bratislava, Slovakia when visiting Vienna, Austria because it saves me 50 euros. I have also learned to be on time for the bus to avoid throwing away 25 euros for a taxi back to school. I am even learning to develop and stick to a budget.

Lastly, I am developing independence here. Without my parents traveling with me, I have learned how to book hostels (or hotels) and how to buy plane and train tickets. Additionally, I can now read transportation schedules and figure out which bus or train to take. It was intimidating to book my first trip, which was to Brussels, Belgium, by myself. I made many mistakes and had to spend more money than I should have, but I learned. One travel trick I acquired is to contact Adventist churches in cities I want to visit. A trip I took with friends to Poland was significantly cheaper because the local church let us sleep in the basement. The accommodations were not fancy, but the people were friendly, and the money saved allowed us to experience more of the country.

If a year abroad sounds good to you, know that when you return to the U.S., you will be more independent, confident, and responsible. I want to encourage everyone to travel or study abroad, whether it is a year in Sweden studying architecture, Germany learning German, or even a gap year to Southeast Asia. Learn a language and use it to discover new friends and see the world from someone else's point of view.



*Checkpoint Charlie in Berlin*

# NHS Inducts Twelve

*The National Honor Society will add 12 new members in February*

On 03 February 2017, GAA will induct twelve new members into the National Honor Society. In addition to performing well academically, the inductees have a history of positive leadership and service at school, in their local churches, and in the community. They are class officers, team captains, peer tutors, Pathfinder Master Guides, Vacation Bible School volunteers, and have helped at community events like marathons, health conferences, and presidential elections where they served as poll workers.

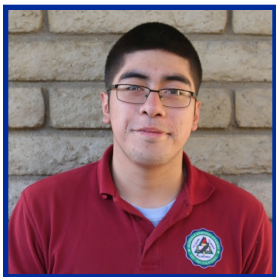
Students join NHS for varied reasons. Alessandra Ramos is joining to "practice leadership, outreach, and to continue working to become a more responsible individual." Tiara Rabello wants to "be part of something great," and Jessica Miranda plans to use NHS membership to help make a difference in people's lives "by showing Christ's love."



Seniors Louise-Celle Blay, Dyanna Castañeda-Policarpio, and Jessica Miranda



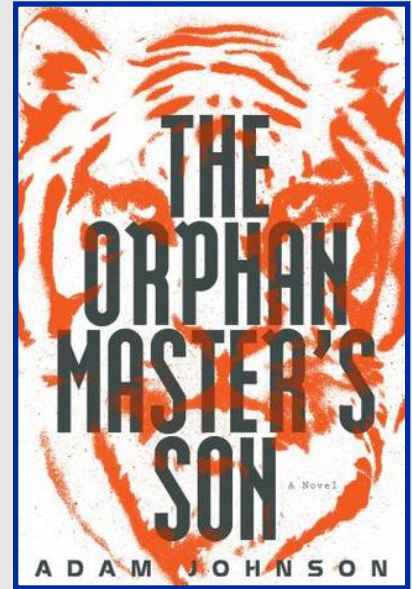
Seniors Tiara Rabello, Alessandra Ramos, and Emily Santa Ana



Juniors Juan Parra, Aaron Recalde, and Paige Singleton



Sophomores Andrew Bonifacio, Liana Salvador, and Karmina Santos



## Book Recommendation

By Aaron Recalde, Class of 2018

*"A name isn't a person...Don't ever remember someone by their name. To keep someone alive, you put them inside you, you put their face on your heart."*

*The Orphan Master's Son*, a compelling novel by Adam Johnson, is set in Orwellian North Korea. Before writing the novel, the author researched testimonies from defectors and even visited North Korea--carefully chaperoned--to find inspiration for the book. As a result, the line between fact and fiction is blurred, and readers are left feeling that they, too, have been to the "Hermit Kingdom."

The novel's main character is Jun Do, the orphan master's son, whose life changes so quickly that it is difficult to put the book down. Another character who will intrigue readers is a government interrogator who spends his days ferreting out information. Though lacking remorse, the interrogator still gains my sympathy.

This story requires its readers to think and forces them to put themselves in the characters' shoes and understand the situation. The book does have sudden transitions that may confuse some, but once readers follow the plot twists, the feeling of having all the loose ends knotted makes the book worth it by the end.

Reading about a civilization so different from the U.S., and so little known due to communist government controls and suppression of information, makes this book irresistible.

## India's Golden Temple

by Taylor Nicolas, Class of 2018

The Golden Temple, built in 1577 and located in northwestern India in the city of Amritsar, is the holiest shrine in the monotheistic Sikh religion. The temple's dome is covered in 750 kg of pure gold. To Sikhs, the Golden Temple marks the center of the world. Sikhism is the fifth largest world religion, and is one of the youngest, rising up in India about 500 years ago.

To reach the temple, my grandpa and our driver took us on an eight-hour car ride from New Delhi to Amritsar. We reached the temple late in the evening, and, to our surprise, the area was still packed with people.

As we sought our hotel for the night, we felt like we were walking through a movie-set for *Aladdin* with all of the city's Hindu and Islamic-influenced architecture, the many lights, and the markets spilling into the streets near the temple. The temple area was gated and prohibited vehicle traffic, so people could walk, enjoying the environment safely. It was a unique experience for me.

After we had checked into our hotel, we decided to walk over to the temple. To be respectful in this most sacred Sikh site, we bought shawls to cover our heads and a cap for my father. The closer we got to the entrance of the temple, the louder the sounds of the *shabad* (sacred hymns and passages selected from Sikhism's scripture, Guru Granth Sahib).

Before we entered the temple, we all covered our heads with our shawls and caps as sign of respect for God. We then checked in our shoes and walked barefooted through shallow pools of water to cleanse our feet and hands before entering the temple.



## Adventures in India

by Taylor Nicolas, Class of 2018

Over Christmas vacation, I had the opportunity to take a trip around the world when I, with my family, visited cousins in England and then flew on to India to spend time with our grandfather. I had visited England previously, but India, where my mother was born, was a new experience. Before arriving in New Delhi, I was both anxious and curious. Some of the pictures I had seen of India showed crowded city streets and poverty-stricken neighborhoods, while others featured iconic architectural wonders like the Taj Mahal. The disparity between the two made me wonder what my trip would be like. Regardless, I was excited to travel during the break, and I was eager to explore new things.

Once we reached New Delhi, we stayed with my grandfather who owns a hotel. I am the first to admit that I am picky when it comes to food; my sisters, on the other hand, will try just about any new dish. The hotel chef and kitchen staff were amazing, and successfully prepared incredible dishes that even I found myself enjoying. It was humbling to see how happy they were when they saw us enjoying the traditional Indian food they offered us.

Our adventures began right away the next morning when we met our driver, Gopal, and started our early morning journey to the city of Agra. The first adventure was traffic in New Delhi. City streets are three to four lanes wide, which, to me, mean that three to four cars can drive side by side. This is not the case in New Delhi.



Apparently the lines in the roads are just suggestions or maybe decorations as we found seven to eight vehicles squeezing past each other with little regard for rules or safety. Everyone seemed to be honking at the same time, but no one appeared to have road rage. Drivers would all honk, and then move over to squeeze in yet another car. While it did take us longer to get to places because of the traffic, the people just seemed to be patient and used to it. We never saw an accident even though trucks, cars, bikes, pedestrians, and even cows all shared the road.

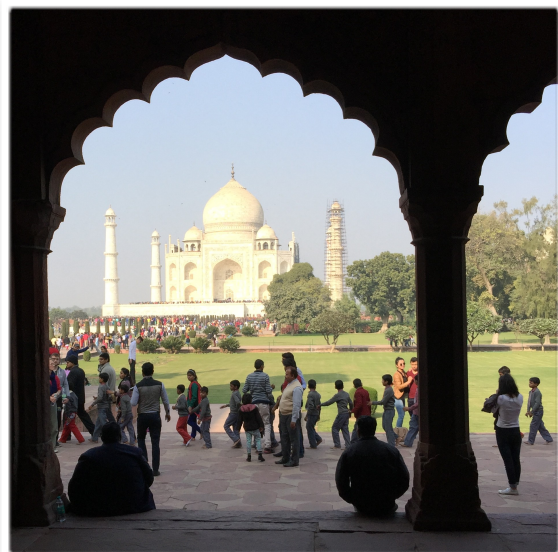


Once we reached the highway to Agra, we saw miles of green fields with people of all ages working, men and women, the elderly, and children who looked as young as seven years of age. Many families lived near their fields in small, one-roomed structures with beds on the top and lines of clothes hanging to dry on the roofs. In some areas, we saw children playing cricket while their parents farmed in the fields next to them. I wondered if the children attended school, so my mom asked our driver. He said that most children in that area who were born into a farming family just ended up being farmers and rarely had the opportunity to attend school.

Along the journey, we noticed tall stacks of disk-shaped objects piled on top of each other. Curious again, we asked our driver about what we were seeing, and he told us that it was recycled cow waste. Farmers pressed cow patties into disks, let them dry, and then burned them as a source of light and heat, especially in homes that lacked electricity. Our driver reminded us that life is very simple for these farmers, and everything is recycled and reused and nothing is wasted.

After our three-hour journey, we finally reached the city of Agra and the World Heritage site of the Taj Mahal, a white marble mausoleum and the most widely recognized structure in India. We purchased entrance tickets and found out that we all needed to wear foot booties, since we were not allowed to walk in the monument in unprotected shoes.

As we approached the entrance, I noticed many small children begging for money. I asked my parents to help them,



Golden Temple (continued)

Once we stepped inside the temple, it was like nothing I had ever seen before: a gold-covered temple sitting in the middle of a pool that was reflecting back the lights and gold in the glistening water.

My family and I stepped down into the water surrounding the temple, participating in an act that reminded us of our need to be cleansed of sin. We took a moment to pray together as a family before exploring further.

The Golden Temple, like all Sikh places of worship, is open to everyone regardless of religion, creed, nationality, sex, or caste. A major focus of the Sikh faith is to promote religious freedom, support the equality of all people, and encourage service to others. The temple's design underscores these ideals, with its four entrances facing the four cardinal directions signifying that all people from anywhere in the world are welcome.



One of the most amazing things about the temple is that it is home to one of the world's largest free community kitchens. Every day of the year, between 40,000 and 100,000 people are served a vegetarian meal of lentils, rice, vegetables, and flatbread prepared and served by volunteers and paid for by donation sent in from around the world. Volunteers clean up after guests, washing each dish five times in preparation for serving the next round of visitors.

It was truly a blessing to be able to have this experience, reminding me of the importance of religious freedom and service to humankind.

## That's Puntastic!

collected by

Jennifer Carvajal, Class of 2018

I can't believe I got fired from the calendar factory. All I did was take a day off.

Question: Why don't more couples go to the gym together?

Answer: Because some relationships just don't work out.

Yesterday I accidentally swallowed some food coloring. The doctor says I'll be okay, but I feel like I've dyed a little inside.

A sheep, a drum, and a snake fall off a cliff. Ba-dumm-tss.

Question: What tea do hockey players drink?

Answer: Penaltea

If you wear cowboy clothes, you're ranch dressing.

I saw an ad for burial plots, and thought to myself that this is the last thing I need.

You can tell the gender of an ant by throwing it in water. If it sinks it's a girl ant. If it floats it's buoyant.

I am so poor I can't even pay attention.

Question: What do you call a belt made out of watches?

Answer: A waist of time.

I saw an ad that read, "Television for sale, \$1, volume stuck on full," and I thought to myself, "Well, I can't turn that down."

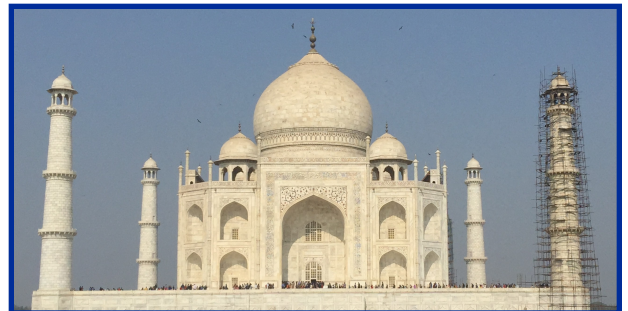
I tried to finish all the left-overs but...foiled again...

but our driver warned us that we were not allowed to for security reasons. He told us that if we began giving money to the children near us, that we would soon be surrounded by other beggars who would not leave us or other foreign guests alone. It was difficult to accept this, but we followed his advice.

Because my mother can speak the local language, she was able to arrange for a tour guide who could share with us the amazing history of the Taj Mahal. We spent about four hours exploring the buildings and grounds. The beautiful building incorporates elements of Indian, Persian, Turkish, and Islamic architecture. We discovered that the mausoleum was built by Mughal emperor Shah Jahan for his favorite wife, Mumtaz Mahal, who died in 1631 giving birth to the couple's 14th child. The oldest portion of the structure was begun in 1632 and not completed until 1648. Shah Jahan intended to construct a second mausoleum directly across the Yamuna River from his wife's burial site. The two resting places were to be connected by a bridge. This plan was never carried out because one of the emperor's sons by Mumtaz Jahan deposed of the emperor, took power for himself, and locked his father in a tower of Agra's Red Fort. From his prison cell, Shah Jahan could see his wife's tomb. After he died in 1666, the former emperor was finally buried next to his beloved wife.

I was truly blessed to have this unique experience of being able to visit India, beyond the fact that we were able to see where my mom grew up and spend quality time with my grandfather. It was a learning experience to see how hard life is for many in India, and to realize how many things I take for granted. Just a simple pair of new slippers for a child or old clothes

I might discard as no longer needed could be a true blessing for others. Our driver, for example, has three daughters and lives in a small home behind my grandfather's hotel. I began by thinking my life was easier than his, but, by the time we left, I realized that his priorities were better than mine. His central concern was giving his daughters a good education and a happy home. I now also understand how appreciative my mother is for what her parents have done for her and the sacrifices they made for their family. My India experience has helped me resolve to make a positive difference in the world, beginning today.



Natalie Gregg's Food for Thought:

## Quinoa Patties

by Jennifer White

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

### Ingredients

2 tablespoons finely chopped parsley  
 1 medium carrot, peeled  
 1 cup cooked white beans, drained very well (see Notes)  
 1 teaspoon dried oregano  
 1 teaspoon granulated onion  
 1 teaspoon cumin  
 1/4 teaspoon granulated garlic  
 1 1/4 teaspoons salt  
 1 teaspoon lemon juice  
 1 tablespoon arrowroot powder, corn starch, or tapioca starch  
 2 tablespoons olive oil  
 1 medium onion, finely diced  
 2 cups cooked quinoa



### Instructions

Finely chop parsley in food processor. Transfer to another bowl and set aside.

Cut carrot into large pieces, place in food processor, and pulse until finely chopped.

Add beans, seasonings, oil, lemon juice, and starch into processor and pulse just until mixed but still slightly chunky.

Add finely diced onion, parsley, and quinoa and process just until mixed. Do not over-process--you want the mixture thoroughly combined but not mushy.

Using approximately 2 Tablespoons of mixture at a time, form into patties. (I use a cookie scoop to form the mixture into uniformly sized balls and then I gently pat them flat to form quick, nice, neat patties.)

Heat a small amount of oil in a nonstick skillet. Cook patties until browned on bottom. Turn over and cook until the other side is browned.

Serve hot.

### Notes

If beans are well drained and quinoa is cooked correctly, the patties should hold together firmly. However, if you find that the patties fall apart when cooking them, simply stir one tablespoon flax meal into mixture OR place mixture into refrigerator to chill before shaping into patties.

## Save the Date

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

- Black History Month
- 01 National Freedom Day (1865)
- 02 Groundhog Day
- 02 Play Your Ukulele Day
- 03 Day the Music Died (1959)
- 05 World Nutella Day
- 05 Super Bowl LI
- 07 Periodic Table Day (1863)
- 08 Boy Scout Day (1910)
- 09 National Pizza Day
- 11 Make a Friend Day
- 12 Abraham Lincoln's Bday (1809)
- 14 Valentine's Day
- 15 Random Acts of Kindness Day
- 20 Presidents' Day
- 22 George Washington's Bday (1732)
- 28 International Pancake Day

## Valentine's Day

by David Larsen, Class of 2017

February 14 is a day when we give cards, chocolates, flowers, and gifts to people we care about. Elementary students often exchange valentines with classmates, but how many of us know that Valentine's Day began as a feast day to honor a Christian martyr? One legend tells of a priest, named Valentine, who continued to perform weddings, even after the Roman Emperor banned marriage for soldiers because he thought love was a distraction to the troops. By the Middle Ages, the day had become associated with courtly love. In the 14th century, Geoffrey Chaucer wrote "A Parlement of Foules," a poem that references Valentine's as a special day for lovers. The oldest known Valentine is a poem written in 1415 by the Duke of Orleans to his wife while he was imprisoned in the Tower of London.

In Britain and the U.S., mass-produced paper valentines became popular in the early 19th century. By the late 19th century, the candy industry promoted the giving of candy over "cheap, grotesque" valentines, and, by the mid-20th century, the tradition expanded to even more elaborate gifts.

According to the Retail Advertising and Marketing Association, in 2016 Americans were expected to spend \$19.7 billion dollars on Valentine's Day. Giving included \$2.2 billion in jewelry, \$1.7 billion in candy, \$403 million in flowers. Another \$681 would be spent for treats and toys for pets.

It may be a fun, if expensive, way to express love and caring, but I wonder if it is really the best way to show love.

"Let all that you do be done in love".  
 1 Corinthians 16:14

## Special Thanks

The generosity of an anonymous donor made the publication of this issue of Cougar Prints possible. Thank you for your support of NHS and our school family.

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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, 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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## February Calendar

**01 Seniors order Graduation Cap/Gown** (12:45 p.m. in Flagpole area)

**02 NHS Induction Rehearsal** (12:45 p.m. in Auditorium)

**03 NHS Induction Program** (4:00 p.m. in Auditorium)

**04 Bible Camp Reunion**

**06-10 Student Week of Prayer**

**09 Thespian Induction Program** (6:30 p.m. in Amphitheater)

**11 SA Movie Night** (5:00 p.m.-8:30 p.m.)

**12-14 PUC College Days**

**14 Valentine's Day**

**17 Minimum Day**

**20 Presidents' Day/No School**

**21 LSU Experience** (all Junior/Seniors)

**23 GAA K-12 Open House** (6:00 p.m.-8:00 p.m.)

**24 Free Dress**

**25 Be the Next Superstar H&S Talent Show** (7:00 p.m. in Auditorium)

**27 Music Department Benefit Concert** (5:30 p.m. in Auditorium)

**02-04 March WWU College Days**

## 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.



Taylor Nicolas in New Delhi airport

