

COUGAR PRINTS

Character | Scholarship | Leadership | Service

Be Still

by Hannah Decolongon, Class of 2016

The world is a busy place, and we live busy lives. School can be a struggle as we learn new material and master greater skills. Our day fills up with piles of papers and hills of books. In addition academic demands, sports, music, drama, and other extra-curricular activities seem to take over our lives. Life will continue to present greater challenges and more responsibility as we grow. It is easy to feel bombarded with everything on our "to do" lists.

With all our work and our many errands, it might be difficult to find the sun through the clouds. We might be tempted to fall into pessimism and give up rather than commit the effort that success demands. How is it possible to manage all of our responsibilities? Before any of us give up, we need to remember this verse: "Be still and know that I am God" (Psalm 46:10).

We are given the assurance that there is Someone greater who can carry us through. If we give Him our busy day, He can give us His peace.



Raising the Roof

by Mahta Marefat, Class of 2016

Rain is a beautiful sight in Southern California. Though usually an uncommon appearance because of the constant heat, water falling from the sky is becoming more and more frequent in the winter months as years go by.

Pitter-patter, pitter-patter, pitter-patter.

At school, when it rains, we stop at nothing to stay dry. Our books need protecting as we pass from class to class, and let's face it, being out in the cold and gloom is not our cup of tea. We rush into classrooms, eager for the warmth and roofs over our heads. And faintly, above the sound of the teacher's lecture, the students' whisperings, and paper shuffling, you can hear it.

Drip. Drip. Drip.

The roof is leaking.

Last winter, this was part of our normal schedule. We would come to school, try to stay warm and dry, go to class, and find leaks everywhere. As of July 2015, things have been in the works to prevent this. The roofs are under renovation.

Maintenance Director Carlos Biaggi approached administration countless times about the roofs, yet the expenses of repair were always too high. Over the summer, he spoke to his friend, Mrs.

Meet the Crew

by Marianne Albarracin, Class of 2016

Members of the National Honor Society (NHS) elected officers for the 2015-2016 school year. The officers are:

President: Kaylee Pak

Vice President: Kimia Fariborz

Pastor/Historian: Hannah Decolongon

Secretary: Mahta Marefat

Treasurer: Marianne Albarracin

Parliamentarian: Johanna Bazan



President Kaylee Pak, who served last year as NHS Secretary, "hopes to bring the campus closer spiritually" and has set a goal to "reach out to the community." Vice President Kimia Fariborz, new to NHS office, learned from the success of last year's projects, and plans to contribute new ideas for this year. Fariborz says, "I'm excited to be part of *Cougar Prints*, and hope to bring in more underclassmen participation."

Twice elected as NHS Historian and Pastor, Hannah Decolongon continues to coordinate morning worships and write her devotion column for *Cougar Prints*. In addition, her goal as an officer this year "is for the the whole campus to grow together intellectually, spiritually, and socially." Last year's Parliamentarian and this year's Secretary, Mahta Marefat aims to help plan "great events and help all members bond." She will continue her work as Copy Editor and writer for *Cougar Prints*. Marefat plans to "use all my resources and skill to ensure everyone has a great time."

Two-term Treasurer Marianne Albarracin wants NHS to "reach out to the community" and "help those in the greatest need." A new NHS officer, Parliamentarian Johanna Bazan wants to ensure that NHS improves both the "physical and emotional environment of the school."

Marina Barros Raines, Class of 1965, about the problems with the roofs, and she became very invested in this project. Not wanting the roofs to collapse in the predicted El Niño winter, Mrs. Raines took action by rallying support from her Barros family who are long-time and generous supporters of the school. She and Mr. Biaggi approached Principal Nancy Garcilazo and Treasurer Jared Hinkle to talk about funding and to look for companies to inspect the roofs and place bids. Having worked at the Southern California Conference office before coming to

GAA, Mr. Hinkle reached out to Roofcorp, a company that had worked on the Adventist Book Center roof. The president of Roofcorp, Jorge Joya, an Adventist committed to education, submitted repair plans and a bid that was significantly less expensive than plans previously submitted by other companies. Mr. Joya worked hard to ensure that he could deliver a high-quality repair that would be financially possible for the school.

In August, Principal Garcilazo signed a contract with Roofcorp, and the renovations began on academy Buildings A and B, and in the Junior High. Worried about causing traffic issues on Kimlin, the crew moves cranes onto campus only after all the parents drop off their children in the morning, and removes the heavy equipment from the

cul-de-sac before students are picked up. The construction is expected to last until mid-October, a soon-approaching deadline that everyone is looking forward to.

At school, during the first few months, temperatures reach as high as 103°F. We stop at nothing to stay cool. Students rush into classrooms, eager for air conditioning and a place to sit. And faintly, behind the sound of the teacher's lecture, the students' whisperings, and paper shuffling, you can hear it.

Tap. Tap. Tap.

The roof is being fixed.



Chasing Education

An Interview with Jarrukorn Chernbumrung

by Kimia Fariborz, Class of 2016

Jarrukorn "Book" Chernbumrung chases education across the world. His route has traced from Thailand to Singapore to India, and finally to the United States of America. Since 2013, Book has been attending Glendale Adventist Academy and is a member of the Class of 2016.

What led you to America for an education?

My parents wanted me to practice my English in the United States. I wanted to go to America as well, but I didn't know which city, much less which school or home I would be staying at. My mother knew Mrs. Lorentz from when she was teaching in Thailand, and we decided that she could be my best opportunity. I packed up for the school year and left Thailand. When I got to GAA, I realized that I also knew Ms. Gross' family--when I was young, I used to play with her nephew back home. I have been in the U.S. for three years now, and I plan on attending college here.

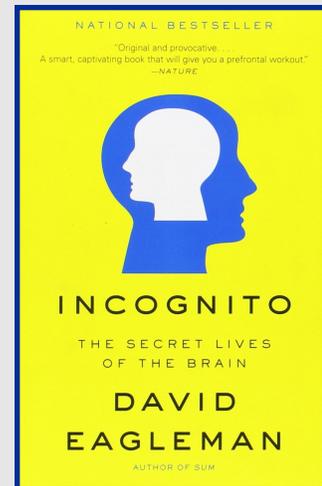


Is this the first time you have travelled abroad for education?

I've studied in Singapore and India. Around fourth grade, my mother sent me to study in Singapore for two months. The mathematics program was difficult, I did not like the environment, and so I returned home. After several years, one of my teachers decided to go to India. My mother sent me with her so that I could get an education abroad again. Of 3,000 students, I felt awkward as the only foreigner.

What did you expect American schools to be like?

I thought all American schools were public, with free dress, and had many students like in the movies. This school is the opposite. I was surprised that I could form such close relationships with my teachers since the classes were smaller. The classes at GAA are



Book Recommendation

by Johanna Bazan, Class of 2016

"Given the billions of neurons, this means there are as many connections in a single cubic centimeter of brain tissue as there are stars in the Milky Way galaxy."

Incognito: The Secret Lives of the Brain (2011) is about the mind-boggling adventure of a three pound muscle that we like to call the brain. David Eagleman, a neuroscientist and *New York Times* best-selling author, writes of both the conscious and unconscious parts of our brains. The author compares consciousness to a newspaper headline which only reveals the general idea of what the brain has been mulling over for weeks or even years. Eagleman notes that the conscious part of the brain sees the small picture, rather than the big picture of our thought processes and life experiences. The unconscious part of the brain is hardwired with past experiences that shape decisions we will make in the future.

The wonders of the brain include compensating when systems fail--if a person suffers loss of sight, the brain learns to "see" through vibrations in the tongue or through sensing sound waves that bounce off walls. The author examines how brain data about scent nudges us to find one person more attractive than another, and notes how a tumor can transform a gentle person into a violent criminal depending on the tumor's location in the brain.

This reader-friendly and fascinating study of the brain's secrets is the recipient of numerous awards, including Best Book of the Year by Amazon, Goodreads, the *Boston Globe*, and the *Houston Chronicle*.

Donate and Volunteer

"Do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High."

Luke 6:35 NKJV

October is filled with community service opportunities at school. Please find a cause that speaks to your heart and donate your time and resources to ease the burdens of someone else.

02 October: Women's Health Fair

GAA Junior/Senior girls are invited to volunteer at the annual California Women's Health Conference & Expo. The sign-up sheet is in the main office. Vans leave from the school at 6:35 a.m. on Friday.

04 October: Walk-a-Thon

Help raise money for school security fencing by joining the Walk/Jog/Ride a Bike-a-Thon on campus the first Sunday of October. Registration begins at 8:00 a.m.

05-06 October: Fall Food Drive

NJHS, NHS, and the Religion Department are coordinating efforts with Share Our Selves--a food pantry serving the Glendale community--to collect nonperishable food for the homeless and low income family groups in our local area. All students will receive a grocery bag provided by the Glenoaks Boulevard Trader Joe's Market in Glendale. Please fill the bag with small jars of peanut butter, juice boxes, granola bars, fruit rolls, and pop-top canned food. Deliver filled bags to GAA homerooms and GAA Religion classrooms.

18-30 October: Socktober

Throughout October, NHS is collecting men's and women's socks to donate directly to Los Angeles area homeless. The Honor Society is also collecting bottles of water, granola bars, and hygiene products (dental care, personal care, etc.) to fill "to go" bags. Please bring these items to GAA Room 3. NHS students will be assembling bags with socks, water, food, and GLOW tracts during vespers on the 6th of November. If you would like a "to go" bag to keep in your car for when you meet someone in need, let Ms. Gross or any member of NHS know.

much more intense than I expected because all my Thai friends had said they earned all A's in their American schools. I am definitely being academically challenged here.

What have been your personal goals in attending school in the US?

My first goal has always been to improve my English. Although I didn't plan for this, one of my greatest improvements has been becoming independent. Before studying in the US, I had private tutors and depended on them to guide me in my studies. Now I don't have that, but I have learned to teach myself and have gained good study habits as a result.



Do you ever feel homesick being so far away from home?

I don't ever remember feeling homesick, but my first year was quieter because I didn't have as many friends.

Now I have some

great friends. I only get to see my mom on FaceTime, but I have learned to like being independent. My sister came to GAA this year. With her here, I sometimes feel like I have no privacy. But I do enjoy her company--as long as she isn't too sassy to me.

What have been your favorite memories as a GAA student?

My favorite so far is the mission trip to Arizona. I became much closer with my friends through working hard, serving others, and learning about Native American history and culture. The jeep ride through Sedona was fun also. Despite dislocating my arm four times, varsity volleyball is also something I will always remember. I learned the importance of friendship, teamwork, and communication both on and off the court.

Where do you see yourself in the future?

I am interested in aerospace engineering--it brings my favorite



subjects together, mathematics and physics. I don't think I would have been prepared for this field if I hadn't been forced to practice independent learning. My dream job would be to work for Boeing or NASA.

Do You See?

by Johanna Bazan,
Class of 2016

*UC College Admissions Prompt:
Describe the world you come from—for
example, your family, community, or
school—and tell us how your world has
shaped your dreams and aspirations.*

"Shhh," he whispered, pressing his forefinger to his lips. "Look."

I hobbled behind my father, one clunky pigeon-toed foot at a time, careful to step only in the imprints of his Birkenstocks. He smiled back at me and pointed to a bush. "Do you see it, do you see it?" he asked, lifting his prized Nikon to his cheek. I stared mutely until the brush shuddered, exposing a tiny bird with vibrant black, white, and molten amber feathers. I blinked and it flitted away, leaving me to wonder if I had seen anything at all. But I had. I had learned to see, to listen in the still silence for something beautiful to appear. He taught me this way, through nature--to love and to feel, to understand.

The sun was sweltering. My father sat poolside; my mother was laughing and chattering with her friends in Tagalog. I sighed and sighed and sighed, the mind-numbing boredom sizzling, along with my skin. My father observed quietly, popping pieces of watermelon into his mouth with calloused fingers; until once again he pointed. "Look." The hose had been running and the water had pooled on the concrete. "Do you see it, do you see it?" Looking closer, I saw the water rippling with the panicked flutter of an insect. A flush of worry washed over me as he took my head and lead me to it. He kneeled down on the concrete, bending over to lay his hand next to the bee. He scooped up the tiny, helpless creature and blew on its wings to dry them, all the while explaining the hows and whys. And I felt this tiny life dwindle and revive. I had learned to feel.

It was a quiet Sabbath afternoon; the Heritage Singer's and King's Heralds' harmonies filling the air with the warmth of Saturday. Papers spread across the floor: handwritten illustrations, typed Bible texts highlighted and arrowed to notes scrawled at the bottom of pages with equal fervency. My father flipped through pages silently until he had organized his papers along with his thoughts. He set a page of illustrations and texts before me. "Look." He pointed. "Do you see it, do you see it?" But there was so much to see: a binder swollen with papers back to back in clear plastic sheets, all about the wonderful creator who gave us the power of life, love, laughter, and choice.

I looked into my memory of the potted fruit trees for which my father so attentively cared. He knew their needs and how to provide for them. In the same way, God cared for me. He was the one who delighted over watching me flit away, free to soar. He was the hand who saved me from drowning, who scooped me up as I fluttered in panic. I had learned what it meant to understand.

To understand that my dreams and aspirations are infinite "for I can do all things through God who gives me strength" (Philippians 4:13). The dreams that I chose and the aspirations I seek are deeper and wider and softer and brighter than you can imagine. I dream to watch a patient flit away, wonder if she had ever been ill. I aspire to hold a living being in my hands and feel her dwindle away and revive. But, above all, I wish to understand the beauty in each person, in each living thing, and to treat everyone of them the way my father, and my God have taught me.



Rally Together

by Mahta Marefat, Class of 2016

From the beginning, the Glendale Academy Girls' Varsity Volleyball team knew this season would be challenging. Coach Gared Luquet rallied the players' spirits during preseason team bonding, and encouraged captains Mahta Marefat and Kimia Fariborz to continue boosting team energy. The girls prepared well, working hard both on and off the court to prove their love of the sport. Maintaining good grades was just the base of it all; they also had to work on their focus and dedication to each other and the game.

A few weeks into the season, the ladies had three wins under their belt, but the true challenge was yet to happen. At the First Annual Orangewood Academy Tournament, the Cougars played hard despite injury, fatigue, and back-to-back games. By working together, encouraging and uplifting one another, and by the inspiration of reliable libero Camille Pizarro and the killer swing of outside hitter Paige Singleton, the team advanced to the finals.

Continuous hard work, dedication, and communication on the court allowed the young team to fight for first place in the tournament. The Cougars returned as champions, and the bonds forged through their long journey will last longer in their memories and hold onto their hearts more than any trophy could.

**Congratulations to Tournament MVPs
Camille Pizarro and Paige Singleton**



Varsity Team Roster: Seniors Kimia Fariborz, and Mahta Marefat; Junior Vivien Lee Posner; Sophmores Melody Coronel, Natalie Gregg, Camille Pizarro, and Paige Singleton; Freshmen Mabel Banuelos, Andrea Blay, and Liana Salvador

That's Puntastic!

collected by
Mahta Marefat, Class of 2016
with help from
Britney Oeung, Class of 2017

A sheep, a drum, and a snake fell
down a cliff. *Baaaahh dum hiss.*

Question: What does a train say
when it agrees with something?

Answer: Tru Tru.

Einstein developed a theory
about space, and it was about
time, too.

He threw sodium chloride at me.
That's considered a salt.

Question: What did the sushi say
to the bee?

Answer: Wasabi.

I stayed up all night to see where
the sun went. Then it dawned on
me.

Question: Why does Peter Pan
always fly?

Answer: Because he neverlands.

My friend recently became
vegetarian. It's like I've never
seen herbivore.

If someone else flew, it just
wouldn't be Wright.

Buy our bread. We knead the
dough.

Question: What kind of shorts to
clouds wear?

Answer: Thunderwear.

I'm bad at math, so the equation
 $2n+2n$ is $4n$ to me.

True Love

by Christian Kyle Nicolas,
Class of 2014

Kyle, an alumnus of GAA and an
NHS member, is currently a
sophomore nursing student at
Walla Walla University.



My goal in college--in
addition to passing all of my classes and earning a nursing degree--is to
volunteer for a mission trip every year. As a freshman, I saw a poster
advertising a 19-day summer trip to Muak Lek, Thailand, and I signed up
without hesitation. Twelve of us from WWU volunteered, and we imagined
ourselves as the disciples going into the world to spread the love of Jesus.

I had a choice of working on a farm or teaching English for two weeks. As I
am from Los Angeles and have little farming experience, I decided to teach.
My assignment was Kindergarten through ninth grade at a public school.

Once in Muak Lek, I immediately began teaching--with a binder of word
games and my own English speaking experience as my guide. The first day
was the hardest, especially considering that I had no previous teaching
experience, but I began to get the hang of it. I did my best to build
relationships with the students, so they would feel comfortable practicing
their English with me. It wasn't long before the students would grab me
for a lunchtime soccer game or stop by just to talk after school.

In addition to teaching, I also volunteered at community clinics and at an
all-girl orphanage. At the clinics, I checked blood pressure, pulse rate,
blood sugar levels, and did blood typing. I was even able to give one
patient a vaccine. As amazing as my clinical experience was, the highlight
of the trip was the time spent at the orphanage. Each of the girls had been
abused or abandoned by families who could not afford to raise them. The



directors stressed the girls' need for
positive relationships with us--that
we could act like big brothers to
them.

It did not take long before the girls
were comfortable enough to demand
my attention, ask me to sit with
them and read, to pull me by the
arms out to play, and even to jump
on my back for rides. My most
exhausting day was the one spent at
the orphanage, but it was also my
most rewarding day. In just a few
short hours, I connected with these
little girls. Saying goodbye was heart-
breaking.



As a result of my summer mission
experience, I plan to return to
Thailand and to this orphanage. God
spent a lot of time with me, opening
my eyes to the needs of others. The

most important thing God taught me was about sharing unconditional
love. I realized how much more I need to love and appreciate my family
and friends. Share a hug and an "I love you."

*"A new commandment I give to you, that you love one another; as I have loved you."
John 13:34 NKJV*



the car show

by Kimia Fariborz, Class of 2016

once a year, my father's calloused hand would envelope my miniature,
pillowy one
and we would drive an hour to desert land pamona
to crisp under the too familiar southern california dry heat at
the state's largest antique car swap meet.

rows farther than the eye can see, heat waves wrestled off the decadently
colored vehicles
deep magentas, royal blues, shimmering oranges glisten in the midst of
30,000 people
the familiar scent of gasoline in the atmosphere welcomes and
the beading sweat on my forehead doesn't feel so bad after all.

my father and I would explore every vendor's booth filled with
ever-present chatter, car parts, trinkets, collectables
mechanical intricacies and their never ending
grumble, rumble, supper, roar

high atop my father's shoulders
rows of booths and their treasures, priceless cars, and haggling men
vendors loved little girls who played with wrenches, proof weighing my
backpack in
mini collectable cards in electric blue and neon pink.

and when the sun was at its highest, we would share an ice cream under
rare shade
vanilla melted, baby hairs glued to my forehead
although we could never afford most of the antique beasts
our vanilla cream in a paper cup sufficed just fine.

for now, i sit in our hand-me-down car,
the most precious gift, father to daughter
while I wish my father were here to be hand in hand
and take me to the car show

Save the Date

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

- 01 World Vegetarian Day
- 01 Homemade Cookie Day
- 02 International Day of Non-Violence (Gandhi's BDay 1869)
- 04 World Smile Day
- 05 Do Something Nice Day
- 05 National Storytelling Day
- 05 World Teacher's Day
- 09 Leif Eriksson Day
- 09 Stop Bullying Day
- 09 Fire Prevention Day
- 11 Pulaski Memorial Day (1779)
- 12 Columbus sights land (1492)
- 16 National Bosses Day
- 17 African-American Poetry Day (BDay of Jupiter Hammon 1711)
- 22 Great Disappointment (1844)
- 22 CAPS Lock Day
- 24 United Nations Day (1948)
- 25 World Pasta Day
- 28 Statue of Liberty Day (1886)
- 31 Reformation Day (1517)

Pulaski Memorial Day

Excerpt from a Proclamation issued by President Obama in October 2014:

More than 200 years ago, Brigadier General Casimir Pulaski answered the call of our fledgling Nation as we sought to secure liberty and justice. A Polish-born leader, he fought and sacrificed his life for a country not fully his own. He understood that the promise of our new Nation was not about circumstance of birth, but rather a set of beliefs and unalienable rights.

Today, we pay tribute to a hero of the American Revolutionary War, and we celebrate the contributions that generations of Polish-Americans have made to the country for whose independence Pulaski took up arms...In America, Pulaski served with honor and distinction. During battle, he aided George Washington and -- because of his leadership and skill on horseback -- became known as the "Father of the American Cavalry." But tragically in October of 1779, as Pulaski led his troops during the siege of Savannah, Georgia, he was mortally wounded. (whitehouse.gov)

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, 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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October Calendar

02 Women's Health Fair (vans leave GAA at 6:35 a.m.; return after 5:00 p.m.)

03 Chorale at Pasadena SDA Church (arrive by 10:00 a.m.)

04 GAA Walk-a-Thon Fundraiser (8:00 a.m. registration)

05-16 Fall Food Drive for S.O.S Food Bank (in Religion classrooms)

06 Home Game Volleyball Girls v Oakwood (3:30 p.m.)

08-11 Football Tournament at Rio Lindo Adventist Academy

11 Sunday SAT

14 Home Game Volleyball Girls v Hillcrest Christian (3:30 p.m.)

15 Home Game Volleyball Girls/Boys v Newberry Park (TBA)

19-30 Socktober (sock donations for homeless collected in Religion classrooms and with Ms. Gross)

21 Music Department Fall Concert (7:00 p.m. in auditorium)

22 No Classes/Parent-Teacher Conferences (1:00 p.m.-6:00 p.m.)

23-25 Football Tournament at Loma Linda Adventist Academy

26-30 Spirit Week

29-31 Band Festival at La Sierra University

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.

