

COUGAR PRINTS

Character | Scholarship | Leadership | Service

God is Our Strength

by Hannah Decolongon, Class of 2016

Every year is stressful in our personal lives, but this last year the whole world joined the ruckus. Towards the end, more tragic events started piling up--senseless attacks in Paris and San Bernardino leading the list. These incidents left the world with broken hearts and eyes brimming with tears for those who were lost.

In times like these, it is easy to be pessimist, to give up on hope for humanity. However, I challenge you to be the optimist in this new year. I know that this can be a difficult task, but I think we will all find that once we change our way of thinking, the people around us will also start to think differently. Proverbs 12:25 says, "Anxiety in a mans heart weighs it down, but a good word makes it glad." By simply looking for the good in life, we can be set free from the negativity that plagues us.

This year, keep in mind that no matter how bad things get, we have Someone we can turn to: "God is our refuge and strength, an ever-present help in trouble" (Psalm 46:1). So, although this task is challenging, He can help us look on the brighter side of things this year.

Happy New Year!



Glendale Adventist Academy



Orange the World

By Mahta Marefat, Class of 2016

Worldwide, women today have more opportunities and access to resources than ever before. Though many women pursue education, hold jobs, and participate in government, a cloud hangs over these achievements, and rains down on one in every three women. That rain cloud is violence against women.

Violence against women remains a major global issue. Current statistics gathered by the United Nations (UN) reveal that only 52 countries have laws to protect women from violence within a marriage, one in every three women worldwide experiences some form of violence, and, of all women who are victims, nearly half are killed by a partner or family member, the very people who are supposed to love them most. Shocked by such statistics, UN Women, an organization devoted to gender equality, launched Orange the World to end the pandemic of violence against women. The campaign, committed to the understanding that violence is a choice and is preventable, works to connect women all over the world, sharing their stories, providing hotlines, websites, and assistance to escape physically or emotionally violent relationships, and to combat violations of basic human rights. UN Women Executive Director

Cougar Prints 1

PJs and a Good Book

by Emily Carvajal, Class of 2016

Remember wearing your most comfortable pajamas and snuggling close to your parents as they read your favorite story to you? Imagine not having anyone to hug you and tell you how much you are loved, especially at bedtime.

For children living in foster care, group homes, shelters, temporary housing, and orphanages, this is their reality. Often, these children lack access to books and miss out on positive interaction that comes with having someone read them a bedtime story.

A 2003 study by Hart and Risley concluded that children in the most difficult economic circumstances experience a "30 million word gap" by the age of three, and hear 125,000 more words of discouragement than encouragement and 560,000 fewer words of praise.

The Pajama Program, helping children in the greatest need, partnered with Scholastic to address these very issues. Each year, they host a Great Bedtime Story Pajama Drive. For every new pair of PJs donated, Scholastic donates a new book.

This year, Mrs. Vigil asked her Kindergarten class to participate. One grandmother enlisted her family, co-workers, and even her Facebook friends to donate. Teacher Lisa Vigil said, "This is my first year participating in the PJ drive, and I think it was a complete success! It helped needy children get warm jammies and a good book. I am so thankful to the parents of my students for their support in our community outreach project."

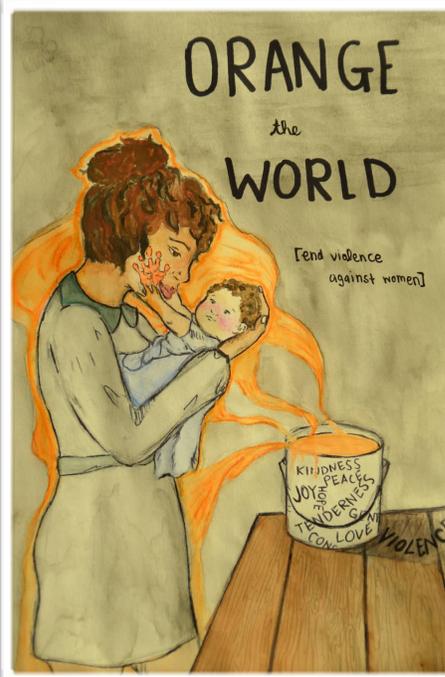
Kindergartners donated 26 pairs of brand-new pajamas, and Scholastic matched that by donating 26 new books. The pajamas were rushed to Rosemary Children's Center in Pasadena which helps local children suffering from abuse, neglect, and abandonment.

Learn more at PajamaProgram.org



Phumzile Mlambo-Ngcuka, in a press release, noted that "violence against women and girls remains one of the most serious--and the most tolerated--human rights violations. It is both a cause and a consequence of gender inequality and discrimination."

Orange the World has become an annual campaign to focus global attention on ending inequality, discrimination, and violence. For



sixteen days each year--beginning on International Day for the Elimination of Violence Against Women in November and culminating on Human Rights Day in December--the UN sponsors an orange world. The theme for 2015 was Prevention. For sixteen days, supporters showcased orange all over the world: iconic landmarks were lit with orange, soccer stars sported the color, tuk tuk drivers decorated their cabs in orange, and flash mobs proudly displayed the vibrant color.

Our little corner of the world also donned orange. Members of the National Honor Society (NHS) presented academy students with stories from

women across the world who have experienced violence, student art illustrating the campaign, and orange ribbons to wear all week. Some students took their support to another level, adding orange socks, shoelaces, gloves, scarves, earmuffs, and hair accessories. In addition, NHS a sent daily email to the school family with information about ending violence against women, links to campaign videos, and steps to take to create an environment of mutual respect.

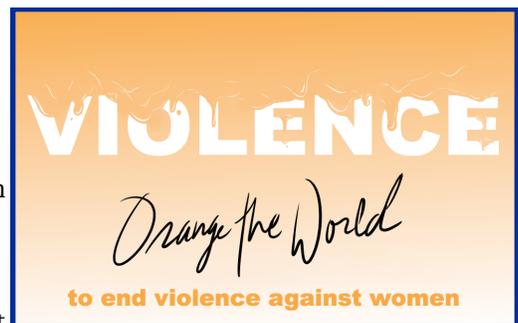
This campaign may have only lasted for a few weeks, but its message will carry on for generations. One of the most important things to remember is to think before acting. If what you are about

to do is going to harm someone physically or emotionally, do not do it.

The world colored itself orange in protest and recognition of this issue. Together we can make this change, together we can walk into a future where violence is not the norm across the world.

"Be of good comfort, be of one mind, live in peace; and the God of love and peace will be with you."

II Corinthians 13:11 NKJV



Finding God

by Lauren Cline, Class of 2012

senior theology major at Pacific Union College

*Many are the plans in the mind of a man,
but it is the purpose of the Lord that will stand.*

Proverbs 19:21 ESV

I had set my future in stone from an early age. From Kindergarten through academy, my answer to “what do you want to be when you grow up?” stayed the same: I wanted to work in animation, just like my dad. My plans mirrored his path: I would attend Pacific Union College (PUC) and then transfer to graduate from the California Institute of Art. After graduation, I would become a professional artist. That was the plan, however our lives rarely follow the path we set for ourselves.

After high school, my most pressing need was to find a way to pay for Adventist college tuition. After extensive research, I found a few summer jobs where I could earn money toward college and a tuition discount at Adventist schools. I chose canvassing. I had never heard of canvassing before a recruiter visited my academy religion class. This job offered to house and feed me as long as I walked around neighborhoods and sold books about the Bible, health, and other Adventist teachings. The job sounded easy because I love meeting people and I figured I could sell anything. I signed up.

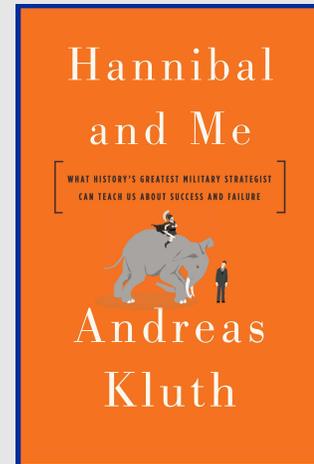
That summer was the worst and best summer of my life. I say “worst” because I found it difficult to ask for money when I wanted to give the books away for free. However, it was the “best” summer because it changed my life forever.



After knocking on doors, I found many who were angry with God for the way their lives had turned out. I found others who shared stories of how God had been an active blessing. Many inquired about my faith, but I gave only surface answers that avoided deep explanation. Some people I met challenged the validity of my faith in God, questioning my Christianity because I did not have a clear statement as to why I believed in God. My inability to defend my faith made me feel like a hypocrite, and I began to search for reasons why I was an Adventist Christian.

As I started college at PUC, I knew I was not even close to figuring out my faith. I enrolled in theology classes to find answers to my questions. If I could not answer the questions asked of me that summer, how could I effectively share God with others?

I realized quickly that many of my theology classes were more about



Book Recommendation

by Melanie Grey, Class of 2017

"The greater a man's success, the less it must be trusted to endure," Hannibal said to Scipio...the day before they were to do battle...

Scipio...nodded. He...might have added that failure is to be distrusted just as much."

Hannibal and Me: What History's Greatest Military Strategist can Teach Us about Success and Failure (2011), by Andreas Kluth, traces the remarkable story of how the Carthaginian general led his army to Rome after crossing the Alps. However, the book's focus extends beyond just Hannibal's triumphs and tragedies on the battlefield.

Kluth links the reader to the ancient world by connecting Hannibal's story to modern figures who share similar motives, set-backs, and victories, including discussion of Albert Einstein's gloomy side, Eleanor Roosevelt's forlornness, and author Amy Tan's teenage misdirection. The author personally connects to Hannibal's determination through stories of his own resolve to leave London's lucrative financial district to pursue a passion for journalism.

From the peaks and pits of their lives, to relationships with others, *Hannibal and Me* follows each historical figure beyond the sole moments defining their lasting legacies in history. The outcome is a description of the fleeting nature of power that wrestles, rather effectively, with the meaning of genuine happiness. *Hannibal and Me* uniquely combines military strategy and emotional intelligence to offer a more brilliant and mature solution for conquering life's battles, while also highlighting the sharp contrast between strategical and tactical planning.



Share a Smile

by Pastor Chris Kaatz, Class of 2009

Jesus says, "whatever you did for one of the least of these brothers and sisters of mine, you did for me" (Matthew 25:40). It is the call of a Christian to be the embodiment of Christ's love in the world. In

November, thirteen GAA students placed the needs of others above their own by answering a call for help from Ascencia, a non-profit organization working to help the homeless.

Ascencia called Pastor Ben Garcia, requesting help to set up a winter homeless shelter in Glendale. In just a few hours, we arranged everything and had students eager to participate. After a short drive filled with fun jams and good laughs, we arrived at our destination.

Students tackled two main tasks. One group set up office space for those who would be running the shelter, while another group tested their strength by picking up donations from a community member. The students had fun, especially knowing that, without them, the shelter would not be ready before the weather turned cold.

It is a great thing to help other people because, not only does it put a smile on the faces of those we help, it also ends up putting one on ours.

Martin Luther King, Jr. said, "Life's most urgent question is: What are you doing for others?" Here at GAA, we have our answer. We plan to continue to help Ascencia in their mission of "lifting people out of homelessness" after we return from Christmas break. If you would like to help us in any way please contact Pastor Ben, or me.

ASCENCIA
Lifting People Out of Homelessness

becoming a pastor than about the answers to my questions. I spent my time learning about pastoral ministry, and began to sense an obvious need for people who could make religion practical to the public. The more I studied, the more I wanted to live my life with God as my central focus, and to share my faith in simple and direct terms that were also deeply thoughtful and Bible-based.



It had always bothered me that people could find so many problems in the church, but few cared enough to fix them. I realized that I had become one of those people, and now I was determined to be part of the solution. The more I learned about God, the more I fell in love with Him. Through studying His core principles, I saw what a Christian community could be.

My passion was to commit my life and career to God's service full time. After making this decision, I have had awesome experiences serving people and loving them the way that Christ has loved me. I have been able to work at summer camp, study the Hebrew language in Israel, be a group leader on my college campus, and serve as a both a student and hospital chaplain, and even as an assistant pastor. I also became a missions' club officer to recruit students for local service projects.

In each opportunity to serve and to share my faith, I learned the importance of listening to people of other faiths, understanding why they worship the way they do, and finding ways to connect with them. I have learned the value of acting out one's faith through service rather than attempting to convince people of my faith through words. I always look for new adventures in ministry, and I am currently working on ways to incorporate my passion for art with my passion for sharing Christ's love with others.

These lessons have shaped my faith into something I can explain with confidence. Ultimately, falling in love with God has been my best decision. I have a purpose and sense of peace.

Dependence on Christ has helped me through difficulty periods. I would not change my life now for anything in the world.



Snapshots of Los Angeles

On the first day back after Thanksgiving Vacation, Digital Photography, taught by Pastor Ben Garcia, took a LA field trip.



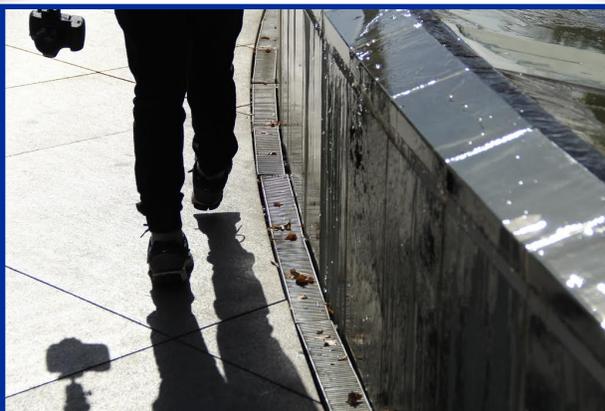
Photographer:
Matthew Huchinson
Class of 2016
Location:
Chinatown



Photographer:
Caitlyn Ng
Class of 2017
Location:
Los Angeles Cathedral



Photographer:
Caitlyn Ng
Class of 2017
Location:
Olvera Street



Photographer:
Matthew Huchinson
Class of 2016
Location:
Disney Concert Hall

Gift to the World

Education is the most powerful weapon which you can use to change the world.

Nelson Mandela

Each NHS member volunteers at least 15 hours of service for the local community. Just before Christmas vacation, the 22 members submitted records of more than 380 hours of help they gifted to their school, churches, Pathfinder clubs, soup kitchens, and community events raising awareness of health issues.

These members are not just generous with donating time to their own communities, they also have a passion for helping make the world a better place. As their Christmas gift to the world for 2015, NHS donated \$480, which is enough to provide a year's salary for a teacher in a developing country.



They chose to work with Adventist Southeast Asia Projects (ASAP) who helps match sponsors with teachers at mission schools. ASAP's policy of applying 100% of a donation to designated projects ensures that the entirety of the NHS funds given will be used in the developing country where it is needed most.

Not only will ASAP's newly sponsored teacher give the gift of education to an entire classroom of students who would otherwise not have access to school, that teacher will also share with the students the gift of God's love and His message of salvation.

Learn more at ASAPMinistries.org

That's Puntastic!

collected by

Mahta Marefat, Class of 2016

Yesterday I rode my bike twice.
That makes me a recycler.

Question: What do you call chaos
in a band room?

Answer: Bandamonium.

A lawyer-turned-cook is a sue
chef.

Question: What has three letters
and starts with gas?

Answer: Car.

I General Lee do not find Civil War
jokes funny.

Honeydew: Run away with me!
Cantaloupe: I would, but I can't
elope.

I noticed that the sun was out. Has
no one thought to relight it?

My friends and I spent all
afternoon debating house fires. It
was a heated discussion.

New Year's Resolutions

It is traditional to begin a new
year resolving to make the next
year better than the last. Irish
author Jonathan Swift, in 1699,
determined "not to marry a young
woman" and "not to tell the same
story over and over to the same
people." In 1942, Woody Guthrie,
an American songwriter, resolved
to "read lots [of] good books" and
to "love everybody." Here are a
few GAA resolutions:

"Exercise everyday."

Principal Garcilazo

"Volunteer at schools helping
disabled students, especially
children hard of hearing."

Hannah Goulmassian, Class of 2016

"Be a better person."

Mark Martinez, Class of 2016

"Eat more fruits and vegetables
and fewer Hot Cheetos."

Vivien Lee Posner, Class of 2017

Learning to Lead

by Michael Flores, Class of 2016

As a senior who has been part of
the Drama Department since my
freshman year, I thought this
year would be the same as any
other. To my surprise, director
and English teacher Mr. Payne
had a completely different plan
for me: Student Director for our
first semester production.

"Yikes" was my initial thought. I
wondered that if I refused, I
might end up playing the part of
a tree in our upcoming play. I
imagined everything that could
go wrong with me in charge.
What if kids would not listen to
me? What if I messed the whole
thing up? But when would I get
another chance like this? So I put
on my most confident smile and
accepted the challenge.



My first task was to audition the
students alongside Mr. Payne. Thanks
to tips from Mr. Payne, I gained a
better understanding of who each
character should be and what to
look for as my classmates auditioned.
Soon we began casting parts,
piecing together the big puzzle that
would become our play, *It's Not You,
It's Me*. Finally, we created our
cast and I honestly thought the
hardest part of my job was done.
At this point, I assumed that I
would just watch the show come
together, take a couple notes,
run a few errands, and do whatever
the director said.

I was incredibly wrong.

On the first day of actual rehearsals,
I waited for Mr. Payne to begin.
"Michael," he said instead, "go
ahead and begin blocking. I'll be
working with the production team."

No, this is not how it was supposed
to work. I did not know how to
teach any of this. I had no idea
how to convey my vision of the
play to my fellow-students so
they could understand how we
could all work toward a common
goal. I could not let the cast know
that. Ironically, I had to act like
I knew what I was doing while
playing the part of a director. I
was trusted to bring the show to
life, and I could do it only with
the help of my amazingly talented
cast and production team.

Although it was fun and one of
the best experiences I have had,
I would be lying if I said it was
all fun. As opening night crept
closer, stress intensified. A week
before the show was set to open,
students were still memorizing
lines, the set crew was still in
construction mode, and there were
mishaps that needed to be fixed.
I had a cast member tell me that
he would only be able to attend
two out of our four performances,
and that I would have to play his
part.

The responsibility to Mr. Payne,
to my classmates, to the production,
and to myself was stressing me
out. But, when opening night
finally arrived, everything turned
out well. I was so proud of what
we accomplished.

Working as a Student Director
taught me how to respond and
react appropriately to others
when problems arise. I have
matured. I now have confidence
that I can accept new challenges,
take charge once in awhile, and
be successful. As I consider my
future, I had assumed that I
would prefer acting, but now my
interest is also in direction and
production. Such work is not
easy, but, at the end of the day,
I really enjoy making an audience
laugh, cry, or sit on the edge of
their seats as I help tell them a
story.

Italian Vegetable Soup

by Jennifer White

reprinted by permission from JennifersKitchen.com

This fragrant, Italian-flavored soup is the epitome of comfort food. Not only is it wholesome and nourishing, but it is also vegan and can be made gluten-free. It really hits the spot on a chilly winter evening.

Ingredients

1/2 pound frozen, extra-firm, water-packed (not silken) tofu, thawed

3 medium carrots, sliced or diced

3 medium stalks celery, sliced or diced

1 cup diced fennel bulb (optional)

1 large onion, diced

1 - 2 tablespoons olive oil

4 cloves garlic, minced

8 cups water or vegetable broth

1/4 cup fresh parsley, chopped

1 tablespoon + 2 teaspoons granulated onion

2 teaspoons dried minced onion

2 teaspoons dried basil

1 teaspoon dried oregano

1/4 teaspoon celery salt

1/4 teaspoon dried rubbed sage

1/4 teaspoon granulated garlic

1 1/2 teaspoon salt

1 cup uncooked small shell or spiral pasta



Instructions

Squeeze excess water out of thawed tofu. Cut into small cubes and place on a paper towel or clean kitchen towel to drain.

In a large soup pot, sauté carrot, celery, fennel, and onion in oil over medium (not high) heat until onions begin to turn translucent.

Add garlic and sauté for one additional minute.

Turn heat to high and add water, fresh parsley, and seasonings. Cover and bring to boil.

When water comes to boil, stir in pasta. Boil, uncovered, until pasta is tender. Cooking time will vary depending on pasta used.

Add thawed tofu during last one minute of cooking time.

Serve hot. Yields 8 cups.

Notes

Freezing tofu gives it a meatier texture and helps it to hold together in the soup. For a gluten-free recipe, use gluten-free pasta.

Save the Date

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

- 01 New Year's Day
- 01 Emancipation Proclamation (1863)
- 01 Ellis Island opens (1892)
- 01 Fidel Castro seizes power in Cuba (1959)
- 03 Festival of Sleep
- 04 First State of the Union Address (1790)
- 04 National Trivia Day
- 05 King Tut's Tomb discovered (1922)
- 08 Bubble Bath Day
- 09 Static Electricity Day
- 11 Human Trafficking Awareness Day
- 15 Martin Luther King, Jr. BDay (1929)
- 16 Religions Freedom Day (1786)
- 17 Benjamin Franklin BDay (1706)
- 19 Edgar Allan Poe BDay (1809)
- 19 National Popcorn Day
- 21 Hug a Friend Day
- 23 Elizabeth Blackwell earns MD (1849)
- 23 National Handwriting Day
- 24 Give a Compliment Day
- 27 Wolfgang Amadeus Mozart BDay (1756)
- 28 Challenger Disaster (1986)

Challenger Disaster

by Kimia Fariborz, Class of 2016

On 28 January 1986, America watched as the *Challenger* space shuttle launched, rocketing into space for 73 seconds before breaking apart and exploding. Viewers, with faith rooted in NASA's experience of 25 years of space travel, were shocked to witness this disaster.

Intensifying the shock was the number of students who had tuned in to witness the launch. On board the shuttle was teacher Christa McAuliffe, selected after a national search to be the first civilian to participate in a space mission. She had planned to broadcast lessons from space that would be watched by students around the globe. She and the six other crew members did not survive crash into the Atlantic.

NASA engineers point to the especially cold weather on launch day, which created a problem for the O-rings. O-rings in the joints of the shuttle were known to fail at temperatures below 53 degrees Fahrenheit. Mission control went ahead with launch as they had done in the past when weather had also been less than ideal. On this day, however, the temperature was 32 degrees, and ice glazed across the launch pad. Despite warnings from the O-ring engineers, NASA continued with launch, and luck ran out.

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.

Image Credits

Images courtesy of:

- Page 1
 - Orange the World: graphic by Marianne Albarracin
 - M Marefat, T Nicolas, K Pak: Mahta Marefat
- Page 2
 - Mother and Child: painting by Johanna Bazan
 - Orange the World: graphic by Kimia Fariborz
 - Kindergarten: Lisa Vigil, Class of 1979
- Page 3
 - Book Cover: Riverhead Books of Penguin Group
 - L Cline: Michelle Rafuse
- Page 4
 - Dome of the Rock: Paul Chung
 - PUC Helping Valley Fire Victims: Gloria Kim
 - PUC Missions Club: Mekenzie Sperber
 - GAA Students: Ben Garcia, Class of 1990
 - Logo: Acencia
- Page 5
 - Chinatown/Fountain: Matthew Hutchinson
 - Cathedral/Guitars: Caitlyn Ng
 - Student Reading: ASAP Ministries
- Page 6
 - M Flores: Ben Garcia, Class of 1990
- Page 7
 - Italian Vegetable Soup: JennifersKitchen.com
- Page 8
 - LA and Disney Hall: Matthew Hutchinson
 - Note Passing: Kaylee Pak
 - Cougar Print: Bronson Lopez

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.

Editor: Janine Mozoomdar

Assistant Editor: Kimia Fariborz

Copy Editor: Emily Carvajal and Mahta Marefat

Faculty Adviser: Ms. Gross

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

Glendale Adventist Academy
ATTEN: Cougar Prints
700 Kimlin Drive
Glendale CA 91206
P: 818.244.8671
F: 818.546.1180



January Calendar

04 School Resumes

05 Home Game Soccer v Holy Family
(3:30 p.m. at Glendale Sports Complex)

06 NHS Information Packet Due
(download from school website)

13 Denim Day Breast Cancer Research Fundraiser (wear pink and jeans)

14 International Thespian Induction in amphitheater (6:30-7:30 p.m.)

15 Minimum Day

18 MLK, Jr. Day/No School

19 Home Game Soccer v Providence
(3:30 p.m. at Glendale Sports Complex)

19 Home Game Basketball v Pacifica Christian (Girls 4:00 p.m.; Boys 5:30 p.m.)

20 Home Game Basketball v de Toledo (Girls 4:30 p.m.)

21 Home Game Soccer v Pilibos (3:30 p.m. at Glendale Sports Complex)

21 Home Game Basketball v New Community (Boys 5:30 p.m.)

23 Ice Skating Home & School FUNdraiser

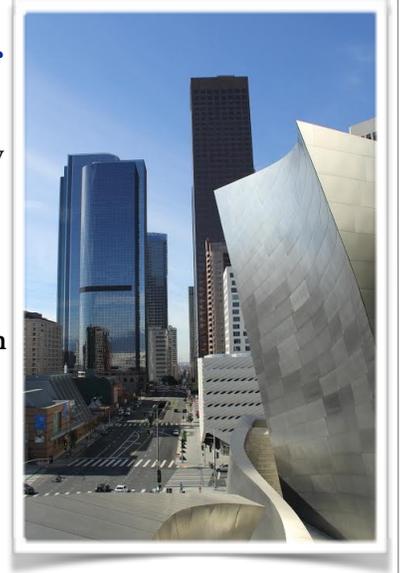
24 SAT (7:45 a.m.)

25 Home Game Basketball v Hillcrest Christian (Girls 4:00 p.m.; Boys 5:30 p.m.)

26 Home Game Basketball v Oakwood (Girls 4:00 p.m.)

28 NHS Induction Practice in auditorium (12:50-1:15 p.m.)

29 National Honor Society Induction in auditorium (4:00-5:30 p.m.)



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.

