

# COUGAR PRINTS

Character | Scholarship | Leadership | Service

## Spread Kindness

by Hannah Decolongon, Class of 2016

"He has told you, O man, what is good; And what does the LORD require of you but to do justice, to love kindness, and to walk humbly with your God?" Micah 6:8

This month, we say goodbye to the chilly weather of winter and welcome in the spring. Flowers bloom, the trees grow their leaves once more, and the world seems to wake up from the dreariness of winter. However, there are other things that are blossoming aside from the flowers--the common cold.

There has been some kind of virus making its way around the students and teachers here at Glendale.

Although some are just suffering from allergies, most are catching or have already caught the cold. We have not identified "Patient Zero," so we do not know who exactly caught the cold first, but someone--whether a visitor, student, or teacher--brought the cold to us. That one person then gave it to another and from there it spread until many other students caught the cold.

Just as one person can easily spread a cold, one can spread kindness, but with much nicer results. An act of kindness shared from one person to another can make the world a nicer place.

Spring fever is defined as, "a feeling of restlessness and excitement felt at the beginning of spring." So this month, instead of catching the cold, catch Spring fever and be excited to spread kindness. "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience." Colossians 3:12



## Are You Ready for Some Fútbol?

*An Interview with Sophomore Melody Coronel*

by Mahta Marefat, Class of 2016

*On campus, you are part of the volleyball and soccer teams. When did you develop a love for these sports?*

My mom used to play volleyball in high school, as well as against other churches. There was a gym across the street from my church, and whenever I watched a game, I was hypnotized by the ball. My head would move from side to side, following the action, almost as if I was watching a game of ping pong. I started playing volleyball with adults from church when I was nine years old. They went easy on me, of course, because I was small and inexperienced. They didn't really trust me; I would lose the ball easily.

My dad and I would practice at the park or at home. He taught me the techniques necessary to get a good pass, and a lot of what I do on the team stems from and built on what he taught me.

In high school, my dad ran track and



## Freedom's Voices

by Desirae Darrett, Class of 2016

"Is not the slave trade entirely a war with the heart of man? And surely that which is begun by breaking down the barriers of virtue involves in its continuance destruction to every principle."  
Olaudah Equiano

We celebrate Black History Month to remember those who rose from oppression to pave the way toward freedom and equality for all people today. These trailblazers risked injury and even death to demand liberty and, along the journey, achieve greatness. Each year, we hold a Black History assembly at school to remind the students that we have been given an amazing opportunity.

This year, as I was preparing for the assembly program, I began researching African people who were instrumental in working for freedom. I found an 18th century man especially inspiring: Olaudah Equiano. Mr. Equiano was enslaved aboard a ship in the British Royal Navy that fought in the Seven Year's War against France. Not only did he have to supply cannon with gunpowder during battle, he learned the art of sailing. After extensive travel at sea, Olaudah was sent to England where he learned to read and write. He was sold to a sea captain headed for the Caribbean. This captain helped him purchase his freedom, and Mr. Equiano began to write about his experiences.

Olaudah's autobiography, *The Interesting Narrative of the Life of Olaudah Equiano*, played a central role in turning British public opinion against slavery by revealing the horrors of the conditions of those enslaved and by affirming the intelligence and humanity of those assumed to be lesser beings. A prominent figure in abolitionist and literary circles, Mr. Equiano was able to personally petition the English king to end slavery. His accounts of slavery influenced the passing of the Slave Trade Act of 1807 which ended British involvement slave trading throughout its empire.

As an African American student, I embrace any opportunity to learn about my heritage and to be able to share that with my peers. I have the privilege of attending a school that represents multiple cultures and nationalities. In our school, we are able to learn and grow together as one student body, even though we are from many different backgrounds.



played soccer; he still plays soccer today. When I was about ten, I asked if I could join the games he played at the gym; I saw how happy and connected they were with each other, and I wanted to be part of that. To stop me, he told me I had to pay a quarter every time I wanted to play, which wasn't true. I

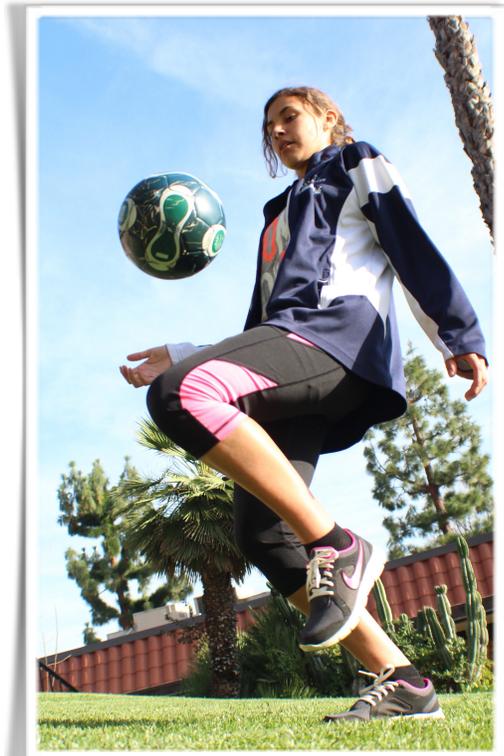
know now that it was because the guys on the teams were too big and aggressive for a young girl. It wasn't until I was 13 that he finally let me play at the gym with everyone, and they were very welcoming. There was even a boy around my age who helped me work on my passing on the side.

### *Who inspires you?*

Lionel Messi, the forward for Fútbol Club Barcelona and Argentina's national team, is one of the most inspirational players for me. He's made 30 goals this season so far, and his team is in the lead. The team's techniques and speed show how well trained they are, which inspires me to take training seriously and really focus on what I do. They also have amazing teamwork and work extremely well together. Watching the team play not only makes me want to be a better athlete, but teaches me how to be one.

### *Has anything you have learned while playing sports helped you through other things in your life?*

I have become more persistent. If I do something wrong on the field or court, I will try to do it correctly again and again until I get it right. When I make a mistake, I feel like I am letting down the team, and it makes me want to play better. I love volleyball because everyone involved works as a team, and we have the same intention and mindset. This sport is all about communication, and to play well, the team needs to be connected both on and off the court. I have become best friends with my teammates.



*When did you come to Glendale Adventist Academy, and why did you make the decision to come here?*

I came to GAA as a seventh-grader in 2012 because I wanted to find a spiritual connection with God and to get to know Him more. I wanted to experience different ways to interact with God while at school, and religion classes have helped me develop a stronger relationship with Him. I use my athletic and musical abilities to praise and worship Him. I also involve myself in church activities, like singing in the praise band, being part of Pathfinders, feeding the homeless, and participating in Vacation Bible School and Teen Leadership Training.

*In PE, students run eight miles each semester. Recently, you broke the record for the fastest mile run by a girl at Glendale Adventist Academy. What was your time, and how did it make you feel?*

I ran my mile in 6 minute and 17 seconds. I was so happy! That day, I was controlling my breathing. I talked to myself throughout the mile, telling myself that I could do it, that I should not give up. I actually wasn't tired at the end of it.



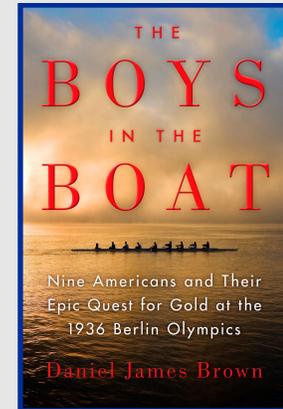
*How important would you say sports are in high school?*

Sports are great stress relief. I forget about all the school work for awhile and focus on the game and my team. When I run, score a goal, or spike the ball correctly, I feel more connected to the world; I feel successful and content. The tired and sore muscles that come after a tough day of training make me feel alive and renew the joy in my heart. Being on a team is the one place where popularity does not matter, since whether or not people like you, it is your skill that is the most important. Being part of a team provides an important support system with people who constantly encourage you and push you to do better.

*Do you plan to continue pursuing sports in college?*

Yes. I am hoping to get an athletic scholarship for college. I just do not know which sport to pursue, but right now, I am leaning more towards soccer. Volleyball is more like a board game to me, it's all fun. Soccer is very important to me, and I take it very seriously. I am not sure where my running will take me, we'll have to see.

"But they who wait for the LORD shall renew their strength;  
they shall mount up with wings like eagles;  
they shall run and not be weary; they shall walk and not faint."  
Isaiah 40:31



## Book Recommendation

By Caitlyn Ng, Class of 2017

*"He had no choice but to throw himself into each stroke as if he were throwing himself off of a cliff into a void, with unquestioned faith that the others would be there to save him...Over and over, forty-four times per minute, he had hurled himself blindly into his future...knowing that the other boys would be there for him, all of them, moment by precious moment."*

In the midst of the Depression and the years leading up to World War II, a golden opportunity emerged in the lives of rowers, the sons of loggers, farmers, and shipyard workers. Daniel James Brown's *The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Olympics* (2013) follows Joe Rantz and his amazing story of how rowing was not only a sport at which he excelled, but also a sport that changed his life forever.

Joe was constantly abandoned in his childhood by something that mattered most to him--family. Yet, this hardship made him work harder. Supporting himself, Joe attended the University of Washington, was accepted onto their freshmen rowing team, and finally seemed to have found a place in this world. As Joe rowed, he kept getting better, until he eventually landed a spot on the exceptional varsity team; this team would then go on to the 1936 Berlin Olympics to race against the best of the best in the world.

The book keeps the reader's heart pumping with races ending in valiant victory or languishing loss. It educates on aspects of the pre-war world, all while telling the tale of the underdog rowing team from Washington. The story takes one on a riveting journey through heartache, deception, and achievement, making the reader feel the splash of water and the strain of muscles as if in the boat, rowing with Joe Rantz and his crew.



## Anchored in the Lord

by Kaylee Pak, Class of 2016

### You are Invited

**What:** Sacred Music Concert

**When:** Friday, 08 April 2016

**Time:** 6:00-7:30 p.m.

**Where:** GAA Auditorium

**Cost:** Free (donations accepted)

**Why:** Worthy Student Fund

On 08 April 2016, the National Honor Society is hosting its third annual Worthy Student Fund Benefit Concert. The theme of the sacred music concert this year is "Anchored in the Lord." The theme reminds us that God is our foundation, and when we connect with Him, His strength helps us overcome all challenges.

Students from the academy and elementary will join together to raise money that will help other students in need. The musicians hope to spread the love of God through musical praise and help their friends with the money that is donated.

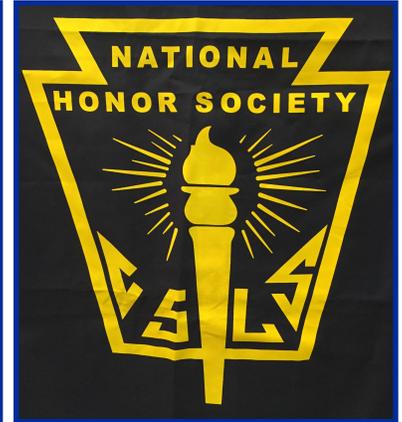
You are invited to welcome in the Sabbath with us as we share our love for God and for each other in music and in song.

"I shall sing of Your strength...  
I shall joyfully sing of Your lovingkindness...for You have been my stronghold and a refuge in the day of my distress...  
God is my stronghold."

Psalm 59:16-17

# NHS Induction Celebration

On 29 January 2016, the NHS celebrated adding new members.



# Power to Transform

by Steve Dorsey, Class of 2018

*"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."*  
Romans 12:2

The Bible has stood the test of time. Some think of it as an intricate fairy tale, while others experience it as a story of beginnings, deliverance, and salvation. As the son of a pastor, I have studied the Bible my entire life, but have now begun asking how well I actually understand and apply it to my daily life.

I attend church in the Greater Los Angeles Region which hosts Quizorama, an annual event that tests Bible knowledge. A book of the Bible is chosen in early Spring, each participant church selects a team of ten scholars under the age of 35, and the Bible challenge is held in June. About two years ago, my family joined the Normandie Ave SDA Church where my father is now the pastor. As past winners of Quizorama, Normandie SDA takes the competition quite seriously. As a highly competitive person, I fit right in, and now, at the age of 15, I serve as team captain.



Reflecting now on last year's Quizorama, I realized that I had become so consumed with winning that I had only looked at the scriptures from a competitive perspective, not a spiritual one. Over three months, I had virtually memorized all of I and II Samuel, gaining facts, but little wisdom. What was the point of having all this Biblical knowledge if I wasn't living the lessons or letting them transform me?

I and II Samuel are books about rebellion, deception, trust, and morality. Looking back now, I have discovered life-transforming concepts, like the reminder that where there is life, there is hope. David made drastic mistakes while king, but he humbled himself, made things right with God, and transformed into a man after God's own heart. I have also been reminded that we should never conform to the patterns of the world. The epicenter of Israel's problems stemmed from wanting to be like their neighbors, demanding a king even though that was never God's plan. As an Adventist, I do not need to copy my neighbors or try to fit into this world, I just need to focus on allowing the world to see Jesus in me.

The most important lesson I have discovered is that the Bible has the power to transform--if I let it. If I look for wisdom, and not just knowledge; if I allow myself to be humbled to follow God's will. As I prepare for this year's Quizorama, I intend to not only memorize Bible facts, but take time to understand and reflect upon what's really being said and apply to my life the lessons I am learning.



## A Mindset to Serve

by Melissa Rodas, Class of 2011

I am in my final semester at Southern Adventist University. I have been busy completing an internship at the Family Justice Center, a city organization that fights against domestic violence. I am completing a research project for them in conjunction with my Southern Scholars honors program. This senior thesis aims to measure how social work programs across Tennessee are preparing students for dealing with domestic violence and trauma. It is interesting and important work since the state has some of the highest crime rates in the country.

I will be presenting at several conferences in the coming months: a regional honors conference in Orlando, a leadership scholars symposium in Vietnam, and at the national social work conference in Atlanta. It is an exciting time for me, especially as I prepare for a job and graduate school after graduation.

Being involved in the National Honor Society at Glendale Adventist Academy helped set the precedent for where I am today. If I had not been intentional about surrounding myself with people who shared the same drive for excellence back in high school, I am sure I would not have continued to do so in my university years. The program helped me to learn how to think critically, take initiative, and be creative in applying my education to real life. I find that I am still good friends with my old GAA classmates because we share the same goals as we did back in NHS. Being an NHS student is much more than just earning straight A's or gold cords--it is a mindset to be the best version of yourself and to contribute to society.

## That's Puntastic!

collected by  
Mahta Marefat, Class of 2016

I forgot to wear green on St. Patrick's Day, but I wore a yellow shirt and blue pants, so it's pretty much the same thing.

At any moment, the urge to sing "The Lion Sleeps Tonight" is only a whim away, a whim away, a whim away...

Question: What do you get when you cross poison ivy with a four-leaf clover?

Answer: A rash of good luck.

Coming up with weather puns is a breeze.

Question: Why shouldn't you iron a four-leaf clover?

Answer: You don't want to press your luck.

Question: What kind of apple has a short temper?

Answer: A crab apple

Friend 1: I married an Irishman on St. Patrick's Day.

Friend 2: Oh, really?

Friend 1: No, O'Reilly!

My first job was working in an orange juice factory. I was canned because I couldn't concentrate.

I got angry when my cell phone battery died. My counselor suggested I find an outlet.



Caitlyn Ng with her mother, Marijo Mendoza Ng of the Class of 1985



## It Starts with a C

*with a nod to Edgar Allan Poe's "Annabel Lee"*

by Caitlyn Ng, Class of 2017

It was seventeen years and one month ago,  
In a hospital not far from me,  
That my mother bestowed upon me the name of  
Caitlyn, but it starts with a C.  
And my mother lived without thinking the thought  
That to spell it brought difficulty.

I was in first grade and *he* was in first grade,  
At Glendale Elementary,  
When a boy there asked with a blast so vast,  
"Does it start with a K or a C?"  
Taken aback by the question, I muttered,  
"Caitlyn, it starts with a C,"  
For never before had someone implored  
If it started with K or a C.

But my name seemed tougher by far than the names  
Of those with the same name as me --  
Of Kaitlyns with K's, not with C's.  
And neither the friends who've known me forever  
Nor family who've known me since three,  
Could ever endeavor to spell my name rightly  
As Caitlyn that starts with a C.

And still to this day, there are people who wonder  
"Does it start with a K or a C?"  
And a week won't go by when I don't give a sigh  
and say, "Caitlyn, it starts with a C."  
But I have accepted and welcomed and friended  
All the questions--the questions--that still have not ended  
That are asked of the complexity  
Of my name that starts with a C.

# Top It with Something Green

by Jennifer White

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## Walnut Basil Pesto

### Ingredients

2 cups fresh basil  
1/2 cup raw walnuts  
1 to 2 cloves garlic,  
crushed  
1/4 teaspoon salt – or to  
taste  
1/4 cup olive oil  
1 tablespoon lemon juice

### Instructions

Place basil, walnuts, garlic, and salt in food processor and process until coarsely ground. With motor running, add olive oil in a thin stream. Add lemon juice and pulse to mix. Serve immediately on toast or on pasta.



## Avocado Butter

### Ingredients

3 tablespoons coconut  
oil or olive oil (see Note)  
1/4 teaspoon salt  
1/8 teaspoon granulated  
onion  
1/8 teaspoon granulated  
garlic  
1 medium Hass avocado  
(about 3/4 cup mashed  
avocado; see Note)  
2 teaspoons lime juice

### Instructions

Place oil, salt, and  
seasoning in food

processor and process until oil is soft and creamy. Add peeled and pitted avocado and lime juice. Process until smooth and oil is thoroughly combined with avocado.

### Notes

A combination of both coconut and olive oil is especially good in this recipe.

If the avocado is cold, bring to room temperature before using, otherwise it will not mix easily with the oil.

Serve on toast, baked potatoes, or corn on the cob.

## Save the Date

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

- Women's History Month
- 01 Peanut Butter Lover's Day
- 02 National Read Across America Day
- 04 Hug a G.I. Day
- 08 International Women's Day
- 08 Pancake Day
- 11 Johnny Appleseed Day
- 11 Middle Name Pride Day
- 12 Girls Scouts Founded (1912)
- 13 Good Samaritan Day
- 14 Pi Day (3.14)
- 15 Beware the Ides of March (44 B.C.)
- 17 Saint Patrick's Day
- 18 Awkward Moments Day
- 19 Earth Hour (lights off 8:30-9:30 p.m.)
- 19 Let's Laugh Day
- 20 Spring Equinox/First Day of Spring
- 20 Persian New Year
- 21 Common Courtesy Day
- 22 World Water Day
- 23 National Puppy Day
- 25 Medal of Honor Day (1990)
- 27 Easter
- 30 Take a Walk in the Park Day
- 31 César Chávez BDay (1927)

## Nowruz: Persian New Year

by Kimia Fariborz, Class of 2016

Nowruz, Persian New Year, celebrates "The New Day" around March 20 on the spring equinox. Although the holiday holds Zoroastrian origins as a holy day, it is celebrated secularly and by people of diverse ethnic and religious backgrounds.

**Leap over Fear:** Everyone looks forward to the new year as an opportunity to leave behind what held them back.

Chaharshanbe Suri tradition involves leaping over bonfires, big and small, to symbolically burn away fear and problems and gain health and energy.

**Seven "S":** An absolute essential for the new year is the Haft-Seen, a table that features seven items starting with the letter "s" in Farsi. Sabzeh, lentil sprouts, symbolizes rebirth. Samanu, wheat pudding, represents affluence. Senjed, dried oleaster tree fruit, displays love. Seer, garlic, stands for medicine. Seeb, apple, reminds one of health and beauty. Somag, sumac berries, show the color of the sunrise. Serkeh, vinegar, allegorizes age and patience. All the symbols create a festive, spring-time inspired aesthetic, but also reminds all of hopes for the new year.

The most obvious ingredient to the Persian New Year recipe, and arguably most important, is spending time with family to celebrate heritage and culture.

## 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](http://www.GlendaleAcademy.org).

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**Whatsoever 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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# March Calendar

**01 Teacher Professional Development Day/No School**

**01-06 Drama Club Tour to New York City**

**06 SAT** (7:45 a.m.)

**07 Home and School FUNdraiser**

at 990 Town Center Drive in La Cañada-Flintridge at Panera Bread Bakery (4:00-8:00 p.m.), The Habit Burger Grill (4:00-9:00 p.m.), and Blaze Pizza (4:00-9:00 p.m.)

**12 Student Association Gym Night**

**13 Daylight Savings Time** (clocks ahead one hour)

**13-16 WASC Accreditation Visit**

**13 WASC Meet & Greet All are Invited** (4:00-6:00 p.m. in cafeteria)

**17-23 Senior Trip to Hawaii**

**18 Minimum Day**

**19 March - 03 April Spring Break**

**30 March - 02 April Bible Camp**

**08 April "Anchored in the Lord"** NHS-sponsored Worthy Student Fund Benefit Concert (6:00-7:30 p.m. in auditorium)



NHS Officers at Induction program: Janine Mozoomdar (Cougar Prints Editor), Johanna Bazan (Parliamentarian) and Marianne Albarracin (Treasurer)

## Talk to Us

If you have a story that could be part of this publication, please share it with us at [CougarPrints@GlendaleAcademy.org](mailto:CougarPrints@GlendaleAcademy.org). We would like to feature class projects, art, poetry, essays, alumni achievement, book recommendations, great websites/apps, and more. If you have supportive comments to share or if you would like to underwrite the printing of an up-coming issue, we would love to hear from you, too.

