

COUGAR PRINTS

Character | Scholarship | Leadership | Service

Unwrap God

by Alyssa Danlag, Class of 2018

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."
Matthew 5:6 (NASB)

To say that I liked presents as a child, is an understatement. I absolutely loved presents--especially those I received during Christmas. The entire week before Christmas Day would be dedicated to compiling my wishlist of new toys, clothing, games, and more. When I was nine years old, I took my wishlist so seriously, I even took the time to type it up, print it out, and distribute each one of my family members so they could be sure to buy the right gifts.

As Christmas slowly approached, my excitement for all the presents I would soon receive grew and grew. Thinking about all the beautifully wrapped gifts under the tree, waiting to be opened, gave me butterflies.

One Christmas morning, my sisters and I raced over to wake up our parents so that we could see what we received. I rummaged through all the gifts underneath the tree trying to find one addressed to me. With great eagerness, I opened my gift. The smile on my face soon faded when I realized that it was not a gift that I had wanted. From all the confusion and anger of not receiving what I had anticipated, I began to cry. Instead of being grateful for having the opportunity to even be able to receive gifts on Christmas, I sought more gifts instead.

In life, we always seem to want more. Whether it is more food, money, or presents, we are never fully satisfied with what we are given. Rather than being thankful for all the blessings God has provided for us, we get angry at all the things we do not have. God is always there for us and loves us unconditionally. He is our friend and knows the best path for us. Unlike materialistic items, we can always find satisfaction through the amount of God's love and righteousness.

This Christmas season, seek God rather than presents.



Election Day

By Alessandra Ramos, Class of 2017

Even though I am still too young to participate by voting in this year's election, I was able to participate as a volunteer poll worker. Ms. Gross had taken Dyanna Castañeda-Policarpio, Brandon González, and I to a training seminar in Glendale, and we had each been assigned stations near our home addresses. Working from 6:00 a.m. to 9:30 p.m., we would be participating in the presidential election by assisting voters.

The day finally arrived. 08 November 2016--Election Day. I woke up at 5:00 a.m. to the sound of my chirping alarm. Jumping out of bed, I hurried to get ready so that I could be at my assigned voting precinct by 6:00 a.m. During poll worker training, I had been taught how to set up voting booths, the ballot counter, the tables, rosters, and all of the other important things that would





GAE Raises \$25,000

by Principal Nancy Garcilazo

On 21 October 2016, one of the hottest days this Fall, the students of GAE, from TK through Eighth Grade, raised \$25,000 during our annual walk-a-thon.

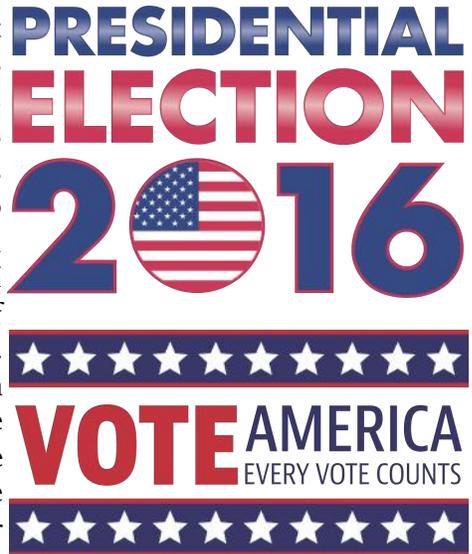
Students started their walk at the cafeteria, then crossed in front of the campus before climbing up past the gymnasium and trekking across Second Terrace. After two laps, parents and teachers began handing out cold water to the walkers. Once all laps were completed, students gathered in the air-conditioned auditorium for celebration and prizes.

The money raised by the walk-a-thon will go to complete the fencing of the school to make our campus even safer for students. So far, the school has raised \$75,000 toward the total \$150,000 needed.



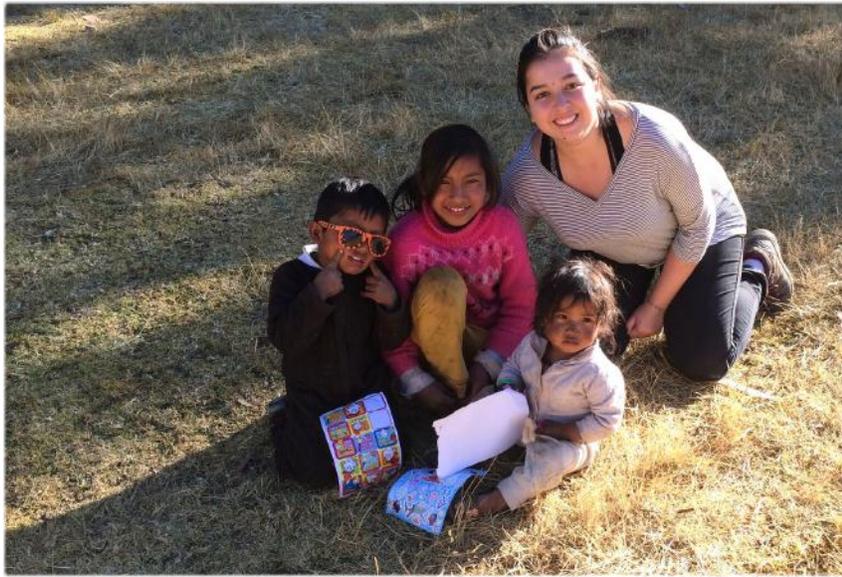
be used by voters during the day. When I arrived, ready to practice my new skills, I found that the polling station--a garage, to my surprise--had already been set up. I met the other precinct volunteers, and discovered that a former classmate was also helping this year. I had assumed that I would know no other workers, so I instantly felt more comfortable due to her presence.

By the time the polls opened at 7:00 a.m., our station already had a line of people waiting to vote. I was excited to take part in a process that would elect national and local leaders and decide propositions for the State of California. Not everyone I met that day was equally excited. I was working on locating names and addresses on rosters when voters first came into the station. One woman gave me her name, but I could not find her on any of the registered voter lists. She became very angry with me, even after it became clear that she had given me her married name and she was still listed under her maiden name.



Most people I encountered, however, were very nice and eager to take part of the democratic process. The people who owned the house where our station was located kept a refrigerator stocked with snacks and drinks for us. The other poll workers were fun to get to know, and the inspector made jokes to keep us laughing. I enjoyed the voters who brought their children in with them to vote, teaching them how the process worked and showing them how to vote. The children especially liked the "I Voted" stickers. The voter who made my day came in with two dogs. After voting, she asked for two stickers which she promptly stuck on her dogs and then took pictures of them in front of the polling station.

Once the voting was closed, we triple-checked the rosters, dismantled booths, loaded up equipment, cleaned the garage, and sent ballots off for final counting. Even though it was a long day, the poll worker experience was incredible. All across the country, voting is possible because of the thousands of people who help make the process efficient. I will be voting in the next election, and will probably keep helping as well.



On Top of the World: Peru

An Interview with Samantha Martin, Class of 2015

by Taylor Nicolas, Class of 2018

Samantha Martin is studying nursing at La Sierra University. She took some time during her Thanksgiving break to tell me about her two-week mission trip to Peru in June 2016.

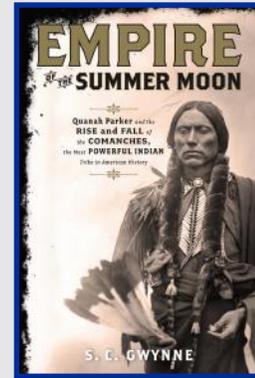
Where did you go and what did you do during your Mission Trip?

I joined a small group of people from La Sierra University, Pacific Union College, and Loma Linda University to help a village about two hours outside of Cusco in the Andes Mountains. We stayed at an Adventist Development and Relief Agency (ADRA) camp, and took a bus up to the village each day. The primary purpose for the mission trip was to help build heating and cooking stoves inside 15 village homes.

What was life like in the village?

The village we helped is isolated from other towns, and any trip to a store requires a four-hour round-trip walk. There is little access to electricity or new technology. A few of the homes did have radios, but everyone was fascinated by our phones that could take pictures.

The villagers spoke Quechua, but most of the young people also knew Spanish which made it easier for me to communicate with them. Due to the altitude, extreme temperatures, and a limited diet, most village adults were under five feet in height, so I actually felt tall.



Book Recommendation

by Aaron Recalde, Class of 2018

"When I was in Washington, the Great Father told me that all the Comanche land was ours and that no one should hinder us in living upon it. So, why do you ask us to leave the rivers and the sun and the wind?"

Empire of the Summer Moon (2010) by S. C. Gwynne is a captivating historical account of one of the most influential Native American plains tribes in American history. Gwynne manages related historical facts in such a way that feels like the story is from a movie or a work of fiction.

The narrative is focused on the forty-year battle between the Comanche nation and the persistent pioneers who were bent on claiming new lands. Gwynne highlights the life of the famous Cynthia Ann Parker who was taken captive and later resurfaced as a wife of a chief and the mother of Quanah, the central character of attention. The story of Cynthia Ann Parker is more than enough reason to read this book, but the story of her son Quanah, will captivate.

Empire of the Summer Moon is thoroughly researched from all available resources, and the author is careful to present an unbiased version of history. Because of accurate interpretations, the reader can understand why the Native Americans and the settlers reacted the way they did to each other. The book is descriptive, and Gwynne does gloss over violence, but it is no excessive or exaggerated. Gory depictions serve a purpose to show the result of years of discrimination and unfair treatment.

Gwynne's ability to relate history is phenomenal. His multifaceted writing is so engaging that I found it difficult to put this book down. I was amazed at the range of emotions I felt while reading this Pulitzer-nominated work of non-fiction. I highly recommend Empire of the Summer Moon.



Nirbhaya: Fearless

by Sereena Yeghiazarian, Class of 2018

Imagine yourself out with a friend. The two of you have just left a theater and are boarding a bus to go home. What if this were the last bus ride of your life? What if your family were told that it was your fault that you were killed on the bus because you were a girl out with a boy after nine o'clock at night?

In Delhi, India, 23-year old Jyoti Singh, a medical student, was gang raped and killed on a bus. Even after she died, the men on the bus continued abusing her. The defense attorney argued that what happened in 2012 was Singh's fault because a decent girl would not have been out that late at night.

This case sparked an uprising in India, people took to the streets demanding better protection against predators and for an end to a culture of blaming the victim. The flame spread to the rest of the world in an attempt to shine a light on how pervasive the issue is. One in three women will be beaten or sexually abused and one in five women will become victims of rape. These estimates are considered low because most of the cases are not reported.

We must remember, as we work to end violence against women, that actions begin as thoughts and words. In recent election coverage, much was noted about people in the public eye who used language that objectified and degraded women. One leader even spoke of his own daughter in a shockingly disrespectful manner.

Now, more than ever, we need to speak for those who cannot. We need to teach our brothers, sons, and nephews what acceptable and respectful behavior is. We need to create communities where girls are valued and where they can be safe riding a bus home.

People in India began calling Jyoti Singh *nirbhaya*, meaning "fearless." We must be fearless as we raise our voices up and demand a better world.



November was End Violence against Women Month
Watch documentary, *India's Daughter*

Each day, the villagers get up very early to begin working. The temperatures are really cold in the mornings and evenings, so it is difficult to stay warm.



The school children walk a two-hour trek down the mountain for classes and then return back up in the afternoon, herding the family livestock as they climb home. Most of them will complete elementary school, but only a few of them will finish high school because they will need to work for their families.

What was healthcare like?

People have to travel hours in order to reach a store to get medicine. One little girl had

mumps, but there were no doctors to take care of her. Fortunately, we had a nurse with us, and she was able to help the girl. The air quality in homes is very poor due to smoke from the old style stoves. Many of the villagers suffer from lung cancer as a result. This was the main reason that we were building new stoves that would smoke less and provide better venting.



How would you describe your overall experience?

My mission experience was eye-opening and humbling. I learned how to mix cement and haul bricks, but what I learned most was that people are kind and generous, even when they have little material wealth to give. Visiting an orphanage was the most humbling part of my experience. I was able to connect with children who had nothing and no one, but who were eager to share, regardless.

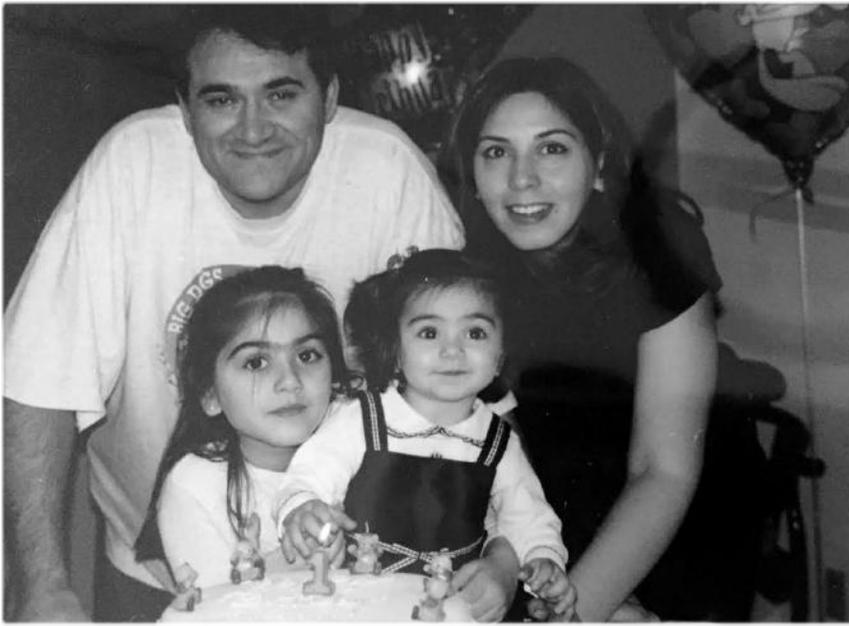


I experienced new foods and new combinations of foods, like zucchini oatmeal spiced with aniseed and cinnamon. I also tried different fruits, such as yellow melon that, to me, tasted just like cucumber.

Are you planning to go on another mission trip?

After this first mission experience, I definitely plan to go again. My cousin, Austin Lozano (Class of 2013), has participated in many mission trips, most recently to Nepal to help those discriminated against for being Adventist. His experiences inspired me to want to help others in any way I can.





Sunday Mornings

by Sereena Yeghiazarian, Class of 2018

Sunday mornings always arrived bringing sunshine and happiness with them.

Those were the days we'd attend the farmers' market.

Don't you remember? The four of us, hand in hand, strolling down the tent covered streets.

As the jazz band belted out their lively tunes,

And the kettle corn popped inside a nearby stand,

We'd sample honey as sweet as the smiles on our faces.

Our eyes would wander among glorious trinkets gathered from every land imaginable,

The handmade soaps and perfumes intrigued us with their floral scents.

Local artists set up their latest works,

Rows of paintings lined the block,

Yet not one painting could compare to the masterpiece that was our family.

No painter could mix colors vibrant enough to capture our radiant energy and burning love we had.

Now Sunday mornings always arrive with grey skies and the looming feeling of dread.

Instead of greeting each other, we greet our tasks for the day.

Excuses spill out of our mouths, and empty promises crowd our hearts.

Yet somehow we still make time to claim that family is everything.

And I can't decide if this is one empty promise too many.

But every time I stray, my family is always there to guide me home.

As we make our way back together, hand in hand, the sun begins to peak out,

And I know that this is one promise we can keep.



NHS Helps the Homeless

Each Fall, the National Honor Society sponsors Socktober--an effort to collect donations to help Los Angeles area homeless. NHS asks for socks, water bottles, and snack food items to fill bags that are given directly to those in need. This year, because of the generosity of our school families and the help of sophomore volunteers who packed the bags, NHS was able to help over 200 people.

The bags contained two new pairs of socks, a knit cap, a bottle of water, granola bars, a cup of soup or noodles, and other snack items. In addition, three different types of Signs of the Times tracts were included, donated by Pico Rivera Bilingual SDA Church.

Fifty of the bags were donated to Eagle Rock SDA Church and were given out to guests at the annual Thanksgiving soup kitchen dinner. The rest of the bags were given to the Watts Project. The Watts Project helps animals and people in the Watts community as well as in South Los Angeles.



That's Puntastic!

collected by

Jennifer Carvajal, Class of 2018

Successful dieters might win the Nobelly prize.

Question: What do you say to Simba when he's walking too slowly?

Answer: Mufasa!

I don't want to sound chessey, but I think we are gouda together.

A pessimist's blood type is always B-negative.

Question: What did the bullet say when he lost his job?

Answer: I got fired.

The Ancient Romans only gathered together once a week, because that was enough forum.

Question: What do you call an acid with an attitude?

Answer: A-mean-o Acid.

Question: Why are all the other states jealous of Nevada?

Answer: Because it's the NV of America.

My friend really has changed since she became a vegetarian. It's like I've never seen herbivore.

Question: What is the difference between a cat and a comma?

Answer: One has claws at the end of its paws, and the other is a pause at the end of a clause.

Question: How do astronauts say they are sorry?

Answer: They Apollo-gize.

Carpe diem.

Seize the coin

Musical Path to the Future

by Alessandra Ramos, Class of 2017

The chatter of the audience, the tuning of the timpani, and the double basses' rumbling filled the venue as my peers and I meandered onto the stage. As I waited for the concertmaster to step to the podium, I quickly played small portions of each movement. When she cued me for the tuning note, the noise level immediately fell to nothing. Before I knew it, the piece began. The bold fanfare of the brass at the very beginning helped my nerves settle; the broad, confident sounds allowed me to feel more secure. Near the end of the movement, I began to prepare mentally for what was about to occur.

The moment arrived.

During the silence in between movements, my mind was telling me to press on, but my nerves were reminding me to take it back a notch. In the middle of my internal debate, I glanced up at the conductor. The moment he signaled me to begin, everyone no longer existed. I propelled all my strength into my solo; all the hours and rehearsals finally were put to the test. The faint sound of the violin pizzicato beating under the melancholic melody was the only sound in the hall; the silence seemed almost eerie to me. The long, strewn out notes and phrases of my oboe flowed through the air.

Suddenly, more string pizzicato crept its way into my ears, as if small creatures were tip-toeing through the concert hall. Tiny bursts of sound like sparks lead up to a sudden ray of light from my next oboe solo. A cheerful contrast kept the audience alert, and I saw heads jolt up as the mood of the music shifted to a different direction. The woodwinds chirped and the brass hobbled their way out of the piece and the sound slowly receded.

At last, the finale. Nostalgia was the first thing that came to me, and it was bittersweet. As the notes rushed under our fingertips, I realized these were the final notes of this season. It was as if the piece started minutes ago, yet an entire hour flew by. What became my most memorable moment was now coming to an end. At this point, the inside of my mouth was etched from my braces and beginning to bleed. My will to finish dominated the ache, and I was proud of what my hard work produced.

Tchaikovsky once said, "Inspiration is a guest that does not willingly visit the lazy." Because of this performance and my utmost dedication, a gate opened, showing me that the only path to continue on for a career would be the path of music. I cannot imagine doing anything else. Music is a passionate language that allows me to communicate to others even without words.



Natalie Gregg's Food for Thought:

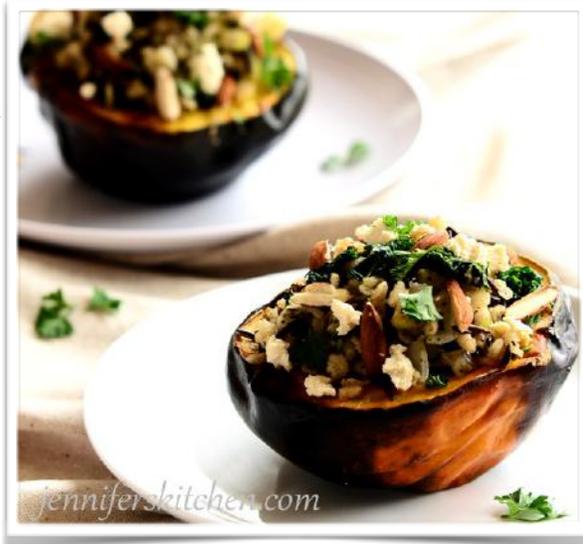
Maple Wild-Rice Stuffed Squash

by Jennifer White

reprinted by permission from JennifersKitchen.com

Ingredients

- 1/2 cup uncooked wild rice
- 1/2 cup uncooked brown rice
- 2 cups water
- 1 medium acorn squash
- 2 stalks celery, diced
- 1 medium yellow onion, diced
- 1/4 cup fresh fennel, finely chopped
- 1 1/2 cups fresh kale, chopped small
- 2 tablespoons oil
- 3 cloves garlic, minced
- 2 1/2 teaspoons granulated onion
- 1 teaspoon dried basil
- 1/2 teaspoon dried powdered rosemary
- 1/2 teaspoon dried sage
- 3/4 teaspoon salt
- 1/4 cup fresh parsley, finely chopped
- 1/4 pound extra-firm (regular, water-packed) tofu (not silken)
- 1/3 cup toasted almonds or walnuts
- 1 teaspoon pure maple syrup plus extra for drizzling, if desired



Directions

Preheat oven to 400°F.

Place wild rice, brown rice, and 2 cups of water in an oiled, two-quart casserole dish. Cover tightly with foil and place in oven. Bake at 400°F for 1 hour and 10 minutes.

Cut squash in half lengthwise and remove seeds. Place directly on middle rack of oven, cut side up. Bake at 400°F for 55 minutes or until squash is very tender. (Squash and rice can be baked simultaneously).

Meanwhile, sauté celery, onions, fennel, and kale in oil over medium heat until onions begin to appear translucent. Add garlic and seasonings, and sauté for one additional minute.

Crumble tofu. Then stir crumbled tofu, nuts, cooked rice, and maple syrup into sautéed vegetables. (Or tofu can be left out and sprinkled over squash after it's been stuffed.)

Remove from heat. Spoon rice mixture into baked squash halves. (Extra rice can be served on the side or saved for another meal.)

Drizzle with maple syrup. Serve immediately or return to oven at 200°F to keep warm for up to 25 minutes.

Save the Date

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

- Human Rights Month
- 01 Rosa Parks Day (1955)
- 01 Eat a Red Apple Day
- 03 First Text Message Sent (1992)
- 06 13th Amendment abolishes slavery (1865)
- 07 Pearl Harbor Attack (1941)
- 08 National Brownie Day
- 08 Pretend to be a Time Traveler Day
- 10 Human Rights Day
- 13 Drink Hot Cocoa Day
- 15 Bill of Rights Ratified (1791)
- 16 Boston Tea Party (1773)
- 16 Ugly Christmas Sweater Day
- 17 Wright Brother's Day (1903)
- 21 Mayflower Landing (1620)
- 21 Winter Solstice (2:44 a.m. PST)
- 21 Homeless Persons' Remembrance Day
- 24 Christmas Eve
- 25 Christmas Day
- 26 Write Thank-You Notes Day
- 28 Pledge of Allegiance Day (1945)
- 31 New Year's Day
- 31 Universal Hour of Peace (begins at 11:30 p.m.)

The First Text Message

by David Larsen, Class of 2017

Most of my friends understand TBH, IDEK, IMHO, TMI, LOL, ICAM, K CYL8R, TTFN* but parents often do not. This "language" was generated by texting. On 03 December 1992, Neil Papworth, a 22-year old engineer in the UK, sent the first SMS (Short Message Service) text message, which read, "Merry Christmas."

Text messaging, along with mobile phone technology grew slowly at first. By 1995, Americans texted only 0.4 messages per month. Today, text messaging is the most used data service in the world. As of 2011, three out of four people on earth used text messaging. In 2014, there were around 23 billion messages sent per day worldwide, 6 billion sent in the United States alone.

Now texts are used for more than just person to person communication. It is used for group conversations, reminders for appointments, and emergency alerts. For example, on 11 November 2016, a text warning believed to be from the Syrian government was sent to residents of Aleppo warning them to flee before being bombarded within 24 hours.

For some people texting is not just a fast way to communicate, it is a way of life. If you go to a restaurant you will probably see more people on their phones than eating. Most of them will be texting. I think it is safe to say that texting is here to stay, at least until the next technology breakthrough!

*Translation: to be honest, I don't even know, in my humble opinion, too much information, laugh out loud, I couldn't agree more, okay, see you later, ta ta for now

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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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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December Calendar

01 Chorale at GAMC for Hospice Tree Lighting (5:00-6:30 p.m.)

02 Chorale at Glendale City SDA Church for Christmas Program (7:00-9:00 p.m.)

03 Chorale at Santa Clarita SDA Church (arrive 10:00 a.m.)

03 Loma Linda Boy's Basketball Tournament

04 SAT at GAA (arrive 7:30 a.m.)

06 Home & School FUNdraiser at Americana

07 Chorale at GAMC for Employee Breakfast (8:30-10:00 a.m.)

07 Home Game Girls Soccer v YULA (5:15 p.m. at GSC)

08 Music Department Christmas Program at GAA (7:00-9:00 p.m.)

09 NHS Christmas CS at Ellee Residential Home (3:00-6:00 p.m.)

10 Chorale at Eagle Rock SDA Church (arrive 10:00 a.m.)

11 ACT at GAA (arrive 7:30 a.m.)

13 Semester Exams for A Schedule Classes

15 Semester Exams for B Schedule Classes

16 Exam Make-up Day/Minimum Day

19 Christmas Vacation Begins

27-29 Loma Linda Girl's Basketball Tournament

03 Jan Classes Resume

05 Jan NHS Information Packet Due (download from school website)

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.



GAE Students participating in the Walk-a-Thon to raise funds for a school fence

