

COUGAR PRINTS

Character | Scholarship | Leadership | Service

A Precious Gift

by Hannah Decolongon, Class of 2016

For many, the Christmas season is filled with shopping and stress. Buried under endless lists of things to do, it is easy to lose sight of why we even celebrate this holiday. I know that this has been true for me; however, there is one event I look forward to each year that reminds me of the true reason for Christmas.

I look forward to my family's Christmas party. Every year, we meet up at the same house and crowd ourselves inside. Filled with relatives who often do not see each other during the rest of the year, the house rings with laughter and family stories. The love shared is strong, and the joy of renewed relationships is cherished.

This season is the time when we celebrate the birth of Christ, and remember that He gave us the most precious gift we will ever receive. He sacrificed Himself to offer us an eternal relationship with Him. He wants us to spend time with Him each day, not just once a week or once a year. We should have a mutual urge to get to know Him the way He wants to to know us.

Christmas may not be celebrated on the right day or in the correct month of Jesus' birth, but it still honors the One who loves us exceedingly. He came into the world to die for our wrongdoings so that we could spend eternity with Him. "For unto you is born this day in the city of David a Savior, which is Christ the Lord." Luke 2:11



Christmas Comes Early to GAA

by Marla Mallari and Sydnee Nicolas, Class of 2015

'Tis the season of giving gifts; however, Christmas was a little eager to arrive at Glendale Adventist Academy (GAA). This summer, an anonymous donor gifted the school with brand new lockers.

For years, lockers have been plagued by scratched and faded paint, rusted hinges, and broken handles. Taking notice, a teacher asked an alumni family for help. Presented with estimates for the price of new lockers, the anonymous donor provided the funds, not only to purchase new lockers for the high school, but also for the junior high. Mr. Biaggi, head of maintenance, dedicated hours during the summer to ensure the lockers were installed and ready for the new academic year.

The new lockers, significantly larger than the old ones, "allow students to store so much more in them," notes Senior Susie Chamarro. Junior Matthew Hutchinson loves how "they are big enough to fit a backpack inside."

On behalf of GAA students, we thank you, donor family, for your support and generosity. We will appreciate your gift on a daily basis as we open our lockers with ease and have room to keep all our school supplies well organized. Thank you for bringing an early joy of Christmas to our school.

"The Origami Maker"

by Janine Mozoomdar, Class of 2016

The Origami maker,
delicate yet complex.
Many secrets to hide,
under her simple appearance.

Though seemingly youthful,
she is creased with many
wrinkles,
a purpose and
a story lies behind each line.

With precise and practiced
motions,
her slender fingers fold the
bright patterned square.
Together they are
a diamond,
a kite,
a flightless crane.

Fingers join together and part,
wings sprout and spread out.

Stretching her long neck,
she sits by the windowsill,
wishing luck upon herself,
while gently swaying with the
wind.



Pathfinders: Leadership and Service

by Sydnee Nicolas, Class of 2015



Pathfinders, a world-wide Seventh-day Adventist youth club, first began in Southern California in the 1920s, and became an official church organization in 1950. Eagle Rock SDA Church honors this long history of youth involvement with their forty-eight member Pathfinder program. Pathfinders dedicate hours of work earning honors and advancing to higher ranks. Those who elect to join the Teen Leadership Training (TLT) program also take on the responsibility of teaching younger members and assisting at church. Ten of the Eagle Rock TLTs are students at Glendale Adventist Academy. Of these, seven have already completed requirements for Master Guide, the highest rank.

How do you balance school and Pathfinder responsibilities?

Caitlin Ng: Keeping up with homework is difficult, but not impossible. It takes will power and a commitment to prioritize, and we can get everything done. For example, we have to give up things that don't matter. Like television: we really don't have time to watch any.



What opportunities have you had because of Pathfinders?

Angel Lara: The International Pathfinder Camporee in Oshkosh, Wisconsin, was an amazing experience because we were surrounded by thousands of other Pathfinders from all over the world. Wherever I went, I knew that everyone I met was, in a way, just like me. It was like a huge family.

Jessica Miranda and Caitlyn Ng: We were able to visit Washington, D.C. with Pathfinders. While there, we went to the 9-11 Memorial at the Pentagon. At first, we didn't even want to go because we were tired and hot. But once we began

to learn about what happened and realize what the memorial symbolized, the experience became very meaningful. We learned, for example, that every day at 9:37 a.m., the water in the memorial stops running to create a moment of silence that commemorates the exact time the plane hit the Pentagon.



Braden Warrick: In Pathfinders, I try things that I might not normally try. I probably would have never made a candle or raced in a pinewood derby, but I've done both. And I found out that they were actually fun.

How has Pathfinders strengthened your relationship with God?

Jessica Miranda: Because Pathfinders meets on Wednesdays, I look forward to taking time out, in the middle of a stressful week full of homework and other responsibilities, for God and church family rather than having to wait for Sabbath at the end of the week.

David Larsen: Pathfinders has made me appreciate more of what Jesus did for us when He was on earth. He was a teacher and He was a public speaker. In Pathfinders, I have had to teach younger members and speak in front during the church service. Learning what Jesus did as a teacher and speaker, and understanding how He did it, helps me when I am teaching or speaking in public.

Braden Warrick: Reading books required for Master Guide, like *Steps to Christ*, *Desire of Ages*, and *Seven Habits of Highly Effective Teens*, really helped me realize the importance of spending more time with God and building a personal relationship with Him.

Celley Blay and Rachel Molander: Because of what we learned through Pathfinders, we made the decision to be baptized.

"The Libero"

by Kimia Fariborz, Class of 2016

Clad in an opposite jersey,
She is the Atlas of her team.

Every play counts as she
Sprints, rolls, stretches, and
dives
Refusing to let the rally die.

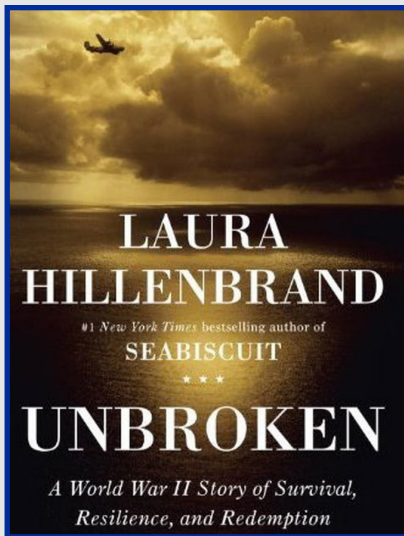
Her surface is an aura of sweat
All eyes on her as she hits the
court.

The gym's ever-present grime
Caught between her fibers
after hours of
Sprints, rolls, stretches, and
dives.

Through every trial - win or
lose -
Never flat, she must be ready
to face every impact.

Slap! A spike sends her
reeling.
She smashes to the ground,
head spinning
Only to bounce up, ready to
play again.





Book Recommendation

by Marla Mallari, Class of 2015

Action-packed and gripping, *Unbroken* is the true story of Louis Zamperini (1917-2014) that will pull you to the edge of your seat on the first page and keep you there until you finish the last.

Author Laura Hillenbrand, who also wrote *Seabiscuit*, worked seven years with Zamperini to tell the tale of a boy whose defiance and rebellion were transformed into determination and resilience once he found the right track.

From training for the Olympics to training as a WWII Airman, from surviving more than 40 days lost at sea to surviving Japanese prison camps, Zamperini found his way back to family, to God, and to forgiveness.

Junior Lucas Marcondes adds his recommendation, saying, "The obstacles Louie overcame are so unreal, like something made up for the movies."

Lessons in Leadership and Service

Pathfinder Co-Director Marijo Mendoza Ng, Class of 1985, points out that "Pathfinders nurtures an attitude of service and develops a culture of leadership. In this process, children draw closer to each other and to God." Co-Director Kristy Rote Warrick, Class of 1980, describes how Pathfinder members have already stepped into the responsibility of leadership at church because they tell the children's story, teach Sabbath School, lead out in baptismal classes, assist in the summer during Vacation Bible School, and volunteer at church events.

ACL: A Crucial Lesson

by Isabella Naguit, Class of 2016

If, three months ago, you told me I was going to tear my anterior cruciate ligament (ACL), I would have done everything under my control to prevent it. Sports were my comfort zone. In football, everything was falling into place: the upcoming freshmen had a ton of talent, our summer practices had prepared us well, and we were hungry for wins. As starting halfback, I could not wait to begin the season.



Then, everything changed. During a game against Bakersfield Adventist Academy, I side-stepped incorrectly on a run and tore my ACL. My dad had to carry me off the field, and that was my last offensive play of the season.

Every day was an emotional struggle. My negative attitude grew worse each time someone asked me to explain what happened.

My spiritual life faltered. I had worked so hard. How was this fair? What kind of plan could God possibly have? I struggled with these questions, but could not find a single answer. Answers do not always come right away or in the way you expect.

It is easy to feel alone when all you think about is yourself. Even though I could not play, my teammates still included me in the middle of huddles before and after games, placing their hands on my head, as they prayed for me and for the game. This made me feel included; however, all I could focus on was that I was not on the field or part of the real action.



I did not realize how self-destructive I had become until I met Kaitlyn Whitley and Yasmine Vega, quarterbacks from the Adventist academies in Loma Linda and San Diego. Both of these athletes had torn their ACLs last year. They encouraged me to inspire

others by keeping my head up and remembering that slow progress is better than no progress. Then Kaitlyn helped teach me a lesson about the love of the game and true sportsmanship. She organized a play that allowed me back on the field playing defense during the championship game. Sacrificing a down and possible points on the board, she ran the ball right to me so I could participate in the game by pulling her flags.

Though I am still dealing with all the inconveniences of the injury, I am now realizing that I did not appreciate the simple things in life often enough. Before a game, I used to think of one thing--winning. Now I understand that playing is a privilege in itself. I learned that sports are about so much more than just winning. Sports should also be about building character, bonding with teammates, and learning how to stay positive and determined even when things look grim. Through my friends, God helped me learn a vitally important life lesson. I can honestly say that this experience has been a blessing, and I am grateful that I was not the one in control then, and am not the one in control now. I learned that giving God lead is not the easiest way, but it is definitely the best.

*"Not only that, but we also glorify in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope."
Romans 5:3-4*

Scholarship Opportunity

by Jake Sy, Class of 2015

Ronald McDonald House Charities (RMHC) awards scholarships of up to \$100,000 to high school seniors who enroll in college the fall after graduation. Applications are now open for four scholarships (students can apply for only one of the four): RMCH/Scholars, RMHC/Asia, RMHC/HACER,[®] and RMHC/African-American Future Achievers. The application deadline is 20 January 2015. Students will be notified of scholarship award status by 30 June 2015. More information is available at www.rmhc.org (search "Scholarship").

Check It Out Online

First Aid: free app from the American Red Cross that provides information about how to respond to most first aid emergencies. The app includes videos, quizzes, step-by-step first aid directions, and lets users contact 911 directly. Available in Spanish.

30/30: free app based on the concept of setting time limits for both focused work and breaks. 30/30 helps ensure a to-do list is completed. Tasks and times are fully customizable, as are the alert options. This app is the perfect aid for students who need that extra reminder to return to work.



That's Puntastic!

by Mahta Marefat, Class of 2016

An opinion without 3.14 is just an onion.

Question: What did the buffalo say to his son when he left for college?

Answer: Bison.

If a plant is sad, do all the other plants photosympathize with it?

Question: What does a clock do when its hungry?

Answer: It goes back four seconds.

I was trying to write a pun about quicksand, but I'm stuck.

Question: What did the scarecrow say during his job interview?

Answer: This job isn't for everyone, but hay....it's in my jeans.

Give Blood, Give Life

Working with the American Red Cross for the Glendale Adventist Medical Center, the GAA family donated 21 pints of blood on Veterans Day. Red Cross flyers on campus reminded students that "in the United States, someone needs blood every two seconds."

Senior Jessica Roberts, a first time donor, reasoned that "if you don't have a reason not to, why not donate?" Junior Alex Cosios, who volunteered for a double red cell donation, said that "it's great to know that I can help even more people." Senior Samantha Martin said that she gives blood because she wants to help people in need. Her brother-in-law, US Navy Petty Officer Jean McKinney, stopped by to donate as well. Petty Officer McKinney said, "Helping American people doesn't happen with just deployment."



NHS Heart & Sole Project

by Sydnee Nicolas, Class of 2015



*"Remember the words of the Lord Jesus, that He said,
'It is more blessed to give than to receive.'"
Acts 20:35*

Giving is more rewarding than receiving: National Honor Society (NHS) members experienced this lesson first hand through Heart and Sole, an annual service project to benefit Los Angeles area homeless. In the project's first phase, Socktober, NHS asked classmates to donate socks and snacks. GAA responded by giving more than 200 pairs of socks. During NHS vespers, students filled 70 to-go bags, each with at least two pairs of socks, two water bottles, and food items like granola bars and soup-in-a-cup. Also added to the bags were Giving Light to Our World (GLOW) tracts.

The second phase of Heart and Sole took place at Eagle Rock SDA Church. On 17 November 2014, nine NHS students, along with advisers Ms. Gross and Ms. Marcarian, helped serve 60 people at the weekly Soup Kitchen. After the meal, students distributed the to-go bags. While students were cleaning up, one of the guests stayed behind to assist. Junior Kaylee Pak noted that "we were there to serve him, but he wanted to give something to us in return."



Senior Marla Mallari noted that "their joy made me happy." Junior Matthew Hutchinson, an Eagle Rock member, added that volunteering has helped him gain "valuable perspective." Junior Lucas Marcondes said that while he played the piano during the meal, he could feel the Holy Spirit working through the music. When the hymns began, guests' "faces lit up as if they had forgotten about the struggles they were facing."

Hot Pink for Health

by Emily Carvajal, Class of 2016

Twenty determined and enthusiastic Junior and Senior girls, clad in hot pink, trekked to Pasadena on 31 October 2014 to volunteer at the 14th annual Southern California Women's Health Conference. The students worked all day assisting workshop speakers, filling and distributing gift bags, moving mountains of boxes, posting official social media, and providing help wherever it was needed.



Mrs. Warlick-Bryant, GAA Business Education teacher, is a member of the Event Planning Committee for Pasadena's Community Women Vital Voices which sponsors the Health Conference. For more than ten years, she has donated her time as the Volunteer Coordinator. Because of her connection to our school, she has been able to bring in GAA students as event volunteers even though the Conference usually asks for college students to help. Mrs. Warlick-Bryant notes that the Health Conference actually prefers GAA student volunteers "because of their professionalism, positive attitudes, attention to detail, and their ability to make conference attendees feel welcome."

Not only did the students help the conference run more smoothly, they were inspired by and learned from the "community-based health organizations, medical professionals, and beauty and wellness experts" who had gathered to share "a day of education, inspiration, and fun" with the women of Southern California.¹

¹ "Welcome." Southern California Women's Health Conference & Green Expo, n.d. Web. 5 Nov. 2014. <<http://socalhealthconference.com>>.

Save the Date

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

- 01 Rosa Parks stays seated (1955)
- 02 Abolish Slavery Day (United Nations)
- 07 Pearl Harbor Remembrance Day
- 10 Human Rights Day (United Nations)
- 12 Poinsettia Day
- 12 Ugly Christmas Sweater Day
- 13 Sequential Day (12/13/14)
- 15 Bill of Rights Day
- 16 Boston Tea Party Day
- 17 Wright Brothers Day
- 20 Go Caroling Day
- 21 Plymouth/Forefathers Day
- 21 Winter Solstice
- 22 National Haiku day
- 25 Christmas Day
- 27 Make a Paper Snowflake Day
- 31 New Year's Eve

Slavery Footprint

Did Uzbek children harvest the cotton in your shirt? Did a Côte d'Ivoire girl pick the cocoa beans in your chocolate bar? Is it possible that an Indian boy stitched the soccer ball you kicked? December 2nd is Abolish Slavery Day, and an estimated 27 million people are enslaved today.

Justin Dillon, of Made in a Free World, teamed up with the U.S. State Department in 2011 to combat 21st century slavery. To bring awareness to the pervasiveness of the issue, they launched SlaveryFootprint.com, an award-winning site that allows visitors to take an interactive survey of products consumed to estimate how many forced laborers might work to produce the goods they use. The website also helps visitors send email to companies asking them to investigate slavery in their supply chains and ensure freedom and the protection of human rights amongst all their workers.



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Cougar Prints

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Images courtesy of:

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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

01-18 Thespian Society Toy Drive (donation bins in Mr. Payne's classroom)

02 H&S FUNdraiser at Americana in Glendale (Granville Café and Barnes & Noble)

02 Chorale at St. Leon Cathedral in Burbank (event begins at 7:00 p.m.)

04 Chorale at GAMC for "Light Up My Life" (event begins at 5:30 p.m.)

05 Christmas Trees Delivered to School (Thespian Society fundraiser)

05 Chorale at Glendale City SDA Church (concert begins at 7:30 p.m.)

06 Chorale at Santa Clarita SDA Church (meet at church by 10:00 a.m.)

07 SAT

10 Chorale at GAMC (leave school at 8:00 a.m.)

11 Music Department Concert at GAA (concert begins at 7:00 p.m.)

13 Chorale at Eagle Rock SDA Church (meet at church by 10:00 a.m.)

14 ACT

15-18 Exam Week

19 Minimum day (no classes; make-up day for exams and detention)

22 Dec - 04 Jan Christmas Vacation

05 Jan School Resumes

07 Jan NHS Information Packets 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.

