

COUGAR PRINTS

Character | Scholarship | Leadership | Service

Spring into Action

by Hannah Decolongon, Class of 2016

As the spring sun rises with its rays warming the land, flowers start to bloom, trees begin to bud, and grass grows once more. Although we seem to have only one season in Southern California, the month of April means spring has arrived. I love winter, but I have to admit that spring is a beautiful season. All of nature comes out from its hiding places and fills the world with color, putting a smile on many faces. Nature does not need to be the only thing that opens up and spreads joy.

During this season, I challenge you to spring into action. When you see someone downcast or frustrated, share a smile and say hello. If someone is in need of help, be of assistance in any way you can. Simple actions like these can put a smile on people's faces, and, sooner than you know, the world will be a more colorful place. Just like spring, we can open ourselves to people and do good.

"I perceived that there is nothing better for them than to be joyful and to do good as long as they live." Ecclesiastes 3:12



Remembering Pearl Harbor

by David Cecil, Class of 2015

On 07 December 1941, the Royal Japanese Air Force launched a surprise attack on US military installations in Hawaii, pushing America into World War II. During the Senior Trip to Hawaii in March, the class took time to visit the *USS Arizona* Memorial to pay respect to the fallen sailors, gunners, Marines, and civilians who perished during the attack on Pearl Harbor.

With the help of a museum visit, park rangers, and active service personnel, students learned that those who fought to defend Pearl Harbor were just a few years older than themselves, found out about a navy cook who manned an anti-aircraft gun until ordered off the sinking battleship, and heard about a woman who lost her husband and son during the attack--becoming both a widow and childless in just minutes.

The service personnel and civilians demonstrated true character, leadership, and willingness to sacrifice their last full measure to the nation and to each other. The service of the valiant who died inside the *USS Arizona* and during the Pearl Harbor attack will never be forgotten.



A Walk to End Hunger

by Marianne Albarracin, Class of 2016

On 01 March 2015, members of the NHS braved repeated weather warnings of severe thunderstorms to participate in the annual 5K Crop Walk in Glendale. Church World Service sponsored the walk to help raise money to end hunger.

NHS members walked as part of Vallejo Drive SDA Church's challenge team. An anonymous and very generous supporter of the church and its community outreach projects donated \$100 for each participant on the team. Seventy-five percent of the money raised by the team went to support Adventist Development and Relief Agency (ADRA) world food programs, and the other twenty-five percent helped Share Our Selves (SOS), the local community center run by Vallejo Drive church.

The NHS students finished the 5K walk first, and were overjoyed that their efforts helped provide food to those in need both locally and globally.



A Decision for Christ

an Interview with Justin Khoe

Justin Khoe graduated from Glendale Adventist Academy in 2007. In 2010, he earned a certificate in Christian Leadership and Evangelism from SOULS West, the Seventh Day Adventist Outreach & Leadership School of the Pacific Union Conference. Justin graduated in 2015 from Western Governors University with a Bachelor of Science degree in Business Marketing. He has just begun work as the Program Head for Literature Ministries and the Full Circle Director for the Southeastern California Conference.

What experiences at GAA and college contributed to your decision to enter the ministry?

Mrs. Dickerson's (now Mrs. Williams) class was hugely important for me because she so clearly loves God. It was during her Bible class that I decided for the first time that I wanted to give my life to Christ. In the academy, Pastor Olivarria was instrumental in helping me to realize that I had fallen away from my Fourth Grade commitment. I remember Pastor O pacing the classroom asking us individually if we were ready for Jesus to come that day--and I knew my answer was no. It was unsettling, but it forced me to understand that I had stepped away from Christ.



During my first year of college, I participated in a mission trip to the Philippines. My very first experience preaching was overseas and to a group of several hundred people. After an entire week of outreach, I was amazed to see that God could use me to draw others to Him.

What memorable experience at SOULS West encouraged you to continue pursuing the ministry?

During my last practicum, I had an opportunity to meet Michael. Over several months, I gave him Bible studies, and eventually he and his wife, and even their two sons, made a

decision for Christ and were baptized. Several years after graduating, I received a New Year's Day phone call from Michael. We had lost touch, but he called to give me an update. He and his wife loved their new church family, and were continuing to grow in faith. Their boys were now attending the local Adventist academy. He called to thank me for helping introduce him to the Savior.

How has your life changed since taking a stand for Christ?

How has it not changed?! Before taking a stand, my life was dull



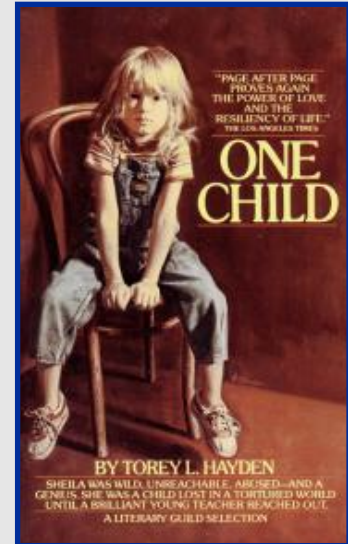
beyond measure because I was just going through the motions with no "fire behind my eyes." But now I wake up every day with a purpose. I am engaged in something that has eternal impact. I no longer aimlessly wander because I now have a mission and goal in life. That goal is to bring honor to Christ and to help others get to know Him better.

What advice would you share with high school students as they consider college and career choices?

Choose a life purpose. Ask yourself, why are you here? Why did God place you in this specific place at this specific time? Until you discover God's purpose for your life, you will never be fully filled. Surrender your plans to God, and allow Him to lead you.

What Bible verse especially inspires you right now?

John 14:12 "Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father." I have long been someone who dreams big dreams. I like to accomplish much, and this carries over to my spiritual life as well. I love how high Jesus sets the bar, and gives us the assistance we need to meet His challenge.



Book Recommendation

by Kimia Fariborz, Class of 2016

*You made me cry.
And you didn't seem to mind if I did
you just said that the games are over
and waited
until all my tears turned into
Joy.*

I am not known as the most patient person. Nor will I ever be. Considering this, I have always had much respect for those who are, especially toward children. One person who has immense patience is special education teacher, Victoria Lynn Hayden.

In 1980, Torey Hayden wrote *One Child*, a book that started out as a personal journal of a time when Hayden welcomed Sheila into her classroom. The abandoned, abused, neglected, and law-breaking six-year-old belonged nowhere. With no room in the state hospital, Sheila, kicking and screaming, joined Torey's special ed class. With the class balance already precarious, Sheila's killing of the classroom fish caused a ruckus that would have left me vanquished and utterly frustrated.

Where most would have given up, Torey continued to care for Sheila as if she were her own, treating her with love, care, and patience. Refusing to back down or give up, Torey discovered that Sheila, lacking any formal education, had a genius-level IQ. The security and strength of the trusting relationship between the two gave Sheila the opportunity to live a new life.



Skiing Lessons

by Marianne Albarracin, Class of 2016

*"Be strong and courageous;
do not be afraid."
Joshua 1:9*

Lesson 1: Be Prepared

The PE Department's trip to Mountain High on 27 February 2015 was my first experience with skiing. Lacking all necessary gear, I borrowed everything from clothing to boots, skis, and poles. Fully prepared due to generous friends, I looked like I knew what I was doing. With all the right equipment, I had the tools I needed so I could now focus on learning how to ski.

Lesson 2: Great Friends Pick You Up

To save both time and money, I opted out of formal ski lessons. My friends are experienced skiers: Emily Carvajal and Kimia Fariborz taught me the basics, and Mahta Marefat hauled me to my feet each time I fell. They could have raced off without me, but they chose instead to stay by my side to ensure I made it safely down each run.

Lesson 3: Fun Is Better When Shared

By the end of the day, I was actually able to ride the lift by myself and ski down more difficult runs, thanks to the teaching expertise of friends. We now share great memories to laugh about: my fearing death on the first ride up the lift and then falling when I attempted to get off, the number of epic tumbles on my first trip down the mountain, Mahta yelling "Slow down!" just before I crashed into the Slow sign at the bottom of the slope, and finally gaining enough skill and confidence that I could keep up fairly well as I chased Mahta's neon hat through the mountain fog. I am glad I went on an exciting trip with amazing people.

I Fly

an acrostic poem

by Kimia Fariborz, Class of 2016

Knife sharp gusts slash my face a blush scarlet as I

Inhale the thin, rigid air.

Mountains, all snow-capped, emanate untouched elegance,

If not fear, of the unknown.

All is quiet, except for the howl of the wind and the surprisingly loud

Minty aftertaste of the lozenge I had played

Over my tongue during the trip up in a

Narrow, rickety ski lift.

In a rush of confidence, I push my ice-capped K2s and glide closer to the jutting edge.

...Really?

Farther than my weak eye will ever focus,

An uncomfortably ominous drop patiently awaits my inevitable fall.

Reeling, grasping at straws on how to escape seemingly certain death,

I acknowledge that the only way down is by my own skis, skills, and decision to be fearlessly

Brave.

Overlooking the unknown is one of the most fearful yet humbling experiences. Finally

Ravenous and bloodthirsty for adventure and with a

Zealous thrust of my poles, I fly.





He Called Me to Teach

by Melissa Salazar, Class of 2012

Melissa Salazar, GAA Alumna and NHS member, first wrote for *Cougar Prints* in the January 2015 issue. This article can be accessed on the school's website at www.GlendaleAcademy.org by clicking on High School and then on Newsletters.

After a long and restful Christmas vacation, I was eager to begin a new year and a new quarter of teaching. I had carefully prepared creative and fun lessons to engage my students in learning. I was exactly halfway through my missionary year on the Pacific island of Ebeye, and I was thoroughly enjoying it. I was convinced that the hard times of adjustment to island culture were over and that life could only improve; however, a colossal number of problems began to spring up.

Miss, why are we not going to school anymore?

Missah, is our school falling down?

Miss! Will we still have a school?

The weekend before classes resumed, our principal called an emergency meeting with the entire staff. He announced that during vacation an inspector had condemned the school due to a faulty foundation. At the beginning of the year, I had noticed major cracks in the brick walls, but I had not thought too much about it. Now, as a result of the inspection, the school board postponed classes for two weeks to resolve the issue. During these two weeks, the missionaries and the students felt aimless and confused because the future of our school was so



Scholarship Opportunity

by Jake Sy, Class of 2015

The Ayn Rand Institute holds an annual essay contest for high school juniors and seniors. To participate, students must have read Rand's *Fountainhead*. Essays, 800 to 1,600 words long, must be written on one of three topics listed on the website. One first place winner is awarded \$10,000, five second place winners earn \$2,000, and ten third winners receive \$1,000. The essay deadline is 26 April 2015, and submissions can be made through the mail or online. See www.AynRand.org and click on Essay Contests for more details.

Check It Out Online

The First Mess: Laura Wright, Canadian culinary graduate and food photographer extraordinaire, shares her vegan and often gluten-free recipes along with stories that go along with the cooking experience. Laura's food blog was the 2014 winner of Saveur's Best Food Blog Award as the Editor's Choice for Best Special Diets Blog. Find her site at www.TheFirstMess.com.

Jennifer's Kitchen: Jennifer White, of Michigan's Berrien Springs, presents research-supported recipes that promote healthy living. Most of her beautifully photographed and simple recipes are vegan and even gluten-free. Jennifer gives detailed instructions, tips, short cuts, and explanations so that both expert and novice cooks will experience success. Foodies can find the website at JennifersKitchen.com. Consider signing up for Jennifer's newsletter.



That's Puntastic!

by Mahta Marefat, Class of 2016

I challenged my friend to an art contest, but it ended in a draw.

I had a pun about insanity, but then I lost it.

Question: How did the nucleus escape from prison?

Answer: Through the cell wall.

That tower in Paris is really an eye full.

Person 1: What's the difference between a piano, a tuna, and a pot of glue?

Person 2: What?

Person 1: You can tuna piano, but you can't piano a tuna.

Person 2: What about the pot of glue?

Person 1: I knew you'd get stuck on that one.

Goodbye, boiled water. You will be mist.

Question: How do you put a baby alien to sleep?

Answer: You rocket.

Dr. Ashley Prosper Update

Congratulations to Ashley Prosper, Class of 2003 and NHS member, who completed the 30th annual Los Angeles Marathon on 15 March 2015. The "Stadium to Sea" course began at Dodger Stadium and ran past most of LA's major landmarks before ending near the Santa Monica Pier. Read more about Dr. Prosper in the February 2015 issue of *Cougar Prints*.



uncertain. It was a time of constant prayer. At the end of the two weeks, our principal called another meeting.

Lord! What is going on? I need to know!

What is going to happen to our school?

Will I have to leave Ebeye before the school year is finished?

Our second emergency meeting ended close to midnight, and I left still feeling anxious. A rush of adrenaline and nervousness filled my body as I tried to fall asleep that night. The words that our principal

emphasized at the beginning of the school year ran through my head--"be flexible, be flexible." I had never fully understood and applied the true meaning of these words until this year. I knew that the next few months would be even more



challenging. At the meeting, we had been informed that the elementary classes would rotate through the two classrooms not attached to the condemned school building. Middle school students would have classes inside our apartments, and the high school would meet in tents on the school's property.

As my middle school students began filling our apartment, I felt nervous and excited to finally begin classes again. After the school building's fancy decorations, neatly arranged desks, and squeaky clean chalkboards were stripped away, alas, it was only my students and I.

Miss, I like school here better. Let's go play in your room.

Missah, may we have something from the refrigerator?

Miss, let's just watch a movie today.

A year ago, as I earnestly began to pray for my students and for this year of service, I never imagined the amount of obstacles I would face. As the first few weeks of teaching in the apartments flew by, I asked God to help me be positive and resourceful despite our situation. In the new space, I was able to use YouTube videos to enhance learning, implement a consistent

tutoring schedule, and take advantage of our air-conditioned learning environment. I was finally beginning to understand that my students could still learn even if they were using stacked books as desks and my apartment floor as seats. The air-conditioning even helped my students stay alert and focused longer. I began to see God's blessings in disguise. My students were learning more than before. Although my teaching environment was more challenging, my character and attitude were changing. I was beginning to see that God was teaching all the missionaries to persevere and trust Him no matter what.

Lord, I'm exhausted.

I don't know how much longer I can do this.

Please. I need strength and direction.

Just as middle school students adjusted to school in our apartments and high school students got used to classes in tents, we were all relocated yet again. Currently, my students are meeting in a nearby church hall and the high schoolers have classes at night using the public school classrooms. I am learning that *wherever* a teacher is, a student can learn. I can adjust to a stormy tent, crowded office, students scattered across my apartment floors, in a narrow hallway, and even--when needed--in the back of the police station. It does not matter if I have a



classroom, enough books, or a chalkboard because God will provide the means to do what He called me to do in Ebeye--He called me to teach.

As the year is coming to an end, God is constantly reminding me to "be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless" (I Corinthians 15:58).



Save the Date

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

- 01 April Fool's Day
- 01 National Fun at Work Day
- 02 Peanut Butter and Jelly Day
- 03 Pony Express Day
- 04 International Pillow Fight Day
- 04 Passover
- 11 Barbershop Quartet Day
- 12 Drop Everything and Read Day
- 12 Grilled Cheese Sandwich Day
- 13 Scrabble Day
- 14 National Library Day
- 15 Holocaust Remembrance Day
- 15 Income Tax Day
- 17 Haiku Day
- 20 Patriot's Day (Massachusetts)
- 22 Earth Day
- 23 Talk Like Shakespeare Day
- 24 Armenian Genocide Remembrance Day
- 24 Arbor Day
- 26 National Pretzel Day
- 30 Poem in Your Pocket Day



How Sweet the Sound

You are invited to attend "How Sweet the Sound," a concert of sacred music on 01 May 2015, the Friday night of Alumni Weekend. The free concert begins at 6:00 p.m. in the Charles E. Watkins Auditorium on the Glendale Adventist Academy campus. The concert is sponsored by the National Honor Society, and an offering will be collected to benefit the Worthy Student Fund.

Special Thanks

We would like to thank Kirk Dunn, Class of 1974, for his generous donation that made it possible to print and mail copies of this month's issue.

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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 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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April Calendar

02 No School
(PTC 1:00-6:00 p.m.)

06-10 Week of Prayer

06-10 SA Spirit Week

09 Volleyball

Boys v Orangewood (4:30 p.m. in gymnasium)

11 Music Department at Glendale Filipino SDA (10:00 a.m. at church)

19 ACT (7:45 a.m. at GAA)

20 Junior/Senior Ditch Day

21-26 Music Tour to Seattle WA

22-23 Enrichment Days

24 No School/Armenian Genocide Remembrance Day

27 Volleyball Boys v Oakwood (4:30 p.m. in gymnasium)

29 Volleyball Boys v New Community (4:30 p.m. in gymnasium)

30 Volleyball Boys v Providence (4:30 p.m. in gymnasium)



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.

