

COUGAR PRINTS

Character | Scholarship | Leadership | Service

Bitter becomes Sweet

by Hannah Decolongon, Class of 2016

On the fourteenth of this month, stores will be bustling with people buying flowers and chocolate for their loved ones. Chocolate is a major component of Valentine's Day, as evidenced in many movies, books, and commercials.

This sweet little gem was not always the tasty candy as we know it, so let us start its story from the beginning. Chocolate comes from cacao tree seeds, which have an immensely bitter taste. Before it can become our much beloved chocolate, cacao seeds must be fermented, then dried, cleaned, and roasted. After all these steps, the shell is removed and the nibs are crushed, resulting in a pure chocolate form.

How can something so bitter become something so tasty and sweet? How can we put this into perspective in our lives as well? Sometimes we think that we can not change, that our bitter attitudes and our negative attributes will always be with us. However, we have the chance to be cleansed and to have our rough shells removed. We have the chance to become better--to become new.

2 Corinthians 5:17 states, "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." So do not worry if you feel as if you cannot instantly change yourself from bitter to better. Like the cacao seed, we just need a bit of help, and with the help of our everlasting God, nothing is impossible.



Our Family Just Got Bigger

By Mahta Marefat, Class of 2016

On 29 January 2016, Glendale Adventist Academy's chapter of the National Honor Society (NHS) welcomed nine students into the family, bringing the new total to 31 members.

NHS is based on four pillars: Character, Scholarship, Leadership, and Service. Each member excels in these areas, using their skills to help peers and the community. Students participate in and lead community service projects, tutor on and off campus, and grow to be responsible, hard working, and loyal. Being in NHS allows students to thrive academically and socially as it creates a network of resources and friends. The projects in which members participate developing critical thinking, analytical, and problem-solving skills, which stay with them throughout their lives. The opportunities members are exposed to prepare them for a successful life, filled with both work and fun.

Welcome to the National Honor Society, inductees, and may the members and the four pillars help guide you and grow with you.

Sereena Yeghiazarian
Sophomore

"I am joining NHS because I want to surround myself with people who share the same values. Being part of the National Honor Society will remind me to do the best for myself and for others."



Meet Phat Teo

Right before Christmas, NHS members donated enough money to pay a year's salary for a teacher in a developing nation. In January, Adventist Southeast Asia Projects (ASAP), introduced NHS students to the teacher their donation hired. He is Mr. Phat Teo.

Mr. Teo, a father of six, is a literacy teacher working in a mission school in the Prey Veng Province of southeastern Cambodia. Because he is teaching, seventeen more children can now attend school. His students range from the age of six all the way up to thirteen.

In addition to teaching reading and writing, Mr. Teo shares weekly Bible studies with his students, and he is teaching them about the power of prayer.



When not in his classroom, Mr. Teo leads a worship group in his village where the regular attendance includes 40 adults and 30 children. Some parents of his non-Adventist students have started to attend these meetings.

Join us in supporting Phat Teo through prayer as he educates students for heaven.

Learn more at ASAPMinistries.org



Jennifer Carvajal
Sophomore

"I want to be a member of NHS because I want to be part of a group I am proud of. Joining NHS will present me with opportunities to help people."



Nontaporn Chernbumrung
Sophomore

"As a member of the National Honor Society, I can shape the environment, be part of giving others opportunities, and help serve."



Alyssa Danlag
Sophomore

"My favorite Bible verse is Mark 9:23--'As far as possibilities go, everything is possible for the person who believes.' Through NHS, I can help create possibilities for people in my community and around the world."



Brandon González
Sophomore

"Martin Luther King, Jr. once said that 'our lives begin to end the day we become silent about the things that truly matter.' As part of NHS, I can take action on things that matter for people who need help."

Natalie Gregg

Sophomore

"I would like to become a member of NHS because I like to push myself to do my very best."



Kristine Nicolas

Sophomore

"I want to be part of the National Honor Society to help make a difference at school and have a positive impact in the community."



Taylor Nicolas

Sophomore

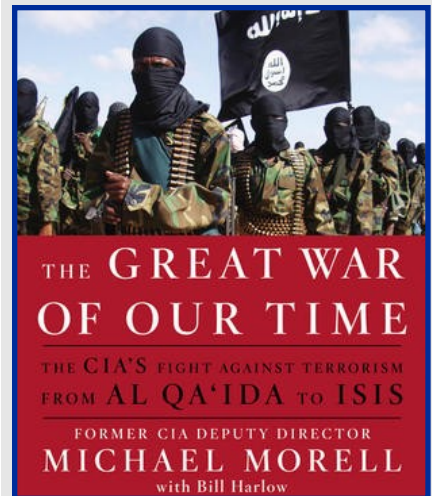
"In NHS, I can be a part of a group of students who work together to provide positive examples of character, community service, and spiritual growth."



Camille Pizarro

Sophomore

"I want to be part of the National Honor Society because the members have the same goals that I do for high school and for the future."



Book Recommendation

By Janine Mozoomdar, Class of 2016

"The 9/11 Commission said that the September 11 attacks resulted...from a failure of imagination. I have never agreed with that...9/11 was not a failure of imagination. It was a national failure."

The CIA is often depicted as a crime fighting agency, saving the day in a hail of bullets and dramatic explosions. In reality, the CIA consists of normal people working tireless hours to ensure the safety of the American public.

In *The Great War Of Our Time* (2015), former CIA Deputy Director Michael Morell offers insight into and assessment of the CIA's acts of counterterrorism during the past twenty years. Morell shares his opinions on controversial issues, from the use of torture to Edward Snowden to Osama Bin Laden and ISIS. He details the events of 9/11, and explains the CIA's response (all that is not classified).

Without fear, Morell addresses the issues of the CIA, pointing out what could have been handled more effectively, even describing his own shortcomings and failures.

In his long career, Morell has worked alongside President Obama and former President Bush. He accounts his interactions with the two executives, ranging from frightening to quite humorous, painting them as more than just presidents, but as real human beings.

Resident Scholars

by Janine Mozoomdar, Class of 2016

Senior English students are delving into scholarly sources as they gather evidence necessary to defend positions taken on current topics of debate. Below is a small sampling of what they are researching:

Male Brain v Female Brain

by Mahta Marefat

Several years ago, there was a theory claiming that male brains are naturally better at science and math. For my research paper, I want to discover if this superiority exists, and, if it does, find out if it is biological or societal.

Pluto's True Identity

by Hannah Goulmassian

The International Astronomical Union (IAU) has demoted Pluto from a planet to a dwarf planet. I will be researching the history and status of the planet to discover if this demotion is worthy.

Flat Tax: Would it Work?

by Grigor Stepanyan

In the middle of all the political rhetoric by presidential candidates, I have been most interested in what is being said about taxes. My research will focus on discovering the merits and the problems of implementing a flat tax in the U.S.

Effect of Technology on Children

by Desirae Darrett

Although advancement in technology is clearly beneficial, it can also be harmful to the minds of developing children. A Kaiser Foundation study revealed that elementary-aged children use an average of seven hours a day of entertainment technology and fifty percent of North American homes have the television running all day. I will study the role that extensive access to technology has had on the increase of physical, psychological, and behavioral disorders exhibited by children.

Dinosaurs: God's Creation?

by Hannah Decolongon

There are certain attributes of dinosaurs that suggest that they were results of amalgamation and yet other attributes could be the result of creation. My research will attempt to discover how dinosaurs can be explained in the light of the Bible.

Let it Snow

An early fall of fresh powder drew thirty-five GAA students and teachers out of the classroom on 15 January 2016 to enjoy a day of snowboarding, skiing, and sledding at Snow Valley Mountain Resort, about seventy-five miles east of Glendale in the San Bernardino Mountains.





Pink is for Hope

by Kaylee Pak, Class of 2016

Denim Day is an annual NHS-sponsored, schoolwide fundraising event at Glendale Adventist Academy that raises money for breast cancer research and increases awareness about the issue. Students, faculty, and staff show their support by donating money, donning pink ribbons, and wearing blue jeans and a pink or white shirt. Some students and teachers add accents of pink to their wardrobe with socks, hair accessories, shoes, or jackets. During this year's one-day event, we were able to raise \$1100 for the American Cancer Society.

The American Cancer Society is the largest organization in the U.S. helping to fight breast cancer. They, with the help of Lee National Denim Day, have raised over \$93 million dollars since 1996. Donations are used to fund research that helps minimize the risk of this cancer by detecting it early enough to be treated. Donations also help to pay for the stay of those traveling to get treatment. According to the the Cancer Society's website, their efforts have contributed to a 35 percent drop in the breast cancer mortality rate since the mid-1960s. Breast cancer is the most common cancer that women experience after skin cancer.

To GAA, Denim Day is personally important because of the number of family and friends who are struggling with the disease. Senior Johanna Bazan supports Denim Day: "I've had many family members who have had cancer; not specifically breast cancer, but cancer in general. It is a horrible disease that tries to take away the most beautiful people, and I hope that soon every penny given will enable scientists to find a cure." Mahta Marefat, another senior, says "breast cancer is a serious issue and shouldn't be sexualized. It's about the person, not their breasts."

Consider helping NHS and GAA support this cause next year, and together, we can work toward a cure.



Birthday Baptism

by Alexa Jacinto, Class of 2017

I had been waiting for this moment for a very long time. Excitement filled me as Pastor Simeon Rosete of Central Filipino SDA Church gave me a robe and explained how the service would progress.

I donned the baptismal robe and stepped into the water as the pastor introduced me to the congregation. He told them that today, 02 January 2016, was an extra special day for me. Not only was this the day of my baptism, it was also my birthday, and, like my older my sister before me, I would be baptized on my birthday.



When I rose up from the water as a renewed soul for Christ, I remember having the biggest smile on my face. I belonged to God's family, and my spiritual life was renewed and refreshed.

Determining to find time for Bible studies and time for being alone with God has been one of the best decisions I have ever made. For months, I had been studying with Pastor Ben Garcia, one of the Bible teachers at GAA. With his guidance, I was able to find my own experience with God.

Deuteronomy 4:29 says, "But from there you will seek the Lord your God and you will find Him, if you search after Him with all your heart and with all your soul." I sought after God, and, finding Him, made the choice to be baptized. As part of His family, I have been blessed everyday.

That's Puntastic!

collected by
Mahta Marefat, Class of 2016

You would think that taking the shell off a snail would make it faster, but it actually makes them sluggish.

Question: What sound do porcupines make when they kiss?

Answer: Ouch.

$\sin(\text{gerine}) / \cos(\text{gerine}) = \tan(\text{gerine})$

I yam always happy to eat sweet potatoes.

Question: Why is the little strawberry crying?

Answer: His parents are in a jam.

A witty space traveler is just a sasstronaut.

Knock, knock.
Who's there?
Attila.
Attila who?
Attila later.

The tapeworm was replaced by the CD worm.

Question: What do penguins do in a race?

Answer: They peng-win!

Saint Patrick walked barefoot as an act of contrition, which made his feet rugged and blistered. He ate an ascetic's diet, which made him weak and gave him bad breath. All of this made him a super calloused fragile mystic hexed by halitosis.

Question: What did one elevator say to the other?

Answer: I think I'm coming down with something.



Spark Of Life

by Johanna Bazan, Class of 2016

There is nothing more fulfilling than sparking a positive emotion in another human being. To be given the opportunity to create in them joy, peace, or reflection, and to receive in return the simple gift of a happy teardrop or a smile. It was a chilly day after Christmas when the Central Filipino youth and young adults ventured to Glendale Adventist Medical Center (GAMC) to cheer up the patients.

At first, I could focus only on that scent unique to all hospitals--the smell of disinfectant mixed with anxiety. Our group entered the first hospital room, lining the walls and smiling timidly at the patient we found in the room. She lay in the bed; her wispy, white curls splayed across the hospital pillow and thin sheets wrapped around her lean body. With dull, black eyes and lips creased downward, she agreed to let us sing.

The words to "How Great Thou Art" quietly filled the room as our caring youth pastor gently plucked guitar strings. At first, we noticed no change at all in her demeanor, but then, her eyes began to brighten. Her lips parted slightly to issue the faintest of sounds which grew stronger and more assured as the song continued. She was singing with us in her native language, Armenian. Her voice carried the weight of hope, a sliver of happiness in a life full of sorrow and memories.

Her lips were never able to lift into a smile, but her eyes shone with their newfound spark--a spark of life. That Sabbath we sang, read Bible promises, prayed with, and gave flowers and get well cards to all patients who would let us spend time with them. Some would sing along, some simply smiled, and others lay silently, muddled in tears.

We were there for them, to cheer their spirits and share with them the love of God, yet I believe they gave us more than we could have ever given them: a chance to touch someone so deeply and be touched in return, sharing a touch almost divine.

Sweet Potato Black Bean Chili

by Jennifer White

reprinted by permission from JennifersKitchen.com

Ingredients

- 2 medium sweet potatoes, peeled and diced small
- 2 medium onions, diced
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 cup water or vegetable broth (see Notes)
- 3 cups (one 28-ounce can) crushed tomatoes
- 1 1/2 cups (one 15-ounce can) diced tomatoes
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 2 teaspoons cumin
- 2 teaspoons onion powder or granulated onion
- 1 teaspoon paprika
- 1 teaspoon garlic powder or granulated garlic
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 1/2 cups (one 15-ounce can) black beans, drained (see Notes)
- 1 1/2 teaspoons salt (see Notes)

Instructions

Peel and dice sweet potatoes and onions

In a soup pan, sauté onion and sweet potatoes in oil over medium heat until onions begin to look translucent.

Add garlic and sauté for 1 additional minute.

Add remaining ingredients, except black beans and salt.

Cover, and bring to boil. Reduce heat and simmer for 30 to 40 minutes or until sweet potato pieces are soft.

Add beans and season with salt to taste.

Cook until thoroughly heated.

Top with sour cream and serve hot with corn chips or corn bread.

Notes

If black beans and/or vegetable broth contain salt, you may want to reduce the amount of salt added at the end of the recipe.

Add cayenne, red pepper flakes, chili seasoning, and/or hot sauce for some spicy heat.



Save the Date

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

- Black History Month
- 01 Freedom Day (13th Amendment 1865)
- 02 Groundhog Day
- 03 15th Amendment (Right to Vote 1870)
- 04 World Cancer Day
- 04 Homemade Soup Day
- 05 Bubble Gum Day
- 07 Super Bowl Sunday
- 08 Chinese New Year
- 08 Boy Scout Day (1910)
- 09 National Stop Bullying Day
- 11 Make a Friend Day
- 12 Abraham Lincoln's BDay (1809)
- 14 Valentine's Day
- 15 Presidents' Day
- 17 Random Act of Kindness Day
- 21 Malcom X Assassinated (1965)
- 22 George Washington's BDay (1732)
- 22 World Thinking Day (1926)
- 22 Cook a Sweet Potato Day
- 25 National Chili Day
- 27 National Strawberry Day
- 29 Leap Day

Malcom X

by Kimia Fariborz, Class of 2016

According to the National Association for the Advancement of Colored People (NAACP), Black History month "acknowledges our past as a proud foundation for us to build upon so we may become better citizens, and together, form a more perfect nation." A trailblazer in black history celebrated for his work in civil rights this month is Malcolm X.

Born in 1925, Malcolm X was an American Muslim minister and activist. He lost his father to violence from a white supremest group during Malcom's childhood. After running afoul of the law in his early 20s, Malcolm spent time in prison where his siblings introduced him to the Nation of Islam (NOI) and its leader, Elijah Muhammad. Malcolm dropped "Little," his slave name, and adopted X to signify his lost tribal name.

While with NOI, Malcolm supported segregation of the black community. His political, economic, and social philosophies were centered on the black community gaining power above other groups. After his religious awakening during a pilgrimage to Mecca and his subsequent rejection of NOI, Malcolm turned to more peaceful approach. He later stated that he believed "that all human beings should be respected as such, regardless of their color." He worked for a year with Muslim Mosque, Inc., where he supported both Muslims and non-Muslims in the fight for black equality before his assassination on 21 February 1965.

Special Thanks

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- Page 5
 - M Salkey, H Decolongon, A Contreras: Kaylee Pak
 - Pink Ribbon: Kaylee Pak
 - A Jacinto and S Rosete: Ben Garcia, Class of 1990
- Page 6
 - Central Filipino Singing Group: Jocelyn Bazan
- Page 7
 - Sweet Potato Chile: JennifersKitchen.com
- Page 8
 - NHS Inductees: Sandra Gross
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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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Whatever things are true, whatever things are honest, whatever things are just, whatever things are pure, whatever things are lovely, whatever 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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February Calendar

01-02 Pacific Union College Experience

01 Home Game Basketball v Newbury Park (Girls 4:00 p.m.; Boys 5:30 p.m.)

04 Home Game Soccer v YULA (Girls 3:30 p.m. at Glendale Sports Complex)

04 Home Game Basketball v YULA (Girls 4:00 p.m.)

04 Home Game Basketball v Holy Martyrs (Boys 5:30 p.m.)

06 Band at Glendale City SDA Church (arrive by 10:00 a.m.)

06 Talent Show sponsored by Home & School (at 7:00 p.m. in auditorium)

12 Minimum Day

15 Presidents' Day/No School

17-20 "Just Claim It" NAD World Prayer Conference

21 International Dinner to benefit Junior Class (5:00 p.m. in cafeteria)

22-26 Student Week of Prayer

26 Benefit Concert Rehearsal (1:30 p.m. in auditorium)

27 Music Department Benefit Concert (5:30 p.m. in auditorium)

01 March Teacher Professional Development/No School

01-06 March New York City Drama Club Tour



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.

