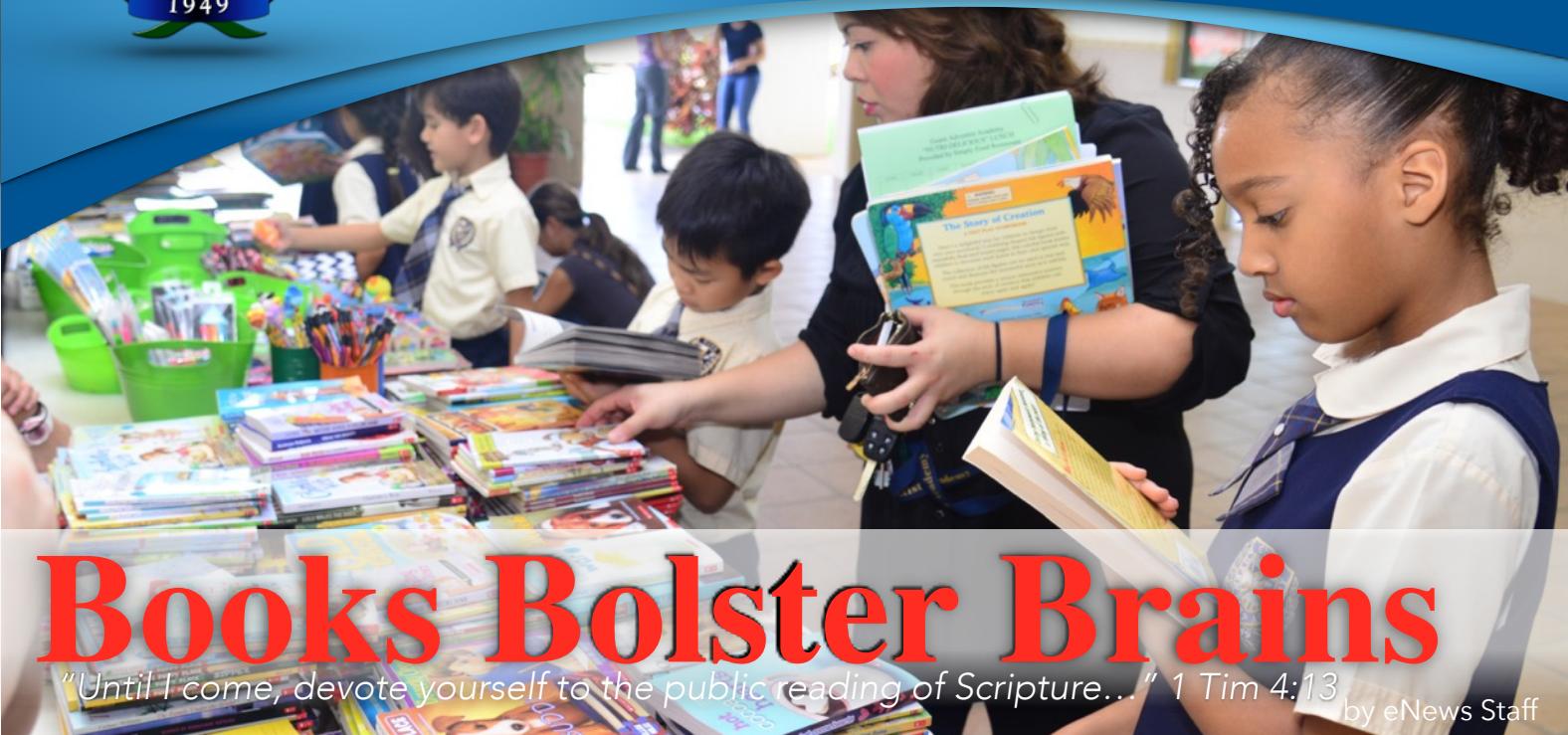




# ANGELS' MESSAGE



## Books Bolster Brains

*"Until I come, devote yourself to the public reading of Scripture..." 1 Tim 4:13*

by eNews Staff

### One of the greatest favors you can do for yourself is reading more.

Countless studies, articles, and publications, like The Harvard Business Review and Forbes, consistently reveal that ultra-successful people – the leaders and outliers – are also readers. Why? Reading boosts and expands the following:

- Speaking and writing skills
- Focus and attention spans
- Memory
- Goal-setting and time management
- Knowledge base
- Empathy and perspective
- Reflection and analysis

In fact, Ellen G. White writes in Christ's Object Lesson, "[I]f a book were kept at hand, and these fragments of time were improved in study, reading, or careful thought, what might not be accomplished" (343.4).

Reading books also induces physical changes in the brain, such as increased blood flow in various parts of the brain and new or enhanced neural connections. Just as exercising strengthens and builds the muscles of our body, reading keeps the brain healthy and invigorated. Need I say more?

And yet, for too many young people today, reading is a dirty word associated with "boring" and "uncool." It is disturbing that so many students pack their free time with social media, cell phones, TV, and video games instead of reading for fun. As a result, they sedate their fearfully and wonderfully made brains when they clearly can be achieving more and living to the fullest. The saying, "If you don't use it, you lose it," couldn't be any more true.

More importantly, just as reading in general keeps our brain alive and active, reading the Bible every day fortifies our connection with God and keeps our faith alive. For example,

Timothy 3:16-17 says, "All Scripture... is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work."

Furthermore, of all books, the Bible is the ultimate brain booster. Ellen G. White advises that "every student take his Bible and place himself in communion with the great Teacher. Let the mind be trained and disciplined to wrestle with hard problems.... Through the study of His word their mental powers will be aroused.... There will be an expansion and development of the faculties, and the mind will acquire power and efficiency" (COL 334.2-3).

So, READ. The single best favor you can do for yourself is reading the Bible daily, that is, learning at the feet of Jesus, the Creator of all things and the Source of all wisdom.



*"There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love." 1 John 4:18 (NKJV)*



JOIN  
READ-A-THON  
MONTH OF OCTOBER

# GIRLS VOLLEYBALL

The season started out by the girls voting to challenge themselves at the varsity level knowing that they were a mixed JV (junior varsity) and Varsity level team. A varsity team should consist of 11th and 12th graders that have at least 3-4 years of playing experience. Only three of GAA's players could qualify as varsity. Two players were rookies, (first-year) and two were just starting their second season as sophomores.



Considering this disadvantage, it was surprising to me that the GAA Angels were able to compete at a very close level requiring many of the all varsity teams to go three sets. GAA played many of these all varsity teams with just a 2-3 point loss. Needless to say, I was very proud of their ability to compete so well as a mixed varsity-JV team at the all varsity level despite their disadvantage. Another disadvantage for the Angels is that they are the only team that plays all their games away from the school. This includes less practice/warm-up time due to the required travel time throughout the



island, as well as using different equipment, and always being at the mercy of our opponents score-keeping, etc.

Lastly it was a very pleasant experience to coach this group of scholar-athletes (many if not all have very high GPA). It is always refreshing to coach self-motivated individuals so eager to learn, improve, and challenge themselves on a daily basis. Most of these student-athletes managed to keep a perfect, or near perfect attendance record in school and still practice for over two and a half months!

It has been a blessing, and is this type of experience that has kept me coaching here at GAA for the past 15 years.

- Coach McKeever



## PLEASE VOTE: ★★★★★ CLASS PRESIDENT

Mrs. Ward's first and second grade class are especially enjoying Social Studies this month as they learn about our government leaders and the election process.

The hands-on learning is providing students the step-by-step election process. The class is holding their own election for Class President. They started with their individual campaign speeches and posters. Then they nominated

six students this week whose names will be on the ballot. There will be more speeches and a debate before the (classroom) Election Day on October 19th.



Mrs. Ward has been impressed by how much her young students know about what is happening with the real life election. She guarantees though, that the candidates for her Class President are much less controversial!

Mrs. Janet Ward

## Chaplain's CORNER

Every parent wants to give his/her child the very best. However, the truth is great parents give...but not too much.

There are some parents who lose their personal identity by doing more than their role as parent. They do everything for their child for the sake of feeling needed by their child. Of course, this is not healthy. We as parents must consider drawing a balance between providing for our children's needs and providing opportunity for them to learn responsibility. As our children grow, it is important for them to be allowed to do the tasks they can perform as they are able to do so. Even toddlers can learn to put their toys away. Older children, including teenagers, can and should do chores. When this pattern is done, children grow up realizing every member is needed and feeling a sense of belonging. This truth was seldom lost during the time when most families were farming because "all hands on deck" was necessary to survive. Certainly, every child knew he/she was important to the group. However, that sense of individual responsibility is not as easy to come by in a society that provides everything and expects little to nothing of its children.

As modern conveniences have attributed to this dynamic, another sad truth does as well. These days more and more families experience divorce or have busy parents, where both are preoccupied with work. As a result, many parents indulge their children to compensate for the time and energy they cannot provide to them. When parents feel guilty for the time they cannot spend with their children, they tend to give in to their children's demands and requests. When parents feel guilty for losing their temper due to lack of sleep and stress, they tend to do the same. Diane Ehrensaft points out that this pattern of responding to guilt by giving in to our children's demands and failing to set consistent limits on misbehavior usually stem from the desire to avoid conflicts in the brief time parents have with their children. In the end, we become less and less able to distinguish between our children's demands as compared to their needs.

In these last days, let us consider carefully how we use our limited time and energy. Let us humbly ask God for wisdom so that we may balance the responsibilities in our lives. May we give our children what they need. Next time, let's explore how we can parent without giving too much, rescuing, protecting, hurrying and being too busy.

Blessings.

# COMMUNITY HELPERS: FIREFIGHTERS!



The PreK/Kindergarten class's learning focus these past two weeks has been about community helpers, fire safety and prevention. The students took a field trip to the Talofofo Fire Station this past Tuesday. They were given a tour of the fire station, an interior and exterior view of the fire truck, and a demonstration on



how a water hose is hooked up to a fire hydrant.

Some interesting facts they learned: the building was constructed in the late '70s, there is only one female firefighter on the island of Guam, there are a total of twelve firetrucks on island, a lieutenant works a 24 hour shift every other day (They cook, sleep, and do their laundry there. It's their second home!) In emergency cases, such as a typhoon, a lieutenant's top priority is to help the community first.

Overall, the students had a great first time experience visiting and learning about a day in the life of a firefighter.

– Mrs. Gizelle Lee



**E**very school day, the faculty and staff spend a few minutes in the morning praising God and praying for our students. This week, we have been listening to excerpts from the book *Steps to Christ* by E. G. White. (There are free copies available in the office.) The author wrote the following:

Many, walking along the path of life, dwell upon their mistakes and failures, and disappointments, and their hearts are filled with grief and discouragement. While I was in Europe, a sister who had been doing this, and who was in deep distress, wrote to me, asking for some words of encouragement. The night after I had read her letter I dreamed that I was in a garden, and one who seemed to be the owner of the garden was conducting me through its paths. I was gathering the flowers and enjoying their fragrance, when this sister, who had been walking by my side, called my attention to some unsightly briars that were impeding her way. There she was mourning and grieving. She was not walking the pathway, following the guide, but was walking among the briars and thorns. "Oh," she mourned, "is it not a pity that this beautiful garden is spoiled with thorns?" Then the guide said, "Let the thorns alone, for they will only wound you. Gather the roses, the lilies, and the pinks." (117)

Focus your attention on thanking God for all the blessings He has given us! It is written in Philippians 4:4: "Rejoice in the Lord always. I will say it again: 'Rejoice!'"

## Principal's message



"Jungles are, more often than not, full of animals and abundant with food for those animals. And so jungles are very much like cities in nature. Monkeys swing through the trees... tigers scurry through the underbrush. But all these animals are in danger now. Those jungle homes that should be eternally available are slipping away. Because of our want for such an easy-going life, we have not taken into account the needs of our jungle friends. Hopefully we can change this in the future."

**Samuel Duenas, 9th grade**

The desert is hot,  
I will never go, I will not.  
Sand dunes are high,  
Climbing them will be trouble, oh my.  
How can camels survive?

**Ryleigh Go, 9th grade**

Some mountains are tall,  
Some mountains are short,  
We can't count them all,  
On one I built a fort.  
Some mountains are white,  
Some mountains are green.  
I think out by them at night,  
Especially the ones I haven't seen.  
There is Mount Everest,  
There is Kilimanjaro,  
Don't know the rest,  
Maybe I'll see one tomorrow.  
Some mountains are point,  
Some can be round,  
And they never make a sound,  
Hush...

**Glynnell Robinson, 9th grade**





## UPCOMING EVENTS

**2nd Quarter Begins**  
October 12, 2016

**Picture Days**  
October 17-21, 2016

**SDA Clinic 5k Walk/Run**  
October 23, 2016

**Parent Teacher Conferences**  
October 24, 2016

**Red Ribbon Week**  
October 24, 2016

**GAA Sabbath at Happy Family**  
October 29, 2016

**No DPW Buses**  
November 2, 2016

**NHS/NJHS Induction**  
November 3, 2016

**Veterans Day: No Classes**  
November 11, 2016

**Progress Reports**  
November 14, 2016

**SA School Spirit Week**  
November 14-18, 2016

**Thanksgiving Feast**  
November 23, 2016

**Thanksgiving Day: No Classes**  
November 24, 2016

**Flex Day: No Classes**  
November 25, 2016

**Christmas Concert Rehearsal**  
November 30, 2016

**Christmas Concert**  
December 6, 2016

**Open House**  
December 5-9, 2016

**No DPW Buses**  
December 8, 2016

**Delizioso!** GAA 8TH GRADE FUNDRAISER  
**SPAGHETTI DINNER NIGHT**  
IN AGANA HEIGHTS  
AHSDA CHURCH FELLOWSHIP HALL  
TUESDAY, OCTOBER 18, 2016  
5PM - 7PM (CARRY-OUT @ 4:30PM)  
\$8.00 PER PLATE  
**Scrumptious Vegetarian Menu:**  
DELICIOUS SPAGHETTI MARINARA!  
TASTY GARLIC TOAST  
HEARTY POTATO SALAD  
COLE SLAW  
*with Complimentary Beverages:*  
REFRESHING FRUIT PUNCH  
OR COLD WATER

# PICTURE DAY!

OCT 17: Kinder, 10th and 11th Grade  
OCT 18 1st, 2nd, and 9th Grade  
OCT 19 3rd, 4th, 7th and 8th Grade  
OCT 20 5th and 6th Grade  
OCT 21 12th Grade

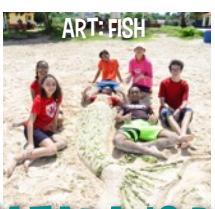
Get a haircut. Put on your best shirt and necktie. Perfect picture? Don't worry about a small blemish here and there, volunteers and teachers will make sure that your child will look their best! Packages will be available on Monday. Don't hesitate to call us for any questions.



**GAA gardening class** is currently transferring back-fill gravel to the playground areas where mud and water are present. This includes breaking the hardened tar-gravel to smaller pieces, then transferring it from the back of the wood-working class via wheelbarrow to the play ground. This will allow elementary students to increase playground availability.

The gardening class is also trying to improve the front parking area by filling in low, mud-prone areas for general use and improvement.

They have planted decorative flower plants at the base of our GAA sign at the front yard of the school for beautification benefits.



## A DAY AT MATAPANG BEACH PARK

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# YOU'RE INVITED!

PRACTICE FOR THE CLINIC'S 5k! Walk/Run

Get out and Get fit!

Let's Meet Isaias @ Ypao Beach Park @ 5:30am THIS SUNDAY, October 16th as he takes us through the 5k route. We will meet at 5:30am, Isaias Santos will do an uplifting devotion, and then we'll take off running, or walking the official 5k route that the clinic is using the following Sunday, October 23rd. Practice this route y'all! Let's meet in the parking lot closest to the beach on the GVB side. We'll be there!

Call 488-1394 or 688-1762. Please let us know if you're coming so we can look out for you. \*Note: The reason we are going so early is because it has been inordinately hot as of late and we believe that the cooler conditions will help provide a smoother experience. :) Let's do this!

