

# eagle eye

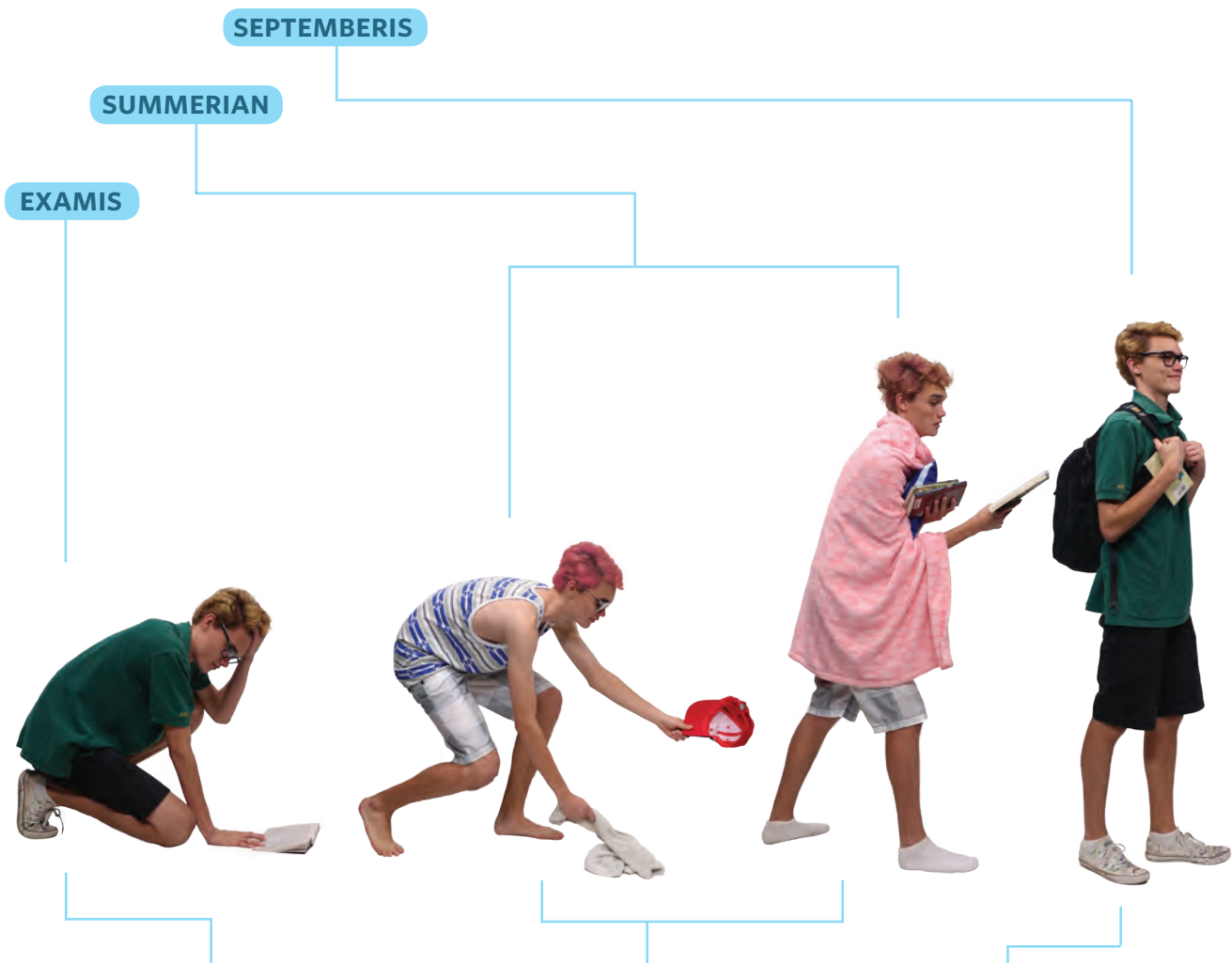
VOLUME 29, NUMBER 1

HAWAII BAPTIST ACADEMY

SEPTEMBER 2014

SPIKE NITE EDITION

## EVOLUTION OF DISCIPULUS-SAPIEN



The Discipulus-Sapien is formed through ten long months of hard work. In the Examis stage, the creature's intellectual capacity is maximized, though sometimes resulting in a complete shut down.

In the Summarian stage, the Discipulus-Sapien engages in excess amounts of sleep. Toward the end of this stage, the creature usually experiences Procrastinitis before it can progress to the next stage.

Septemberis are well-rested and ready to hunt and study. Some less developed specimens take longer to adjust and can remain in the Summerian form for up to an entire year.

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**SPIKE NITE  
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# eagle eye

VOLUME 29, NUMBER 1 SEPTEMBER 2014  
HAWAII BAPTIST ACADEMY

SPIKE NITE EDITION

## Love Does Bring People Together

*HBA holds its first all-school chapel at the elementary campus*



BY KYLIE YAMAUCHI  
Staff Writer

On Thursday, August 7, Hawaii Baptist Academy's middle and high school students, teachers, and faculty walked down to the elementary campus to participate in the school's first all school chapel. The chapel service launched this year's focus Love Does. Middle and high school students had the chance to eat and play with the elementary kids, as well as worship and listen to a sermon.

According to associate campus minister John Kaneshiro, the theme Love Does focuses on sharing the unconditional love God has for everyone in a genuine and simple way. The original idea for this theme came from Bob Goff's book *Love Does*. The novel takes readers through Goff's personal life experiences and illustrates how love looks and acts in day to day situations. The Christian ministry team hopes to use the book as a foundation to build chapel messages throughout the year on all campuses and

(Left) Eighth graders Maxwell Wiemken and Liam Hixon compete in a rock-paper-scissors game; (Right) Seniors Krystal Yamada (left) and Jesse Kaneshiro (right) stop for a picture with their kindergarten buddy Anela Murata.

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## Education Beyond Borders

*Science teacher Claire Mitchell trains teachers in South Africa*

BY KARA MARUSHIGE  
Staff Writer

Imagine this: 100 students standing in a non-air conditioned classroom no larger than the ones at HBA, all straining to listen to a single teacher instruct a lesson. They are packed together, using their peers' backs as writing surfaces. There is no electricity, no running water, and the weather outside is sweltering. The bathroom is a mere pit in the ground, concealing no lingering stench and offering little sanitation. Science teacher Claire Mitchell stands up front and center, and begins her first lesson of the day.



Science teacher Claire Mitchell (center back) enjoys a light-hearted moment with her students.

This summer, Mitchell spent a month in Africa with Teachers Across Borders, a volunteer-based organization whose mission is "to improve the quality of teaching that directly impacts student

learning through professional development." The students in Mitchell's class were student-teachers and they were part of a group of 400 student-teachers who took part in the learning program

this summer. This sojourn in South Africa and Swaziland was a dream come true for Mitchell.

"Mr. Hu actually told me

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## NEWS

### 7TH GRADERS HEAD TO CAMP

BY BLAISE TAKUSHI  
Staff Writer

The Class of 2020 kicked off the first school camp of the year in late August. The theme for this camp was "Good News, Bad News, Good News", and it was the first time the class went to Pu'u Kahea together.

According to Christian Ministries Associate John Kaneshiro, the theme was about "the basics of who we are and who God is." For Kaneshiro one of the highlights of this camp was seeing 22 students respond to an al-

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**EAGLE EYE**

Hawaii Baptist Academy  
2429 Pali Highway  
Honolulu, Hawaii 96817

Hawaii Baptist Academy's *Eagle Eye* is a student-run and student-centered publication.

**Submissions**

The *Eagle Eye* encourages students, teachers, and staff to submit letters, essays, opinion columns, and artwork on current school and social issues. They must be signed by the author. Letters may be edited, but care will be taken to maintain the writer's point. Please submit material to room 300B.

Opinions expressed in letters and columns are those of the authors and do not necessarily reflect the opinions of Hawaii Baptist Academy or the *Eagle Eye* staff.

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# THE EVOLUTION OF A STUDENT

COVER CONCEPT BY DANIELLE WOO



Welcome back to another year of new faces, classes, and memories! While it has taken us some effort to make the adjustment from summer to the first quarter of school, it's no doubt that HBA students know just how to bounce back. The *Eagle Eye* hopes to not only keep you informed throughout the year, but to entertain you and brighten your spirits as well. We hope to broaden your perspectives and expand what you know about the world around us. You are what makes the *Eagle Eye* news, and your fellow students on staff are working hard to make our award winning paper better with every issue. If you have any comments, ideas, or concerns, please feel free to contact us. Let's continue to make headlines and have another great, eventful school year!

Sincerely your editors,  
Danielle Woo and Jaryd Sugihara

P.S. Students are invited to submit questions to the *Eagle Eye* staff concerning anything that they need advice on. Look for the ASK EDITH box in the library.

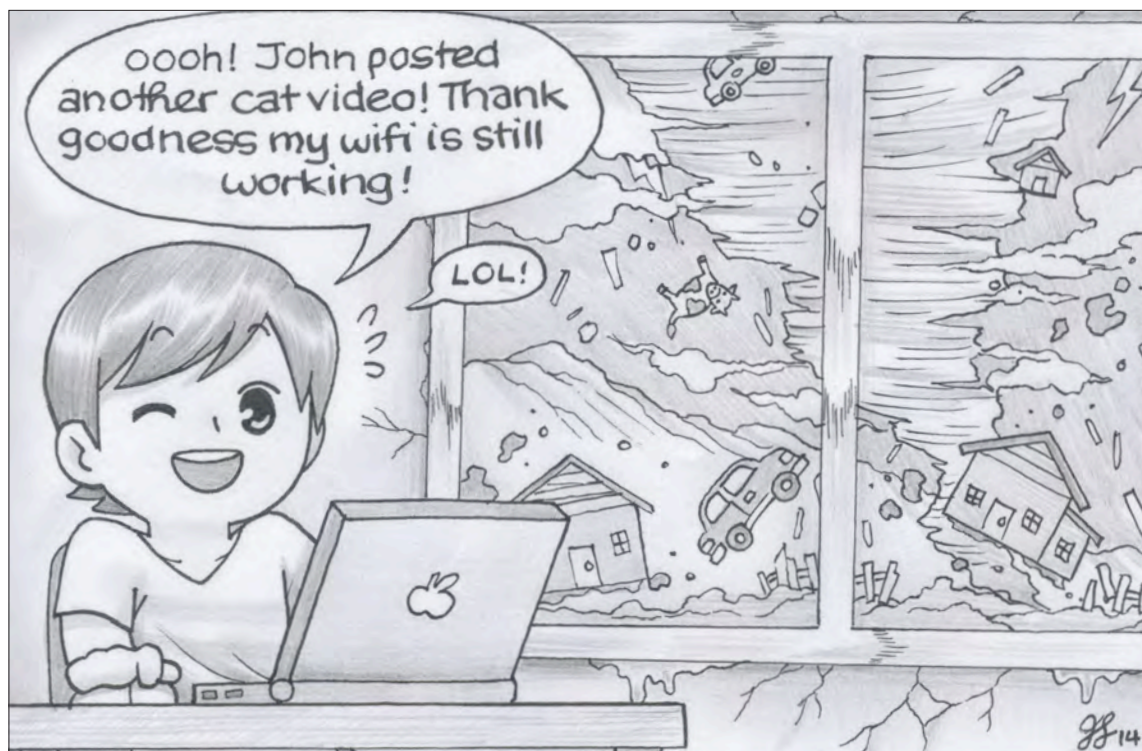
## More Than Just Having Stuff *Disaster preparedness is also an attitude*

BY JARYD SUGIHARA  
Co-Editor

In early August, Hawaii was in the path of two hurricanes. As weather forecasts predicted their arrival, Hawaii residents swarmed grocery stores to stock up on water, food and general supplies. For some of us, the recent destruction and hardship wrought by Katrina in 2005, Sandy in 2012, and earthquakes in Haiti, Japan, and Chile served as reminders of the potential power of Mother Nature. However, as Iselle, the first of the two hurricanes, neared, there were also many of us who eagerly anticipated what the hurricane would bring.

"Will school be canceled? Do we get a four-day weekend? Will I still have WIFI? Do I have enough canned food, water, and toilet paper?" These were probably common thoughts that went through many of our heads at HBA. While they are not completely invalid questions, how many of us considered this sobering question: "What if my house is destroyed?" We often take our basic needs like shelter for granted even though its possible that a hurricane can take them away along with our food, water and 150 rolls of Costco toilet paper.

I think that our general lack of fear of natural disasters stems partly from our perception that life is boring. We want something to bring excitement to our lives and to give us a reason to break away from our daily patterns, even if it means experiencing a natural disaster. As students,



JANA SASAKI

we celebrate canceled school days like we were just bestowed precious gifts. On the surface, it seems like a natural reaction. What normal teenager wouldn't appreciate some extra time away from school? Yet, it also reveals something about our attitude towards education. It seems we're happy to take a whirling barrage of chaos just to get out of school for an extra day.

In 2013, the Ad Council, a non-profit organization that creates public service announcements, conducted a survey across the United States, asking 800 adults if they and their families were prepared for a disaster. According to the survey, only 19% said they would be "very prepared" in an extreme state of emergency. In an interview with CNN about disaster preparedness, Priscilla Atkins, the Executive Vice President and Director of Client Services for the Ad Council, said the

reason many don't prepare is "because you don't think it's gonna happen to you. It happens to other people, and it's inconceivable that it's gonna be at your doorstep."

As Oahu residents scoffed at the Iselle's weakened state by the time she hit our island, and as some went online to mock our local meteorologists, news of the 8000 homes that lost power on the Big Island merely sounded like just the daily news. As over a foot of rain fell on the Big Island that weekend, some of us were probably more interested to know if Hurricane Julio would grant us another school cancellation after the weekend. It is easy for those of us who are not personally affected by a disaster to trivialize it.

We need to change our trivial attitude toward natural disasters. At the very least, we should realize that we are lucky to be able to have time to prepare for tsunamis and

hurricanes. On August 24, a magnitude 6.0 earthquake struck Napa in California early in the morning, leaving residents in shock. For all natural disasters, especially earthquakes, which are hard to prepare for beforehand, it is best to take the disaster seriously, have an emergency plan, and after the disaster, respect and help those affected.

Having a cavalier attitude towards potential disaster only sets us up to be mentally ill-prepared if something does actually happen. And let's stop assuming that we can rely on other people to be prepared, just so we can be lazy about taking care of ourselves and others.

Disaster preparedness can make the difference between life and death. Although canceled school days are great, there are more important things in life than that. ■

# Design, Program, Compete

## *The Robotics Club gears up for their annual competition*

BY KARLY TOM  
Staff Writer

“The learning is in the build; the competition is just for fun.” Quoting the coach from McKinley High School, a Robotics competition heavyweight, HBA Robotics Club adviser and coach Michael Harvey says this is his approach towards this year’s Robotics competitions.

Sixteen middle and high school students are in HBA’s Robotics club this year. The club gives students a chance to learn skills under the umbrella of STEM (Science, Technology, Engineering and Math). The club also participates in the annual VEX and FIRST competitions with robots they build and program.

Harvey is a retired electrical engineer with experience in automation and robotics engineering. He says, “I know we will develop a program we are all proud of with the dedication I have already seen, and some hard work.”

Sophomore Allyson Trang says, “My plans and goals for the year are learning how to program and winning at a competition.” Many veteran club members share Trang’s goal to win at this year’s competitions and advance to the world championship.

The VEX world championship is a gathering of the top robotics teams from around the world, where participants celebrate their accomplishments by showing off their robots and pitting them against each other in games.

“Personally, I would like to go to the world championship again,” says

senior Gavin Low, “but that will take a lot of hard work from everyone involved.” He adds, “Realistically, I would like to build a robot that we can all feel proud of no matter if we win or lose.”

At HBA, students have the opportunity to learn about robotics beginning at the elementary school. There, students use a Lego Mindstorms kit that contains software and hardware to create custom programmable robots. At the middle school, an elective class eases students out of Lego robotics and introduces them to VEX.

At the high school, while robotics is not an elective class, students can continue working on robotics projects in a club setting. The club also admits middle school students. According to Harvey, club meetings expose students to technical aspects of the robots and general engineering concepts. “No matter what field [you’re pursuing],” he says, “having a technical sense is incredibly valuable.”

The robotics club has made it to the VEX World Championship three times along with winning various awards in local competitions. They received four awards for qualifying for the world championships, and have been to the mainland championships three times.

This past summer, the team began preparations on the robot that they are entering into the VEX competition. The robot will have a scissor lift and a base that will function as its transport.

This year, the team is taking a different approach on robot construction.



KARLY TOM

(Above) *The Robotics team works on the base of their VEX robot.*

Instead of splitting up and building their own robots, students are building one robot collectively. One team is building and stabilizing a scissor lift that will allow the robot to capture a cube and place it onto a post. Another team is working on autonomous programming for the 15-second time period in which the robot has to score points without human control. The third team is working on a cube scoop and a skyscraper grabber.

According to Low, this collective approach allows the members to test many different types of lifts, bases and pickups, and also have time to perfect the technique and building strategy. “I am hoping that this will allow us to have a more polished robot instead of competing with a prototype,” he says

This year’s VEX Robotics Competition—called Skyrise—and will be held at sponsoring school locations

around the state. Teams are assigned their own pit area where they can prepare their robots and make final adjustments. They are grouped into alliances comprising two teams each, and alliances pit their robots against each other to place a cube onto a post under a two-minute time limit.

This year, Harvey made the decision not to compete in the FIRST Robotics Competition so as to allow them more time to prepare for next year’s FIRST event. The club is still accepting new members even though the orientation meeting has already been held. Student who are interested in finding out more can find Harvey in room C2, where club meetings are held on Mondays, Wednesdays, and Fridays from 3:00pm to 5:00pm, and on Saturdays from 1:00pm to 3:00pm. ■

### **7th Grade Camp** *from Page 1*

God who orchestrates what is needed for this class.”

For student Kelsey Ota, the message was “that God still loves us even though we sin.”

She added that the highlight of camp was hanging out with friends. Classmate Andrew Ota also found the activities enjoyable. “[My favorite moment was] the activity where we took the raisins out of the pudding, because we could splash the pudding at people and get their faces all dirty.”

Seventh grade English teacher John Hahn said the most memorable moment for him at camp was an unplanned one. “The water at camp was temporarily shut-off during the first night of camp, but everyone had such great attitudes and did not complain,” he added. During the shut-off, Middle School Principal George Honzaki made a trip to Costco to pick up bottled water for everyone.

Christian Ministries Director Rob Lockridge said the most memorable part of camp for him was the worship. “It was amazing to see how many students got involved in the singing and truly understood the meaning of the words they were singing.” According to Kaneshiro, worship felt like a different experi-

tar call during a camp message. “Mr. Lockridge and I can plan as much as we want,” he says, “but really it is



KYLIE YAMAUCHI

(Above) *At their first camp at the Pu’u Kahea Conference Center, seventh graders had the opportunity to bond as a class through games pitting family groups against each other.*

ence this year because chairs were removed from the worship area allowing students to have a more intimate worship experience. This year’s worship team was primarily student led. Lockridge added, “[The] worship team really helped prepare the students’ hearts to receive the Word.”

The seventh graders had an awesome time bond-

ing with each other and their counselors. “The counselors were awesome and I wish I could’ve spent more time with them,” said Andrew Ota.

Natasha Loh agreed. “Everything was amazing; I met many counselors, I met more people than I thought I could. I’ve never had any better experience anywhere else.” ■

# THERE'S A CLUB FOR THAT

BY DANIELLE TODA  
Staff Writer

A student's educational experience would be very monotonous if all he did was go to school and go home to do homework. At HBA, high school students currently have more than 20 clubs to choose from, and a handful were added within the last year. Ranging from Mock Trial and Math League to Surfing Club and Cooking club, there is an extracurricular for every person's interests. Not to mention, students have the added benefit of mentioning their club involvement in a college application, especially if they played a leadership role. If students can't find a club that interests them, they can gather a few friends and an advisor, and talk to Vice Principal Ryan Frontiera about starting a new club. Here are a few interesting clubs that have popped up since the last school year.

## HBA ENVIRONMENTAL CLUB

**Purpose:** We aim to create a coexistence between man and nature. Through innovative projects, we are working on revolutionizing the way Hawaii Baptist Academy and its students see Mother Nature. Come and join us! Don't be afraid to get down, dirty and creative, and overall, to have fun.  
**Time & Cost:** TBD  
**Who should join?** Students who have an interest in the environment. We want students who are fun, creative, innovative, and curious. We love crazy new ideas and are down to test them.

**What's neat about the club?** Worm composting project. We work with Pearl City High School, Waikiki Worm, and the National Environmental Protection Agency. This is the real deal.

**Contact:** Advisor Claire Mitchell (cmitchell@hba.net); Brenner Wakayama (brennerw115@eagles.hba.net)

## ART CLUB

**Purpose:** Work on group art projects, individual art interests and fun crafts for the season.  
**Time & Cost:** Every Thursday afternoon from 3-4:30 p.m. in D301. Cost of materials for any given project.  
**Who should join?** It's a time to make art and crafts with no pressure or deadline, and mostly because it makes us happy.

**What's neat about the club?** We are open to all kinds of art or crafts and sometimes we will have five different projects going on at the same time with music playing in the room. You can just feel the creativity in the room.

**Contact:** Advisor Juri Yamashita (jyamashita@hba.net); Riley Cammack (rileyc115@eagles.hba.net)

## CLUB LINUS

**Purpose:** Making quilts/blankets for children in foster care.  
**Time & Cost:** TBD  
**Who should join?** If you like to sew and care about others, this is a great way to show love to someone who may not have much to take with them when they are in foster care. Creat-

ing a blanket with love is a great way to bless someone else. Sewing can be done on your own time and we will meet occasionally to touch base, finish blankets up, and share ideas for the next project.

**What's neat about the club?** We are creating something for someone else in hopes of sending some love to them in hard times.

**Contact:** Advisor Juri Yamashita (jyamashita@hba.net)

## EXPERIMENTS CLUB

**Purpose:** Do experiments with friends and have lots of fun.  
**Time & Cost:** Every Tuesday at lunch in D301. \$20 for the whole year with food every other week for paid members.

**Who should join?** In this club, students can try out their new ideas, meet new friends, and most of all, have fun.

**Contact:** Advisor Sean Shiroma (sshroma@hba.net); Ian Alesna (iana115@eagles.hba.net)

## GAMING CLUB

**Purpose:** To provide a safe and loving environment for students at HBA who enjoy playing video games. The club creates opportunities for students to build lasting and meaningful relationships, and fosters the growth of critical thinking skills, hand-eye coordination, and teamwork.  
**Time & Cost:** Lunch on Tuesdays and Fridays, after school on Wednesdays. It's free.

**Who should join?** You don't need a reason to join the club; it is simply a

club that provides students a safe environment to build relationships and have fun.

**What's neat about the club?** We actually exist as a club at HBA.  
**Contact:** Advisor Andrew Vitek (vitek@hba.net); Jonathan Hayashi (jonathanh115@eagles.hba.net)

## SURF CLUB

**Purpose:** Fellowship and fun through surfing.  
**Time/Cost:** Wednesdays at lunch in Mr. Ho's room. Free but BYOB (bring your own board.)  
**Who should join?** Surfing with friends is always fun. Taking over a surf break with all your friends means more waves. It's fun to drop in on your friends.  
**What's neat about the club?** Hanging out and having fun with friends outside of a school environment  
**Contact:** Advisor Darren Ho (dho@hba.net); Chris Caballes (chrisc115@eagles.hba.net)

## GLOBE TREKKERS CLUB

**Purpose:** To explore and experience different cultures  
**Time/Cost:** Second and fourth Tuesday of every month. Free!  
**Who should join?** It's a great chance to fellowship and experience adventures from around the world.  
**What's neat about the club?** Food from different cultures and a chance to share your heritage.  
**Contact:** Advisor Dominique Derrien-Bartley (dderrien-bartley@hba.net); Andrew Mettias (andrewm115@eagles.hba.net)

## Love Does

from Page 1

Building One Body theme, based on Romans 12:5: "So in Christ we, though many, form one body, and each member belongs to all the others." However, the main scripture for Love Does is 1 John 4:16 which reads, "And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them." "I think it is a great theme!" said high school bible teacher Chad Logan. "We do a great job at this school showing students what God's love is, but don't really show students how to let God's love flow through them. This theme [can] help do that." For junior Brandon Hirokawa the theme translates "to being there for [someone] when [they] most need it or caring for someone when they are down."

On the morning of the all school chapel, Love Does shirts were distributed to each student, teacher, and faculty member for them to wear at the event. Students and faculty will also be able to wear these shirts on designated days throughout the year.

At the all school chapel, students kindergarten through 12th grade worshiped and danced to songs like Father Abraham and Jesus Loves Me. The elementary campus' Christian Ministries director

show students that love is an action and challenge them to act in love. This theme will also incorporate the elementary's

Cindy Gaskins spoke a message on the importance of taking off one's own cape. Based off of a *Love Does* chapter, Gaskins explained how as Christians, people shouldn't need to announce their good deeds or look the part. She encouraged the school to be secret heroes in their day to day lives without expecting the credit. To do that, everyone must take off their superhero capes and humble themselves, just as Jesus did. As a reminder of this, a small cross design is located inside the bottom of the Love Does shirts, hidden from sight. High school counselor Tara Gruspe said, "[The message] was an encouragement to love others by helping and serving. I think that if we focus on embracing God's love for us, that will help us to love others better." Kindergarten teacher Rhona Halmos also added, "We don't need to announce what were doing; we just need to do it."

The middle and high school students were escorted down to the elementary campus by teachers and faculty, with policemen stationed along the route. Upon arrival, students were grouped together with a few elementary students and spread out over the blacktop, cafeteria, and playground area to socialize and eat lunch. Middle and high schoolers played duck-duck-goose, basketball, tag, and dodgeball with the elementary kids. Bible department chair Tony Traughber said, "It was really good to see high school students getting out of their comfort zone and speaking to little kids they...have never [met] before."

The senior class was partnered with the kindergarten class, getting to participate in fun activities like molding with play dough. Senior Sarah Utsugi said, "I was not expecting it to be so easy for us seniors to hang out with the kindergarteners, and I had kids come up to me and say hi." Counselor Danford Chang hopes to have another event like this before the year ends, saying, "I talked to a few of the kindergarten teachers and they especially wanted the seniors to come back and say goodbye to their buddies [before they graduate]."

After the message, students and faculty gathered on the lawn to take an all school picture before leaving and walking back to the high school campus. Logan said, "I would love to have [an all school chapel] again. I didn't like walking down, though. It was too hot. I think it should be rotated between campuses." Others suggested avoiding the heat by transporting everyone through buses, or changing the chapel time to the morning when it would be cooler. Despite the arduous trek, Gruspe expressed her gratitude saying, "[This] was a great idea. I'm so thankful for the people who thought out of the box to make it happen, figuring out ways to change the schedule, provide food, and get us all down there. Today felt like it was God's body all together, almost like a glimpse of heaven." ■

# Emoji Mania

BY DANIELLE WOO  
Co-Editor

Whether it be through text messages or Instagram posts, Tweet or Email, Emoji have become a part of people's everyday words. Mobile device users now resort to little yellow faces to express emotion and tiny, realistic graphics of mustached men or smiling piles of excrement to accent their statements. Whatever occasion, Emoji have become a hugely popular virtual accessory.

Shigekata Kurita is the man behind the seven hundred and twenty two characters that attempt to span the spectrum of human emotion. In the late 1990s, Kurita sprung his idea of expressive graphics on his employer at the time, DeCoMo. He reached out to larger corporations like Samsung and Google, companies that had the resources to actually produce the aesthetic he so dreamed of. Set only in Japan, hundreds of Emoji were encoded into the Unicode Standard in October of 2010. Unicode — the platform that connects different languages to various global keypads — then served as the portal that opened Emoji up to English language users.

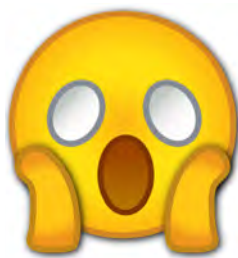
The word Emoji literally means “picture character” in Japanese. “They show the emotion we're sometimes unable to communicate through text,” explains senior Candace Minami. “My favorite is the [contented] or neutral face because it portrays how I feel most of the time.” Like Minami, English teacher Darren Ho appreciates how the keyboard add-on makes it significantly easier to communicate. “My favorite,” he says, “is the blushing smiley

face. It's unintimidating, and I can use it in many different situations.”

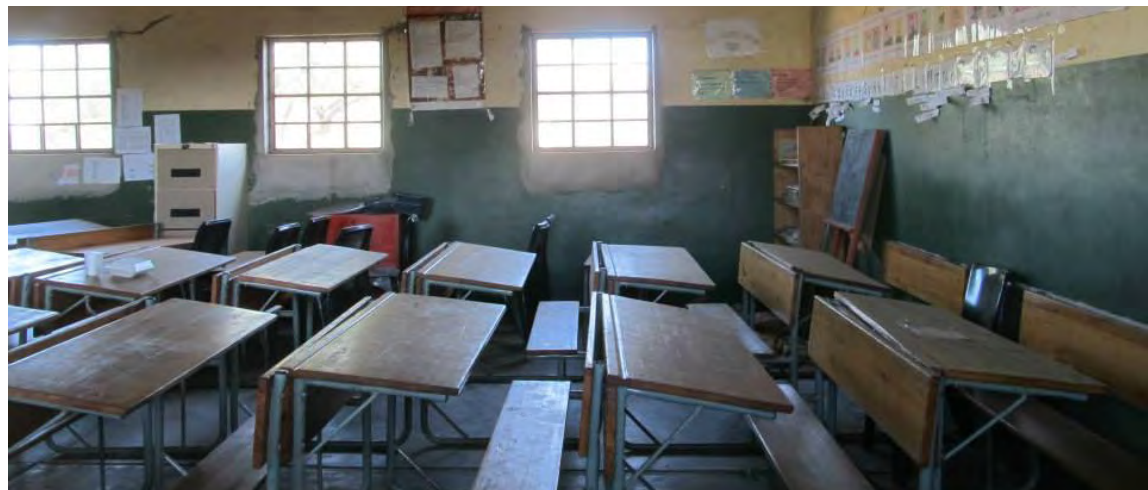
Minami has been using the Emoji feature ever since she obtained a smartphone. While Emoji is primarily used on mobile devices like Minami's, there are three additional platforms that it is also compatible with: Google Android and Google Hangouts, Microsoft Windows 8 and Windows Phones, and Twitter. While concepts remain consistent for each Emoji character over the various platforms, the appearances differ widely. For example, the girl dancing in a red dress on an iPhone translates as a man clad in yellow and pink disco attire for Android and Google Hangouts.

Senior Darren Nirei says that Emoji helps fill in the gaps in what we say, taking the place of words like ‘um’ and ‘uh.’ However, people like junior Alexander Wong, disagree. “I think it's a waste of time,” says Wong, “it's just extra and unnecessary.” He doesn't feel Emoji adds anything to his words, and therefore decided against adding it to his iPhone.

Emoji continue to take over the platforms of social media, and with an additional 250 characters in a possible update, it will likely continue its influential sweep across the world. It is up to phone carriers if they want to process the additional Emoji, but until then, there are icons to use that are considered timeless to many. ■



Use the AURASMA app, follow HBA Eagle Eye's channel, and scan the iPhone above to see how to turn on Emoji on your Apple device.



## Mitchell

from Page 1

about the program,” Mitchell said, “as he participated in it in 2002 and recommended me to the organization's director, Yunus Peer, a faculty member at Punahou.” Under the old apartheid system in South Africa — which called for the legal separation of races — all black students were denied the right to learn math and science for over 40 years. This created a need for science and math education in the years after apartheid.

According to Mitchell, the student-teachers she met were highly motivated to learn. “Despite all of [the hardships], students routinely walk long distances to and

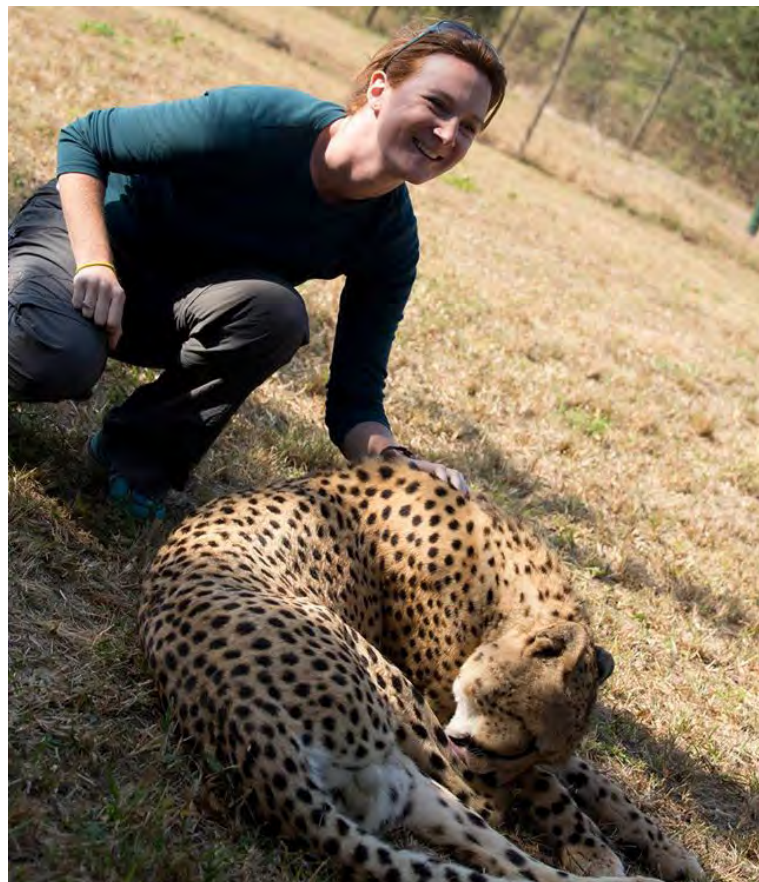
from school, and teachers work long hours with minimal resources to teach their 300-400 students,” she said. “It is an inspiring reminder of how fortunate we are here in the U.S., and especially at HBA.”

In Johannesburg, South Africa, Mitchell took a hands-on and creative approach to her classes. “It was our goal, as science teachers, to provide workshops that enhanced [the teaching] content and delivery techniques by demonstrating simple activities and labs that they could do with large numbers of students and minimal resources,” she said. “In short, we did a lot of dumpster diving for supplies and lesson plan inspirations.”

The trip also required Mitchell to improvise on the spot. Sometimes, travel plans were not set in stone and

Mitchell did not know ahead of time where they were going or what resources they would have. “With this type of program, things changed quickly [and] unexpectedly, constantly making planning ahead really difficult. We often weren't sure where we would be staying or even teaching just a few days before some of our workshops.” Nonetheless, Mitchell said that her only concern was giving her student-teachers the best training she could offer with her limited time.

“[My favorite experience] was working with the South African and Swazi teachers who were so generous, loving, and passionate about teaching and their learners. They were some of the most open and welcoming people I have ever met.” Mitchell said these teachers sang short hymns at



COURTESY OF CLAIRE MITCHELL

(Above) Mitchell accomplishes an item on her bucket list: petting a cheetah. (Left) Mitchell taught in classrooms like this, packed with student-teachers.

the beginning of every day — a sound that she called “God's favorite sound in all the universe.”

Although her summer “definitely wasn't a vacation,” Mitchell still managed to check off a few items on her bucket list. As a zoologist major, interacting with a cheetah was a dream come true for her. Through her trip, Mitch-

ell experienced “entirely new cultures of people, new languages, and new customs on a completely new continent.” Amidst the hardships that Mitchell saw in Africa, she was also reminded of hope, joy, and resilience through the people that she met. ■

# A Quick Guide to Volleyball

BY DANIELLE WOO  
& KYLIE YAMAUCHI  
Co-Editor & Staff Writer

Invented back in 1895 as a sport combining the elements of basketball, baseball, tennis, and handball, volley-

ball has been a widely adapted sport for over a hundred years. Today, volleyball continues to grow in popularity as a competitive college sport and recreational activity. An actual competitive volleyball game requires two referees and two linesmen to be present. The

top referee makes a majority of the calls while the bottom referee mimics him and makes additional calls for any net violations. The linesmen signal if a ball goes in or out of the court, as well as minor violations such as stepping on the service line during a serve.

With many rules and violations, the referee's hand signals can be confusing for a spectator with little knowledge of the game. Below is a guide to referee calls and positions:



## UNDERSTANDING POSITIONS AND REFEREE CALLS

### OUTSIDE HITTER

Remains in front row and attacks after ball is set. Also can block.

### MIDDLE BLOCKER

Remains in front row to block attacks from other team. Also can attack.

### SETTER

Can be anywhere on the court. Sets up the ball so attacker can spike.

### LIBERO

Remains in back row and only makes passes or digs.

### DEFENSIVE SPECIALIST

Like a libero. Mainly passes and digs.

### OPPOSITE

Attacker who plays on the front right area of court while setter is in back row.



### OUT OF BOUNDS

Ball is out of bounds or outside of the antenna, usually resulting in a point for the opposing team.



### BACK ROW ATTACK

Back row player illegally attacks ball from above the net and in front of 3 meter line.



### CHANGE SIDES

At the end of a game or in the middle of a deciding game, teams are directed to switch sides of the court.



### LIFT/CARRY

Ball is lifted or held in contact for too long.



### IN BOUNDS

Ball has landed in bounds. In is considered anywhere from the boundary lines and within.



### OVER THE NET

Contacting the ball before it is passed over to that side of the court. (Example: Middle blocker touches ball before it is hit over the net).



### OUT OF ROTATION

Players are not in correct positions or (during service) player is overlapping the person next to them.



### NET VIOLATION

The serve or player touches the net or crosses over the boundary line under the net.



### REDO

Signaled by two thumbs up. A play must be done again due to fault by both sides or fault by an official. Neither side receives a point until play is done.



### DOUBLE HIT

Signaled by two fingers. The ball was contacted twice at once by a player.



### 4 CONTACTS

Four fingers are held in the air to signify a fourth (or more) touch. Only three touches are allowed.



### TOUCH

Not to be confused with a time out. Signals that contact with the ball was made by a player, even if it was out of bounds.

# SPIKE NITE: HBA VS. ST. FRANCIS

BY KYLIE YAMAUCHI  
Staff Writer

This evening, students, faculty, and HBA families will cheer on the HBA girls volleyball teams in the school's annual Spike Nite event. In a triple-header beginning at 4:30 p.m. in the Dan Liu Gymnasium, the event will pit HBA's junior varsity and varsity teams against three different schools.

The varsity team will play St. Francis in their sixth game of the season. Last year, the Lady Eagles lost to Saint Francis in an away game but came back with a win at home. This week, the St. Francis girls are fresh from a victory against University High on Tuesday, and their record stands at 4-1. The Lady Eagles' are currently undefeated in season play, with close

wins against Iolani on Saturday and Maryknoll on Tuesday.

For some of the Lady Eagles, playing in front of a large crowd of HBA spectators can be intimidating. "I'm super nervous for Spike Nite," says senior Sara Utsugi, libero and defensive specialist. "It's pretty nerve racking to play in front of a big crowd, but I know the team will play hard and keep each other going."

For varsity head coach Myles Shioji, Spike Nite is just one game in the season with more to follow. "This Spike Nite match is a match of many for us," says Shioji. "[The girls] will play well in a great environment."

Shioji has been coaching the girl's varsity team for nine years, and has been with the school's volleyball program for a total of 14 years.

Athletic director Deren Oshiro says, "The girls varsity team has a little more height than last year and they are working to improve and find rhythm as a team. They will be competitive in ILH play."

Senior Emily Wada, outside hitter, says, "I think our team has done well so far and each day we are progressing. We definitely aren't the biggest team out there but we play with a lot of passion." Wada has played for the varsity team since her freshmen year, having to face the challenge of a torn ACL during her sophomore season. Last year, Wada made the ILH Division II all-star first team and was an honorable mention along with 30 other girls in the state.

This year's varsity team welcomes the addition of seven new players to

take the place of the five graduated seniors from the previous season. This includes freshmen Britney O' Donnell and Ally Wada; sophomores Keri Lum and Kailey Young; juniors Keisha Ching and Tiara Fuerte; and senior Kim Yamamoto.

HBA's JV2 team will play Damien at 4:30 p.m., and the HBA JV1 team will face the Iolani Red Team at 6:00 p.m. The varsity game against St. Francis will begin at 7:30 p.m.

According to Oshiro, HBA's first Spike Nite was held in 2004 "to bring the entire HBA community together for more than just Homecoming" once a year. Spike Nite is hosted by the Athletic Department and the Athletic Booster Club, which sponsors the evening's food and drinks. ■



DARREN NIREI

(Clockwise from top left) In a close match against Iolani on Saturday, September 20, varsity team members on the bench await the call from Coach Myles Shioji; Senior Sara Utsugi, libero and defensive specialist, successfully digs a ball; The Lady Eagles gather for a cheer before the beginning of a set; The entire team celebrates their win (25-16, 22-25, 26-24) over Iolani; Freshman setter Ally Wada hits from the back row; Senior setter Rylie Wada serves the ball.



# LADY EAGLES

## VARSITY



*"My most memorable moment is getting so many donuts this season."*

*"I dedicate this game to the seniors."*

**KIM YAMAMOTO** Senior • Defensive Specialist/Libero • 5' 2"



*"My most memorable experience is seeing the integrity and high values of each member of the team. Everyone has unique, healthy qualities that make our school shine."*

*"I dedicate this game to all my past and current coaches. Without them, I wouldn't be where I am today."*

**BRITNEY O'DONNELL** Freshman • Middle Blocker • 5' 10"



*"My most memorable moment was in sixth grade when our girls black team beat the boys black team. #girlpower"*

*"I dedicate this game to you, papa. I know you're watching over me. I love you."*

**SARA UTSUGI** Senior • Defensive Specialist/Libero • 5' 2"



*"My most memorable moment was when Rylie Wada served the ball under the net, but instead of donuts, she brought mochi ice cream. And instead of taking one, I took the whole tray."*

*"I dedicate this game to my family and my best friend Marissa Nakasone. #Ispandblossom"*

**EMILY WADA** Senior • Outside Hitter • 5' 7"



*"My most memorable moment was during the summer when I served the ball into the back of Coach Terence Li's head."*

*"I dedicate this game to my amazing family and friends, especially Caleb Fisher, Brett Miller, Taylor White, and Marissa Nakasone."*

**KARLI UWAINÉ** Junior • Defensive Specialist/Libero • 5'



*"My most memorable experience is always being on the same team during practice with Megan, and Nanea. I'm always the middle, Megan is the only setter, and Nanea plays all around the outside."*

*"I dedicate this game to the seniors (especially Courtney Togo because she's my partner in the middle), and everyone that comes to watch."*

**MADISON TANABE** Junior • Middle Blocker • 5' 7"



*"My most memorable moment was knocking Rylie down during the Damien game because she was in my way."*

*"I dedicate this game to my mom because she always pushes me to be my best and is there for me no matter what."*

**ALLY WADA** Freshman • Setter • 5' 6"



*"My most memorable moment is being able to play with my sister during senior year."*

*"I dedicate this game to Nanea. Even though we fight a lot, I still love you."*

**KAILY MAKA LUM** Senior • Outside Hitter • 5' 8"



*"My most memorable moment is beating Courtney every time to shag the ball, and making her do V-ups."*

*"I dedicate this game to God and my very tall sister Ally, who likes to run me over."*

**RYLIE WADA** Senior • Setter • 5' 4"



*"My most memorable moment is when Megan and Madi are paired up on the same team, and they support each other through the tiring times."*

*"I dedicate this game to my mom, dad, granee, grandpa, friends, and sister Maka. Love you all and thanks for supporting me."*

**KERI NANEALUM** Sophomore • Opposite/Outside • 5' 8"



*"My most memorable experience was making everyone believe that I was in Math League. #noragrets"*

*"I dedicate this game to my dad and mom, my sister Ashley, and my BFF Nicolas. Thank you for being there during my highs and lows."*

**KAILEY YOUNG** Sophomore • Defensive Specialist/Libero • 5' 3"



*"My most memorable moment was when Ally ran over Rylie."*

*"I dedicate this game to God for allowing me to play the game. Also, I dedicate this game to my family because they are my biggest supporters."*

**MEGAN HORITA** Senior • Setter • 5' 4"



*"My most memorable moment is when Maka would yell 'Wooo' every time she digs a ball."*

*"I dedicate this game to God, my family, and my friends."*

**KEISHA CHING** Junior • Outside Hitter • 5' 8"



*"One of the best moments while playing volleyball was tipping the ball and seeing Sara Utsugi trying to get it up."*

*"I dedicate this game to my parents and The Proletarians."*

**COURTNEY TOGO** Senior • Middle Back • 5' 5"



*"My most memorable moment was when Emily Wada said to me, 'Wait, you're Filipino?'"*

*"I dedicate this game to my parents and my sister Kaylee."*

**TIARA FUERTE** Junior • Opposite • 5' 2"



*"My most memorable moment was getting a concussion and having to wear a sling for my shoulder after diving wrongly at try-outs during my freshman year."*

*"I dedicate this game to God, who has always been faithful to me."*

**SYDNEY SUZUKI** Junior • Outside • 5' 4"



**I**  
**JUNIOR VARSITY**

BACK (L TO R)

**KRISTIN MONIZ** 5' 4" Outside

**RACHEL NAKAMOTO** 5' 5" Middle

**DANA LI** 5' 3" Outside Hitter

**KIARA CHUN** 5' 5" Setter

**KAYLIE HAYASHIDA** 5' 2" OP

FRONT (L TO R)

**SERENA AU** 5' 2" Middle

**ALISSA VASPER** 5' 3" Libero

**CHANDELLE TAKAHASHI** 5' 3" Setter/OH

**KELLI HIGASHIYA** 5' 1" Outside/OH

**SHAY WATANABE** 5' 1" OH/Libero

**KIANA OKA** 5' 1" Setter/OH



**II**  
**JUNIOR VARSITY**

BACK (L TO R)

**KAYLA LOOK** Middle/Opposite 5' 3"

**CAITLEN JOY RAMOS** Middle/Opposite 5' 5"

**KALLIE LANGFORD** Outside Hitter 5' 7"

**HANA JARDON** Middle/Outside 5' 5"

**SAMANTHA THIBODEAU** Opposite 5' 3"

**RACHEL GLASS** Setter 5' 4"

FRONT (L TO R)

**KACIE YOSHIDA** Middle 5' 2"

**MEGAN YAMAUCHI** Defensive Specialist 5' 2"

**KATELYN NAKAGAWA** Outside Hitter 5' 1.5"

**SARAH UEHARA** Libero 4' 11"

**HANNAH TAVARES** Setter 5' 3"

# We Will Never Forget

*East Coast Trip to take students to newly opened 9/11 museum*



BY AARON WILFORD  
Staff Writer

“I remember that day and watching the events unfold on TV from the first plane that hit the tower and then a second plane hitting the second tower. I never imagined that both towers could collapse. What had been a monument to our strength became dust in minutes.”

For teacher Lynne Nakano and much of the faculty at HBA, the attacks on the World Trade Center are still fresh in their minds. Senior John Kim, currently the oldest student attending HBA, was only 5 years old when the World Trade Center was attacked. A pre-schooler at the time, Kim, like many students, did not realize the impact of what happened on 9/11/2001. Thirteen years later, most students cannot recall a time before the attacks.

4,899 miles away from New York, Hawaii is the farthest state from the World Trade Center. Many students have been born into the post 9/11 world and the attacks have become an addition to standard history textbooks. “Believe it or not, there was a time when security at the airport didn’t involve taking off your shoes, or chugging your drinks or being forced to dump them,” middle school principal George Honzaki explains.

Residents of New York City are surrounded by remnants of the 9/11 attacks and the effects that followed them. Unlike alum Caleb Wilford,

students lack consistent reminders of the event. Wilford, a senior at Pace University in Manhattan, says, “One can walk down the same streets that were covered in debris so it would be hard to ignore or forget the attacks. In fact, many of the sections directly affected by attacks are places I walk around on a daily basis.”

Within this year New York has completed a great amount of their lower Manhattan reconstruction. Students attending this year’s East Coast Trip will be the first to see the newly completed World Trade Center and 9/11 museum, giving them the same opportunity that Wilford has every day.

The East Coast Trip takes freshmen and sophomores across the United States to historical sites and cities around the Northeast. For many students this is their first time to the East Coast, and for some, their first time out of the state. The memorial is just one of many sites that students have the opportunity to see on the trip. Senior Joyce Lee, who attended the East Coast Trip in 2013, says, “Visiting the 9/11 memorial is important because it brings you closer to what actually happened. You can relate the memorial and the city to everything you learned in school so its definitely makes everything more important and more real.” Honzaki advocates for the trip saying, “The students going on the ECT this year were only one or two years old when the World Trade Center and Pentagon were attacked, so visiting this site makes a new con-



COURTESY OF CALEB WILFORD

(Top and bottom) *The new Freedom Tower looms over the New York skyline.*

nection to this important American historical event for them.”

Likewise, Nakano, who organizes and often leads the East Coast Trip says, “Being there invites you to imagine and empathize with the people who went through it. You don’t understand until you empathize and see from another point-of-view.” Her fervor for organized school trips like this one comes from her own experience with a trip to Europe. She explains, “There is nothing like being at the actual site and letting it make you wonder... why? what was going on? how were they thinking? I want that for my students as well.”

The trip has proven to be a significant and meaningful experience for students every year. For this reason,

Lee says, “I’m really glad my cousin [sophomore Joshua Joo] and brother [freshmen Eugene Lee] are going.” Nakano hopes this experience “serves to help us care and be prayerful for humanitarian tragedies happening right now.” As Wilford explains, “I think New Yorkers take pride in this ability to bounce back. I think New York has an attitude of indestructibility and fortitude that has existed with the city since its birth and was only strengthened by the 9/11 attacks.” Both Honzaki and Nakano hope that students adopt this attitude and use this experience to focus on current political issues. As Nakano says, “May we remember the past but act in the present.” ■

eagle eye



Follow the  
**JAPAN TRIP ON HBAEAGLEEYE.COM** (Sept 27 - Oct 5)

Visit the Eagle Eye’s website for videos and links to photos from the trip during the fall break. Co-editor Jaryd Sugihara and staff writer Amelia McKenzie will be reporting from Japan.

# Nerdy Nummies: POKEBALL COOKIES



KYLIE TAKAI

(Clockwise from bottom left) Slice dough into discs; Bake in the oven; Decorate with black frosting; Top with candy; Cool baked cookies on a wire rack.

BY KYLIE TAKAI  
Staff Writer

Looking for a cute and innovative sweet to impress your friends and family? Check out Rosanna Pan-sino, a Youtube cooking sensation known for her popular geeky cooking show Nerdy Nummies. With

over a million views on each video, her channel has over four hundred million views along with two and a half million subscribers. If you're looking to create a unique treat, browse through her channel for the latest recipes. There are over 130 different options to choose from in the Nerdy Nummies tab. Videos range from ice creams, drinks, and other pastries,

such as: Cheeseburger Cupcakes, Spongebob Lemon Bars, Captain America Ice Cream Sandwiches, Lego Pinata Cookies and more. The videos are simple and easy to follow as she leads viewers through a step-by-step process. Here is her recipe for fun Pokeball Cookies made from scratch.

## TOOLS:

- 2 BOWLS
- CLEAR PLASTIC WRAP
- MEASURING CUPS
- BUTTER KNIFE
- TEASPOONS/TABLESPOONS
- 2 SPATULAS
- WHISK/BEATER
- LARGE KNIFE

## INGREDIENTS:

- 1 CUP UNSALTED BUTTER (ROOM TEMPERATURE)
- 1/4 TSP BAKING SODA
- 1/4 TSP SALT
- 2 LARGE EGGS
- RED GEL FOOD COLORING
- BLACK FROSTING (PRE-MADE OR STORE BOUGHT)
- 3/4 TEASPOON VANILLA EXTRACT
- 1/4 CUP + 2 TABLESPOONS REGULAR SUGAR
- 1 1/4 CUP POWDER SUGAR
- 2 1/2 CUP FLOUR
- WHITE CIRCLE-SHAPED CANDY (SMARTIES OR HALF A MINI MARSHMALLOW)

## INSTRUCTIONS:

### COOKIES

1. Pre-heat oven to 375° f.
2. Mix flour, baking soda and salt in a large bowl. Set aside.
3. In separate bowl, combine butter, powdered sugar, and regular sugar. Beat until creamy like butter.
4. Add one egg, then vanilla extract and mix well. Gradually add flour while mixing until a moldable dough forms. Separate the dough in half.
5. Dye one-half red with red food coloring. (Add coloring until dough looks red, not pink.)
6. Wrap each dough half in clear wrap and put into fridge to chill for one hour.
7. Take out and roll chilled dough into 12" logs.

8. Let logs harden again in fridge to keep shape. Take out when firm.
9. Use a knife and cut straight down the middle of each log (from pole to pole.)
10. In a separate bowl, create an egg wash (whisk an extra egg with a splash of cold water) and brush the egg wash on the flat sides of each half log.
11. Recombine the halves to make two logs, matching each half with the other color.
12. Wrap newly combined logs with clear wrap and place in freezer until firm. (They should still be soft enough to cut through.)
13. Slice each log, making round cookie discs of equal thickness (about 1/3 inch). If needed, use cookie cutters to shape the discs into rounder circles.

14. Place cookies onto a greased baking sheet, leaving about an inch between each cookie.
15. Bake for 7-9 minutes.

## DECORATING

1. Put black frosting into an icing bag, or use a ziplock bag and cut a small piece off from a bottom corner.
2. Draw a line down the middle of the connecting red and white dough with the black frosting.
3. Place a white candy or half of a mini-marshmallow in the middle of the black line to complete the pokeball.

# They Know They're So Beautiful

## International boy bands win hearts and loyalty of American fans

BY AMELIA MCKENZIE  
Staff Writer

A number of boy bands have established themselves in American pop culture even though they aren't American. These groups have smiled and winked their way into our hearts and are known for their catchy songs and good looks. The two most prominent groups are One Direction and 5 Seconds of Summer.

One Direction, a band of five boys discovered through British competition show *The X Factor*, has become increasingly popular since their 2011 debut hit song "What Makes You Beautiful." Consisting of young Britons Zayn Malik, Niall Horan, Harry Styles, Louis Tomlinson and Liam Payne, One Direction is a showcase for perfectly coiffed hair, colorful skinny jeans and leather jackets.

Australian sensation 5 Seconds of Summer first made it big with their single "She Looks So Perfect", and won over fans with their ability to play their own instruments and look attractive while doing it. Discovered on YouTube by One Direction, this band consists of Calum Hood, Luke Hemmings, Ashton Irwin, and Michael Clifford.

Both bands have alluring and stylish looks, hit records, and, oddly enough, similar band names. According to Wetpaint.com, an entertainment news site, the name One Direction can

be credited to band member Harry Styles. Styles wanted the band to move in one direction, hence the literal name. 5 Seconds of Summer has four members, leaving fans to wonder what the 5 stands for. According to Yahoo.com/uk, there is no big story behind the name; band member Clifford just happened to come up with it during a math class.

What makes boy bands so popular? Senior Deanna Sanekane says, "Girls love good looking boys in groups who are talented." Senior Joyce Lee agrees, "The pop sound and style is very attractive to young girls." One Direction is also considered to have the most intense and passionate fans, the Directioners. There have been instances of Directioners harassing and verbally assaulting people who dislike the band.

One Direction and 5 Seconds of Summer aren't the only boy bands that have become popular around the world. South Korea has one of the largest entertainment industries in the entire world due to its K-pop boy bands and girl groups. According to CNBC, the South Korean entertainment industry earned up to \$3 billion dollars in 2011, a 112% percent rise from the previous year. Many boy bands from South Korea have large European, South American, Asian, and American followings.

What differentiates South Korean boy bands from the likes of One Di-

rection and 5 Seconds of Summer is the way they were formed. Individual Korean entertainment companies hold auditions for teenagers to enter a training program to improve their stage presence, acting, hosting, and dancing. If shortlisted, these young men and women go through rigorous training — in choreography, writing, singing, performing and acting — that takes one to eight years. Successful trainees are eventually groomed into the next pop sensation.

Senior Maria Palalay says, "It's their uniqueness that makes them popular. They all have different fashion senses and are very versatile because they don't just sing."

Japan also has its fair share of famous boy bands. Arashi is the latest Japanese boy band that has gained attention outside of Japan. Honolulu is scheduled to host Arashi in October, and concert organizers hope to attract more than 15,000 Japanese tourists to Hawaii for the concert.

Not everyone is taken in by the slick allure of these bands. Senior Aaron Wilford says, "What if these boys became bald? How many girls would like them then?" Junior Blaise Takushi agrees. "I think they're overrated," he says, "because they're only known for their looks and not much for their talent." ■

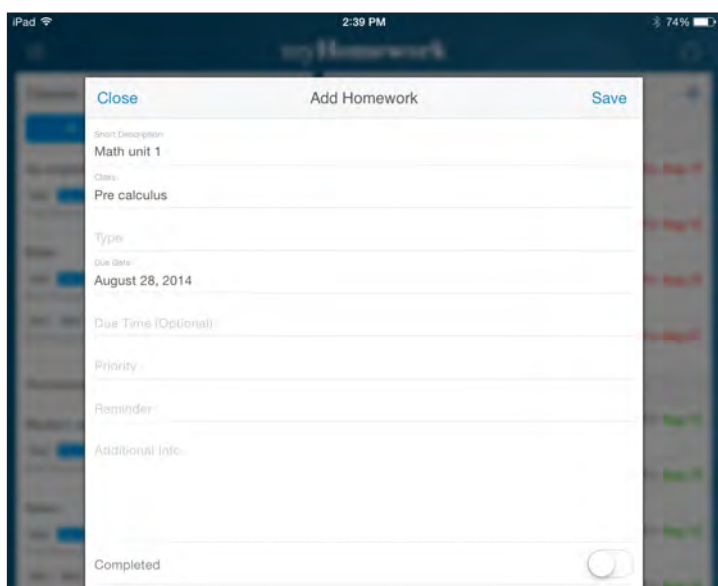


KYLIE TAKAI

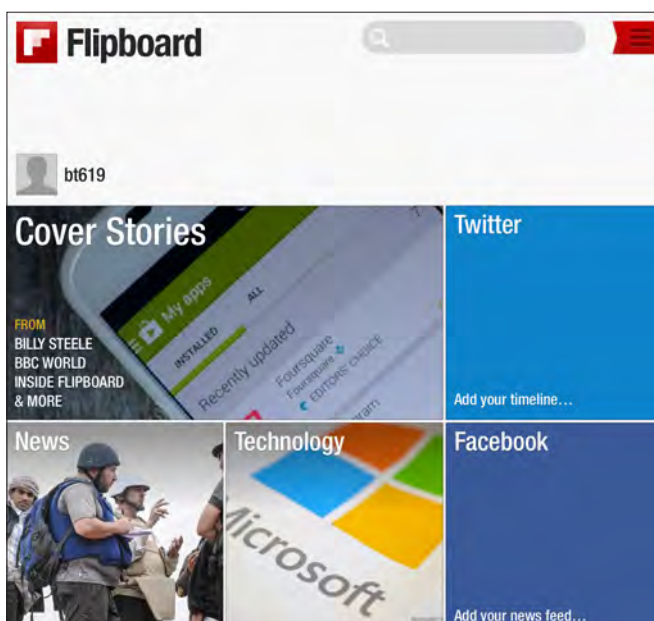
(Above) Senior Deanna Sanekane proudly shows off her boy band merchandise.

## APP REVIEWS BY BLAISE TAKUSHI

Staff Writer

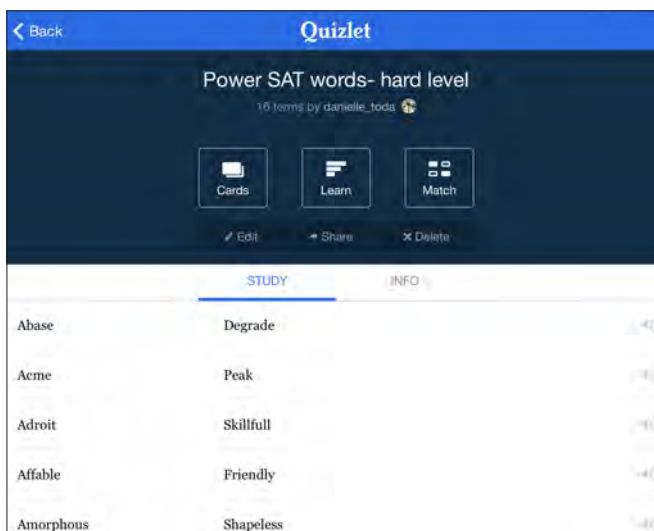


**MYHOMEWORK** is a productivity app that is a great alternative to carrying a planner. Because HBA has not given out planners this year, students may be looking for different alternatives to replace the planner. My homework is very customizable, allowing one to set their own block schedule. When inputting assignments, the user can select from the following categories like: homework, test, study, read, paper, presentation, lab, final, midterm, and quiz. The user may also set the priority of the assignment, set the due date and time, and add additional. My Homework app also allows you to turn on notifications so that the user can be reminded for an assignment at a specific time.



**FLIPBOARD** is a news app that aggregates articles and stories from many sources. Rather than going to

many different sources, news-readers can save time by using Flipboard to combine top stories into one magazine app. One of Flipboard's best features is the ability to customize your own feed including your social media account and any source that has a RSS feed. Flipboard comes standard with a few sections already set for the user: Top Stories; Technology; News; Trending.



**QUIZLET** is a simple virtual alternative for using flashcards. Because of Quizlet's simple yet beautiful

design, the user will find great ease in making flashcards, compared to the laborious task of making flashcards by hand. When the user makes a set of cards, he or she can organize them by class, creating a great tool for organization.

# 75 DAYS, 350 MILES *HBA paddlers train for the HCRA State Championship*



COURTESY OF MARK YAMAUCHI

*Kamehameha's 16's girls crew paddles off during the start during a race at Keehi Lagoon.*

BY KYLIE YAMAUCHI  
Staff Writer

Although Pac-Five paddling does not begin until October, a small group of HBA middle and high school students dedicated their summer to training for the Hawaii Canoe Racing Association's (HCRA) State Championship. From the start of the season, crews practiced with one goal in mind: to win states. Girls from the Kamehameha Canoe Club would paddle a total of about 350 miles throughout their entire season before the state championship.

On Saturday, August 2, clubs from all over Hawaii packed the tiny shore of Keehi Lagoon for the annual HCRA State Championship. Hundreds of paddlers along the shore cheered for their clubs

at the starting line, while crews as young as 12 and as old as 65 raced quarter-mile to two-mile distances. Girls from the Kamehameha Canoe Club placed fifth and seventh in their two races against 14 other crews. Junior Isabel Wiemken, a paddler for Kamehameha said, "I think this year's states was special because there was a certain pride to be on our home turf and show everyone what we're made of. Even though we didn't win, that doesn't matter to me because it's just about coming together as paddlers from all over the state and having fun."

Eighth grader Kalena Montgomery placed fourth with her crew for the Kailua Canoe Club. Montgomery said, "States was so fun. Competing against all the different

islands was cool. Maui canoe clubs are the ones you gotta watch out for."

Aside from racing, paddlers could shop for clothes, swimwear, jewelry and paddles at booths at the championship.

This year, once the Kamehameha girls crews qualified for states, practices grew longer and harder, and fitness took priority. Coach David Ahia, who runs his own construction company, has coached for the Kamehameha Canoe Club since 2004. He instructed the girls to run three to six miles a week outside of practice time, drink lots of water, and eat balanced meals.

Junior Zoe Farris said, "I felt like I was going to die everyday at practice. My back was sore [from the continuous practice runs] and I had to use a lot of Icy Hot." When pick-

ing crews for states, Ahia's plan was to "put together crews that would help gain the most points for the club without compromising the quality of the crew and their blend. Putting together girls that paddled well and [trained] hard was the priority."

Ahia also coaches the Pac-Five girls team, and has been coaching high school teams since 2003. "[The] best advice I can give [to Pac-Five paddlers] is to get stronger during the offseason," said Ahia. "Ultimately I'd like the girls to come back at a higher level of fitness than when they left the previous season. It's easier for the athlete to progress when [she] doesn't come back after taking a step backward."

Ahia continues to inspire the girls to paddle their hardest, while also having fun.

Wiemken said, "We do really well as a team, and it shows [Ahia] is definitely doing something right if we're successful. He's a great coach; he makes paddling fun and practical."

With the summer paddling season now over, the girls are already thinking about the Pac-Five season. Eighth grader Cameron Hema said, "I'm excited for school paddling because I want to have as many paddling opportunities as possible and school is where [I can start]. I'm looking forward to the coaches because I feel like they can teach me the techniques of paddling."

Last year, the Pac-Five Varsity Girls team finished third overall behind Kamehameha and Punahou. The Pac-Five Junior Varsity 1 Girls team finished in fourth place. ■



COURTESY OF MARK YAMAUCHI

*(Left) A Kamehameha Canoe Club canoe awaits its crew at the HCRA State Championship; (Right) A handful of HBA Pac-Five paddlers — Ria Shimabukuro (far left), Kylie Yamauchi (far right), Zoe Farris (second from right), and Marissa Kwon (third from right) — are part of the Kamehameha Canoe Club.*

# Blood, Sweat, and Victory

*HBA athletes and faculty complete the 2014 Trifecta Spartan Race*



COURTESY OF DIO PILAR

*ASEP coordinator Craig Chang (far right) hustles his way to the finish line in the 2014 Trifecta Spartan Race.*

BY KARA MARUSHIGE  
Staff Writer

Mud mixes with sweat and blood as ASEP Coordinator Craig Chang, alumnus Kelvin Abe ('12) and Andrew Shiozaki ('13), and senior Jarrett Toyama make their way through the Trifecta Spartan Race. This past August, the four racers participated in the obstacle course "designed to push your limits, test your strength, challenge your endurance."

The Spartan Race is known for putting its competitors through obstacles that are both physically and mentally excruciating. Chang says, "There's jumping, climbing over eight foot walls, thirty feet vertical rope climbs, going underneath barbed wire in a mud pit, carrying buckets of gravel up a hill and back down, carrying concrete items to one end and doing burpees, and returning it.. Shall I go on? There were about 20 or more obstacles to do."

The Trifecta Spartan Race is a combination of three of its popular races: the Spartan Sprint, the Super Spartan, and the Spartan Beast. The course is a combined twenty four miles, with a 3+ miler Sprint, 8+ miler Super, and 13+ miler Beast filled with mud and water.

Toyama says, "Pretty much ev-

erything was hard. [I felt like the course's] sole goal is to make you quit and go home." For Abe, the most difficult part of the race was running. He explained, "There were many uphill, switchbacks, and steep downhill which quickly taxed my legs and cardio." Toyama added, "The hardest thing about the race was forcing myself not to say 'forget it' and just leave the course and give up. It took immense will to make myself keep going, especially when the next obstacle was in sight. Physically, it drained me an absurd amount; there were a few points where my body was just so exhausted and dehydrated I needed to pull over from the course, and sit for a few minutes." For Abe, Shiozaki, and Toyama, completing the course took about eight hours.

The four racers had a taste of the race when the Spartan Sprint was held in Hawaii for the first time last year. Abe said, "Last year, a couple HBA students, alum, and I ran the Sprint at Kualoa Ranch. It was the only race offered that year." Chang also ran in the sprint last year. He said, "Last year I didn't complete the vertical rope climb because I couldn't get a firm grip, so completing [this year] was a highlight."

The Spartan Races were first organized in 2001 by eight founders

who wanted to design Greek-inspired race courses. The courses range from one mile to marathon distances, and incorporate varying numbers of obstacles. Some of the most common challenges are: fire jump, barbed wire crawl, spear throw, wall climb, and herculean hoist. If racers cannot or do not complete a certain obstacle, they must perform burpees as punishment.

The three basic races are the Spartan Sprint (easy), Super (medium), and Beast (hard). There is also a Spartan Kids race for children ages 5-13. The "Junior Varsity" and "Varsity" courses are half a mile and a mile, respectively.

Although taxing to the body and mind, Chang and Toyama are both satisfied and proud that they completed the race. Chang even plans to participate in the Spartan Beast next year. He said, "It's a good race and I think everyone should try it if they're mentally tough."

Abe summed up his experience, saying, "[It] was like no other. It's odd how a lot of satisfaction can come from a finisher medal after enduring so much suffering. In the end, the experience was gratifying and I would most likely do it again." ■



*(Above) Senior Jarrett Toyama holds up his finisher medal — comprising three smaller medals — from the Trifecta Spartan race.*

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## Digging Into New Food

BY TRENT TSUZAKI

*Staff Writer*

By Saturday, I had forgotten about my teacher's assignment of trying a food that I never ate before. My irresponsibility had consumed almost two whole days and thus prevented me from finding something exotic such as opihi or lomi salmon. Thankfully while I was at a family party, I saw Cappuccino Chips, which was a new food item that my Writing for the Media class had talked about. Lay's, the famous chip maker, held a "Do Us A Flavor Competition" where people could submit flavor ideas and win big money. Cappuccino Chips was short-listed as one of the four new flavors; the others are Cheddar Bacon Mac and Cheese, Wavy Mango Salsa, and Kettle Cooked Wasabi Ginger. I had a short chuckle once I saw the chips since it's common nowadays to try new foods, but the thought of tasting potato with cappuccino flavoring didn't make sense. But why not give it

a try? Unlike the strong taste of seafood, chips should be harmless (sorry, no foreshadowing here). Under the large brown letters "CAPPUCCINO" on the chip bag, it says "Submitted by: Chad Scott." It sounded like an experiment to me but I went ahead to see how it tasted.

I was pleasantly surprised that it tasted more like a coffee cookie than a potato chip. However its taste wasn't very strong, and at least Lay's was smart enough not to make it salty like most of its chips. Adding salt would only take away from its sweet flavor. Unlike the Original Lay's potato chip which easily crunches, this one took a little more effort to chew in my mouth. It was still crunchy but think of a thin cookie chip. It just needed stronger flavoring. Its weak taste didn't absolutely strike me, unlike flavorful foods like chocolate that immediately makes its presence

known in my mouth.

The verdict? It's mediocre. I think that it's just another fad which lacks enough personality to survive the harshness of food critics. I've always craved Fritos, and it will remain be my number one choice.

However, I'll take some time to appreciate the fact that Lay's at least is trying something new. They may be targeting coffee lovers, but I can't imagine anyone eating these chips on a daily basis since chips generally are junk food. Ultimately, it's another attempt at making tasty junk-food. I grew up to love the Classic, Barbecue, and Sour Cream and Onion chips, which always accompanied my sandwiches when I was younger. I don't see how Cappuccino Chips are a good complement to anything.

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## Summer Ombré

BY KUULEI RODBY

*Staff Writer*

Many teenage girls see summer as an opportunity to alter or experiment with new things since school is out. The most popular hair trend I've been seeing this summer is ombréing—or dip dyeing hair. This gives the appearance that top half of your hair is a different color than the bottom half. I've seen colors ranging from light brown to more eccentric hues.

The most popular hair trend I've been seeing this summer is ombréing—or dip dyeing hair.

Ombréing seems easy to do with only a little prep and clean up time

required, but I think the reason why dip dyeing is so popular is because of how easy it is to get rid of it. Is school starting in less than a week? Don't worry, you can dye the ends of your hair neon pink and chop off the three inches of pink hair the day before school starts. No problem.

One question that keeps popping in my head as I see girls with two toned hair is: "How do they keep their hair so healthy?" As a teenager who constantly experiments with my hair in my free time, I know for a fact that bleaching and dip dyeing your hair is the worst thing you can do for it. After Googling some reviews and tutorials on how to properly achieve the ombre look, I've learned that 90% of the

time, young girls are not happy with the results of their hair. Yes, they say the physical appearance is lovely, but the cost of having beautiful two toned hair is having your hair feel the same as dehydrated hay that scratches your neck like an itchy wool sweater filled with needles.

With that in mind, I've decided against ombréing since my hair is already fried from coloring it too often in the past. I'll just have to wait until I have six inches that I want to cut off.