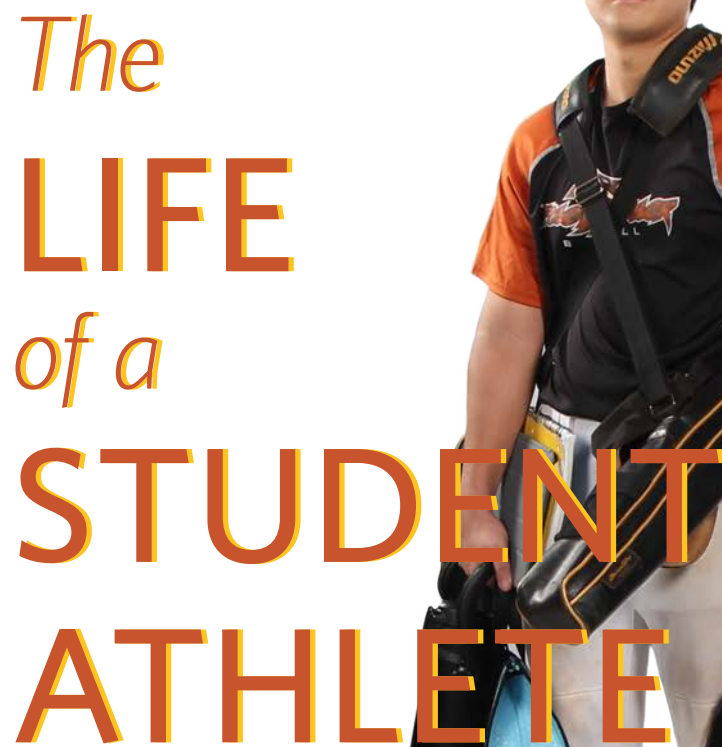


SPIKE NITE EDITION

HAWAII BAPTIST ACADEMY



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**SPIKE NITE
TEAM PAGES**

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SPIKE NITE EDITION

eagle eye

VOLUME 30, NUMBER 1 HAWAII BAPTIST ACADEMY SEPTEMBER 2015

Lady Eagles Eye Another Title

Girls varsity volleyball team looks ahead to Division II Championship



KRISTIN MONIZ

Before a match against University High, the Lady Eagles take a moment to remind each other to play hard and to enjoy the game. After a hard fought three-set game, Lady Eagles won 25-21, 13-25, 26-24.

BY SHANNON MAU
Sports Editor

Last season, the Lady Eagle’s varsity volleyball team finished with a stellar 13-3 record, captured the ILH D2 Championship, and made it to the state semifinals before falling to Seabury Hall. Seabury Hall went on to the championship game, where they eventually lost to Konawa’ena. The Eagles defeated Kalaheo in the consolation match to capture third place overall in the state.

After losing six seniors, this year’s team will be looking for new leadership, balance, and continued success. Junior outside hitter Keri Lum, the reigning ILH D2 Player of the Year, has high hopes for this season. She said, “I plan on trying to get Divison Two ILH champs again and winning first in States.” HBA’s varsity girls coach, Myles Shioji, also clinched the Coach of the year award. “The most chal-

lenging thing about volleyball is teaching the players about having a growth mindset—to be willing to learn and fail instead of remaining at the status quo. At the same time, the best part of volleyball is the improvement that the players make in their mindset.”

The Lady Eagles came out on top during last year’s Spike Nite, defeating Saint Francis in three sets in front of a 900-person crowd. Senior middle blocker Madison Tanabe, named ILH honorable mention last season, is cautiously optimistic for tonight’s game. “I am nervous yet excited at the same time to play on Spike Nite. This will be my third Spike Nite as a varsity member, so I know how to handle the pressure and the fans. I’m sure our team will play well and compete.”

The team holds a record of 3-1 going into tonight’s matchup against La Pietra. ■

FEATURES

STAYING ACTIVE

BY KYLIE YAMAUCHI
Editor-in-Chief

It was an ordinary school day in Spanish 1 during his freshmen year that inspired Joshua Namba to make a change to his relaxed lifestyle. It was the day his fellow classmate and freshman Taylor White challenged him to an arm wrestling match and won. From that point on, Namba decided to start working out so White would never beat him again.

Namba, who is now a senior, has come a long way from that day in Spanish 1. Every day as the 2:45 dismissal bell rings, Namba drives down to the Nu’uanu YMCA to lift weights and do various exercises. “I like seeing my progress strength wise and aesthetically,” he says. “I somewhat masochistically like the feeling of being sore the day after a good workout. Working out also increases my overall discipline, which I can apply in other areas of my life like school.”

White, also a senior, has taken up an active lifestyle as well. She remembers her arm wrestling victory and jokingly states that what keeps her motivated

“is [her] burning desire to beat [Namba] at arm wrestling again.” White does the Insanity workout every morning at four and after school she either does a light jog or weightlifting. Since arriving on the high school campus as a freshmen, White quickly took advantage of the weight room facilities and continues to weightlift in her senior year. As one of the few female students to use the weight room, White encourages more girls to get involved. “You won’t get bulky unless you lift your car and eat straight meat all day,” White jokes. “Don’t ever be discouraged if others are better than you; make them your goal! Find a workout buddy if you need accountability.”

While not everyone has a story like Namba’s or White’s to tell, many other students at HBA find the motivation to stay active on their own time. Freshman Payton Lee leads a busy active lifestyle by joining sports teams. After school from Tuesday to Thursday, Lee can be found at PAC-5 football practice, while on Monday he

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KERR: AIMING HIGH

BY BRETT WATANABE
Staff Writer

Noa Kerr, senior from the class of 2016, plays club and school soccer with a passion. When Kerr was five, his kindergarten teacher noticed that Kerr was very energetic, and suggested that he play soccer. Ever since then, he hasn’t stopped enjoying the game. This was the beginning of his soccer career. Kerr’s dedication to the sport has helped him get scouted by three mainland colleges: Dominican University of California, Notre Dame de Namur, and Point Loma Nazarene University.

During the pre-season Kerr conditions to prepare for the regular season. Over the course of a year, Kerr travels out of the state about two or three times to play soccer with his club, the Honolulu Bulls. Kerr plays center attacking middle position, CAM for short.

Kerr, realizing he could pursue this sport seriously, has been working hard since the summer of 2014.

To prepare for tournaments and the

Continued on Page 8

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Good Grades Or Gold Medal?

Weighing sports against academics

BY KYLIE YAMAUCHI
Editor-in-Chief

The student athlete is easy to spot. With tired, unfocused eyes, he trudges to school with a bulging sports bag hung over his shoulder. In one hand he holds a baseball bat or a tennis racket or a football helmet or maybe a paddle. In the other, he carries a large water bottle he'll probably refill three times that day. His heaviest load, however, is the bag on his back, filled with homework, much of which he couldn't finish last night because he had practice.

At HBA, student athletes often struggle to balance school work, sports, and social activities in their busy lives. Every day, a new set of homework is assigned and the student athlete must decide whether he will make school or sports his priority. As I sit here writing this, I can attest that the struggle is real: I had paddling practice this evening from 4:00 p.m. to 6:00 p.m. at the Ala Wai Canal, and I didn't start on my homework until 8:00 p.m. It's late and I'm at the point of the night when I decide which homework I'll leave to finish the next morning so I can at least get four hours of sleep.

When I find myself in this state, do I regret going to practice? Of course not. In fact, I'm planning on going tomorrow although I know I'll have even more homework to catch up on and here's why:

Over the last four years of paddling, I've decided that sports is not any less important than my school work. I've also come to the conclusion that school is definitely not the most important thing in my life. Don't shake your head in disapproval just yet. I'm not recommending that anyone



GAVIN ARUCAN

should prioritize sports over school, or use sports as an excuse to slack off in school. School should be treated with utmost respect because it will play a huge role in a student's future.

I'm also not saying that I don't put any effort into my school work. I continue to give my 100% to completing my homework, studying for tests, and preparing for college.

What I am saying, however, is that I'm not letting school dictate my decisions in paddling; I keep the two entirely separate. I would never miss a practice because of homework. Even during finals week for the past couple of years, I've continued to attend practices and races.

Should one skip practice for finals week? Is it better to go to an exam review session or to a sports practice? Is there enough time this weekend for homework when there is a game on Saturday? It's difficult for student athletes to answer these questions without first knowing their priorities.

As if a seven-hour school day isn't enough, many stu-

dents believe it's better to immediately continue their studying right after school and late into the night. While doing this may earn students the title of an overachiever, it will burn them out. We all need an outlet after school to release any stress and give our brains a break. Sports offer a less stressful environment to focus on non academic pursuits. Taking this "break" could make students feel more refreshed and eager to complete their homework.

More important than finding rest, student athletes need to answer this question: "What do you want your life to be?" If they were to take stock of their lives now, is what they're doing making them happy?

I came to the point where I realized without a doubt that paddling, while challenging both mentally and physically, kept me relatively happy in any situation. School, on the other hand, brought me stress. I decided that if there was one thing I want to spend most of my time doing, it would be paddling. When prioritizing what's most

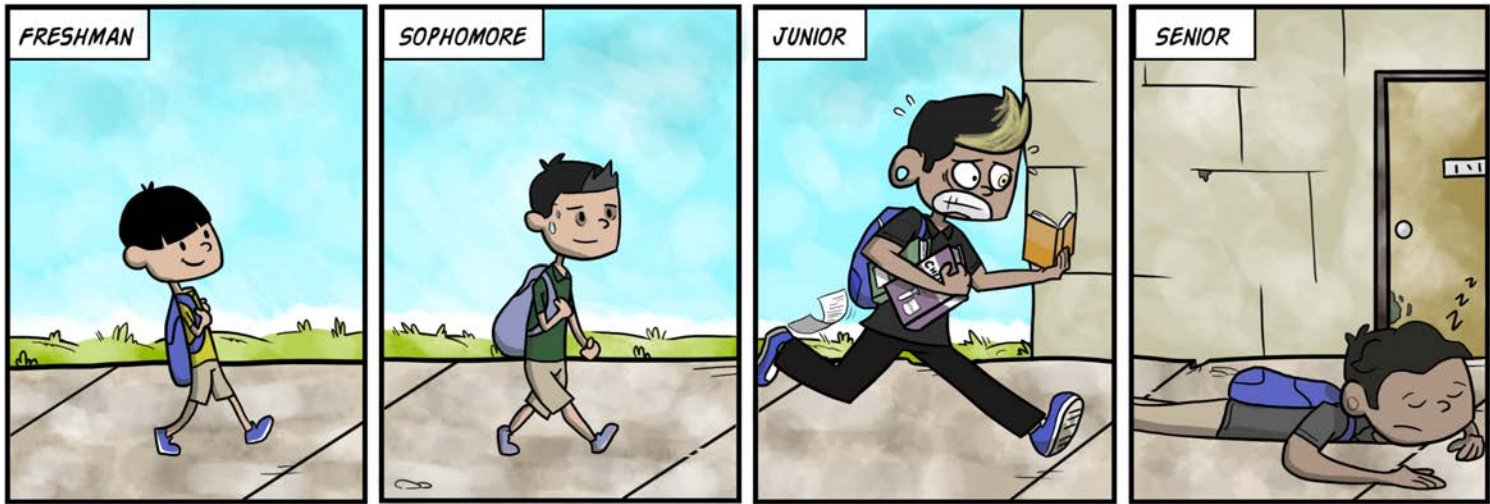
important in life, students shouldn't focus entirely on the things that will promise them the most success. From a Christian point of view, I can confidently say that success is temporary in this world and that in the end, all that will matter are the relationships you have and the person you've become spiritually.

Students should spend most of their life doing what they love, while still keeping other options in the picture. For many student athletes, the particular sport they play holds a special place in their hearts or they wouldn't be doing it to begin with. They shouldn't let school take away their passion for their sport.

Discontent comes from students focusing too much on their success in school and focusing less on what makes them happy. It's okay to take a break once in awhile and it's okay to admit that school isn't the most important thing in our lives. In fact, I'd be worried if someone prioritized school before family and friends. Students should find what they love to do and dedicate most of their lives to doing it, regardless of what others think.

When it's early in the school day and my sleep deprived eyes drift toward the clock, counting down the hours till practice, I know I've made the right decision in making my sport just as important as school. ■

GAVIN ARUCAN



Band Students Spend Summer Soaking Up The...Scales

BY FAYE TAKUSHI
English Department Co-Chair

While their classmates enjoyed the last weeks of summer vacation hitting the malls, beaches, and movie theaters, a group of 21 HBA band students spent their days hitting notes... quarter notes and eighth notes, that is. Immersed in key signatures, sharps, and scales, these students participated in the 2015 Pacific Music Institute in late July, a 10-day intensive music institute under the tutelage of Hawaii's best music teachers. The twenty one student contingency was a sizeable increase over the summer of 2012, when four students represented HBA for the first time.

Under the direction of Henry Miyamura, long-time band director and retired Orchestra professor at the University of Hawaii, the Pacific Music Institute—sponsored by the Hawaii Youth Symphony—is a full-immersion program open to students entering grade 8 up to recent high school graduates. After more than 20 years, the Program continues to attract more than 100 students from across the state every summer.

PMI participants had to audition for their seats on the first day of the Institute, and HBA students represented our school well: Khristian Vinca, first chair alto saxophone; Sean Suetsugu, first chair trumpet; and

Tani Takushi, second chair clarinet. Not surprisingly, the 5 daily hours of workshops, sectionals, practices, and performances yielded much growth in students' musical ability. "I feel more comfortable about hitting my notes, sight reading, and performing more challenging music pieces," said 8th grader Gabrielle Chun, the youngest member of the HBA contingency. Junior Jared Miyasato agreed: "I definitely improved a lot after going to PMI."

This growth is the direct result of the more than 20 dedicated music teachers (called clinicians) and conductors who participate in the program. "The conductors there were really helpful and helped me improve," said Miyasato. Senior Trey Larson, who received playing tips from PMI Director Miyamura himself, said, "I was surprised that he was willing to help anyone and everyone. Even helping me play my tuning note!"

HBA band director Brad Shimizu, who also participated in PMI as a clinician for the clarinet section, shared that Miyamura was impressed by the attitude of the HBA students and commented on their willingness to learn as well as to develop musically. "He has a remarkable ability to remember each student and attenuates his instruction to help everyone individually, no matter their level of skill," said Shimizu. Miyamura



COURTESY OF BRAD SHIMIZU

Twenty one HBA high school band students attended the Pacific Music Institute in July, learning from Hawaii's top musicians.

coached Vinca on his solo in order to get every nuance just right, adding "I know you can do it—because your father could do it when he was in my band!" (Vinca's dad played clarinet for Miyamura in the 70s in the legendary McKinley Band.) And for trumpeter Trey Larsen, who struggled to play his tuning note without cracking, Miyamura would patiently give him pointers on how to support his tone. On the day that Larsen successfully played his tuning note, Miyamura turned to Shimizu, smiled, and said, "See? He can do it!"

PMI isn't all work and no play,

though. Senior Ty Wakabayashi said that he was surprised at how fun PMI was and that "everyone was really friendly and we all connected really well from the beginning to end." For sophomore Bey Thompson, the highlight of PMI was "when [her] flute section went down to get boba drinks together with the section leader."

Reflecting back on their experience, the students cited growth in more than just their music skills. "I gained a lot of skills from PMI, not only as a musician but as a person," explained

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Staying Active

from Page 1

juggles both football and basketball practice, one after the other. Not to mention, his Saturday is a hectic day filled with games and tournaments. Lee states, "Through exercising I hope to get stronger and faster and be able to do more things like go running even when I'm old."

Seniors Zoe Farris, Michelle Kinumatsu, and Ellie Shimatsu use their after school workouts as a way to spend time together as friends while keeping fit. The trio usually jogs up to Queen Emma Park from school to do a variety of exercises there or run through the various neighborhoods in Nu'uano. Farris admits, "I'm not one of those people who gets a thrill from working out and sweating, but I enjoy working out with my friends and just getting that extra time to get to know one another that much better."

Ever since they started exercising, students have begun to see both physical and emotional changes in themselves. "I have been in much better moods since I started exercising," says Shimatsu. "I don't feel as sluggish and unmotivated like I did [before] I wasn't exercising." According to White, walking up the steep flight of stairs to the fourth floor on the high school campus doesn't seem like much of a challenge anymore.

According to physical therapist Timothy Chang from JACO Rehab, "staying active is one of the most important habits to develop in high school. The health benefits are numerous and include

increasing energy levels, improving mood, decreasing risk of developing diabetes or high cholesterol/blood pressure later in life, controlling weight, and increasing your lifespan." As a dedicated paddler, Chang encourages others to find something they're passionate about. Any form of physical activity is acceptable as long as the activity takes at least 30 minutes a day. "Exercising for the point of exercising can be mundane and boring," he states. "Always wanted to try stand up paddle boarding? Go for it! Get a group of friends together and go for a hike on the weekend. Find a sport or activity that gets you excited and never look back."

According to HBA's athletic department, they encourage all students to participate in a sport. Athletic director Deren Oshiro says, "[We encourage students to] try different activities and hopefully find something they enjoy and continue. Not all of them will make the teams they want to, fill the roles they want to, or accomplish all of their individual or team goals. But we believe they can all have a great experience, regardless."

Middle school physical education teacher Tiffany Aguiar recognizes the importance of moving around more in addition to exercise. She says, "During the week, think about simple ways to move more such as walking and talking with friends during lunch or after school, taking the stairs when possible, or parking further away from a destination on purpose."

While school can be time consuming and most students find themselves loaded with homework after school, finding time for exercise may prove to be beneficial. "It may sound counterintuitive, but numerous studies have shown that exercise can improve cognitive function and your ability to concentrate," Chang states. "Taking a 30 minute break



COURTESY OF JAYNA LEE

Pac-5 football helps keep freshman Payton Lee (right) fit and provides an outlet from the stresses of school.

from studying to exercise, may in fact improve your test scores!"

Shimatsu reminds other students of the importance in finding the right motivation to work out. "Exercise for you," she says. "Don't exercise to impress anyone or look like anyone else. Exercise to be comfortable with yourself and to stay healthy."

Namba continues to exercise for his own self improvement. When asked about any recent losses in arm wrestling matches to White, Namba jokingly responded with "that doesn't happen anymore." ■

VARSTIY
LADY EAGLES



“My most memorable moment is bringing donuts during my freshman year because I served the ball under the net.”

“I dedicate this game to my parents. I love you guys!”

ASHLEE NISHIMURA Senior • Defensive Specialist • 5'



“My most memorable experience is playing with my friends and learning how to be a team player.”

“I dedicate this game to all my supporters.”

NAIYA FUJIKAWA Freshman • Defensive Specialist/Libero • 5' 2"



“My most memorable experience is our loud team meetings at lunch. Whatever was said in the meeting stays in the meeting.”

“I dedicate this game to my family. Because of you guys, I never gave up on my dreams, when everyone else told me I should.”

KARLI UWAIN Senior • Defensive Specialist • 5'



“My most memorable experience is being able to watch my team grow together and develop closer relationships.”

“I dedicate this game to my younger sister, Kaylee.”

TIARA FUERTE Senior • Opposite Hitter • 5' 2"



“My most memorable experience is knowing how close the team is and how much we bond together. We go through a lot during the season and it is nice to know that everyone has your back and supports you through the tough times.”

“I dedicate this game to the team. Let’s go out on the court, have fun, and make every day and today count.”

BRITNEY ODONNELL Sophomore • Middle Blocker • 5' 10"



“My most memorable moment is seeing how well my teammates bond with each other.”

“I dedicate this game to my family and friends that have supported me since day one.”

KALLIE LANGFORD Sophomore • Outside/Opposite Hitter • 5' 8"



"My most memorable moment is winning the D2 title last year."

"I dedicate this game to all my friends and family that have come out to support me"

MADISON TANABE Senior • Middle Blocker • 5' 6"



"My most memorable moment is getting a facial by Nanea that made me think I got a concussion."

"I dedicate this game to my family, my teammates, and every single one of my friends, especially Jojo, Tiff, and Camille Ka'imilani Abella Chamness."

HANNAH TAVARES Junior • Setter • 5' 4"



"My most memorable experience is playing with all the upperclassmen."

"I dedicate this game to my sister because she is the reason I started playing volleyball and why I chose to play on the varsity team for her last year."

BRIENNA NISHIMURA Freshman • Outside/Opposite Hitter • 5' 5"



"My most memorable moment were the talks in the locker room."

"I dedicate this game to my friends and family."

ALLY WADA Sophomore • Setter • 5' 7"



"My most memorable moment is team bonding in the locker room."

"I dedicate this game to my brother, Jordan."

SAMANTHA THIBODEAU Junior • Middle Blocker • 5' 4"



"My most memoral experience is winning the ILH D2 title last year."

"I dedicate this game to my dad, mom, Ash, and my best friend Nicolas."

KAILEY YOUNG Junior • Defensive Specialist/Libero • 5' 3"



"My most memorable moment is having a close team that I can rely on."

"I dedicate this game to my parents for all their love and support."

KEISHA CHING Senior • Opposite Hitter • 5' 7"



"My most memorable moment is winning the ILH Championships last year."

"I dedicate this game to my mom, dad, granny, and grandpa. Love you guys!"

NANEA LUM Junior • Outside Hitter • 5' 8"

JUNIOR VARSITY



BACK (L TO R)

CHANDELLE TAKAHASHI

5' 3" Opposite Hitter

"I dedicate this game to my parents and sister, who always come to support me no matter what, and to my friends because they always have my back."

KACIE YOSHIDA

5' 3" Middle Blocker

"I dedicate this game to my friends and family who have supported me, but especially to my Grandpa who had back surgery and still came to watch me play. Hope to make you proud."

KATELYN NAKAGAWA

5" 2" Outside Hitter

"I dedicate this game to my friends most importantly Megan, Ally, and Matt who always come to watch me play. Also to my loving family who have always been there to support me. Love you guys!"

MAYA NAKASONE

5' 2" Libero

"I dedicate this game to my parents for being there for me. My grandpa, uncle, and my friends for supporting me, and Marissa for inspiring me to play. Love you!"

KALENA MONTGOMERY

5' 3" Setter

"I would like to dedicate the game to my family and friends."

NICOLE TOMMEE

5' 3" Middle Blocker

"I dedicate this game to my parents and my sister Kristina."

FRONT (L TO R)

EMILY WHITE

5' 4" Setter

"I dedicate this game to my parents and grandparents for always supporting me, and to my sister, Taylor White, who first inspired me to play. Love you guys!"

CJ RAMOS

5' 6" Middle Blocker

"I dedicate this game to the OG's #xsquad."

HANA JARDON

5' 6" Outside/Opposite Hitter

"I dedicate this game to my family who supports me and pushes me to improve myself every day."

CAMERON HEMA

5' 6" Outside Hitter

"I dedicate this game to my dad because he pushes me to do my very best and he trains with me to become better."

RACHEL NAKAMOTO 5' 5" Middle Blocker

"I dedicate this game to my parents and my friends. Thank you for your support and because of that I grew to love the game more."



BACK (L TO R)

SERENA AU
5’3” Middle Blocker
“I dedicate this game to all my friends and family that helped me get on my feet after my injury.”

JASCI LIGSAY
5’ 2” Opposite Hitter/Libero
“I dedicate this game to my family, friends, and teammates.”

NICOLE ARAKAKI
5’ 3” Middle Blocker
“I dedicate this game to my family, friends, and my teammates.”

KAYLEE FUERTE
5’ 2” Outside Hitter
“I dedicate this game to my friends and family. But most importantly, I’d like to dedicate this night to my sister, Tiara.”

CAITLYN CHING
5’ 2” Setter
“I dedicate this game to my parents and friends for always being there for me.”

FRONT (L TO R)

KRISTIN MONIZ
5’ 4” Outside Hitter
“I dedicate this game to my dad because he’s always been supportive of everything I do and pushes me to be the best I can be.”

KIANA OKA
5’ 2” Outside Hitter/Setter
“I dedicate this game to my grandma. She passed away 3 years ago, but I would’ve loved for her to watch me play.”

ALISSA VASPER
5’ 3” Defensive Specialist
“I dedicate this game to my mom because she always stays and watches every practice and game to supports me.”

TAYLOR ELEOLA
5’ 4” Middle Blocker
“I dedicate this game to my friends and family.”

KYLEE SUMIDA
5’ 3” Outside Hitter
“I dedicate this game to my sister Lauren Sumida who also played volleyball for the HBA eagles.”



BRETT WATANABE

Senior Noa Kerr has set his sights on playing college soccer, believing that hard work and a positive attitude will help him succeed.

Kerr

from Page 1

regular season Kerr practices three to four days a week. On average, practices take as long as two to two and a half hours at the least. "Practices vary on the days and the weeks ahead. If it is preseason, it would be hard conditioning with technical work such as footwork and foot speed. During the season, practices are mainly for hard work during drills, tactical drills, and strengthening," states Kerr. Having games twice a week limits the days when he can condition or work out. "I work out about twice a week depending on how vigorous my schedule is. To prepare for the regular season or an important soccer tournament, I would of course work out at the gym, but also go running. It is boring but it definitely helps me to get into shape. Running consists of long distances at a decent tempo to increase my heart rate and lung capacity, and short distance sprints to keep up my sprint speed," says Kerr.

Kerr's motivation to continue playing soccer comes from his relationship with his friends and family. "My motivation to keep on playing soccer is having and seeing my friends play college ball in the mainland. That is my ultimate goal. Playing college soccer is my motivation because it can help my parents pay for my college tuition, which can be quite pricey. Watching professional soccer on TV also motivates me to be the best I can be," says Kerr. Kerr admires FC Barcelona and Manchester United, but the players he looks up to the most are Cristiano Ronaldo and Neymar.

For those who are playing soccer and want to get better Kerr suggests a "never-giving-up type of attitude." He explained, "Having a very positive attitude toward everything will take you very far in soccer. Hard work only comes from a positive attitude." ■

Band

from Page 3

sophomore Kaylie Hayashida. "PMI taught me how to work in a group and how to get along with people I've just met." Echoing that sentiment, Gabi Chun added, "I gained confidence when playing my instrument and also when interacting with others, mainly because everyone was older than I am, so I felt like I was treated like an equal instead of a child."

For the returnees, PMI seemed to be an even more valuable experience. Junior Dylan Tsuruda characterized

his second year as "deeper and more productive" than his first year. "I was a much better player this year, so I was able to spend more time working with the music than actually learning [how to play] the music," he explained. Fellow returnee and classmate Khristian Vinca felt "really comfortable and confident" this year, compared to last year when he "didn't know what to expect" and placed last seat. Happy with this year's turnout, Vinca added, "It felt awesome to have 20 HBA musicians also attend PMI with me this year. Having a big group of people I knew gave me confidence

and made this year much more entertaining!"

For Shimizu, the best part about PMI was seeing how HBA students responded to the higher level of expectations and to playing alongside talented musicians from all over the island. "I think a lot of them had to re-evaluate what it means to work hard—now an 85-minute extended band class doesn't seem like much compared to their experience at PMI," he explained. "I guess it means we get to work even harder now." ■