



Ka Leo O Kalani

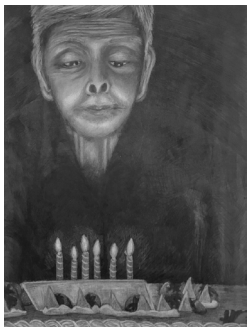
Kalani High School's student-produced publication

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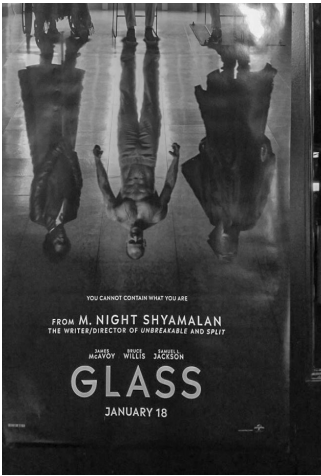


"Candle" by Kelsey Lei (12) is a Hawai'i Regional Scholastic Art competition winner.

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Kalani students win regional art prizes

by Jett Neeley

On Wednesday, Jan. 23, Scholastic announced the winners of the Hawai'i Regional Scholastic Art competition. Junior Colleen Kagawa came away with two Golden Keys and an American Visions Award nomination. Kagawa submitted a drawing entitled *The Greatest Influence*.

"We were asked to do realism portraits and I wanted to do a picture of my grandfather," Kagawa said. "He actually was the one who got me into drawing in the first place when I was a kid and so I really wanted to make it as great as possible because I wanted to make him proud and I'm really happy with how the piece turned out."

Kagawa is no stranger to winning. She also won last year, but this year is more meaningful.

"It was very overwhelming," she said.

Kagawa was not the only winner from Kalani. The school had six others as well: Tiffany Ly, Cyrah Strawn, Jalen Rose Condes, Lawrence Kim, Ayumu Kodama, and Kelsey Lei. In addition, seven students were given honorable mentions: Jalen-Rose Condes, Colleen Kagawa, Karen Oh, Kaisei Shigeta, Maria Tanaka, Clara Wu, and Emelia Yeung. (Some names repeat because students submitted multiple pieces.)

Senior Kelsey Lei has also been awarded a full scholarship to the Otis School of Art and Design.



"Grandpa" by Colleen Kagawa (11) is an American Vision nominee and also won a Golden Key.

Locker room opens!

by Serena Wong

Kalani High School held a dedication ceremony for their new Girls' athletic locker room, athletic trainers' room, and cheerleading, judo, and wrestling room on Friday, Feb. 22. Previous to the new facility, female athletes were forced to change in storage containers, crowded hallway bathrooms and sometimes use classrooms as locker rooms.

Title IX of the Education Amendments Act of 1972 is a federal law that states: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

The ceremony was attended by Senator Stanley Chang, Representative Mark Hashem, Deputy

Superintendent Phyllis Unebasami, Complex Area Superintendent Rochelle Mahoe, Kalani Athletics Director Gregory Van Cantfort, and Kalani Principal Mitchell Otani, along with others who supported and helped this dream become a reality for the school's female athletes.

"Through the support of the Kalani High School Administration, and with the help of our current State Legislators led by Representative Mark Hashem, Senator Stanley Chang and Speaker Emeritus Calvin Say, what started as a dream became a reality," Otani said.

Student body president and four-year soccer player Lauren Horita spoke about the tremendous difference in having a new facility and believes it will serve as motivation to her fellow athletes.

"This building not

Title IX cont. on p. 2



New "DO NOT SIT OR STAND" stenciled floor signs, requested by Mrs. Hayashi, are aimed at stopping students from obstructing doorways and preventing injury. Before the signs were stenciled, teachers and staff were forced to be extra cautious when opening doors and often had to verbally request students to clear the doorways. Photo & caption by Kenneth Wong 2019.

Magma hits Deluth

by Angelina Blen

The Kalani robotics team, Team Magma, goes to two regional competitions every year, one on-island and one out-of-state. This year, the team will be traveling to Duluth, Minnesota from March 3 to 10 for the Lake Superior Regional.

The robot that Team Magma built extends over 6 feet at full height. It works much like an extendable ladder, having four height settings in

order to deliver polycarb discs and large rubber balls to score points. It has two intakes, one which uses a series of rollers to intake the game pieces, and one with a grabbing mechanism for the discs.

Ms. Whang, one of the advisors who will be traveling with the team, said they have overcome numerous obstacles, including the year-long sab-batical of robotics' advisor Brian Silver.

Robot cont. on p. 2



Kalani Principal Mitchell Otani stands beside Lauren Horita (12), student body president, during the lion-dance ceremony to dedicate the new girls' locker room facility on Feb. 20. Photo by S. Wong.

Racism: a symptom of division

by Jake Nakamura

Ka Leo O Kalani reporters created a vox pop asking for students’ thoughts on the N-word. Most students understood the sensitivity of the word and saw it as offensive. Others said that it is just an overused word and there’s nothing you can do to get people to stop saying it.

Blair Ka’aihue teaches English and AP Psychology at Kalani and thinks that racism is not the direct cause of America’s divisions, but a symptom.

“The problem is a lot deeper,” she said. “The best we can do is re-educate people to make better choices. But I do not think we can stop racism.”

Racer Moody, who teaches Social Studies, Economics, and Psychology at Kalani, agrees that the word is outdated. He believes there is no reason it should be used today. He attended college in Los Angeles and had African American friends who would refer to each other by the n-word.

“I always felt uncomfortable even though I was good friends with them to ever use that word,” he said. “Maybe we should all erase those words from our vocabulary,” Moody said.

Dana Plotkin teaches Economics and Psychology as well and she believes the word is used to suppress and that any sort of racial slur or hate speech should never be used.

“The word is high **Robot cont. from 1**

“But we finished a bot and we are going to compete!” she said.

The bot is driven with an Xbox controller using a tank drive that controls the six motors on the robot’s wheels: a joystick controls each side of the robot’s wheel movement.

At these competitions, the team has practice matches, pit talking, qualifiers, and playoffs. The practice matches are exactly what they sound like, rounds that don’t count towards your ranking. Pit talking is where the competing team members talk to judges about their robots and the team’s impact on their communities. Qualifiers rank the teams for the playoffs.

“There are many aspects that are being judged for awards, but we hope that we are able to stand out enough to receive a ticket to the World Championships,” Ms. Whang said.

up there [as hate speech] because of its long history,” Plotkin said. “However, I do not think that people should use it.”

Nonetheless, it is often perceived as a 1st Amendment issue.

Sharlene Whang, who teaches English at Kalani, believes that reparations are unnecessary but feels Americans should never forget our troubled history. She also says the government should do something to end racism.

She says that she had friends that always said the N-word when she was in high school at Moanalua.

“I don’t think they’re saying it to be racist, but it is a word that has become desensitized,” she said. “The way it’s used in media and pop culture it’s like it doesn’t mean anything.”

Of course, America is facing many more problems than just racism, such as political strife and radicalism, racial supremacy and, just recently, immigration and border control.

Our country needs every American to come together to solve all the problems we face to let our country thrive. We must also not allow media or politicians to make us think what they want us to think.

The media plays a big role in all of this. A poll

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Title IX cont. from 1

only impacts us but also future generations of Lady Falcons as they are now given the resources to follow their dreams,” Horita said.

Principal Otani said he hopes that this facility is “just the start” of many new additions to the school that will enhance education for all.

“Speaking as an alumnus of Kalani High School and on behalf of the countless graduates that came before and after me, I am happy and proud of this addition to our campus,” he said.

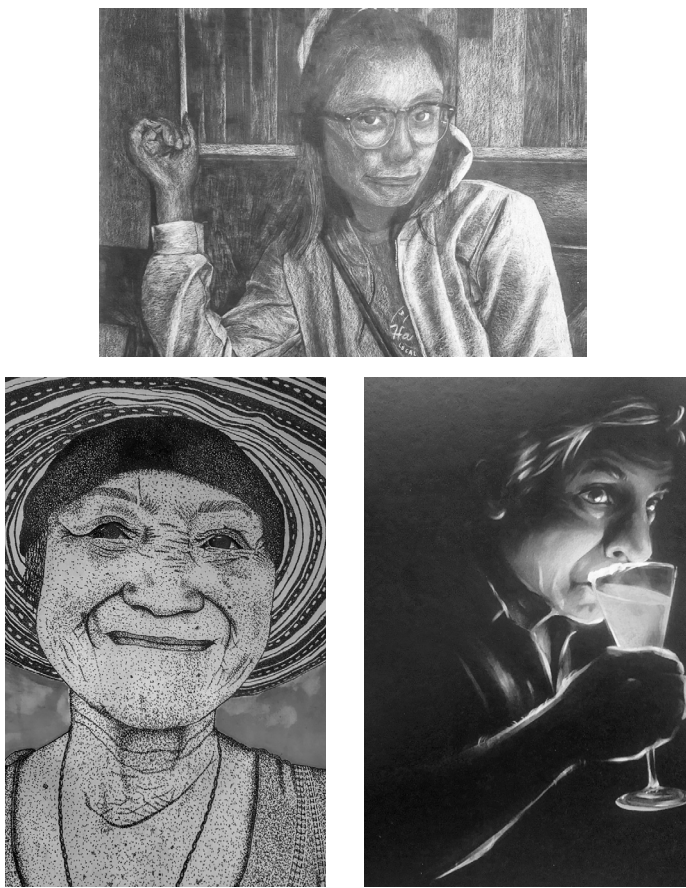
The JV and Varsity Soccer girls were the first to put the new facility to use. It is currently being used by spring sports teams such as Track and Field.

last year by the Washington Examiner showed that nearly three-quarters of the country believe that the media is “dividing Americans” along racial, gender and political lines.

Jan Omura teaches English at Kalani, and she also believes that division in America causes other problems.

“Racism divides,” she stated. “I think that is one of the underlying causes of a lot of problems in America. Social and economical problems especially.”

Racism has been around for an incredibly long time; it will end when everyone is seen as equal. But it may not be resolved in the near future because some people do not even realize they are racist. Once people acknowledge the problem, we can all start to slowly piece America back together.



“Sister” by Jalen-Rose Condes (12) was awarded a Silver Key (top), “Grandma” by Tiffany Ly (12) was awarded a Gold Key for her drawing (left) and “Sip” by Cyrah Strawn (12) won a Silver Key.

A case for healthy eating

by Eun Ho Kim

For most high school athletes, there is nothing more exciting than hearing the roar of fellow students cheering for them as they make the winning touchdown or goal, or hit a homerun.

The most discouraging news is being sidelined for health-related injuries.

Athletes must be mentally and physically fit to perform at their best. Contrary to popular belief, warming up and pushing yourself harder are not the only ways to keep fit; in actuality, the simplest way is to maintain a nutritious diet.

“A lot of injured athletes think, ‘I’m not practicing so I need to significantly cut back on caloric intake,’” Sunwoo Oh (12), who does Judo, said. “They return back to practice more prone to injuries because they ha-

ven’t been taking care of their body while they were resting. They forget that when you’re injured, your resting metabolic rate is higher than it would otherwise be and your body needs that nutrition to heal properly.”

Accustomed to rigorous activity that burns many hundreds of calories daily, athletes hobbled by a broken ankle or strained knee ligament may think it wise to drastically cut calories to stay in shape.

Staying in shape is very important for an athlete, but staying in shape the right way by eating nutritious foods is more helpful than trying to stay in shape by cutting calories. Athletes who eat well prevent potential future injuries.

“Food is the fuel that helps athletes perform their best,” Fisher Titus Medical Center proclaims

on its website. “If you want to get the most out of your workouts and athletic capabilities, your diet should be a top priority in your fitness efforts.”

Nutritious foods, such as salmon and cruciferous vegetables are listed by Fisher Titus as containing nutrients healthy for hard-working athletes. Salmon contains protein and omega 3 acids. Cruciferous vegetables, such as spinach and kale, contain essential minerals and vitamin A, K, and B6 which help the body repair itself and stay energized.

Dristen Canaday (9), who runs cross country and track, and plays tennis, said he eats nutritious meals every day.

“I always eat breakfast, lunch, and dinner no matter what, even the days I don’t have practice,” Canaday said.

Athletes who are injured or want to prevent injuries resort to strategies such as training harder or using fancy equipment, when the simplest way to consistently stay safe is by keeping a healthy diet.

Policy Statement

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Glass: A Review

by Kaden Arias de Cordoba

Glass, M. Night Shyamalan’s sequel to *Split* and threequel to *Unbreakable* (released 19 years ago) recently hit theatres, and for Shyamalan fans, the movie didn’t disappoint.

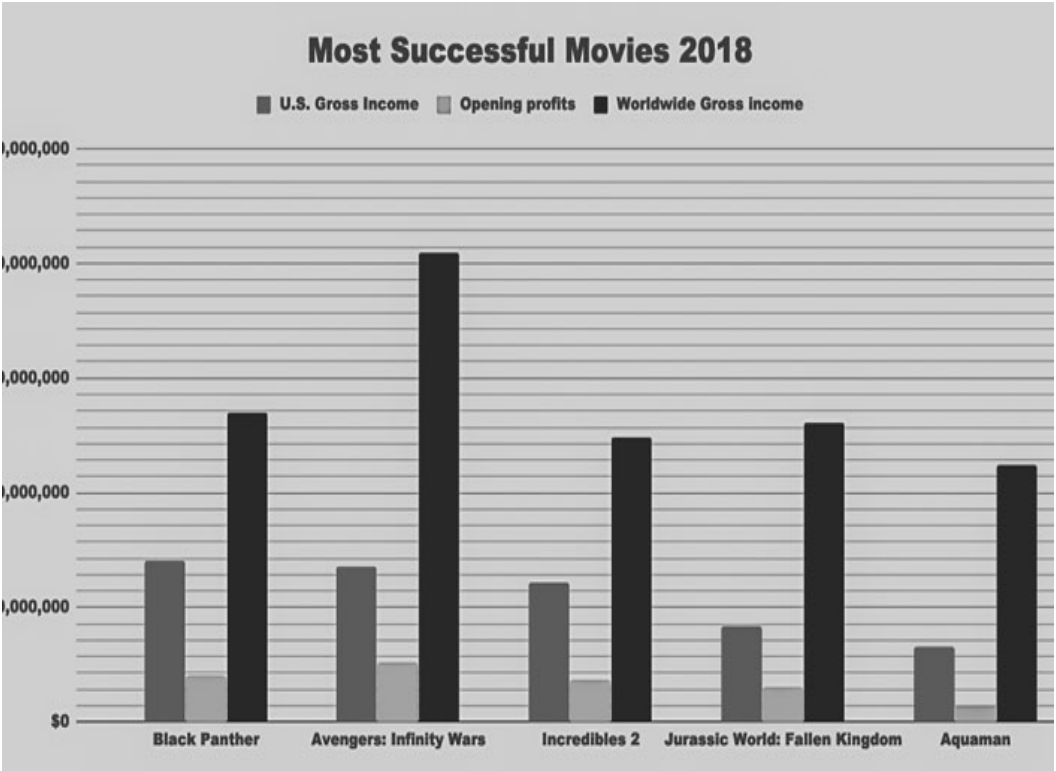
REVIEW: *Glass* is a phenomenal movie - and while the first two hours are entertaining, the last 20 minutes are (in my humble opinion) completely unsatisfying. Shyamalan has been celebrated for his twisty, creepy stories, but towards the end of *Glass*, it seems like he put the ending in just to say, “I don’t want to make another movie set in this movieverse.”

Like I said earlier, this movie is excellent, it’s just that the ending kinda weighs it down. McAvoy, Willis and Jackson all play their charac-

ters with strength and comic-book cliché, which only makes the movie that much more entertaining. Willis is a middle-aged superhero who can bench press a tonne. Jackson is an evil mastermind who, in comic books of old, would be wearing a monocle and top hat. And McAvoy, with his shirt-ripping, building-hopping rage, brings the Beast to life, while also innocently portraying Hedwig, a nine-year-old boy.

Even though this is the threequel, I found myself craving a *Glass*-sequel even though there’s very little chance a sequel will come out. *Glass* should’ve shattered the box office reviews - instead it was gifted with mediocre Movie-Goer reviews and horrible critic reviews.

I give this movie 8.5 personalities out of 10.



Infographic made with Google by Emily Bullock and Annyssa Troy 2019.

How do Hawai'i schools compare?

by Ellida Greenall

I have always had an interest in schools and school systems, so ever since I moved to Hawai'i and started Kalani High School as a freshman, I have been noticing differences and similarities between Kalani and my old school in Norway.

Before I start talking about the differences between the two schools, I need to preface that I do not speak for all Norwegian schools.

I attended Birralee, an international British school that is as close as you can get in Norway to what most people living here in Hawai'i would perceive as a private school, thanks to some limits on what kinds of private schools you can have in Norway. Birralee receives part government funding, meaning that it is quite cheap, only around \$231 a month per student.

Kalani has a very large campus in comparison to any Norwegian school I have seen. It has many buildings that I find very confusing.

Birralee has just one, four-story building with a dark, grey basement that smells of dust, with a hallway that leads to rooms with decapitated Santa dolls, and old costumes from previous plays. There’s a gym as well, with a dimly lit attic full of old party games and props used during school celebrations. In between is a playground with a creepy wooden clown that stares at the students from the gym-attic window as they play.

At Birralee, there are roughly 400 students

in the entire school, from kindergarten (Reception) to year 11 (10th grade in the US).

Here at Kalani, there are different periods, and each student has their own unique schedule for two days that rotate, called Odd and Even. There are different students in each class and you need to go from building-to-building to get to each of your classes.

There is one teacher per subject at Kalani, while at Birralee there is one main teacher that looks over the class, and depending on what year you are in, teaches the majority of your lessons. You also have other teachers for certain subjects like music, gym, and art.

At Kalani, there is a 10-minute recess and a 30-minute lunchtime. At Birralee there were two 30-minute “playtimes” and a 30-minute lunch until middle school, where you would, along with a 30-minute lunch, only have one “playtime.”

There are much stricter phone rules at Birralee. Phones are locked up in a cabinet in the classroom during school time, and only the teachers have the keys to open it at the end of the day.

At Kalani, there is a wide variety of students from different ethnic backgrounds, most of which are a mixture of Asian, Caucasian, and Polynesian.

Norway is a country of little ethnic diversity, with most of us being white, white and... white, but contrary to what one would believe, Birralee is just as, if not more, diverse than Kalani. Because it is

an international school, people who live hours away go to Birralee because the instruction is in English.

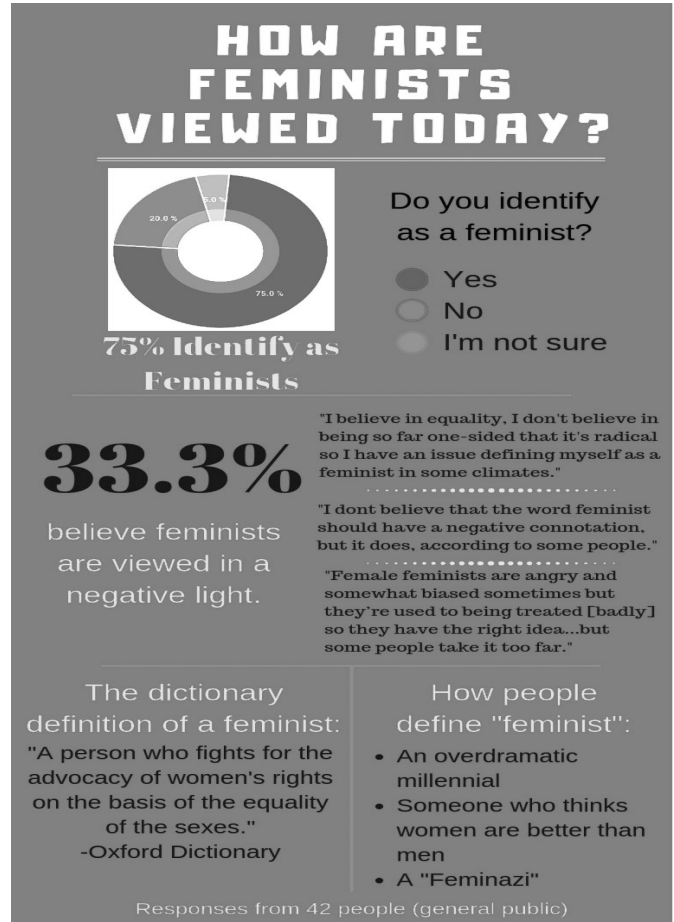
In my class (people born in 2004), my best friends were Romanian, French, Ethiopian and Indonesian. We had people of all different religious backgrounds: Jewish, Christian, Muslim, Buddhist and Hindu. This meant that we had instruction about all of these, with volunteers who could speak about their religion.

There are a wide variety of Electives you can take at Kalani, including art forms, languages and practical skills.

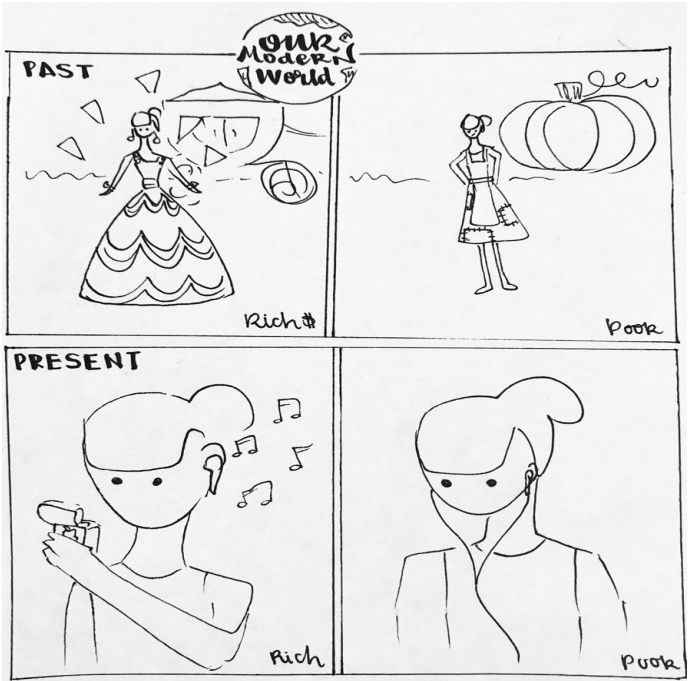
At Birralee, there were no Electives. All students had to take Spanish in middle school. However, the Norwegian school system makes art and music mandatory.

At Kalani, there are many clubs, ranging from the artistic to the practical. Norway doesn’t have a club culture. However, we had things like ASP (After School Program) and Green Team (Students who raise money and awareness for certain causes) at Birralee.

Overall, I think both schools are infinitely different, thanks to the large differences between Norwegian and U.S. traditions and cultures. When I return to Norway, I will be going to a “Steiner School” which is a unique system that involves artistic and physical endeavors in all subjects, with a lack of grades and a focus on the whole student to a greater degree rather than just how they learn.



Infographic made using Canva by Lucy Fagan and Lauren Viera 2019.



Editorial cartoon “Our Modern Life” by Alana Nakafuji 2019.

Boys soccer: season finale

by **Ryan Kaneko**

Kalani Varsity Boys Soccer has had a successful season. The team went from blowing out Kaimuki 9-0 to a close game of 4-3 against Kaiser, resulting in their first and only loss. They ended the season with a 9-1-0 OIA record and a 12-4-0 State record.

The past few years have been very successful, season-after-season. In 2018, the Falcons won the OIA State Championship after a 1-0 victory against Kapolei. According to Alumnus and Assistant Head Coach Brandon Chun, the program has been “pretty successful.”

“The program has been competitive and close to achieving its goals,” Chun explains. “Last year, they won the OIA championship. Recently, they have been setting their goal for state championship.”

Coach Michael Ching has greatly contributed to the program and progressed the team in the right direction over the past nine seasons, winning Kalani a total of two OIA Championships. However, Chun makes clear that there are

still some things to work on.

“They have been working hard and have a lot more to work on,” Chun explains. “We are looking to improve before the state tournament. Hopefully getting our peak at the right time as the playoffs begin.”

Freshman starter Lucas Wright has been enjoying his season due to the welcoming spirit of the team.

“We’re doing really well in the season” Wright explains.

The Kalani Boys lost in the semifinals of the OIA championship against

Mililani (3-2) and in the second round of the State Championship tournament against Punahou (2-1).

According to senior and leading scorer, Brison Kim, they created something more than just a team.

“This season as a whole didn’t go as I wanted it to but like coach always tells us, ‘sometimes it’s not about the result, it’s about the journey,’” he said. “The journey this season has been incredible and we’ve built a family that will have each other’s back no matter what and that’s a win in itself.”



The Kalani JV Boys Soccer team huddles up before their semi-final match against the Mililani Trojans. The team finished their season 6-0-1. They tied Kaiser 2-2 on Dec. 19. Photo by Jade Brier 2019.

Wrestlers hold their own

by **Kenneth Wong**



Kyara Tagami faces off against her Punahou opponent for third place in the 18th Annual Officials Wrestling Tournament. Photo by Lori-Lei Tagami 2018.

On Dec. 22 at Leilehua High School, the 18th Annual Officials Wrestling Tournament took place. All OIA and ILH high schools, including those from the neighboring islands, participated.

To win in wrestling, you either pin your opponent or attain points. A win moves you up in your bracket, which takes you closer to the championship match. It also gives your team points.

Kalani team captain Kyara Tagami

(12) played a weight class higher because she wanted to go against the two-time returning state champ, who she knew would eventually bump down to the same weight class as her later on in the season.

“Although I lost in the semifinal round, I fought my way up from the back side and ended up playing for third,” Tagami said. “I was happy with my results because I beat a state runner-up from last year, and I didn’t even place at states last year so it taught me to be more confident in myself

and that titles shouldn’t really matter.”

Phoebe Pineda Abaya (12) was excited before the match because it was her last official tournament, but was unsatisfied with her fourth-place finish.

“I knew I could’ve done better,” she said.

Four out of about twenty of the wrestlers placed. Tagami placed 3rd in the 122 division, Jayce Kamimura placed 6th in 106 division, Emily Paulino (10) got 3rd in the 127 division, and Abaya placed 4th in the 132 division.



Christopher “Kaiko” Decker dives into the pool at the State Championship meet and swims hard to capture the 50 Freestyle title. Photo by M. Otani 2019.

Decker wins gold

by **Serena Wong**

Kalani’s Swimming and Diving team won the Oahu Interscholastic Association (OIA) championship and went on to place third in the Hawai’i High School Athletic Association tournament Feb. 8 and 9 to conclude the 2019 season.

In the OIA tournament, senior Christopher “Kaiko” Decker came in first place for the 50m and 100m freestyle along with the 200m and 400m free relays. In the state tournament, he swam the 50-meter freestyle in 21.13 seconds, which earned him a gold medal.

“It’s either give it my all or leave everything I had worked 12 years for at that pool,” he said about his thinking before the race.

Decker

Paddling wrap-up

by **Trinh Tran**

The JV Girls’ Paddling team were able to overcome challenges this season to finish 9th overall at the OIA Championship race on Jan. 12.

“I’m so proud that the JV Boys, JV Girls, and JV Mix all made it to the championship,” Head Coach Marcus Edayan said with a big smile on his face.

The JV Girls started off rough, placing second-to-last in the Eastern Division for every race, 8th or 9th overall. During the last race to determine which schools would qualify for OIA Champs, the team pushed through the wind and water, paddling with all their strength.

During the race, Marley Ansai (9), the stroker, had to act fast and did a quick turn. She then picked up the pace for the rest to follow and the girls finished fast and strong.

“Even though we didn’t do that great we still tried our best and pushed hard,” Ansai said.

believes you have to be competitive and push yourself to work hard, and uses his team as motivation.

“If you’re just swimming for your own sake then you’re not going to go as far,” he said.

He is proud of his teammates and hopes for the best next season.

“It’s kind of sad to leave but this means that the younger swimmers are going to need to step up and lead the team,” he said.

Decker plans to pursue his swimming career at the University of Hawai’i and major in civil engineering.

“My goals for college are to swim fast, graduate with flying colors, and build connections,” Decker said.

They placed 3rd in the Eastern Division and 6th overall, just making it to OIA.

Shae Makua (9) is the powerhouse, one of the most important roles in paddling. After the stroker picks up the pace, it’s up to the powerhouse to maintain it.

“The thing the JV Girls need to work on is timing because everyone is going at a different pace,” Makua said. “We need to paddle together.”

Most of the girls on the team were new. They didn’t win top three for the championship but they were still proud to just qualify.

“It was a great opportunity to bond with others and make new friends,” Ansai said.

Ending the season proud and happy with the progress they’ve made, many of the girls said they would be paddling again next year.

“We have next year to get better and compete,” Coach Marcus said.