

# KA LEO O KALANI

## WHAT'S NEXT?

Kalani reflects on the challenges of this past year and looks forward to a post-COVID future.



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12



Cover art by Kaycee Chun.

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A Biki stand is full of bikes at the self-serve terminal just off Date Street at the eastern entrance to the Ala Wai Canal in Mo'ili'ili. No bikes were being used, but instead, they were sitting around and collecting dust. As bike-sharing becomes more and more common, with programs in over 1,000 cities worldwide, claims of lost revenue by Honolulu's Acting City Auditor may mean a change in course for the company. The Biki Bike program is reportedly costing the city of Honolulu \$460,000 in lost revenue due to roughly \$300,000 from the displacement of over 40 parking meters, while the company recorded earnings at \$2.7 million last year. Photo and caption by Kai Kast. This candid photo was awarded 2nd place in the 2021 Hawai'i High School Journalism Awards.



# Team of Female Engineers Win 2nd Place In National STEM Competition While Helping Student with Cerebral Palsy

Jasmine Rossiter

On Wednesday, Feb. 24, Kalani's Health Academy students Esther Wong (12), Keili Takamiya (12), and Taylor Pimenta (12) won second place in the 2020 ITEEA REACH Challenge.

The REACH challenge is a national STEM competition where students design and create adaptive and assistive technology. According to the program's website, the purpose is for students to "reach" out to members of their community to resolve a challenge that they face. After students build the device and test it with their client, who is typically an individual from the community, the team's work is submitted for judging in the form of a written report and video that showcases the process.

Not sure where to begin, Kalani's engineering teacher, Mr. Silver, introduced the girls to a student at Kalani who has Cerebral Palsy. Cerebral Palsy is a disorder that affects a person's ability to move and maintain balance and posture. Over half the individuals with this disorder can walk independently; however, this individual uses crutches as Cerebral Palsy affects her legs.

When sitting, she rests her crutches against a table, and most times, they collapse. This makes it a safety hazard for both her and the people around her. This was a challenge she

faced daily, so Kalani's all-female health academy team knew what they had to do.

"We tried our best to design the device to be the most efficient for her to avoid making it an additional challenge she has to face in order to solve another one," Taylor Pimenta expressed. "An example of making it personalized is by attaching magnets, so the crutches connect easily as she only has to place them near each other, and they attract on their own. Without this, the original design would have required a lot more strength to push the crutches in and pulling them out of the 'crutch connector' part of the device."

These ladies faced struggles that forced them to rethink their design choices, such as material for certain parts and making the device functional for different tables. These struggles were quickly addressed as they went through trial and error, pros and cons, on what would be most successful for their client.

"We all learned of the news in an email from the engineering teacher, Mr. Silver, which said 'CONGRATULATIONS' in the email title, and below it said we got 2nd place," said Pimenta. "My first reaction was 'Did I read this wrong?' I didn't think we would place in this competition as none of us had

experience in the engineering field, and we were competing against students who are more advanced."

Pimenta reread the email multiple times to confirm she had read it correctly.



"I was so proud of my group and how far we've come," she said. "I was also very grateful for my teachers for pushing us to step out of our comfort zone and always supporting us throughout the journey."



Kalani students Taylor Pimenta, Keili Takamiya, and Esther Wong stand next to their teacher, Mr. Silver, with a poster for the REACH Challenge. Photo courtesy of Taylor Pimenta.

## Hawaii Travel Increases With Administration of COVID-19 Vaccine

Lily Washburn

Crowds of travelers move through the security line at the Daniel K. Inouye International Airport on April 1, hustling towards their next destination. Markings on the ground space individuals and groups six feet apart. Various signs in bold text read: **Mask Required.**

Travel during the pandemic has been a huge safety concern for many, but with the Pfizer, Moderna, and Johnson and Johnson vaccines now being widely administered, travel rates are on the rise.

Spring Break showed a significant increase in travel to the islands. During the first week of April, over 150,000 people arrived in Hawai'i, according to the daily trans-Pacific arrival tracker provided by the Hawai'i Tourism Authority.

This is hopeful news for airport workers and staff like flight attendant Shannon Cho, whose job was impacted "very seriously" by the pandemic.

"I lost my job [from] last October until February," Cho explained.

Cho has been working as a flight attendant for 14 years. She was just recently able to return to work again in March, thanks to government funding.

"Until September, we'll see the government funding continue, otherwise I'll be off job again," Cho said.

Bryce Prius, a flight attendant of 26 years, had a similar experience. He explained that the pandemic forced him to work part-time for three months.

Prius and Cho have both noticed travel increasing as the availability of COVID-19 vaccines increases.

"If we were doing 20 percent of the capacity [of the plane], we're now at 90 percent," Prius stated.

Prius added that with vaccinations on the rise, travel is becoming even safer. He received his first shot recently.

"I feel like we've always known that [in] big aircrafts the filtration is good," Prius said. "The mask-wearing I'm confident in, and I think more and more people are getting vaccinated."

In terms of his advice for travelers, Prius' response was short and to the point: "Get vaccinated."



Emilani Crow shows a ticket agent her negative COVID-19 test result before boarding her returning flight to Hawai'i from San Francisco on April 6, 2021. Travelers returning to Hawai'i must have a negative test result taken within 72 hours or they are required to complete a 10-day self-quarantine upon their arrival. Hawai'i officials say vaccinations may change travel restrictions. Photo and caption by Lily Washburn.



## FEATURED \* NEWS

# What's Next for Scholastic Arts Winner Ai Langevin?

ZACH GONSALVES & JASMINE ROSSITER

**A**i Langevin (12) has always had a passion for art as early as she could remember, exploring different mediums and styles. Her calling gradually came to her in middle school when she began to take art more seriously. Because they aim to capture the essence and beauty of people, portraits were what intrigued her most.

With a last-minute entry and little hope, Langevin entered the Hawai'i Regional Scholastic Arts Competition. Scholastic is a publishing company. Every year they host a contest to give young artists and writers a chance to win specific awards. With the help of her art teacher, Mr. Mosher, Langevin entered a piece that she held near and dear to her heart.

With a sweet and simple title, "Mother's Day" the backstory behind it is one not to miss.

"The photo I referenced of my mom has always been my favorite picture of her," Langevin expressed. "I remember that we went to a temple on Mother's day, and the sun was warm but not too bright. She recently got a smartphone and struggled to take selfies, so I decided to take a picture of her for her social media profile pictures. This is easily one of my favorite pieces even today."

Little did they both know that her artwork would win her multiple awards, such as Regional Gold Key and National Silver Medal. Here's the twist: Langevin entered the same contest last year, with the same art piece but with a different title!

"I think that emphasizes how the same piece of art can have a different effect depending on the diversity of people judging and the time we are in," Langevin states. "I think this experience showed me that you shouldn't give up because you never know when an opportunity will be presented to you. Art is always changing, and everyone can produce something impactful."

As a perfectionist, Langevin worries about how to improve her artwork but recognition for her work is helping her confidence and motivation slowly rise.

"I don't feel like my life has been impacted much but I think this experience will push me to be more out there with my work," Langevin



said.

When Langevin and her mother visited the Hawai'i State Art Museum, where the Scholastic art exhibit is located, her mother wanted to tell everyone around them that the art piece was of her. She was so profoundly proud of her daughter.

Langevin used to have a straightforward plan after high school, but this year has been especially difficult for her and her family

as they faced many personal and financial challenges. With a single parent and a brother soon to graduate, not long after her, Langevin isn't sure of her path just yet.

"Even if I decide to go to art school or not, my priority will always be growing and learning as an artist," Langevin reveals. "Whatever I choose to do as a full-time job will always be in the creative field, where I can express my passion for art."

# Rethinking Alcohol

George Hammond



Art by Pexels.

When you think about the average parent drinking themselves to sleep every night, many people nowadays don't even bat an eye. Abusing substances is heavily frowned upon in our society, but alcohol gets a pass. The social stigma that alcohol consumption is entirely harmless is a hazardous one. Many people drink alcohol every day without seeing any problems with it at all.

There are many reasons why alcohol is so widely regarded as okay to use regularly. A big part of this is that you can walk into almost any store and purchase alcohol legally (if you are of age.) The other factor is how socially accepted alcohol is. If you were to smoke at a family gathering, I'm sure you would get some odd looks. On the other hand, I'm sure 80% of the people at the gathering would be drinking alcoholic beverages.

While alcohol can have some benefits, it is far too common that people think it is completely healthy for you with little to no downsides. What needs to be talked about more is how damaging alcohol can be on your brain, health, and relationships.

Alcohol is involved in half of all murders, rapes, and assaults, according to SOURCE. A study by --- shows a link between using alcohol and becoming aggressive or exhibiting aggressive behaviors.

"Alcohol intoxication brings out people's natural tendencies to the expression of anger," said Dominic Parrott, a graduate student who conducted the study between alcohol and anger.

If you already have poor anger management skills, alcohol makes it so much harder to control. The World Health Organization estimates that roughly 55% of domestic abuse perpetrators were drinking alcohol before the assault.

Alcohol causes people to lose their self-control and behave impulsively. This leads to them taking actions they might not have otherwise have taken. When in a bad state of mind, reacting on a whim can be extremely dangerous. Suicide and self-harm are way more common while intoxicated due to the lack of self-control and lack of critical thinking.

Though alcohol can indeed have some health benefits, alcohol also carries many burdens. Alcohol is a depressant, meaning it slows down the brain's communication pathways. Alcohol abuse can also lead to learning and memory problems if consumed too often.

# Dreaming of Summer Days

Kylie Tanimura

According to the American Journal of Managed Care, when COVID-19 first hit the States back in January 2020, nobody realized the severity of what it was going to become. Many were still working, and students were thrilled that there would be at least a week off school. Things quickly escalated, and a pandemic was declared in March 2020, according to Avera.

Everyone was swiftly forced into lockdown, and rules and restrictions were strictly enforced: no touching your face, only going outside for exercise and permitted work, wearing a mask, and social distance.

Everyone was forced to adapt.

Seniors who graduated in 2020 did not get an official senior year. All school events were canceled, and nobody could go outside and see other people.

As a result, many students lost contact with friends.

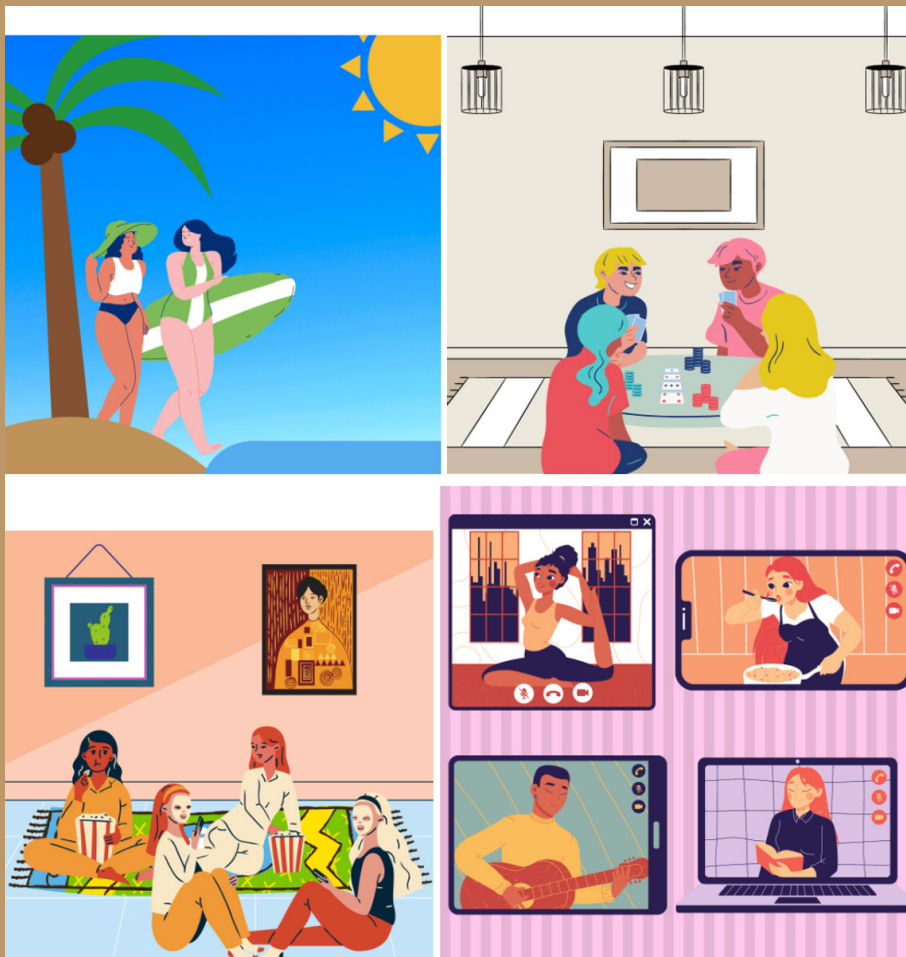
“I was in 8th grade when my school trip to Europe got canceled,” Kaylee Matsuda (9) said. “I was obviously disappointed and upset, but it was normal to think that way because cases were very high there.”

Since then, progress has been made to defeat the virus and allow people to have more of a semi-normal life. Students are now half online and half in person and can see teachers, family and friends during the weeks.

Now at the end of the 4th quarter of the 2020-2021 academic year, high school has ended for seniors, and we are all looking forward to summer.

Everyone is hoping they will get to hang out with friends without being bombarded with rules and restrictions.

“I am excited for this year’s sum-



With Hawai'i currently in Tier 3 and vaccinations opening to 12-year-olds and older, there are fewer restrictions for this year's summer activities. You can enjoy time on the beach, play games, and have sleepovers with friends once again. And if you are still worried about COVID and want to be safe, technology allows you to be on a video call with multiple friends and family. Infographics by Kylie Tanhimura using Canva.

mer,” Jessie Taketa (12) said. “I get to travel to Las Vegas with my softball club team and spend time with them before I move to California for college.”

That’s why this summer is more of interest because the 2020 summer was spent in quarantine. Students had nothing to look forward to because of the growing concern of the virus and everything suddenly shu-

ttling down. Though students finally have a summer to look forward to, a vast majority of students are still unsure what to do this summer.

“Right now, I’m worried if I fail, I’m going to have to take summer school,” Zachary Choi (9) said. “Besides that, I have no plans for summer.”

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# Should Trans Kids Be Allowed To Compete In High School Sports?

by CJ Endo

**S**hould transgender students be allowed to compete in high school sports against their cisgender peers? The question has been a long-standing debate.

"I believe everybody should have the opportunity to compete in athletics, regardless of gender identification," Kalani High School's athletic director, Gregory Van Cantfort says. "But I guess the question is, at what point could a transgender have an athletic advantage?"

Van Cantfort touches upon the question that is largely the cause for debate because many believe males are naturally more athletically inclined. Would a person who transitions from male to female, a trans woman, have an athletic advantage?

Morrison brings up the main argument as to why trans people should not compete in sports against cisgender individuals. Particularly with trans women, the biological differences could be considered unfair. This fact is the cause for many controversies, but counterarguments have been presented.

Some do believe it to be an unfair advantage,

while others disagree.

For example, Eliana Sueoka (9), who uses gender-neutral pronouns and considers themselves to be part of the queer community, thinks it's unfair to keep trans kids from participating in sports.

"I can see the reasoning behind not wanting trans kids to participate in sports, but I think it's really unfair to the kids themselves," Sueoka says. "Banning trans kids from sports teams is completely uncalled for. There [have] to be other solutions for this."

Sueoka herself, however, does not plan on joining high school sports.

High school athlete Kiana Morrison presents a different stance on the issue.

"Although someone may classify as a woman, they are still biologically a man and have the build of a man, muscles, athleticism, growth, etc.," Morrison says. "Biological males playing in women's sports would jeopardize the opportunities that high school girls may strive for such as college scholarships, titles, etc."

Eren Des Pres believes that trans girls have an advantage: "that's biology."

"But we should acknowledge the fact that

it's unfair for AFAB (assigned female at birth) girls who are above average also have an advantage, and they're not being told they can't play," Des Pres says.

Des Pres acknowledges the biological differences between those born males and those born female; however, he says all girls have different physical characteristics. The same goes for boys — the exact argument presented to keep trans people from competing in sports yet doesn't apply to cis people.

"Unless you believe that AFAB women who have heightened testosterone should also be excluded in women's sports, I don't think you should be able to comment on trans women's eligibility," Des Pres says.

Another point that Morrison has brought up is that if a person really cares about their sport, it shouldn't matter who they are competing against.

"I think that if someone loves to play a specific sport, it shouldn't matter about having to switch leagues because you play to play the sport that you feel such enthusiasm for," Morrison says.

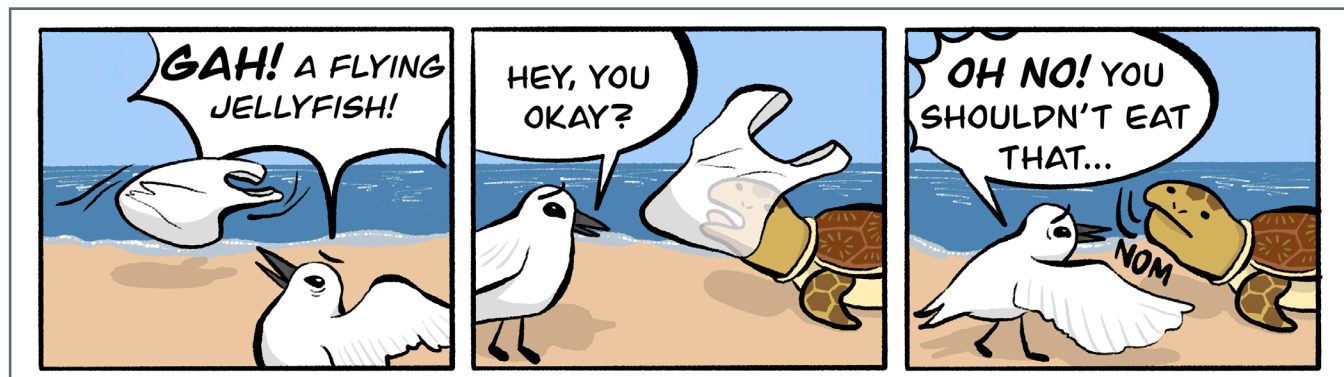
However, Des Pres had a different view on it and brings up gender dysphoria.

"While it's not a big thing for some people, for others, it's crippling," Des Pres says. "To use myself as an example, it plays a big part in my life. Sometimes I find myself nonverbal at inconvenient times because I can't handle the sound of my voice. I'll deny hanging out with friends at the mall in fear of being perceived. Part of the reason I'm on the fence about joining a sport is I fear for how my mental health will be affected."

So, the topic is a difficult, emotional one. It is also a question of fairness and acceptance. And it seems that for many trans people, security in their identity is just if not more important than their participation in sports.

"Trans rights should be human rights, including this trivial freedom in sports," Sueoka says.

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Editorial Cartoon by Hikaru Takahashi. This panel won 3rd place in the 2021 Hawai'i High School Journalism Awards on April 15.

# YEAR IN REVIEW:

## THE PROS & CONS OF COVID LEARNING

BY RANSON SILVA

**Right:** Bailey Kwon (11): “A pro for me would be the accessibility. You don’t have to worry so much supplies-wise like packing a bag, packing a bag for school. A con is a lot of teachers doubled the work since we’re home all the time so you’re hardly ever able to take a break for yourself. You’re always doing school 24/7.”



**Left:** Cooper Rea (10): “A pro of Quarter 3 was going back on campus and seeing friends. A con was the increased risk of COVID.”

**Right:** Solara Takenaga (11): “A pro was that I was able to see all of my friends again. A con would have to be the amount of work and notes that are given.”





# What Masks Are Kalani Students Wearing? Lily Washburn

Over the course of the pandemic, facemasks have become yet another strange normality in our lives. Finding masks with the right fit, style, and efficacy has been an ongoing challenge for many.

At Kalani, students and staff can be seen sporting a large variety of masks.

One of the most popular styles is the Uniqlo Airism mask.

"It's really comfortable, soft, and the straps — they're not like the usual elastics," Anna Seavey (9) said. "They don't dig into your skin at all."

According to their website, the Uniqlo Airism mask is a three-layer mask consisting of a water-resistant outer layer and a washable built-in filter. It's made of Uniqlo's "AIRism" fabric.

Rin Isoe (9), who also likes the Uniqlo masks, agrees.

"It's breathable and you can wash it so you can wear it multiple times," Isoe explained. "And it doesn't really hurt your ears as well; it's not like it's tugging your ears."



Kristen Takamura (9) wears the Uniqlo Airism mask to school on Friday, April 30. She rates the mask a 7/10. "I think it's really comfortable to wear," Takamura says.

Many Kalani students and staff also wear masks that they've received as gifts from their friends or relatives.

Janelle Wong (9) got her mask as a gift from her grandma, who made it by hand.

She rated it a 7/10

"I can breathe and it doesn't, like, suck in when I inhale," Wong explained.



Wong wears this unique mask at school on Thursday, April 29. According to the CDC, a homemade mask should be made with breathable, tightly woven fabric.

Nazca Taniguchi (9) wore an Adidas mask. She explained that a good face mask must fit well and be breathable, and that she prefers masks in black or white.

According to the Adidas website, their masks come in black, blue, white, and red, and are made with primagreen, a "series of recycled materials."

On the Adidas website, the mask can be bought in a three-pack for \$20

Taniguchi rated the mask a 7 out of 10.



Taniguchi wears the Adidas Mask at school on Thursday, April 29. On the Adidas website, the mask can be bought in a three-pack for \$20.

Haley Takai made her mask herself.

"I used to sell it at the beginning of the pandemic but since school started I haven't been," Takai explained. "I've just been making it for family and friends."

She rated her mask an 8 out of 10.

"It's very breathable and I made the elastic adjustable so it could fit any person's face size," Takai said.



Takai wears her self-made mask on Thursday, April 29. During the pandemic, many individuals have taken the opportunity to start a small business and sell the masks that they make on sites such as Etsy.

Kalani math teacher Omar Gokce wore a mask gifted to him from his mother-in-law.

He gave the mask an 8/10.

"All my other masks...the ties were behind my ears and they started hurting," Gokce explained. "This one goes back on my head, so this is better."

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Regardless of a mask's brand or style, it's important for it to fit snugly and completely cover your mouth and nose to maximize protection. In addition to wearing masks, remaining socially distant from peers while at school and sanitizing your hands frequently will help to minimize the spread of the virus.

## Staying Safe

### What Makes An Effective Face Mask?

**Cloth Masks**

Multi-layered cloth masks with higher thread counts have been proven much more effective than single layered masks with lower thread counts.

**Masks should fit snugly around your face with no gaps and completely cover your nose.**

An additional anti-microbial filter can be inserted in a pocket between mask layers for enhanced protection.

**WASH MASKS DAILY.**

WITH HOT SOAP AND WATER to decontaminate after use

**Misfitting masks are**

**50% LESS EFFICIENT**

**Light should NOT pass-through**

**A PROTECTIVE MULTI-LAYER MASK** when held up to a light source

**MEDICAL MASKS**

\*Non-reusable (only wear once)

While medical masks have been proven more effective than cloth masks, they are much less sustainable and pollute the environment.

Though both are viable options, cloth masks are a more sustainable alternative for the general public.

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Infographic made by Lily Washburn using Canva.



Mr. Gokce shows how this special mask is secured by wrapping around his head, rather than his ears, on April 30. While nearly all teachers in Hawai'i have received their COVID vaccine, they are still required to wear masks to school.



## FOOD & BEVERAGE

# LIN MEYERS TRIES THREE CHOCOLATE CHIP COOKIE RECIPES SO YOU DON'T HAVE TO.

### Recipe 1

This chocolate chip cookie recipe was very simple and easy to follow. The cookie dough was not sticky when making the shape. As seen below, the shape of the cookies held well and do not look wet.

The cookies are baked for 12 minutes. I rotated the cookie tray at the 5-minute mark. The final product was different from what I imagined. They came out looking like scones.

From this close-up shot, the cookies did not spread out and stayed in place.

Final Result:



The cookies look like scones, but taste like cookies! This cookie is very similar to the chocolate chip cookies found at The Cookie Corner. It was not too sweet and had the right amount of chocolate per bite. The visual was the only downside.



### Recipe Two

This recipe was the famous Nestle Toll House Chocolate Chip Cookie Recipe. The directions were simple and easy to understand. The process of making the dough was straightforward, but the dough stuck to my hands.

As you can see in the above picture, the shape is not as clean as Recipe 1. The cookie dough melted in my hands which made it difficult to shape into balls.

These cookies spread out and appeared crunchy. I baked them for 10 minutes and rotated the cookie tray at the 5-minute mark.

Final Result:



The cookies were crunchy and tasted a bit too sweet due to the chocolate and added sugar. The process of making and rolling out the cookies was time-consuming because the cookie dough kept sticking to my hands. I had to work fast to make sure the cookie balls were evenly spaced.

### Recipe 3

This recipe is the only one with the dough needing time to chill – approximately 40 minutes in the refrigerator. The process of making the dough was easy and clean. When I rolled the dough it did not stick to my hands and held its shape.

The color here is darker than the other cookie doughs. I baked these cookies for 14 minutes.

These cookies spread out a lot more than the other recipes. The instructions called for a bigger-sized ball of dough. I did not expect it to spread so much.

Final Result:



This was the best of the three cookies. It was crunchy on the edges and soft in the middle. These cookies were a huge hit with my family of testers.



Lin Meyers tried three different chocolate chip cookie recipes. Recipe 1 is from the Joy Food Sunshine blog, Recipe 2 is from NESTLÉ® TOLL HOUSE®, and Recipe 3 is from Tasty.com food blog. The ingredients and instructions are listed side-by-side for each recipe for comparison purposed.

<u>Ingredients</u> <u>Underlined is ½ Recipe</u>	<u>Recipe 1</u> 36 Cookies <u>18 Cookies</u>	<u>Recipe 2</u> 5 Dozen <u>30 Cookies</u>	<u>Recipe 3</u> 12 Cookies
Butter	-Salted -1 Cup Softened <u>-½ Cup Softened</u>	-Non-Salted -1 Cup Softened <u>-½ Cup softened</u>	-Non-Salted -½ Cup Melted
White Granulated Sugar	-1 Cup <u>-½ Cup</u>	-¾ Cup <u>-½ cup+ 2 TBS</u>	-½ Cup
Brown Sugar	-1 Cup <u>-½ Cup</u>	-¾ Cup <u>-½ cup+ 2 TBS</u>	-¾ Cup
Vanilla Extract	-2 tsp <u>-1 tsp</u>	-1 tsp <u>-½ tsp</u>	-1 tsp
Eggs	-2 Large <u>-1 Large</u>	-2 Large <u>-1 Large</u>	-1 Large
All-Purpose Flour	-3 Cups <u>-1 ½ Cups</u>	-2 ¾ Cups <u>-1 Cup+ 2 TBS</u>	-1 ½ Cups
Baking Soda	-1 tsp <u>-½ tsp</u>	-1 tsp <u>-½ tsp</u>	-½ tsp
Baking Powder	-½ tsp <u>-¼ tsp</u>	✗	✗
Salt	-1 tsp <u>-½ tsp</u>	-1 tsp <u>-½ tsp</u>	-1 tsp
Chocolate Chips	-2 Cups <u>-1 Cup</u>	-2 Cups <u>-1 Cup</u>	-4 oz milk or semi-sweet chocolate chunks -4 oz dark chocolate chunk, or your preference
<u>Steps</u>			
Chill	✗	✗	✓
Sift	✗	✗	✓
Bake Time	8-10 Minutes	9-11 Minutes	12-15 Minutes
Parchment Paper	✗	✗	✓
Oven Temperature	375 Degrees F	375 Degrees F	350 Degrees F



**Our Modern Life** is a comic strip created by Alana Nakafuji (12). This comic won third place in the 2021 Hawai'i High School Journalism Awards on April 15. Our Modern Life has been featured in the Ka Leo O Kalani since Nakafuji's freshman year of high school at Kalani. That year, the comic strip also took third place at the 2018 Hawai'i High School Journalism Awards.



## Spring Sports Make A Comeback

### Gosei Doi

Spring sports are back. Many Kalani students are happy to be playing the sport they enjoy and glad to get back to training. Many athletes also say they are ecstatic to be back with teammates they haven't seen in over a year because of the COVID-19 pandemic.

"I feel happy that I can connect with people over something that I like doing again," Christopher Kanemori(10) said. "I enjoy talking to all of my teammates."

On March 8, the Hawaii Department of Education released a "Guidance for Restarting Athletics" that cleared the way for high school sports to resume. On April 14, the Oahu Interscholastic Association cleared

red track and field to resume practicing, with boys volleyball, tennis, baseball, and softball starting the following week; judo was not cleared due to COVID concerns. The league also enforces a strict "no spectator" policy.

Coaches report feeling happy that sports have restarted. They look forward to training their athletes to get better and win titles for the school.

"I think it's great that they're doing something," Kalani Track & Field coach Matt Sanders said. "It's sad that [the athletes] can't have a full season, but at least we can get people into competition and get them experienced in sports."



Jessica Phung (10) runs the 800 meter dash next to a Mililani High School athlete at Pearl City High School on Saturday, May 24. Photo by Gosei Doi.



Kalani baseball competes against the team from Waipahu High School on Thursday, April 22. The game was streamed live on Youtube so parents and friends could watch.

## Track & Field on OC16

### Kylie Tanimura

On Friday, April 9, Kalani's track sprinters practice their starting blocks, while long-distance runners race around the school to practice for an upcoming practice meet at Kaiser High School on April 10.

It was announced at the beginning of April that all spring sports currently practicing would get a televised game on OC16, according to OIA Sports, with the exception of track & field. Though track & field is one of the more prominent sports at Kalani, it is often disregarded, even though they put in the work every week like volleyball, baseball, and softball.

Family and friends who want to support their athletes will also not be able to see their meets due to COVID restrictions that prohibit spectators.

"Running your guts out on the track every weekend is extremely difficult," Brooke Nasser, a track coach at Kalani said. "Even more so when no one is cheering for you."

**Top:** Sprinters Jullien Bosket (10), Viggo Tafao (11), and Cole Hata (9) accelerate out of the starting blocks.

**Middle:** Ami Yamane (9) and Kokona Watanabe (9) practice with blocks for the first time as senior Kady Okumura (12) bolts ahead.

**Bottom:** Track and Field coaches Ross Kidani (left) and Brooke Nasser (right) give feedback and advice to their runners before their meet on Saturday.





### Senior Annyssa Troy

As a graduating senior I have some regrets about my time in school. I would give almost anything to take these past years back and redo them.

High School is a time for friends, social engagement and fine tuning the art of balancing your schedule.

For me, it was all about figuring out how the hell I should fit into our social environment at school, and what society expected from me.

I wish I could go back and force myself to really think about what's important, college, work, and getting a license. I wish I could have devoted myself to what I wish I could have realized was important (LIKE WHAT???).

If there's any advice that I could give to underclassmen, it would be to find what motivates you and take hold of it. Chase those dreams you have and put yourself first — mean your education, your future — put it all first.

Sure today is great, but if you have no plan for tomorrow, then what's the point of today?

### Senior Zachary Gonsalves

So starting this off, I didn't really have much to say when first thinking about it. All I thought was that I wasn't the right person for this advice-giving thing, but then I realized I do have something to say to the underclassman.

My advice is that you shouldn't work yourself so hard and so fast that it tires you out at the end of the year. This happened to me throughout my senior year. All I felt this year was that I was exhausted and unmotivated.

I feel that time management and procrastination were contributing factors but pushing too hard is what topped it off. I'm not saying that working hard is wrong, but exhausting yourself isn't the best thing either.

So, my advice is to remember to take a step back, take in a deep breath, and doing activities that will make you calm or less stressed out.

### Senior Tiana Chu

Hey, I'm Tiana. I'm currently the President of the Polynesian Music and Dance Class. I take a lot of pride in that. I love the Polynesian culture; you should definitely join the class if you do too. I won't be there anymore, but I'd love to come back and watch what has been done with it.

I would encourage you to try to do everything that interests you. It can be overwhelming at times, but I promise it'll be worth it. Try out for that sport you've wanted to play. Make those TikToks; you never know where it'll take you. Do whatever you can to be successful or famous.

Don't let your significant other stop you from doing anything. Don't let your peers control you. The only people who can control your life are your legal guardians.

Lastly, do your homework when you get it. Trust me; you won't do it later. Just do it now. It's not that hard. If you wait until later, you create bad habits for the rest of high school. Just do it now.



Annyssa Troy



Zachary Gonsalves



Tiana Chu





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