

THE STUDENT NEWSPAPER OF KALANI HIGH SCHOOL

KALANI

Winter 2022 Issue 10



KALANI WINS BIG

IN SPORTS, LIFESMARTS, AND THE ARTS!

Plus
Student life
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Voices



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Visions of Kalani



At Kalani High School, a classroom displays a “no face mask, no entry” sign in the doorway in regards to safety against this ongoing pandemic. This shows how the Kalani community cares for students and is trying to stop the spread of COVID-19. Posters and reminders like these are seen throughout the campus which demonstrates the concern that Kalani provides. The images also show ways to stop the spread and how students can make a difference on campus. Kalani is able to provide security and guidance for COVID-19. Photo and caption by Azriel Badon.

The track, locker rooms, and gym are located at the entrance to Kalani High School. This photo embodies our school because it showcases sports and athletics, which are vital to Kalani as many students participate. This photo figuratively represents the athletic department, which you could consider to be Kalani’s pride. Photo and caption by Alika Gusman.



The long hallway on Kalani High School’s campus is usually filled with students clamoring to get to their classes on time. This is one of the main areas of the campus in which students reside; it represents the atmosphere of Kalani, a place where students of many different backgrounds come together to learn and grow. Photo and caption by Riko Yamaki.

Karen Oh: Repeat American Vision Award Nominee

HARUTO GANNON

Walking down a beach at Magic Island in 2020, with her shoes stepping on the soft, gentle sand, Karen Oh (12) decided to take a picture, just a nice view of the land that she chose to capture on a whim. Then, she decided to draw said photo for her art class. Little did she know that the drawing would win her an American Vision Award Nomination for the second time in her high school career.

Oh has been drawing since she was five years old, but she “never finished any pieces until freshman year.” And, with no extra classes taken, James Mosher has been her primary mentor for drawing and painting 1-3 and AP 2D design teacher here at Kalani High School.

“She emailed me recently just about that,” Mosher states. “She didn’t think that she would have realized the talent she had unless she took my classes. I mean, she surprised me with her talent. Many kids are like her in [drawing

and painting] 1 and 2, they’re talented, but I just don’t know how high they’ll get. She got really high.”

Mosher describes his classes as “cumulative and progressive,” so it was certainly “surprising” to both Mosher and Oh when Oh won her first Regional Scholastic Art Award as an American Vision Award Nominee her sophomore year.

Of course, winning a second time her senior year is an even bigger surprise to both of them, according to Mosher. To Oh, the two winning pieces were just another art piece inspired by a picture she just decided to take.

“It kind of just comes to me because if I look at something and it looks cool, then I just take a picture,” Oh says. “Sometimes I’ll edit a picture if I want certain things in it, or take some things out, but yeah. I usually just draw straight from the picture.”

Even though Oh says she tho-



Kalani senior Karen Oh is a 2022 American Vision Nominee for the second time in her high school career. The Alliance for Young Artists and Writers only gives out five nominations in each state every year. Photo by Haruto Gannon.



Karen Oh’s 2022 American Vision Nominee art piece, “Beach Pandemic.” Photo of Oh’s drawing by Kalani art teacher James Mosher.

roughly enjoys art and has many successful pieces, she is still undecided if she wants to pursue this path after high school. According to Mosher, many talented and successful student artists tend to “go a different route.”

“I’ve applied for some art schools and some art majors, but I’m mostly undecided for colleges because I still don’t know what I want,” Oh says.

Scholastic Art Award Winners in Photography

VIRGIL LIN, REYN MACHIDA, JASMINE ROSSITER

Congratulations to Kalani photography students Olivia Shrum (12) and Jane Shelverton (9) for earning the regional Scholastic Silver Key Award in the 2022 Scholastic Art and Writing Awards competition!

In addition to the Silver Key, Shrum and Shelverton also received monetary awards for their work. Shrum's piece, titled "Little Bit of Rain," won her a \$500 scholarship. Shelverton's piece, titled "Imprisoned," won her a \$100 scholarship.

Their Silver Key award allows their artwork to be displayed at the Hawaii

State Art Museum among other regional Scholastic Art award-winning works. Showings are from February 18 to March 12, and the museum is open Monday through Saturday from 10:00 am to 4:30 pm.

The Scholastic Art & Writing Awards is the nation's longest-running educational initiative supporting student achievement in the visual and literary arts.

With over 2,390 submissions from Hawaii to the competition this year, Shrum said she was initially surprised by her achievement.

"I was just doing it for one of the

assignments that we had," Shrum expressed. "This past quarter my teacher said we had to submit a picture for an art competition. So I just submitted [Little Bit of Rain]."

The teacher in question, Kalani photography teacher Ms. Tran, presented the opportunity for the two students to participate.

"Art is supposed to be free," Tran said. "I'm super proud of them, but I'm just the person giving them the opportunity... They would've won whether or not I was their teacher. It's their abilities that carried them there."



LEFT Jane Shelverton (9) was awarded a Silver Key for her photography entitled "Imprisoned." Her art teacher Ms. Tran was impressed with the emotion that it conveys. "[Imprisoned] speaks a lot about mental health and being trapped," Tran noted of Shelverton's work. "Almost like there's something inside trying to get out." **RIGHT** Olivia Shrum (12) submitted "Little Bit of Rain" to the 2022 Scholastic Art competition and won a Silver Key Award.

FEATURED * NEWS

Team Kalani 3.0 Takes Third in LifeSmarts State Competition

RANSON SILVA, LAUREN VIERRA, DANIEL ZHENG

Kalani's LifeSmarts competition team, KALANI 3.0, is made up of five students: Catie Achay (12), Phuong Huynh (12), Elena Terebenkov (12), Allison Vuong (12), and Brandon Tran (10).

LifeSmarts is an academic competition for grades 6-12 that revolves around five categories: environment, consumer safety, health, personal finance, and technology.

KALANI 3.0 took third in the state-wide competition; the team also took second-best school in the state. Waipahu's two teams took first and second place.

"They learned some things about the topic that were necessary for them to compete and not only to compete but for life in general," their teacher mentor Mr. Zane said.

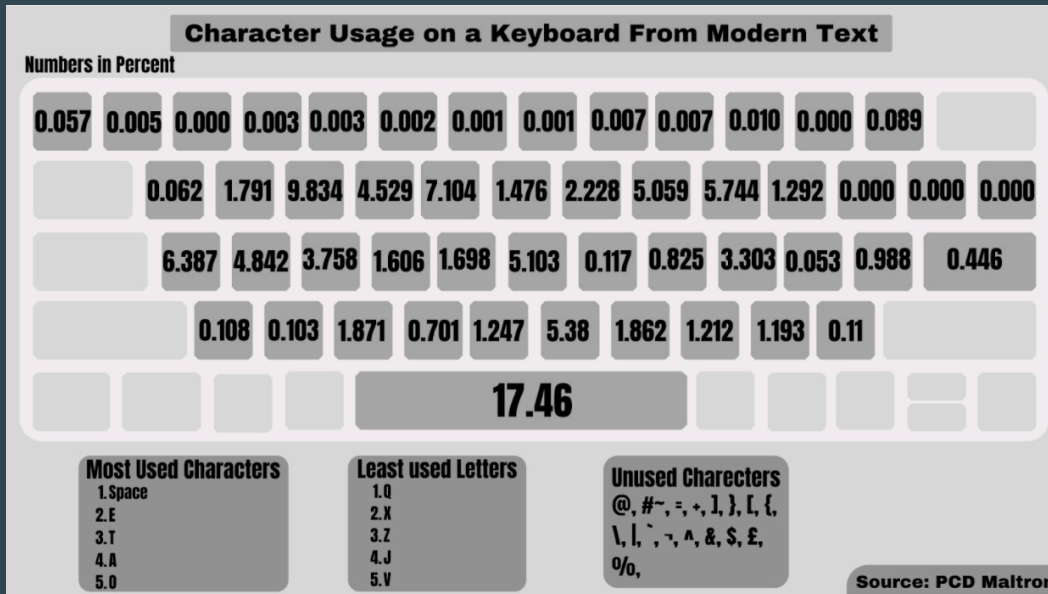
The winners of specific categories also earned prizes such as gift cards that ranged from \$75-\$100, medals, swag bags, and other prizes from the numerous sponsors.

KALANI 3.0 was selected from 14 students participating in the competition. It's a collaborative competition, but an algorithm puts the team together based on scores from a preliminary test.

"It was fun just to participate," Mr. Zane said.



The Kalani LifeSmarts competition team, KALANI 3.0, finished in third place on Saturday, Feb. 19. "The competition was very close where we missed the opportunity to compete in the championship match by just two questions," teacher mentor Mike Zane wrote. Kalani 3.0 is made up of these five students: seniors Catie Achay, Phuong Huynh, Elena Terebenkov and Allison Vuong, and sophomore Brandon Tran.



Infographic by Daniel Shiraki.

Drones With Pham

LEILANI PHAN

GPS LOCKED means ready for takeoff; time to put on the drone goggles. As the drone accelerates up into the sky, you can see everything in the video link from the goggles in the first-person perspective.

If you haven't seen a drone, you've probably heard one fly around the Kalani High School campus after school. That drone belongs to Kiet Pham (11), who restarted and is captain of the Drones program on the Kalani Robotics Team.

"I [have] a deep interest in aerospace and aeronautical related robotics," Pham said.

With an interest in engineering since 6th grade, Pham arrived at Kalani as a freshman and joined the Robotics team excitedly.

"He tells a lot of fun stories about when he did robotics in freshman year, and I think he tries to give us the same experience," Drones and First Robotics Competition (FRC) member Chloe Ho (9) says.

He's been on the team for 2 ½ years now and is one of the people relied on for both experience and engineering knowledge. He hopes to be an Aerospace Propulsion System Engineer, an engineer who helps build propulsion systems for spacecraft and aircrafts.

Pham gained his knowledge from time, experience, and from others.

One of Pham's main contributions to the team is restarting Drones while he was captain of First Tech Competition (FTC) Team 9378.

He supplies the team through his own drone parts and donations received from team members.

In Drones, Pham teaches his own curriculum and provides hands-on experiences like soldering. FTC meets every Monday, Wednesday, and Friday and Drones meets every Tuesday and Thursday.

"It [leading Drones and FTC meetings] reduced the amount of free time that I had to prepare for FTC and Drones because I spent so much time at robotics," Pham said.

He has a huge influence on the team. Pham is described as "funny, kind, and crazy" by Richelle Chong (12) senior team member.



Kiet Pham is getting ready to fly his drone "Hyperion" in the back of J-Building behind the Robotics and Engineering classroom. Photo by Leilani Phan.

"He's one of the few students who are very passionate about robotics, and it's great that he's stuck around to also get the other students interested," Chong says.

Pham hopes to participate more often and share his knowledge and experience with others.

Dane Silva-Ewan is Defying All Odds in Kalani Paddling

ALIKA GUSMAN

On a warm day out on Maunaloa Bay Dane Silva-Ewan focuses his mind and body. When he steps into the outrigger canoe, he's ready for an exhausting yet mesmerizing practice with his fellow teammates.

As a student attending the Hawaii School for the Deaf and Blind, Dane Silva-Ewan doesn't get much time to spend on Kalani High School's campus. But when he's at practice, he's as much of a Falcon as all of his Kalani teammates.

"I'm doing great," Dane Silva-Ewan said.

He worked hard with his teammates so they could do better in competition, he said.

After his first race, Dane Silva-Ewan said that he was proud of himself and his performance. However, he does face some unique challenges.

At 15, Dane Silva-Ewan may seem like any other paddler on the team; however, he's one of two paddlers who is completely deaf.

"That is what I have problem with, that communicating," Dane Silva-Ewan said.



Dane Silva-Ewan prepares for the upcoming regatta at Keehi Lagoon on Saturday, Jan. 29. Photo by Alika Gusman.

After his team finished last in the Junior Varsity boys division race on Jan. 15 at Keehi Lagoon, Dane Silva-Ewan said that he wanted to work on his power.

His sister and fellow paddler, Leilani Silva-Ewan, is also completely deaf. She is currently a freshman at the Hawaii School for the Deaf and Blind and participated in volleyball at Kalani in the Fall.

"I like paddling on the same team as my brother," Leilani Silva-Ewan said. "I'm proud of him as a teammate and sibling."

Johnny Alapai (9) is a friend and paddling teammate who also played JV football with Silva-Ewan in the Fall.

"It's pretty good to paddle with Dane since I knew him from football," Alapai said. "He's really trying his best to pull the team."

The past week's loss hasn't stopped Dane Silva-Ewan, as he still has things he wants to improve on with his crew for the upcoming regatta.

"I want to be seat number six because I can [help my team] to move better with the seat number six," he said.

IMPOSTER SYNDROME: A Mental Battle

by Emily Velasco

First discovered in 1978 by Professor Pauline Clance and Psychologist Suzanne Imes of Georgia State University, imposter syndrome was coined in a study of high-achieving women who doubted their success. But as time passed, imposter syndrome became present in others; current studies show that many experience imposter syndrome at least once in their lives. Imposter syndrome doesn't discriminate.

Dr. Pauline Rose Clance, Ph.D., ABPP, author of *The Impostor Phenomenon*, has discovered that about 70% of people experience imposter syndrome to varying effects during their lifetime. Symptoms were recorded to have lasted from a few weeks or for entire lives.

Janelle Milanes, author of *Analee, In Real Life*, has imposter syndrome and sometimes finds it challenging to write, being that Latinx authors are a

minority in Young Adult literature.

"I still struggle with imposter syndrome at times," Milanes said in a *Forbes* interview. "I am an incredibly thin-skinned person, and no matter what good things people say about my books, I will disregard them and obsess over the few not-so-good things. I have to remind myself daily to believe in myself. Some days that comes more easily than others."

Dr. Valerie Young, an internationally known expert, states that imposter syndrome comes in five different forms: the Perfectionist, the Superwoman/man, the Natural Genius, the Soloist, and the Expert: all tie into an inability to recognize successes and achievements as self-earned.

However, writers Ruchika Tulshyan and Jodi-Ann Burey disagree. Their article, published in the *Harvard Business Review*, states that

imposter syndrome is mainly associated with women of color in a male-dominated work environment. But multiple studies, like *The Impostor Phenomenon*, state that imposter syndrome affects "individuals," not just high-achieving women.

There's no way to prevent feeling imposter syndrome fully, but a solution for dealing with it is quite simple: talk to someone about it. Whenever you feel yourself starting to doubt, go to someone you trust because having a strong support system you can depend on will only help.

So if you have ever experienced this, or feel it today, remember: you are not alone.

Trained Therapists at Every School

by Pandora VanZandt

Every teenager has bad days and sad moments: some have it worse when they feel sad and negative almost every day; when they can't pay attention in school and instead stare at that weird-looking piece of gum on the ceiling; when they think about their family and friendships and think about who said what so much that they're not able to get any work done.

Mental disorders are common among adolescents; having trained, in-school therapists at every school would benefit their mental health.

The State of Mental Health in America claims that 63% of youth suffering from major depression do not receive any mental health treatment because they cannot afford it. Some teenagers cannot afford therapy and therefore cannot get the professional help they need. Having therapists in school would allow more students to have the option to talk to someone about what they're going through for free.

Many students aren't motivated enough

to focus in class, and their grades slip. Suppose schools want better academic scores and more students with higher GPAs. In that case, they should address problems related to how students feel. The Centers for Disease Control and Prevention (CDC) says, "Poor mental health in adolescence is more than feeling blue. It can impact many areas of a teen's life. Youth with poor mental health may struggle with school and grades, decision making, and their health."

Having in-school therapists could be the solution where everyone wins. Students may feel more comfortable sharing with a professional therapist, motivating them to do their schoolwork and focus. As a result, the school's academic scores would go up.

Not only will having in-school therapists help students in school but also out of school. Therapists in school could help reduce the stress and trauma in many students' lives so that they would feel comfortable on campus and at home, and in public with their surroundings. In the

end, having in-school therapists could save a student's life.

Although, we have to acknowledge that some students might not want to take advantage of it even if it's there. It may be because they don't feel comfortable sharing with total strangers or don't want the therapists to report back to their parents. This could make having in-school therapists useless and expensive. Even though these statements are factual, knowing someone is available to talk to who will understand you is better than feeling unmotivated and powerless.

We don't know if in-school therapy would solve students' mental health issues one hundred percent of the time. Still, it's worth a try, and it's a productive step towards understanding students and their emotions.

In-school therapy could save lives.

FOUR TYPES OF LEARNING STYLES

What are Learning Styles?

A way of learning that is different for each learner. A learning style of an individual is their preferred method of learning that helps them absorb, process, and retain the information they are learning.



VISUAL

LEARNERS PREFER:

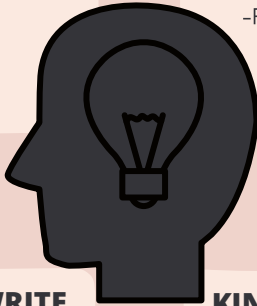
- GRAPHICS
- VIDEOS
- DIAGRAMS
- ILLUSTRATIONS



AURAL

LEARNERS PREFER:

- GROUP DISCUSSIONS
- ORAL PRESENTATIONS
- VIDEOS
- PODCASTS



READ/WRITE

LEARNERS PREFER:

- READING NOTES
- USING DICTIONARIES
- REREADING
- TAKING NOTES

KINESTHETIC

LEARNERS PREFER:

- HANDS-ON ACTIVITIES
- BODY MOVEMENT
- TOUCH/FEEL



Want to figure out which learning style is best for you? Take this Questionnaire!
<https://vark-learn.com/the-vark-questionnaire/>



Infographic by Riko Yamaki.

Manipulation Tactics in Teen Relationships

Manipulation: behavior designed to exploit, control, or otherwise influence others to one's advantage

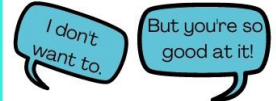
Parental vs Romantic relationship

Social Comparison



Comparing your child to other, better behaved children

Charm



Complimenting your partner to get them to do what you want

Love Withdrawal



Avoiding looking at your child when they've disappointed you

Silent Treatment



Ignoring your partner until they do what you want

Guilt Induction



Telling your child that when they don't listen, it means that they don't care about you.

Hardball



Threatening to leave the relationship if they don't do what you want

How to Deal With a Manipulative...

Parent

- ★ State your needs; set clear boundaries
- ★ Call them out on their behavior
- ★ Let them know how it makes you feel
- ★ Find support; talk to a school counselor or trusted adult for help

Partner

- ★ Be assertive; set clear boundaries
- ★ Trust your judgement
- ★ Remain firm in your beliefs
- ★ Reach out to people for validation and support

References

- Parental Psychological Control: Revisiting A Neglected Construct
- Associations between Parental Psychological and Behavioral Control and Youth Internalized and Externalized Behaviors
- Tough Love or Hostile Domination? Psychological Control and Relational Induction in Cultural Context
- Manipulation in Close Relationships: Five Personality Factors in Interactional Context
- How To Deal With Sneaky Manipulative People
- Signs of Emotional Manipulation
- 8 Family Manipulation Tactics and How to Respond to Them

Infographic by Lily Washburn.

Gotta Have Faith: A Singer's Journey

SHEA BROWN



Faith Rivera stands in front of a wall with canvases of her album covers. Citing musical legends like Prince and George Micheal as her inspiration, Rivera released her first album in 1997 and continues to produce music today. Photo by Shea Brown.

Faith Rivera belts out a final note before looking to the audience as the music slowly ends. The crowd is silent for a moment, then responds with deafening applause.

Raised in Oahu, she began singing in churches and talent shows in high school. Rivera has grown exponentially since then, singing around the world from Australia to Italy.

"I went to Japan to sing at a peace festival there, and it was so cool because they couldn't understand, most people in Japan don't speak English, but they were dancing on the stage with me," Rivera reflects. "The way it brings people together, like the community, it's indescribable."

As "blissful" as her career is, a career where you're being constantly "judged" has provided many challenges for Rivera.

"I tried to quit multiple times," Rivera says. "It's like I wanted to do it, but I was so scared of it."

Rivera pushed through, winning an

Emmy in 2003 for outstanding original song and a Grammy nomination for best global music in 2022. She's earned chances to collaborate with many composers like Daniel Ho, a six-time Grammy winner, and had her songs played by the Honolulu Symphony.

"Her attitude and her sense of optimism for everything is always inspiring," her son Kai Rivera-Hee states.

As Rivera evolved, so did her music.

"She wanted to sing the popular things," Rivera's husband Nolan Hee remembered. "But she found her spirituality. She started moving away from being as popular as she could to being the most meaningful she could."

Rivera hopes to continue writing and singing songs for many years to come.

"I love the feeling on stage," Rivera said with a smile. "When I'm on stage, I have every reason just to be free and to express myself. You're just in the moment, being who you are, connecting with people on a real level."

An Inspiration in Engineering

ISA TAYLOR

From a young girl hopping around the United States to a well-respected figure in the engineering field, Josepha Taylor has a mountain of accomplishments in her career to show for her prowess and abilities throughout her more than 20 years in the field.

Despite numerous obstacles, Taylor has climbed her way to being a reputable geotechnical engineer and has proven to be an inspiration to those around her.

"There's not a lot of Pacific Islanders who are engineers, and there are certainly even less female Pacific Islanders, and so there was a part of me that I felt like was doing something that could give back to my community, to my people, to my island," Taylor said.

She graduated from the Georgia Institute of Technology and Purdue University with a bachelor's and master's degree in civil engineering. She has worked at public and private firms in Washington State, California, and Hawaii. Taylor currently works as a Senior Project Manager at Hart Cowser, the highest position she's held to date.

Sheri Salvador is a coworker and close friend of Taylor's, and they have known each other for over a decade. Salvador notes how Taylor works very closely with everyone in her office and "makes everyone feel included."

Salvador also comments how she is a

dedicated worker and devotes much of her time to improving the community around her.

"She still makes time to give back to the community, and no matter what, she always gives financially, emotionally, all of that," Salvador stated. "And I think that she's a great mentor above all to the staff."

Taylor's husband, Joshua Taylor, is also an engineer in the structural field and graduated from Purdue University and the Georgia Institute of Technology alongside Taylor. He currently works as a Senior Director of Product Management at Bentley Systems, which has been his place of occupation for around 20 years. He has seen his wife's improvement as an engineer since she started studying for her career and shares how they often collaborate on ideas for projects in their respective fields.

"She's seen kind a lot of dynamics of organizations that she's had to get used to, and that's the one thing I've watched and taken away from her career," Taylor said.

Although Taylor is a respected female and Pacific Islander engineer, she is one of very few within the industry. Because of this, she has had to "struggle with the perception of being female" all throughout her career.

"I hope that now that there is a lot



Josepha Taylor is a Senior Project Manager at Hart Cowser. Photo by Isa Taylor.

more openness and connectivity, and there's a lot more fluidity with newer generations that maybe, that won't be the case, and so that females in technical careers won't have to feel like they're going up against a stereotype," Taylor said.

Despite this persistent obstacle, Taylor still holds out hope for her fellow engineers and will continue to advocate for equity and equality in the industry.

"There were no role models for me to see as that, as engineers, female engineers particularly," Taylor said. "The things I've had to go through, I'm very proud of where I am. I'm very proud of how I feel like I can represent my own people."

Swimming & Diving Win Easterns, Prepare for the State Championships

LIN MEYERS, KYLIE TANIMURA



Hailey Takai (10) and Reef Robinson (12) stand beside the boards at CORP after winning OIA Championships and qualifying for states. Photo courtesy of Takai.

COVID-19 delayed the 2021-2022 season for the Kalani High School swimming and diving team and the athletes did not know if they would get a season. However, their doubt was overturned and they had their first meet on Saturday, Jan. 8 at Kalani High School. Now, two weeks from the Hawaii State High School Athletic Association (HHSAA) Championships, Kalani is poised for greatness after top results at Easterns and OIA Championships.

At OIAs, Kalani diver Hailey Takai took first and is 3 points off the 2014 record. Koko Watanabe (10) took first in the 100 Breaststroke and Andrew Lee (11) took first place in the 50 Freestyle.

The season started slow, with only Watanabe and Taiga Sakai (11) qualifying for States; Watanabe qualified in the 50-yard freestyle and 100-yard breaststroke and Sakai qualified in the 100-yard breaststroke. There were only six chances to qualify this season and swimmers were

left anxious.

Coach Matsui's goal for the season was to win Eastern Championships and the Kalani Swim Team delivered; the girls beat second-place Moanalua by over 40 points and the boys also beat long-time rival Kaiser by 16 points. At Eastern Championships, the Kalani Swim Team had exceptional swims.

Eastern Results

Girls: Kokona Watanabe (10) took first place in the 100-yard breaststroke and a close second in the 50-yard freestyle. Lin Meyers (11) won two first-place finishes in the 200-yard freestyle and 500-yard freestyle. Freshman Hanabi Oseto won first in the 100-yard butterfly at her first Eastern Championship.

Boys: Swimmers Chiwon Kim (11) placed third in the 200 Freestyle, Taiga Sakai (11) placed third in the 200 IM and second in the 100 Breaststroke, Otoyu Homma (9)

placed second in the IM and 100 Backstroke, Andrew Lee (11) placed second in the 50 freestyle, and Riki Watanabe (12) placed third in the 100 butterfly.

Relays

Girls: 200 Freestyle Relay Placed First: Lin Meyers (11), Hanabi Oseto (9), Hailey Takai (10), and Kokona Watanabe (10).

Boys: 200 Medley Relay Placed First: Otoyu Homma (9), Taiga Sakai (11), Riki Watanabe (12), and Andrew Lee (11).

Kalani's varsity diving team, consisting of Hailey Takai (10) and Reef Robinson (12) didn't have any qualifying meets so they were automatically in for OIA and Eastern Championships. Their first meet was Eastern Championships on Saturday, Feb. 12 at VMAC. Takai was intended to have a competition against a diver from Kaiser but the diver, unfortunately, got hurt before the meet and was unable to compete, leaving Takai and Robinson the only competitors.

The week after Eastern Champs, the Kalani girls came in second place and the boys took third at the OIA Championships.

OIA Results

Girls: Swimmers Kokona Watanabe placed second in the 50 freestyle and first in the 100 Breaststroke. Lin Meyers (11) placed third in the 200 freestyle.

Boys: Andrew Lee (11) placed first in the 50 freestyle and third in the 100 Breaststroke. Otoyu Homma (9) placed second in the 100 Backstroke.

OIA Champs was the last chance for the divers to qualify for States. At this meet, six other OIA divers competed but in the end, Kalani's two athletes took first place, both with more than a 100-point lead over second place and their previous scores at Eastern Champs. Takai finished only 8 points away from beating the record set by Nikki Imanaka from Castle High School in 2014 (Imanaka- 448.40). This meet was also significant as they both set personal bests (Takai- 445.10, Robinson- 330.90).

Now, in two weeks, the Kalani Swim Team will be competing in the HHSAA Championship. Swimmers Lin Meyers (200 Freestyle and 500 Freestyle), Kokona Watanabe (100 Breaststroke and 50 Freestyle), Otoyu Homma (200 IM and 100 Backstroke), Andrew Lee (50 Freestyle and 100 Breaststroke), Taiga Sakai (100 Breaststroke), and Riki Watanabe (100 Butterfly) will be competing in their qualified individual events.

Hailey Takai (10) and Reef Robinson (12) are both set for States from their great results from OIA Championships.



Tris is a four-year-old pit bull mix adopted from the Honolulu Humane Society because of her bubbly personality and she has already mastered five tricks, such as shake. The "Adopt Don't Shop" slogan started from Last Chance for Animals (LCA) in Los Angeles and aims to dissuade people from purchasing a dog from a breeder or puppy mill. Every year, an estimated 1.5 million adoptable shelter dogs and cats are euthanized in the United States, according to the American Society for the Prevention of Cruelty to Animals (ASPCA). Every time an animal is adopted, a space opens up in the shelter, allowing another animal's life to be saved. Please adopt from a local shelter or rescue and help animals find their forever home—photo and caption by Kylie Tanimura.