



EWA NAUPAKA

OCTOBER-DECEMBER 2018

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Ewa Naupaka is a
"Public Forum" of student
expression that strives to
reflect the mission of James
Campbell High School. James
Campbell High School is a
safe, positive place where life
skills are learned and applied
to meet the challenges of a
changing society.

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LETTER FROM THE EDITORS

Welcome to James Campbell High School's newspaper, the *Ewa Naupaka*. The second issue of the 2018-2019 school year includes a sports section highlighting the commitment of JCHS student athletes at the turn of the season. The *Ewa Naupaka* features work of student journalists who capture the stories of our sizeable community and present them as fairly as possible for public consumption.

Our work, with its steps of drafting, interviewing, and peer reviewing, is done in a spirit of service to our community. Impartiality is a characteristic modern media often lack, resulting in a shortage of independent thinkers. The power of expression is beneficial in the hands of the righteous, but, as history has shown, can be dangerous if misused. Our staff thus strives for objectivity in our news reports to encourage independence in collectivity—diversity in unity.

Without further ado, thanks to an inspiring advisor and a resolute staff, we invite you to peruse these pages and contemplate the dynamic perspectives our school has to offer.

Respectfully,

Keona Blanks & Maile Morrell
Editors-in-Chief

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*Band students at Aloha Stadium.
Cover photo by Daniella White*

MARCHING WITH PURPOSE

by Sienna Brown, Reporter

The James Campbell High School (JCHS) Marching Band reported to the JCHS band room at 1 p.m. on November 3rd for a final three-hour practice before their second competition of the season. The 42nd annual Kamehameha Tournament of Bands hosted marching bands from all over the island.

The JCHS band arrived at Kamehameha High School at six o'clock to set up in one of the many gyms before being released for an hour-long dinner break. As the students ate their dinner, they talked about the coming performance and cheered for other bands as they made their way to the field.

After an hour of warm-ups following their dinner break, the band formed a circle around the gym linking arms. Middle C sounded briefly, allowing the band to tune before they sang the alma mater. The scene inspired everyone in the room. Band Director Armando Langaman stood in the center of the circle, eyes closed, singing along, filled with undeniable school spirit and faith in his students. In that moment, the practices starting in July and countless hours spent after school—sometimes until 8 p.m.—were completely worth it.

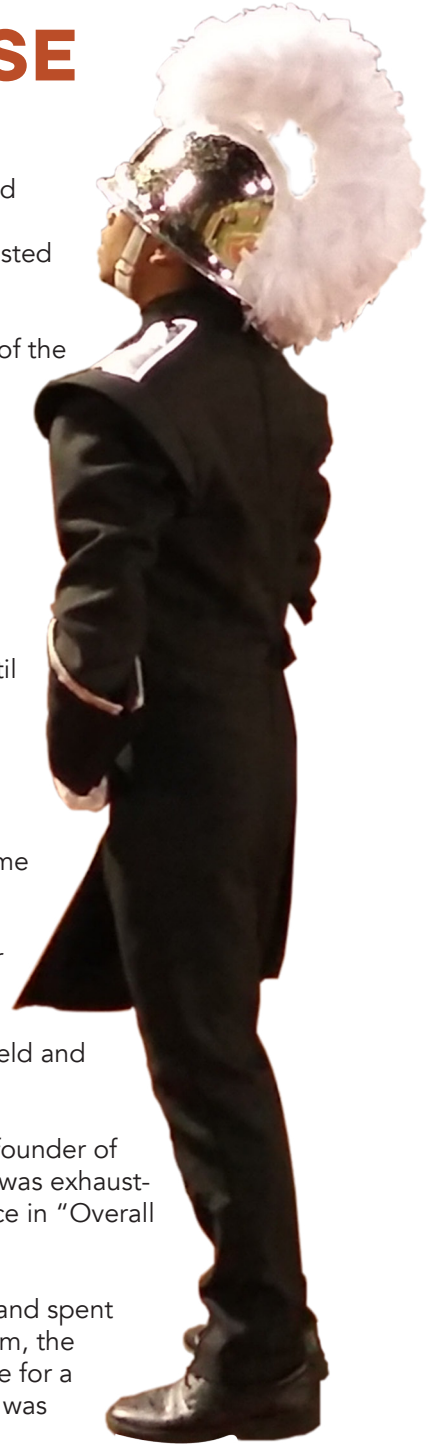
After a final pep talk from both band directors, the students grabbed their instruments, put on their shakos, or marching hats, and lined up to prepare for their walk to the football field. Other bands cheered as the JCHS band passed, wishing them luck as they did for them. The drum majors ran through the performance one last time as they waited outside the gate, anxiously listening to the current performance.

As the band walked onto the field, they focused wholeheartedly on their show *Over the Rainbow*. Through the light evening rain, they performed, concluded, and left everything on the field just as they were taught. The judges took their notes throughout the performance and continued to do so as the band marched off the field and to their seats.

Three bands performed after JCHS, including the Hawaii All-State band led by the founder of Tournament of Bands. Awards were finally presented at 10:15 p.m. The JCHS band was exhausted and long past ready for bed when it was announced that they had won third place in "Overall Performance" and earned a festival rating of "Good."

The bands and audience were officially dismissed at 10:30 p.m. though the JCHS band spent their time mingling with other bands past 11 p.m. After the long trek back to the gym, the band put away their instruments and gathered around band director Gregg Akamine for a final "thank you" and "congratulations" before heading out to the buses. Everyone was exhausted and talked quietly on the way back to the school.

The night finally ended at midnight when the buses pulled into the parking lot and opened their doors, though the last student did not leave until well-past one in the morning. The night was over and the students headed home for a good night's sleep and a relaxing Sunday before coming back to school on Monday morning for a quick run-through of their next competition that night.



Photos by Sienna Brown

FRESHMEN EXPLORE FUTURE JOBS AT CAREER FAIR

by Maile Morrell, Reporter

Photos by Shayla Pangborn

James Campbell High School (JCHS) freshmen met with local business people from across the state at the 1st annual Campbell-Kapolei Career Expo at Kapolei High school on October 26th. Students took the opportunity to interview representatives from over 75 businesses specializing in a variety of fields ranging from education to information technology.

During the 2017-18 school year, JCHS fully implemented the Academies in which students in grades 10-12 prepare for their lives after high school by choosing an academy to explore careers that interest them. The five specialities JCHS focuses on are Public and Human Services, STEAM, Creative Media, Business and Agricultural Science, and Health Sciences. Freshmen are placed in a separate academy designed to meet the needs of the new class of high schoolers.

"I'm hoping to have a clearer vision of what I want to do after high school," said freshman Lynzie Pineda at the beginning of the career fair. Many freshmen shared similar goals and spent their time talking to community figures about how they can prepare for a career in a specific field.

Organizations like Ka Pa'alana participated in the career fair to hopefully recruit high school students. "We're looking for some [teacher assistants] because we are low on employees," said preschool teacher Jessie Kamakura who, like other business representatives, benefitted from this fair. The Ka Pa'alana program serves homeless and at-risk Hawaiian children and their adult caregivers at various locations all around O'ahu free of charge.

"[The expo] was a really good experience in terms of getting first-hand experience with people directly from each business," said Maegan Rosario. For students like Rosario, the career fair proved to be an invaluable experience in helping them to prepare for their lives after high school. Rosario highly recommends that all future freshmen take advantage of the opportunity to explore career options at a fair like this one.



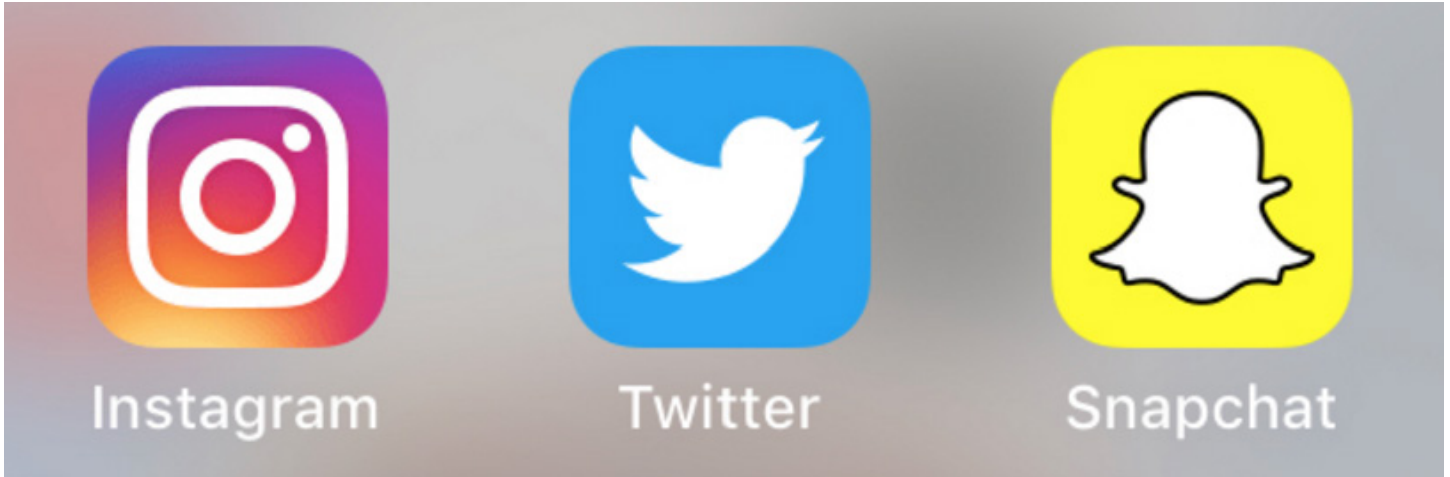
Students interviewing business representative.



Ka Palama representative shares information about their program.

F.O.M.O. SAPIENS

Where was this? Why was I not invited? Who was there? I hope I get to go next time.



by Petriese Peralta, Reporter

Why the odd hypothetical rhetorical questions, you might ask? These are just a few thoughts that teens develop as they scroll through Instagram and see posts from groups of people at events they missed out on. The new epidemic caused by social media is called F.O.M.O.: the fear of missing out.

Psychologists Amos Tversky and Daniel Kahneman demonstrated people's strong tendency to avoid any experience with loss aversion. It may seem dumb and petty at first, but when it comes down to it, some people do feel left out and get upset when they are not included.

Take the 2018 Bruno Mars concert in Hawaii, for instance: three sold out shows, 36,000 tickets sold. For the purpose of what, watching a three-hour performance only to get stuck in traffic afterwards? Imagine the huge crowds at this concert. Most of those who went probably have F.O.M.O. but don't even realize it.

To some, being present everywhere is a necessity. Some don't even notice they have F.O.M.O. until they really

think about it. "I feel left out when my friends don't invite me, and I saw them out. 'Like wow, sis. I know where we stand now,'" said senior Jeric Saoit. "It probably started in seventh grade, but I only realized I had F.O.M.O. now that someone asked me." Lacking the first hand experience of an event while everyone has it can tug on some people's nerves.

Of course, no matter what, there is going to be a large group of people who struggle with feeling left out. But the real question is, do those who claim to not have F.O.M.O. truly not care, or are they putting up a front in order to avoid their F.O.M.O.? "I don't believe I have F.O.M.O. because I'm pretty independent. Also I don't like associating with dumb or annoying people," said senior Jahlyssa De Francia.

Many people truly don't care to follow the crowd, while others who don't follow the crowd purposely avoid it to trick themselves into believing they're not a follower. But really, they might wish they were experiencing the party last Friday night.



Photo by Cathy Kaplan

IT WAS A GOOD RUN

by Keona Blanks, Reporter

A cloud wisped past the glaring 9:30 a.m. sun, allowing its rays to beat down on the rows of sweating, tense athletes poised at the starting line at the Central Oahu Regional Park. The official in charge of starting the race raised a gleaming black and orange starter's pistol and shot it skyward with a pop, releasing the rows of glistening athletes and marking the beginning of the varsity boy's race of the Hawaii Cross Country 2018 State Championships on October 27th.

After the varsity girl's segment, which occurred an hour earlier, the James Campbell High School (JCHS) Cross Country team was uncertain about how they'd place, since JCHS's Varsity Girls team and Maui and Big Island teams had performed well so far. "Big Island and Maui are always wild cards because we're either on a joy-train after destroying them, or we're in the dumps because they completely destroyed us," said senior Dylan Tupper, a varsity runner on JCHS's Cross Country boys team.



Boys Cross Country racers
Photo courtesy Dylan Tupper

As the State Championships trudged on, it was clear that the wild card was not in the JCHS Cross Country team's favor. All of Maui's five-runner teams made it to the top twenty, blowing the other schools out of the water. The JCHS Cross Country team placed 17th at State Championships.

"Even though it was kinda disappointing, it was a good end to our season," said Tupper. Rewind a few weeks and the JCHS team had placed first for girls and boys in the team event for the 2018 Oahu Interscholastic Association (OIA) Western Division Cross Country Championships, an event for high school teams on the Leeward side of O'ahu, and fifth for the girls and boys at the island-wide OIA competition.

At State Championships, Logan Finley, a sophomore on JCHS's Varsity Boys team, placed 22nd out of 200 runners in the Varsity Boys race, ranking him in the top 10% of runners present at the championships. "He got sub-18, which is running a 5k (3.1 mile race) in 18 minutes [18:03.36 for Finley], which means he ran less than six-minute miles. That's pretty fast for a sophomore," said Tupper.

As State Championships concluded, JCHS's team gave their coach, Mark Inay, a card they had all made. Tupper said, "In spite of not having the victory we wanted, there was still that sense of enjoyment since we all got really close [to each other]. We had a good season. We had a good run."



Team captains Kandace Soriano and Kourtney Adams after receiving an award for OIA Girls Bowling Championships. Photo courtesy Kandace Soriano.

2018 BOWLING SEASON OVERVIEW

by Charlise Limjoco-Ragasa, Reporter

The James Campbell High School Bowling Team has come to a close with the 12-week O'ahu Interscholastic Association Bowling season. On November 1st, both the girls and boys bowling teams participated in the state-level competition. The tournament took place at Hickam Air Force Base Bowling Center, where ten high school teams competed against each other. The team trained once a week at the Barber's Point Bowling Center for the past two months in preparation for the event, with five male entries and six female entries. The JCHS Girl's Bowling Team placed second and the JCHS Boy's Bowling Team placed fifth at the state level competition. The JCHS teams were coached by Glenn Adams, Catherine Cruce, Kacie Cruce, Kevin Cruce, and Lena Mattos.

WHAT HAS BEEN THE HIGHLIGHT OF YOUR SEASON?



Photo by Maile Morrell

Joshua Ramos (12) Soccer
"My team and I beat Waipahu 8-0 and I scored 4 goals. It felt great to score because I haven't scored since my first game in freshman year."



Photo by Keona Blanks

Shannon DeRego (12) Volleyball
"My senior night. The week before, all the seniors and I slept over, and we got to bond and really become a team. We got to enjoy our final moments together."



Photo by Keona Blanks

Kira Kaplan (9) Soccer
"Making goals was the highlight of my season. There was one play where there was a sequence, and then there was a clear shot for me, and I made the goal."



Photo by Keona Blanks

Maddie Uzueta (10) Swimming
"Hiding in the locker room during practice to avoid doing sets."



Photo by Maile Morrell

Tyler Morales (12) Basketball
"During pre-season we went on a trip to Maui, and we played very challenging teams. Throughout the trip, we got really close, and we finally meshed."



Photo by He Ino Terukina

Abraham Pirnia (11) Football
"When we beat Kahuku we showed how much potential this team has. We made history that night. For the first time since 1977, we won against Kahuku at home."

