



October 2015 | Vol. XXVII, No. 11

Community comes out in force for cancer cause

"Girl power" was on display on October 18 when women and girls of all ages walked, ran and worked during the 2015 Susan G. Komen Race for the Cure to raise money to combat breast cancer.

Eighteen Academy students, including members of the newly-elected *Freshmen*

Council, joined *High School Vice Principal Kinga Sanders* (right with *Kyra Balagras*, *Realesse Lumapas* and *Amber Unabia*) and *Director of Student Activities Toni Normand* at a water station along the route organized by the *Zonta Club*.

The volunteers not only passed out water, but enthusiastically cheered on the 5,000-plus participants, including some from the Academy.

In honor of Breast Cancer Awareness month, which is this month, proceeds from the students' upcoming *Costume for a Cause* event on October 30 will be given to the *American Cancer Society*.



IT'S NOT TOO LATE TO REGISTER FOR **FRIGHT NIGHT** 10.30.2015
5:30 TO 8:30 P.M.

REGISTER NOW: bit.ly/shafrightright ~ INFORMATION: specialevents@sacredhearts.org

From the Head of School

LISTENING BEYOND THE WORDS

I have four young, mischievous, grandsons under the age of seven, and I learn much from them on a daily basis. When they want to go out and spend money at such places as Jungle Fun, and to which I usually refuse, they quickly tell me that their life is so boring and that they are bored.



Here at Sacred Hearts, there are very few boring moments. Things follow a very swift pace, and we can go from excitement and enthusiasm in fundraising for Aloha United Way to setting the stage for a band function in the Student Center; from cheering on the youngest Junior Lancers as they compete in the Catholic School League to honing skills of varsity athletes to compete in state meets for bowling and riflery; and, from completing satisfactorily their first academic quarter to staging the Annual Fast for the Waikiki Outreach Program.

However, before we start our weekend schedules, I encourage each of you, in your busy day-to-day life, to never ignore your daughter's feelings – just don't allow her to talk about being bored! It is very important for your daughter to acknowledge her feelings to you as parents, to counselors or other close family members.

As parents, you, must listen sincerely to those expressed feelings. Our youngest students may need help in finding the words to name and describe some of their feelings. Try to steer clear of being a "hovering" parent, but stay in tune with the feelings and thoughts of your daughters. I find them to be very wise!

Betty White

Research done while catching up with West Coast collegians

Counselors Randy Fong and Cleo Eubanks spent the recent break from October 9 to 12 accompanying 20 students on a fall tour of colleges and universities in the Pacific Northwest.

Schools visited included the University of Washington, Seattle University, Oregon State and Linfield College, and at each campus, the students met with admissions personnel and toured the facilities with a current student.

Often, the student tour guides were Academy alumnae, who also shared about their first-hand experiences at their respective schools.

Additional college tours will be taken throughout the year. Interested students should contact Fong at rfong@sacredhearts.org or 734-5058, ext. 231, for more information.



THE
WIZARD
OF
OZ IS HERE!

NOVEMBER 8 and 15 at 2 p.m.
5, 6, 7, 13 and 14 at 7 p.m.
Mamiya Theatre
www.sacredhearts.org/tickets

Sports standouts make way to States

AIR RIFLERY

The *Lancer Sporter Air Riflery team* wrapped up its season on October 17 at the league championships.

Seniors *Aimee Pak* and *Angelique Mara* finished ranked fifth and eighth, respectively, in the *Interscholastic League of Honolulu (ILH)*, and Sophomore *Dorothy Sanidad* was seventh overall. With their season scores, the trio qualified for the *Air Riflery State Championships* on October 27 at Kamehameha Schools-Maui.

Sophomore *Kaycee Selga* also participated in the ILH Championships on the Junior Varsity level, earning the top score in the standing portion and ranked seventh overall.

Under first-year *Head Coach Alex Adkins*, members of the riflery squads are already preparing for the upcoming Precision Riflery season.



Angelique Mara



Aimee Pak



Dorothy Sanidad

BOWLING

The Varsity and Junior Varsity (JV) *bowling team* is also finishing up the season with *Interscholastic League of Honolulu (ILH) Championship* competition this week.

In Varsity competition, senior *Cameron Pires* finished the year with a 151.85 average, and sophomore *Catherine Palmer* bowled a 142.41 average. Both qualified for the *State Championships* on October 29 and 30 at Kauai Bowl. Senior *Rebekah Rapoza* (left with Palmer and Pires) will also make the trip as an alternate.

Palmer and teammate *Alexiz Hicks* also competed for the *ILH Doubles Championship* on October 23.

In team competition, both the Varsity and JV squads finished fourth as a team overall. They are coached by *Bernadette Smith*.



Finding friendship through food

The *Junior Kindergartners* in *Sandy Arnobit's* class worked with their classmates to make "*Friendship Fruit Salad*" recently. Working collaboratively, the students, including (right) *Kanoe Kostiha*, rinsed and prepared the fruit, put the correct proportions together with yogurt and carefully mixed the ingredients.

Although they had tons of fun making the salad, sharing their dish with their friends was even more enjoyable!



Artists have a scary good time for Halloween

The third graders got into the Halloween spirit during their recent art project, creating "scary" hands!

First, the young artists drew their hands using the contour drawing method, keeping their pencil on the paper and trying not to lift it off. During this process, they closely examined lines, wrinkles, the shape of nails and more.

Then came the fun, creative part! They added scary details, like scars, broken fingernails and even hairy knuckles!

Finally, they colored their piece using watercolor or paint, mixing warm and cool colors to make their hand "jump off the page!"



Ellen Ha



Alyssa Giang



Sadie Takaki



Lilith Davis



Examining the Islands' geography and geology

The fourth graders are delving into a study of the Hawaiian Islands and its unique geology and geographic features, and they toured various Oahu sites with varied geology aspects.

At *Makapu'u Lookout*, they listened to "mo'olelo," or stories, about the goddesses *Pele* and *Hi'iaka*, and the students, including (right) *Lana Kim*, *Lia Worthington*, *Danilla Monk*, *Sabrina Kopf* and *Jetaimé Tajiri*, searched for nine types of volcanic rocks at *Awawamalu Beach Park*, also known as Sandy Beach.

