

Seniors rounding final lap in college decisions

The *Class of 2016* is on its "final lap" in making college choices, and until December, a certain element of stress can usually be detected among the seniors.

Parents also often experience many of these same feelings.

However, the soon-to-be college students have been prepped well and understand the seriousness of their decisions. The counselors spend an enormous amount of time making sure that each senior has an information base from which to make the decision that will have lasting impacts on them and their families.

The college journey has been a long one! Multiple topics to help the students survive the college years have been covered in guidance classes starting in Junior High. And, the seniors started researching colleges in the ninth grade with self-discovery inventories and career searches, and they became aware of the significance of building a quality resume with good grades and a balance of sports and activities.

The seniors also have prepped, and prepped some more, for the required SAT and ACT tests.

Many have taken advantage of visiting particular colleges on school-sponsored tours or as part of a family trip.

On campus, approximately 100 colleges will visit between now and December, and the seniors have met many members of college admissions teams.



Where are Academy students going?

Close to 60 percent of last year's seniors chose to attend mainland schools, with 86 percent enrolled in four-year institutions.

Many chose medium-sized, Catholic universities with spirit similar to the Academy, such as *Santa Clara, Loyola Marymount, Creighton, Gonzaga, Seattle University* and *Notre Dame*.

Other level-one colleges that draw much interest from Academy students include *Georgetown, Brown, the University of Southern California, Tufts, Boston University* and the *University of California* system schools.

College Counselor Randy Fong said, "I always discuss the outstanding collegiate options in Hawai'i. Last year, about 34 percent of the graduates entered the University of Hawai'i system.

From the Head of School

MOBILIZING PARENTS ASSISTANCE

The third issue of this year's e-Parentline featured the 2015 Scholarship Gala honorees. Although the event is sponsored by the Board of Directors, it is really a team effort of the whole school community. This function is a joyful one with such a worthy purpose of helping fund scholarships for Academy students.



Mahalo to Lois Miyashiro-Tong, '92, the event's honorary chair and the parent of Andromeda, '24. Our appreciation is extended to many parents who are helping with the auction and various phases of the evening on October 2.

And, our students also will be assisting with the Auction as well as with the entertainment and other age-appropriate responsibilities.

If you, other family members or friends would like to support the Gala by attending, contact Emily Torres, director of Development, at etorres@sacredhearts.org.

It is a spirit-filled evening, and attending will make you a very proud Lancer!

We are looking forward to hosting our new parents and students on Sunday afternoon. Once again, mahalo to our Parent Organization and students for assisting us.

Best wishes to all the Sacred Hearts sports teams competing this weekend.

Betty White

Leos spotted in Windward Oahu

Despite the stormy weather, *Leos Jordan Higuchi* and (below) *Anglina Gomes* participated at the YWCA's *Camp Kokokahi Community Fair* on September 12, staffing one of the many activity booths.

This annual event features family-friendly activities and games, including entertainment by local musicians and a craft fair, which celebrate the Windward community and its Hawaiian heritage.



It's time to

help the Academy earn a share of \$250,000 worth of athletic equipment and uniforms by earning points during this program.



- > Through *October 20*, shop at *Times*, *Big Save* or *Shima Supermarkets* or *Fujioka's Wine Times*
- > Purchase participating products;
- > Designate the Academy at check-out and score points for the school!

Learning that life is diffuse and in constant movement

The students in *Erin Flynn's Advanced Placement (AP) Biology class* are finding answers to their scientific questions while mastering the concepts of *diffusion* and *osmosis* in both living and non-living systems.

The students tested to determine if size or shape influences cells' diffusion rate, or the ability to spread or move materials into and out of the cell.

They also explored how varying the substance on either side of a semipermeable membrane affects movement of molecules across the membrane.

Using the concepts learned in class, the students tested carrots, potatoes and sweet potatoes to determine which had the most sugar – which results in a higher rate of osmosis.

The project culminated with the students designing and conducting their own experiments to answer a question they drafted from their exploration and research.



Seniors Hanna Mukaida, Yunke Chen and Samantha Timarie Lee test their theory about osmosis.

Legacies of families at forefront of festivities

Mothers and grandmothers who graduated from the Academy joined their daughters and granddaughters, current Academy students, in the Student Center on September 11 for the *2015 Legacy Dinner*.

After enjoying a tasty Chinese buffet, the attendees participated in various activities which tested their knowledge of "all things Academy" both present and past, and the alumnae reminisced about favored school memories and reconnected with classmates and school friends.



Lauren Kealoha, '25; Charlene Kealoha, '61; and Sasha Kealoha



Jennifer Souza, '92; Eliza Otenbriet, '19; and Therese Otenbriet, '63

Lancer runner up for national scholarship

Senior *Phoebe Kirk* is one of nine finalists in the State for the *Positive Coaching Alliance Triple Impact Competitor Scholarship*.

This scholarship, for \$2,000 towards college expenses, is awarded to high school student-athletes who display excellence in making oneself better, making one's teammates better and making the game better.

Last year, Kirk was the State Champion in the 800-meter race and also competed in the State Cross Country Championships.



Third graders explore uniqueness

Recently, the Academy's third graders conducted "*friendship interviews*." During the process, they not only learned about the elements of an interview and how to conduct one but about the unique characteristics and strengths of one of their class "buddies." These findings were written down and reported back to the class.

Also, the students, including (below) *Sophia Rostron* and *Olivia Gentry*, blew bubbles and reflected on how each is different with no two the same – similar to how God created each individual as a special and unique person.



New members join Lancer Athletics

The Lancer Athletic Department welcomed two new members to its ranks earlier this school year.

► *NATASHA Vendiola*

Natasha Vendiola is filling administrative assistant duties for *Athletic Director Ryan Hogue*.

Prior to joining the Academy, Vendiola was an administrative assistant to the director at Kamaiana Kids Preschool Programs.

A graduate of Kahuku High School, she played softball, golf and tennis for the Red Raiders.

Vendiola's daughter, *Aureanna Vendiola*, is currently an Academy third grader.



► *MARISSA Sumida*

The *Lancer Athletic Training* team welcomes *Marissa Sumida* to its ranks, as she joins *Brooke Rey*.

Sumida is a recent graduate of Chapman University.

Currently, she is enrolled in the Post Professional Athletic Training Program at the University of Hawai'i.

Sumida graduated from Kalani High School, where she played volleyball, basketball and softball.

