



August 17, 2016

- August 19 – Statehood holiday
- September 5 – Labor Day holiday
- September 7 – Dual Swim Meet with Molokai Dolphins, 4:30 warm-up
- September 7 – Family Night at the Public Library, 6:30-7:30pm
- September 10 – Saturday Market
- September 19- 22 – Student Conferences
- October 7 – Last day of first quarter
- October 22 – Ku Ka Lau Lama Fundraiser

## Aka`ula School – Home of the Voyagers!

### Island News

#### **Cave of Wonders**

**By Kamaehu Ward, 7th grade**



It was a beautiful day. The sun was shining high and bright. We were going backside on our little 18-foot Nautical. The ocean was flat with just a little swell on the inside. The towering and magnificent green sea cliffs looked like a photo that had been enhanced. The waterfalls were running from the top of the cliff to the bottom, before flowing slowly into the ocean. We went into a huge dark cave where the shark god and the eel god fought. The cave is actually called the cave of Anapuhi. It is called that because the eel god Anapuhi won the battle by hanging the shark god Moa`alii. The depth of the cave dimmed our sight, but it was highlighted by the sunlight's refractions through the depths of the water. The boat would rock when the swell backwashed off the inside wall.

While in the middle of the cave we couldn't see the bottom due to lack of sunlight. We yelled, and our echoes bounce off the walls. I think our trip inside the cave of Anapuhi was better than going to Oahu's 50th State Fair.

#### **Lanai Experience**

**By Dillon DeCoite, Junior**

My first trip to Lanai was memorable. My parents wanted to take me to Lanai for the Pineapple Festival. Instead of flying to Lanai, we flew to Maui and drove to Lahaina, where we took the boat to Lanai. When we first got to Lanai, it was so hot that I was getting sunburned. As we drove to the town and gained elevation, it became much cooler, and the landscape was more lush. When we got to the town, I noticed the houses were built plantation style and in the middle of the town was a large grassy public park. The park was surrounded by huge pine trees, and in the middle was the Pineapple Festival. I roamed around and found that booths were selling things from different islands. I enjoyed the food booths selling Filipino and Hawaiian food. Later that afternoon, we took the boat back to Lahaina and all I could think is that there is no other place like Lanai.



#### **First Time in Forever**

**By Gracie DeVera-Kuahuaia, Grade 8<sup>th</sup>**

I'll never forget the feeling of something new. Gripping hard, my hands got sweaty. My nerves were pounding in my stomach. As I felt her moving, she whispered, "Trust me." I tell myself, "Just to the finish." Once I settled my paddle, "Splash!!!" the alarm awakens. She kept saying, "Always stay as one." There, I could feel her moving as if we had wings. I yelled loudly, "TO THE END!!!" Before I knew it, our outrigger canoe had passed the finish line.



## **Crazy Kayak Paddling** **By Mamo Kapuni, 5<sup>th</sup> grade**



My summer adventure was both thrilling and horrifying. My two older cousins, Kayla and Lia, met me at our family beach. It was a blazing and muggy day so we looked forward with anticipation to paddling the kayak in the cool, refreshing saltwater right in front of us. The only thing holding us back was putting the paddles together and dragging the blinding neon orange kayak to the water. When we finally got the kayak in the water we all hopped on and glided slowly into the thrashing waves. We weren't going as fast as we could go, but we went out pretty far. Eventually we put our paddles down on the muddy ocean floor and stared at the beach. We all thought that it was a beautiful sight. We decided to head to shore and to make sure no waves were coming we looked back. Kayla saw something about 10 feet away from us. We saw a huge blackish, grey tip swooping slowly in the water. We all thought, "It's a shark!" We paddled back like bullets to escape the shark. The shark floated up on shore and we saw it was just a dried up coconut leaf. Now we all know not to let things get into our heads. I mean come on. It was just a coconut leaf!



## **Digging Out** **By Peyton Gillespie, 8<sup>th</sup> Grade**



I was lying on my bed playing on my tablet when I looked out the window and saw water gushing down the steep hill behind our house. I quickly pulled on my rain jacket, bolted outside and grabbed a shovel. It was raining hard. Muddy water lapped at my toes, then my feet and soon my ankles. I piled dirt against the house and on the carport in place of sandbags to keep the house from flooding. After about 5-10 minutes, my mom came home from walking the dog. She joined in the work too. The rain came down harder and faster with every drop. Eventually, our neighbors came out and helped us dig a trench to divert the water away from our house. That helped a lot. Now that the water was being safely diverted from our house, we could stop piling dirt. I learned that through teamwork and collaboration, anything can be accomplished.

## **Eating Batayaki** **By Ku Chow, Grade 6**

At my auntie's house I cooked Batayaki. Batayaki is a Japanese method of cooking my own food on the grill. I was putting shrimp, scallops, salmon, and zucchini on the grill. The zucchini was my favorite. With a little garlic it tasted so good. There was so much butter. In the end every one used a half block of butter. After eating I was full and I felt like I was going to explode.



## **Road Rage** **By Skylar Kuahuia, freshman**

Beep Beeeep!!!  
Spitting words of  
fire, his face showing signs of  
anger, our faces of laughter taunted him as  
he switched lanes,  
yet we laugh even more,  
giving us the  
devil's look,  
he revealed a sign that clearly described  
his personality,  
a road raged  
driver



## **The Ice Palace**

**By Nathalie Hosten, Grade 7**



I shivered in the frigid air while I waited for the gates to open and let the skaters onto the rink. My skates felt weird as I teetered on the slippery ice. My mom handed me a slider and gave me a push into the throng of beginners on the small rink. Some kids used their sliders like bumper cars and slid all over the place! At first, skating was really hard and scary. I was thinking, “What if I fall hard on the ice and hurt myself?” But my Mom and my friends, Hulali and Li`u, showed me how to push off the ice with my skates so I could keep my balance and go fast. After about hour and a half, I moved over to the big rink with my Mom where Hulali and Li`u were skating. It took a long time, but eventually I was confident enough to skate around the whole perimeter of the big rink only holding onto my Mom’s hand for balance. In the end, we were rewarded for our hard work when the workers closed the windows and turned on the disco lights. It was cool to watch the experienced skaters dance in the middle of the rink while we warmed up on the bleachers and ate yummy nachos. That was the first time I’ve ever been skating, and I loved it. It was awesome!

## **Food Review: The Best Poi**

**By Kalai Helm, 8<sup>th</sup> grade**

Welcome back to another super awesome food review. This one is all about poi! Poi is made from taro or kalo. First, boil the corm of the kalo plant. Then, clean the skin and ku`i {pound} the boiled kalo using a stone against a board. By adding water it becomes a soft and sticky paste. My favorite kalo is kai `uli `uli. It is grayish blue and grows in the wetland patches or lo`i. The poi is so sweet after pounding. This is called pa`i `ai. I buy my poi at the store, and Taro brand poi is my favorite because it is always fresh in bag. I mix my poi with just a little bit of water because I like my poi thick like taffy. I eat it with lau lau and kalua pig. So ONO! I rate poi a 10 because it is one of my favorite Hawaiian side dishes.



## **Campus News**

**Grandma Changed My Life**

**By Laiku Dowling, freshman**



My Na-naa is the person I value most. Without my grandma my life would be different for the worse. She is my life-sized teddy bear. I love her because she brings me warmth, and she makes me feel safe. My Na-naa defends and helps me when I am stressed and in trouble. Afterwards, I repay her by doing chores and showing respect. She sees that I get to school and have money for lunch, and she helps with school fundraising. She comes to all my school events like swimming, KKLL, and the USO Show. Na-naa, this is your grandson speaking. I love you with all my heart.

## **Solving The Problem**

**By Kahuhu Linker Meyers Moss, 8<sup>th</sup> grade**

We had a problem that was looking for a solution in the water fountain at Aka`ula School. After a hot two hours in town my grandma said, “Mana`e”. I immediately thought about the fish. I wanted to catch fish that would solve our problem. Once I was at Mana`e, I was hyper, but I had to move very cautiously as I looked for the right fish while trying not to fall into the black ooze of their habitat. “Swish,” I scooped my net and got a bunch of fish. I felt proud as I came home with my quarry. I knew that these fish were the answer to the mosquito crisis at my school. The fish would be at the top of the food chain. Two mornings later I took the top predators and dumped them into the water fountain. As the fish explored their new home I thought to myself, “Mosquito larvae, your new friends are a force to be reckoned with.”



## One Summer

By Sydni Pawn, senior



The high school students are reading a wonderful book called, One Summer, by Bill Bryson. It is all about the summer of 1927. Bryson believes this is the year the United States emerged as a world leader. He gives us a different way of learning about history. He tells the story through the lives of some newsmakers. Some of the people in this book are Charles Lindbergh, Babe Ruth, Judd Gray, and Al Capone, all history makers. One of my favorite parts of the narrative so far has been the Judd Gray and Ruth Snyder story. Most people probably don't know this story, but they murdered Ruth's husband and did a horrible job of covering up the murder. Eventually they were tried and executed. The story is important because it shows the tabloid newspapers of that time were only interested in sensational stories

about sports, murder, or gossip. In some ways this is like today's social media. I never thought learning about history would be this enjoyable. One Summer is an awesome book, and I can't wait to read more!

## Beyond Our Shores

### Honey Bees

By Gemini Carman, Senior

Honeybees are one of the most beneficial insects living on our earth. Bees pollinate a third of the plants that humans eat. They have been around for thirty million years. One bee will make up to just 1/12 a teaspoon of honey in its entire lifetime. It's the only insect that makes food that humans can eat. Honeybees have two stomachs, one for food and the other for flower nectar. A colony of bees can reach up to 60,000 and has just one queen. Honey has pinocembrin in it, which is an antioxidant that improves brain functions. All an all, the world benefits from honeybees.



## Somelo

By Isla James, freshman

I had known poverty was a global issue, but I had never experienced a situation such as at Somelo. Somelo is a Basarwa or Bushman village in Botswana. The village is down a long dusty road with no signs of life, and rubbish is scattered along the sand track. The people have been constantly moved to increasingly desolate areas to make room for modern development. They own very little and have no water in their village. A water truck comes from Maun every three days to bring fresh drinking water. Yet, the children go to school just as any other children do. School let out just as we arrived. Everybody gathered around the kgotla, or the meeting area, and we introduced ourselves while all the people studied us intently. We exchanged music, our group singing the songs we learned in school, and the village's dancers performing for us. The way they move their feet so quickly in the sand is mesmerizing. In honor of our visit, the villagers slaughtered a cow for us. In their culture the liver is given to the guests, so we got to taste fresh liver, which was a first for some of us. The people were cheerful and happy. Even though they had very little, what they had, they shared. This trip to Somelo helped me understand, in person, how other people live.



## NFL Review: Cam Newton Quarterback

By Kamahao Poaha Kaai, 8<sup>th</sup> Grade

Cam Newton is my favorite NFL quarterback, and he's one of the best quarterbacks in the NFL. He was born on May 11, 1989, and is seven years younger than my mom. He attended Auburn College. He was the first overall pick by the Carolina Panthers in the 2011 NFL draft, and he was 2011 NFL rookie of the year and the first NFL player to throw for 400 yards in his first game. He was also the first rookie quarterback to rush for 700 yards. He captured MVP honors and led the Panthers to 15-1 record and a trip to Super Bowl 50 in 2015. I hope Cam Newton has another great season.



## Olympian Katie Ledecky

By Kaleo, Aiana, 8<sup>th</sup> grade



My favorite Olympic swimmer on the USA team is Katie Ledecky. She was the youngest person to be in the Olympics since Michael Phelps. She was born March 17, 1997 and is 19 years old now. She holds world records in the 400, 800, and 1,500 meter freestyle and has the fastest times in 500, 1,000, 1,650 yard freestyle events. She won her first gold medal as a 15 year old at her first summer Olympics in 2012. The event was the 800-meter freestyle. That is 16 laps. OMG! She has won 17 medals, 16 gold and one silver, in major competitions such as the Summer Olympics, World Championships, and Pan Pacific Championships. Her success has earned her

Swimming World's, "World Swimmer Of The Year", and "American Swimmer Of The Year" awards in 2013, 2014, 2015, and "FINA Swimmer Of The Year" in 2013. She was also named "International Female Champion Of Champions". One of the main reasons I love Katie Ledecky is that she pushes herself to be the best as she can be. She is fearless, hard working, and an inspiration for girls, proving we can do anything if we set our mind to it.

## Competing Despite Poor Water Quality

David Onofrio, Junior

The 2016 Olympic events that involve water may be very dangerous for participants. Around 1,400 athletes are at risk of getting ill or getting a virus, if they swallow as much as two teaspoons of Rio's badly polluted waters. Olympic swimmers have been told to close their mouths when in the water to lessen the chance of getting a virus. Over 37 million adenoviruses were detected per liter this June. If someone gets virus they won't be able to fight it with antibiotics because antibiotics only fight bacterial infections, not viruses. The Olympic Officials should have considered this before deciding to hold the Olympic games in Rio.



## 2016 Rio Olympics

By Mika'ele Naeole, 7<sup>th</sup> grade



This year's Olympics are taking place in Rio de Janeiro, Brazil. One of the stars is Michael Phelps. Michael has accumulated thirteen gold medals in individual events over four Olympics. He took the record from Mark Spitz for winning the most gold medals in a single Olympics. In 2014 Phelps came out of retirement in hopes of making the team once again. At the 2008 Beijing games Phelps won eight gold medals. He's the world record holder in the 100-meter butterfly, 200-meter butterfly and the 400 individual medley. He received the 2012 Swimmer of the Year award. He has two different nicknames, the Baltimore Bullet and the Flying Fish. This is Michael Phelps last time competing in the Olympics because he wants to spend time raising his newborn son, Boomer.

**The Baltimore Bullet**  
**By Jalen Kalama, freshman**

The Rio Olympics are Michael Phelps's fifth and probably his last. Michael Phelps was born on June 30, 1985 in Baltimore, Maryland. He is an American competitive swimmer and the most decorated Olympian of all time, with a total of 28 medals, 23 of them gold. Phelps competed in his first Olympics at the age of 15 in 2000 in Sydney, Australia. He announced his retirement in 2012, but came out of retirement in 2014 to train for the Rio Olympics. Michael was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) at the age of 9. Phelps struggled in school, but overcame his struggles and attended the University of Michigan. However, he didn't swim in college because he had a professional endorsement from Speedo. I look up to Michael Phelps, and he is my favorite athlete in the sport of competitive swimming. He proves that struggling as a kid doesn't prevent a person from having a bright future. Michael Phelps won five gold medals and one silver medal in Rio, bringing his career total to 28 medals. It was amazing to see him swim for possibly the last time.



**Deadliest Spider**

**By Kamaka Adams, 8th grade**

"Don't go looking for this monster of a spider." The Brazilian spider, its body two inches in length, its legs reaching up to six inches, is a member of a group of aggressive and venomous spiders of potential medical significance to humans. When biting, it can inject 0.006 mg of venom into its prey. Biting can lead to high or low blood pressure, fast or slow heartbeat, nausea, abnormal cramping, hypothermia, and vertigo. When these spiders feel threatened, they raise their front legs and stand eight inches off the ground. Coming closer to one in this position can result in it springing and biting. I'm not usually afraid of spiders, but this one is downright creepy.



**Imagination**

**The Invasion of the Technos**

**By Laila Juario, 7<sup>th</sup> grade**

This is a change that will never be forgotten. I woke up on a Monday morning and as normal I got ready for school. When I started brushing my teeth I heard a big boom that shook the island like an earthquake. When I finally got to school, I went outside looking for cars, but none were there. Then, I went back inside and it was silent. I looked under the table and saw four of my friends hiding from something. We heard footsteps, so we got out our binders and whacked the invaders on their heads. For ten days straight we defended ourselves against the technos and then... I woke up and saw everything that happened was just a dream. What's this? I found techno pony tracks on my floor. I saw a note and it said, "This is just the beginning."

*This is just the  
Beginning*

**Come Join the World Of My Imagination**

**By Paije Pawn, 6th grade**

Come join the world of my imagination. Closing my eyes and looking inside, stars circle my brain. My imagination is getting the best of me. My world spins in my mind. I laugh in my dreams, thinking of funny things I'm dreaming, about my future and feeling happy about my thoughts. This is my imagination.



**The Zombie Cat**

**By Jaden Liu, Junior**

Oh no! The zombie cat, Lazarus made a miraculous recover after jumping off a rooftop. Lazarus was found in a critical condition and assumed dead. When he was discovered, he was alive, and taken in and nurtured. On the first few days of recovery, he couldn't move, but on day five he started walking and even began jumping. Within ten days, Lazarus made a full recovery. This was shocking news to me, but it didn't inspire me to jump off any rooftops. When I heard of the zombie cat, I was expecting the cat to infect people and start the zombie apocalypse, but the story of Lazarus was uplifting.