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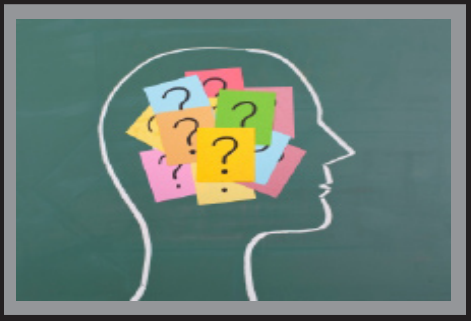

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Photo Courtesy: traveljapan.com

Photo Courtesy of yahoo.com

Welcome to an all new year at Leilehua! We here at the Sentinel headquarters would like to say hello and show you the in and outs of the teenage life. From internet hacks to detox drinks, we have got it all! So, sit back, relax and enjoy this year's very first issue of the Sentinel made by the students for the students!

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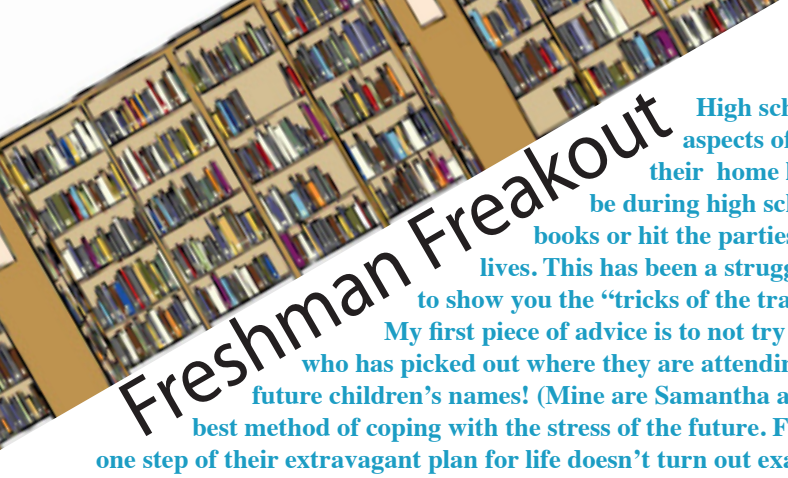


Freshman Freakout

High school students are under a constant amount of pressure from every aspects of their life such as sports, clubs, their peers and sometimes even their home life. This often confuses students as to what their priorities should be during high school. They don't know whether to socialize or study, hit the books or hit the parties and can end up suffering both in their personal and academic lives. This has been a struggle for high schoolers for many years and, as a senior, I would like to show you the "tricks of the trade".

My first piece of advice is to not try and plan your life too far ahead. We all know that one person who has picked out where they are attending college, when they are going to get married and even their future children's names! (Mine are Samantha and Chase, in case you were wondering.) This is not always the best method of coping with the stress of the future. For some people, it can lead to major disappointment, especially if one step of their extravagant plan for life doesn't turn out exactly as they expected. It's good to plan for the future, but always have a back up plan because things don't always turn out the way you expected. You need to be flexible and not try to predict the future!

Perhaps the most useful trick in high school is time management. Many people that suffer in high school have problems because of chronic procrastination. This usually originates with either not writing down assignments, losing them, or forgetting them all together. However, even when most students remember their assignment, the common reaction is to " do it tomorrow", or to assume that it's easy and put it off again and again. This often leads to one of the most terrible occurrences you can have in high school, surprises. As you progress through your high school career, you will often find that a surprise is never good when it comes to academics. Pop quizzes, writing assessments, and the ever elusive homework from last week that you "completely forgot about" are all examples of these little "surprises". My advice to you is use that little forgotten app on your phone called a calendar! (The little one with the numbers that change everyday) Set reminders for your due dates and possible halfway to the due date. This will be more successful than flipping through your agenda in fifth period and remembering you have a two page essay due in sixth period.

Ultimately high school is just another phase in your life and like most life stages it requires a different level of engagement and responsibility than the last. So, treat high school with the attention and respect it requires. It is not the single most important time in your life but it isn't middle school. You don't need to worry about every assignment and how it is going to change your future, but you can't just slack off. High school is either your last step into adulthood or a next step to more schooling. You can hang out with your friends and take some things easily, but you have to know when things are important and deserving of your attention. It might take you awhile to strike this balance but you will much happier when you do (and less stressed).

Written by Killian Lowrey (12)

Expectations VS Reality

Well, summer is over and with it there goes all our free time! It's a good thing that we all went to the beach everyday...right? We all got that amazing tans we wanted and our beach waves were on point! At least, I know mine were. Now we have those tests and summer work due, but it's okay because at night between music and our healthy diets we studied hard for all our AP classes and even did some workouts to get our perfect beach bodies! We spent time with our family and friends and didn't sleep all day. (that's for sure!) Not to mention our fruity detox drinks and healthy soy lattes that we always had on hand because why would you eat junk food when you're supposed to eat right. Now it's time for school again, but don't worry there was no regrets! Fun in the sun and healthy choices is what made our summer perfect!

Netflix marathons, sweat pants and (dont lie about this) all of the junk food from 7/11 is exactly what you dealt with this summer. That amazing beach body you said you were going to work for most likely was ruined by your daily diet of ice cream, fast food, and soda.

How about that perfect golden shine that everybody wanted? Chances are, you changed color, but shades of red rather than brown. (I hope you stocked up on the aloe!) The rest of us who thought we would study for our college exams, look up scholarships, and stay on top of things probably forgot how to read and what a book even looks like by June 5th.

What about some summer lovin'? Can you say netflix? Last but oh so not least, some good old-fashioned fun in the sun! I'm talking beach days or should I say the day you realized how salt water feels when it has gone so far up your nose that your brain is literally salty. Let's face it we have all grown at least two pants sizes, are out of junk food, and haven't looked at a book since third quarter of last school year. The only thing I can truly say is that hopefully this summer is better...only 9 months to go!

Written by Rayla Elkey (12)

LIFE FAILS

We all have those moments in our lives when our mom yell at us for not waiting half an hour before swimming, or about swallowing gum or even about eating too much sugary treats. However, have we ever stopped to think they might be just sticking to the status quo of mothers everywhere? No matter what, we will love and respect their thoughts and opinions. However, many mothers have been given and following false information . Luckily, the internet can correct our false beliefs.

Our misconceptions start with dinosaurs and humans living in the same time, this is false. There was no period in time where humans and dinosaurs co-existed, the giant reptiles lived 63 million years before us. Another animal misconception is that a goldfish's memories is only three seconds long, but that's silly since their memory lasts up to three months. Some have even been trained to complete obstacle courses. While we're on the topic of obvious misconceptions, bats aren't blind. Nope not even a bit. They use echolocation to navigate in the dark, but they see fine in the light.

We all see just fine in any lighting, it just requires adjusting. Sight is one of the five basic senses which includes sound, taste, touch, and smell. Now I say "basic" because each sense is just the categories for a whole array of over 20 senses. This includes, but is not limited to: pain, perception of time, color, brightness, salty, sweet, itch, proprioception (the sense that tells us where our body parts are) and even hunger and thirst. This is a bit weird considering all our elementary teachers taught us only the basic five. Bodily myths don't stop there, as I mentioned, parents yell at their toddlers for eating too many halloween candy. However, it is that bad? Candy, or rather sugar in general, has nothing to do with hyperactivity. It's all in their head, causing a placebo effect (where a response is caused by a mindset rather than an actual physical cause) . Speaking of brains, did you know that we use all of our brains, just most of it is used subconsciously. We use it for speaking, writing, memorizing, walking, and everything that makes us human.

Humans make mistakes, even if we use more than ten percent of our brain. To show for these mistakes, we have myths that we accept as fact. This doesn't make us dumb, it makes learning just that much more exciting, even if you do have the memory of a goldfish. Yet, that's what shows like Mythbusters are for, proving what we thought was a solid fact is really false. So remember don't trust everything you read/hear!

Written by Samantha Kirby (11)

What is High School

High School, the highlight of our life, the best years, or should I say the most awkward? School is a battlefield of so many different types of people. Some are all about looks and others all about school. Some just don't care in the first place; they'd rather just have a good time. Everyone is in that weird stage of life where you're not exactly a child, but you're not an adult either. However, in just a few years you're supposed to go from your mommy driving you to school to paying taxes.

It seems almost every teen wants to be treated like an adult, but when given the chance, we prove that we are still kids just with expensive toys and fragile egos. Like our precious iphones and how much we are hurt when someone takes longer than five minutes to text back.

The question that comes to mind is how to adjust to each year because every year of high school holds its own mountains to climb. Freshman year, you're the new kid. Sophomore year, you're not quite a newbie, but you're not considered an upperclassman either. Junior year, you finally made the cut, but now you have to watch as your senior friends grow up and leave you behind. Senior year, you spend half your time trying to get all those crazy high school urges out of your system and the other half wondering if you're really ready to be out on your own. It's drama, school work, relationships and career choices lost in a fog of what ifs and music.

High school is being treated like an adult when you've slipped up and like a child every other day of the week. At some point we just try to balance everything in life and wonder which parts are more important that others. Is it more important to please the "love of your life" or your best friends? Is it more important to check over your homework or not be late to work for the 100th time? These are the kind of questions that haunt teenagers all over the world, because we are constantly being told that we are just kids. The problem with that is we are expected to have the responsibilities of adults and live on our own in just a few short years. We need freedom and understanding. We need answers and without a little leeway we will never figure them out. *Written by Rayla Elkey (12)*

HIPSTERITIS

Underground music has been all the rage these days. Once someone finds a song that no one has ever heard of therefore, they tend to feel a sense of superiority for knowing something someone else doesn't know about. I'll be honest, that's an incredibly blissful feeling and there's absolutely nothing wrong with expanding your Soundcloud playlists with artists who have less than 1000 plays, and barely 50 followers. This just means you've got a great taste in music and appreciate the raw work and talent from people who deserve it, even if their sound may be distasteful to others. The downside to having this condition (let's call it Hipsteritis) is finding yourself spiraling downward into a loop, listening to the same music of the same genre/sound/artist/era, refusing to acknowledge any music that is not euphonically pleasing to at least some degree due to how picky you've become from trying to be as unique and edgy as possible.

For centuries everyone has always told their children to be different and be yourself. Sometimes, those are two completely different things. Hipsteritis isn't necessarily a problem, but maybe the trademark of our generation and what we will be known for. The 80's are known for their bright colors and hairspray. The 90's are known for rock and roll and the 70's are known for being all about "peace" (if you know what I mean). We as the graduating classes of 2015/16/17 (etc.), will be known for embracing everything that every generation before us created and making them even better. What's wrong with that?

Written by Odessa Herrera (12)

Written by Cherysh Madeira (11)

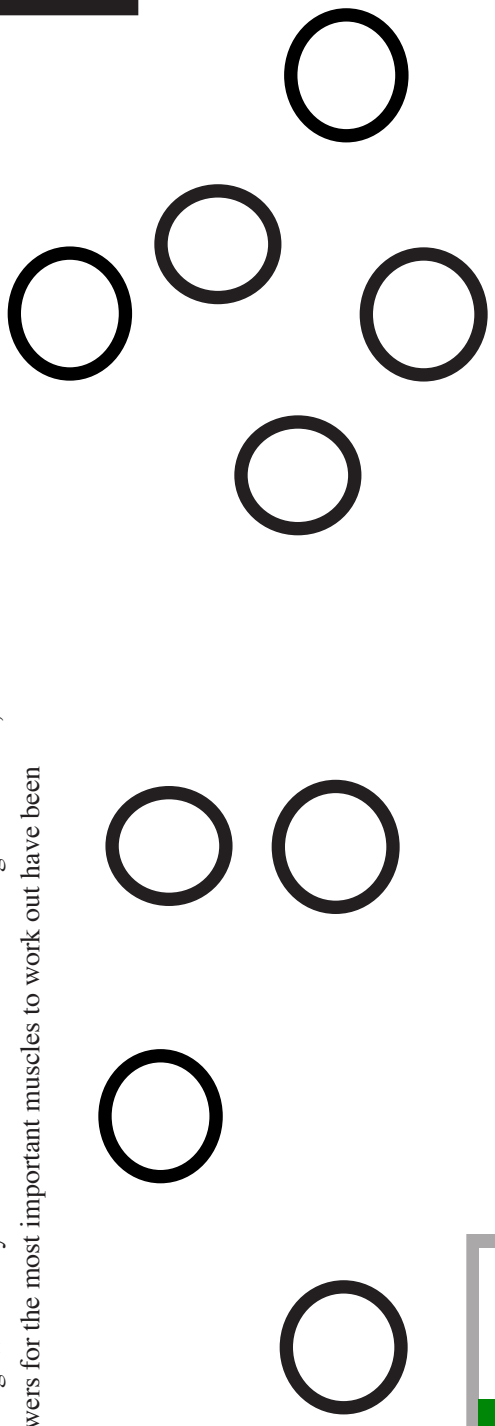
Key

Waterpolo

Tennis

Archery

YOUR BODY YOUR SPORT



So you're arms are twigs and you need some tree trunk muscles for the next season. You set up all your free weights, got your favorite workout playlist on full blast, and start stretching. The only issue is that you have no idea where to even begin when you actually start working out and training. Well worry no more! After hours of scouring the internet, the answers for the most important muscles to work out have been found.

A March for Glory

Imagine being at a sports practice, (football, volleyball, tennis, basketball, etc.) for 14 hours...now add in a 30lb tuba and a marching routine to follow. Welcome to marching band!

According to many, marching band is not a sport. However, according to Webster's Dictionary, the definition of the word "sport" is: "An athletic activity requiring skill or physical prowess and often of a competitive nature." By this definition, marching band is a sport. Yes, holding a nearly 40lb drum, and using your drumsticks with ultimate precision whilst following a direct marching path, following your fellow band members and paying attention to the leader is a sport.

In a 2005, ESPN broadcasted a test that was taken to show how hard a marching band member worked while performing. Cavalier member, Jordan Thomas, a tenor drum player, was hooked up with a device that monitored his heart rate and oxygen intake. Before the performance Jordan's heart rate was at 180 beats per minute, similar to an athlete anticipating the starting gun fire. During his performance, his heart rate shot up to 200 beats per minute and his oxygen intake was 13 - 14 times higher than his resting intake. That's just from marching a drum. When you play an instrument like a tuba you'll have to consume two to three times the amount of oxygen, to produce enough sound to be heard in a football stadium. By marching and playing an instrument the physical demand is matched if not higher than many other traditionally known sports.

Leilehua's marching band is known across the island as one of the best. From playing in the rain to practicing for 14 hours a day during Fall Break, the musicians involved are as in shape as any other athlete and deserve the same respect and admiration that all of our other mighty mules/lady mules receive on campus. Band members are athletes: fearless, proud, and untouchable.

Written by
Kennedy Cooper (12)

MULES MAGAZINE

Keep an eye out for our sports magazine!

BOX OFFICE

Here are the upcoming movies you need to See!

Hunger Games: Mockingjay Pt.2

Katniss Everdeen returns to lead a rebellion against the capitol with District 13 by her side.

Star Wars: The Force Awakens

The beloved saga continues nearly 30 years after the return of the Jedi. What has happened to young skywalker?

The Good Dinosaur

What would the world be like if the asteroid never killed off the dinosaurs? Follow young spot as he befreinds "the good dinosaur".

BUCKET LIST

Things to do before we kick the bucket...

1. Have a daughter. Name her Stacy and be the mom who's got it going on.
2. Eat a bucket of the hottest chicken nuggets in the world.
3. Get a book published.
4. Marry Harry Styles.
5. Go to every country.
6. Go skydiving!
7. Be Jessie's Girl!
8. Play professional football.
9. Become Green Arrow AKA the best superhero known to man.
10. Cure cancer.

Written by: The Sentinel Staff

TASTY TERRORS

Which candies do you think are the worst for you?

1) Which candy has the most calories?
- a) Snickers
- b) Kit-Kat's
- c) Hershey's Bar

2) Which candies ranked highest in sales last halloween?
- a) Hershey's Cookies 'n Creme
- b) 3 Musketeers
- c) Milky Way

3) Which candies are gluten free?
- a) Skittles
- b) Starburst
- c) Sour Patch Kids
- d) All of the above

4) Which chocolate is the healthiest?
- a) Dark chocolate
- b) White chocolate
- c) Milk chocolate

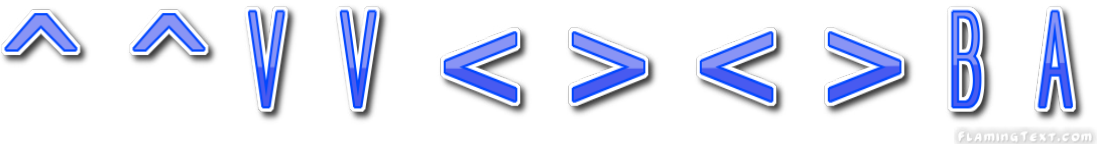
Answers: 1-b; 2-c; 3-d; 4-a

Written by: Zeb Gage (9)

KONAMI CODE

We've all had those moments where we just need to use to a cheat code to pass that one level or to beat that stupid boss who just won't die. The beauty of cheat codes is that they make those impossible moments possible. Arguably, the most famous cheat is probably one of the simplest. Up, up, down, down, left, right, left, right, B, A, and start. That famous sequence is known as the Konami Code. It came from the 1986 release of Gradius but it was the North American NES game of Contra that popularized the cheat code. It originally gave the player every power-up and up to 30 lives if not unlimited ones. Now many websites use this code to hide secrets or even just little easter eggs.

- konamicodesites.com: Not only does this site give you many others that use the code but you'll need to enter the code to just gain access to the site!
- digg.com: Just punch in the code and make sure you have your speakers on because this site is never going to let you down.
- vogue.co.uk and gq.co.uk: It needs to be the UK sites or it just won't work, but trust me the fancy hats and suits definetly make it worth it.
- buzzfeed.com: If you're lucky you'll get the sloth spam but if you aren't so lucky you could end up with a very...famous Canadian.



ANNOUNCEMENTS

Are you ready for... **iReady**

Early College Program

Want to get a head start on your college career?

As an iReady student, you have the opportunity to earn 9 college credits while in high school!

For more information see Mr. Cabralda in room 53B.

Hula Perfomance

December 5th for 6PM to 7PM
Mililani Town Center
Mahalo for your support!

INSPIRE CLUB

We are collecting toothbrushes and toothpaste for the homeless keiki of Oahu. We will be delivering them to Project Hawaii and they will be put in stockings along with other basic essentials, then given during Christmas.

We are trying to collect as much as possible. Students may drop off items to Mrs. Potes in room P1.

Thank you very much for your support!

JOB READINESS

GREAT FOR:
- Unemployed and Employed
- Anyone seeking an internship
- College/Non-College Bound Students

PRESENTED BY:
Cindy Martin, Professor at LCC
Staff Development Coordinator

WHERE:
Leilehua High School

SIGN-UP NOW!
Sign up on Naviance. com
See your counselor, Ms. Martin, or Ms. Lum for assistance.
Limited Seating.

Finding the Job: Friday, October 16, 2015 Study Hall

Application/Resume: Friday, November 20, 2015 Study Hall

Before the Interview: Friday, January 29, 2015 Study Hall

Interview Practice: March 14, 2016 10:00 AM

After the Interview: Accepting the Job and Keeping the Job: Friday, April 8, 2016

FOR MORE INFORMATION:
See Ms. Lum in Room 104A or call 305-3140.