

LEILEHUA Sentinel

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2015 January

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Find out what's coming to theaters soon!



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What's the true purpose behind the Disney franchise?

5 Scriptorus Clausus
...a deadly disease that affects ALL High Schoolers...



6 Crush Corner
Do you have a secret admirer?



7 Announcements
Find out what's going on here at L.H.S.

Hello readers and welcome to the second Sentinel edition of the 2015/2016 school year! We have been working hard day in and day out to bring you cutting edge stories, upcoming events, and even some schoolyard secrets in this all new issue! Make sure to keep an eye out for our brand new sports publications, Mules Magazine and stay tuned for the next Sentinel!

The Sentinel Staff



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31 Days to Remember

The Sentinel's list of upcoming events and forever forgotten holidays



6 **ATTENTION STUDENTS!**
The third quarter is coming to a close and with it, your grades are being locked in. So, be sure to check edline and make sure that's what you want to see!

1 Senior Sneak Away/ACTs: Seniors have a great time! Everyone else remember to bring your pencils!

2 Senior & Parent Contract Meeting L-Z Don't miss it! (REQUIRED FOR GRADUATION)

3 Sentinel Spotlight Submissions Open Embrace your amazing talents and send us your work! Contact info on TOC!

4 The Divergent Series continues with Allegiant! Make sure to post your movie theater selfies #sentinel

5 Popcorn Day Whether it's covered in nacho cheese, smothered in butter, today is the perfect cheat day!

7 National Hugging Day Time to embrace your inner Care Bear! (Just not Grumpy)

8 LAST DAY TO STUDY BEFORE 3rd QUARTER FINALS! GOOD LUCK EVERYONE!

9 Class Exams: **5/6**

10 Class Exams: **7/1**

11 Class Exams: **2/3**

12 Senior Prom: The Final Gala Don't forget your tickets and school IDs! Enjoy your night; you deserve it!

13 Handwriting Day A day to gloat about your amazing handwriting OR type everything like we do!

14 Class Exams: **4**

15 Peace out girl scouts! We'll see you in twelve days! Enjoy your time off and make sure to log onto our blog and post your pictures with #sentinel or #lhs!

16 **SPRING BREAK 3/16-3/28**



17 Backward Day *Dare you to step into an elevator and face the back wall (rather than the door) Do it as many times as possible!

18 Serpent Day Time to brush up on your Parseltongue! (Potterheads you know that I mean)

19 Compliment Day Hey you... You're pretty... pretty amazingly gorgeous!!!

20 *Tip of the Day* There's a new micro-soft word app for free on the app store! No more computer lab visits!

21 Selfie Day Time to post your most fabulous selfie and make sure to #lhsentinel!

22 Divergent V.S Hunger Games Which is best?? Come tell us on our new website! (Daily Doings Tab)

23 Frozen Yogurt Day Time for a tasty treat that is just slightly better for you than ice cream... can you say cheat day??

24 Letter Day Time to send personal message to someone you love! (even if it's just a doodle)

25 Batman V.S Superman premires in theaters! Don't miss the epic battle!

26 Pizza Day *Dare you to try a new pizza topping! Make sure to post your tasty results with #lhsentinel!



27 Umbrella Day We all know we need one (especially in Hawaii) but today try and actually bring it! We dare you!

28 #Goals Day Time to show us your #squadgoals #relationshipgoals #futuregoals and make sure to tag @lhsentinel!

29 *Tip of the Day* Having acne problems? It might be your pillow case! Try washing and changing it every 3-4 days!

30 REPORT CARD CONFERENCING IN ADVISORY! CAP & GOWN PICK-UP DURING LUNCH (RM 47)

31 *Tip of the Day* We all know the struggle of trying to hide a pack of gum in school. Well, save your gum from strangers by carrying an extra empty pack to show when they ask for a piece!

BOX OFFICE

Here are the upcoming movies you need to see!

Batman V.S Superman
Everyone's two favorite superheroes are battling it out. It is human intelligence and inventions V.S alien-powers. Who will win
3/25/16



Allegiant
The Divergent series continues as Tris and Four are crashed into a whole new world far more dangerous than they have ever experienced.
3/18/16



The Jungle Book
Join Mowgli, a young boy raised in the jungle by wild animals, in an all new adventure.
4/15/16



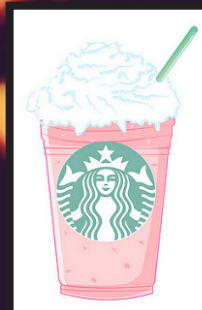
Starbucks SECRETS

Do you love Starbucks but get tired of ordering the same thing all the time? Well then you should definitely try these Starbucks Secret recipes. They are so good you'll wonder why they aren't on the menu!

This delicious cookie can now be enjoyed as a drink! Start with a grande Iced Soy Caramel Macchiato, upside down. (This macchiato is upside down so that all the flavors mix well!) Now, add 1 1/2 pumps of vanilla syrup and 1 1/2 pumps of caramel syrup. Viola! You now have your favorite cookie as a drink!



Caramel Snickerdoodle Macchiato



Skittles Frapachino

If you really want to "Taste The Rainbow", start off with a grande Strawberries and Crème Frappuccino with no classic syrup, add 3 pumps of Vanilla syrup, 1 pump of Raspberry syrup and you've got yourself a cup of happiness!

Written by: Baleigh Boswell (12)

Deadly Disney

"Happiness is a state of mind." -Walt Disney. Everyone thinks that Disney is just a happy world full of loving creatures and characters, but it's not. I mean think about it, in almost every Disney movie, someone or something dies. Take Nemo for example, in the beginning the mother and father of Nemo encounter a large barracuda and while the father makes it out alive the mother does not. That's a really sad way to start any movie, but you wouldn't expect that coming from Disney.

It has some dark secrets that young kids may not notice or care about. While most of the death scenes are about a minute and a half, they do happen and in almost every movie made by Disney (Mufasa/Bo Peep/Bing Bong/Queen Athena). Since they are only about a minute long, the young kids forget about the deaths in the next five minutes. That's how they get away with it. However, is this such a bad thing in the long run?

When we are younger, Disney gives us magical tales of love, bravery, and the ultimate battle between good and evil (among characters). As we grow older, we aspire to be the colorful characters that we watched on the screen. We learn valuable lessons from them and try to have the so-called "perfect" lives that they live. As we jump even farther into the future, we learn that both of the characters that we saw on screen live among us. Everyone has a budding young hero and a devious mastermind hidden among their colorful memories and imagination. We start to see that the fairytales that we once saw as perfect are actually anything but. We notice the tragedy that they felt as their mother/friend/father/sibling passed away and we relate as we experience the same tragedies. So, all in all, Disney isn't just a happy-go-lucky universe meant for kids and it never was. It's something much more than that. Disney is our guide to the real world in the most magical, colorful and even musical way possible!

Written by: Zeb Gage (9)

Do you know your Disney?

Match the forgotten favorite with their movie!

- | | |
|--------------|--------------------|
| Bing Bong | Lady and the Tramp |
| Queen Athena | Pocohontas |
| Bo Peep | The Little Mermaid |
| Clayton | Tarzan |
| Nutsy | Mulan |
| Kocoum | Toy Story |
| General Li | Inside Out |

GREEN ARROW

Green Lantern has been one of DC's most overpowered space cop that has ring that he uses to fight crime. Sounds really cool. WRONG! Our time is so wasted with a useless glow in the dark lantern. Green lantern has so many reboots from comics to movies that every single one his ring loses charge and gets beat the snot out of him. So, his reboots are basically Copy and paste and every one hates that. Therefore, if everyone in the DC universe heard about Green Lantern and he goes missing then no one would care because he has a lot less to give to the bad guys than promised. Green Lantern has more flaws than perks. One is the fact that everyone can see him from 10 Miles away.his suite lights him up brighter than the sun itself. Another is that he has too sing yes that's right every one he has too sing a chant that will charge his ring back up to full power. This isn't glee green lantern we don't sing in comics.

Another one is his stupid outfit. His outfit is so stupid that more people would rather take super-man's outfit in Superman Returns from 2007, which really is saying something due to the low sales generated by the movie.

The last major flaw of the fatal Green Lantern is the group he is involved with, The Core. Yes, the Green Lantern Corps ,that's what the green space cops are apart of, the green lantern corps. There's so many aliens in the core that if one dies someone else will take his place which makes Green Lantern easily replaceable. (Which again means that he isn't special or original)

On the other hand, CW Decided to delve into the DC world where Oliver Queen becomes the Green Arrow. (Otherwise known as the best green superhero to ever grace the face of a comic book.) Green Arrow served on an island for multiple years and took on the terrorist, Death Stroke and his army of chemically enhanced super soldiers. Not to mention, he also killed the immortal Ras Algul along with his league of assassins. He acts as not only an unbeatable and unreplaceable superhero, but also a unqie man with an even more unique story.

To read a comic book, is to take a journey into a world with villains, aliens, superheroes, and, most of all, action. Although the Green Lantern is in short supply, you can never go wrong with a old favorite, the Green Arrow. So, if you're ever a damsel in distress or just want to rant about the best superhero ever thought up, choose Green Lantern's much cooler cousin, Green Arrow. We all know you want to!



GREEN LANTERN

Imagine a team built of earth's greatest heroes, an alien powered by the sun, a billionaire orphan crime fighter, a space cop, an amazonian demigoddess and a knock-off robin hood in a hoodie. Is it just me, or is one of these things not like the other?

One of the main problems with the Green Arrow is his backstory and the way he is portrayed. In almost every modern retelling of his origin story, the Green Arrow has esentially the same story as Batman. He is rich and fights crime. He is human and spoiled, big deal. This is the problem, he could be an awesome crime fighter and detective in the mold of Batman but he is instead turned into a male-version of Katniss Everdeen.

Another problem with Green Arrow is, as previously stated, his placement in the Justice League. He has been in the group many times and has always seemed out of place. Almost all of the members have superpowers and the one that doesn't is usually Batman, one of the greatest heroes of all time. His place in the group is very similar to Hawkeye in The Avengers, who felt so worthless in the first movie that the writers felt the need to give him a wife, kids and a farmhouse in a desperate attempt to make viewers care about him half as much as the other characters. Green Arrow's inability is evident by the fact that almost all other DC superheroes are going to be in movies but Green Arrow has only a tv show on The CW, home of such shows as "America's Next Top Model" and "The Vampire Diaries".

Ultimately, you would be better off caring about pretty much any other superhero than the Green Arrow. Even Aquaman, the butt of many people's jokes, is more interesting than him and he talks to fish! Stay away from one of the most boring heroes in the mainstream and go read about the more interesting character with green in their name, Green Lantern. The Green Lantern is a member of a group of intergalactic space protectors powered by their own will. He is able to make literally anything he can imagine to fight threats like zombie superheroes and a group of rage-filled aliens powered by blood magic and a desire to kill. So, do yourself a favor. Turn off Netflix, and go find a Green Lantern movie. I promise you really aren't missing anything by skipping out on all the Katniss wannabe fun.

YOU DECIDE

Who do you agree with?

Mitchell Smith (9)

Kyllian Lowrey (12)

Let us know on our blog!

www.thsthesentinel.wix.com/home

10 FOODS FOR THOUGHT

As teenagers, we all know the struggle of maintaining good grades, being a sports allstar, and somehow balancing a social life too. So, here are some foods to make the journey a little easier!

1. BLUEBERRIES/ACAI

THESE LITTLE BABIES ARE GREAT FOR YOUR MEMORY! EAT A FEW WHILE YOU STUDY TO RETAIN FACTS EASIER.

2. AVOCADOS

THESE TASTY TREATS ALLOW YOU TO FEEL FULLER LONGER AND ARE A GOOD SOURCE OF VITAMIN B AND HELP TO KEEP A STEADY/HEALTHY BLOODFLOW.

3. PUMPKIN SEEDS

JUST A HANDFUL A DAY CAN GET YOU ENOUGH ZINC TO ENHANCE YOUR MEMORY AND PROBLEM-SOLVING SKILLS.

4. Tea

GETTING READY FOR A BIG TEST? LAY OFF THE COFFEE AND SWITCH TO TEA TO INCREASE BRAIN POWER AND ALERTNESS.

5. CHEESE

CALCIUM IS USED BY YOUR BRAIN CELLS WHEN YOU LEARN SOMETHING NEW. EVERYTIME YOU DO, ALTERATIONS ARE MADE IN BRAIN CELL CONNECTIONS WHICH REQUIRES CALCIUM.

6. SALMON

THIS LEAN MEAT IS FILLED WITH THE GOOD KIND OF FAT, A BUILDING BLOCK FOR BRAIN CELL MEMBRANES THAT YOUR BODY CANNOT CREATE ITSELF.

7. STRAWBERRIES

ALTHOUGH PRETTY ACIDIC, THESE LITTLE GEMS CONTAIN ANTHOCYANIN WHICH HELPS THE BRAIN TO CREATE NEW NEURONS.

8. GUM

THIS HIGHLY COVETED HIGH SCHOOL ESSENTIAL HELPS INCREASE YOUR FOCUS, IMPROVE YOUR MEMORY AND LESSEN STRESS. (MINT HELP THE MOST.)

9. BROCCOLI

THESE LITTLE TREES CONTAIN ANTIOXIDANTS THAT HELP DEFEND AGAINST DAMAGING FREE RADICALS. IT'S BEST TO STIR FRY THEM IN ORDER TO RETAIN ANTIOXIDANTS.

10. WHOLE GRAINS

COMPLEX CARBOHYDRATES ARE HIGH IN GLUCOSE WHICH YOUR BRAIN CELLS ARE ALWAYS IN DESPERATE NEED OF DUE TO THEM USING TWICE AS MUCH ENERGY AS ANY OTHER BODY CELL.

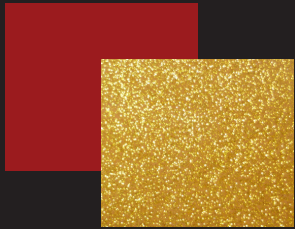
Written by:
Cecelia Streater
(11)

Scriptorus Clausus

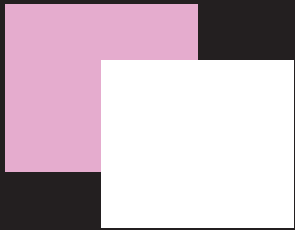
Your disease is worse than the flu or chickenpox, this disease can change the most important thing in you life your future, what is this disease Scriptores Clausus or its more common name writer's block. Writer's block is basically not being able to write anything, no matter how hard you try, it can be caused by many different things, but it is ultimately curable. Everyone gets writer's block once in awhile, it's completely normal, your head will be filled with so many thoughts that you won't be able to put them in one place, it will make it hard to focus. Whatever your reason is, just know that it happens to the best of people and it doesn't last forever. Soon, you will be writing until your hands throb in pain, but you're not there yet, as of right now you are about to explode. You're sitting at a computer staring at a blank page wondering why you used to make words jump off the page, and now you're reduced to this, a wall blocking the creative juices that used to flow out of you.

This may seem like the end of your career, but don't give up yet. At any moment you will have a lightbulb shine above your head and write like no tomorrow. So don't give up, because this isn't a problem that just goes away you have to face it head on and wait for that magical moment that brakes the dam that blocks your creative juices. Writer's block is a monster that no one can control, but the result of it is great and makes you write something so beautiful that everything else you have ever written seem like junk, so don't give up push through this and write on my friends!

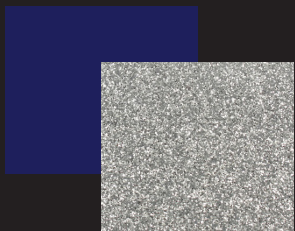
Best Color Duos for Prom



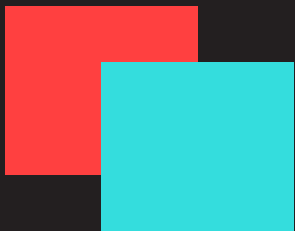
Maroon
+
Gold



Lavender
+
White



Royal Blue
+
Silver



Coral
+
Turquoise

Top 10 Things to Bring:

1. Bobby pins
2. Tide-to-Go stick
3. Money
4. School ID
5. Camera/phone
6. lipstick
7. Bodyspray
8. Mints/gum
9. Safety pin(s)

PROM FAILS

Are you having prom-day jitters? Well, as long as these comical things don't happen we promise it will all be okay!

THE STAIN: PROM IS IN FULL-SWING! THE DINNER HAS BEEN SERVED AND THE DJ HAS TAKEN THE FLOOR. YOU STOP BY THE PUNCH STATION AND RIGHT AS YOU'RE POURING YOURSELF A DRINK....YOUR HEELS CATCH ON THE TABLE CLOTH AND KNOCK ALL THE PUNCH ONTO YOUR \$500, SATIN, DESIGNER DRESS!!!

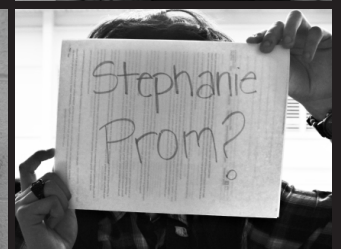
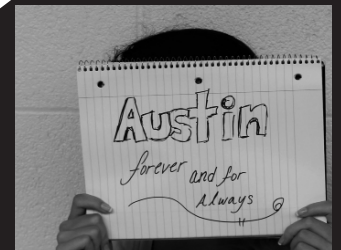
THE TRIP: IMAGINE YOU HAVE JUST ASKED THE PERFECT GIRL TO DANCE... SHE LOOKS GORGEOUS AND YOU ARE ACTUALLY HOLDING HER HAND FOR THE FIRST TIME EVER! BUT RIGHT AS YOU TURN TO PLACE HER HANDS AROUND YOUR NECK, YOU ACCIDENTALLY STEP ON HER SHOES CAUSING HER TO TRIP AND FALL INTO YOUR EX-GIRLFRIEND WHO DECIDES TO CAUSE A HUGE SCENE!

PURSE-GONE-AWOL: IT'S TIME TO ENTER THE MOST IMPORTANT DANCE OF YOUR LIFE. AS YOU GLANCE TO EITHER SIDE YOU SEE YOUR BESTFRIENDS AND KNOW THAT THIS WILL SURELY BE MAGICAL. HOUR AFTER HOUR WAS SPENT FIXING YOU UP FOR YOUR BIG MOMENT AND IT IS TIME TO TAKE THE PERFECT PRE-PROM SELFIE. YOU REACH FOR YOUR PURSE AND REALIZE IT'S NOT THERE! YOUR LIMO HAS DRIVEN OFF WITH IT! NO PHONE! NO SELFIES! NO ID!! NO TICKET!!!

PICTURE PROBLEMS: IT'S TIME TO WAIT IN LINE FOR YOUR PERFECT PROM PICTURE. YOU QUICKLY CHECK YOUR HAIR, MAKEUP, AND EVEN YOUR DATE FOR ANY POSSIBLE MALFUNCTIONS. THE PICTURE IS A GO! THE PHOTOGRAPHER PLACES THE TWO OF YOU IN YOUR POSE AND YOU'RE READY TO BE FABULOUS, BUT JUST AS THE CAMERA CLICKS...ACHOOOOOOO!!!!!!

HAIR CATASTROPHE: IMAGINE WAITING OUTSIDE FOR PROM WHEN ALL THE SUDDEN THE WEATHER DECIDES TO HAVE A TANTRUM AND YOUR PERFECT HAIR LOOKS LIKE YOU'VE JUST BEEN THROUGH A WIND-TUNNEL! WE HOPE YOU REMEMBERED YOUR BRUSH AND BOBBY PINS!!

Comer



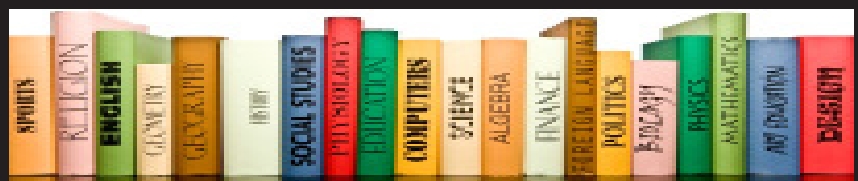
Crush



ANNOUNCEMENTS

E-BOOKS

Are you worried about losing your library books? Do you always forget your school ID? Leilehua has the perfect solution for you, e-books! Borrow an e-book from your school. It's easy and free! See a librarian for more details.



25 BOOK CLUB

It's not too late to join! Those in English classes must pass 25 AR quizzes (in their ZPD range). Those not in English class must complete a reading log. A \$5 gift card and plaque on the 25 Book Club wall are awarded to all qualifying individuals. All winners are then entered into a drawing to win a \$50 gift card!



DAILY DOINGS

Do you enjoy debating? Voicing your opinion? Reading The Sentinel? If so, then we have the perfect place for you! Log on to www.lhsthensentinel.wix.com/home and click "Daily Doings" for a constant stream of debates, discussions, and news along with user-friendly comment options. See you there!

SENIOR REMINDERS

Dates to Remember:

- 3/12/16 Senior Prom @ The Hilton Hawaiian Village
- 3/30/16 Cap & Gown Pick-up in room 47
- 4/11/16 Absolute LAST DAY to order cap & gowns
- 5/20/16 GRADUATION!

Cap & Gown Information:

There is an added late fee of \$40 after 3/1/16. All orders must be completed on www.Balfour.com or mail your order to: Balfour Company, PO Box 25281, Honolulu, HI 96825. Order forms are available in room 13 and 47. See Ms. Paz in room 47 during non-instructional times if you have questions about your cap and gown orders. You must have a cap & gown to participate in the graduation ceremony. Cap & gowns from previous years may not be used.

A Special Thanks To:

- The Leilehua High School Year Book Staff for allowing us to use their basketball photos for our magazine
- Our Crush Corner participants for exposing their secrets in this issue
- All of the Leilehua High School students who allowed our editor to take their photos at iNight
- All of our amazing readers for keeping The Sentinel magazine alive and thriving

THE SENTINEL NEEDS YOU

We are in search of your fondest memories, greatest pictures, and most amazing videos from this year to showcase in our final issue of The Sentinel for the 2015-2016 school year! The Sentinel is also looking to showcase the best Leilehua Mules for their achievements, personalities, and warm hearts in our new segment of Sentinel Spotlights!

- All photos and videos should be emailed to our editor at elkeyrayla@gmail.com ASAP.
- All Sentinel Spotlight applications should be sent to the contact info in our table of contents OR submitted through our website (under the contact tab).

-The Editor