

# High School of the Pacific

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President: Kem Mylar  
Head of School: Bart Mwarey



Happy Holidays!

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## Upcoming Events

- ◆ Mid- Quarter
- ◆ Christmas Break
- ◆ New Year

## Final Exam by Lisa Sighra and Yaeko Azuma

The week from October 30 to November 3 was tense for some students. They had to study from 6:15 to 9:00 p.m. every night for the first quarter final exams.

On Monday, October 30, the history exam was postponed because the teacher was absent. Then on Tuesday, all of the students took the English exams.

"I felt nervous. I wasn't sure how I did," said Ginger Oiterong, a freshman, who took the English exam.

Then on Wednesday, November the first, the students had their science exams. The students had problems with science because the class was taught only on Wednesdays.

"I was so nervous that my whole body was shaking because I thought

it was going to be hard," said Mirien Capelle.

Then on Thursday the students had their math exams.

"It was hard for me so I guessed most of the problems," said one anonymous person.

The students took their Japanese and history exams on Friday.

"Both of the subjects, Japanese and history, were really cool and easy," said another anonymous person.

Some of the students didn't do well on the exams; so, the students are talking and planning their new goal for a higher grade than they had before. The first quarter was really tough for some students but, the majority of those students will strive harder during the second quarter.

## Thank You Ms. Elaine!

We the students of HSP would like to send a special thank you to Ms. Elaine Solomon for taking your time to help us improve our English essays by editing and going over them with us. We would also like to thank you for taking your time to come and help the ESL students develop their English skills. We are especially fortunate to have a talented person come and help us. It has been very enjoyable getting to know you and working with you. We look forward

to working with you again in the future. Once again we would like to say a big thank you to Ms. Elaine. All your work is very much appreciated.

## Health on the Run! by Eika Davis



**Food Pyramid**  
**Fats & Oils**  
**Dairy- Meat**  
**Veggies- Fruits**  
**Breads- Cereal**

*Reminder: Not one food group has all the nutrients that the body needs, so eating a variety of food will help you get all the nutrition and vitamins you need.*

*"Success usually comes from those who are too busy looking for it."*  
 -Henry David Thoreau

HSP is a school where not only minds are kept fit but the body as well. At this school, each student does a number of activities that keep the body healthy and strong. At the moment, all the grades are taking PE as a course and they all seem to love the games and sports that they tackle in class. Mr. Mike and Sensei Nakade do a wonderful job of giving the students activities to do, and they range from track, to basketball, to tag football. On top of that, Teacher Julio teaches a wonderful health class to the juniors where they learn about anatomy and nutrition. They also made reports on their own nutrition and learned how to identify the nutrients they lack.

On a more humorous note, one last exercise that the students at HSP

take "pleasure" in doing is the day-to-day rush of getting from one classroom to another. The rushing to and from classes builds up their leg muscles while they have fun building up their arm muscles by learning how to pick up their bags efficiently. They also strengthen their eye muscles a lot by looking at the clock every so often to see if it is break time! Moreover, the students become very agile by learning how to make way for hurried fellow classmates and their bags. In all, the High School of the Pacific is the perfect place for any person to really get in touch with their health consciousness and learn how to be strong, healthy people at a great school!

## Spooky Party by Lisa Sigrah and Mirien Capelle

On Saturday, November 5<sup>th</sup>, 2006, just a week after the final exam, the students at the High School of the Pacific had a Halloween party. To prepare for this event, some girls baked cakes and brownies while some boys were creating their haunted house. At 8:00 to 8:30 in the evening, the boys started to select the girls one or two at a time to go inside it. It was said to be both the scariest and the funniest place the girls had ever been.

As the girls entered the haunted house they were told to go inside a small room. As soon as they got inside, the door slammed shut, and this made us even more scared when we are in the room. It felt like we were inside a cave because it was pitch dark! The boys started banging on the walls with their fists and made

scary sounds.

"It was scary when I went by myself. They were banging on the walls and I couldn't get out because they held the door," said a student Mackie Puas.

Some say they saw a person hanging on the ceiling. It looked so real that it frightens them.

"When I went inside the small room, the first thing I saw was this thing that looked like a person; it was hanging on the ceiling! I never screamed so loud before." said student Erine Tulensru.

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The girls had never seen the boys looking so scary. They covered their faces with blood and they had glowing teeth. Some had bedraggled orange-and-green hair. Their voices rumbled deeply and raised the hairs on the back of the girls neck.

Not only did their appearance scare the girls, but their actions, too. They threw slimy things that looked

and felt like worms; however, the girls were relieved when they found out that it was just spaghetti.

“I was screaming at the top of my lungs when I felt those slimy, wet, and long things. It really felt like worms, but I stopped screaming when they flashed the lights at me because it was only spaghetti!” said Mirien Capelle.

## **Dr. Stevens by Mirien Capelle and Lisa Sigrah**

On Wednesday November 1, 2006, Dr. Stevens came to the High School of the Pacific and talked about all the requirements that a person needs in order to become a doctor. Dr. Stevens went to a state college in his hometown for four years.

“I was really successful college, but was confused on what my major should be,” said Dr. Steven.

After taking many classes in college, he decided to go to medical school. He went to medical school for about six years.

After he accomplished his six years in medical school, he in went to a graduate school.

“I thought that I would get tired of school, but every time I discovered new things, I got all excited and wanted to learn more,” said Dr. Stevens.

It took him about 11 years to finish school and start his job as a doctor. He is a medical doctor with a family practice. His job allows him to help the patients at the Kona Community Hospital and other places. Dr. Stevens’ job is really difficult when it comes to witnessing a person dying.

“It’s really hard for me to go and break the bad news to the patient’s family. It takes courage to do this job, but it helps me to work hard for my future patients,” said Dr. Stevens.

Dr. Stevens sometimes work as an Obstetrician. He lives in Kona, Hawaii and is known for his good works toward his patients; in general, he is hard working person.

## **HSP Thanksgiving by Tami Kishigawa and Jamie Edilyong**

On Thursday the 23<sup>rd</sup> of November the High School of the Pacific students and staff at the dorm gathered together to share a big Thanksgiving dinner. The students and staff had worked together all day preparing a variety of foods. In the kitchens students baked turkeys, cooked sweet potatoes and mashed

potatoes. There was also a wide assortment of pies, puddings, and cookies. At around seven pm dinner was ready and everyone ate to their hearts content. After dinner the freshmen shared how Thanksgiving began and what it means. After the presentation everyone stood up one at

## **Happy Birthday!!!**

### **December:**

**15 Malone  
19 Rodson  
29 Kevin T.  
31 Mackson  
31 \*Vercina**

### **January:**

**4 Rylan  
26 Luchie  
31 Tanya**

