Define Bullying
An article by Cody Ascuncion

Growing up as a kid, I haven’t experienced bullying yet, but I did get my fair share of sibling rivalry with my brother and sister. For example, we would pick on each other, call each other stupid nicknames, or we would laugh at each other when we did something stupid, but at the end of the day, we’d somehow make up to each other, only to repeat it the next day. This can happen with anyone who has siblings, but if it happens from anyone else, then you are being bullied.

What is bullying? Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. This behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. An act is defined as bullying when the behavior hurts, humiliates, or harms another person physically or emotionally; those targeted by the behavior have difficulty stopping the action directed at them, and struggle to defend themselves.

Bullying can be overt and direct, usually with physical behaviors such as fighting, hitting, or name-calling or it can be covert, with emotional-social interactions, such as gossiping or excluding someone on purpose. It can happen in-person, online or through smart phones and texts. Direct bullying is more obvious, and is most commonly seen in boys. It can include physical attacks such as hitting, fighting, or verbal abuse, such as name calling or teasing. Indirect bullying is less obvious, and is most commonly seen in girls. It can include saying mean or untrue things, spreading rumors or ignoring someone. Cyber bullying is just as serious. It can include sharing inappropriate pictures of someone, posting as someone else to spread rumors or lies, or sending harassing messages. I held an interview with Ms. Spencer, and she stated that the most common form of bullying that she sees happen on campus is cyber bullying on social media sites such as Instagram, Snapchat, and Whisper. “It seems that people are braver when it comes to cyber bullying because they’re behind a screen, rather than face to face to whoever they’re bullying. But for the most part, Konawaena has that sense of family; we treat each other with as much respect and kindness that we give our real family.”

In most definitions of bullying, it is stated that the bullying is “repeated,” but the reality is that bullying can be circumstantial or chronic. It can be the result of a single situation, such as being the new kid at school, or it might be behavior that has been directed at the individual for a long period of time. It can also happen to anyone, anywhere, and anytime. Bullying can also be towards one person, or a group of people, the same can be said about the bully, the can be one bully or multiple bullies. During the interview, Ms. Spencer referenced the chapter 19 definition, which states that bullying is persistent, pervasive, and severe.

Here are some things that you can do if you are being physically bullied. If your bully is confronting you, look them in the eyes, and in a calm and clear voice, tell them to stop bullying you. You can also try to laugh it off. This works best if joking around is easy for you. It could even catch the bully off guard. But if speaking up seems too hard or feels unsafe, you can just walk away from the bully and stay away. Don’t fight back; it will only make it worse. You can also talk to a trusted adult so they can help you stop the bully from doing it again, if you see someone being bullied, take a stand and stick up for that person, it shows not only the victim, but also the bully that there are people who care, and want to put a stop to bullying.

There are also some things you can do if you are being cyber bullied. You should always think about what you post online. You may never know who will see what you post on any social media site. Also, don’t share anything that can hurt or embarrass someone else online. You can also change the privacy of your social media profile so you can control who can see what you post. Finally, if you are being bullied online, you have documented evidence of the actions being committed. Tell an adult you trust about any messages or things you see online that make you feel threatened or unsafe. If it is cyber bullying, report it to your parents or a trusted adult so they can help you deal with it.

I feel that bullying is very unnecessary, and that it can be avoided all together. During the interview with Ms. Spencer, there were a few things that she said that stuck with me. She said, “I believe that high school is the best time to practice being an adult and doing the right thing. You should also get along with all types of people; it will help you be more pleasant altogether. Also, if you feel that if there is something that someone said or did that irritates you, just let it go, its not worth it to get in trouble for the little things in life.” I believe that if we can come together not as a school, but as the family this school behaves like. We can take a stand and work together to get rid of bullying.
Life Choices Assembly

“I was afraid of a dog without teeth”

On February 26, Konawaena once again gathered in the gymnasium for an assembly. This time the assembly was about making positive life choices and how to be safe while driving. The assembly, Kevin Wanzel, talked about how to find joys in life, smile, and be safe while driving. Wanzel shared stories about finding the joy in life by doing things such as, going to the grocery store and buying a single grape, or ordering food in a drive through while talking through a kazoo. Throughout the entire assembly, he had the crowd laughing. Wanzel explained the importance of spreading happiness, not judging others, and of living the best you can because life is so short it isn’t worth wasting it being unhappy.

Mrs. Verbal also spoke briefly of safe driving, sharing a few interesting facts and asking some trivia questions. Those who were able to answer these questions got a KAPOW t-shirt and a kazoo.

Second Annual Arts and Technology Exhibit

On January 17th, the Dancing Tree hosted an art exhibit where students from Konawaena showcased their talents in classes like photography, digital media, culinary, robotics, and agriculture. Students demonstrated robotics, a 3D printing machine, and made tasty culinary delights for the crowd. Students were also invited to make buttons and were treated to several dance routines by the talented dance students from the Dancing Tree. A big mahalo to Seatree Ostage for supporting the arts and technology programs at Konawaena.

Garden to Table Sustainability Program

Ms. Garner had this to say about the garden, “The garden is going full speed ahead. We have it in full production of all our salad bar vegetables ans we’re doing the salad bar 2 days a week.”

CLASS OF 2015

PRESIDENT MESSAGE

SENIORS! As the year quickly comes to an end, there is MUCH we need to do. First of all, get your FTM finished if you haven’t done so. Secondly, don’t forget to turn in your senior contract. If you do not do this, you will NOT be able to graduate. Prom is also right around the corner, so be ready for that. Graduation is coming fast, and although we have senior-stis (don’t lie you know you have it), we need to remain focused on what is comming soon to our future. I hope you’re keeping up on all of the scholarships, and anything else that will help benefit your future. We only have a few more months left! After this, we’ll finally be done! So... Keep on pushing forward, and don’t forget to stay “Forever Strong!”

Konawaena Students Teach Holualoa Students

On December 30th, Konawaena Students under the guidance of Mrs. Obregon visited Holualoa Elementary School to teach the 4th and 5th grade students how to draw and paint their tile for a community mural. The children were working on flowers using only three colors: black, white and turquoise, and did a really good job. Their work will be a part of a bigger community Mural on campus. Moreover, the kids were real stars: they were taught how to draw and paint their tile for a community mural.

Second Annual Arts and Technology Exhibit

Unfortunately the U.S. Embassy in Moscow was informed that the Russian Government (Ministry of Foreign Affairs, MFA) has decided to cancel Russian participation in Future Leaders Exchange (FLEX) Program, the largest U.S. – Russian educational exchange program. However, MFA indicated that participants from Russia who are currently on program in the United States are not affected by this decision, and may stay on program and complete their exchanges.

The program was closed because of the incident. “One of the reasons is gross violation of the receiving party’s obligations under unconditional return arrived at the school education of the Russian Federation.” In respect of one of the Russian students, aimed at teaching program in the United States, was designed custody by U.S. citizens. In the end, the teenager was left of the host. The FLEX program has built deep and strong connections between the people of Russia and The United States. For over two decades, The FLEX program has brought more than 8,000 Russian high school students to the United States to live with American host families, attend high school and experience community life for an academic year. These young Russians have served as cultural ambassadors, representing the best of Russia, to millions of Americans throughout all 50 states. The United States remains committed to exchange, and programs that promote cultural ties and mutual understanding between the Russian and American people. This news upsets a lot of teenagers who wanted to go to America, share Russian traditions, and get experience of the American teenage life.
Love is in the Air: Love Notes from Your Secret Admirer

I love you face, Zoe
Remember that.
Emily, you have a beautiful heart, you're an amazing person.
To Anonymous, I love you. From, Anonymous
Kelsey you have such nice abs <3
Hammah, will you be my valentine?
Jade you're so hot!!!
I want you to know that someone (me) does like you. :P
I don't plan on acting upon these feelings for a while. I just
out again
To pookie, I loves you XD and I can't wait 'till we can hang
the courage to talk to you
Ronald k. I think you're really sweet, just have to work up
beautiful eyes
Cole Branham, you are under-appreciated, you're a great
Brandon, you're a hammah I <3 u
I <3 you aunty Kelly #1
Logan t. will you be my valentine
Aunty Lori you da real MVP # coming in clutch

Saying Goodbye: Tragedy Hits Konawaena

Tragedy struck the community of West Hawaii when three local teens lost their lives in a car accident on the morning of Valentine’s day. Konawaena and Kealakehe students were heart broken by this news and found ways to express their love and aloha for the students and their families... Below student signs a banner in honor of Kaela Avanilla and Keli’i Sadumiano who whose lives for cut short. Kaela was on the girls volley ball team and Keli’i was the 2015 May Day King.

Prom Fashion Must Haves

Hey, Girls and Boys! The prom is coming soon, and it’s time to think about dressing for this occasion. In a girl’s life there are two main occasions when the dress matters -Wedding and Prom. The choice of dress for prom can be a real problem: long or short? With or without sleeves? Classic black dress, single color bright dress or dress with active print? A girl’s head can spin around from all the choices. Specially for you there are some advices that can inspire you for pleasant and fast shopping!

The Theme for Prom 2015 is Casino Royale.

Casino was a place where elegance was the priority and bubbly drinks was a must. In a Casino Royal themed party, girls are expected to wear a full-length gown or at least dresses that are not shorter then your knee. Black, red and gold are perfect colors for a girl who wants to be elegant and classy. The important thing is to keep it quite formal. Jewellery is also really important part in Casino ensemble such as pearls, diamonds and rubies. Another important accessory is the clutch. Your prom survival kit should include a phone, money, lipstick and breathe mints. Red lipstick is another must and as for make-up, smokey eyes are perfect. Gorgeous hair, pair of sky-high heels and you are ready to go.

On the other hand, boys should wear a tuxedo or a nice suit and a casino top hat. Shine your shoes and add an extra sophisticated touch with opera gloves and a pocket watch.

It is not every day when you get the opportunity to wear full-length dress or even with a train. Don’t miss your opportunity to dress to impress. But be careful – such attire requires special attention! Carefully pick out accessories and make sure that you feel comfortable. Make sure your hem has been altered for your height, the straps don’t fall off, and zipper does not get stuck. Because in dress it’s not enough to be princess, you have to be the Queen!

Tips for a Safe After Party

For some, the best part of prom is the after party, it is the chance just to have fun and not worry about having a date. “After you get back from a dance you can’t just go home and go to bed right away, you’ve hyped up and you’ll sleep when you knock out!” said Hayden Menor. While going to an after party can be fun, they can often lead to dangerous situations. Here are some tips for how to have fun and stay safe at the after party.

-Don’t be afraid to call someone to come pick you up.
-Don’t go alone, not only is it awkward but it is always good to have someone to watch out for you.
-Don’t feel the need to give into peer pressure, it may be more fun to watch others make fools of themselves.
-If you aren’t getting along with someone, avoid them. You don’t want to get into a fight.
-Never leave alone and always make sure you have a ride, don’t try to walk home.
-Have a plan to get there and get home, then have a plan B as well.
-Stay with someone you trust at ALL times. Never be alone with someone you just met.
-Give an emergency contact number to a friend, just incase.
-Look out for your friends, especially if they are getting out of hand.
-Neve lose sight of your drink or except one from someone else.
-Avoid fights, if a situation is getting tense steer clear or get out.
-Know your limits, don’t trust someone to know them for you.
-If you are uncomfortable, you don’t need to stay. Never let someone force you to go or stay at the party.
-Be a good friend as well, if you notice them getting into trouble, get them out. They will thank you later.
-Watch what you wear, you might want to change before the party.
-Don’t go over board, you will want to remember your prom night.
- Have fun and stay safe. It is a night you will remember, make it a good one.

Promposal

Promposal is the act of asking someone to prom often through an extended letter or poem, or even in person. People dream of going with the perfect person, getting to dress-up like a princesses or princes, and having the best night of your life. This often discourages people from actually going to prom because the night has no chance of living up to the fairytale idea we have dreamed of.

It is good to be rational, realize that the night probably won’t be the perfect night you dreamed of; but, if you expect it to be a horrible night, chances are it will be. You have to make an effort to have fun and not focusing on everything bad that happens, it will prevent you from being happy. Focus on the fact that you are there, having fun with friends, getting to wear a fancy dress, to dance, to be yourself, and in general having a fun night before you know it, high school is going to be over and there won’t be any more chances to just have fun without having to worry about bills, a job, or a degree.

So, go, be brave and ask the person you want to go with or just go with your friends and have a fun night. The memories you make while being with your friends, having fun, and getting to live in the moment are memories that will stay with you forever and you will never get another chance to relive the moment we are in. So, this is your only chance to make these memories. Before, how often to get the chance to wear a nice dress or suite, or to feel like nothing in the world matter other than your own happiness? It is only one night of your life, you have all the other nights to stay home, or just go to town with some friends. You only get two nights where the option exists to go to your high school prom, do you really want to miss it?

Fun and Creative Promposals

It’s that time of year again. It’s prom season and while some scavenger for the perfect dress, other are searching for the perfect date. Of course not everyone needs a date for prom. You can have just as much fun going with a group of your friends. Although, you can have fun have just asking someone to prom.

We’re talking about promposals.

First of all, what is a Promposal? A promposal is a proposal from one person asking another person to prom, usually done in a creative and extravagant fashion. You may not think it’s totally necessary to go all out when asking that special someone to prom, but big promposals make it way harder for a girl to say no to you.

We’ve compiled a list of fun and creative ideas for a promposal:

-Food is the way to almost anyone’s heart. Present your significant other with their favorite food, and have the question “prom?” written on it. You could order a pizza and have them spell it out in his or her favorite toppings, or you could do it on pastries and write it in icing.

-Do you have a lot of memories with this person? Collect as many pictures of your time spent together as you can find and make collage that spells out “Prom”. Then place it on a giant card or anywhere else where they’ll see it.

-This next one may be a bit more of a challenge. Get a fortune cookie, take out the fortune that’s already in there, and carefully slip your promposal in it’s place. Just be careful not to break the cookie.

-You could do something a little more simple, and come up with a witty joke that asks them to prom, put it on a card, add some glitter, and there you go.

Pictured above is Lihue Wessel holding her promposal treat.

4A
Home of the Champions
Girls Basketball Retains State Title

For the 7th time in a row, Konawaena’s Girls Basketball team has claimed the BIIF title after beating Hilo 59-41. However, there was still a mission after BIIFS that needed to be accomplished. It started as the girls played Punahou for the semifinals. They breezed through, winning 51-37. They then faced Roosevelt for the semifinal match in the Championship game. Again, they cruised as they defeated Roosevelt 54-33. And finally, after two years of coming short in the BIIFS Basketball Tournament, the Konawaena Girls Basketball team clinched the BIIF championship.

Mixed Paddling
Leina Takizawa said, “It was meaningful because we had so many seniors and as an underclassmen, my goal from the beginning of the season was to give my best in my last BIIF title. That was my motivation every time I stepped on the field.” Unfortunately, the girls lost in their semifinal match to Mililani 2-1, later placing fourth in the BIIFS championship. Congratulations to the girls soccer team again! Win again next year!

Paddling their way to 1st
Konawaena’s paddling team hasn’t won a BIIF championship since 2009. This year, however, it all changed.

After beating other competitors from around the island, Konawaena’s mixed paddling team won their BIIF race. Reiko Ikueno said, “Our crew wanted the BIIF title more than anything for two years now, and winning felt so good. The six of us are honestly best friends and winning together made all the hard practices worth it. I consider us a family, and sharing the love with them will never go away.”

Boys First BIIF Three-Peat
Kevin added. After a long season starting line-up from last year, Konawaena (6-4) came up on top, defeating Waiakea in the Semis and Kamahameha in the Finals.

Jordan Kikugawa, a sophomore who came up from JV, said, “The team did really good especially because we weren’t the team everyone thought would win.”

For the 7th time in-a-row, and won states. The boys soccer team worked hard and commitment paid off in the end.”
On February 22, 2015, at the Dolby Theatre in Hollywood, Los Angeles, passed the most coveted award in the world of cinema, Oscar. Golden statuettes finally found their owners! Who did become for this time the best of the best?

The award in the category “BEST PICTURE” got the film “Birdman”, the best actor become Eddie Redmayne (for the role in “The Theory of Everything”), and in nomination of the “best actress” won Julianne Moore, who was inimitable in the picture “Still Alice”. And Oscar for “BEST FOREIGN LANGUAGE FILM” took to home Pawel Pawlikowski for his director work “Ida”. Did your favorite nominee win?

We surveyed a few people on campus about their opinion on who would be our Oscars Winners.

Mrs. Obregon had the following to say about the oscars, “Even though the song for the Lego Movie was nominated for best song, it should have been nominated for the best animated movie of the year.”

Hayden Menor said, “One movie that I wish I was able to see on the big screen was Interstellar.”

Mrs. Dunlap predicted, “The Theory of Everything will be the best picture.”

Mrs. Kamacho voted for American sniper.

Mrs. Spilker predicted that best foriegn language film would be Ida.

What do you think about the Oscar results? Do you agree or not?