

High School of the Pacific

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President: Kem Mylar
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How does one cope with stress?

By: Lisa Sigrah and Yaeko Azuma

How does one cope with stress? Well, here at HSP, students have their own ways of coping with stress. Most students are stressed because of problems like backstabbing, procrastinating, poor grades, and lots of homework.

“Too much homework gives me headache,” said student Frannie Baker. Some of the ways that students cope with their stress are listening to music, sleeping, writing in journals, cleaning, and dancing.

Tami Kishigawa said, “I don’t like stress, but it’s fun overcoming it.”

Students have a lot of advice for overcoming stress. For example, Patler Manuel remarked, “I sleep away the pain.”

Ortega Hetiback stated that we should pray to God and have faith in ourselves.

The students certainly have some different strategies for overcoming stress.



Patler Manuel sleeping away his pain

Water Balloon Fight

By: Ivanda Ngirakesau and Ginger Oiterong

It was a beautiful Saturday afternoon on October 7, 2006. Some students were practicing cultural dances and some were on their laptops. The students were unaware of the battle that was about to take place outside their dormitory.

As the students were about to engage in their individual activities, a mysterious fire alarm went off. There was no fire, but the students thought it was a fire drill so they went outside and formed a line for a head count.

With students wondering what the ice chests were for, Charly, one of the student government members who planned the event, opened one of the coolers and shouted, “This is the activity, people!”

As he said it, he threw a water balloon across the sky. People started running everywhere and the girls started screaming. Since the students had been oblivious to the upcoming balloon fight, many of them had taken showers before the attack.

A lot of water was drizzling through the sky making everything and everyone wet.

Nevertheless, people were having fun all around the yard. Of course, it was a beautiful afternoon, in spite of having to take showers a second time.



Mackson Henry (Far left) getting ready to attack!

Sicknesses and Injuries

By: Tanya Yinug and Lana Muritok

Spancina Narruhn Suffers Four Boils

Spancina Narruhn, a sophomore from Chuuk, has faced total discomfort from her boils for several weeks. She has four boils, located on both of her legs which hurt really badly. She feels pain when she walks, especially when she's carrying her backpack and textbooks. Spancina says she gets uncomfortable when someone stares at them or shows their disgust. Surely Salep, a close friend and classmate of Spacina, helps her to recover from her boils by picking hibiscus and spreading coconut oil on the flowers to make a salve that helps to heal the boils.

Trisha Bisalen's Broken Toe

On Tuesday, September 26, 2006, Trisha was rushing to get to her next block, Pacific History, when she fell from the lanai stairs. She broke one toe, a middle one on her left foot. She also sprained her ankle. She yelled and cried for help. Her rescuers include Mr.

Bart Mwarey, Ivanda Ngirkesau, and Ginger Oiterong. Jiweina Elimo comforted her by providing her a towel for her tears. Ivanda and Ginger helped Trisha to Mr. Bart's truck. She was rushed to the neighboring hospital, Kona Community Hospital, up the road. In the Emergency Room, her foot was scanned and was given an anesthetic shot an hour later to numb the pain. The doctor pulled on her toe to relocate the bone. Despite all the pain she went through, she decided to return to class. Her foot got swollen when she walked too much so she didn't go to school the next day. She slept the whole day in her room. Trisha expressed her feelings by saying, "I thought my toe would be crooked for the rest of my life." She was afraid that she wouldn't be able to wear shoes or do P.E. "The truth is that (getting loud) shoes are important for my foot's safety."

Takano Alkan's Painful Vacation

On Saturday, September 23rd, Takano Alkan, a sophomore, could barely walk because of his swollen feet and he also complained of chest pain. His condition worsened

so he was taken to Kona Community Hospital by Mr. Louis Sardis and Nurse Carlene Phanuech. His feet hurt when he walked to the Emergency Room. He was x-rayed and examined and was transferred to Honolulu's Queen Kapiolani Hospital on a small plane. Mr. Bart Mwarey accompanied Takano.

"It wasn't exciting. I was just lying there in the ambulance," Takano stated.

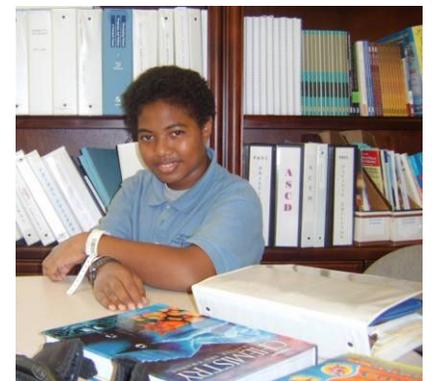
In Honolulu, he was checked again. "There was sharp pain on my hand when they took my blood. Sometimes, they made a little cut, like a paper cut, to see how long it would take to stop bleeding."

Takano shares the nuisance of his experience, "The gown was uncomfortable and filthy. . . . I wonder why they make everyone wear it."

He spent one week in the hospital and another week with his aunt, Rose, for his appointments the following week.

"When I was sick, I couldn't tell the taste of the food. When I got better later on, it was good," he said about the food in the hospital.

Takano had appointments with specialists and medications were prescribed. Takano came back on the 12th of October and went to school the next day.



Top left: Spancina uses this hibiscus to cure her boils. (-photo by TanyaYinug) **Top right:** Trisha shares her story with reporter Tanya on the lanai stairs where she injured her toe. (-photo by Lana Muritok) **Far right:** Takano returns back to school in good condition. -photo by Lana Muritok

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Mega-quake in Paradise

By: Eika Davis, Melody Damon, Mirien Capelle, and Mackson Henry

“I was sleeping on my bed then I felt these movements,” one anonymous HSP student said. “I woke up and saw the house shaking and outside the trees were shaking. When I saw it was an earthquake, I ran outside!”

At 7:15 am on October 15th, 2006, an earthquake, measuring 6.6 on the Richter scale, hit the Big Island of Hawaii, jolting thousands of people from their beds including the students of HSP.

The earthquake’s epicenter was located near the coast of the Big Island, and because of the strength of the earthquake, there was a power outage, on the whole island for the entire Sunday morning. This earthquake was the strongest Hawaii had felt in over 20 years, and luckily no one was hurt. The Ohana house, the HSP dorm, sustained minor damages, such as small cracks on the lanai corners and a shelf falling down. The HSP school campus was slightly damaged as stones in rock walls were dislodged. Sensei Nakade’ room, the Japanese classroom, was a disaster. The ceramic plate, on a high shelf, was broken and many of the other objects were strewn across the floor. That was the extent to most of the damage, as the other classrooms had no serious disarray. Luckily, no one at HSP was injured during this event although many of them were shaken up.

Birthdays

Names	Birth date	Age
Tamae	Oct. 6	15
Ms. Solomon	Oct. 11	
Lisa	Oct. 13	17
Thomas	Oct. 17	Sweet 16
Lee	Oct. 21	Sweet 16
Bonnie	Oct. 27	15
Diane	Oct. 28	Sweet 16
Ivanda	Oct. 29	15
Ginger	Oct. 30	15
Jiweina	Nov. 10	Sweet 16
Charly	Nov. 20	19

Students’ Words on Sicknesses

There was a period of time when some students stayed at the dorm complaining of headaches and stomachaches.

“What is your reaction to students getting sick every week?”

Yukiko Muller, freshman, states: “Students are staying home faking, not wanting to go to school. Something fishy is going on.”

Mark Alex, sophomore, said, “It’s inexcusable. . . . Students are either lazy or have lost hope for staying in the school. Lazy students should be taught a lesson. Students should also help those that are losing hope.”

Mackie Puas, junior, affirmed, “They lied that they’re sick because when we came back to the dorm, they were acting like they were not sick. But some were really sick. Grades are more important than just staying home because we feel like we want to take a day off.”