

The Rainbow Edition

November 2003, Volume 1, Issue 1 Education Laboratory School

State's Money Going To Good Use

By SHANNON KIM

At first glance, the Education Laboratory School doesn't look like it has been through many changes.

Actually, though, our school has gone through many changes. We have a new school administrator, our dress code has been implemented and is being enforced, and what most people don't know yet, is that we will be getting in new equipment and supplies.

You may be asking, "Where's the money coming from to do all this? Are our parents paying for the changes?" All of these questions are welcome and the paper is now here to answer all of them.

In actuality, the money is not coming from our parents. Our parents have not had to pay the "suggested donation" this year, due to the University Laboratory School becoming a charter school. Because we are now a public charter school, the money comes from the state.

According to Mrs. Burke, our principal, the school gets approximately \$5355 per student. This money, although it may seem like a substantial amount, is not enough towards paying for everything. The money needs to go to teacher salaries, equipment, supplies in the class, and operational costs, which include electricity and water.

The money also goes towards introducing new curriculum for the Lab School students. The elementary school is starting art, Hawaiian, and physical education programs for their students. Due to funding, that was impossible, even up until last year, but finally, the elementary school will see some benefits from the Lab School becoming a charter school.

So, you may be wondering if you'll be seeing some new things in the future. Well, for some, the benefits have already arrived.

The orchestra has acquired new instruments and accessories, such as new bows. The band department has also purchased new instruments to replace the old, worn ones.

Most of the money this year will be used to try to obtain better technological services for the high school. One example is that first period attendance is done on computers or lap tops using the latest innovative software. No blue sheets to fill out and bring to the office.

Slowly, but surely, more and more of these kinds of changes will be making its way on to the scene. So, don't worry, the state's money is going to good use. The next time you complain about broken tables and the inconvenience of having to go to the computer lab, bite your tongue. Just think about the new tables to come and the wireless computer lab in the near future.



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War Affects Lab School Students

By MARISA OSHIRO

They are your typical students walking around the Lab School campus. They carry a load full of books while they rush to class with their friends, but they still have a smile on their faces. Who are they?

They're the people we see everyday, yet, don't know much about. They're the people who have family members in the military currently serving their country abroad.

7th grader Krestin Rojas expressed how her father's absence has greatly affected her. "He plays an important role in my family and keeps order in the house." Krestin's father is in Afghanistan and has been away for



three months. He will return in July, 2004.

We can't even begin to imagine the grief that families go through. "My mom is always sad," sophomore Alex Gino states. Gino's sister was sent to Kuwait and has been away for six months. Both, Gino and Rojas believe that being in the military

isn't worth the sacrifice that the family makes. "You give your parents a lot of pain and they're sad. (Your family member) could die and it's not worth the sacrifice," Gino said. "It makes other people suffer," Rojas stated.

In some ways, however, Rojas believed that it is worth the sacrifice that the family has to make. "It's a good experience that you can talk about." It is a one-of-a-kind experience that you can share with others, but is it really worth all the pain and worry over your loved one? Is a "good experience" worth the life-threatening situations or challenges faced after the war?

The students have adjusted their lives to fulfill the duties of the missing person in the family. A lot of roles in the family changed, adding a bigger load upon the students. "It's a little hectic without him. My mom's role changed a lot," Rojas explained. "You have to do more and work harder because you have to do things they did." Rojas' chores include taking out the trash, washing clothes, and doing the dishes. "Having that person away teaches you to be more mature," she said.

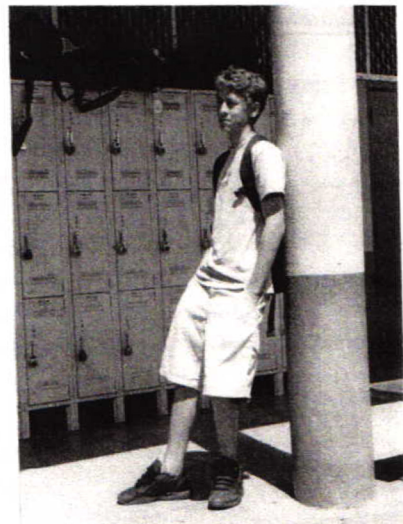
The students seem a little unsure about their future. Rojas attended Civil Air Patrol, which is similar to a junior military program. Although she plans to go to this program every summer, she doesn't want to join the military after she graduates. "My mom wants me to join...but I don't want to," says Rojas. "My mom doesn't want me to [join the military.] Especially 'cause I'm a guy," Gino expressed.

Many children around the world have experienced a family member's absence for a period of time. Some people get closer to that person after they come back, but some grow apart. "[Children] live without their brothers and sisters for so long that

they're not used to having them around, and they're growing up without a brother or sister," commented Gino. It's very saddening to know that some children are being raised without one or both parents. Most of us don't realize how lucky we are to have parents in our lives to help us through the rough times.

Both Rojas and Gino are looking forward to the day when they see their loved one again. "I think we'll be closer when he comes back," Rojas stated, "I'll respect him more." Gino's sister plans to come back in two or three weeks from Kuwait and he seemed very relieved, excited, and a little nervous. "I think it will be different because she's been away for so long that she's changed. The Army changes you."

Although these kids are dealing with a difficult situation, they are managing well in spite of it. It has made them stronger and will probably help them to face even more challenging situations that will come up in their lives. We wish them well with whatever the future brings.



What's Up With the School IDs?

By KATHY JETNIL

Face it, the Lab School is so tiny that our teachers know each student and each student knows our teachers. We have security guards situated at the front, fully ready for any type of situation. Our school has no record of ever having any shootings, kidnappings, or gang related activities. Basically, the Lab School is risk free.

So why the heck do we need ID tags?

You all know what they are. They're our IDs connected to a green lanyard that we're required to wear around our neck. The tags were made by House of Photography while the lanyards came from the Booster Club, who raised money for it. The tags came completely free, but the lanyards themselves cost between 60 to 70 cents. According to Mrs. Burke, 378 ID tags and lanyards were bought. Which means the grand total of it all is around \$226 to \$264.

For Lab School to have spent close to \$300 on these tags, there better be a good reason for them. And, according to Mrs. Burke, there is.

The University of Hawaii basically owns our campus; we don't have the authority to close it off to strangers or students who have their classes here. There are also employees of CRDG (Curriculum Research and Development Group) who don't teach at our school, but still work on our campus. The ID tags are, "just one method of trying to provide a safer environment for students," said Mrs. Burke. And although many students know that they were only made as a precaution, that doesn't stop them from opposing it.

"I think they're stupid, you know? It's like they're treating us like children," says a sophomore girl on the matter, while another student merely shook his head saying, "Waste of money."

But some teachers, and even a scatter of students, disagree. Mr. Miller, for example, stated, "In this day and age of uncertainty and threats, I see how it's necessary."

Students who break the rule of wearing their ID tags can be found eating their lunch quietly in detention in the high school office. And if you lose your ID tag, you're liable to pay \$5 for the ID and \$1 for the lanyard.

So the question here is, "Should the Lab School be spending so much time, money, and effort on something so strongly opposed?" You decide.

Bus Strike

By TREY PARRAS

Did you find yourself waking up extra early just to get to school on time? Well, you weren't the only one.

The bus strike greatly affected most of the students at our school. For instance, our students come from all over the island and many of them rely on the bus to get to school. The bus strike even affected those who don't normally catch the bus to school. There were more cars on the road causing heavier traffic than usual.

Our school also experienced the direct effects of the bus strike. The University used the lawns fronting the school as temporary parking lots. Although the bus strike is over, some of the lasting effects are evident when we see our barren lawns that were once green. You may have also noticed a lot more dust in the air causing buildings, classrooms and even our shoes to be a bit dirtier. All of us had to learn a new route to get to our science, chorus/drama and PE classes. We were re-routed because the lawn fronting Metcalf was also being used for university parking.

There was also some concern that school activities would be cancelled because of the parking lots and heavy vehicular traffic coming in and out of the school. Fortunately, we were able to have our Fun Day and class day activities will still be held.



Luckily, the bus strike finally came to an end. Most students, faculty and staff were skeptical that both the union and the bus company would be able to come to an agreement, but negotiations worked out well. We have the buses running again, but our front lawn is still being used as a parking lot. At least for some students, they can sleep in a little bit longer again.

Fashion Awareness

By LAYLA LARIOSA

Being a girl, I'm not too much into the latest fashion for guys. I didn't want to be giving all of the guys crazy clothing tips, so for the sake of my article, I went straight to a reliable source. I asked a fellow news writer, sophomore Trey Parras, "Where do most guys like to shop?" With a smile on his face, he gave me an enormous list of stores where you can buy anything from shirts to hats. T&C, Old Navy, Guess, and GAP were among some of the

On this particular day, Trey sported Jordan's, and a gray Ecco T-shirt. He looked very code. This look is very fashionable and can also you're feeling extra trendy, throw on a mesh cap

Girls, on the other hand, aren't as anywhere from 20 seconds to 20 minutes. I match so many different clothes.

As we see on campus, many styles are to be a favorite of most girls. Tops can range from

On the weekends, you can find many Abercrombie and Fitch, Local Fever, and Macy's be a sassy off-the-shoulder top with long pants look, you could try a long sleeve shirt with shorts remember - no midriff!

Until next time... If you have any comments or outfit suggestions, please email me at: lariosa@hawaii.edu



stores where you can find ELS Boys shopping.

blue, faded Old Navy Jeans, a Quicksilver belt, Nike handsome and followed the guidelines of the school dress be alternated with different kinds of shirts and pants. If and you're good to go.

fortunate as the boys. Picking an outfit for school can take believe that girls have more of a variety, and can mix and

being displayed everyday. Capris, skirts, and long pants seem spaghetti straps to Roxy T-shirts and on and on.

of us shopping at a ton of different stores. Pacific Sunwear, are just to name a few. A cute outfit to wear to school could and a comfortable sandal. If you want a nice toned down and slippers. No matter what you wear, be comfortable and

Do you agree with the new dress code?

10% agree 75% disagree 15% neutral



"I don't think that it positively affects our learning ability." - Amber Soto



"Everytime I see Mrs. Burke I'm self conscious because I have to constantly pull up my pants." -Brad Bonilla



"It's not as bad as having school uniforms." -Marisa Oshiro

Do you like the school lunches?

63% No 25% Yes 12% Neutral



"I feel sorry for the people who have to eat the school lunches." - George Bukes



"I think that it could be better and that they should get some better tasting food but other than that some of it is okay." - Dinah Zuniga



"Not all of the lunches here are bad." - Layla Lariosa

By CIANNA CHUN-MING

100 students were polled. Percentages are based on the results of these polls.

Movie Review

“Kill Bill”

By KATHY JETNIL

Kill Bill, Vol.1, was probably one of the most gruesome, and disgusting movies I have ever seen, but it was also one of the coolest.

Quentin Tarantino directs this brilliant action film starring Uma Thurman who's known only as The Bride or Black Mamba. After waking up from a coma caused by the Deadly Viper Assassination Squad who ruined her wedding day by brutally murdering her guests and her unborn baby, she vows vengeance. In this volume, she kills Vernita Green (played by Vivica A. Fox) and O-Ren Ishii (played by Lucy Liu). Two down, three to go.

The film goes through different genres including black and white, and a long sequence of anime. Tarantino tells the story not in order, as all movies seem to do, but jumps back and forth between the past, present, and future. But this, far from a drawback, only makes the movie better. The film was so long that it had to be split into two volumes, but instead of leaving annoying questions, it only leaves you wanting more. It was also very mysterious. Bill, the head of the squad, was not shown at all and even the Bride's name was bleeped whenever mentioned so you never really know who she is.

Tarantino doesn't waste much time on emotions, but shows surprisingly dark humor in parts where you wouldn't expect it. And the gore. Wow! There are heads, arms, legs, eyes, and feet chopped off. And it's never just a clean chop either. Blood would come gushing out or even spout out like a fire hydrant. Tarantino, however, delivers the gore almost comically.

In this movie, not only can you appreciate the blood, but also the way cool martial arts is used. The sword fighting is amazing and if you thought that Matrix scene where Neo fights the clones is impressive, it's nothing compared to when the Bride wipes out at least thirty of O-Ren Ishii's posse.

Interview of the Month

By CINDY YIM

If you're walking past the MPB and hear an infectious laugh, you know it's Ms. Alison Hartle. Ms. Hartle is one of the many new teachers here at the Education Laboratory School.

Since Ms. Hartle was in high school, she knew she wanted to be a teacher. She is now teaching two periods of Asian, Pacific, and Local Literature to the sophomore class, and one period of Hula and Chant to the freshman class.

Ms. Hartle graduated from UC Berkeley where she majored in English and minored in Ethnic Studies. Ms. Hartle continued on to UH Manoa to receive her Masters degree in American Studies. She is currently working on her PH. D, writing a dissertation. Ms. Hartle has taught academic classes at UH Manoa, where she taught an ethnic study group, and did a lecture on Public Exchange.

Ms. Hartle loves to dance hula in a Halau, Pua Alialima with Vicky Holt Takamine. Vicky Holt Takamine was a former teacher here at the Education Laboratory School. She has been dancing for Mrs. Vicky Holt Takamine for about 10 years.

Ms. Hartle was born in upstate New York, raised in California, and moved to Hawaii in 1993. Her family lives in California in the San Francisco Bay area. Ms. Hartle is a mix of many ethnicities; she is English, French, Scottish, German, Cherokee Indian, and Chinese.

Ms. Hartle has been living here for about 10 years and has done a lot at UH Manoa and is now working here at the Education Laboratory School.



After School

By AMBER SOTO

As we file into the MPB every morning, we can't help but wish we stayed home sick. From first period on, it's a count down to the end of the day. Some of us could be caught staring at the clock waiting for the big hand to hit three and the small hands to circumnavigate to half past the hour. But what is it that awaits us after school? For each and every Lab School student, the answer is varied.

"I'm dedicated to my sport," sophomore Bradley Bonilla stated. Bradley isn't the only one. Most of the students I interviewed say sports is their number one after school commitment. Even sixth graders Kielan Fedorka and Chucky Gentry play sports after school.

Junior Chris Peterson enjoys playing extreme sports like dirt biking. Other after school activities, students like to do are eating, playing video games, going to the beach and doing homework.

So the next time your teacher has a puzzled look as to why your homework isn't done, remind them of the athlete, the beach bum, and the extreme sport player.

The Dance

By LAYLA LARIOSIA

As everyone rushed home to beat the traffic of the bus strike, Lab School students gathered in the MPB for the first back-to-school dance.

Armed with big sheets of paper and color markers, the seniors let their creative thoughts flow. In the end, a beautiful banner hung proudly to welcome everyone to the dance.

I arrived at school around seven o'clock to find the dance floor empty. All the would-be-dancers were eating their bentos and warming the benches. It took a while for everyone to warm up, but soon enough the dance floor was crowded.

As the night went on, more students found their way to the dance floor. Some "hard core" dancers were showing a little sweat as they enjoyed the kickin' songs. There were still a few wallflowers, too shy to get down with it.

When asked what he thought about the dance, senior Ryan Peters said, "It was the bomb diggity. The DJ's rocked! The dance was so much fun that we got busted at least four or five times."

Overall, the dance was a good experience and a great way to start the new school year.

Recommended by Dr. Liz

Being accepted

My friends smoke, and they asked me if I wanted to do it with them. I don't want to, but I'm scared that if I say no, then we won't be friends anymore. What should I do?

Just say no, and if they're really your friends, they won't force you to do something you don't want to do. They should respect your decision. This goes for all things, not just smoking. Don't ever do something just because everybody does it. If they tease you or pressure you because you don't do what they do, then there's a problem. They're not your real friends. Go get new ones.

Friend or foe?

My boyfriend just broke up with me for my best friend. I love her to death, but I can't trust her anymore. Should I end the friendship?

Your ex-boyfriend is a real jerk. But it was also not cool for your friend to date him right after you broke up. I know I would never go out with my best friend's ex especially if she wasn't over him yet. You should talk to her about it, and if she doesn't care, then it's evident that your friendship doesn't mean a thing to her. But even if she doesn't care, that doesn't mean that you can go around talking trash about her. That'll only cause more problems. Hopefully she'll come to her senses. Eventually that guy is going to break her heart too because "once a player, always a player."

Saving a friend

My friend has been very depressed lately, and she always talks about death. I don't know what she'll do if she doesn't get help soon. I don't want to lose my friend. Please help.

This is a very serious matter. I suggest that you speak with an adult or counselor, someone you can trust. In the mean time, try to encourage your friend by commending her good deeds. Because she's depressed, you need to show her that she is a valuable person, and that there are people who care for her and who love her. Always listen to what she has to say because maybe she just needs someone to talk to. Try to get her mind off of whatever is bothering her. Take her out somewhere with other friends so she can have fun. (Some hotlines offer help for this type of matter. You can either call at ACCESS 832-3100 or the Suicide Prevention Hotline at 1-800-784-2433. Or you can find additional information on the website <http://www.psycom.net/depression.central.suicide.html>.)

Where's Cupid?

I really like this girl in my class, but I don't think she even knows that I exist. How do I get her to notice me?

The easiest thing to start off with is a smile. A smile can go a whole way. It opens the floor for a conversation. When you see her, smile. That'll make her feel more comfortable. Then you can go up to her and say hi. If you have no clue what to say, try asking about how she's doing or how her day is going. You might even try giving her a good compliment like, "You have a pretty smile." Anything you do, don't overdo it. NEVER try to impress her because you'll only make a fool of yourself. Just be you. If she doesn't like you for who you are, then she's not worth it. Don't only talk about yourself, and be a good listener. Get to know her first. If you rush things, you might scare her away. Take little steps.

New start

I'm the new guy around here, but I'm also shy. How can I make some new friends?

I know it's tough being in a new school. You have to start all over again. The hardest part is adapting, trying to find your place, trying to fit in. Just choose someone and start a conversation with them. Maybe you might choose someone who also looks shy. Introduce yourself. Ask them about school, how long they've been at this school. Tell them what school you're from. From there, I'm sure you'll have plenty to talk about. Also, when someone comes up to you and talks to you, try not to give one-word answers. Explain yourself. Let them get to know you better. A friend doesn't necessarily have to be someone in the same grade. Our school is small, so everybody knows everyone. We're all a family. Just open up.

Do you have a problem that you'd like Doctor Liz to give you advice? You may submit your questions by e-mailing RxDoctorLiz@hotmail.com.

Suicide- A Cry For Help

Suicide affects everyone – young and old, male and female, people from every race. You would never think that it could happen in your own neighborhood, your own school, and even in your own home. You would never expect someone you know so well to try and end their life. But we will never know what goes on in the minds of others. What would drive someone to do such a thing? How can it be prevented?

SUICIDE FACTS

- ▲ Suicide is one of the top leading causes of death among teens ages 15 to 19.
- ▲ More people die from suicide than homicide.
- ▲ According to a report made in 2000, someone dies from suicide every 18 minutes, and someone attempts suicide every 43 seconds.
- ▲ More girls have attempted suicide than guys.
- ▲ More guys have committed suicide than girls.

REASONS ONE MIGHT ATTEMPT SUICIDE

The most common reason that most people attempt suicide is depression. They are unhappy with themselves or how their lives are going. If their day isn't going too well, they may be overwhelmed and feel hopeless. Others might attempt suicide because of personal problems. Perhaps their parents are separating or getting divorced, or maybe their boyfriend or girlfriend just broke up with them. They think that it's the end of the world, and it's not worth living if that's the way things are going to be. Others might resort to suicide because they have been rejected or are outcasts. They feel that no one will notice that they are gone or that their presence does not make any difference.

SIGNS TO WATCH FOR

If a person frequently talks about suicide or death, they are most likely suicidal. You must take notice of a change in their personality. Suicidal persons may be filled with rage or withdraw from their family or friends. They no longer enjoy doing the things that they loved to do. You can usually tell if they are depressed if they have a loss of appetite. Other signs include weight loss and drug or alcohol abuse. If you notice any of these things, you should notify an adult immediately.

HOW TO HELP

If you know someone who is suicidal, you should let them know that you care about them, even if you don't think they are suicidal. Take their suicidal threats seriously. Be a good listener to them and speak calmly. If they speak to you about it, they're not really sure about committing suicide. It also shows that they believe in you in some way, hoping that you might prevent them from doing it. You certainly cannot handle this alone, so you must find professional help and stay with that suicidal person until the help arrives. You should never dare them to attempt suicide. Never judge them because you'll make them more depressed. Don't try to analyze their motives for committing suicide. Don't argue or try to convince them not to do it. This is very important because you don't know what they are thinking, and something you say might trigger them to do it. Never keep their suicidal thoughts or actions a secret. You must let somebody whom you trust know about it before it's too late. Most importantly, never leave a suicidal person alone without supervision.

ADDITIONAL INFORMATION

- * Helping Hands Hawaii 680 Iwilei Rd. Suite 430 Honolulu, HI 96817 Business Phones:
(808) 536-7234
Crisis Phones:
(808) 521-4555 (808) 521-4556 Suicide

American Psychiatric Association <http://endoflifecare.tripod.com/hunt/diseasefaqs/id55.html>

Suicide and Suicide Prevention <http://www.psycom.net/depression.central.suicide.html>

You can also consult your school counselor or doctor, or find more information from health clinics or hospitals.

JV V-Ball Bumps the Season

By TREY PARRAS

For every sport the varsity team gets all the attention. So, we're going to do something different and tell you a little about the boys JV volleyball team. Before the season started, players were asked about how the team will do this year. Sophomore Bradley Bonilla said, "I think that the team this year will do great because of team chemistry. Now that we have our basketball guys out there, they will carry the team to victory."

Chad Higa, another sophomore and returnee, was asked the same question. "I think that the team is good. We just have to work with people's personalities," said Higa. "Other than that, we're awesome." Before the season, the team was training hard and running harder so that they wouldn't end up last.

As the season neared completion, they still had not won any games. Despite the hard losses to many ILH teams, the team won against Lutheran and also made it to consolation play-offs. They lost in the first round, but still maintained a good spirit. Now, they set their sights to next season, hoping to claim victory.

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The staff of the Rainbow Edition are proud to have published the first school newspaper of the 21st century. As students of the Education Laboratory school, we hope we have perpetuated the school's commitment to higher learning. Journalism has taught us the importance of free speech and has allowed us to seek the truth at all costs.

Competitive Surfing in High schools

By KAPUALEHUA PARKER

"Wow!" exclaimed my uncle. "We had to cut-out from school just to go surfing!" Months ago, before the article Will Competitive Surfing in Schools Change Sport? appeared in the Honolulu Advertiser on Sunday, October 12, 2003, it had only been wishful thinking to me—a dream waiting to come true.

The State Board of Education (BOE) was scheduled to decide on sanctioning surfing as a high school sport by this month. However, the Hawaii Government Employees Association, which represents school administrators and athletic directors, has asked for more time to review the issue. If the BOE approves surfing as a high school sport, schools and the State Department of Education will have to set guidelines to govern students' participation. According to the aforementioned Honolulu Advertiser article, the downside of this issue is having to overcome exaggerated claims about equipment costs, insurance liability, surf rage, and shark attacks, which the State estimates the costs for sponsoring the sport as high as \$2.6 million a season.

The Hawaii High School Athletic Association is already awarding championships this year for 25 athletic events, including judo and canoe paddling. Avant young surfers want sanctioned surfing as a high school sport. Hawaii should have been the first state to sanction surfing, since surfing is a part of Hawaii's history and culture.

Since surfing in high schools are on the brink of reality at this time, other concerns as to whether competitive surfing in high schools will change the sport are surfacing. I believe surfers will gain the respect that they deserve, since they will be considered athletes, and not beach bums. In order to do well as a surfer, it takes a lot of practice and skill, and it also builds character. Surfing as an organized sport in the high schools will give the kids more direction and could also be a stepping stone into the professional ranks, like other high school sports.



ictured from left to right: Lianna Chun-Ming, Layla Lariosa, Mr. Wong, Mr. Tau, Kapua Parker, Kathy Jetnil, Marisa Oshiro, Phannon Kim, Jen Tadina (second row) Lindy Yim, Chelsey Kakalia, Amber Poto, Trey Parras