



# Staying safe at school and work: Knowing the warning signs of potential violence can help

Hawai'i residents have been shocked by the recent violence at Virginia Tech that left 33 students and professors dead.

While an ocean away, we join the nation in feelings of grief and anger at this tragic and senseless loss of life. The sounds of gun-

shots, images of bleeding victims, and interviews with survivors and grieving relatives fill our television screens and weigh heavily on

our hearts and minds.

Statistics show that despite the recent highly publicized multiple-victim homicides in schools, less than one percent of child murders actually occur at school. Even so, in the midst of the aftermath we can't help but wonder whether or not our own students and educators are safe from this type of targeted, premeditated violence.

The NASA shooting in Texas just days after the Virginia Tech massacre reminds us that targeted violence can occur just as easily in the workplace. While new details regarding the shootings and personality and behaviors of the shooters emerge each day, so grows our sense of fear and trepidation regarding our own vulnerability.

We are left to wonder, what causes such violent behavior? According to Dr. June Ching, an O'ahu-based psychologist and past president of the Hawaii Psychological Association, there is never a simple explanation, nor a single reason someone commits a violent act. Dr. Ching says that "violence is typically used to express feelings, used to manipulate or control, or used to retaliate against others for some real or imagined hurts."

Dr. Ching warns that those who become violent often develop an excessive preoccupation with violence, have difficulty expressing or controlling their emotions, and may fantasize that violent acts will earn them acknowledgment or respect.

Recently, the United States Secret Service, in collaboration with the United States Department of Education, studied recent school shootings with a focus on the shooter's pre-attack communications and behaviors. They found that while no specific personality profile can predict who will engage in targeted violence, there are some common characteristics across events that can aid in the prevention of future incidents.

They found that multi-victim shootings are rarely impulsive acts and are typically planned well in advance. While perpetrators usually do not make direct threats to their targeted victims, often one or more adults have had significant concern regarding the shooter's behaviors and propensity for violence prior to the incident. In most

cases, peers were aware of the perpetrator's preoccupation with violence and plan to commit violent acts before he took action.

The American Psychological Association offers additional warning signs of people who may be at risk for perpetrating violent acts:

- Anger outbursts and trouble controlling anger on a daily basis
- Escalating physical fighting or being combative and threatening others regularly
- Significant vandalism or damage of property
- Increased drug or alcohol usage (which serves as a disinhibitor of intense anger)
- Engaging in increased risk-taking behavior

- Detailed plans to execute violence (e.g., expressed to friends or revealed in compositions, journals, or on web sites)
- Announcing plans or threats to hurt others
- Pathological delight in hurting animals
- Carrying a weapon, fascination with weapons, or easy accessibility to firearms

If you see these warning signs in someone at school or in the workplace and worry about your safety or the safety of others, don't ignore your concerns. Tell someone you trust and ask for help. This could be a supervisor, law enforcement officer, security personnel, teacher, school administrator, family member, psychologist, friend, or counselor.

Protect yourself by not spending time alone with people who show these warning signs. If you are worried about being the victim of violence, ask for protection. Do not resort to violence yourself. While no one can predict with certainty the future actions of anyone, identifying students and workers at risk for violence and intervening with them early can help reduce the risk of violence.

*Dr. Brad Klontz is the 2007 President-Elect of the Hawaii Psychological Association and coauthor of The Financial Wisdom of Ebenezer Scrooge. He can be reached by e-mail at [brad@klontzcoaching.com](mailto:brad@klontzcoaching.com). For free, confidential referrals to a psychologist in your area, contact the HPA online at [www.hawaiipsych.org](http://www.hawaiipsych.org) or call (808) 521-8995,*

## YOU'RE NOT ALONE



DR. BRAD KLONTZ

Clinical psychologist



## Great Homes on all sides of Kauai

### North Shore Homes

**3572 KEONIANA PL., Princeville**  
Living Area: 3,243 sq. ft. 3 Bed, 2.50 Bath  
Land Area: 14,125 sq. ft. MLS# 172266  
**SUN DRENCHED HOME** with two large living areas, each with a working fireplace, twenty five foot high ceilings. Separate attached yoga/exercise studio. Home exterior is graced by three decks designed for entertaining and sunning. \$3,800,000  
June M. Crane, RA 808-652-4732

**2461 KENEKE ST., Kilauea**  
Living Area: 1,740 sq. ft. 3 Bed, 2.00 Bath  
Land Area: 7,080 sq. ft. MLS# 169557  
**BEAUTIFUL** home in the heart of Kilauea. Many new features including: 400 sq. ft. addition with giant sliding glass doors and windows, new faucets, new kitchen and bathroom floors, new ceiling fan and lighting fixtures, newly painted house/roof. New bamboo trimmed fence & gate and resurface driveway. \$589,000  
Patrick Core, RA 808-826-4000

**5494 WEKE RD., Hanalei**  
Living Area: 2,568 sq. ft. 3 Bed, 3.50 Bath  
Land Area: 16,408 sq. ft. MLS# 183764  
**STYLE**, imagination, and a passion for all things beautiful best describe this elegant Hawaiian Style Home on world famous Hanalei Bay. Over a third of an acre of lawn, the waterfalls are best seen from the master bedroom, and master bedroom lanai. Features include: hardwood Brazilian cherry floors, various patterns of complimenting marble throughout, a marble arched twin shower room and deep spa bathtub, tropical etchings on entrance windows, and so much more!  
\$5,750,000  
Patrick Core, RA 808-826-4000

**3885 KAMEHAMEHA RD., Princeville**  
Living Area: 2,372 sq. ft. 4 Bed, 3 Bath  
Land Area: 12,127 sq. ft. MLS# 174493  
**LUXURIOUS** and elegant furnished custom home with two master suites, an open floor plan, numerous expansive lanais, and a hot tub is designed for easy island living.  
\$1,790,000  
June Crane, RA 808-652-4732

**3829 HAULANI PL., Princeville**  
Living Area: 1,884 sq. ft. 3 Bed, 2.00 Bath  
Land Area: 11,502 sq. ft. MLS# 178723  
**WELL MAINTAINED** home is very clean inside and out. Downstairs family room, with its own lanai, can be a FOURTH bedroom. Shogun style sliding doors off master bedroom, hall entry, and kitchen for an open floorplan or privacy. Lots of glass and large skylight brightens the entire upstairs area. 1,400 sq. ft. of plantation style wrap-around lanai with 3 very inviting lanais. \$1,125,000  
Al Overton, RA 808-652-8431

**3934 NAMAHEHA LOOP, Princeville**  
Living Area: 2,047 sq. ft. 3 Bed, 2.00 Bath  
Land Area: 13,387 sq. ft. MLS# 188368  
**VAULTED CEILINGS** in the living room, kitchen, dining area, master bedroom & master bath gives this home a very open and spacious feeling. Large living room and open kitchen are located upstairs to take advantage of tradewinds. The partial wrap-around lanai off the living room and dining area provide for scenic views. Easy to show. \$975,000  
Al Overton, RA 808-652-8431

**4200 WAILEIA PL, Princeville**  
Living Area: 1,928 sq. ft. 3 Bed, 2.50 Bath  
Land Area: 9,639 sq. ft. MLS# 192103  
**IN ALL OF HAWAII**, Kauai stands apart with this well maintained two story residence on the golf course near The Woods #6 and #7 tee. Open upstairs living area with fantastic golf course views, leading out to a deck with double sliding doors positioned to allow winds to cool your day. Perfect for the outdoor Hawaiian life style. \$999,995  
June M. Crane, RA 808-652-4732

**4914 EMMALANI DR., Princeville**  
Living Area: 3,238 sq. ft. 4 Bed, 3.5 Bath  
Land Area: 10,500 sq. ft. MLS# 192344  
**UNOBSTRUCTED MOUNTAIN AND WATER-FALL** views from this executive home adjacent to a 2 acre park in Princeville's Unit I. This luxurious home offers spaciousness in each room with high ceilings & dramatic windows. Two master bedrooms, large entertainment areas, covered lanais on two floors and swimming pool and jacuzzi. Close to golf and beaches. \$1,850,000  
James G. Pycha, PB 808-742-1777

**2883 KALIHUAI RD., Apt B Kalihiwai S/D**  
Living Area: 2,665 sq. ft. 4 Bed, 3.50 Bath  
Land Area: 2.78 ac MLS# 192931  
**SET IN SECLUSION**, this gracefully appointed remodeled home, boasts travertine marble floors, air conditioning and surround sound throughout. Beautifully manicured property, large 440 sq. ft. building plus two carports presently an art studio, office and a home gym. \$2,400,000  
June M. Crane, RA 808-652-4732

**5015 EMMALANI DR., Princeville**  
Living Area: 2,469 sq. ft. 3 Bed, 3.00 Bath  
Land Area: 10,500 sq. ft. MLS# 187376  
**STRIKINGLY ATTRACTIVE** interior and custom details: tile floors, Hawaiian Kamane wood, granite slab counter-tops, high-end cabinetry, jetted master-bath tub, HUGE master bedroom, exhaust fan system keeps home continually cool. Home design and layout maximizes outdoor living.  
\$1,295,000  
James G. Pycha, PB 808-742-1777

**5121 KAPI'OLANI LOOP, Princeville**  
Living Area: 1,989 sq. ft. 3 Bed, 2.50 Bath  
Land Area: 30,742 sq. ft. MLS# 194187  
**STUNNING BALINESE STYLE HOME** is secluded and private, overlooking a lush tropical valley. Large windows and sky lights lets in the light, koa wood cabinets and hardwood floors complete the timeless elegance. Two private waterfalls and the gentle stream meanders through the property.  
\$1,556,000  
June M. Crane, RA 808-652-4732

**4825 EMMALANI DR., Princeville**  
Living Area: 3,112 sq. ft. 4 Bed, 3.50 Bath  
Land Area: 12,290 sq. ft. MLS# 193191  
**GREAT** golf, mountain and waterfalls views from nearly every window of a 2-story home. Natural stone (slate) hardwood floors, 9'-10'-foot ceilings with crown molding, vaulted, open beam living room. Large master bedroom, double door entry, 2 person shower bath, bottom bedrooms with private baths.  
\$2,295,000  
James G. Pycha, PB 808-742-1777

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