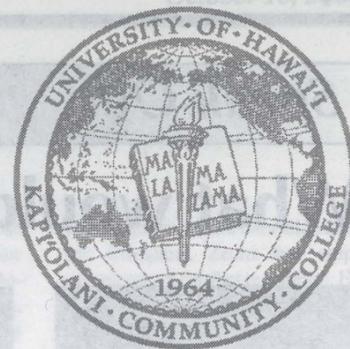


KAPI'O

The Student Journal of Kapi'olani Community College



<http://www.kcc.hawaii.edu/news/kapio>

Vol. 34 No. 5 October 10, 2000

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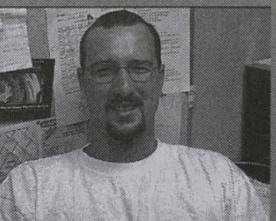
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Food Service

Is KCC Up to Standards? National Review Team Checks Out KCC Culinary, Hotel/Restaurant and Travel/Tourism Programs

by Sabrina Hall
Copy Editor

Is K.C.C up to Standards?

For the first time ever KCC has been considered for national accreditation in the Hotel/Restaurant and Travel/Tourism departments.

The Culinary Arts department had already been accredited five years ago but this month both programs were jointly considered.

KCC is only the second college in the country to be going through a "joint accreditation." Unknown to many people on campus, between October 3 and 6 a team from the American Culinary Federation (ACF) and the Commission on Accreditation for Hospitality Management (CAHM) was scoping out our campus to see if we met their standards and are eligible for accreditation.

Formal accreditation is important to students because it shows that the curriculum is relevant to today's business world, the faculty is qualified, facilities are adequate, library and media resources exist, and funding is sufficient.

Accreditation assures students, industry professionals, college administrators, and the general public that our culinary and hospitality programs are administered in accordance with acceptable standards.

So, does KCC meet these "acceptable standards" Ron Umehira, the department chair for Hospitality and Travel, believes that we meet all the standards because he says, "we

KCC Culinary Students Cook Up Kalua Pig on Campus



Chef Alfredo Cabacungan uncovers an imu dug near the parking lot next to the culinary program classrooms in the first week of October. The kalua pig cookout was part of his FSHE 216 Asian Pacific Cuisine class. —Photo by Joe Tomita



Members of the visiting accreditation committee pose with UHCC and KCC officials at the reception welcoming them to the KCC campus. From left to right: KCC Provost John Morton, Carol Hoshiko, Ron Umehira, Candice Childers, John Britto, Joel Tanner, Margaret Steiskal, Martin Mongiello, Community Colleges Chancellor Joyce Tsunoda and Van Atkins. —Photo by Joe Tomita

work hard in developing our programs and we have a strong curriculum."

Before the team arrived they received a self-study packet put together through a combined effort between the food service and hospitality education departments, along with the help of the advisory members and students.

"The self-study takes a look at our strengths and weaknesses," Umehira says. "If we come up with weaknesses we come up with steps to strengthen our programs." The self-study, which took a total of ten months, was so well prepared that it got high marks from the accreditation team.

"The team is going to recommend to other colleges to follow our model," Umehira says. Unlike other schools, students had as much say in

the process as the professional faculty and administration in preparing the self-study.

The accreditation team judged KCC according to the following eight categories:

1. Program eligibility
2. Program mission and goals
3. Organization and administration
4. Curriculum
5. Faculty and staff
6. Student service and activities
7. Facilities and resources
8. Program evaluation planning and assessment.

Forty-six people altogether made up the visiting group. The main goal of the accreditation team was to make sure that all the great things said about our school in the self-

study were in fact true.

Dave P. Evans, professor of Hotel and Restaurant/Travel and Tourism, said that in the accreditation team's exit report were comments that were very positive.

"They were very pleased with their visit. They liked what they saw," says Evans. The exit report briefly identified what they felt our strengths and deficiencies were. The accreditation team will forward their findings to the ACF and CAHM and they will review the report and then make a decision. The final decision will be made public by mid-January.

Umehira concludes, "This was a good experience and we are hopeful to receive a positive notice on our accreditation."

Want to Work at Disney World with Mickey and Donald?

Disney Recruiters Will Be On Campus in October

The Walt Disney World College Program Recruiters will be on campus, Monday, October 23, 2000, at noon at Ohia 118. The recruiters are looking for students to take part in the Walt Disney College Program. The program is open to all undergraduate students in any major. Attendance is mandatory at the presentation to interview for the program. The announcement Kapi'o received from the Food Service and Hospitality Education Program says, "This is a great opportunity to be part of the Disney magic and start building a strong resume."

The Walt Disney World College Program just enhanced its Educa-

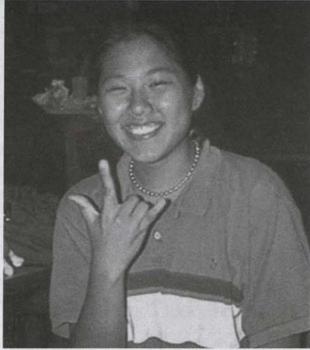
tional Component. The Program now offers seven different courses that have been recommended for credit by the American Council on Education. If you would like more information about the educational component, please visit the Faculty section of the www.wdwcollegeprogram.com web site.

For more information, please e-mail campus representative: Andrew Garrett at: acgarrett@email.msn.com or the food service counselor at: lmaehara@hawaii.edu

Speak Out!

Questions and Photos by Lorie Fabro

What would be your dream job?



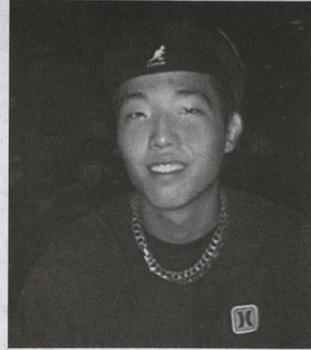
Elizabeth: Run a glitzy ritzy restaurant.



Reggie: Surfer Extraordinaire.



Nicole: Attorney to the Stars.



Tom: Teaching classical guitar to elementary school children.



Crystal Praddy: Animator.

Editorial

Paia Mill Finally Closing

A KCC student looks back to hard work and great memories

*Shelton P. Yamashiro
special to Kapi'ō
Illustration by Michelle
Poppler*

I remember the horn blowing at Paia Mill on Maui, announcing the start of another work day. That horn blows no more after this past September.

On the island of Maui, Paia town will see the sugar cane era come to an end this month. In an effort to improve profits, Hawaiian Commercial and Sugar Co. (HC&S) will finally be closing Paia Sugar Mill. Falling sugar prices and a three year drought contributed to the decision to close this historic landmark.

I had the pleasure of working at Paia mill a decade ago (1988-90). I worked in the electric shop as an industrial electrician apprentice. It was a fun place to work most of the time, and at other times quite nasty and exhausting.

The most impressive factor about working there was the people, and the friendly atmosphere the workers created in the mill. The mill had workers of all ages and ethnicities in

the various shops and departments. We would always be waving, smiling and flashing each other "shakas" or greeting each other with "howzit?", "what's up pade?" and "how you brah?" as we moved around the mill.

Everyone had a

celebrated by going on a weekend camping trip. Camaraderie among workers was also evident by frequent "pau hana" tailgate parties and nights out for dinner and clubs. Many brain cells met their demise in this manner.

The

We spent our days honing our skills installing, maintaining and troubleshooting just about everything that ran on electricity. We welded, drilled and blew up a variety of equipment. We always managed to burn, trip, shock and scare the pants off of others and ourselves. Work would sometimes be quite an adventure. We even found time to scrounge "scrap" stainless steel to make our own hibachi grills. If anyone asked, we would claim we were prac-

days working at the mill and started me wondering what everybody else is doing nowadays now that our days in the mill have come to pass.



ting welding, of course.

The mill had an abundance of highly skilled craftsmen in the welding, mechanic and machine shops. Their incredibly diverse pool of knowledge proved helpful in work projects as well home "jobs" on everything from gunsmithing to rebuilding a Harley-Davidson motorcycle engine and transmission. Electric shop personnel used our skills to make a little extra money or do favors for other workers.

I look back on my time spent working at Paia mill mostly with fondness. The majority of the people I worked with moved on to other jobs or industries and we eventually drifted apart. The recent articles in the Honolulu Advertiser and Star-Bulletin made me think back to my

laid-back attitude when the mill was running smoothly, but when there was a stoppage everyone really hustled to get it back up again.

The annual Christmas party provided all workers a chance to meet outside of work and have a good time. Mill workers annually had a two week vacation in December until January 2. The electric shop

mill provided the electric shop with an excellent training environment for the apprentices. We had only three journeymen and about ten apprentices working in it, and most of us had some prior skills and knowledge that we brought to the job. Our shop was responsible for power, lighting and control circuits in and around the mill.

... We welded, drilled and blew up a variety of equipment. We always managed to burn, trip, shock and scare the pants off of others and ourselves. Work would sometimes be quite an adventure.

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Phi Theta Kappa Taking a Dive into Leadership

By Sherie Char
Special to Kapi'olani

Popsicle sticks were everywhere. They were on the floor, spinning in the air, woven into strange designs, you name it. There were puzzled looks and expressions of determination on people's faces as they pondered about how to create a solid unit that consisted of only five popsicle sticks. The ultimate test to their success was if the solid unit could be tossed in the air like a quarter.

This ultimate test to their success was at the Ka Ikena Fine Dining Room at KCC on September 30. Alpha Kappa Psi, KCC's chapter of the Phi Theta Kappa International Society, hosted "Navigating Towards Excellence," the Phi Theta Kappa Pacific Region Leadership Conference. Members of the society gathered from across the Hawaiian Islands to form new friendships and learn leadership skills in a variety of different styles.

One of the morning icebreakers that required groups to assemble popsicle sticks into a single solid unit encouraged everyone to work together as a team. Achieving the goal required teamwork and cooperation from everyone. It also introduced them to some of the qualities that make up a successful leader.

In addition to focusing on leadership activities, Alpha Kappa Psi decided to incorporate the 2000-2001 year International Honors Study Topic, "In the Midst of Water: Origin and Destiny of Life." There



were sea creatures drawn on everyone's nametags, informational handouts about water filled the folders and water bottles overflowing with cold water were served during the Leadership Luncheon.

"I had a really great time and learned a lot of valuable information," said Catherine Clur, president of the Psi Sigma chapter at Maui Community College. "Everything was so organized, well planned and [the conference] turned out great!"

Clancy Mitchell, who is the Director of Scholarship Programs for Phi Theta Kappa, traveled all the way from Jackson, Mississippi to participate in the conference. She informed participants about the scholarships and academic benefits that are only available to Phi Theta Kappans. She encouraged members to take advantage of these benefits and apply for more scholarships. As she navigated her way through her presentation of "Sailing Towards Success: Phi Theta Kappa Scholarship Programs," she also shared the importance of creat-

ing a personal timeline when applying for scholarships.

Ohana Foundation's Director of Business Development, Tom Mitrano, was another special guest speaker. In his presentation called, "Getting There Together: Teams That Work!" participants were given the opportunity to experience how to run consensus and parliamentary meet-

ings. He also spoke about helpful hints concerning time management and how brainstorming is nonjudgmental.

"I'll try some of Tom's suggestions in a couple of my classes," said Joyce Nakahara, a college instructor and Phi Theta Kappa advisor for the Alpha Pi Xi chapter at Kaua'i Community College. "The class as a team is a good concept."

"Building Bridges Over Troubled Water: Learning to Move from Conflict to Collaboration" was a workshop presented by Alison Zecha. As the Director of Organizational

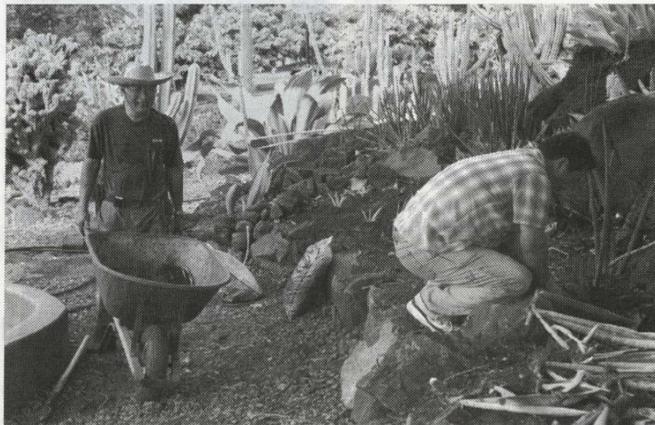
Development for the Hawaiian Electric Company, Zecha has ample experience in conflict resolution. Her interactive program taught participants about another important aspect in becoming a great leader: how to successfully handle and solve disagreements.

The Pacific Region of Phi Theta Kappa is composed of nine chapters from Guam, American Samoa and Hawaii. Due to the great distance of ocean that lies between the chapters, Phi Theta Kappans from Guam and American Samoa were unable to attend.

PTK welcomes everyone is encouraged to become a Phi Theta Kappan and participate in these worthwhile events. Leadership skills can benefit all students in their academic pursuit, careers and personal lives. These skills become valuable educational tools that allow people to become successful in their endeavors.

Photo: PTK members gather together for a group shot at their recent leadership conference.

Coffee and Cactus Clean Up Day at KCC



Moriso Teraoka (left) and George Higa help to beautify the campus by working in the cactus garden. —Photo by Joe Tomita

One of the things students and faculty members of Kapi'olani Community College enjoy about this college is our beautiful campus. On Saturday, September 30, volunteers got up early and came on campus to help maintain the beauty of the cactus garden during the Cactus and Coffee Clean Up Day.

Coordinated by the Office of Student Activities, this event brought together individuals interested in improving their campus. Refreshments, such as coffee and pastries, were provided to the volunteers that helped with the cleaning.

The clean-up began at 7 a.m. and ended around 10:30 a.m.

Halloween Spooky Tale Contest!!!

Are you in the midst of stirring up a spine-tingling spooky tale? Enter your ghost story to win great prizes! Pick up an entry form at Student Activities in 'Ohi'a 101. Deadline is October 16.

-1st place: \$30 gift certificate to Barnes & Noble

-2nd & 3rd places: \$25 gift certificate to B&N.

-4th, 5th and 6th places: Pair of movie tickets.



On Oct. 26, listen to the ghost stories told by writers in ghoulish garb.

For further information contact, Mavis Hara, x317 or mavish@hawaii.edu.

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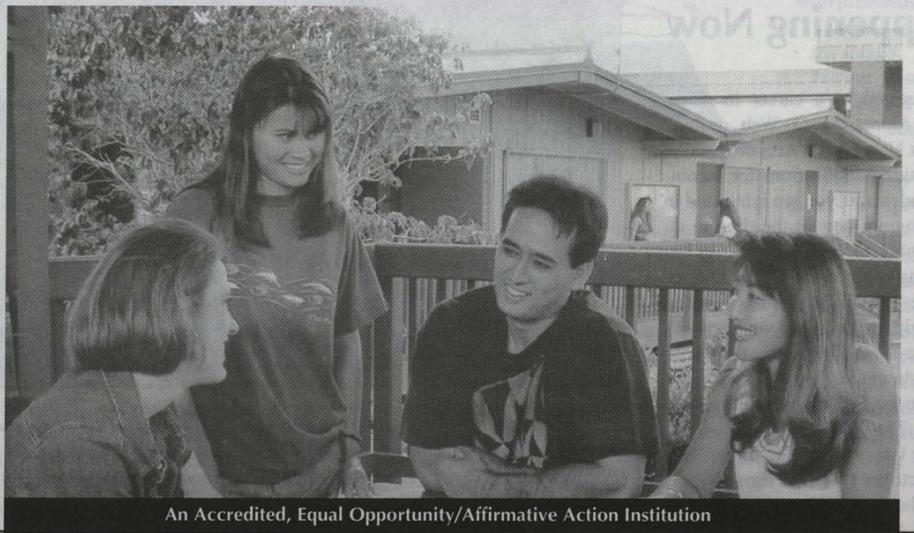
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Science and Tech Column Into the Atmosphere

by Iris and Debby Cahill

Out of all the planets in our solar system, and maybe the universe, Earth is the only one that can support life. Perhaps the most important thing that makes this possible is the presence of the atmosphere that surrounds our planet.

Quite simply, our atmosphere is a thick coating of air that covers the globe like a blanket. This coating reaches approximately 348 miles from the surface of the planet and presses down with a force of 14.7 pounds per square inch. It is primarily composed of hydrogen, oxygen and nitrogen, though there is also an abundance of other elements and molecules present in the atmosphere. Scientists have divided our atmosphere into four distinct layers.

The first layer, or rather, the layer that begins from the Earth's surface and ends around seven miles above is called the troposphere. Almost all the weather patterns we experience occur within this section of the atmosphere.

The next layer extends 31 miles just above the troposphere, nearly 40 miles from the Earth's surface. To put it in perspective, this distance is nearly the same as the length of Oahu from the farthest point on the Leeward coast to the farthest point of the east shore. This section of the atmosphere contains the ozone layer, which is responsible for absorbing the ultraviolet radiation that comes from the sun.

The third layer of the atmosphere is called the mesosphere. This section rises over 53 miles on top of the stratosphere, and is not very dense since most of the atoms will stay closer to the earth. The temperature of this area can reach -93 degrees Celsius, nearly a hundred degrees below the point where water freezes.

New Media Arts Sign-Ups Happening Now

Interested in a career in Computer Animation or Web design? KCC's New Media Arts program is now taking applications for incoming students. If you are interested in the program now is the time to do something about it.

Bring your current transcripts, transfer credit evaluations and a disk (zip or floppy) of your artwork to Koa 108. Please confirm your appointment via E-mail or phone: violet@hawaii.edu. Phone: 734-9378.

The last day for sign-up is Tuesday October 19th. The sign-up sheet is on the door of Koa 103 (The New Media Arts Lab).

The final and largest layer of the atmosphere is known as the thermosphere or the upper atmosphere. Starting where the mesosphere ends, the thermosphere can extend over 300 miles high. This layer is the source of major interest for scientists since the temperatures here can increase up to 1,700 degrees Celsius thanks to the absorption of solar energy. This allows chemical reactions to occur much faster than what is normally seen on the surface

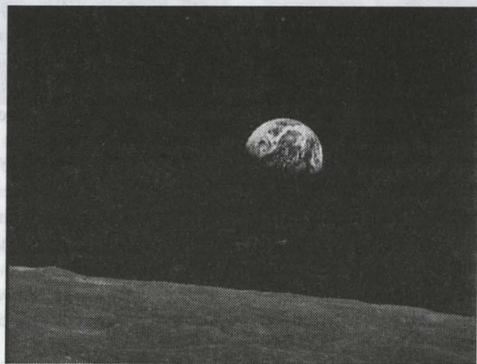
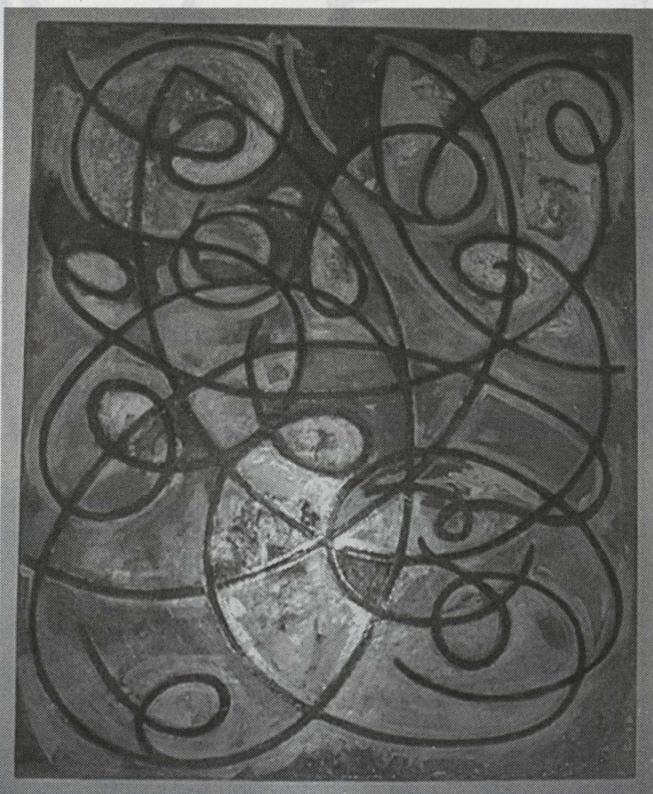


photo credit- <http://earth.jsc.nasa.gov/categories.html>

of the Earth and may provide some clues as to what is going on in the rest of the universe. For more great info on our solar system and the universe, check out this site: <http://liftoff.msfc.nasa.gov>

This column is devoted to helping students gain a basic understanding of nature and science. We've spent enough time in physics, math, biology and chemistry classes to know there's a lot of material to learn and not nearly enough time. We welcome any questions or suggestions from the budding scientist or learning enthusiast. Please drop them off (you're questions, not the scientists or enthusiasts!) at Lama 119 or e-mail us at milleniumentertainmet@yahoo.com

Koa Gallery Paintings and Poems



The artwork shown here is *Fishes and Loaves*, 1994. Acrylic on masonite, 48" x 60. The Koa Gallery is currently hosting an event called *Paintings and Poems* by Paul Levitt and Robin Lung. The artworks on display reflect the influences New York City and Hawai'i had on the two artists. The show is up September 27-October 20. Photo and story by Miguel Rojas.

Science Jokes

From: "G.P."
G_Popper@Hotmail.Com
Top Ten Ways to Get Thrown Out of a Chemistry Lab:

10. Pretend an electron got stuck in your ear, and insist on describing the sound to others.

9. Give a cup of liquid nitrogen to a classmate and ask, "Does this taste funny to you?"

8. Consistently write three atoms of potassium as "KKK."

7. Mutter repeatedly, "Not again. . .not again. . .not again."

6. When it's very quiet, suddenly cry out, "My eyes!"

5. Deny the existence of chemicals.

4. Begin pronouncing everything your immigrant lab instructor says exactly the way he/she says it.

3. Casually walk to the front of the room and urinate in a beaker.

2. Pop a paper bag at the crucial moment when the professor is about to pour the sulfuric acid.

1. Show up with a 55-gallon drum of fertilizer and express an interest in federal buildings.

Kapi'ō Investigates

Are Hawaii's Concert Goers Paying too much?

Travis Quezon
Special to Kapi'ō

After waiting for hours to buy tickets, Hawaii concert goers are usually left asking themselves if it was worth it. Lately fans are wondering why they have been shelling out over \$45 to see their favorite pop stars perform live here in Hawaii.

Excitement for big names coming down to Hawaii tend to falter once people see the price tag. Tickets to see Christina Aguilera at the Stan Sheriff center on October 21 ran for \$45. Tickets for No Doubt's performance at Andrews Amphitheater on October 28 are over \$35 as well.

Oftentimes fans will blame the artist for high ticket costs saying, "Christina thinks she's Michael Jackson or something now," or "No Doubt's so broke they have to overcharge."

Becky Ho, who bought her Christina Aguilera ticket last month said that, "Fans would love (Aguilera) a lot more if she didn't charge so much." On the other hand, Steph Lee, a frequent concert goer, blames the promoters for "milking the fans for all they can." The truth is that while the artist and the promoter must make their profits, ticket costs take care of a lot of other important things.

An employee of the concert promoter, Goldenvoice Presents, claimed that artists usually get less than 10 percent of ticket sales while promoters get only about two percent. That means Christina Aguilera receives about \$5 per ticket and her promoter gets about \$1. So where does the remaining \$39 of Christi-

na's ticket cost go?

The employee interviewed says that 89 percent of ticket costs pay for things like shipping sets, audio equipment, lighting, and flying over dancers, makeup artists, and stage hands.

The overseas shipping to Hawaii may be part of the reason why our ticket prices tend to be a little higher than on the mainland. The remaining ticket cost to be a little higher than on the mainland. The remaining ticket cost is also responsible for the artist's hotel rooms and for "keeping them happy" during their stay. And finally there are taxes, facility fees, and service charges that have to be paid for, leaving whatever is left to the artist and promoter.

While such a small percent of earnings may not seem like much, concert tours are actually where artists receive a majority of their revenue. An artist's album sales are not nearly as lucrative as their concert tour earnings unless they own their own record label.

According to a concert industry magazine *Pollstar*, concert touring is grossing a record \$1.8 billion this year. The average ticket price of the top 50 tours in the US is \$44.80, up to \$11 from two years ago. Fans still seem to be going to see their favorite pop stars regardless of ticket prices.

The trend seems to be that bigger the artist's name is, the bigger the production and the higher the ticket prices will be. But when the lights finally go up and the music starts playing, it is the fans themselves who will decide whether the ticket was worth every penny by either showing up at the concerts or staying away.

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Teenage Suicide and Depression

by David Lum Lee
Special to Kapi'o

Does 2,000 seem like a really big number to you? Well, did you know that in one year alone more than 2,000 teenagers within the ages of 15 to 24 committed suicide in America?

This battle against depression seems to be most intense for young adolescent teenagers who are trapped in the middle of a transformational stage of maturity.

In January 2000, FAST, a non-profit student advocate organization, conducted a survey of over 1,000 college students nationwide. It was based on the increase in student/alcohol related accidents, and the effect that alcoholism had on their academic life. Marc Berly, Ph.D., president of FAST, said the survey "focuses on the attitudes and decisions of America's college students regarding some of the most challenging aspects of young adulthood."

Because we live in an era in which who you are has a huge impact on what kind of job you'll get, how flashy and radiant your lover will be, the amount of social power you can obtain, and maybe most important of all, how fruitful your sex life will be. Youths feel the need to have the most beautiful

acquaintances. They have a desire to be the captain of the football team, or the head cheerleader. Some engage in extremely dangerous and life-threatening situations just to prove themselves worthy of being in the "in crowd."

But there is an even darker note. Our society today has been stricken by economics. Some of us have been forced into work prematurely, just so we can pay our tuition. The stress of having numerous jobs, of course, will take a toll on academic work.

Thus begins the 'snowball effect.' Adolescents might first become frustrated because they receive a bad grade on their paper, then when they get home, they get a message saying that their date for the senior prom decided to go with their best friend instead, for example. Then they lose a football game, and they get an F on their final exam, adding to their frustrations.

Headaches and stomach aches become frequent and constant, but they have no money to go to the doctor because financial aid was denied, and all their cash went to tuition, leaving them broke. There's nothing to eat in the refrigerator, the house is a mess, and there are three major assignments due next week which haven't even been started.

They then have slept an equivalent of four hours within the past three days because they have no time to rest.

Does this scenario sound all too familiar to you? If you are don't worry because you are not alone.

Did you know that statistics have shown suicide to be the third leading cause of death of teenagers from ages 15 to 24, in the United States? In one year alone the US had a total of 28,295 deaths resulting from teenage suicide.

The three leading methods of teen suicide are:

1) Guns. 13,959 men and 2,461 women have taken their lives by gunfire.

2) Poisonings. 3,148 men and 2,469 women have poisoned themselves within the span of one year.

3) Hangings. 3,322 men and 709 women have hanged themselves in one year alone.

And 1,457 men and 609 women have added to these astounding numbers by other means, which brings the total to 28,295 suicides in one year.

An article printed in *The Honolulu Advertiser* on Sunday October 1, 2000, entitled "Depressed" provides some information collected by the National Institute of Mental Health. They state that "About 19 million American adults, or 9.5 percent of the population, suffer from a depressive illness in any given year." However, being able to detect a teen who is going through a stage of serious depression is very hard to notice. Dr. William Tsushima, a clinical psychologist at Straub Clinic and Hospital says, "It's not easy to detect teen depression. There are these normal mood swings and communication breakdowns that kids go through [as compared to ones resulting from depression]. So it's very, very difficult."

The American Academy of Child

and Adolescent Psychiatry has information on what kind of vital signs a parent, older sibling, or even just a caring friend can notice in a teen that may be seriously contemplating suicide:

- 1) a change in eating and sleeping habits.
- 2) complaining of being a bad person and feeling "rotten inside"
- 3) a marked personality change.
- 4) withdrawal from friends, family and other regular activities
- 5) a loss of interest in pleasurable activities
- 6) giving verbal hints with statements such as, "Nothing matters," "It's no use," and "I won't see you again"
- 7) having signs of psychosis, (hallucinations or bizarre thoughts).

Unfortunately words and actions such as these have been taken lightly and have sometimes even gone unnoticed by parents or friends. Nothing more can be done for those who have already died, but there are still many more contemplating suicide today who need to realize that there is someone who does care about helping them. And we must be there to help them, and listen to their needs.

Sidebar: Counseling on Campus

By Debby Cahill

There are many obstacles, both educational and personal, that can

overwhelm students and lead to poor collegiate performance, or depression, which leads some to commit suicide. On campus there are many different forms of counseling available to help students.

For academic counseling there are several people who can help students with issues regarding program requirements, transfer information, course changes, etc. like:

Kauka DeSilva - Humanities Department Chair. 734-9282

Louise Pagotto - Language Arts Department Chair. 734-9283

Charles Matsuda - Mathematics & Natural Science Department Chair. 734-9356

For international students, who can have a very hard time adjusting to campus life, in addition to the cultural adjustments they must make, there are counselors who help them adapt:

Mimi Yen- International Students Counselor. 734-9512

Frank Noji - ESOL Advisor. 734-9332

Another group of students who can experience stress or depression can be single parents. These students often have a heavy workload, as well as classload, and they still have to deal with their children at home. For advising on how they can better organize their life, and succeed in college one can contact:

Cathy Wehrman- 734-9500

Learning In The Classroom:

Surviving Last Choice Courses

Sharon Winfield
Editorial Assistant

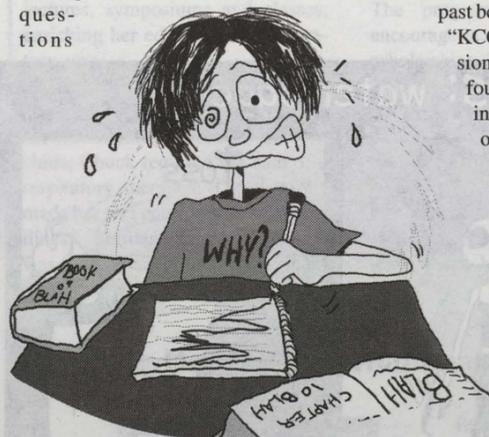
If your mind keeps drifting during class lectures and your attitude is "who cares?", chances are you're in a last choice class. Registering for the classes you really want may not have been successful. Students frequently enroll in courses that don't interest them because the preferred ones were closed or canceled. However, the frustration of studying a stray subject does not have to lead to poor grades.

"I remember taking geology classes at UH Manoa," says history professor Pete Wilcox. "I thought I was wasting my time studying rocks! The course had nothing to do with my major. Later on I understood the importance of this class. It was relevant when I was buying a house and when I saw erosion on the streets."

Wilcox insists that there are future benefits in studying obscure subjects. Students may not see immediate rewards, but when they are willing to be challenged and engaged, the knowledge will pay off.

Think of an experience when you did something you originally resisted but found later to be surprisingly pleasant. You needed patience and an open mind. This is similar to taking last choice courses in college. Smart students get over the disappointment and make the best of an unfortunate situation.

Thus, being a top student may be as simple as changing your attitude. Linda Lambrecht, American Sign Language instructor, encourages students to participate in class. This involvement will help spark your interest. "Be active by asking questions



and helping other students," she says. "Good attendance and completed homework are also important."

Wilcox explains, "The purpose of a liberal arts education is to provide a broad background. . . Be patient and trust in the system. An unexpected link to your class is likely to happen at any time."

Teachers like to see enthusiastic students. Mediocre grades are often less significant than the desire to

learn. A person who is motivated and makes an effort to understand the course work is apt to get an excellent grade."

"KCC is different from UH Manoa where one class may have 300 students," says Wayne Muromoto, instructor in Journalism. Muromoto had lectured at the UH for several years in the past before teaching at KCC.

"KCC teachers seem passionate about teaching, I found. Many Manoa instructors were focused on research. A lot of KCC instructors are available to discuss and assist students with problems."

There is an advantage in having small classes and personal contact with your professor. They can give you specific suggestions to help you succeed. Visit your teacher during office hours and express your concerns. Be conscious of daydreaming and negative self-talk. Focus on the positive aspect of the course, even if it's only because the course fits your schedule. An optimistic attitude will chase the blues away. These steps could be the stairway to surviving dull courses.

Visit your teacher during office hours and express your concerns. Be conscious of daydreaming and negative self-talk. Focus on the positive aspect of the course, even if it's only because the course fits your schedule. An optimistic attitude will chase the blues away. These steps could be the stairway to surviving dull courses.

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Book Review

Star Bores Where's the Force?

Iris A. Cahill
Copy Editor

Last summer, millions of people took off work, camped overnight, and spent hours in line to see *Star Wars: Episode I* in movie theaters. Millions of fans also came out of the theaters with a more than slight sense of disappointment at the film that many feel failed to live up to the franchise.

Therefore, it was with some trepidation that I picked up a copy of the latest Star Wars book, the sequel to the prequel (which also happens to be the prequel to the sequels.

...huh?), and rightly so. Filled with hollow, two-dimensional characters and a pointless plot to carry them, this novel falls flatter than a wookiee in a heat wave.

Star Wars: Rogue Planet by Greg Bear (Del Rey, \$26) continues where the film left off. Young Anakin Skywalker has become Obi-Wan Kenobi's Jedi apprentice, or Padawan in Star Wars lingo. Good old Master Yoda sends them off to investigate a strange planet famous for constructing living space ships, and the disappearance of another Jedi last seen on this planet.

Meanwhile, a young Tarkin (his claim to fame comes from ordering the destruction of Princess Leia's home planet in the 1977 film, *Star Wars: A New Hope*) also investigates the planet as part of a macabre scheme of sorts.

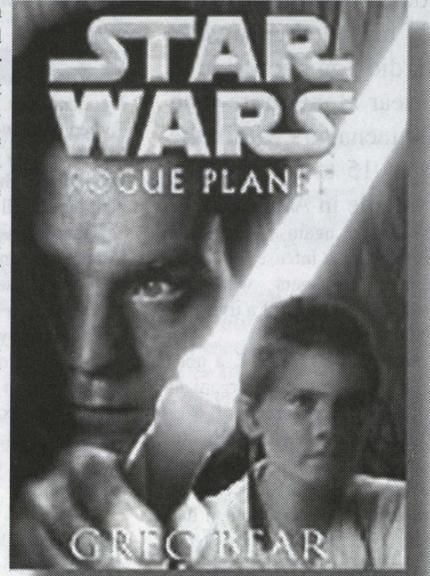
Like the Episode I movie, there

is a lot of boring, irrelevant political discussions in *Rogue Planet* that is perhaps better suited for a Tom Clancy novel. Unlike the film, there are no flashy explosions or impressive CGI's to distract from the weak plot. While Obi-Wan and Anakin were sent to learn more about the planet and the ships, one has to wonder why the Jedi, or anyone else for that matter, would care about a living ship. By the end of the novel, readers can see that these vessels get blown out of the sky as easily as any other non-organic ship. The missing Jedi is passed off as perhaps a basis for the next novel, but no real conclusion is given to this sub-plot.

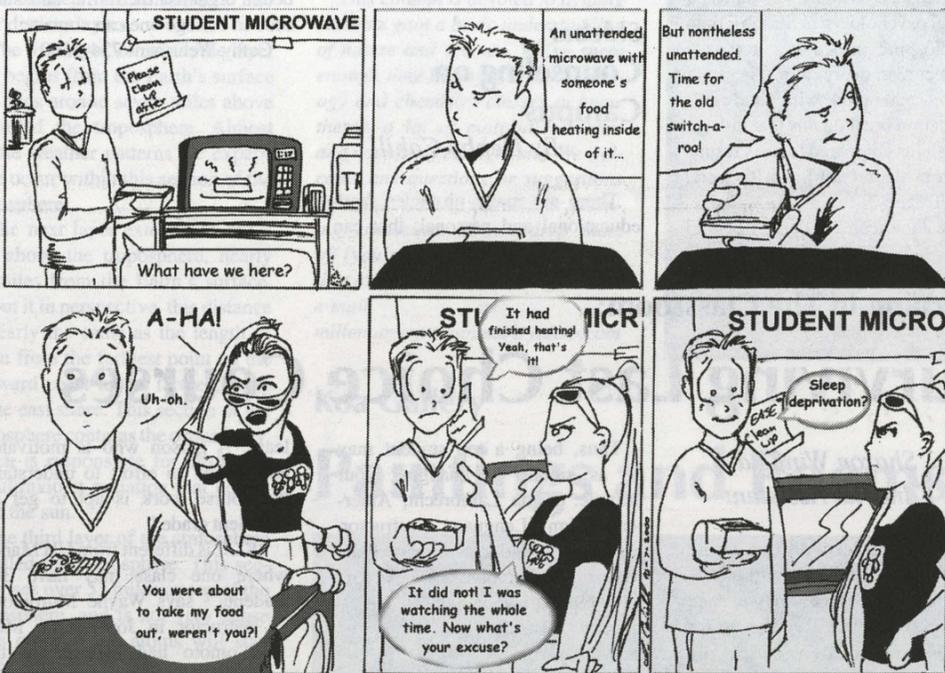
The total result is a book that is of little interest to the Star Wars fan and of even lesser interest to someone who is not familiar with the series of films. Bear paints a very dull portrait of the characters and their

interactions with each other appear strained and forced. The author offers no new insight to the Star Wars universe and makes the assumption that readers have seen all the films.

As the disappointed fans from last summer wait for Episode II, the upcoming novel in the Star Wars saga will have to be our next hope.



The Blunderdome by Iris A. Cahill



Free Long Distance Phone Calls?

FreeWay offers special deal to cut long distance costs

New York—Need to phone your parents long distance for money but don't have enough to cover the phone bill? Or is your girlfriend going to school on the mainland and you can't afford to call her all the time and you're wondering if she's seeing somebody else?

Sooner or later, somebody had to figure out how to commercialize long distance telephone calling, and the company called FreeWay has staked out the turf on freebie long distance phone calls. Use their service, and you don't have to pay long distance phone bills. . . But aha, there's a catch. Like watching network TV, nothing is really free. What you don't pay for in money, you pay for in attention span.

Freeway is advertising-supported. Sign up on the company's web site at www.callfreeway.com and answer a couple of questions about yourself and the company claims that you will receive a toll-free access number and PIN code.

You can use FreeWay just like a calling card from any touchtone phone, including office, hotel and pay phones, and even dorm Centrex phones. Before you can place your call, you'll have to listen to 15-second ads that are targeted to your interests based on the questions you answered on their web site.

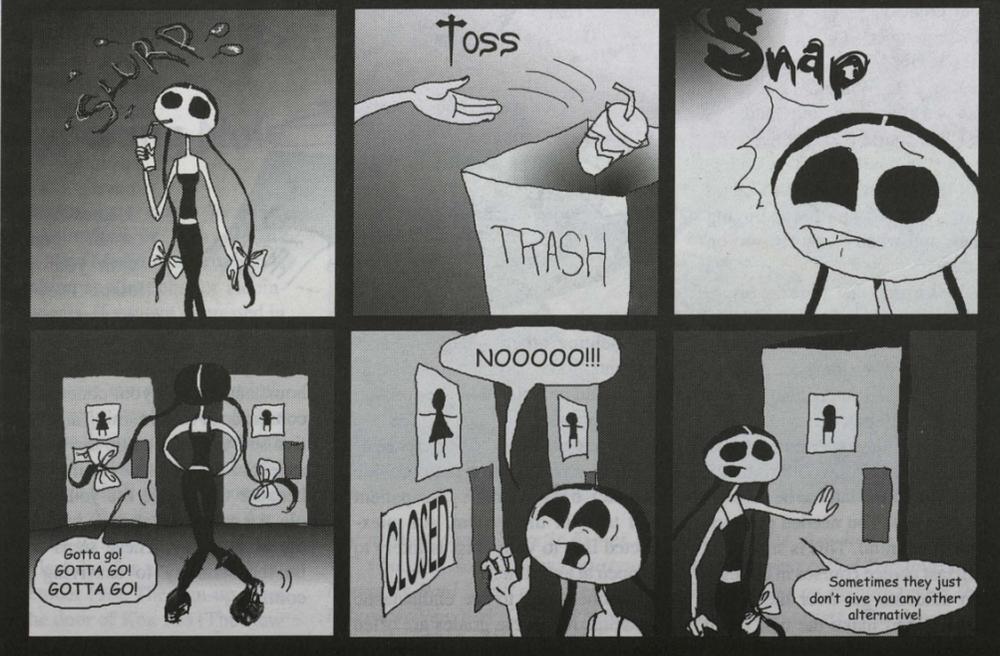
You earn two free long distance minutes for each ad you listen to. Your call won't be interrupted if you go over the time. You'll just hear a sound tone that tells you that you have to end your call before you are cut off. There is no need to change long distance carriers and there are no bills, or at least that's what Freeway claims.

Ah, my friends, but there's always another catch. There is a limit of two hours of free long distance calling per month.

Already, more than 100,000 college students across the country have signed up with this company, or so they claim.

Sindi is: waterlogged

by Michelle Poppler c. 2000



Suicidal Tendencies Concert

World Cafe will be the site of a concert by Suicidal Tendencies, Lose Money and Unit 101 to kick off the Vans Triple Crown of Surfing. The concert will be on Saturday, November 4, with the door opening at 6 p.m. and showtime at 7 p.m. All ages are welcome and tickets are presently on sale at all major ticket outlets, including Radio Free Music Center, Tower Records outlets, Tower Video Kapi'olani, Hungry Ear Kailua, Tempo Music, Jelly's, UH Campus Center, House of Music and so on. You can charge by phone at 526-4400 or online at www.tickets.com.

World Cafe is located at 12130 North Nimitz Highway. The concert is sponsored by 97.5 KPoi and Goldenvoice.

Shutter Bugs Contest

Enter to win prizes for the best color or black and white photo. The subject of your photograph must be a portrait or of nature. Entry forms are available at Student Activities, 'Ohi'a 101.

Sponsored by the Board of Student Publications

Get to Know Your KCC Staff!

Meet Keala Losch

Shayla Nakashima
Editorial Assistant

Keala Losch says one of the best things about being a Hawaiian studies teacher is that he or she is always in the middle of controversy.

He says, "You need to put out a personal part of your life to teach because that is the only way you'll get your point across."

Instructor Keala Losch is one of the newer additions to the faculty. He teaches three classes of Hawaiian Studies 107, Pacific Island Studies 100 and College Success 98. This is only his third semester teaching here at KCC and he says he loves it and really enjoys the community college atmosphere.

Losch is a 1991 graduate of Kamehameha Schools. He attended Windward Community College,

where he attained his AA degree. After that, he enrolled at UH Manoa and achieved his BA and MA degrees. Loach even attended Auckland University in New Zealand for a semester as an exchange student. Losch was hired at KCC a week after he graduated from college.

Losch's mentor is his boss, Kauka De Silva. The latter is also a Kamehameha graduate, teaches art, and is the humanities chairperson here at KCC. Losch also looks up to his mother, Mrs. Naomi Losch, for inspiration and guidance. She has always helped him with the profession of teaching because she herself has been a teacher for over 25 years. She currently teaches at UH Manoa. "I was raised with Hawaiian culture by my mom. I am lucky to have had that upbringing," says Losch.

Losch feels strongly about many issues concerning the people of

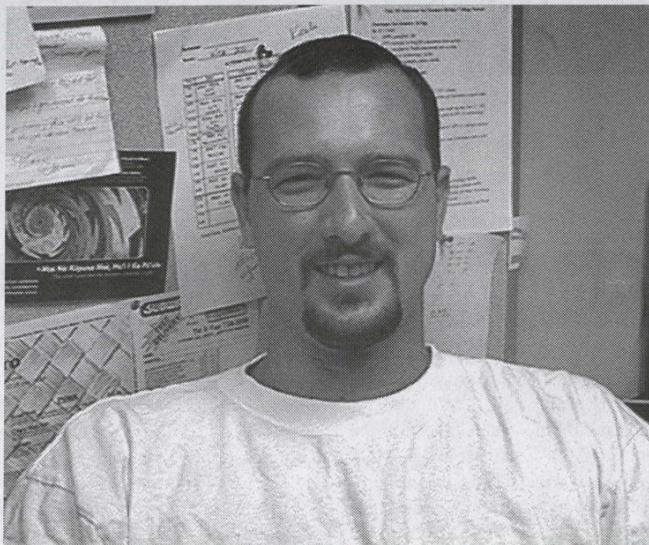
Hawai'i. He says that the Hawaiian movement, so far, has been nonviolent, and hopes it stays that way.

"A lot of people are not happy and want the government's help. . .but they're not getting it," he claims. Mr. Losch resents people who say that Hawaiians do not deserve anything. "Not enough positive things are said about Hawaiians; only the negative is looked at."

Losch has many goals as a teacher. The main one is to promote understanding between Hawaiians and non-Hawaiians. "The Hawaiian race is dying," he says sadly, so others must understand and help continue the culture and practices. He also wants to give students what he lacked while going through school.

"As a teacher, one must open themselves up to the students in order to make a difference," he says.

Losch: "Not enough positive things are said about Hawaiians; only the negative is looked at."



Hard at work in his office, . Keala Losch takes a quick break to smile for the camera.

Student Spotlight Darla Chuck

Respiratory Care Student Wins National Award for Literature Review

Krystal Sakata
Editor

"I couldn't believe, I won!" Darla Chuck said. "It was only one of those class projects."

Chuck a respiratory care student was awarded with the 2000 NBR/AMP William W. Burgin, Jr., M.D. Education Recognition Award by the American Respiratory Care Foundation and the National Board for Respiratory Care, together with, Applied Measurement Professionals, Inc. for her literature review on liquid ventilation. Her prize included \$2,500 cash with air, hotel and registration to attend the 46th International Respiratory Care Congress.

Leaving her two children behind, Chuck boarded a plane and flew to Cincinnati, Ohio to attend the congress from October 7-10. Among health care professionals from around the world, Chuck attended lectures, symposiums and classes, enriching her education on respiratory care.

Her interest in respiratory care began when she was pregnant with her second child. Stricken with bronchitis, Chuck required the care of a respiratory therapist. The therapist made her feel comfortable about her illness. Besides, bronchitis, Chuck was also diagnosed with asthma from a young age, prompting her to

visit the hospital frequently.

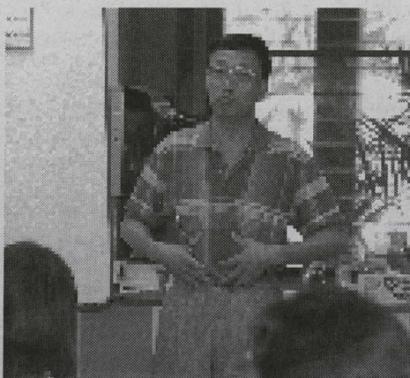
With the motivation to give back for the times respiratory therapists saved her life, Chuck returned back to school after her second child began pre-school. In 1999, Chuck was accepted into the Respiratory Care Program at KCC as a part time student.

"A literature review," Chuck explained, "is to become an expert on a topic of choice through thorough investigation of various journals and publications." The literature review was conducted over half of her spring semester, concluding with a report over 10 pages long. She became interested in liquid ventilation as an alternate form of therapy from the conventional gas (Oxygen) form.

Liquid ventilation, currently awaiting FDA approval, is highly soluble, decreasing the chances of traumatizing the lungs, especially in neonatal and pediatrics, she said. The program's professors often encourage students to enter to win scholarships. This was just another one.

Chuck plans to graduate in May 2001 and transfer to earn a Bachelor's degree in research and development. She hopes to someday publish her work concentrating in neonatal and pediatric care so students can learn from her as she did from others.

Chi Kung Demo at International Cafe



Wing Wo Chan demonstrated the art of Chi Kung, internal Chinese breathing techniques for health and longevity, to an audience at the International Cafe on Wednesday, October 4. His lecture-demo is part of an ongoing series of talks by guest speakers from different countries and cultures. —Photo by Joe Tomita

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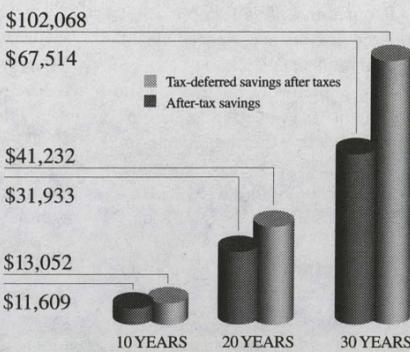
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In this hypothetical example, setting aside \$100 a month in a tax-deferred investment with an 8% return in a 28% tax bracket shows better growth than the same net amount put into a savings account. Total returns and principal value of investments will fluctuate, and yield may vary. The chart above is presented for illustrative purposes only and does not reflect actual performance, or predict future results, of any TIAA-CREF account, or reflect expenses.



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Spring 2001 Early Registration Schedule

If you haven't gotten your registration information for spring 2001 by now, you're in trouble. Spring 2001 early registration starts soon so check with the records office at 'Ilima 102 if you don't have your registration packet.

The schedule for registration is:
OCT. 11 - Last day to update addresses with the records office.
OCT. 18 - Mail out of registra-

tion forms. (inquire at the records office if not received by Oct. 25)

OCT. 25-30 - Spring 2001 graduates register (By appointment with academic advisor)

OCT. 31-NOV. 22 - Early walk up registration (assigned registration times)

NOTE: Schedule of classes is available at the Bookstore.

ASL Calendar of Events

The American Sign Language Club at KCC released a calendar of events for the Fall 2000 semester. The Day of Silence and Yes! Virginia there is a Deaf Santa are open to the public.

Event	Date	Time
Movie Night	October 6	5 - 10 p.m.
Day of Silence	October 20	10 a.m.- 2 p.m.
Hike	November	(TBA)
Picnic	November	(TBA)
Study with a Buddy	December	(TBA)
Yes! Virginia there is a Deaf Santa	December 8	(TBA)

More Info on The Day of Silence

The American Sign Language and Deaf clubs will be hosting the Day of Silence in the Cafeteria from 10 a.m. until 2 p.m. The movie, *Children of a Lesser God*, will be featured as well as story telling, basic signing instructions and information about the clubs and the interpreting program on campus. Survival kits equipped with ear plugs, a warning message and an orange ribbon will be sold for 25 cents.

Announcements

West African Dance Classes- The rich heritage and culture of West Africa awaits you. Learn the traditional rhymes and dance of the ancient Mali Empire, Sengal, Mali, Guinea and the Ivory Coast accompanied by live drumming. The dance classes, taught by Sister Denise, are held Saturdays 5:30 to 7 p.m. at 725 Kapi'olani Blvd., Suite C101. Free parking is available. For more information, please contact Denise at 697-8623.

Fall 2000 Workshops- Feel lost about transferring to UH Manoa or to the other UH colleges? Don't worry, the Fall 2000 Workshops are available to assist you in a smooth transfer. Here's the calendar for the remainder of October:

UH-Manoa Nursing Program
 October 16, 12 noon to 1:15 p.m. in 'Ilima 202B. Information regarding UHM Nursing Programs will be presented by Kate Thompson, UHM Nursing Advisor and Bree McKen-

zie, KCC Nursing Advisor.
UH-Hilo
 October 23, 12 noon to 1:15 p.m. in 'Ilima 202B. Different opportunities offered at UH-Hilo and the process for transferring will be presented along with a brief discussion on their Marine Science, Geology, Astronomy, and Education programs. The workshop will be presented by Larry Test, UH-Hilo Academic Counselor and Shari Yoneda, KCC Graduate Assistant.

UH-Manoa Information and Computer Sciences
 October 23, 12 noon to 1:15 p.m. in 'Ilima 202C. Opportunities in ICS and requirements for the UH-Manoa ICS Program will be presented by Lei Wakayama, Educational Specialist and Alfred Seit, KCC Pre-ICS Advisor.

UH-Manoa College of Education
 October 30, 12 noon to 1:15 p.m. in 'Ilima 202 B. Outline of admission and course requirements for entry into the UH-Manoa College of Edu-

cation will be presented by Niki Libarios, UH College of Education Advisor and Kristie Malterre, KCC Arts and Sciences Counselor.
UH-West Oahu:
 October 30, 12 noon to 1:15 p.m. in 'Ilima 202C. Opportunities and general admissions information will be presented by Phyllis Tsutsui, Admissions Counselor and Shari Yoneda, KCC Graduate Assistant.

KE AU HOU 2000, IMTS: UPCOMING EVENTS

This is a reminder of upcoming events and workshops:

- Web-Based Student Services for Online Learners (Mike Tagawa) Tuesday, 10 October 2000, 4:30-5:30 PM, Naio206 <http://naio.kcc.hawaii.edu/imts/workshops/pupu/pupu.htm>
- The Buzzeo Update (John

Morton) Tuesday, 17 October 2000, 4:30-5:30 PM, Naio 206 <http://naio.kcc.hawaii.edu/imts/workshops/pupu/pupu.htm>

- WebCT Seminar: Path Editor Wednesday, 11 October 2000, 1:30-2:30 PM, Naio 207 via HITS <http://naio.kcc.hawaii.edu/imts/workshops/specialevents/webct/>

- Selecting Within an Image, Photoshop (Basic) <http://naio.kcc.hawaii.edu/imts/workshops/hands-on/hands-on.htm>

- Composite of Images and Text, Photoshop (Intermediate) <http://naio.kcc.hawaii.edu/imts/workshops/hands-on/hands-on.htm>

- Online Collaborative Learning Environment (Intermediate) <http://naio.kcc.hawaii.edu/imts/workshops/hands-on/hands-on.htm>

- Streaming Audio/Video (Advanced) <http://naio.kcc.hawaii.edu/imts/workshops/hands-on/hands-on.htm>

- QuickTime VR (Advanced) <http://naio.kcc.hawaii.edu/imts/>

[workshops/ hands-on/hands-on.htm](http://naio.kcc.hawaii.edu/imts/workshops/hands-on/hands-on.htm)

For more information about these and other activities, visit: <http://naio.kcc.hawaii.edu/imts/workshops/> or contact: Karl Naito, ext.#865, knaito@hawaii.edu

KE AU HOU 2000, IMTS: DISCUSSIONS ONLINE

Join an online Bulletin Board discussion. Submit comments and suggestions. Be an active participant in the types of training and activities provided to you.

Go to website: <http://naio.kcc.hawaii.edu/imts/workshops/> Look under the heading, DISCUSSIONS AND COMMENTS.

Employment Opportunities

For further information, go to the Job Placement Office at 'Ilima 103

Ward Clerk - performing clerical and non-clerical tasks related to patient cart and unit functioning. Required: Qualifications include: H.S. Diploma. BLS/HCP level C (CPR). Course in medical terminology. Typing 30 wpm. Excellent verbal and written communication. Preferred Qualifications: Commercial or vocational courses in secretarial science. Work experience transcribing physician's orders, computer skills, setting up and maintaining a file system. Available positions for labor and delivery, short stay unit, various departments.

Hotel Positions - In Waikiki. Banquet House person - on call, Guest Service Agent - on call (front office), Guest Service Agent - on call (housekeeping), Porter/valet - full time, Poter/valet clerk -part time, PBX Operator - on call, PBX Operator - part time, Reservations Agent - on call, Security Officer - on call.

Medical Assistant - In Maui. Performs technical, clerical, receptionist and patient care duties to process patient through health care system. Assists with orientation of new clinic personnel. Required qualifications: H.S. Diploma, BLS/HCP - level C (CPR). Must be graduate of a minimum nine-month long Medical Assisting Program, and completed at least nine months continuous Medical Assistant experience. Preferably one year experience as Medical Assistant. Computer knowledge.

Nuclear Medicine Technologist -assists nuclear medicine physician in performance and evaluation of clinical procedures including prepa-

ration, calibration and administration of radioactive drugs, performance of quality assurance procedures on all equipment and operation of complex imaging and non-imaging systems. Assists authorized users in radio nuclide therapeutic procedures and applies radiation health and safety knowledge to all facets of the job while providing patient education and quality patient care. Required Qualifications: Associate's or Bachelor's degree in Nuclear Medicine Technology. Certified Nuclear Medicine Technology, certified Nuclear Medicine Technician. BLS/HCP - level C (CPR), two or more years of practicing Nuclear Medicine Technology. Experience in the operation of SPECT imaging systems. Nuclear Cardiology Imaging. Preferably familiar with Siemens and ADAC imaging and computer systems.

Health Information Release Clerk- must have minimum of two years experience working with the release of patient medical information and precessing medical disability and worker's compensation claims. Knowledge of medical and surgical terminology, basic computer skills, type 45 wpm, and have excellent customer service and interpersonal communication skills. F/T Monday-Fridays 8 a.m.-5 p.m., Saturdays, 8 a.m-12 noon.

Patient Services Processor- Seeking a highly organized individual to join our Patient Services Department. Qualified individual will be responsible for follow up on patient billing inquires, filing medical insurance claims, collecting on

delinquent accounts, and processing patient billing statements. At least one to two years accounts receivable background in the medical field and knowledge of health care insurance required. Detail-oriented, basic computer knowledge, and 10 key by tough preferred. Knowledge of CPT/ICD - 9 coding preferred. Monday-Friday, 8 a.m.-5 p.m., Saturday, 8 a.m.-12 noon.

Programmer Web Application- looking for an experienced developer of intranet applications. Design, write, implement, maintain, and document intranet applications. Required: VB, VB script, Java script, ASP, DHTML and IIS. Experience in COM, Java, Active X, SQL, HL7, XML, and software design a plus.

Teacher for Physical Education- teach physical education to elementary children in grades Kindergarten to 6th grade; assess and grade student's performance and abilities. Must have experience teaching children or working with children in the elementary age highly desired; must have good classroom management/supervision skills; course work in

education or physical education good; able to plan lessons around curriculum. P/T not to exceed 17 hrs per week, \$16.32-\$18.87/hr.

Administrative Assistant- data entry filing, customer service, assist office manager, correspondence, telephone. Qualification: MS office, strong communication skills, able to multi task, high energy. F/T M-F 7 a.m.-4 p.m., \$20,000-\$24,000/yr.

Tour coordinator, Tour guide, briefer, and Accountant- in L.A. or Las Vegas- opportunity training, visa available. Qualifications: Japanese speaking required for tour guide and briefer. Japanese preferred for Tour Operation Coordinator. Hourly + tip.

Sales Associate, Stock Clerk- for confectioner store. Must be customer Service oriented, good communication skills, able to read and write English, clean and neat appearance, cash handling experience, good organizational skills, self starter - minimum supervision, physically able to lift and stock, team Player.

Classifieds

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East Honolulu Pet Hospital now has full and part-time openings for receptionists.

The receptionist is the first impression that our clients have of our hospital.

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- Computer and strong customer service ability are required.
- Must be willing to work weekends.

We are looking for that individual who is dependable, accurate, hardworking and honest. Please apply in person September 21-Sept. 30 or fax your resume to the above number.

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