

Kopiko renovation finally ready to roll

Months behind schedule, new BLT space encourages interaction.

By **Chayne Toyama**
EDITOR IN CHIEF

The renovations to Kopiko took more than a year to complete and are now as good as finished.

One of the more noticeable changes in Kopiko is the new mural of the Hawaiian Islands and the world covering the walls of the lecture rooms on the left side of the building. But that wasn't the original design.

"The original mural had a picture of Queen Kapi'olani on it but some of the native Hawaiian groups were afraid that people would lean against the queen, and that was disrespectful," said Steven Singer, KapCC's IT program coordinator, "so out of consideration...we asked the artist to redesign."

When the new design was pasted on the walls, it wasn't aligned properly so it overlapped in areas. Therefore for a second time, the wallpaper was removed and reapplied.

The lecture rooms themselves



CHAYNE TOYAMA/KAPIO

New computers in the renovated Kopiko Learning Center feature touch-screen displays.

have a small problem as well. According to Singer, the projectors are still not mounted to the ceiling due to a contract that is being held up at UH Manoa. The contract is projected to go through in the spring semester.

The Kopiko Learning Center has a total of 136 new computers, each with a 23-inch touch screen display.

The main lab, which used to let in little outside light, was extended to include some of the wasted space

outside. Skylights and glass walls not only light the space, but make the area more inviting.

Two smaller break-out rooms were created for students to use for group projects or meetings. The divider separating the rooms can be used as a white board or be moved to the side to create one larger conference room.

With the new Faronics Insite technology, instructors will be able to project what is on their computer

to the computers the students are using in the classrooms. Insite promotes collaboration by letting instructors deliver interactive lessons and also limit distractions since it has the ability to limit access to apps, the web, or even lock the mice and keyboard.

New VersaTables in the classroom feature a rotating panel that can hide the touchscreen monitors when they are not being used so students can have full desk

space.

The smaller business development rooms fit about four people, making them perfect for advisory groups.

"We work with a lot of companies in the community," said Singer, "And you want to give them an opportunity to have some space here so they can talk with our students... so they can get jobs or intern(ships) or just consulting."

But these completed projects aren't the last thing being done to Kopiko to uplift the building.

Phase two of the Kopiko renovations will begin in about a year. Another grant was secured to make the outside courtyard more student friendly.

Those renovations will be adding tables and umbrellas like in 'Iliahi because according to Singer, "we have nothing up here on this side of campus, so if we could just have something that can give students a place where we can allow them to hang out it would be so much nicer."

The center will be open at the start of the new semester, but the blessing ceremony will be held on Jan. 30.

Interim Vice Chancellor: "We're the flagship."

Brian Furuto talks procedures and safety.

By **Chayne Toyama**
EDITOR IN CHIEF

On Nov. 1, 2013, Brian Furuto was appointed KapCC's interim Vice Chancellor for Administrative Affairs. He took some time out of his schedule to sit down with the Kapi'o News over winter break and share about himself and his thoughts about community colleges and safety on campus.

Why did you decide to be a part of the KapCC 'Ohana?

I guess the answer is a bit broader than why KCC, it's why the community colleges? Largely because I believe in the community college system... We offer a broad of education, educational programs, career technical educations... And on top of that, we have programs throughout the community college system like PCATT (Pacific Center for

Advanced Technology Training) over at Honolulu (Community College) or some of our OCET classes here, OCET is the Office of Continuing Education where (in) two weeks (people can) come in and get trained.

We have a brand new Microsoft Operating System (here). Hilton Hawaiian Village is putting in on a thousand new machines with Windows 8 and nobody knows how to use it. We can offer that for business out there. At the same time for the people who just feel like, hey man, I don't need two years of an education, I just need two weeks so I can understand how to get by programing C++ or whatever it may be... In any case, that's why community colleges.

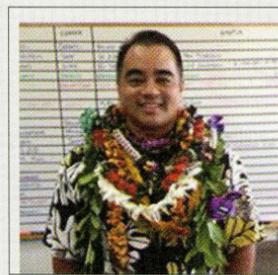
Why KCC? We're the flagship. We're the largest and I believe we have the most opportunity to touch the community. I'm sure our sister campuses won't necessarily appreciate me saying that, but being the largest affords you a lot of opportunities. When I say touch the community, we can make impacts. We can make an impact on the student who decided,

you know Kaimuki High School wasn't for me so I just have to drop out, all the way to someone who never had that opportunity to finish school because they had to go and work... You know now they're done and their families have grown up so why not go back to school? ... (There) are traditional college students such as yourself, where we can provide the opportunity too. We can touch so many portions of our community and being the largest campus gives us a much greater opportunity to do so.

What are your plans for the next semester?

We don't have a set of procedures and one of the biggest tasks that I believe that lies in front of us right now, is a set of procedures. This campus actually runs very well. I think for the most part we have it all, well at least that's what I noticed after being the outsider coming in. But for the most part the offices get along, the central offices get along with the field. It still would be better to have

Brian Furuto



Master of Business Administration from Indiana University.

Honolulu Community College: Interim Vice Chancellor of Admin Services Jan 2012.

Dean of Student Services Sept. 2010 to Dec. 2011.

Executive Assistant to the chancellor from Oct. 2005.

in place procedures and of course, developing policies in those areas where we don't have any. The actual

term is not exactly policies as much as it is guidelines. Because the Board of Regents passes policies to campuses, although we call them campus based polices, they are guidelines. But that's a huge chunk. Putting to bed the Emergency Management Plan for our campus... The things we face nowadays as an institution, that customers such as yourself facewhen you're here getting your education change every single day. A big part of it is making sure people are safe. Not just from a physical security perspective, but also in the event the power goes out. I have deep concern for folks who are on our campus and don't feel comfortable. ... But what I would like to do is to make sure every one feels comfortable because if you constantly worry about, geeze if I park there my car's going to get broken into, how the heck are you going to sit in class? ... What if you'd driven your dad's car there that day or your mom's car that day, or your sisters or brothers? It provides more of a worry

FURUTO: See page 8

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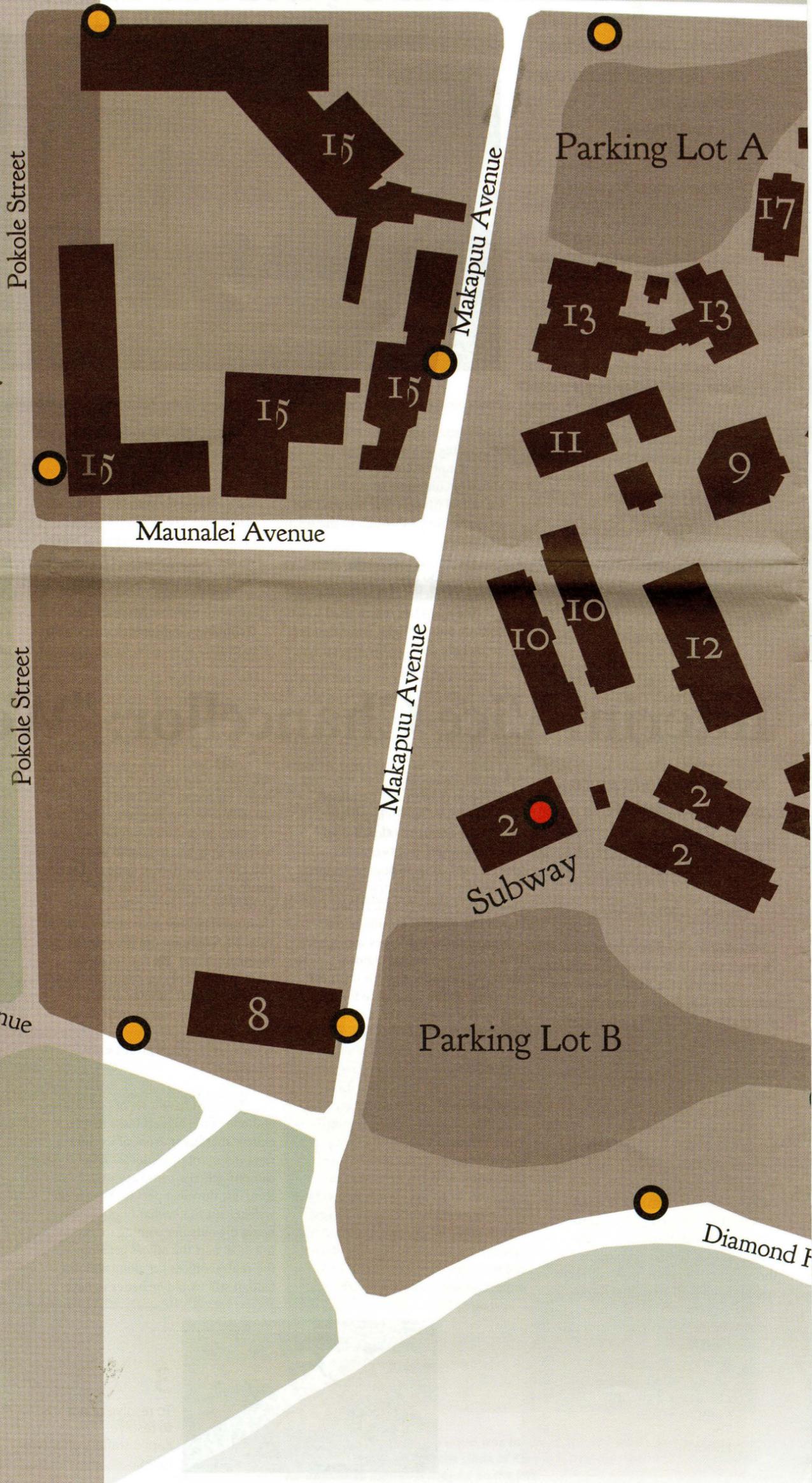
Kapi'olani Community College Campus Map

1. 'Alani
2. 'Iliahi
3. 'Ilima
4. 'Ohelo
5. 'Ohia
6. Olapa
7. Chapel
8. Diamond Head Theater
9. Kalia
10. Kauila
11. Koa
12. Koki'o
13. Kopiko
14. Lama
15. Leahi Hospital
16. Maile
17. Mamane
18. Manele
19. Manono
20. Mokihana
21. Naio
22. Olona
23. Olopua

Fort Ruger Market

● - Bus Stop

● - Food



It's That Time of the Year Again!

By **Brianna Ige**
STUDENT PEER MENTOR

Hey everyone, are you ready for the Spring 2014 semester?! Here are some tips and tricks I've learned over the past three years. Also, I'm here to make sure you have a checklist so you're fully prepared for this upcoming semester.



DEVIN TAKAHASHI / KAPI'O

School Supplies:

- Folder paper (Very handy for the first day of class so you don't have to bring composition books or notebooks if to don't need them. Folder paper is there in case the professor starts lecturing, you can take notes then transfer them to the appropriate notebook if needed)
- Pens and Pencils (of course)
- Planner (Stop by the Office of Student Activities for one a free planner.)

- Schedule (So you know where you're going and when)
- Map (if necessary)
- Books (if necessary)

That's all I feel like you need, the first day shouldn't be too much of a hassle, just get to know where your classes are.

Tips and Tricks:

- Arrive 45 minutes to one hour before your class starts if you are driving. Everyone comes super early during the first few weeks of school and you don't want to be late on your first day of class

- Don't be afraid to talk to people, especially if you notice you have more than one class with them! It'll help in the long run when it comes to needing a study buddy

- Lastly, don't be afraid to approach a Peer Mentor, we're in our blue shirts, or even if you recognize us off duty, don't be afraid to ask us questions like where a building is, or where an office is!

We're MORE than happy to help you!

ObamaCare in America

By **Anthony Petri**
CONTRIBUTING WRITER

The Patient Protection and Affordable Care Act (ACA), also known as Obamacare, is an act created to help the citizens of our country.

ObamaCare has caused so much controversy and even ran into problems when HealthCare.gov was launched. All this controversy is still on the rise. Obama seems to be under relentless attack within the politics, citizens and various news anchors points of view. The question is, why?

From my insight on this issue, the law has been created to benefit current insurance holders, but has caused a major concern in the direction of people who are not able to afford insurance? Of course it has. Many health care provisions are already in effect saving on the cost of coverage for qualified applicants. This has caused anxiety to a great extent because taxpayers being content with their current plan. Obama said, "You can keep your current plan." There are around 44 million Americans who currently are unable to get health insurance. One of the major things ObamaCare does is help these individuals to get health insurance through expanding Medicaid and Medicare and offering

cost assistance to Americans who cannot currently afford health care. Most Americans were required to have health insurance by Jan. 1 or pay a fee on their year-end taxes. Many Americans will be eligible for subsidized health insurance costing



anywhere from 0 - 9.5 percent of their taxable income. Subsidized insurance can be purchased through the Health Insurance Marketplace.

Source: Obama, Barack. "The Barack Obama Biography, His Life, His Family, and His Presidency". September 5, 2012 .

Amadeo, Kimberly. "What Is Obamacare?". About.com. N.D. The New York Times Co. September 5, 2012 .

Atkinson Jr, Bert. "12 Incredible Quotes About ObamaCare" IJReview.com. July 2, 2012. September 6, 2012.

For information on ObamaCare and Affordable Care Act:

- OBAMACAREFACTS.COM
- WWW.HHS.GOV/HEALTHCARE/RIGHTS/

Be healthy in occupational therapy

By **Remington Tom**
EDITOR IN CHIEF

After continually making the Top 10 career list throughout the nation, Occupational Therapy (OT) is a growing profession, according to Tiffany Kawaguchi, program director for Kapi'olani Community College's Occupational Therapy Assistant (OTA) program.

"It (OT) is one that makes it possible for people to achieve independence and to enjoy life to its fullest," she said.

Those who graduate from KapCC's OTA program (established in 1973) are trained to help improve the lives of people of all ages, including newborns with developmental delays, and elderly people who strive to age safely and independently in their own homes.



STOCK PHOTO

KapCC's program is accredited by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA), according to the KapCC OTA program website.

Students will graduate from the OTA program with an Associates of Science in Occupational Therapy Assisting and a Certificate of Competence in Activity Aide.

After receiving the AS degree in OTA, graduates will take a certification examination

through the National Board of Certification for Occupational Therapy (NBCOT): a four hour exam, with 200 questions reflecting on current OT standards of competent practice.

The OT and OTA professions offer a variety of employment opportunities including facilitating prosocial behaviors in the community in consumers who have mental illnesses, teaching adults who have experience neurological diseases,

HEALTHY: See page 4



Remington Taum
Chayne Toyama
Hanul Seo
Devin Takahashi
Bryce Delmar
Mitchell K. Dwyer

Editor in Chief
Editor in Chief
Staff Writer
Staff Writer / Photographer
Staff Writer
Advisor

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Kapi'o is online.

check out <http://kap.io> for all the stuff that didn't fit, plus new content (almost) daily!

TWO TAKES

New Year's Resolutions: Yea or Nay?

Yea: This is your year

By David Herman
STAFF WRITER



Once more our tiny blue planet has completed its revolution around the sun. Upon completing yet another lap, it has managed to help the half dozen calendar-focused stores on our island somehow validate their niche existence. How do they survive the rest of the year, we can't help but wonder.

Anyway, with each calendar they sell us comes a promise of time. It's not a promise of unlimited time, just a year. But within that single year we get 365 (or 366) days unspent, unspoiled by our sins or human failing. That's 365 days worth of hope that things could be better than they were before. That is the essence of the New Years Day resolution:

Another chance to get things right.

Ideally we would strive every day to be a better person, and to put a constant effort into pursuing our dreams. It would also be great if we were thankful every day of all the good things in our life. It would be great if we appreciated our mothers and fathers and told them how much we loved them every day. Thanksgiving, Mother's Day and Father's Day do not detract from being thankful or appreciating our parents, but by giving us one day every year to focus on, we insure that we never forget those important things.

There are those who would preach in favor of contentment, but we are a species of dreamers. What is it that people ask for in their resolutions? They want to be kinder, be healthier, find love, achieve success, work harder, be more open. The New Years Day Resolution is a positive and uplifting tradition, that embodies the spirit of ambition and tireless desire for improvement that defines mankind.

Man is a restless creature, always striving for a better tomorrow. We don't just want to survive, we want to flourish. We don't just want to be alive, we want to experience all that life has to offer. Appreciate what you have, but never stop dreaming. Never stop resolving to be who you want to be.

A lot of people who make a resolution this year will forget about it before the month is up. However, there are bound to be a few people who actually follow through. They are people who just needed a little push. They needed to set a day for themselves to start their commitment. Maybe last year your resolution didn't pan out, but this year you're a different person.

We can learn from our past, or we can be dragged down by it. You might want it more this year. You might have a new perspective on what could work. Be different from last year.

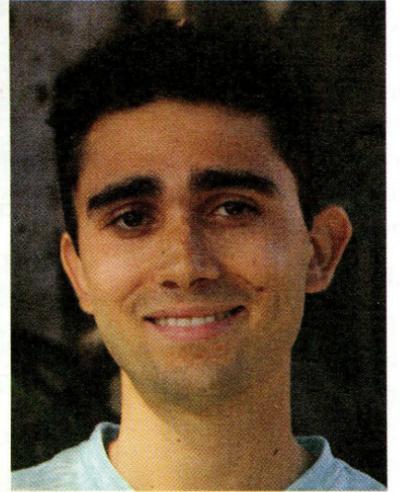
Perhaps a New Year Resolution pushed you into buying a gym membership that you never use. Now you lament the constant drain on your bank account that you can't bring yourself to cancel. Would it have been better if you'd never resolved to get in better shape? Is it ever wrong to want to improve yourself? Our methods might fail us, or we might lack the willpower to follow through, but there is no greater failure than when we regret trying.

This year will be great year. Last year I didn't have a terrible run at things, but I know I can do better. There are goals that I've been neglecting and I know that if I just put my mind to it, I could really take some huge steps forward. This year, I resolve to...

And go. The rest of the sentence, and the rest of the year is yours.

Nay: Before you make that resolution

By Bryce Delmar
STAFF WRITER



For as long as there has been a new year there have been resolutions, both good resolutions and bad resolutions. Now, I'm not saying that pledging to lose a couple extra pounds, or to stop letting your dog take care of its business on your neighbors lawn are bad thing, but there are times when a resolution, founded purely with good intentions, catapults backwards and plops you and whomever is so lucky to be around you directly in the face. I'm talking about the rebound effect. When you push or pull too hard and too quickly, much like a rubber band, the line will break and snap back as quickly as gravity will allow, and if you're the unlucky resoluter standing in the line of fire, you might just wind up with a big red welt on your forehead; inevitably a bit worse off than you were before on Dec. 31.

Take for an instance a man who has just spent the last few weeks gorging himself on holiday goodies that would make Santa and his big belly blush. Now our bloated friend, after days of abusive gas and tormenting heartburn, stands upon his bathroom scale, and while choking back his gravy flavored tears, pledges to never touch a chocolate cake or coconut cream pie again. To top it off, he looks into the mirror and with the severity of a lone ranger drawing his revolver in a final showdown with the town villain, steadfastly picks up the phone. With resolution, he punches in the numbers to that trendy health spa down the road, with a price tag that would make his depression era grandmother weep, for our portly pal concluded, that by God, this new year will be different.

Over the next few days, and with monk like abstinence, our friend stays true to his word. No leftover turkey, no pie, not even a cookie temps our new and improved future Calvin Klein model. It's grapefruit juice for breakfast, steamed carrots for lunch, and a glass of warm water for dinner. Every morning before work he quietly slips away for some quality time at his suave new gym down the street, complete with scented oak locker rooms and gilded dumbbells.

After working up a satisfying sweat, our hero heads home only to find a positively intoxicating aroma wafting through the house. His wife was cooking up a storm. Famous for her down-home island cooking that is the envy of the neighborhood, it was no surprise to see a few beads of sweat beginning to gather on the forehead of her unwitting husband.

A wolf howled in the pit of his stomach. He leapt for the door, but it was too late. A swift jerk on the back of his collar toppled his resolution. She had him. The wife, sick of being woken at all hours of the morning to the sound of a lamenting soliloquy outside of the refrigerator door, and whose Vegas vacation savings had been drained for the outlandish cost of the premium gym membership, yes, she decided to swiftly put an end to her husbands disquieting lifestyle before things got out of hand. Her method was simple: feed the beast inside of him that had been caged instead of tamed.

"Honey," she said, "it's okay to eat my food, just don't eat the whole house."

Looking up at her from floor where he lay in a puddle of well earned despair, he gurgled, and then smiled.

She was right, a resolution that cannot be kept and will only lead to misery and failure should not be made in the first place, especially when it runs the risk of upsetting a happy household and a modest pocket book.

The goal hence fourth was moderation, and this resolution, though not made on news years day, was one to be held on to for life.

Healthy:

Continued from page 3

and disorders that affect their daily activities. Employment also expands to engaging children in childhood to play with their peers, learning in inclusive classroom settings. The job can also include assisting and evaluating people who have various impairments for eligibility with adapted public transportation services.

The list doesn't stop there. The OTA career choice allows for students to continue on to become an OT.

Students would then be required to get a masters, and even a OTD or doctorate if they desire.

"Typically, the master's (degree) takes two years," Kawaguchi said.

If students want to go only as far as an OTA, they will require supervision of an OT in certain situations, according to Kawaguchi.

Depending on the state, the amount of schooling an OT major may determine how much an OT gets paid, whether he or she gets a doctorate or masters. But Kawaguchi informed that a masters is good too.

In KapCC's OTA program, students learn the basics from the foundations of the profession, interpersonal skills and "therapeutic use of self," introduction to splinting, to professional advocacy, community awareness and group facilitation for clients with psychosocial illnesses, substance abuse histories, and/or cognitive impairments.

If students are interested in a career in healthcare, or becoming an OTA, they must qualify for math and English 100, attend information sessions that are offered monthly,

and submit an application for the OTA program within the specified time frame. The program is "first-qualified, first-accepted" according to Kawaguchi.

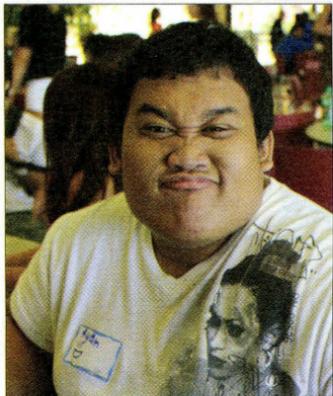
For more information:

Students can speak with the Health Sciences Counselors Russ Kinningham or Cheri Honda-Souza.

Visit: <http://www.kcc.hawaii.edu/object/ota.html>

CAMPUS VOICES:

What was the scariest moment of your life?



"When I was at the Stadium carnival on the Fireball and my seat didn't click."

Ryan Balisacan, 18, nursing



"When I jumped off Waimea rock."

Juliano Devita, 17, culinary arts

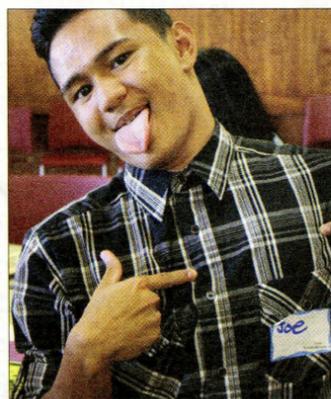
"I fell asleep while I was driving on the highway."

William Fang, 22, liberal arts



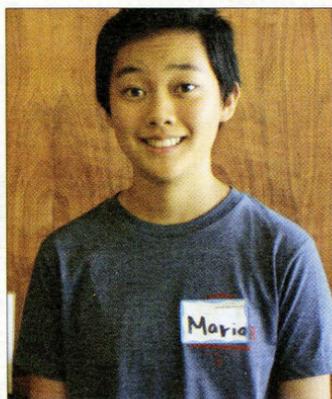
"When I realized that condoms have an expiration date."

Sam Lee, 25, liberal arts



"When I was watching 'The Conjuring'."

Joseph Paaluhi, 17, culinary arts



"When I got lost in Disneyland and couldn't find my parents. I was seven."

Maria Paulino, 17, EMT

"Walking on the reef on the North Shore and not knowing there is a 30ft ledge at the end."

Anthony Shimaura, 18, culinary arts



"The first time I went on a roller coaster."

Jazmine Young, 22, deaf education



kapi'o TOP 10



KAPI'O FILE PHOTO

Worst Movies

by Devin Takahashi

We all have seen a few bad movies from time to time, but what are the worst of the worst? Here I have a list of my personal preferences as to what are the top ten worst movies of all time with a little help from some of my friends as well.

10. The Last Airbender:

What made it bad: The acting was terrible, I could not feel any emotion from any character. The movie completely missed a lot of important parts to the story. For anyone who hates the Avatar anime series, this movie is perfect for you.

9. Ratatouille:

What made it bad: This movie was not necessarily bad as it is boring. Every time I've watched it I have fallen asleep. There is not much excitement and there is hardly any conflict.

8. Pearl Harbor:

What made it bad: There was hardly a story to it. It was also too long: over a staggering 3 hours long and it didn't live up to my expectations as what I thought this movie would be a well done representation of what happened that day and a good story line behind it, but as I said, there was so much action it felt like it took away from the story.

7. Dragonball: Evolution:

What made it bad: Anime should not be made into movies. Why? Because not only does the anime story usually end up always being better than the real life version, but the movie version totally skips over a lot of the details. This movie has the wrong actors, they all make me hate the show, which is sad because I liked the anime series. It was embarrassing to see the crappy effects and extremely short story line: only 86 minutes long. This is one of the movies that should have never been.

6. Titanic:

What made it bad: The movie in general was long and boring. It takes more than two hours to finally reach the climax and see the ship sink. I just find it overrated and too emotional. It was more emotional than it should have been in my opinion.

5. The Twilight Saga:

What made it bad: The whole series, the love story, the emotions, etc. The whole series is girly and has so many parodies of it made, it is hard to take the movies seriously.

4. Blair Witch Project:

What made it bad: This movie had suspense, but that was it. You couldn't really tell how each of the characters died. They just seemed to have randomly disappeared and randomly reappeared dead. The whole movie was confusing, tough to follow and see what they were really following (the "Blair Witch"). I've heard from people long ago that it was scary and I should watch it. I have regretted watching it since.

3. Signs:

What made it bad: Boring. That's how I start this review off, plain and simple. The whole movie leaves the viewer in boredom because nothing happens. Nothing happens, the movie just keeps going on and on about the crop circles and activity until the very end. The ending however just made the movie a total waste. When the alien finally appears and attacks the family, they have to defend themselves and lone behold they defeat the alien. How they defeat the alien is just flat out stupid, they splash water on it to kill it, yes, the alien is weak against water.

2. Paranormal Activity:

What made it bad: I don't have to say much. Everything about the movie is fake. The "paranormal" activity happening did not seem believable in the least, yet somehow managed to grab people's attention. It is a cheap movie and now a cheap franchise now that they have what, four of them already?

1. Chronicle:

What made it bad: Well to start off, the entire movie was shot in a "handcam style" (for those who have watched Cloverfield and Blair Witch Project you know what I am talking about. The problem with this style is it's so hard to concentrate on the movie. The other problem with this movie is that it felt too fast: only 84 minutes long. That's not enough to seriously give the story good depth and it felt like people died too fast (not going to say who).

There's got to be a better way.

By Bryce Delmar
STAFF WRITER

Imagine you're sitting in a cold, sterile, lonely little room, bathed in unholy white florescent light. Mountains of menacing gadgets loom over you; their stainless steel finish softened only by the reflection of explicit diagrams of dissected bodily organs pinned up systematically in every corner.

The only sound that dares pierce the silence is the solemn metronome of a heart monitor chiming steadily just above your head: beep, beep, beep.

Minutes seem to pass as days, until; at long last, a thin man in a long white coat with a stern face and placid eyes emerges from behind the curtain. Without a smile or grimace, he stretches out his icy hands, and offers you two pills: one red, the other blue. Which do you take?

After many recent trips to the emergency room and quite a few different doctors' offices, both here and on the mainland, I can't say I had an experience quite so dismal, but

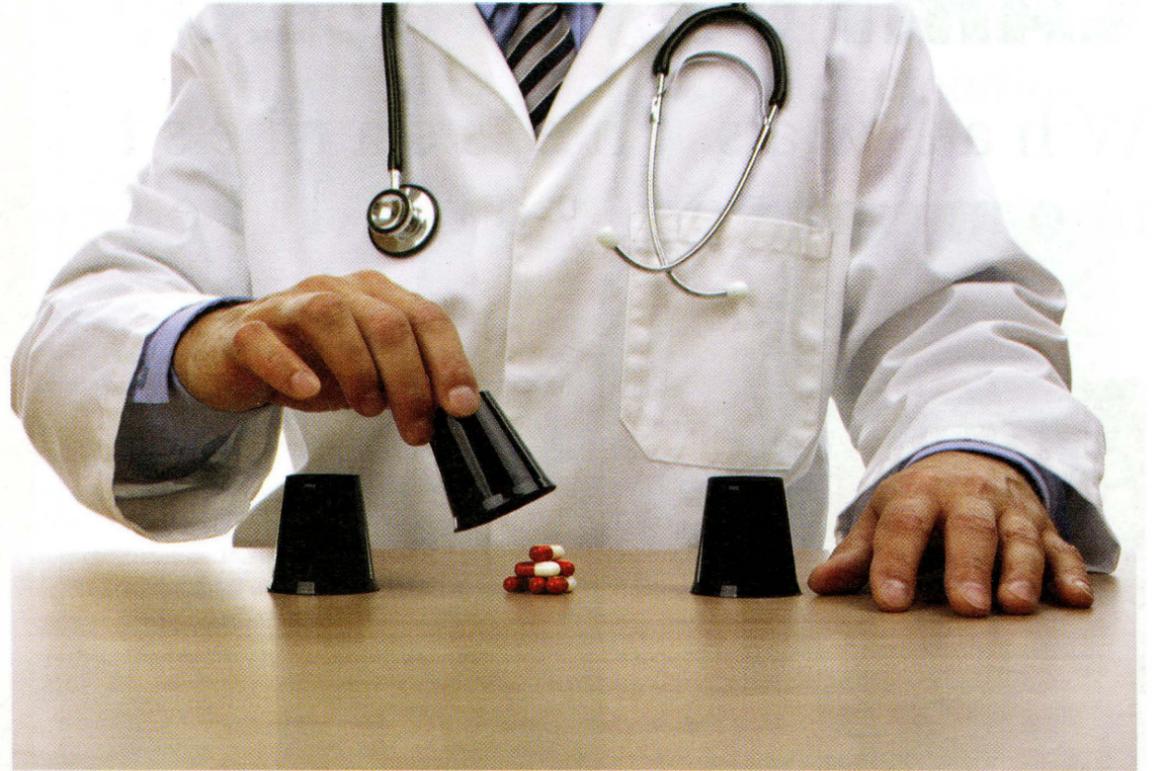
some came hauntingly close.

I can say, however, there were many hours of lonely silence in those confined little rooms that provided ample time for reflection. One thought always seemed to linger after the brief visit from the man behind the curtain: are my only two options really just between the drug on the right and the one on the left?

Growing up, I had always been used to household remedies and herbal supplements to combat common ailments. Colds, flu, rashes, you name it, my mother had a concoction on stand by, but this time it was serious.

With much more on the line than a couple extra days in bed, I wondered, could those methods really be counted on for something as serious as an autoimmune disease?

Well, I can tell you that most of my doctors didn't seem to think so, owing to the fact that when the immune system begins attacking its



own healthy cells it can be cause for alarm. Especially when symptoms manifest in critical ways, which in my case was fatigue, inflammation, and partial blindness in my right eye.

As things got steadily worse, talk soon turned to drug regiments with plans stretching from one to two years. Unfortunately, these drugs, like many, came with a long-drawn-out list of symptoms that left me with lingering apprehension.

I really couldn't believe what the doctors were telling me. It seemed that if you wanted to be healthy, you must accept high-risk medication, that in all possibilities, could you leave you worse off than you were to begin with. I mean we hear about this all the time, right? So and so is having problems with his liver because of their heart medication, and what's her names hair is falling out from her chemotherapy. It's baffling that someone hasn't come

along to say, "wait! You don't have to take that pill," or, "you needn't get that injection three times a week."

That is when I discovered, yes, there are real doctors out there saying just that, not just the back alley herbalist in trench coat offering you relief for the right price, real live, traditionally trained and thoroughly educated healers who are prescribing an alternative.

PROGNOSIS: See page 8

THE VIEW WE TAKE

Arrests, natural disasters, break-ins: anything can happen

On Dec. 2, 2013, at the Kapiolani Community College, a former student was arrested for harassment after becoming irate with faculty and students in the Manele building. This person is currently prohibited from stepping foot on KapCC's campus.

After this event, the concern of safety and security on campus has become more prominent. After all, some students commute from KapCC to UH Manoa, or to another community college. All throughout last year, there were multiple security alerts sent out via email (UH Alert system) of multiple break-ins at UHM, a fire in the Shidler building and a prison escapee in February of 2013.

It's time to really dig in on how to feel safe on campus. The good thing about KapCC's campus is that it's pretty well lit, and there are often times HPD cars parked in the parking



KAPI'O FILE PHOTO

Security guard Hi'ilani Moses patrolled the campus early last year on her golf cart, offering assistance and safety.

lots on campus and security guards patrolling around in their golf carts. KapCC also provides escort services to your car or wherever you need to go on campus should you feel afraid, uncomfortable, or in need of security. And don't be afraid to report suspicious activities or persons you may come across or see from afar:

you're better off safe than sorry.

Another neat thing about the UH Alert system is that it informs students not only of campus situations, but major state situations like hurricanes, traffic conditions, or road closures near UH campuses.

Something I find helpful is to have a the KapCC security number in your phone, just like it's encouraged to have I.C.E. (in case of emergency) in your contact list.

On the front page of this issue of Kapi'o, our Q&A with Brian Furuto, the interim vice chancellor of academic affairs touches a lot upon the issue of the importance of students feeling safe on campus, as well as being prepared for any type of situation. It seems that KapCC and UHM covered burglaries, prison escapee, and arrest situations last year.

SECURITY: See page 8

Kilauea Avenue

Kilauea Avenue



18th Avenue

18th Avenue

Diamond Head Road

ad Road

Prognosis:

Continued from page 6

At first, I couldn't say I was overwhelmed with joy at the news of an alternative. It seemed risky, outlandish, and in most cases expensive. My insurance company, who gladly paid for test after test and office visit after office visit with my regular doctors at the hospital, pointed their noses in the air at mention of a physician who had stepped off the allopathic pharmaceutical path, and onto the highway of homeopathic and integrative

healing. So, the cost I would have to manage alone, as well as the risk of some real possible quackery. Though, at long last, and with my options dwindling, I finally decided to give it a shot, no pun intended.

When I first stepped into my new doctor's office two things immediately struck me: first, was its resemblance to all my other doctors' offices. Scrubbed up nurses, high-tech machinery, all the bells and whistles that screamed of convention, but with a gentle ambience that felt somewhat

like a resort style massage parlor, with comfy reclining chairs, graceful receptionists, and a relaxed vibe that put some of my worries to rest.

The second, and most astounding, was the doctors' immediate presence. He was there to get to know you, and I mean really know you. From occupation to diet, head to toe, this man left no stone unturned. We must have spent at least an hour talking during my first visit, which to anyone who has ever spent an entire afternoon waiting for a doctor, only to be graced by

their presence for a whole ten minutes can tell you, this was a therapy in and of itself.

After fully sizing me up, and reviewing the results from my latest blood test, he said to me smiling, "it's time to build your immune system back up." And that is just what he did.

Through a series of what were essentially intravenous multivitamins and minerals, I began to feel my long lost strength and vitality returning. Almost over night, symptoms, which had plagued me for an entire year, were in

retreat, and in two weeks, I was a completely new person.

I can't say it was easy fix, however, because it certainly wasn't as simple as popping a pill three times a day. My diet needed to change, and my lifestyle transform to accommodate this new regiment, but I'm overjoyed to report that the only side-effect thus far has been steady unwavering good health, which I hope to carry with me for a long, long time.

Furuto:

Continued from page 1

to most people. That's a big thing for me, making sure people feel safe. Putting to be the Emergency Management Plan, including the policies and procedures that are related to that plan. You know, my job is not necessarily HR, or the business office. My job is people, and it's important to get to know people because everybody's different. How do you plan to fix the current budget issues KapCC is having? For example, the Human Resources and Business Office being understaffed?

A lot of it ties back to my answer to number two. If we have procedures in place, things become much easier. A lot of people don't like procedures because, if you don't follow this then you're out, but they are important because it helps the organization operate. More importantly, without a set of procedures, there's no business continuity... A lot of times it happens when people have been here for a long time. Everything's up here (gesturing to head) or maybe

on a Post-it and things run great because it's a well oiled machine but it's all up here or handwritten somewhere. Putting those procedures in place provides a lot of continuity for the organization because look, this place is much bigger than me and even you. This place should be able to continue to run over the next 200 years. If we don't put procedures in place, number one: we can't continue to get better because it gives us a gage and then we start looking at, oh well you know things are backing up here. Maybe it's because we need to change this here... The second piece is if something does happen, continuity of the institution is easy for someone to come in and understand how paper flows, how things are approved. Putting those procedures in place helps people really understand where it is and why it is things may be breaking down. Would that have prevented the prior situation? I'm not quite sure. But I do know it would have helped the transition for sure.

What are your current projects? What can students expect?

The current projects that would touch the students or impact the students the most, really are some of the construction projects that are ongoing. As most of you know...Kopiko was recently upgraded and is soon to be opening and will be having a grand opening on that phase. But there's a phase two as well that includes a secure document storage as well as some minor renovations to the courtyard as well as building B of Kopiko. You know whenever you have construction, it can interrupt the flow of someone else's education and for our customers, everyone all of the stakeholders including employees on our campus. You know constructions great because people know things are getting fixed. But at the same time it can get loud it can get dusty and dirty. We have some re-roofing projects in some buildings. Making sure the air condition in some buildings. These are all important projects, not any one of them larger than the other. That is currently one of the big things on my plate. As I mentioned earlier, the Emergency Management Plan. It's

good that in some ways we are a higher education campus we feel very sheltered. But making sure people understand what is going to happen in the event, there's an earthquake... I mean we aren't going to be prepared for every situation, but the idea here is to be prepared for those that we believe will have the highest probability of hitting us. So like fire things of that nature ... We constantly have to make sure we're prepared for things that happen. So that's a big piece of it as well.

Is there anything else you want to share with Kapi'o?

The advice I like to give to my kids or anyone who's willing to listen is, do something that's part of your life that you don't mind being part of your life because that's essentially what it turns out to be. And if you do something that you don't mind being part of your life, then the happiness will come... Because if somebody said, do something that's going to make you happy, I literally, my kids and this generation would be playing Xbox all day. That makes me happy. But you can't do that.

My boy would be playing soccer all day. Unless he's going to be a pro, you can't make a living doing that. And you need to choose something that you don't mind, that you can accept as being part of your life. Then eventually the testing yourself everyday, you're going to be uncomfortable a lot of times because that's how you grow, that's how you become better. Even now at 43 soon to be 44, I'm growing right? I got to keep putting myself into positions where I don't feel comfortable, I don't feel comfortable now that's why I keep going on and on. But as you keep doing those things, you get better and then the happiness comes later. I think that it's important for the campus to know I'm very much a family guy... I'm a father and a coach first. And then I'm an employee for the State of Hawai'i, Kapi'olani Community College. I'm involved in all of my kids sports, probably more than they want me to be. I think often times people think as administrators people think that we are here, or should be here 24 hours of the day. That does not happen because I'd go crazy.

Security:

Continued from page 6

It's a new year, and we at the Kapi'o hope that the students on campus feel comfortable and inclined to bring up any safety and security issues with faculty and staff on campus. Don't hesitate to ask questions or call for an escort. e safety precautions provided by the With that being said, here are some tips from the KapCC Campus Security webpage.

Safety Precautions

- Travel and park in lighted areas; travel in pairs if possible; be aware of your surroundings; use the escort service.
- Report any suspicious persons or activities; report all incidents no matter how minor; report losses immediately.
- Be sure to lock and secure window and doors in your room or office; lock cars and bikes; store valuables in the trunk of your car.
- Never loan keys to anyone. Keys may be lost, stolen, or duplicated.
- Don't leave belongings and valuables unattended. Mark or engrave your belongings.
- Familiarize yourself with the locations of phones and the security office.



CHAYNE TOYAMA / KAPI'O

This photo of Queen Kapi'olani was taken at 'Iolani Palace, and features the Queen with her crown on the cloak of Kiwala'o, and the cloak that belonged to Kalanikauika'alaneo is draped on the left.