Lion Dance at C&C Fair

Event heralds Chinese New Year, helps clubs land new members
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Call to Artists

The Hoot wants your works of art
- Page 5
EDITOR’S NOTE

We Should All Be Feminist

International Women’s Day is also recognized as mother’s day in some countries. It is a day to show gratitude for the undervalued and sometimes endless job women take on as mothers and caretakers.

It is also a day to reflect on the women who have suffered abuse and violence, a day to speak out and show up in solidarity with the hundreds of thousands of women whose voices have not been heard. This day is for the women who are excluded from realizing their full potential, and the girls that continue to grow up thinking they are not good enough. It is a day to remind us that women are awesome, always have been and always will be.

March 8 is International Women’s Day, a day to celebrate women’s achievements and the incredible work they are doing to secure women’s rights. The 2018 midterm elections increased the number of women in government at the national level. This will have important effects on policy, as women bring greater attention to issues that disproportionately affect women, children, immigrants and minorities.

The increased visibility of women of color is crucial to the fight for equality—47 of the 127 women serving in Congress this year are women of color.

March is also National Women’s History Month. It is a time to look back at how far we have come and to reflect on the work yet to be done. Women make up half of the nation’s workforce. They earn a higher percentage of college degrees than men, yet institutional sexism prevents them from achieving and earning as much as men. The World Economic Forum estimates that gender parity will not be achieved until 2133.

We can do better. "We should all be feminist," as Chimamanda Ngozi Adiche said. So let’s strive to make every day a day that empowers women and promotes gender equality.

About the Artist

The art on the front page of this issue of The Hoot is the work of Devan Meinhart, a junior Creative Media student. The drawing was chosen to kick off The Hoot’s “Call to Artists” salute for the April issue (see story on page 5).

“I’ve been drawing digitally for nearly 10 years now, and my goal has always been to make something a little different than what I always saw, which pushed me to diversify my subjects and strive to better my technique,” Meinhart says.

Meinhart has had her work published in Windward Community College’s “Pueo,” a literary and art journal, where she won “Best Art” in 2016.
OP-ED

To the Student in the Back Row

BY ALAN ROSENFELD, ASSOCIATE VICE CHANCELLOR FOR ACADEMIC AFFAIRS

They call you unengaged. Bored. Tuned out. Sometimes you arrive to class late. When present, other tasks or interests pull your attention away from the day’s lecture or class discussion. The one consistency is that every time you enter that classroom, you head straight toward the rear. You are the proverbial “Student in the Back Row.”

Chances are that you are quite bright, that you mean no harm and no disrespect. Indeed, you are a creature much misunderstood. You outperform many of your more attentive, front-row-occupying classmates on tests and quizzes, because that is part of the modus operandi of the Student in the Back Row. 

Don’t worry. I am not trying to convert you, although I do confess that I was once a devoted member of your club. I will not try to convince you of the “error” of your ways, prod you to repent, or—worst of all—profess the glory and wonders of life in the front of the classroom.

On the other hand, neither I nor our dedicated instructors will give up on you. We will not ignore you, underestimate you or erect additional barriers that prevent you from achieving your goals. But consider yourselves forewarned: Many of us have an uncanny knack for spotting “diamonds in the rough.”

Like educators elsewhere, we are fully aware of your boundless potential. A blogger for the Daily Californian recently described “back-row kids” as students who manage to score well on exams even though they “don’t pay attention or do any of the readings.” The Urban Dictionary even catalogs the term “back-row baller” as a “student that sits in the back row of lecture and does other homework, texts, eats, or anything other than paying attention to what’s going on … [yet] does better than you in the class.”

As a former Student in the Back Row from a century expired, I have always cherished my classroom interactions with those seated in the farthest reaches of the classroom, making sure to constantly circulate through the space, performing what UHWO Professor Stan Orr has dubbed “ambulatory pedagogy.” In fact, I always relished the opportunity to project my voice loudly to the classroom’s limits, giving expression to my inner overexcited New Yorker in the process.

Dr. Melissa Wehler, Dean of Humanities and Sciences at Central Penn College, writes that back-row students “present some of the most rewarding teaching experiences” possible, and I certainly concur. Similarly, in an essay published in The Chronicle of Higher Education, Michael Feldstein remarked that, “every time you manage to reach one of those in the back row, you have the chance to change the course of someone’s life.”

Rest assured though, dear Student in the Back Row, that whether you are interested in changing your life or prefer to keep things just the way they are, your UH West O‘ahu faculty members remain valuable and passionate allies. You’d be surprised how many of us once were—are even still are—just like you.

Let’s Build a Community Together

BY TAIMANE REVOLORIO, ASUHWO VICE PRESIDENT

As we are nearing the halfway point of the semester, your members here at ASUHWO want to take the chance to encourage you to keep up the hard work and push through to the summer. Our beautiful campus has so much to offer with resources to utilize and activities to attend; it is easy to get caught up in the hustle and bustle of everyday life, attending classes and studying for exams, oftentimes forgetting to realize the abundance of opportunities here in front of us.

What we do here as your student government at UH West O‘ahu is take the time to observe what is around us and figure out how we can improve on it or come up with action plans to provide awareness throughout our student community.

Feedback is very important to us, as is listening to what is important to each and every student on our campus. It is a benefit to be at this rapidly growing campus while it is still relatively small, because it is much easier for your voice to be heard, being able to make necessary changes the students deem necessary.

Everyone here is a future leader with goals and aspirations. We are the change. So the question I have for you today is, how can we as ASUHWO serve you? What improvements or resources would you like to see on campus? If you can answer these questions, email us at asuhwo@hawaii.edu, follow us on Instagram @ ASUHWO or stop by our ASUHWO office in the student lounge. We would love to hear your feedback and ideas.

Also if you want to be the ones implement-
No Tuition Freeze at UH Campuses

Tuition at the University of Hawai‘i’s 10 campuses will remain unchanged for the 2019–20 academic year, according to the university.

The decision follows a recent proposal to reduce and freeze tuition. The proposal was deferred in January by the UH Board of Regents, which requested more information. A revised proposal for 2020–21 is expected to go before the board this spring.

“The board is looking forward to continuing its work on the next tuition schedule in the months to come,” board Chair Lee Putnam said in a statement. “Affordability for our students is a top priority as we balance that with the need to provide facilities, resources and services integral to supporting their education.”

According to UH, under the three-year tuition schedule approved in 2016, resident undergraduate tuition in 2019–20 will increase by 1 percent at UH West O‘ahu and UH Hilo, and by 2 percent at UH Mānoa and for lower division courses at the seven community colleges.

Launching a Career

A Career & Internship Fair was held in C208 in the Campus Center on Feb 13. Representatives of several businesses were on hand to recruit and help interested students. And more than $400 in door prizes were awarded.

Library Events

Survey
Take the Annual Library Survey to be entered into a drawing for a gift card. Visit the library website for more information about how to complete the survey.

Photo Contest
The library is looking for new images to showcase on its website. Follow @uhwolibrary on Instagram for more information on how to participate. The contest guidelines and prize will be announced soon. Entries are due on April 9, and the winner will be announced on April 12.

National Library Week, April 8-13
- Monday, April 8, and Tuesday, April 9: Coffee & Treats for NLW, 10 a.m.–noon. Stop by the library’s lobby to chat with librarians and grab a cup of coffee.
- Monday, April 8: Honolulu Brass Quintet, 7-9 p.m. The theme for this Chamber Music Hawaii performance is “Brass in Song, Madrigals and Hymn.” Free admission for UHWO students.
- Wednesday, April 10: Game Night, 3-5 p.m. Games, snacks, good company and prizes.
- Thursday, April 11: Poetry Reading, 11 a.m.-12:30 p.m. second floor. A reading/talk story with the poets who wrote “What We Must Remember.”

Youtube
Catch the latest tutorials covering the library’s research databases and useful search tricks on bit.ly/uhwolib-yt.

Closures
- March 16-23 for Spring Break
- March 26 for Prince Kūhiō Day
- April 19 for Good Friday

Books and DVDs can be returned via the bookdrop.

What’s the Haps?

March 6: Cultural Practice Workshop: Lauhala Weaving, 1:30-2:30 p.m., Naulu Center Kitchen
March 11-15: E Ola Pono: Culture, Health, & Wellness Week, TBA, UHWO Plaza & Naulu Center
March 13: Graduate & Professional Schools Fair, 10 a.m.-3 p.m., Naulu Center
March 14: Pie Day, 10 a.m.-2 p.m., Courtyard
March 14: Ho’okani Kulanui, 1-3 p.m., Naulu Center
March 15: ULead leadership conference, 8:30 a.m.-4 p.m., C-208
March 29: Spring Blast, 5-9 p.m., Courtyard and Great Lawn

Weekly Events
- Mala Harvest Days, Tuesdays, UHWO Garden, 9-11 a.m.
- All Level Yoga, Tuesdays, 11:15 a.m.-12:15 p.m., Hale Kuahuokala
- Kipa Aloha, first and third Tuesdays, 11:30 a.m.-12:30 p.m., Courtyard
Call to Artists

The Hoot announces an open call for works of art by UHWO students. Selected submissions will be published in April, and one student’s work will appear on the front page.

BY Kyla Clark

Art, in whatever format that speaks to you, offers the potential to express yourself. To call for political or social change. To inspire your fellow human. To have fun. The Hoot wants to salute the artists in our community and, in April, the newspaper will publish works submitted by current UHWO students in visual arts and writing categories. As students, we are imbued with a diverse and applicable education that will put us on the path to careers filled with excellence.

Students are encouraged to submit their works for consideration. The winner in the visual arts category will have their artwork featured on the front page, and the winner of the writing category will be on the first inside page of the April issue.

Artists can submit their work at thehoot@hawaii.edu. Submissions may also be posted on The Hoot’s Instagram account, @thehootnews. The deadline for entering is March 15. The rules:

Eligibility: Current UHWO students can participate. We are accepting all styles of visual art, in any medium: painting, sculpture, digital, printmaking, fiber, photography, mixed media, installation and more. Writing submissions should be no more than 500 words and can be fiction, poetry, prose, short stories and other written explorations. Entries can be submitted in languages other than English.

Submission Requirements: Art must be formatted as .jpeg images. (We may require re-shooting submitted visual work for publication). Written submissions can be emailed as Word docs.

All submissions must be accompanied by a bio of no more than 75 words which must include the artist’s name, class standing, major and an artist statement, website or social media link. All submissions must be sent using their UH email. Students must sign a waiver granting permission to The Hoot to publish their work and to acknowledge that they are the creator of the work.

To receive the waiver, or if you have questions, email thehoot@hawaii.edu.

Korean Department
Opens Doors

New club offers UHWO students a multi-cultural experience

BY ALEXIS VALENTINE

Annyeonghaseyo (hello)! The Korean Department, which became a division of the International Student Club (ISC) at the University of Hawai’i – West Oahu just last fall, has already looking to expand its membership.

The department is holding membership meetings, and encourages those who are enthusiastic about Korean culture or interested in making long-lasting bonds through the international student programs to join.

“This is my first time running a club, and I still have a lot of things to learn. Along with my team members, we are committed to do what it takes to run a successful club,” said club President Reah Real, a sophomore Business major.

Along with assisting in planning on-campus events for UH West Oahu students, the club also helps guide and prepare students from Korea and Japan. In January, the club took part in aiding students from Konkuk, Tongmyong and Hallym universities in Korea to study language and job-shadow according to their majors.

“Our purpose for the club is to expand our knowledge of Korean culture, music and language,” Real said. “We also hold activities and events, so I want to invite all to join the club and have fun with us.”

Adds Vice President Ari Decosta, a sophomore Asian History major: “You don’t need to know a second language to be a part of the experience. Through this process you will learn and pick up easily on some languages.

“Our club is like a big family that helps each other out, and from personal experience, I’ve learned that it makes a huge difference to be involved. It won’t hurt to try it out.”

Korean Department Officers

President: Reah Real, sophomore, Business
Vice President: Ari Decosta, sophomore, Asian History
Secretary: May Allado, freshman, Psychology
Treasurer: Alexis Valentine, freshman, Psychology and Creative Media
Historian: Nicole Lacuesta, sophomore, Creative Media
Photographer: Ethan Franky, freshman, Creative Media
Public Relations: Eunice Osurman, junior, Elementary Education

For more information on joining the club, email reahr@hawaii.edu or contact the club’s Instagram, uhwokoreanca. 
Students enhance online articles on notable Hawaii artists

BY LEO RAMIREZ JR.

For four hours on Feb. 8, University of Hawai‘i – West O‘ahu students honed their writing and editing skills while promoting Hawaii artists at the Wikipedia Edit-a-thon held in the James & Abigail Campbell Library.

The participants updated the entries of various artists such as Satoru Abe, David Kuraoka, Joseph Goto and other prominent local artists.

Fifteen students took part in the Wikipedia Edit-a-thon, including one who participated remotely from Seattle.

One of the people who participated in this event was Kim Kido, who works as a technical writer in downtown. She read about this event through a newsletter.

“I didn’t know that there was a local community of wikipedia editors documenting hawaii artists,” said Kido.

“The purpose of the event was to increase the visibility of Hawaii artists on Wikipedia by adding information and citations to existing articles and by creating some new articles,” said Dawn Sueoka, lending collection coordinator and archivist at the Honolulu Museum of Art. “The citations are especially significant because they can point researchers all over the world to a range of sources where they can learn more about the artists.”

The event, co-sponsored by the Honolulu Museum of Art and a grant from the Hawaii Council for the Humanities, had been in the planning stages for about six months.

Wikipedia is accessible to everyone on the internet and its articles can be edited by anyone. However, an account is required to edit articles that are well-known to the public, such as an article on the president of the United States.

“A secondary purpose was to introduce more folks to Wikipedia editing,” Sueoka said. “Wikipedia is a resource that tons of people use, but few people edit.

“One of the things we talked about during the Edit-a-thon was that sometimes information on Wikipedia can be inaccurate—and sometimes people and topics aren’t represented at all. The more people contribute to Wikipedia—by editing and creating articles—the more representative and equitable the content on Wikipedia will be.”

No plans are in the works for another Edit-a-thon at UHWO.

DE Tech Tip

Whether you take online or face-to-face classes, it’s a good idea to learn to use web conferencing software. You may be familiar with video conferencing from such apps as FaceTime. What makes web conferencing different is that you can use it for working and collaboration.

This type of software can be really helpful when you’re work on projects with others. Web conferencing allows meeting participants to connect online and share audio, video, and files. Some systems allow you to share your screen with the meeting so everyone can see exactly what you are seeing on your computer. This can be helpful for explaining paths or situations that difficult to describe.

If you are interested in learning more and trying the systems, consider these sites:

- **Google Hangouts** can be accessed with a Google account, but not your hawaii.edu account. Some features are available with your UH account, but not as many as with a Google account.
- **Join.me** offers free trials to first time users. You can use it to call, chat, and collaborate.
- **OpenMeeting** (openmeetings.apache.org) is a software than can be installed in your machine to allow you to host collaborative meetings.
- **Skype.com** has been a popular video conferencing software for years, but now also allows users to share files and include multiple people in calls. This may be helpful for smaller group meetings.

If you have questions about using specific tools or would like to request a tutorial, email uhwode@hawaii.edu. Additionally, you can find resources for other things related to distance learning at westoahu.hawaii.edu/distancelearning/student/.
Implementing Safe Zones at UHWO

Training helps bring awareness to the high level of diversity on campus

BY MAPUANA CAREY

The University of Hawai‘i Commission for LGBTQ+ Equality continued its Safe Zone Program in February, with 50 UH West O‘ahu students learning skills to help them create and support a learning environment free of discrimination or violence on campus.

Those who attended were informed about how social histories and stereotypes may impact people’s judgments. The students were shown ways to reshape their actions to help promote awareness and social justice to those that define themselves outside of social heteronormativity.

“College campuses need to foster learning, therefore safe zone training is essential,” said junior Laurie Mitchell, an English major. “We should implement it into our application process, whether in person or online. It’s a step toward much-needed inclusivity.”

UHWO English professor Carmen Nolte-Odhiambo, a commissioner for LGBTQ+ Equality, said that safe zone training offers “specific strategies” aimed at promoting and fostering a safer, more inclusive learning environment.

“Conducting Safe Zone training sessions is always a rewarding experience for me,” said Nolte-Odhiambo, “as I continue to learn from the conversations with participants and my fellow Commissioner Frankie Pasion (UHWO Student Engagement & Compliance Specialist).

“My hope is that participants leave the training feeling empowered to create new safe zones, such as LGBTQ+ friendly classrooms and workspaces. Ideally, our entire campus could become an LGBTQ+ safe zone where everyone—regardless of gender identity, gender expression and sexual orientation—feels truly welcome.”

Many of the training session’s strategies stressed the importance of being respectful of a person’s expression regardless of sex and gender. According to the training sessions, some of these strategies include:

• **Be aware of your privilege.** Being the same gender as the biological sex you were assigned at birth and/or being heterosexual allows you a privilege which provides a protection that is not often afforded to those in the LGBTQ+ community.

• **Using more updated terminology.** This allows the space to oppose oppressive binaries that are often used in a derogatory manner and gain insight of terms that you may never have heard before or have little understanding of what certain words mean.

• **Never assume.** If you are unsure of how to address someone or what pronouns to use, just maintain a respectfulness when asking what that person prefers, or give them the opportunity to offer it themselves.

The UH West O‘ahu Commission plans to hold more safe zone training. According to Nolte-Odhiambo, there have been nine training sessions on campus over the past three academic years, including three during the 2018-19 school year.
Restaurant Review:

Pho H&H: A New Place with Traditional Tastes
BY GEORGE F. STOWE III

Imagine allowing your taste buds to venture on an excursion of two culturally rich Asian countries—without being left in the poor house because of it.

Imagine no longer. Pho H&H restaurant, which offers Vietnamese and Japanese cuisine, opened in February at 91-710 Farrington Highway in the new Kapolei shopping area near Wal-Mart.

The vast array of dishes at Pho H&H can present a culinary dilemma. So I asked for its "crowd pleaser," and that decision had to be one of the smartest ones I’ve made this year.

I was served with item number 43 on the menu, the Wafu steak. For $13.95 and tax (after a 10 percent discount with a valid UH ID), number 43 includes white rice, house salad with your choice of dressing and a steaming bowl of savory miso soup.

Crackling noises emanated from the sizzling platter that was filled with succulent slices of grilled beef, bathed in a sweet tangy sauce made with sake. It was seasoned like nobody’s business, and over-layed with a generous whisper of sauteed yellow, green onions and shallot.

If truth be told, my chopsticks almost caught on fire from the fast-moving friction of taking food from plate to mouth, to plate again.

A drawback at Pho H&H is the limited parking, but diners often opt to park in the nearby Wal-Mart lot and walk to the restaurant.

Out of five fingers possibly licked, Pho H&H gets four licked fingers.

The new Pho H&H restaurant in Kapolei.

Restaurant Review: Pho H&H: A New Place with Traditional Tastes

Recipe:

Bite into Mac Chews
BY JAMIE PALLERA

In the mood for some indulgence? Nothing could be as gratifying as Mac Chews.

Here’s a treat you don’t want to miss out on during this spring break.

Chocolate-Coconut Mac Chews

½ pound of coconut shreds*
1 pound of macadamia nuts*
1 pound of chocolate chips*
2 16 oz. cans of coconut condensed milk
Crust:
1 box of graham crackers
¾ cups of cane sugar
4-6 tablespoons of butter*
Kitchen tools:
13x9 pan
Wax paper
Food processor
*see tips

Preheat oven to 315 degrees. Spray oil or butter a 13x9 pan. Add wax paper on the bottom and sides.

Pulse the graham crackers, sugar and butter in the food processor until finely ground into crumbs. Divide the process into two for a faster experience. Small chunks are OK. Press the graham cracker crumbs onto the pan. Place in oven for 20-25 minutes. Allow the crust to cool down for 45 minutes. While you wait, chop the macadamia nuts into smaller chunks.

Begin the layering process with coconut condensed milk*. Pour ¼ of a can onto the crust. Layer by order, coconut shreds, chopped nuts, then chocolate chips. Pack ingredients tightly, then pour coconut ½ can of condensed milk. Repeat until out of ingredients. Ratio: 50 percent coconut shreds, 25 percent nuts, 25 percent chocolate chips.

Place into oven for 27-30 minutes, or until edges are slightly brown. Cool to room temperature. Refrigerate for four hours. Place the dessert onto a cutting board and slice 8x5 for a total of 40 bite pieces. Keep refrigerated.

Tips:

• You could sub the chocolate chips, butter and graham crackers for a vegan alternative. This option tastes more authentic.

• Coconut condensed milk: Don’t worry about spreading this sugar goodness perfectly for each layer. The milk will spread while baking. Don Quiote carries coconut condensed milk.

• Coconut shreds and macadamia nuts are available in bulk at Down-to-Earth and health food stores. It’s cheaper and just as good as a packaged version.
Book Review:
‘Becoming’

BY RICHARD STANGE

Michelle (Robinson) Obama grew up in an upstairs Chicago apartment and went to school realizing that she was more privileged than many of her peers.

Still, she was not immune to the harsh realities that African-Americans face. In her book “Becoming,” she tells the story of how her brother Craig was riding her new bicycle down the street when he was picked up by a police officer who did not believe that a young black boy came from a family that could afford it. Academic counselors attempted to discourage young Michelle from attending the college that she wanted to go to and study what she wanted to study because of her race and gender.

She rejected advice to lower her expectations in life, and “ultimately, I suppose that I did show that college counselor, because six or seven months later, a letter arrived in our mailbox on Euclid Avenue, offering me admission to Princeton.” Obama writes in “Becoming.”

She set her sights high, and worked to get to where she wanted to be in life. In 1981, Michelle Robinson was an African-American woman studying at Princeton University.

“Becoming” is an uplifting and empowering autobiography by the former First Lady. Michelle Robinson is every young lady who was told that she could not go to that college or could strive for that career.

The story Michelle Obama conveys in her book—and in the way she lives—makes it clear that race and gender are not impediments, but instead can be life-changing empowerments.

Movie Review:
‘Leitis in Waiting’

BY MICHELLE ZHENG

Being LGBT+ is criminalized in seven countries in the Pacific region, including the Kingdom of Tonga. The award-winning 2016 documentary, “Leitis in Waiting,” follows many transgender-women or “leitis” in the Kingdom of Tonga.

The word “leitis” comes from the term that researchers used when they studied transgender people, the “faka-leitis,” in tonga. However, thanks to a few kind-hearted people and strong-willed souls, the transgender people owned up to their choice of lifestyle, dropped “faka” and became the “leitis,” a Tongan group that supported all LGBT+ rights.

While “Leitis in Waiting” doesn’t show all perspectives of how the leitis view themselves and how they live, the film reveals a gorgeous cast of strong outspoken women who aren’t afraid to be themselves.

In the Kingdom of Tonga, among the few islands that have never been colonized, the culture has stayed strong throughout the years, and it is told to us that leitis have always been involved in its rich history. Many leitis have served the royal family and the Catholic church. However, it is the entrance of American evangelists who sought to criminalize the leitis. Pastor Barry Taukolo, a televangelist, has been a vocal opponent against the leitis.

Leitis in Tonga are severely discriminated against. Many are beaten, have had thrown rocks at them and one even shared how she was thrown off a roof.

The film follows Joey Mataele, a leiti who shares her journey to accepting herself and helping others. Mataele says that as a child she never felt like she belonged, and at one point considered taking her life. Mataele spoke about how her brother would tie a rope on her neck and pull on it to make her voice more like a man’s.

Despite the heinous ways they are treated, the leitis of Tonga have banded together to support one another and embrace who they are. They even launched the Miss Galaxy Pageant, an event where leitis can express themselves in a safe place. The film also follows Eva Baron as she struggles with the difficult choice between participating in the pageant or her family.

The movie is filled with humor, heart and humanity. This film is supposed to show us what it means to be true to oneself and how important it is to be heard, to be accepted. It is incredibly connectful to those who are Polynesian, and especially to those who are LGBT+.

The documentary presentation included a Q&A session with directors Joe Wilson and Dean Hamer, along with activist Kumu Hina-Leimoana Wong. One key question was: “What can we do to help?” Their message: Even if we aren’t Polynesian or LGBT+, it is important to speak up for those who can not and promote kindness.

LEARN MORE
Follow “Leitis in Waiting” and the cast on the Facebook page, @TongaLeitisInWaiting.
Going Snorkeling:

Fave Spot: Ma‘ili Point

BY NICHOLAS KEKO A NII

As a marine life enthusiast and protector, I always try to find the best spot to snorkel. While taking Dr. Megan Ross’ Marine Biology course at the University of Hawaiʻi – West O‘ahu, I found out about Mā‘ili Point where my classmates and I were thoroughly educated about the different species of fish and invertebrates that live there.

Mā‘ili Point is a hidden beach in Wai‘anae. Many people think of the Pillbox hike, or Mā‘ili Beach Park when thinking of this area. Mā‘ili Point, however, is farther West than Mā‘ili Beach Park and closer than the Pillbox hike. It is also home to a beautiful coral reef with a variety of fish, invertebrates and corals as well as different species of seaweed.

Ever since I took Dr. Ross’ course, Mā‘ili Point has been my go-to spot to see marine life and snorkel. In fact, it is my most favorite place to snorkel and swim to see marine life.

Mā‘ili Point never disappoints. It has some interesting species of fish; some I never heard about or had seen before, like lavender tang. Mā‘ili Point also has my favorite species of fish like manini, mamo and humuhumu. And it seems to have the most living corals on O‘ahu.

Mā‘ili Point is never crowded, so anybody can go there. The number of fish may be less than at, say, Hanauma Bay, but there are so many different sizes of fish there, from the obvious big ones to the keiki-sized. And sometimes mammals visit.

And a final note: If you do run into Dr. Ross, ask her about her monk seal encounter.

Sports: Dodgeball Season Set for April

University of Hawai‘i – West O‘ahu dodgeball players will take on intramural teams from Leeward Community College, Honolulu CC, Kapiolani CC and Windward CC in a three-week season that begins on April 16.

Teams are being formed and interested UHWO students can sign up at the gym in C-135, email IMWEST at imwest@hawaii.edu or call (808) 689-2673.

Games, to be held on Tuesdays (April 16, 23 and 30), will be played at Aiea District Gym from 6:15-9:15 p.m.

Basketball

Every Wednesday and Thursday, UH West Oʻahu’s basketball teams—Tyto, Asio, Stryx and Hootie Hoo—hit the courts at Halawa District Gym and Aiea District Gym.

“Throughout these two semesters, I’ve met people that I bond with not just on a field or court, but outside of sports as well,” said freshman Ceyber Silva, a Marketing major. “Sports with IMWEST has given me chances to make new friends, while playing sports I love.”

The regular season will finish on March 14. The playoffs are on April 3-4 with finals set for April 10.
Dear Jamie,

How do I survive midterms? With my crazy workload, job and personal life, I’m having trouble balancing it. What do I do when things get hectic? – Kat A

Dear Kat,

I understand it can be overwhelming. Whether it’s midterms, final exams or daily assignments, academia can be a handful. In addition to life outside of school, it’s a lot to bear. Aside from these pressures, you’re aware that you want to exceed academically, while also maintaining life. The “why, how and what” method can be applied to any aspect of what’s important to you.

Here are three tips on how to survive midterms:

• It’s important to remind yourself of your “why.” Why are you in school? It’s the reason you study hard, why you work and why you want to take care of yourself and others. Your “why” is what’s true to you.
• Maintaining yourself is important while practicing effective ways of studying. That means to get an adequate amount of rest, eat foods that nourish you and implement moderate exercise. Balance your school-work-life schedule by adjusting your time in these categories. Don’t go overboard, but also don’t spend too little time on either.
• What are you going to do? A six-hour study session is cramming. You’ll probably get a passing grade, but will you retain the information until finals week? Spaced practice is one way to get work done. Instead of cramming everything all at once, aim to schedule small blocks of study sessions for each class every day or every other day. Try the Pomodoro Technique: Break down your tasks into intervals of 20-25 minutes each. Allow the first interval to be class 1, the next interval to be class 2 then the third interval to be break time. Repeat once or twice. You can find a detailed breakdown of this technique at youtube.com/watch?v=mNBmG24djoY

You’ll survive midterms. Best of luck to you.

Ask Jamie: Guide to Surviving Midterms

CAMPUS VOICES! Compiled by Richard Stange

If the James & Abigail Campbell Library were open later hours (especially on Friday, Saturday and Sunday), would you use it more?

Dylan dela Rama
Senior, Business Administration

“Ai would use the library for research papers around midterms and finals time, if it were open later.”

Alyssa Phillip
Senior, History

“Definitely yes. Closing at 5 p.m. on Fridays is pretty early, especially when you have a class that day. Having somewhere to work on stuff after class or just away from home where it’s easier to focus would benefit a lot of students.”

Jesa Delos Reyes
Junior, Business

“If the library had longer hours, I’d definitely make use of it, because I actually was used to longer hours when I attended UNLV. Their library closed at midnight, and longer during finals.”

Paloma Malia Rosario
Freshman, Community Health

“I would definitely use the library if it was open late nights. My life is so busy and sometimes night is the only time I can study and do homework.”

Richard Peters
Junior, Sustainable Community Food Systems

“I would use it more if it were open later on Friday. I would definitely use it more if it was open more.”

Willis Yin
Freshman, Undecided

“For sure. I already use it a lot, I would use it even more if it was open later.”

Jade Simpliciano
Senior, Secondary Education (Math)

“I would use the library more, especially during midterms and finals. I would be more productive at the library. Also, I take evening classes, and the on-campus library would be a safe place to get my work done.”

Flame Porters
Junior, Sustainable Community Food Systems

“I would use it more if it was open 24 hours, like UH-Manoa’s Sinclair. It needs to be open longer for students who have jobs and kids. I live in Waianae. I don’t have a printer at home. Home is also full of distractions. I would come in on Sunday if it was open.”

Raevalyn Orodio
Senior, Social Sciences (Psychology)

“I would use the library to study. People need to study after work on Friday and Saturday, but sadly, the library is closed. I see a lot of people at Starbucks during these hours, but there are only so many seats there.”

Elmarie Manrel
Sophomore, Health Science

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Allyssa Phillip
Senior, History

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Ask Jamie: Guide to Surviving Midterms

Dear Jamie,

How do I survive midterms? With my crazy workload, job and personal life, I’m having trouble balancing it. What do I do when things get hectic? – Kat A

Dear Kat,

I understand it can be overwhelming. Whether it’s midterms, final exams or daily assignments, academia can be a handful. In addition to life outside of school, it’s a lot to bear. Aside from these pressures, you’re aware that you want to exceed academically, while also maintaining life. The “why, how and what” method can be applied to any aspect of what’s important to you.

Here are three tips on how to survive midterms:

• It’s important to remind yourself of your “why.” Why are you in school? It’s the reason you study hard, why you work and why you want to take care of yourself and others. Your “why” is what’s true to you.
• Maintaining yourself is important while practicing effective ways of studying. That means to get an adequate amount of rest, eat foods that nourish you and implement moderate exercise. Balance your school-work-life schedule by adjusting your time in these categories. Don’t go overboard, but also don’t spend too little time on either.
• What are you going to do? A six-hour study session is cramming. You’ll probably get a passing grade, but will you retain the information until finals week? Spaced practice is one way to get work done. Instead of cramming everything all at once, aim to schedule small blocks of study sessions for each class every day or every other day. Try the Pomodoro Technique: Break down your tasks into intervals of 20-25 minutes each. Allow the first interval to be class 1, the next interval to be class 2 then the third interval to be break time. Repeat once or twice. You can find a detailed breakdown of this technique at youtube.com/watch?v=mNBmG24djoY

You’ll survive midterms. Best of luck to you.
The Office of Student Life hosted the Community and Club Involvement Fair on Feb. 5 to encourage students to get involved with campus organizations. Clubs and organizations at the fair included the Filipino club, Campus Center Board (CCB), Student Activity Fee Board (SAFB), the Belly Dance club, Host club, intramurals, SACNAS Chapter, Intervarsity, the Music club and *The Hoot*. A Lion Dance was presented to welcome the start of the Chinese New Year.

Students interested in joining a campus club or organization can contact Coordinator of Student Leadership Development Programs Rouel Velasco at rouel@hawaii.edu or 689-2942. For a list of organizations and clubs, go to westoahu.hawaii.edu/student-experience/clubs-and-organizations/.