

Business possible source of college \$\$

Daniel H. Kauahi
Staff Writer

Community college faculty heard about Canada's alternatives to government funding via an online presentation Feb 17 by Tom Norton, president of Canada's Association of Community Colleges.

In the face of budget cuts, community colleges must find new ways to finance their operations. Canada has been attempting to solve that problem since the late 70s, and has met with some success.

Getting involved with the individual community that each college resides is an important factor. Part of Canada's solution was to link up with local businesses and find out what skills graduating students would need to compete outside the classroom. Businesses then can become involved in the education process, investing money

in an individual, or group of individuals, to gain skilled workers to fill their need.

Norton also made the point that there are too many people with advanced degrees with no place to go, and what is needed are more trade workers (mechanics, welders, etc.) If community colleges can provide a viable product (skilled workers) businesses might be willing to share the cost of educating that worker, said Norton.

Norton said that extending boundaries to include the entire world would aid in bringing in money. Colleges from Thailand, Philippines, Taiwan, Africa, and more would join and create an avenue for shared learning. Technology or knowhow not found in Canada could be attained from somewhere else. In return, any new technology or knowhow Canada might have would be shared with the rest of the community colleges.

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Getting his bones brushed

Photo by Jim Vancil

One of the skeletons in the Natural Science Lab gets spruced up for students.

Nursing jobs now harder to come by

By Regine Salvador
Staff Writer

New graduates entering the nursing field are now faced with fewer options, but job opportunities still exist for those willing to travel or be creative.

Karen Nugent, nurse recruiter at St. Francis Medical Center, said the outlook is not very good here, but there is a demand on the East Coast. St. Francis is now accepting applications for their New Graduate course to be held in May. Five students will be accepted for the 8-week course. Applicants who agree

to train for 18 months will be chosen by resumé and interview. At the end of that time, they will be guaranteed a job, probably in med surge.

Nugent said Hawai'i State Hospital has five positions, but that Pali Momi, Kapiolani, Kuakini, Straub, St. Francis West and Wahiawa are hiring in house only.

Applications for the Queens Medical Center's restricted grant for students financial assistance will be accepted until Dec. 31 of this year. Students who plan to enter the Nursing program in the Spring, 1996 semester are also eligible, according to Mimi Donnelley, Coordinator of the Special Nursing Programs.

The assistance program, which

was started in 1991 for five years covers full tuition up to a maximum of \$5,000 per school year and a weekly stipend of \$100 paid to the student over the course of the 36-week school year.

The grant has worked well for the new registered nurse graduates and for the hospital itself. The graduate was guaranteed an RN job right after graduation, even before licensure. The hospital was guaranteed a registered nurse for the next five years. The grant may be repaid through employment as an RN following graduation. For each year of employment, 20 percent of the recipient's repayment obligation is written off.

Times have changed. RN jobs are getting scarcer. Queen's Medical Center was not able to place the graduates of the Fall 1994 class. Because of this, their loans were written off and "forgiven."

According to Yvonne McNamee, who graduated from KCC's Associate Degree in Nursing program last May, she and other loan recipients do not have to pay off their loans, but they are now left on their own amid a job market where competition is tightest for new graduates.

However, Maxine Hashimoto, Queen's nurse recruiter said the med-surg census is up, and the recruiting office is still

evaluating the situation, but they may be able to offer some jobs. Queen's is supporting approximately 59 students at this time, six of them KCC students.

During the late eighties, news of nursing shortage attracted high school graduates, home-makers and mid-career changers to apply for nursing schools. According to the National League of Nursing, total nursing school enrollment rose 7.5 percent nationwide in 1990 and 1991. The Hawaii Nurse Magazine said, "The University of Hawai'i at Mānoa graduated 78 Bachelor in Science in Nursing registered nurses in 1991 and Kapiolani College graduated 50 Associate Degree in Nursing registered nurses.

Since that time, approximately 40-60 students have been graduated each semester from KCC's Associate Degree in Nursing program.

Attractive starting salaries, a large job market, and flexible work schedules made these would-be nurses believe in a field that guaranteed a career right after graduation, but the odds have changed. According to Sheryl Silver, a career consultant, "Cost containing efforts in the nursing positions in many hospitals across the country have produced reduced levels of nursing recruitment." So some of those new entrants to nursing are graduating and finding it harder to land a hospital job than they have expected.

According to Marilyn Keomaly, personnel manager, Wahiawa General Hospital, "We just don't have any openings for new graduate RN's. We do have a position open for an Emergency Room nurse, but that requires a

three-year nursing experience. When hospitals have their choice of applicants, as they do to a greater degree in today's market, they generally prefer experienced RN's to new graduates."

Keomaly advises the current nursing students not to be discouraged, and not to sell themselves short. "You should still apply in hospitals, and look at other options. Be more creative and open your eyes to the non-traditional roles because there are other positions opening up," Keomaly said.

Continued on page 3

College Bowl team receives funding for regional tourney

By Stan Fichtman
Kapi'o Asst. Editor

The KCC College Bowl team had the opportunity to attend the College Bowl regional competition this weekend in San Diego CA.

There was some question as to whether the team would be funded by KCC to attend the regionals. A board of Student Activities meeting was held on Feb. 21 to hear the matter and make a decision.

At the meeting, emotions ran high on both sides each side tried to explain their position. By a unani-

mous vote, the board agreed to fund the team.

After the decision was announced, team member Killian Weir said "Thank you board of Student Activities very much. Your insight is greatly appreciated." Former team captain and this years alternate Jeff Chun said "I think it was unnecessary for us to fight for the right to go. I think that if they didn't vote in our favor, they would have a riot on their hands."

All team members were grateful for the fact that the situation was resolved and so they could catch up on practice and compete in the regionals.

Construction updates

Building 933, the two-story, light green building that overlooks 'Olapa, will soon be demolished to make way for a parking lot. The vacant building was once used for classroom space but has since been infested with termites and has fallen into a state of disrepair. Actual demolition work is not expected to begin until six weeks after the contract bidding period of March 23-30.

Due to repaving work, **18th Avenue** will be closed to traffic between Feb. 28 and the beginning of April. Students are advised to access the parking lot located below the portables by using Kilauea Avenue.

Why saving the peso saves US

Danh Q. Thieu, a student in Professor Ibrahim Dik's economics class explains why the devaluation of the Mexican peso has been the cause of concern in the United States. Since the piece was written, the United States recently announced measures attached to the Mexican aid package interest rates in that country soaring to 50 percent.

The plan announced will restrict the flow and reduce the money supply in Mexico, thus forcing interest rates up to such a high level. Along with this, the United States will control the flow of money earned by Mexico from oil revenues beginning later this year. There is a fear that with the sudden rise in interest rates, the possibility of heightened social unrest in Mexico becomes more a possibility as the aid package goes into effect.

By Danh Q. Thieu
Special to Kapi'o

The currency crisis in Mexico continues to hurt the Mexican economy since the Mexican government devalued its currency, the Peso, on Dec. 20, 1994. This was due to the over issuing of Mexican bonds, and other securities while the government not was capable of fulfilling those obligations to those bonds and securities once they were issued.

The peso is now valued at 40 percent lower against the dollar. Before the crisis, the peso was worth 29 cent to the dollar. Now it is worth 16 cent to the dollar. This recent crises in the peso was caused when investors were disappointed in the result of the auction of tesobonos. Tesobonos are short-term securities that are fully backed by the Mexican government.

Investors feared that the Mexican government does not have the capability to fulfill its obligation once the

tesobonos mature. As the result of such high risk, the government had to offer a rate of 24.98 percent on 91-day tesobonos to attract bidders.

During the auction, 182-day tesobonos also rose 7.25 percentage points to 24.98 percent. Even though the yield soared, the demand for tesobonos remains low as bidders only bought \$275 million of the \$400 million tesobonos auctioned.

The attempts to stabilize the peso cannot work without the relief package. President Clinton announced on Jan. 31, 1995 that he would use his executive powers to authorize a \$47.8 billion relief package to prevent the Mexican economy from further slippage in the market.

Under the new plan, \$20 billion would be drawn from the U.S. Treasury's Exchange Stabilization Fund while the International Monetary Fund will add \$17.8 billion, with the remaining \$10 billion to be contributed by the Bank for International Settlements.

President Clinton used his executive powers to push through a relief

package to help Mexico stabilize its economy despite opposition from the U.S. Congress.

This opposition was based on the fact that, if the Mexican economy were to collapse, it would greatly effect the health of the U.S. economy. The effects from a collapsed Mexican financial market would cause the U.S. economy to suffer a loss in foreign investments in Mexico's currency and stocks markets.

It would also be a detriment in sales of U.S. goods and services, along with the possibility of an increase of illegal Mexican immigrants into the U.S. and the possible collapse of other nations' economies in Latin and South America.

The relief package is expected to benefit both the Mexican economy and the U.S. economy, but many American corporations have either suspended or delayed their expansion into Mexico since the devaluation of the peso.

Wal-Mart said that it will suspended its expansion plan into Mexico until the country shows signs of improvement. Besides Wal-Mart, J.C. Penney Co., K-Mart Corp., and Pier 1 Stores Inc. also delaying their expansion plans into Mexico while Price/Costco Inc. had slowed the shipments of merchandises to Mexico.

The announcement by President Clinton to approve the loan guarantees to Mexico triggered a positive rally by stock and currency markets in Mexico and the United States.

Price of the 30-year U.S. Treasury bond rose 3/4 point to 97 21/32 while the dollar was trading at 99.60 yen, up from 98.43 yen.

In Mexico, the peso gained 10.1 percent to close at 5.75 pesos to the dollar compare to a 9.95 percent drop on January 30, 1995 which pushed the peso to an all-time low of 6.33 pesos per dollar.

Mexico's stock market, the Bolsa, also soared 10 percent to its biggest one-day gain since 1988. The Bolsa (Mexican stock market) closed at 2,093.98.

Despite many positive outcomes from the announcement of the loan guarantees by President Clinton, Mexico's economy still remains in chaos, with the stock market remaining flat.

The outcomes from the announcement has proven that Mexico's financial market is incapable of correcting its own problem and this will pose a serious problem in the long-run recovery of the peso. The current crisis in Mexico also proves that the Mexican economy is heavily dependent on foreign subsidies.

The crisis in Mexico will not be solved unless specific economic-policy changes such as a central banking system, like our Federal Reserve, is established to control inflation. Also, the control of interest rates and money supply must be put under more strict control by the Mexican government in order to avert the chaos that now plagues the Mexican economy.

spotlight
on attendance

Here we are again, at that time in the semester when you can come to school and actually find parking on campus, when you go to class and sit down among ten other students on a Monday morning class that was previously full, and when you begin to wake up in the mornings and ask yourself "Should I..." Well the answer is Yes, yes you should.

Am I missing out on something else that's happening? Where does everyone go? It amazes me that a class that was full at the beginning of the semester can have such poor attendance. I begin to wonder about those classes that I signed up for, but was denied because it was full. Is the attendance dwindling in those classes also?

If everyone who signed up for classes was serious in taking them and staying enrolled in them, then the serious students who need certain classes could get into them.

So when you are signing up for next semester's classes during registration, remember to please choose your classes wisely. If you don't need a class and aren't serious about finishing it, then leave it open for someone who does need it.



Speak Out

Photos and questions by Vanessa Lesaca

What was the best wave you've ever ridden?



Jason Kundis

"Last summer, during an early morning. Shallow, clean fun barrel."



Carl Sako

"Winter time, Waimea, 3-4 ft, sand bar, clean barrel, see-through waves around 10 a.m."



Glenn Ortega

"One you'd keep all the way to the shore. 12 noon when the sun is right above you. Shining blue skies, glassy water with no one out there."



Darren Naruse

"Manhattan Beach, California, exhilarating, dripping... You'd have to experience it."

KAPI'O

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UH presents TIM night

By Anthony Montero
Staff Writer

Each year, students from the Travel Industry Management (TIM) program of UH put on a special gathering for people in the hotel industry. As they have done in the past two years, students in the FSHE department will again volunteer.

The event entitled "The Night They Opened The Royal.....An Evening Of Nostalgia" will be held on Friday evening March 31 at the Royal Hawaiian Hotel. Approximately 20 students from KCC will be assisting in Marketing, Food and Beverage, Programming, and producing publication for the event.

Another first for the school is the involvement of FSHE students who were allowed to be part of the Executive Board for the event. They are Thomas Castleberry, Beverage Manager; Cherelyn Chun, Executive Chef; Rae Suzuki, Human Resource Director; and Julie Wong, Co-Food & Beverage Director. Their duties are seeing to it that everything goes according to plan.

A variety of pupu's from Kiawe Broiled Marinated Vegetable Medley to a selection of seasonal fruits and Fromage will start the night. The menu will include a four course dinner from Fresh Dorado Ceviche, Salad Lurine, which will include Paupiettes of Smoked Norwegian Salmon, Cold Poached Kona Coast Lobster Medallions, and Orange Ginger Vinaigrette; Mai Tai's as the Intermezzo; Broiled Tournedos of Veal, and for the finale Red Currant Glacé encased in a White Chocolate Tower.

Any FSHE student still who are still interested in volunteering may pick up an application form in the student lounge or see Cherilyn Chun or Julie Wong for more information.



Photo by Moriso Teraoka

Goh Siong Huat shaking hands.



Photo by Moriso Teraoka

Guest speakers Yu Chun He, Gong En Guang, Ron Umehira and Goh Siong Huat.

Kitaro Watanabe Chinese seminar

By Stan Fichtman
Kapi'o Asst. Editor

Understanding the needs and expectations of the Chinese tourist in Hawai'i was the main point of this year's Kitaro Watanabe tourist seminar, held at KCC with a public reception at the Ala Moana Hotel on Feb 23.

Three speakers, Goh Siong Huat, deputy director of the Beijing Hotel Training Center; Ma Lin, Front Office manager of the Great Wall Sheraton Hotel in Beijing and Galen Fox, who represented the Department of Business and Economic Development, all spoke on the different aspects of what the Chinese tourist in Hawai'i expects, and how to market Hawai'i to the Chinese as a viable vacation spot.

Goh Siong Huat said more and more domestic Chinese travelers are choosing to stay in

higher class hotels when they travel.

Among the things that the Chinese traveler wants, Goh said, is to pay in cash rather than other forms of payment, such as travelers cheques or credit cards.

As for tourist spots, Goh said that the Chinese enjoy visiting historical landmarks and witnessing how "the natives practice their culture." He said that Hawai'i is unique in that it is rich in culture which the Chinese tourist will enjoy witnessing.

Gong En Guang said that Hawai'i is one of the states in the Union that the Chinese people are familiar with and have a friendly sentiment for. He noted that the pioneer of the 1911 Democratic Revolution in China, Sun Yat-Sen, was born and raised in Hawai'i before he returned and carried out revolutionary activities in

China.

Gong said that Hawai'i will become a more attractive location for vacations if the vacation package included a more wide ranging vacation on the mainland.

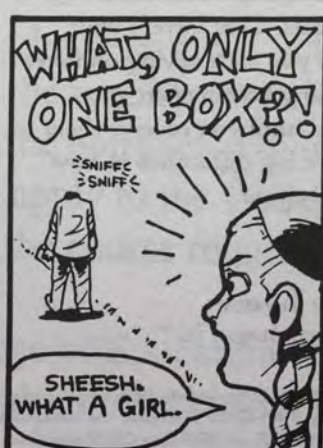
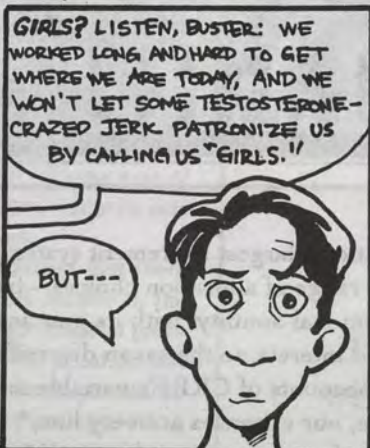
Along with this, he hoped that there would be developed a more direct route for those Chinese who do travel to the U.S. Currently, tourists from China must go through Hong Kong and Tokyo or Seoul, which results in a long delay in those cities.

Galen Fox also emphasized

the importance of more direct flights between China and Hawai'i through the gateway city of Hong Kong. Along with this, he made a note that U.S. customs officials are cooperating with CITS in order to bring more Chinese with tourist visas to America.

Previously, it was almost impossible for a Chinese to get a tourist visa because the U.S. government feared that the person would become a illegal alien in the U.S.

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Respiratory care students go camping

By Tad Adachi
Staff Writer

Over the President's Day weekend, first and second year respiratory care students, their instructors, friends and family enjoyed a four-day camping trip at Bellows AFB.

Diving, fishing, volleyball, horseshoes, kayaking and of course sun-conditioning filled the days, while the evenings were marked with building a campfire, singing songs and casual conversation.

The camping trip was the idea of Respiratory Care instructor, Ken Mito. This is the third

year he has taken the students camping, but this is the largest group so far, with an attendance of about 30 people.

The first-year students were in charge of buying the food, breaking down the per-person cost and figuring out a cooking schedule. The cost per-person was only \$15 for the entire weekend!

The objective of the camp was to relax and relieve school related stress. The first-year students also learned some teamwork skills and everyone gained a greater sense of camaraderie.

"The trip allows you to learn about the true person," said respiratory care student, Cliff

Wicklund.

Some students were not used to the camping experience of sleeping on the ground and the lack of televisions and hot shower facilities. "But, this type of experience allows people to learn about others in a relaxed environment," said Mito.

Other instructors that participated were Aaron Koseki and Stephen Wehrman. This allowed the students to see their instructors "with their hair down," away from the classroom environment.

"Our brain is now like a squeezed out sponge, ready to absorb new information," said Wicklund.



Photo courtesy of Ken Mito

During the camping trip, Johnny Moy taught the art of throwing a net and a student tries his hand at it.

"In the mouth of madness"

By Regine Salvador
Staff Writer

In the Mouth of Madness marks a return to film for Director John Carpenter, and the film captures what he does well: generate some shocks from the dark side of American culture.

Private Investigator John Trent's (Sam Neill) search for a horror writer ends in a padded cell of a mental institution. He has learned the hard way. From his cell, he recounts his close encounter with the reclusive author, Sutter Cane (Jurgen Prochnow).

Cane, whose horror novels are more popular than the Bible has disappeared with his new manuscript, and his agent suddenly turned into a homicidal maniac. His publisher, (Charlton Heston) sends his editor (Julie Carmen) with Trent to retrieve the book, titled In the Mouth of Madness.

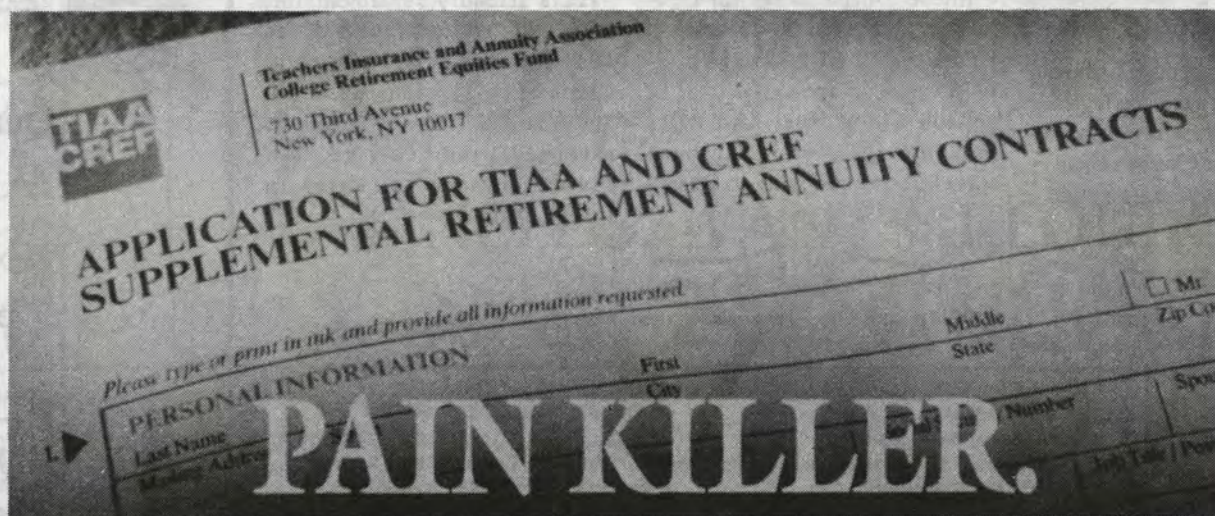
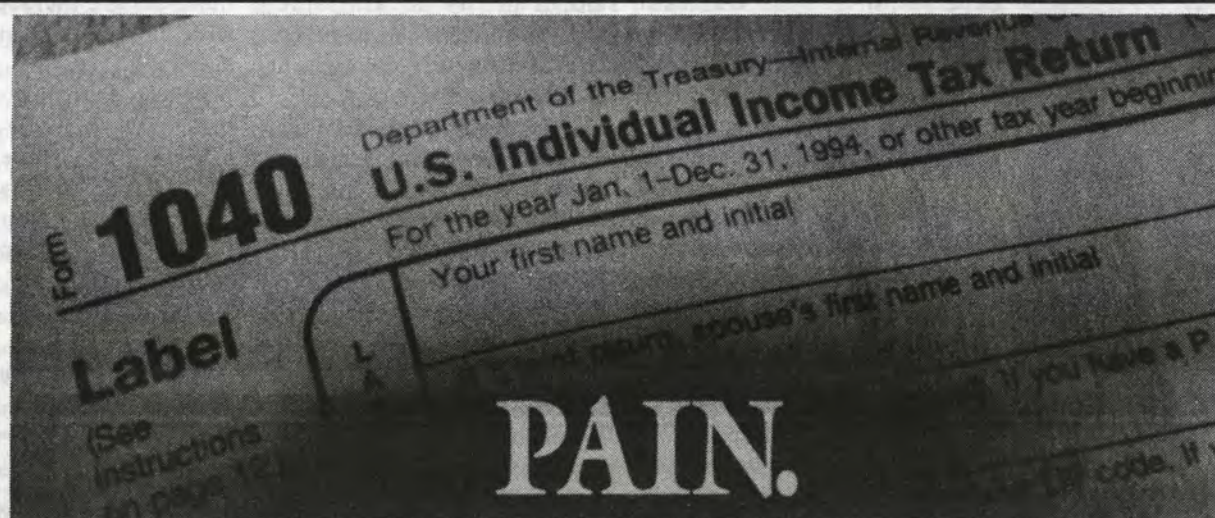
They find the author and manuscript in Hobbs End, the fictional New England hamlet of Cane's novels. A small town populated by ax-wielding mutant. Here, fiction becomes reality, and the thrill begins.

The special effects in this movie are impressive, and Sam Neill's acting was superb.

John Carpenter, who also collaborated in the musical score displays his usual vision of invention and mastery of the wide-screen image and has established a suitably bizarre atmosphere from the start.

When suspense and psychology turned into fantasy, the film got a little bit confusing. But for John Carpenter, who created the classic Halloween, In the Mouth of Madness once more marks his style of postmodern horror.

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KAPI'O February 28, 1995

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Proposed changes to central mall

By Kevin Kaneshiro
Staff Writer

An estimated \$1.2 million price tag for the construction of the proposed landscaped central mall has prompted school officials to look into ways of lowering its cost.

In an attempt to get the project to meet the more realistic \$600,000 budget, Provost John Morton suggested two choices. First, alterations could be made on the proposed design to lower costs, or "explore coming up with an incremental building design."

It appears an incremental approach to attain the original design will be the course of action. The school is happy with the original design, and according to Morton, "hesitant to give up on the whole design" in favor of a cheaper alternative.

This incremental approach would involve breaking up the original design into increments that would divide the \$1.2 million cost over several years. According to Morton, the first of these increments will likely consume the \$600,000 budget, and involve grading the land, laying out the electrical system, and the construction of walkways. Elements of the design that will not be of high priority would be the planting of trees and plants, and the placement of benches, these elements and others will be completed over time as the budget allows.

A request has already been sent to architect, Matsushita Saito and Associates, to explore segmenting the original design to fulfill this approach, a response has not yet been received.

Canadian Colleges

continued from p.1

For example business teachers might go to Thailand to help setup a business program with newer ideas than the existing one. In return, if there was a need for a certain type of program Canada, or any of the community colleges part of the system, Thailand might be able to provide teachers.

Norton emphasized that there was now catch-all answer to the community college financial problem. Adapting to the situation that presents itself is the responsibility of the community college, along with providing its students with the tools necessary to survive outside the classroom. Changing to a business and world wide mentality are just a few steps to move away from dependence on government supplied funds.

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Nursing jobs had to come by

Continued from page 1

There is a change of direction in healthcare. There has been a decline in inpatient-admissions for Honolulu's major hospitals. Because of this there has been an easing of staffing shortages particularly for RN positions. Decreased patient hospitalization, shorter hospital stays, increased outpatient and community-based health care services have opened a lucrative job market - home health care. RN's visit patients in their homes and provide nursing services. The popularity of this service is now picking up. It works well for the patient where he can be cared for in the comfort of his home. Being away

from the hospital setting is also less expensive.

Keomaly also suggests graduates not overlook the benefits of community nursing. Public Health nursing brings forth self-satisfaction, by helping educate parents, children and teenagers in the comfort of their environment.

Increased number of elderly in the American population have resulted to alterations in nature and scope of health care. Needs of the elderly has to be met. Some nurses have gone into the business of caring for the elderly by establishing health care facilities, where the elderly are treated as family and monitored 24-hours a day. This benefits the elderly be-

cause they are cared for in a home environment.

Nurses agree there is a lot of personal satisfaction and personal achievement in nursing, whether in a hospital setting or in a field setting. Registered nurses are the largest group and one of the higher paid personnel in the hospital. Student nurses may see this as their incentive at first, but after going through a grueling two-year or four-year program, they will admit that nursing comes from the heart. Be it nursing at the bedside in an acute care setting, or in a community health setting, the compassion and caring remain at the heart of the profession.

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Grades K-12: Special Education, Hawaiian Immersion

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March 11 (Saturday) 10:00 a.m. to 11:00 a.m.

March 13 (Monday) 3:00 p.m. to 4:00 p.m.

March 23 (Thursday) 9:00 a.m. to 10:00 a.m.

The sessions will be held at Campus Center, Room 308. The sessions will provide answers to such questions as:

How can I become a teacher in the Hawai'i public school system?

What are the requirements for teacher certification in Hawai'i?

What are the entrance requirements for the College of Education?

How do I apply to the College of Education?

What are the course requirements for the College of Education?

Call the College of Education Office of Student Academic Services at 956-7849 to make a reservation. We look forward to meeting with you!



The origin of surfriding Hawai'i's favorite past time

By Estee Tanaka
Kapi'o Editor

Surfriding was the national sport of the Hawaiians, and everyone from chiefs to women took a lively interest in it. They were also very fond of betting. Each man would bet his property on the one surfer he thought to be the most skillful and who could catch the longest wave.

When making a surfboard, the old Hawaiians called upon the blessings of the gods, especially when the board was being made for a chief. Offerings of pig, coconuts, kumu (red fish) and awa were taken up to the mountains, and when a suitable tree was found, the kumu was placed at its trunk along with other offerings and the carvers slept there for the night. In the morning, the tree was then cut down and a hole was dug at its trunk and with a

prayer, the fish was placed in it.

The board was then shaped with sharpened stones and sanded down with corals from the beach. As a finishing stain, the root of the ti plant, called the 'mole ki,' or the pounded bark of the kukui, called 'hili,' glazed the board with a durable glossy black finish which had the quality of lacquer. After the board was done, there was then another ceremony which consecrated the board after it had made its first ride out at sea.

Back in the days, there were two different types of boards, the alaia and the olo. The alaia, also known as the omo, was a thin board which ranged anywhere from a few feet to 12 feet and was a board for the common people.

The olo, a longer board that was usually made out of wili wili wood was about six inches down the center of the board and one-half inch

all around. The olo board, that was made out of wili wili wood, was reserved for chiefs because of the scarcity and value of the wood and the great adaptability to swells. Olo boards that were made out of koa were for general use because of the abundance of koa wood.

The Hawaiian chief Paki, a famous surfrider around 1830, had two great olo surfboards that are on display at the Bishop Museum, and Kamehameha I, II and III were also noted olo board riders who had great reputations for wave riding skills.

Hawaiians showed great value for their surfboards by often drying and oiling them, then wrapping them in tapa and hanging them in their houses, showing the importance of surfboards in ancient Hawaiian life.

Keali'i Bryant, Koli'i Blaisdell

Photo by Raymond Yuen



Denny Schwartz: A longboard shaper with a dream

By Damien Lock
Staff Writer

As I got out of my car, I was greeted by a young boy, perhaps 15, who asked me if I was "the interview guy". I replied, "yeah," and was directed down a steep path to the side of the house. The door was invisible; and only after looking very carefully, I spotted a thin handle protruding from a piece of wood.

I knocked firmly, and, a few seconds later, the door to the workroom opened. I was immediately engulfed in a blast of foam dust. As the room began to clear I could make out the silhouette of a man standing in the doorway, wearing a respirator and goggles. As he took off his protective apparatuses, I immediately recognized the dusty face as that of Denny Schwartz, my brother's shaper. We greeted each other, and he began by showing me his workroom.

The room was narrow but long, maybe 10' by 30'. It was painted completely blue, with tools lining the walls and a single table in the middle. In the far back was an open closet which had board blanks propped up against the wall. Lying on the table, like a patient at a hospital, was a board being shaped.

Schwartz has been shaping boards

for five years. It began for him in high school, when a friend showed him a board that he glassed himself. Schwartz then gave it a try, and pretty soon, began purchasing finished blanks and glassing them himself. This eventually led him to shaping and finally making complete boards.

"At first, I did it just to save money and to absorb myself in all aspects of surfing," he said, it wasn't until later that he decided to make a career out of it. Schwartz credits much of his shaping knowledge to simply watching other shapers. He credits Ed Barbara, a highly acknowledged shaper,

for teaching him the "tricks of the trade"; all of the lesser-known secrets that "give you a better-quality board".

And better-quality boards they must be, as every single board my brother owns is Aloha Brothers, which is the brand name Schwartz goes by. Later that day, when I asked why he likes Schwartz's boards, my brother said, "They are just good boards. They have a really good ride and feel to them."

What does he do differently with his boards? Schwartz said, "as far as short boards go, it's a pretty universal thing. It's kind of hard to experi-

ment on a short board because pretty much everything has been tried. Also, people are kind of reluctant to try new things. But I have been experimenting with my long board designs, trying different concaves like the boards in the old days used to have."

When asked what he looks for in a board, Schwartz replies, "Just a good, clean shape." He added that "the blanks nowadays are so close to the finished product that anyone can shape, so even an inexperienced person can produce a rideable board."

Schwartz's dream board would have to contain all of the experimental concaves that he has utilized in his boards. It must also be a long board. "Traditional longboards rule," he said.

Schwartz came up with the brand name Aloha Brothers by remembering two childhood friends, who, when surfing, would greet the other surfers by saying "aloha." So Aloha Brothers became their nickname. Gradually, the two friends drifted apart, and soon people were calling Schwartz and one of the original brothers, the Aloha Brothers.

But the name is misleading, for Schwartz is in this business all by himself. He said that, "Keeping your costs down is the only way you can make money in this business, unless you are a famous shaper like Pat Rawson who is overloaded with or-

ders." Schwartz is looking for a glasser and a sander, though, because "shaping is the only part of board-making that I enjoy nowadays." Also, he is confident that the increased production would outweigh the costs of paying workers.

Schwartz has never publicly advertised. He relies on word-of-mouth from the surfers who have bought his boards to get him orders. He says that even though he has done well so far, he does want to begin advertising publicly. He has already started by sponsoring his 15-year-old neighbor. Schwartz hopes that the Aloha Brothers name will be exposed in the contests that his neighbor enters, and hopefully, will be even better exposed in a winning photograph.

Schwartz hopes one day to expand his business and open a surf shop like H.I.C. or Local Motion, because, he says, "You can't just have a showroom, because people don't buy boards every day. You have to sell shorts, shirts, hats—the whole bit, so that when people come in they at least buy something".

Schwartz's career is starting out in the same way as all famous shapers' have—from the bottom. And, with hard work and patience, he will become one of the elite.

You can call Schwartz at 377-WAVE.



Photo by Raymond Yuen

Schwartz routing a blank at his shop in Niu Valley

ding

LONGBOARDS

Coming of Age

By Robert Haygood
Staff Writer

Longboards, once used only by "Old Timers" ages ago, is now the rage of a new generation of surfers.

In the 60's, 70's, and early 80's longboards were thick, very heavy, and slow. This is how they came to be called "tanks".

The growth of longboarding today can be linked to a new school of shapers. Surfers and shapers working hand in hand have contributed to a variety of different shapes that have made for better designs.

Longboards have progressed so much that the surfer can do more than paddle for a wave and ride it. Today's longboards are designed to match almost any maneuver that their shortboard counter parts have to offer. Now, boards are narrower, lighter, and not as flat as they were long ago, allowing for greater maneuverability on a wave.

Today getting tube rides, off the

lips, and sharp cut backs are an every day occurrence. Moves such as these were once unheard and unthought of on boards of the past.

An advantage of a longboard still remains: its bulk and buoyancy. This allows longboarders to sit farther out of a surf break and literally catch more waves.

Surfers first learn to ride waves on a longboard because it provides a much more stable footing area. Since it is wider and longer, a surfer has more room to gain his balance.

Because of the radical changes made to longboards, many first time surfers as well as veteran surfers are converting to longboards. The longboard made world famous by Duke Kahanamoku in the early 1900s has returned to be bigger and better than before. Now kids, teenagers and even old timers are getting back into the swing of things. Almost every surf spot has its share of longboards. Longboarding has come of age; it is now a sport for everyone.

Only a surfer knows the feeling

By Eunice Monteclar
Staff Writer

KCC students Lee James Ha'o, Matt Wong and Robert Haygood are die-hard longboard surfers. All compete in the amateur circuit.

Matt Wong started out boogie boarding and got interested in longboarding during his 7th grade year. "My Dad got me interested [in longboarding]. It was like his second childhood," Wong said.

Ha'o remembers going out for the first time at age 4. "My grandfather, Gabby Makalena, was a beachboy. He inspired me. It's a family thing. My father, sister, cousins, they all surf," Ha'o said.

Herecently took first in his age group in the Hawaiian Longboarding Surfing Association and Town and Country circuit competition.

The judges always look for technical and artistic style like in any competition, Ha'o said. Most judges look for both traditional and high performance elements. Traditional performance elements include form while riding on the nose of the board, as well as old drop knee turns. In the high performance category, they look for the same maneuvers that would be traditional on short boards, such as 360's, roundhouses and cutbacks.

Ha'o said, "If you can mix 'old school' and 'new school,' you should be able to win a contest."

Investing in a longboard can hurt the pocketbook. Wong said at one point he had five boards, about a total of \$2000 invested in the sport. Basic longboard material runs around \$300; labor can bring the cost to about \$600.

Haygood sees a future in entre-

preneurship. "Part of my daily life, besides surfing, is working on a clothing company that deals with surfers. What happens right now is in the printing process. I guess being in the surf life gives you that little edge," Haygood said.

When asked who they thought is the number one longboarder in the world today, they had a unanimous answer:

Rusty Keaulana, Buffalo's son, is the current world champion, but our friend Bong Perkins is the best. He's number two in the world. Politically, he hasn't won yet. He's our favorite because we grew up on the beach together, they said.

Look forward to seeing the new generation of Waikiki beachboys. As the popular logo for the surf clothing company, Billabong, says, "Only a surfer knows the feeling...."



Photo by Raymond Yuen

Lee James Ha'o, Rob Haygood, Matt Wong ready for another session at Waikiki.

Kawika Rose: 'Surfing has been the most important thing in my life'

By Kylisa Lundstedt
Staff Writer

Black HIC surf shorts and a black oversized tank top are his daily uniform at work. The contrast of his deeply tanned skin and the brightness of his gleaming white teeth accentuates the friendly smile that extends from ear to ear. As he plays with a bar of purple Sex Wax, he is thinking about the next wave he'll catch out at Queen's on his favorite Thomley 12'0.

Kawika Rose has been surfing the waves of Waikiki for over 50 years. He remembers Waikiki when it had only a few hotels, including the bright pink Royal Hawaiian where anyone who was anybody stayed. The much larger beaches were only speckled with sunbathers, a very different Waikiki than we know today.

Rose also recalls Waikiki without any sea walls, and catching

waves all the way from the outer reef at Queen's to the beach.

"Even the breaks have changed! But they're there [the sea walls] for the tourists, and I need those tourists to make my living!" Rose said.

Rose has mixed feelings about the intense commercialism of Hawaii. He thinks fondly of the old Waikiki, in its purity. But on the other hand, tourism has employed many people here, improving their standard of living. "Of course, there are good and bad things about it, just like everything in life," he said.

After school at Waikiki Elementary, Rose remembers barely being able to lift and carry his incredibly heavy redwood surfboard to Queen's Break with his three older brothers. By the time he reached his favorite destination, he'd have splinters under his arm and along his side.

"I didn't even feel them, though, I was too excited to get in the water!" Rose explained.

As Rose grew up, the boards became more sophisticated and lighter. But Styrofoam, fiberglass, and even leashes were still years away. Rose's close friend, Duke, one of the greatest and most famous Hawaiian surfers, was Rose's partner while surfing death defying waves at Waimea Bay.

"Those were the greatest days of my life, out with the boys, daring each other to take the biggest wave of the set. It's amazing none of us were ever seriously hurt. We were crazy!"

Although he is grateful that he had the opportunity to grow up during the beginning days of the sport, Rose wishes that there had been contests back then for him to make a living at.

"The boys in out there [the North Shore] don't know how good they've got it. Imagine one of them at Pipeline on a thick, wooden board and no leash! No way could they handle, they're spoiled."

"Surfing has been the most important thing in my life. No matter what, I can paddle out and forget about everything except the next wave." That outlet became extremely important to him eight years ago, when his wife of almost thirty years was diagnosed with untreatable breast cancer and passed away. Surfing gave him something to look forward to each morning, almost a reason to live.

"People who don't surf cannot understand the feeling of freedom we get just by riding a wave. Some people, like me, will never be able to live without it. It's how I breathe. I can't remember the last day I didn't go out. Even when I'm sick, I paddle out. The next morning, I'm cured!"

Rose has three children, each with a deep passion and appreciation for the ocean like their father. His next ambition is to get his two granddaughters, ages three and five, in the water. They are the loves of

his life now. His days revolve around them and his surfing business.

You can find Kawika Rose almost seven days a week, and nearly 365 days a year renting out longboards and giving surf lessons right in front of Queen's Break. Don't think that you're too old, too young, out of shape or not a great swimmer. Rose guarantees that he can get anyone up on a wave or will return their money.

"The oldest student was an 81 year old grandmother who had to prove to her young grandson that she was still with it, and the youngest was a four year old boy who begged me to take him out with his three older brothers!"

For just \$20 an hour, you too can experience the life blood of this lifetime surfer. He promises to be patient, and his biggest concern is safety. Try it if you haven't already, and who knows, maybe you'll be hooked for life, too!

Dr. Kosaki, the man behind the master plan

This Friday, faculty and administrators will meet to talk about about what community colleges might be like in the future. Meet the architect of community colleges in Hawai'i.

By Linh Hoang
Staff Writer

If you have experienced the rich knowledge of an international study abroad program or have been relieved to hear that progress is being made on making your credits automatically transferrable at other UH institutions, much of your thanks should go to Dr. Richard H. Kosaki, also known as the Father of Community Colleges.

Dr. Kosaki and his wife, Mildred, were instrumental in the establishment of community colleges in 1963. They proposed that community colleges be linked with UHMānoa into one large system. They stated what was required and how to set about doing it. The legislature agreed to the proposal and the community colleges were born. In 1965 Dr. Kosaki was named vice president for community colleges.

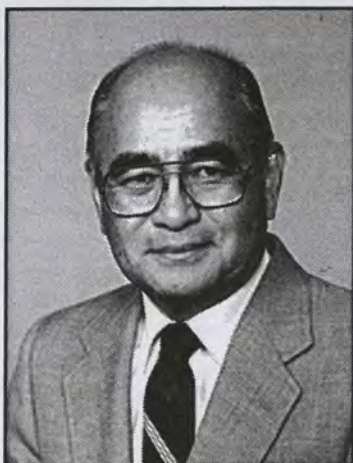
In 1991, the Kosakis worked on The University of Hawai'i Master Plan, which has provided direction for the university since that time. The plan called for maximizing the advantages of a unified system, including encouraging mobility within the university system by facilitating articulation of courses and transfer.

The Kosakis also encouraged the use of technology or distance education to share instructional talents across the state.

Partnerships with high schools, more flexible schedules to accommodate the working population, a greater mix of students from the Pacific Rim and the mainland were other proposals made in the master plan.

They emphasized the value of expanding students' horizons by encouraging study abroad and by emphasizing the role of the university as a center for education, research and cultural activities.

Dr. Kosaki's legacy has been education. He has been professor of political science and Chancellor Emeritus, at UH Mānoa, UH Vice President. He has been Chairman of many accrediting commissions (the Western Association of Schools and Colleges) visiting many countries including Japan, Micronesia, American Samoa and Guam to give counsel. Dr. Kosaki also has legislative



Dr. Richard Kosaki, the father of community colleges.

experience working with government officials many of whom are his good friends today.

In 1994, Dr. Kosaki was the chair person of Western Interstate Commission on Higher Education (WICHE), which he has been involved with since 1989. WICHE is designed to promote the interstate sharing of resources in higher education by roughly 14 states. The resources include undergraduate and graduate study programs, facilities, finances or just information.

Although Dr. Kosaki has a very impressive, successful career, his personality is completely the opposite from what one might expect. He is not intimidating, but quietly gentle and soft spoken. His teddy bear eyebrows peek out from behind his wire frame glasses as he walks around peering at all his favorite plants in the building. He takes great care for his plants as if they were actually his precious students. He is in his early 70s and still trim.

He humbly suggests his boyhood days of growing up in Hawai'i before all the hotels were built, as his claim to fame. In an interview for Hawai'i Herald in 1985, in reminiscing about his childhood surfing and playing on the beach, he said, "I was born on the beach at Waikiki. I made the mistake of going to college and haven't seen the beach since."

Although greatly respected and mentor to many, Dr. Kosaki seems especially proud of his wife, Mrs. Mildred Kosaki. "She is an Educational Consultant—and for 25 years has been the director of the Hawaiian Electric Company, the first female one too. She works part-time and volunteers for a lot of community work!" The Kosakis have always been able to work professionally together as a team, as they have done so for many projects through

out the years.

Diverse as his career is, teaching is Dr. Kosaki's true enjoyment. "Learning is the most fun. The most interesting thing in world." That's why he loves to read non-fictional pieces, and magazines articles about current affairs and issues.

He operates mainly in the far corner of his organized office, which is free of any clutter or distractions. The rest of his spacious office contains his leather sofa set which seems literally untouched. The top of his glass cabinet holds many statues from around the world that were gifts to him from students and schools. But ironically, most noticeable is a small inconspicuous white plaque on his cabinet that reads:

*Tell me and I forget
Teach me and I remember
Involve me and I learn*

Dr. Kosaki enforces this wise saying at Tokai International College (TIC), where he has been the president since 1992. TIC is a division of Tokai University. The system consists of schools starting from kindergarten leading up the ladder to its own graduate schools.

Dr. and Mrs. Kosaki also helped Japanese Tokai officials with the plans and consultations with the new institution now located at 2241 Kapi'olani Boulevard (on the Ala Wai Canal). TIC has evolved into an international American college offering an Associates in Arts degree with roughly 80 students from the countries of Japan, Korea, PRC, Taiwan, Micronesia, Cambodia, and Samoa. Dr. Kosaki explains that TIC can accommodate up to 200 students only, because they are focused on "international students experiencing American style educations. Classes have to be small for more special attention." Dr. Kosaki has worked hard to develop the educational programs and has proudly guided TIC into accreditation in 1994.

Dr. Kosaki thinks Hawai'i is a great place to learn English with its many different cultures. "What do you call someone who can speak three languages? *Trilingual*? two languages? *Bilingual*? How about someone who can only speak one?—*American*!" he jokes. This is part of the reason Dr. Kosaki believes strongly in Study abroad programs. He is currently working to get Japanese Tokai students from Japan to come to Tokai at Honolulu to get some of their training. Mixing students gives them more vari-

ety and learning experiences.

The atmosphere at TIC is close knit as the students and faculty and staff are acquainted to one another. Dr. Kosaki reminds his faculty, "Don't lecture, involve students! Capture their interest and motivate them!"

"Learning is not a spectator sport." Dr. Kosaki says, "The junior college is here to teach individuals how to learn." He knows it is "be-

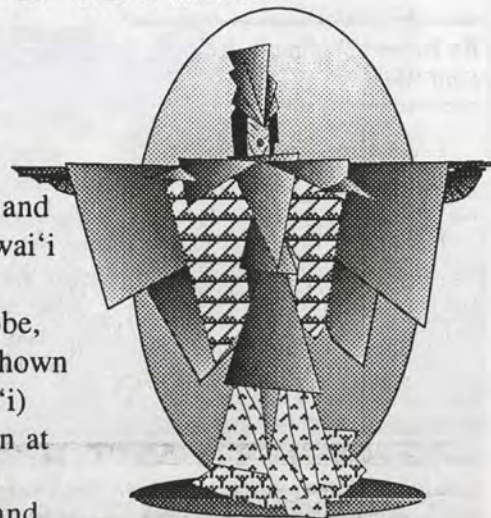
wildering" nowadays for students to buckle down and choose a career major. "But once you learn how to learn, there's no job you can't handle," he points out. That's the whole idea of junior colleges—to help the student center on what specifics they may choose. Dr. Kosaki feels, as long as a student is capable to adapt by being able to learn and motivate themselves—they will be able to find a good job.

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For information and pre-registration call Human Resources 547-4355 (Ann Choy or Lioune Faagai)
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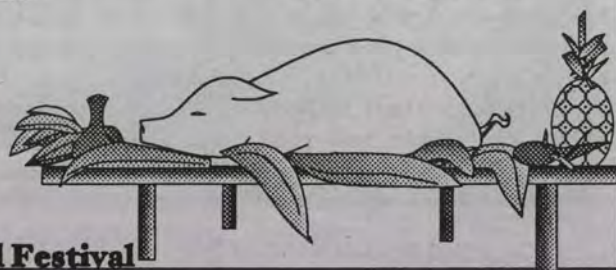
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D.O.G.S. hold a roleplaying convention

By Ruben Byrd
Staff Writer

On March 4 the "Dedicated Oahu Gaming Society" (or D.O.G.S. don't ask me what the name has to do with anything) will hold a mini role-playing game convention at the Schofield Barracks Rec. center.

Since some of you are probably wondering what a Role-playing game is I'll try to define one for you.

Role-playing games (RPGs) were invented in the 1970s as an offshoot of miniature war games. You know the games all the Generals have so much fun playing in the war movies.

Anyway, there are two types of participants in a RPG. Normally there is only one referee and several players. The referee sets the scene for the game and the players control characters in the story the referee spins.

The easiest way to explain how a role-playing game works is to give an example. Lets say the referee came up with a scenario involving a bunch of bandits who decide to raise Cain in an old west town. The players each generate a character utilizing the rules of whatever RPG they are using.

The characters are; A lawman, a con-man and an Indian bounty hunter.

The referee might start the game up like this:

Referee:

three of you are sitting in a crowded saloon. The piano man is frantically hitting the keys, spurring the dancing girls on the stage. A group of sheepherders are sitting away from everyone in the back. A bunch of generic western types populate the rest of the place and at the table closest to yours a group of cattle farmers are playing cards noisily.

"The bounty hunter caught the con-man is now turning him over to the lawman, who is allowing one last drink before tossing him into jail." (at this point the referee could

construct a map but not all do.)

Player 1 the lawman: "I scan the area looking for trouble brewing, I want the people to be able to see that the law is present."

Player 2 the con-man: "I stare back at the bounty

you look over the area, suddenly, a group of desperate looking men bust in the door and fire there guns into the ceiling (acting out the part) 'Quiet! This is a stick up.'"

Player 1: "How many are there?"

Referee.: "Six, one of them couldn't be more than thirteen. What do you do?"

Player 1: "I pull my gun, stand and shout (acting out the vocal part, but not actually standing) 'Listen, in this town we don't take orders from lawless men!'"

Player 2: "During the commotion I slip down under the table and start crawling to the kitchen entrance."

Player 3: "Do I recognize the gang?" (the referee. determines through the rules of the game whether the bounty hunter has heard of the gang)

Referee.: "Yes, they're the Gallandro gang out of New Mexico, wanted for saloon robberies in six states, well seven states now. A large bounty on their heads, dead or alive."

Player 3: "I quick draw my shoulder slung, sawed off, double barrel and pump both shots into the mass of them."

At this point the referee uses the rules of the game to determine what happens. Using dice as random number generators he would see if the characters were successful, the higher the characters skill level the greater his percentage chance for success.

In a real game the plot probably wouldn't be so simple, there would be twists, hooks, and red herrings. Chances to interact with non-player characters and come up with weird plans.

So that's my abbreviated RPG explanation.

So like I was saying, the D.O.G.S. will have there little convention at Schofield barracks (Why is it so far away? Because the president of the club lives ten minutes from there, jerk.) If you're looking to meet some new gamers or learn about the games it might be worth going all the way down there to see it.

A word of caution though, they're charging three bucks to get in, and a buck or two a game (supposedly to cover the rental of the hall). There will be vendors selling role-playing products, and food and for selected games there will be prizes, for best role-playing. If you are interested, go to Jelly's and pick up a flier.



hunter, 'you gave up a fortune, if you hadn't turned me over you could'a retired.'"

Player 3, the Indian bounty hunter: "Shut the hell up, and enjoy the drink, where you're going they don't serve the good stuff."

Referee.: "OK lawman while

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Real or a rip off—how to detect gem fraud

By Jill Reyes
Staff Writer

Have you ever wondered about certain birthstones, zodiac signs, and gemstone cures? Have you asked yourself repeatedly if your jade, gold, or gems are truly real?

You may have that chance to find out! Brenda Reichel, a graduate Gemologist and President of Carats & Karats will be instructing classes that may help you. A class called "Legends and Lore of Gemstones" will be held on March 8. Reichel explained that "Legends and Lore of Gemstones" will be about old wise tales from the jewelry industry, good and bad luck charms to wear, and the most famous kinds of jewelry. "Opals, one of the jewels, aren't worn by only

certain people; it isn't necessarily for bad or good luck," said Reichel.

Famous gemstones and gemstone cures will be also discussed. Gemstones are colored stones that are worn and are believed to make you healthy. During ancient times, it was believed if you wore a red gemstone during a battle, you wouldn't die or bleed to death. Cleopatra also wore gemstones in her days. It was believed that she wore emerald eye protective wear to watch battles. So with the help of her "sunglasses," when the battle would be especially gruesome, the blood wouldn't appear too vivid.

Reichel says that today some glasses are colored green and gray because they are "soothing colors" that help you relax. "It's a scientific fact that the color emerald green soothes you— look at the

hospital rooms," remarks Reichel.

If you are planning to buy your birthstone, why not take a class to learn some background information about it first? Reichel says that "you don't have to buy your own birthstone— there are many different stones to choose from than your 'traditional' birthstone."

She explains the legend of the March birthstone, Aquamarine, a green stone with red dots. Aquamarine's alternate gemstone is called "heliotrope" or the "blood stone" for March. The story of the heliotrope came about from the Middle Ages, legend has it that the heliotrope was a green stone below the crucifixion of Jesus Christ. Christ's blood dripped onto the green gem, giving it red dots of

color.

On April 20, there will also be a jewelry fraud class. Reichel shared some tips on how to detect jewelry fraud. Before purchasing jewelry, find out the reputation of the business, which you are planning to buy jewelry. Ask for information from the Hawai'i Jewelers Association, Better Business Bureau, local Police Department, or the consumer protection. Also ask your friends if they've heard anything about the business. Does it have a good reputation?

Next, with your newly purchased gold or sterling jewelry, look for the stamp which says the platinum and how many carats it has plus the manufacturers mark. Federal Law requires that the

manufacturers' mark must be on the jewelry. "If it's not there," Reichel says "it's not guaranteed that it is genuine."

Finally, ask the salesperson where the manufacturer's mark is. It may sound like a lot of work but it's always best to be safe than sorry.

Many other topics will be discussed. Classes again will start on March 1 about Jade— the stone of heaven, March 8 on Legends and Lore of Gemstones, and April 20 on jewelry fraud. Classes will be from 7-9 p.m. The course fee is \$15 but the third class will be free. For more information, call the office of Community Services, Kapi'olani Community College, 734-9211 and ask for Nora Furuno.

Psyched by a Psychic

By Emily Lima
Staffwriter

From the minute you come within 15 feet of the gift shop "Sedona" in Ward Centre, you will be instantly allured by the sweet scent that beckons inward and the sound of hushed angelic music brings instant relaxation as you walk along the carpeted floor.

The glass counter displays a colorful array of crystal jewelry that possess special powers and are priced from \$4.99 to \$25. The shelves are lined with everything from tarot cards to baskets of assorted stones, perfect for soul seeking positivity.

Sedona is the perfect place to find a gift that promotes a positive attitude and says "I wish you well." This is also the perfect place for anyone wishing to explore divination—the act of fortune telling.

The art of divination takes many forms, reading your horoscope or an astrology book, dialing a 1-900 number to have your aura read by phone or if you desire a more personal prediction, consulting a live psychic. Whatever the method may be, the business is booming. Shoppers at Sedona, which has a selection of psychics and offers readings by appointment, pay \$25 for a 15 minute mini-reading. The full one-hour reading is \$85.

"My psychics are all people that

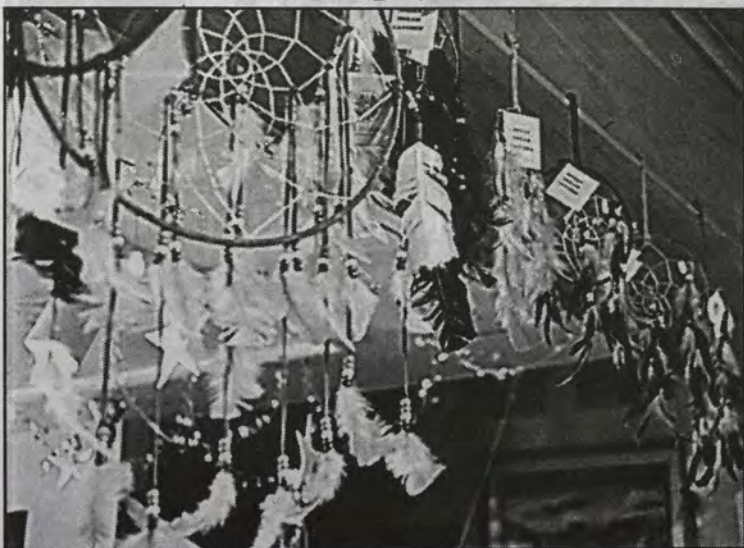
were born in Hawai'i so you're not talking to some far away person," said Malia Johnson, store owner.

Curiosity led me to make an appointment to see a psychic. She was clairvoyant, meaning she could "see" and "hear" things. My psychic led me up-stairs to a slightly dimmed room with a table that seated two. There was no crystal ball or flickering lights, just a digital timer that was clicked on as we began. She opened with a prayer asking the Lord for the best reading possible.

I asked about some topics that occasionally crossed my mind, money, future, and love. She read tarot cards to answer my questions, but she had no definite answers.

She basically told me that my future looked hopeful and with hard work, I have the ability to control my own situations. My mother tells me the exact same thing for free. When the timer went off, the reading was over and I left.

Although the psychic wasn't able to give me anymore insight than I already had, I agreed with her when she said that every individual has the ability to change his or her fate. True happiness can only be achieved by reaching within. Motivation comes from the desire to fulfill your dreams. I encourage all the "curious" to be inspired by the mere fact that an unpredictable future awaits us all. Use your intellect to psych your mind.



Dream catchers on display at Sedona

Photo by Lisa Fujiwara

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EVERYTHING

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YOU CHOOSE

AND YOU ARE

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MARINE CORPS COLLEGE FUND

INFORMATION SUBJECT TO CHANGE.

KAPI'O February 28, 1995

Entertainment Extras

Bad Religion—with opening act Humble Gods will be playing in Honolulu on Friday, March 17 at the After Dark at 1130 N. Nimitz Highway. Tickets are \$15.50 and available at all Hungry Ear Record Stores, Tower Records Kahala, Pearl Kai and Waikiki only, Tower Video Kapiolani, Bloch Arena, Kaneohe MCBH, Street of Madness, through connection outlets at Star Markets, UH Campus Center, Jelly's comics and books and the MTI desk at the Waikiki Beachcomber or call the 24 hour charge-by-phone 545-4000 or 1-800-333-3388. There will also be another concert in Maui, for more information on either show, call the Goldenvoice Concert Hotline at 926-4447.

The Shawshank Redemption—Two men serving life sentences at a maximum security prison forge a meaningful friendship in this extraordinary tale of redemption based on a story by Stephen King. While struggling to overcome the danger and despair of life at Shawshank, A mild mannered New England banker, learns that hope is the ultimate means of survival. See it at UH Hemenway theatre Feb. 28-March 4 at 6 p.m. and 8:45 p.m. Admission is \$2.50 for UH Mānoa students with a pink slip, senior citizens and children under 12. \$3 for community college students with pink slip and ID and \$3.50 for the general public.

Masco Collection—Honolulu Academy of Arts presents Island Ancestors: Oceanic Art from the Masco Collection, an exhibition featuring masterpieces from the Pacific Islands of Micronesia, Melanesia, Polynesia as well as from Australia and New Zealand. With over 100 items, the exhibit includes masks, wooden figures, drums and dance regalia, canoe, ornaments, carved hooks and weapons.

Over the sea, Under the stars—The Waikiki aquarium presents a lecture series that probes the instinct and technology that make possible stunning feats of navigation across the world's largest ocean. The first lecture in the series is Over the Sea, Under the Stars. Human navigators from many cultures have traversed the world's seas using clues in the sky. At the time of their early encounters in the Pacific, navigators from both Polynesia and Europe practiced celestial and other wayfinding systems that showed striking similarities and fascinating differences.

Cycles—Judy Dater presents a retrospective exhibition of photographs that explores the mysteries of both male and female and the difficulties of both in solidifying personal identities in the face of long-standing societal conventions. The subject of her portraits includes her own body as it has changed through the years. Showing at the Academy Art Center from Feb 16 until March 3. Academy art center hours are Tuesday through Saturday from 10 a.m. until 4:30 p.m. and Sundays from 1-5 p.m.

Journey by starlight—Join the Bishop Museum for their new two-part planetarium program that looks at the history of Polynesian exploration and how the sky was used by ancient navigators to explore the Pacific. Following this multi-media presentation, audiences will learn some basic celestial navigation skills and will be sent on a one-way journey to the South Pacific. They must work together to find their way back to Hawai'i using the starry planetarium sky. Daily at 11 a.m. and 2 p.m. and Fridays and Saturdays at 7 p.m. in the Bishop Museum Planetarium. The fee is \$3.50. Reservations are required for evening shows, call 847-8201.

"Sukeroku: The Flower of Edo"—A 300-year-old Kabuki comedy, will be performed during March, celebrating 70 years of Kabuki in English at UHMānoa. The play is one of the "Eighteen Favorite Plays" of the great Ichikawa Danjuro Kabuki family. It was first performed in 1713. It combines two classic Kabuki themes: the love affair of a commopner with an elite courtesan, and a samurai's search for his father's murderer. The play opens March 10 at 8 p.m. and continues on March 11, 16-18, 23-25 with a matinee performance on March 12 at 2 p.m. Director James R. Brandon has directed Japanese theatre at UHMānoa for 25 years and recently received the Order of the Rising Sun from the Japanese government. Tickets are \$12 for adults, \$9 for students, seniors and military. For information call 956-7655.

Matsuyama Mirror—Join Honolulu Theatre for Youth and Kumu Kahua Theatre as they present the world premiere of a play based on an ancient Japanese fable. Matsuyama Mirror, by Velina Hasu Houston and directed by Pamela Sterling is about a young girl's journey from childhood to womanhood. The play explores the many magical, mystical and momentous elements of that journey. Performance dates are March, 3, 4, 10, 11, 16, 17, 18, 24 and 25 at 8 p.m. and Sunday, March 26 at 6:30 p.m. Admission is \$9 for adults, \$7.50 for teens 13-18 years, and \$5 for youths aged 4-12 years, senior citizens and kumu kahua subscribers. for reservations call 536-4441.

Miracle muscle builders

By Tad Adachi
Staff Writer

The weightlifting world is full of supplement vendors preying upon the hopes and aspirations of weight-training athletes. They promote "miracle" pills and powders proclaiming that Schwarzeneggerian strength and size is only a purchase away. But, not all companies are out to swindle you of your hard-earned cash, there are products that really work and are legally available.

Creatine Monohydrate is one such product that has been proven effective by numerous university studies. Supplementation of creatine has been shown to have strength and muscle performance-enhancing effects. But, the most shocking thing

about high doses of creatine supplementation is the almost overnight increase in fat-free body weight. Anecdotal reports from Creatine Monohydrate users have shown increases in fat-free mass of up to 10 pounds in only 10 days!

Creatine monohydrate supplementation literally saturates muscles with creatine, an energy precursor compound. This greater creatine supply extends the boundaries of muscle energy production, giving more strength for such activities as weightlifting, sprinting, cycling and other athletic endeavors.

The first five to seven days on creatine is a "loading" phase. This means taking extra amounts of creatine to saturate muscle tissue with. During the loading phase, 20-30 grams per day should be taken in di-

vided doses, 4-6 times daily. After this initial loading phase, a daily 5-10 gram "maintenance doses" should be taken.

Creatine monohydrate has been proven safe in numerous clinical studies. Creatine occurs naturally in many foods, especially in red meats. Some stomach discomfort might occur if doses are taken too close together, but this is easily resolved by spacing out creatine doses throughout the day.

Heavy Metal Barbell, a local retailer, stated that creatine monohydrate is the hottest supplement on the market. Real pharmaceutical grade creatine monohydrate is not cheap, but if you're looking for a proven supplement that brings quick results, creatine monohydrate is the answer.

Get in shape with Golds Gym

By Jill Reyes
Staff Writer

Are you tired of exercising and not seeing any results? Do you feel tired all the time? If you do, then it's time for a change. Golds Gym will help you lose weight, gain muscle, maintain your weight, and feel alive at any one of their three locations: Kapiolani, Waikiki, and Pearlridge.

Latasha Harris, a fitness consultant for Golds Gym shared some information about the exclusive gym in Kapiolani. The 47,000 square ft. total fitness facility contains various free weights, world class equipment, daily aerobic classes, and much more. Harris says there are 100 aerobic classes a week, instructed by friendly, but firm instructors. "We have an estimated

amount of 9,000 members and that's only on the Kapiolani branch!" Harris said.

Golds has various programs, but only one nutrition program. "Apex" is a 12 week program designed to educate and provide customers with the ability to detect the change in your body. On the Apex program, customers get to choose whether they want to lose weight, gain muscle, or just maintain. From then, your personal nutritionist will concentrate on your oxidation—how your body utilizes food.

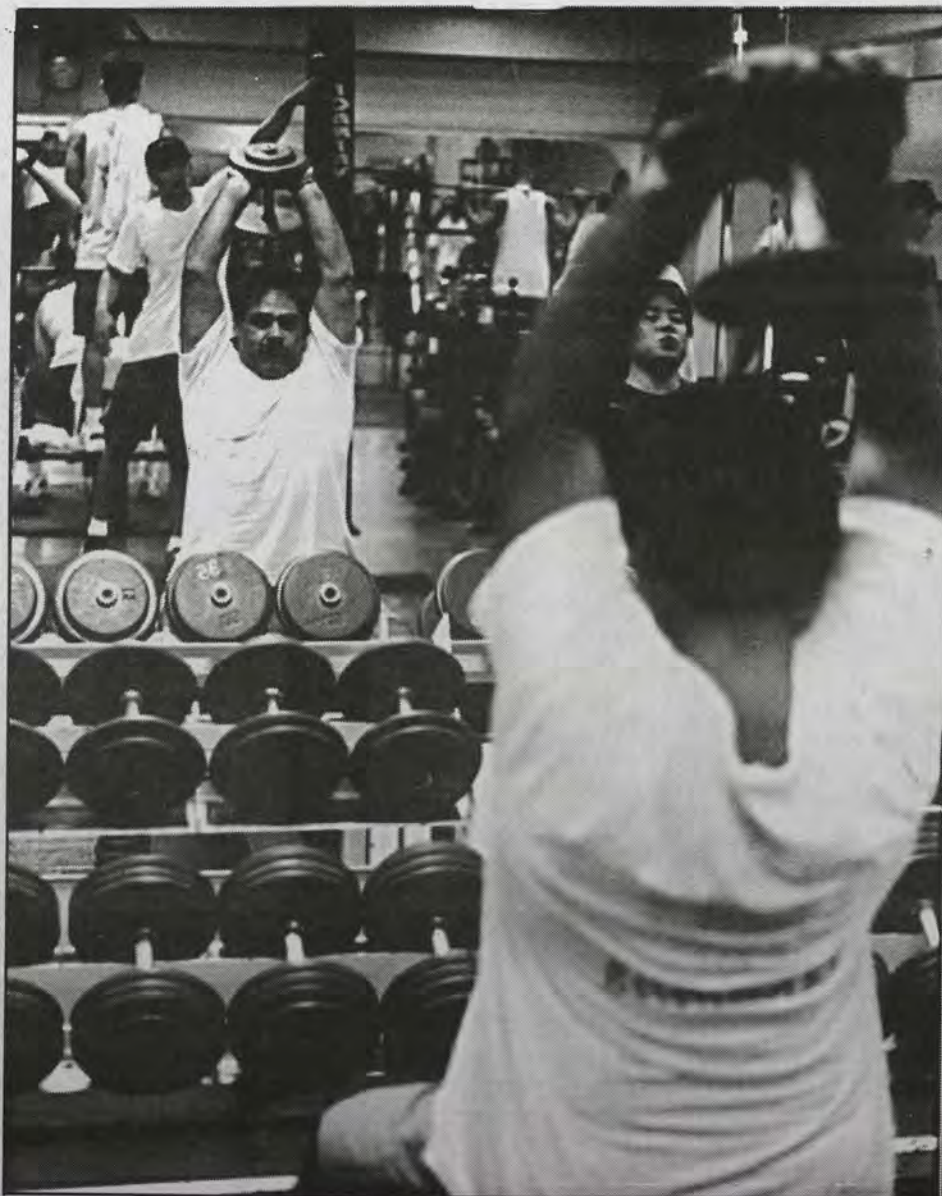
"Everybody is different," Harris said, "one person can eat lots of carbohydrates and feel hungry in an hour, and one person will not."

According to Harris, Apex tells you how many fats, proteins and calories there are on the foods you would like to eat.

Donna Orjudos wanted to try out Golds Gym for months and was fortunate to have one week free. In that week she experimented with aerobic classes, free weights, and all the various exercise equipment.

"It's a lot of fun," she said, "I felt kind of awkward working out with some big and muscular people, but I got used to it; plus it's fun!" Orjudos said that the best way to work out is with friends. "Being with a workout buddy makes going to the gym exciting and you'll see better results!"

College students have a special discount fee. Call Golds Gym for more information. Remember that News Years Resolution you made not too long ago to lose that 5 extra pounds? "Not only will Golds Gym help you see results, but it also has a guaranteed nutrition program," says Harris.



"Why lift at home when you can lift at the Y?" A member of the Central YMCA works out his triceps. Weight training is just one of Central YMCA's many programs.

Photo by
Raymond Yuen





Cafeteria

The following is the list of the main entrees for the Cafeteria.

Feb. 28:

Chicken Curry Kapitan
Singapore Style Fried Noodles

March 1:

Garlic Roast Chicken
Pinakbet

March 2:

Roast Pork with Oyster Sauce
Gravy

Szechuan Style Egg Plant
Salads for the week:

Chinese Chicken
Green Papaya



Asian Pacific Dining

Feb. 28 - March 2
11:30 a.m. - 1 p.m.

Appetizers

Miracle Vegetable Soup
Braised Soy Beans with
Scallions and Steamed Buns

Salads

Island Seaweed, Kula Maui
Onion, and tomato
Bean Curd and Spring
Vegetables
Lettuce Rolls with Veg-
etables, Sprouts and rice
Noodle

Main Course

Mock Abalone in Oyster
Sauce
Stir-Fried Vegetables, Three
Mushrooms and Walnuts
Crispy Vegetarian Rolls
Vegetarian Fried Rice

Dessert

Beverage

\$7.95



Classes

The following classes are presented through Kapi'olani Community College's Office of Community Services. Call 734-9211 for more information.

Jewelry/Lost Wax Casting— Casting of jewelry pieces. One project will include Champleve enamel and a simple stone setting (optional). Instructor Toni Seales-Dale. March 1-April 22, 6-9 p.m. Course Fee: \$74. Lab fee \$12 plus additional fees for materials selected.

Psychological Fitness— Mental skills for maximizing work, athletic, and personal performance. Learn to cope with worry and performance anxiety: relaxation, using self-talk, setting goals, and staying motivated. Instructor Bernard Ostrowski. March 7 & 14, 7-9 p.m. Course Fee: \$30.

Be an Organ Donor... It's a Chance of a Lifetime— Learn the facts about how the gift of donated organs and tissues has the power to save or improve the quality of lives of as many as 75 people. The gift if donation touches hundreds of lives of family and friends along the way each year. March 2, 7-8 p.m., KCC Chapel. Free.

Jade, the Stone of Heaven— Ancient uses of Jade, its carvings and their meanings and also Jakeite vs Nephrite and other substitutes will be discussed. Instructor Brenda Reichel, Graduate Gemologist and President of Carats & Karats. March 1, 7-9 p.m. Course Fee: \$15.

Whale Watching Tickets— \$30, two and a half hour breakfast cruise on the Navatek 1 for March 11. Sold at the Cafeteria during lunch time and by International Club students. Or drop by the Counseling Center in 'Ilima 202 and see Regina Ewing. Also Janice Cook, English instg. will be selling tickets; call 734-9339.



Workshops

LAC ESL Workshops— The LAC is providing a series of ESL workshops. Two of the LAC writing tutors who are majoring in ESL will conduct the workshops. Mondays and Wednesday 2:30-3:20 p.m. in 'Iliahi 228A. Sign up for the workshops at the LAC main counter. For more information call Gail Harada at 734-9342.

Workshop #5: Accent Modifications March 1.

Workshop #6 Listening-Speaking Exercises March 2

Workshop #7: Two-Word Verbs March 6 & 8

LAC Grammar and Writing Workshops— The following is a list of upcoming workshops in which students may learn more about different types of grammar skills. Monday workshops are from 1:00 - 1:50 p.m. in 'Iliahi 228F. Thursday workshops are from 2:30 - 3:20 p.m. in 'Iliahi 228A. For more information call Gail Harada at 734-9342.

Workshop #6: Verb Problems: Past Tense and Past Perfect Tense March 2.

Workshop #7: Misplaced Modifiers March 6 & 9.

Workshop #8: Dangling Modifiers March 13 & 16

Secrets of Success Workshops— The following is a list of workshops sponsored by the KCC Learning Assistance Center. Mondays 12-1:15 p.m. in 'Ohi'a For more information call Gail Harada at 734-9342.

March 6: Dealing with Math Anxiety: Learn to subtract bad habits that make it hard for you to succeed in math an start developing good habits that can add success. Join Wayne Neidhardt for tips on handling math anxiety.

March 13: Exam Strategies: Two of your instructors giving essay exams and the other two want you to know hundreds of facts. How are you going to survive? Jim Shimabukuro points out the paths to writing essay responses successfully and Joyce DiCesare talks about the secrets of memorization.

Transfer Workshops

UH College of Business— March 6, 12-1:15 p.m., Kalia 202, Rona Ching, College of Business Advisor.

Pick-up the complete Spring 95 workshop schedule from the KCC Career and Personal Development Unit, 'Ilima 202.



Etc.

Bookstore Days Open

for Feb. 21-March 3:
Feb. 21-22, Feb. 28, March 1

Music Club Meeting March 13, 12-1 p.m. at Olonā 109.

Funding Requests for the 1995-96 Student Activities Budget— Application forms will be accepted until March 4. Application forms are available at the Student Activities Office- 'Ohi'a 101 and also on the bookshelf in the hallway outside of 'Ohi'a 101.

Graphic Designer— Brian Smith will be giving a slide lecture. He teaches typography and is developing a course in Popular Culture and alternative uses of the Internet. March 1, 7:30 p.m. in the Art Auditorium at UH Mānoa. Lecture is free. For more info call Karen White at 956-5263.

Auditions for "Twelfth Night O'Wateva!"— Po'okela-award winning adaptation of Shakespeare's classic. The author, James Grant Benton, painstakingly made a line-for-line translation of Shakespearean English into Hawai'i's own dialect, Pidgin; the result is a play which keeps all the wit and charm of the classic version, whilst giving it a new perspective and a sharp, local edge. Auditions will consist of readings from the manuscript, with some directed movement. Scripts are available from the Diamond Head Theatre Box Office and may be read on site during office hours (10-5 p.m.). Photocopied pages of selected character roles may be borrowed and returned after the audition. Auditions will be at Rehearsal Hall, Diamond Head Theatre, 520 Makapu'u Ave. on March 3, 6 p.m. and March 4, 2 p.m. For more info call 734-8763.

Would your club like to have a scholarship fund? The Kapi'olani Marketing Association is sponsoring the KCC Scholarship Program with a fundraiser that is designed to raise money...A LOT OF MONEY! Any student organization may take part tickets sales. Send your information through campus mail to:

Kapi'olani Marketing Association, KCC Scholarship Program, ATTN: MJ Quenga, c/o Irmagard Davis, Business Ed. Dept.

Poetry and Fiction contests— Poetry: any subject or style, 40 lines or less. 1st place-\$300, 2nd place-\$200, 3rd place-\$100. Entry fee: \$5 (total cost) for up to 5 poems. Fiction: 2500 words or less. 1st place-\$300, 2nd place-\$200, 3rd place-\$100. Entry fee: \$5 (total cost) for up to two entries. The deadline for entries is March 15. Winners will be notified, through the mail, by May 31. For Complete info, please send SASE to: Sagebrush, C3-4; PO Box 300805; Denver, CO 80203. All winning entries will be published in their fall journal.

Walking Tours—Kapi'olani Community College's Interpret Hawai'i program presents a unique walking tour. The tour costs \$5/adults, \$2/children, and \$4/students and senior citizens. Pre-registration is required. The tour is subject to change or cancellation due to poor weather. To register for a tour or to receive a brochure on the Walking Tour program, please contact the Office of Community Services, KCC, 734-9245.

Little Tokyo: The Japanese in Honolulu on March 4, 9-11 a.m.

Trace the history of the Japanese in Hawai'i with amateur historian Shige Yoshitake as he guides you through downtown Honolulu. Visit the site of the first Japanese bank in Hawai'i which was later used to temporarily hold suspect Japanese spies during World War II, as well as many of the original locations of successful modern Japanese businesses.

Na Ali'i: Kings and Queens of Hawai'i on March 9, 5:30-7:30 p.m. Stroll through historic Honolulu with renown storyteller Woody Fern as he brings to life stories of Hawai'i's only hapa-haole Queen, Emma; the world's first monarch to travel around the world, King David Kalakaua and other ali'i.

Makiki: A History Among the Highrises on March 4, 9-11:30 a.m. Take a stroll among the highrises and find hidden treasures reminiscent of old Hawai'i. Historian Stephanie Fitzpatrick will share with you architectural and historical treasures tucked away between apartments and condominiums.

A Stroll to Kaimuki on March 7, 9-11 a.m. Take a nostalgic step back into the Kaimuki of yesteryear with small bakeries, flower farms, small businesses. Your guides are lifetime residents of the area, Robert Takane and Shige Yoshitake.

There's Trouble in the Kingdom on March 2 and 16, 1:30-3:30 p.m., starting at the entrance of the Mission Houses Museum gate on Kawaiha'o Street. Follow in the footsteps of nineteenth century kings, queens, and adventurers. Catch the tantalizing tales of the riotous election for a ruler, smooth talking foreigners who become counsel to the king and other little known tidbits of Hawaiian history.

A Taste of Chinatown on March 15, 1-3 p.m. Get a taste of the culture and history of Chinatown with local guide Rose Leong Teruya. The tour is limited to ten people and because of the group size, you will be able to take full advantage of visiting small shops and participants will sample various Asian delicacies. Fee is \$8 per person.



Jobs

These jobs are from a list in the Job Placement Office, in 'Ilima 202. The office will be upstairs temporarily for the month of February. For more info on more jobs contact Gemma Williams at 734-9544.

Sales Clerk #3443

Sell womens clothing. Customer service skills necessary. Mon-Sat, 10 a.m.- 9 p.m. and Sunday from 10 a.m. until 5 p.m. flexible. This is a permanent part time position. \$7

Students Activities is accepting nominations for the Provost Award and Charles K. Nakamura Award, from now to noon on March 31 in 'Ohi'a 101. Nomination forms are available at the Student Activities Office. The Provost Award is made at the end of each academic year to a Kapi'olani Community College student who is considered to have made the most significant contribution to the college. The Charles K. Nakamura Award is made at the end of each academic school year to the Kapi'olani Community College student who is considered to have made the most significant contribution(s) in the area of Student Activities.

an hour negotiable.

Service Consultant #3444

Heavy customer service, answer questions, refer or direct to appropriate department. Needs personal relations skills, be articulate, concise, ability to explain things verbally and good listening skills, P/C experience is needed because you will be operating an on-line terminal. Mon-Fri, 8 a.m. until 5 p.m. Full-time. \$9 an hour.

Secretary

Type correspondence, reports, loan documents, coordinate travel arrangements and assist department personnel. Must be able to type 60 words per minute, 10 key by touch, business school graduate or equivalent experience, working knowledge of Wordperfect, Lotus or Excel, good organization and communication skills. Permanent full-time position, \$19,000-25,000 a year

Receptionist/Operator

Answer phones and direct all incoming mail, greet and direct visitors, provide clerical support as needed. Must have a high school diploma, three to six months receptionist experience, good verbal communication and pleasant professional manner. Type 45 words per minute and have computer, word processing experience. Permanent full-time position, \$1,304-1,629 a month.

For Sale

Classifieds

Fast Fundraiser—Raise \$500 in five days—Greeks, groups, clubs, motivated individuals, easy-no financial obligation (800) 775-3851 Ext. 33

MARRIAGE PLANS?? Understand your relationship's strengths and areas of potential growth. Compare your partner's understanding. Free and confidential relationship assessments provided for PhD research. Call Bryan Austill at 261-7706 or 545-2740.

Counselor's Corner

Mona Lee, KCC counselor, answers questions frequently asked by students.

Q: What is the procedure for withdrawing from one of my classes?

A: Students may need to withdraw from a class for various reasons including illness, change of work hours, not passing the course or not meeting course prerequisites. To "officially" withdraw from a class, a student must fill out the "change or registration" form available at the Records Office, 'Ilima 102, and get the instructor's signature/approval. The form must be returned to the Records Office by the deadline, March 14. The fee for the change is \$1 and students will receive a "W" on their transcript which is not punitive and does not affect the calculation of the grade point average (GPA).