

Kapi'o

VOL. 24 No. 8

KAPIOLANI COMMUNITY COLLEGE

March 14, 1991

Sharon Narimatsu selected UHM distinguished alumna

By Marsha Mariani

What do computer courses, preparation workshops, health classes, traveling and puppet shows have in common? They're a sampling of the many courses and activities made available through the Office of Community Services. Who coordinates these services? A great creative support staff and Director Sharon Narimatsu.

Recently Narimatsu was one of six persons selected to receive the Distinguished



Photo by Dave Cerda

Sharon Narimatsu

Alumni Award from the University of Hawaii.

Narimatsu's background is wide and varied. Before her appointment as director, she was previously a Humanities instructor at KCC and had served as a Dean at LCC and assistant dean at KCC as well as worked for the Union. She currently serves on the Board of Directors of the East Honolulu Rotary and the Honolulu Community Theatre.

Since coming to the Office of Community Services 4 years ago, Narimatsu has seen enrollment grow from 8,000 to over 32,000 (1990). Each year the program has grown due to the increased needs of the community. Narimatsu comments, "the focus has been (directed) toward the business community because that's where the greatest needs have occurred."

Another reason for growth is attributed toward the goal of the nationwide program itself. That goal, says Narimatsu, is stressing "the necessity of lifelong learning." She added, "because technology vastly influences the field of work, people can no longer be satisfied with obtaining a degree and finding a job. On-going job training necessitates the coordination of non-credit courses to keep businesses attuned with the rapidly growing world."

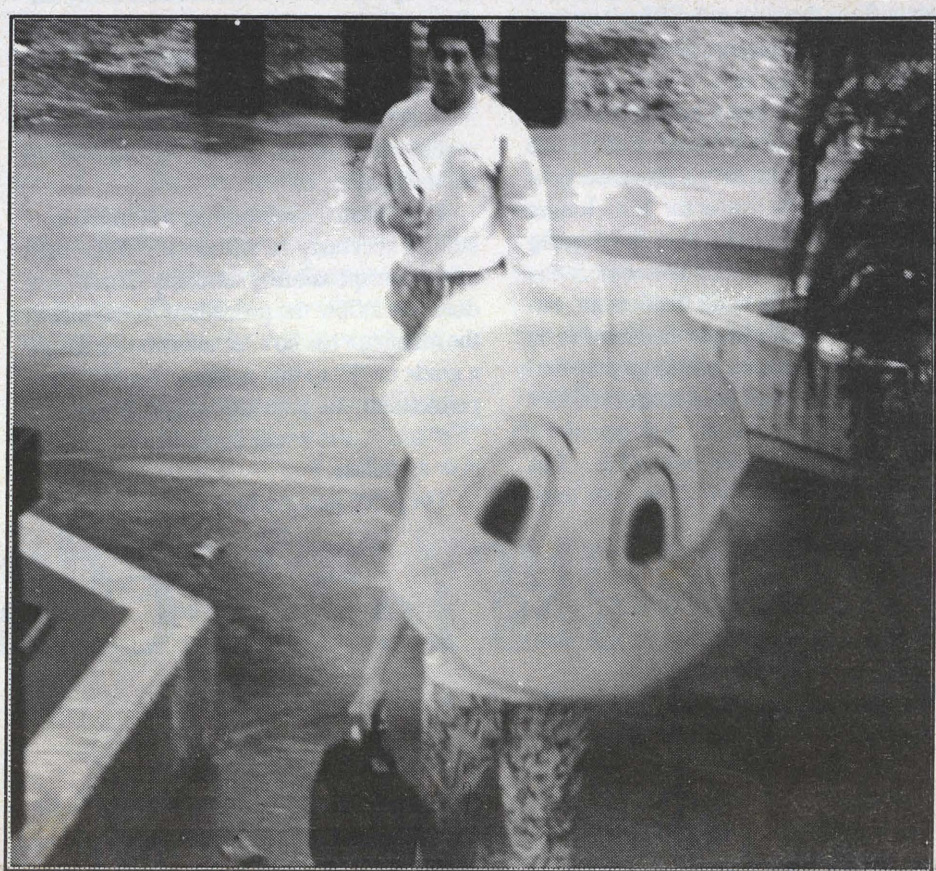


Photo by Dave Cerda

A bright spot in a time of gloom

A KCC student brings smiles to fellow students during a wet, cold, exam-filled week with a whimsical umbrella resembling Donald Duck.

New nursing facility at Leahi provided by Queen's Medical, state

The new KCC Nursing Facility at Leahi Hospital was blessed Friday, March 8 at 3 p.m. with the Reverend William Kaina of Kawaihau Church officiating.

The State donated the space in Leahi Hospital, and Queen Emma Foundation through The Queen's Medical Center allocated up to \$300,000 for the renovation. The facility makes available one classroom, a conference room which also serves as a classroom, two 6-bed nursing labs and four faculty offices.

In addition, the foundation donated \$600,000 for faculty, support courses and equipment over a three-year period. The gift made it possible to expand the program for 20 nursing students this spring and 20 more next spring.

Present at the blessing were Mrs. E. E. Black, Jr. representing The Queen's Medical Center Board of Directors and Queen Emma Foundation; Gail Tiwanak, R.N., director of Administrative Services of The Queen's Medical Center; and Duane Walker, vice president of Patient Services, The Queen's Medical Center.

Provost John Morton and Joan Matsukawa, Nursing Department chair also spoke at the blessing.



Photo by Debbie Yamao

Dignitaries gather after the blessing. From left, Duane Walker and Gail Tiwanak representing The Queen's Medical Center; Joan Matsukawa, Nursing department chair; Mrs. E.E. Black Jr., representing Queen Emma Foundation and Queen's and Provost John Morton.

The facility is used for the nurse aide, practical nursing and ADN nursing programs during the day; and in the evening, it is used by the Office of Community Services for the

Medical Records, Pharmacy Technician (a pilot course) and Home Health Aide training. Haldon Contractors did the renovation of the facility.

Dukakis to speak on health care

The Board of Regents and the President of the University of Hawaii are presenting six public forums on "Health Policy and a National Strategy" by visiting professor Michael Dukakis.

Each forum will be held on Wednesdays from 5 to 6:30 p.m. The first forum will be held at Kuakini Medical Center on March 13. The topic for discussion will be "What's Right and What's Wrong with Health Care."

The second forum will be held at the Mabel Smythe Auditorium and the topic will be "Cost of Health Care—Elements of a Successful Cost Control Strategy"

Future forum topics include "Growing Old and Staying Health," "Health Promotion, Disease Prevention and Self-Responsibility," "Health Care in the Pacific and Asia, Including Hawaii," and "Looking Ahead: A Proposed Plan for National Action."

For further information, contact Dr. Jerrold M. Michael, Dean of School of Public Health, University of Hawaii call 956-8491.

ATTENTION FOREIGN STUDENTS
Information sessions for Immigration (INS) and State and Federal Taxes

Friday Mar. 15, 5-6:30p.m.(INS)
New Rules Wed. Mar.20, 1:30-2:45 (2 sessions on State and Federal Taxes for the foreign student) both sessions repeated at 3-4:15 Reservations req. Call 956-8613

Beware the Ides of March

By Marsha Mariani

Is March 15 circled on your calendar? In case you didn't know, that's the last day to withdraw from a class. Of course there are many valid reasons why a student may decide to withdraw, but have you ever counted the reasons not to? There are many!

Withdrawing from a class may be necessary if it's a question of passing or failing, but often times this recourse is taken because a student finds the class too difficult or may not care for the instructor. There is another alternative; staying.

Have you considered viewing the course as a challenge? So it's difficult. But college is not supposed to be easy. Exercise your brain. Not liking an instructor is no longer a valid excuse unless you're a child going through the "terrible twos". Welcome to the real world, wherelikes and dislikes are endured because it's no longer fashionable to throw a tantrum over something you find unpleasant. Challenge your instructor. Get involved in your education. Ask questions to make the course more enjoyable. But don't quit! Too many "W's" on your tran-

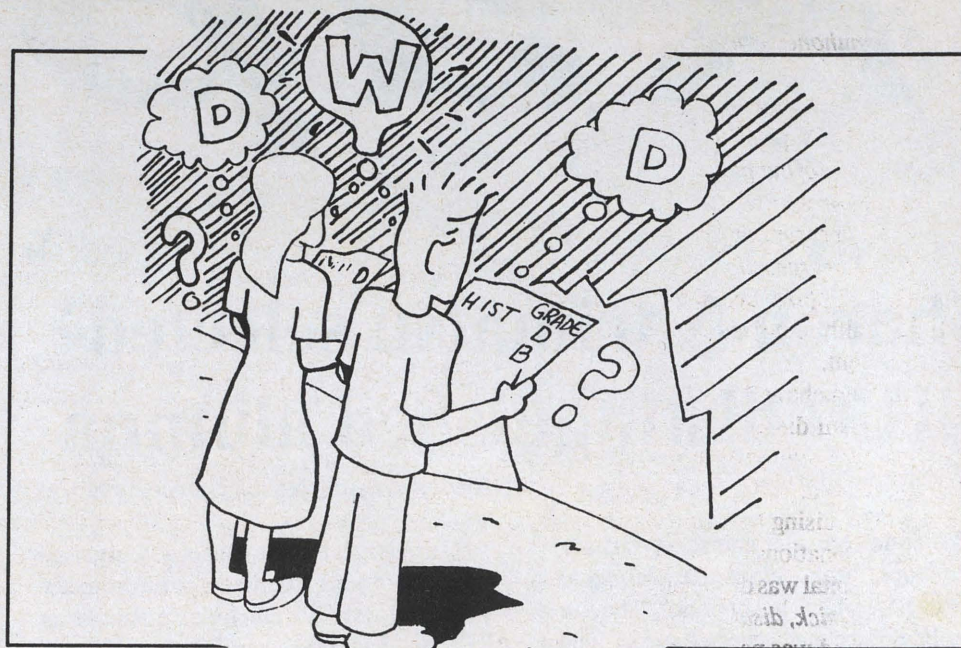
script could jeopardize your chances of getting into a better college. Remember, nobody wants a quitter.

This is also appropriate regarding employment. There aren't too many employers eager to hire quitters. Perseverance is something you can't get formally graded on, but is certainly reflected in your attitude.

Why not think of the class as a totally new learning experience? Often times many students take courses as a last ditch effort to fulfill a requirement or fit a schedule. Open your mind. You may discover some latent interests, and what started out as fulfilling a requirement may lead you on the road to choosing a career.

Despite all the reasons for staying, it may still be necessary to withdraw. If so, then take this responsibility seriously. If a student does not follow the procedure to withdraw, the instructor has no alternative but to assign a grade of "F" to that student. An "F" stays permanently on your transcript. Too many "F's" and you're worse than a quitter, you are now a "failure."

The procedure to withdraw is very simple.



It requires getting a Change of Registration form from the Admissions and Records office, obtaining the instructor's signature, then taking the form to the cashier's window and paying \$1.00 for the process. Don't forget though, the withdrawal will be indicated

with a "W" on your student record. But more than that, your decision to stay or withdraw from a course conveys much about your attitude to others, presently and in your future. So erase that circle around March 15 and opt to stay!

Responses to McCracken's commentary

The need to fight

In response to Gail Jeanne McCracken's letter in the Kapi'o dated Feb. 26, 1991 regarding Haunani-Kay Trask, I wanted to share another side to this issue. I agree, many of us are tired of hearing about this situation. Trask is not "whining and moaning how unfair life has been to her." I believe she is simply exercising the right to free speech.

Trask is not looking for sympathy. I feel she wants to be treated fairly just like everyone else. I have seen many people go about different ways to solving a problem. I think she is going about the problem the best way she knows how.

I do blame the university system for taking action against her. It seems to me they were not fair in doing so because there was a university faculty member who was, at that time, accused of sexual harassment and action was

not taken against this particular faculty member by the university. (KF5VE-Channel 5 talk show) Tell me, is that fair to reprimand one faculty member and not the other? She does represent the university and possibly should have exercised more caution in this matter.

Being a Caucasian, you would not need to fear her if you had to deal with her as faculty member of UH" because this is not about being prejudiced. This is about a faculty member's freedom of speech. It is true that "when we are employed by someone, we must remember that our actions speak for the company, not just our individual views." I agree with you.

Trask does not need to tolerate threats by anyone. It is wrong to threaten someone just because you don't like what they say. This is not what America is about. She did not expect

Letters

applause. She probably expected to be treated fairly. Yes, I believe "not everyone is treated fairly whether you are an outsider or a local," but that does not mean we have to follow that course and continue to be treated unfairly and treat others unfairly. That is why people, not only Trask, try to set things straight so this business of unfairness will hopefully one day be diminished. She is not trying to start a race riot. It is not about race.

Trask can take the heat because she has demonstrated it time and again. I am glad you "don't doubt that there is a discrimination problem." Of course we all have problems,

that is why sometimes it is necessary for many of us to take action to solve our problems.

I agree that "we live in a world where our rights are violated and unfortunately discrimination may never be realistically, totally controlled," but we can all work toward a better tomorrow no matter how long it takes. The changes may not happen during our lifetime but in someone else's lifetime. Sometimes the best thing to do when a problem arises is not just "GET OVER IT." We may need to fight for what we strongly believe in. Yes, "deal with our feelings and problems in a mature manner," and improve the ways not only for yourself but for others. Trask is doing just that.

Sincerely,
Equality for Everyone

On "growing up"

Thank you Gail Jeanne McCracken, for explaining to us how mature adults deal with a history filled with social oppression, racism, and physical and cultural genocide. They simply "get over it." If you are filled with a sense of righteous anger and outrage because your people have lost their country, their language, their very identity, well, that is obviously a "personal problem."

Of course, growing up means learning to "get on with our lives" and forgetting how unfair life can be. You are so very right. Why should we listen to the "whining and moaning" of a "frustrated woman?"

Why should we care what Haunani-Kay Trask has to say about the history of her people, about the discrimination they continue to face? It is not like any of us as "individuals" had anything to do with it.

And you are right, it is not like we haoles do not have our own problems. I know, on the surface it may look like we mainlanders have done pretty good. After all, we got to impose our religion, language, form of government,

and economic system on Hawaii. But, of course, a mature adult would realize that is just the way things were meant to be.

Unfortunately, we poor haoles have put up with the whining of local malcontents like Trask, individuals so misguided that they have not come to the realization that they cannot change the world. If they would only come to see that the least they could do is deal with their "feelings and problems" in a quiet manner, so as not to disturb the rest of us who wish to live our lives "constructively."

Now I know there will be those who call you narrow-minded, morally bankrupt, and even bigoted, but that is only because they fail to see your appeal to a higher value than that of simply righting historic wrongs. Nothing can compare with the peace of mind that we would all share if everybody would simply "get over it." When we all come to that realization, with serene minds and light hearts, we can all begin to enjoy this paradise that is Hawaii.

Lucas Wheeler

Trask speaks for Hawaiian people

After reading the article by Gail Jeanne McCracken, "Get over it already, Trask," I must ask you, Gail, just a few questions and point out a few things as well. First of all, I ask whether or not you have any idea what Haunani-Kay Trask is standing for? Have you ever taken a Hawaiian history class? My guess is probably not. Therefore, I do not believe you have any right to tell her to "get over it already!" You had mentioned in your article that you are a white female. I must point out that you of all people should reconsider your attitude—especially where the discrimination issue is presented. As a female, I am fully aware of the obstacles that we are faced with. Haunani is not only speaking for herself, but for a group of Hawaiians. She is a spokesperson for the Hawaiian people, just as Dr. Martin Luther King was a spokesperson for the Blacks in the south.

You asked her to "get over it already." No, she will not because she should not. Her people have had their land, dignity, self-respect, and individualism stolen from them. How

dare you ask such a thing when such wrong doing has been allowed to happen for a very long time? This leads me to another point.

The fact that it has been over 100 years since the Americans started to settle here in the islands does not mean that the animosity has died. In fact, these years have only allowed exposure to the true facts to the Hawaiian people. Hawaiians all over have been doing their research and finding all sorts of wrongs done against them. They have worked so hard in these years that the controversy surfacing now is only the beginning. Get used to hearing about it, because it is not going to die. The Hawaiians will not stop until oppressors are gone and they have what is rightfully theirs—their nation!

I can only suggest to you at this time to make it a point to listen to a forum that Haunani-Kay Trask is a speaker for, or take a few Hawaiian history classes and learn the atrocities that have occurred.

Sincerely,
Cheryl M. Kekiwi

Hawaiians' health in jeopardy

By Kumuhone Stone

In 1859 Alexander Liholiho, King Kamehameha IV pleaded to the government, "The decrease of our population... is a subject in comparison with which all others sink into insignificance; for our first and great duty is that of self-preservation...." He was lobbying for a shipping tax that would help to build a health center his subjects could go to for treatment.

Kamehameha and his wife Queen Emma Kaleleonalani did get their hospital after a land site was granted by the government and the tax ratified. The royal couple also did much fund raising by going house to house soliciting donations.

The hospital was designated for the "care of indigent, sick, disabled Hawaiians" free of charge and was named the Queen's Hospital after Queen Victoria of England.

There were 20 members on the Queen's Hospital board including Kamehameha as president and nine government officials. Ten

others were from the private sector, people who donated money.

In 1909, 45 years after the death of Kamehameha IV, Governor Walter Francis Frear (Frear Hall at U.H.) sent his Attorney General Charles Reed Hemenway (Hemenway Hall at U.H.) to hold a private meeting with a few select members of the Queen's board. They made two crucial decisions in that meeting: to eliminate the words "indigent, sick, disabled Hawaiians" from the by-laws and to rid the board of government officials.

The Queen's Medical Center as we know it today has become a *private* hospital that opens its doors to those with proper medical coverage or the ability to pay costly medical bills. Hawaiians are no longer offered free treatment there.

Hawaiian health and support of Hawaiian health are both on the decline. It is a serious problem that is being ignored by the United States government.

For example, last year the American-Indi-

ans received approximately \$1 billion for Indian health care. President Bush has apportioned zero dollars to the Hawaiian people in his new budget plan.

Is there really a need for Hawaiian health funding? Part-Hawaiians are dying at a rate that is on the average about 130 percent higher than any other race in the nation. Pure Hawaiians, numbering less than 8,000 today, are passing away at an even faster pace. The majority of these deaths are attributed to neglect brought on by poverty.

Evidence shows up in statistics compiled by Dr. Larry Miike a leading advocate of Hawaiian health. He states that mortality rates of Hawaiians diagnosed with diseases like cancer and heart attacks are considerably higher than all other U.S. races.

"These people are being diagnosed when it is too late. They do not have the money or insurance to come in for regular check-ups." Miike said.

Dr. Kekuni Blaisdell, professor of medicine at the University of Hawaii and staff

member at St. Francis Hospital, feels the biggest reason for poor Hawaiian health is poor Hawaiians. Blaisdell says that Hawaiians have been denied their rights to programs that have been set up for them, like the Kapiolani Children's Hospital which originally opened its doors in 1890 to provide free maternal and newborn care to Native Hawaiian women and their children. It no longer offers that same free care. He says that the Hawaiian has suffered from exploitation, commenting that foreigners came not to live as *Kanaka-Maoli* (the real people) but to profit from the land.

"It's the problem of taking more than you give that has created this situation," Blaisdell said.

More can be learned about this topic of Hawaiian health on Mondays in Ilima 201 from noon to 1:15 p.m. The program, sponsored by Alu Like, features new guest speakers weekly. For more information call 734-9507 and ask for Kili Ciotti, adviser to the program.

Step by step: how to lobby for your rights

By Ron Gandiza

Many issues confront students today that can affect them later in the future. There are also issues that directly affect students right now. Unfortunately, most people complain, and do not show the action needed to make an impact on the issues being shaped by the government through legislation.

One way to demonstrate support or opposition to a bill being considered by the government is to lobby. There are many bills dealing with higher taxes, car premiums, money allocated for education, helmets for moped riders, and other issues. People often do not know the procedure to become involved with the legislative process.

This procedure is outlined in *The Legislative Process: You Really Do Matter*, by Patricia Shimizu, director of the Majority Staff Office of the State House of Representatives.

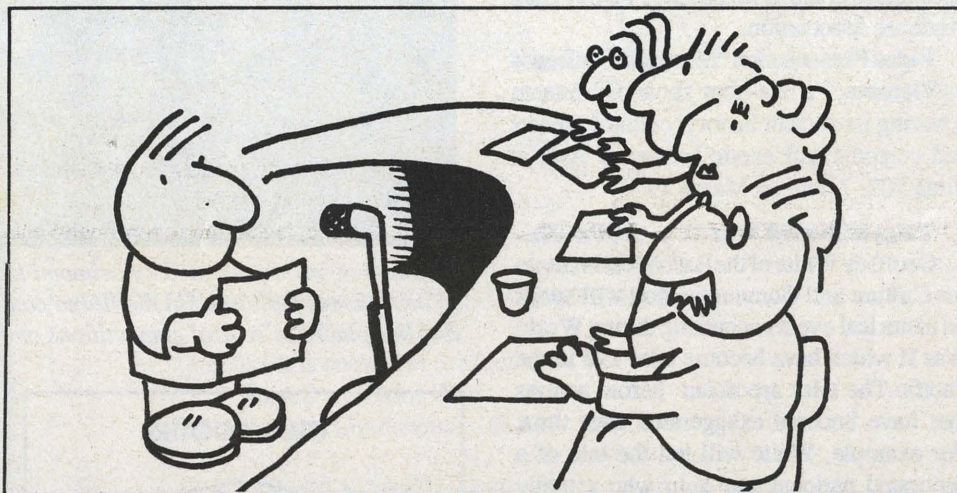
Lobbying has several steps. First, you must know the issues by learning the history and current status of the bills being reviewed by the government. This can be done by simply calling the Legislative Information Office at 548-4262. This office can also direct you to groups or coalitions which side with your opinion. Although you can technically

fight a bill by yourself, there is definitely strength in numbers. Once you know your allies, get to know your opposition. There may be a way for you or your group to work out differences so that a reasonable compromise can be reached before any bill is approved or rejected.

Next, a letter should be written and sent to your Representative or Senator. It should be brief, to the point, and only one to two pages in length. The letter should be courteous and in your own words instead of a form letter. Personal letters are very effective, even if there are only a few of them.

Then try to meet with the legislator in charge of the committee handling the bill or the legislator's staff. Make sure to leave a number or address so that copies of the committee agendas and notices of public hearings or informational briefings can be sent to you.

If you are willing to testify at a public hearing, stating your support or opposition to a bill, there are several things to remember. The sign up for testifying must be made 24 hours prior to the hearing. You can prepare a written statement on your position, but make sure you make copies for each of the legislators on the committee. An oral presentation can be made to reinforce your written support, and this



Graphic by Reuben Young

should be brief and polite.

It is important to remember that committee members like to see citizens take an interest in the legislative process. There are professionals who are hired by groups to represent their concerns, but sincerity is often lost. A person who takes the time and energy to know the issues and show up for a public hearing must be genuinely concerned about the consequences of a proposed bill. Simply complaining about problems will not help relieve them. Complaints and concerns must be brought directly to the attention of the right people.

Forum: The Legacy of Racism and the University

By Alan Takeda

"Racism in America is a fantasy," said Manfred Henningsen, at the forum on the Legacy of Racism and the Role of the University, held Feb. 28 at the Physical Sciences building. He claims that the real racists were the Nazis and the imperialist Japanese because they killed people as well as enslaved them. He claims that all the atrocities committed against blacks, Indians, hispanics, and Hawaiians were not racism, but it was just the way things happen in the normal development of a country.

However, that point was disputed by a Hawaiian Studies instructor, who said,

"Are you trying to tell me that all the atrocities committed by whites against my people, was a fantasy? All the killing, ex-

ploting, and illegal taking of my land was a fantasy?" Henningsen responded by saying, "If you Hawaiians are given sovereignty, then you'll become racists."

A featured speaker was Kainoa Perry, a Hawaiian Studies student who complained that there were no Hawaiians on the panel. He said he could not understand how a panel of white males was to discuss racism, having only known racism from the dominant side. Not only did Perry speak, he spoke first, although he was not given as much time as the other panelists.

Perry was appalled that Dr. Trask could be fired for speaking her mind. After a brief eloquent history of what white people have done to Hawaiians, he concluded by saying, "the time has come to stop the oppression of

my people, by any means necessary."

American Studies instructor David Stannard talked about the racism that has dominated American society since its inception. Stannard said that today, there is no need to create a white dominated society because it already exists; the need today is to maintain that dominance. He said he meets people all the time who claim not to be racists or prejudiced. He said that many of these same people claim to have fought for Civil Rights during the 1960s. "If everybody who claims to have fought for civil rights, actually did, there would have been no need for a Civil Rights Movement," Stannard said. He concluded by saying, "the time has come to make a choice on where you stand,

see Forum, page 7

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RHYTHMS, EAST

The KCC International Festival which opens next Tuesday, March 19, will offer students and the community three days of music, dance, art, international cuisine, lectures and demonstrations.

A complete schedule of Tuesday events appears in this paper. Wednesday and Thursday events will be published in the next Kapi'o.

OPEN CLASSROOMS

Students and visitors are invited to attend the following classroom presentations. The open house is sponsored by the Pacific Asian Students Association.

Video Presentation "Silkroad-SeaRoute to Vietnam," a one-hour show of Vietnam covering its ancient history, cultural aspects and customs and exotic beauty of Asia at Ilima 202, 7 p.m. on March 19.

Tales of World War II in the Pacific Geoffrey White of the East-West Institute for Culture and Communication will speak on historical events occurring during World War II which have become tales told in the Pacific. The tales are about heroic actions that have become exaggerated over time. For example, White will tell the tale of a decorated national war hero who actually hated the British that he worked under, and at one time tried to kill them himself.

White's information comes from a East-West Center project that he is a part of, which is facilitating attention to and documenting islanders' views of World War II. White's own studies is based in the southwest Pacific in the Solomon Islands. He is co-author of the book "The Pacific Theater: Island Representations of World War II."

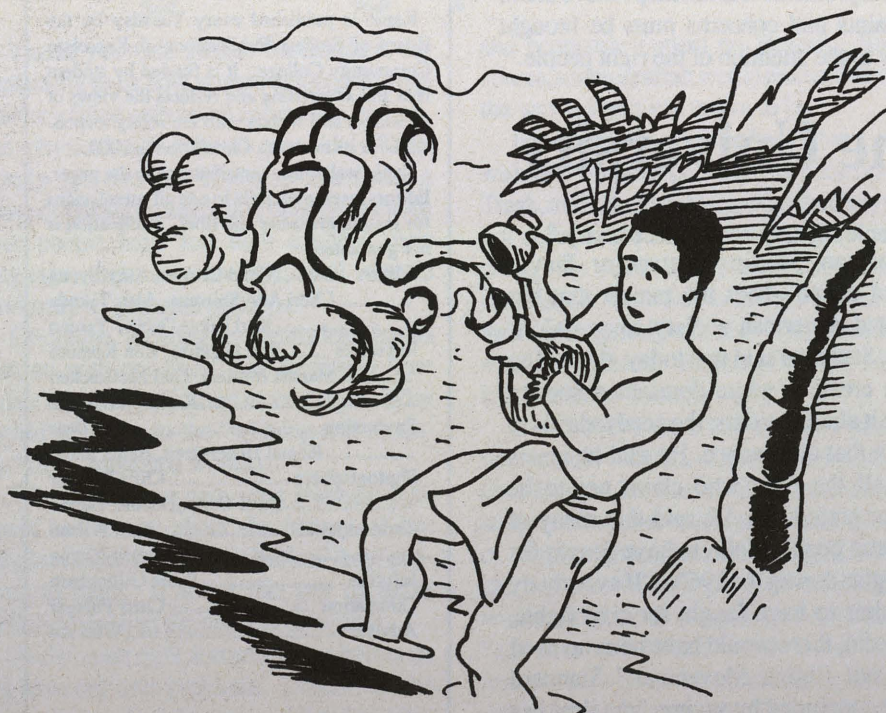


A kahiko segment presented by Leimomi Ho, Kawai Cockett and the Keali'ika'apunihonua Ke'ena A'o Hula will be part of the Dances of the Seasons performed in the 'Ilima courtyard Tuesday, starting at 12:30 p.m. The halau performed at the Merrie Monarch last year and has placed in several competitions on Kauai, Kona and on this island.

CLUB BOOTHS



Look for food, craft and displays by KCC clubs in the Ohia courtyard Tuesday and Thursday.



Kiki Mo'okini reading: "The Wind Gourd of La'a Mao Mao," Ohia 118, 7 p.m.

Schedule of Events

March 19, Tuesday

Noon	OPENING CEREMONY Greeting: Provost John Morton Hawaiian Chant: Kahi White and Kaleinani Billena	Ohi'a Courtyard
12:30	DANCES OF THE SEASONS Hula Halau Indonesian dance Tahitian Dancers Taiko Drummer	'Ilima Courtyard Ohi'a Courtyard
11:00-1:00	HAWAIIAN LUNCH	Ohi'a Cafeteria
3:30-5:00	FORUM: SEASONAL AGRICULTURE AND CULTURE Sergio Rapu, former Governor of Easter Island Terry Rambo, Resource Systems Institut, East-West Center Sendou Chang, Geography, University of Hawaii	Chapel
5:00 - 7:00	MUSIC AROUND CAMPUS Jonathan Osorio Tim and Sakiko Hoffman Trukese Choir Marshallese Youth Group Kosraean Choir, Church of the Crossroads	Courtyards of Koki'o-Kauila 'Ilima Ohi'a
5:45 - 8:00	DINNER: Indian and Western cuisine Sitar music	Ohelo Dining Room
7:00 - 8:30	"WIND GOURD OF LA'A MAO MAO" Reading by Kiki Mo'okini	Ohi'a 118

AND WEST

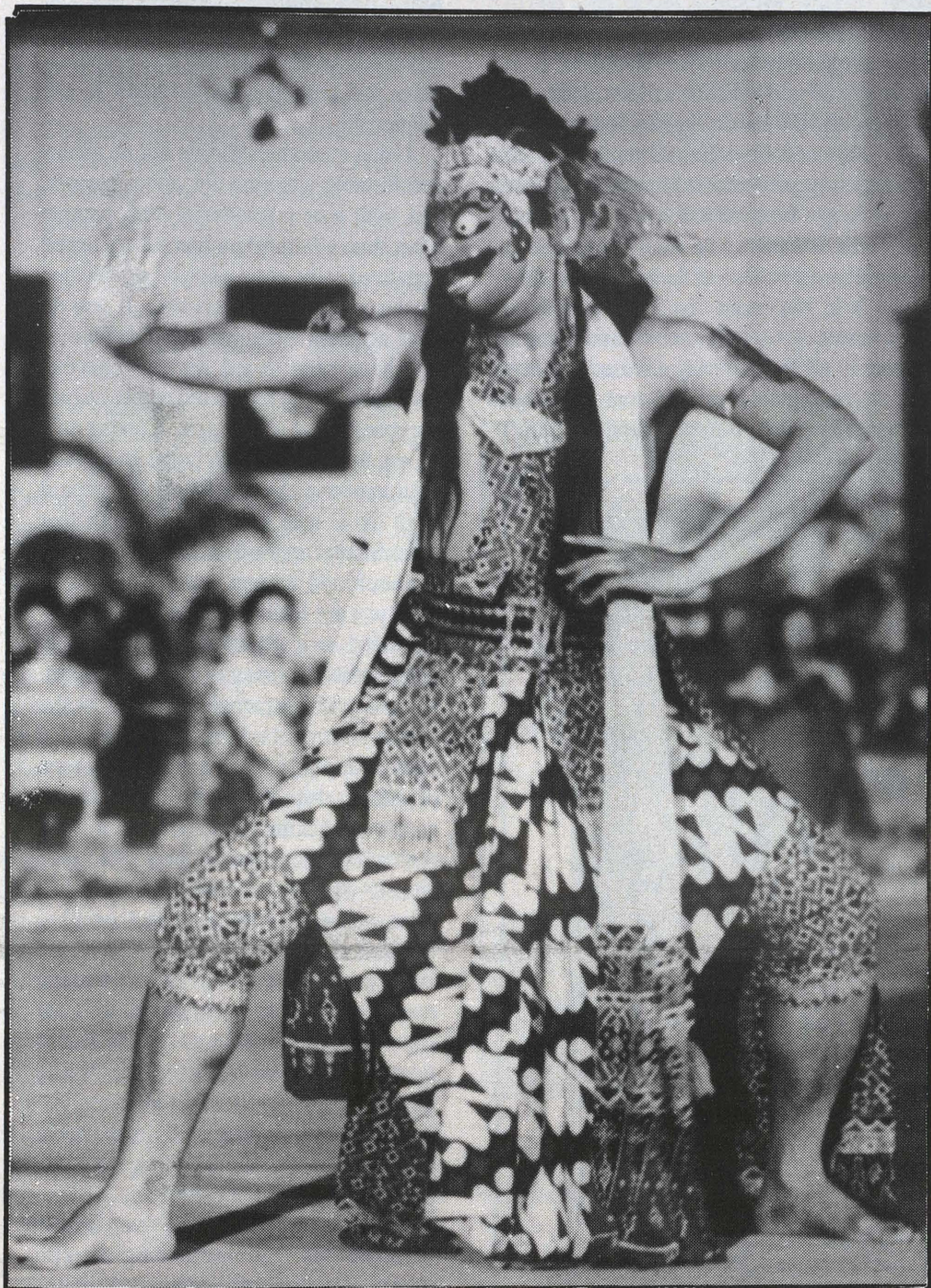


Photo by Carl Hefner

An Indonesian dance, "Wayang Topeng" (Masked dance) will be performed by Yulius Tuesday from 5-7 p.m. in 'Ilima Courtyard. Yulius, who grew up in the court in Yogyakarta, danced at the Sultan's palace as a child. He will dance to gamelan music, the traditional court music of Java.

A little night music

An evening of music is planned for Tuesday from 5 to 7 p.m. in various courtyards on campus.

In the Ohia courtyard starting at 6 p.m. will be a Trukese church group singing songs of their island, followed by Marshallese youth church group and a Kosraean group belonging to Church of the Crossroads.

In the 'Ilima courtyard, Tim Hoffman, who is now working on his master's degree in Asian Studies and his wife, Sakiko, will play Indian and Japanese music. His program will include Indian classical music on a Japanese shakuhachi (flute) accompanied by his wife on an Indian surpeti, a drone instrument. The second part of the program will feature Japanese music on the koto and shakuhachi. Finally, Hoffman will do an Indian tabla (drum) solo.

Hoffman spent 10 years in Japan and 4 in India as a music student and has written a book in Japanese, "Raga for Shakuhachi and Koto."

Jon Osorio will be performing in the courtyard by Kokio and Kauila. During the

late '70s and early '80s, Osorio was a member of the local recording group "Jon and Randy." They played at such local night spots as the Spindrift and were the warmup band for many mainland acts performing in the islands. Their song "Hawaiian Soul" was nominated for a Hoku award in the early '80s.

Lunch Menu



Ohia Cafeteria
presents
From our islands in the sun
laulau or kalua pig
chicken luau
lomi salmon
Hawaiian potato salad
rice or poi
\$4.50



PERMANENT DISPLAYS

Koa Gallery
Baskets and Textiles
from The Honolulu Academy of Arts

Ohia Cafeteria
Photographs of Asian and Pacific Performing Artists
by Carl Hefner, anthropology instructor
Works have been previously exhibited at the State Capitol and the UHM Art Gallery

Library
Asian and Pacific
performance and fine arts materials

Natural Science Center
Check your biorythms

Dinner in the Ohelo Dining Room

March 19, 20, 21

Wine and Dine to the Sitar Music
of Ravi Shankar

ASIAN TANTALIZER
Assorted Samosa
(crisp and delicate Indian pastries
filled with vegetables and beef)
Served with Mint and Coconut Chutney

FROM OUR SILVER TUREEN
Mysore Lentil Soup

RYTHMS OF THE INDIAN OCEAN
Seafood Chat
(spicy morsels of crabmeat and shrimp
on a bed of herbs and shredded greens)

FAVORITE RYTHMS OF THE EAST- ENTREES
CHICKEN CURRY
(just like it is cooked in Sri Lanka)
Served with Rice Pilaf
Vegetables and Condiments \$11.95

KASHMIR ROAST LAMB
Rice Pilaf
Vegetables and Condiments \$12.95

VEGETARIAN DELIGHT
Matar Panir
(cubes of homemade cheese and green peas
lavished with spices and
simmered to tenderness in a savory sauce)
Served with Rice Pilaf
Vegetables and Condiments \$10.95

Our Host and Hostess will visit your table
with the condiment cart
laden with an exotic selection of condiments.

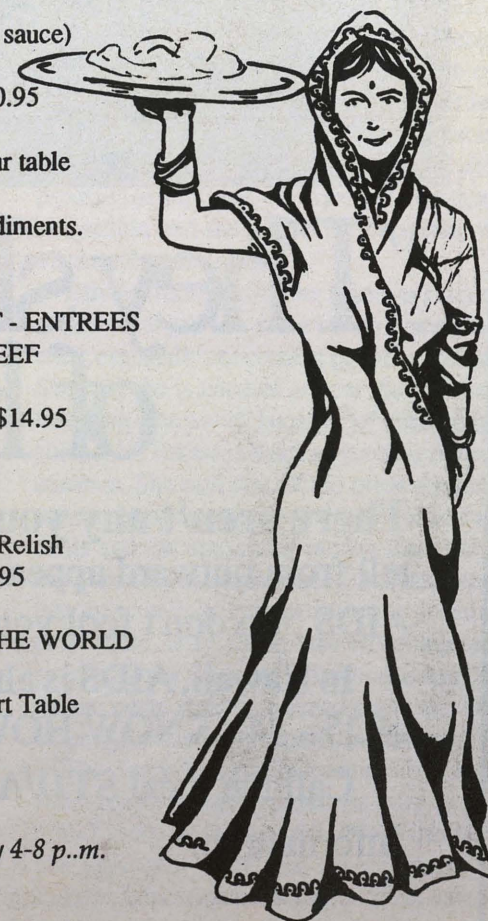
FAVORITE RYTHMS OF THE WEST - ENTREES
ROAST SLICED FILLET OF BEEF
with Red Port Wine Sauce
Steamed Potatoes and Vegetables \$14.95

MAHIMAHI
Grilled to Order
Served with Avocado and Tomato Relish
Rice Pilaf and Vegetables \$10.95

RYTHMS FROM AROUND THE WORLD
DESSERTS
Make your selection from our Dessert Table

BEVERAGES

For Reservations, call Tuesday-Friday 4-8 p.m.
734-9489.



AIDS: facts vs. fiction, myths and misconceptions

By Gail Jeanne McCracken

There are many myths and misconceptions concerning the AIDS epidemic. AIDS is a condition that can occur in people infected with HIV. The biggest problem, according to Jerry Fornelia of the Diamond Health Center, is the fear.

"When fear becomes a factor, the facts get blurred," said Fornelia. He feels that the main, unstated issue is that HIV is not a contagious disease, but rather an infectious disease. "It is important to remember that HIV is blood borne and not air borne," he added.

What this means is that HIV is not spread through casual contact. According to current research, you cannot contract the HIV virus by sitting next to, shaking hands or even sharing food with someone infected with the virus. You can't catch the virus by using a restroom, water cooler, telephone, swimming

in a pool, using a hot tub or donating blood.

There are two main ways in which HIV is usually contracted. It is spread through sexual intercourse, wherein an exchange of bodily fluids occur, or by sharing a hypodermic needle or syringe with an HIV-infected person. It can also be passed from an infected mother to her baby, before, during or after birth (through breast feeding). There have been some instances wherein people have contracted HIV through blood transfusions. Donors are now being more carefully screened as well as blood and blood products so this risk has been minimized. So basically, the blood or semen of an infected person must actually enter the body of another person in order for transmission of the virus to occur.

A popular misconception surrounding HIV is that if a person is not gay or using IV drugs, then he or she is relatively safe from catching the virus. This is not true. Anyone who is not

careful can get HIV. The virus doesn't discriminate among races, ages, sexes or sexual preferences. Heterosexuals are at risk because they could very possibly have a sexual relation with an infected person without knowing it. It is almost impossible to detect if a person is a carrier of HIV without a blood test, and it could take years before any physical evidence of the virus shows itself. Therefore it is impossible to tell whether or not your sex partner is an HIV carrier just by looking.

According to Fornelia, 20 percent of all local cases reported here in Hawaii are people ranging in age from 20 to 29 who are Asians and Pacific Islanders. So many people here are at risk, regardless of their sexual preference. It is important for ALL people to practice safe sex. Safe sex means using a condom at all times during a sexual activity. This means vaginal, oral and anal sex. Safe sex can also mean doing things that don't

require penetration. Use your imagination, there are many ways to enjoy each other sexually that don't include actual penetration.

Ideas on talking to your partner about HIV are in a pamphlet from the American Red Cross, entitled, "Women, Sex and AIDS." Talking about being safe and protecting yourself should be a responsibility for both people involved in the relationship.

Using a condom should not be an uncomfortable situation for either partner. Sex with a new partner or with anyone other than a faithful partner who's tested negative for the virus, should be protected by the use of a latex condom. If you do have a steady relationship, yet neither of you have been tested for HIV, getting tested should be considered before having unprotected, or unsafe sex. Current data shows that if you have come in contact with someone carrying the virus, it would most likely take 3 - 6 months from that point for that antibody to become evident in your blood system.

If you are feeling uncomfortable, embarrassed or if discussing safe sex with your partner becomes a problem, perhaps, according to this pamphlet, this is not the person you ought to be having an intimate relationship with. Being safe in any type of relationship should be a priority to ensure the health, happiness and mutual respect between two partners. Chances are your partner is as concerned about this issue as you are. People can look healthy, but there is no real way to tell if someone is a carrier of the virus without the test results. If your partner is unwilling to use a condom, you should not have sex. It only takes one encounter with an infected person to transmit the virus. These issues, according to the American Red Cross, should be considered before entering into any type of intimate relationship.

Learning more about HIV can help to eliminate the fear surrounding the epidemic. For more information or a copy of the pamphlet mentioned herein, call the National AIDS Hotline at 800-342-2437. Safe sex kits and pamphlets are free and available at the Diamond Head Health Center, 3627 Kilauea Avenue, Honolulu and the Life Foundation, 437 Launiu Street, Honolulu (971-2437). Testing for the HIV virus is free, confidential and anonymous at the following locations: Diamond Head Health Center, Lanakila Health Center, UH Student Health Center, Waianae Coast Comprehensive Health Center, Wahiawa Old Courthouse, Waikiki Health Center, Waipahu Health Center and Windward Health Center.



They show all the signs of having HIV.

There aren't any you can see. The truth is, there is absolutely no way to tell from outward appearance who is infected with HIV, the virus that causes AIDS. So don't fool yourself.

In Hawaii, AIDS is already the third leading cause of death between the ages of 25 - 44. **KNOW HOW TO DETERMINE YOUR RISK!**

Call the local STD/AIDS Hotline at 922-1313 for free and anonymous information.

LIFE FOUNDATION

The Life Foundation has meetings twice a month to discuss AIDS and the surrounding issues, called "Keeping It Up." They meet on Wednesday evenings at 7 p.m. in the Recreational Room at the Life Foundation at 437 Launiu Street, Honolulu, HI. The topic for the next meeting on March 13 will be "Couples Facing AIDS." The March 27 topic will be "HIV 101." The meetings are free and open to the public. For more information contact Ben at the Life Foundation at 971-2437.

OTA students help post-polio victim

By Amy Lyons

Students in the Occupational Therapy Assistance Program have started this semester at KCC with a new and exciting twist. Students in the Life Skills course have been designing renovations for a house, as well as participating in community projects.

During the first semester of the course students learn about work simplification and home management. The second semester deals with splinting and adaptive equipment.

This year the students are working with a real person, with real problems. Her name is Jane, and she is a post-polio victim.

Jane became involved in the program after speaking with Ann Kadoguchi, OTA program director, at a club which both of them attend. Jane had polio when she was quite young, but thanks to modern technology she had overcome it. Up until a year ago the only sign of her struggle with polio was that one of her legs was thinner than the other, and she had a slight limp. "But she was perfectly independent," Kadoguchi explains. It wasn't until a year ago that things began to get more difficult for Jane. She began to have extreme fatigue, pain in her joints, and she was having difficulty breathing and swallowing.

Kadoguchi had heard about post-polio syndrome, and decided to approach Jane about her problem. Kadoguchi says that Jane was so relieved, she exclaimed, "Oh thank God, You've heard about this." Everyone, including Jane's family, had thought she was crazy.

Jane had been receiving care at the Rehabilitation Hospital of the Pacific. She had become dependent on a cane and crutches. She was in obvious discomfort, and was very upset about her situation. Kadoguchi decided to make Jane an offer. She asked Jane if she would mind letting her class use her problems as a foundation for what they were learning. Jane readily accepted.

Kadoguchi and her students began helping Jane in her home. Every student was assigned a room which she had to redesign to make things more accessible now that Jane has lost a lot of her physical strength and must get

around on a motorized three-wheel scooter.

The students plans include things such as widening the doorways, lowering drawers, and other renovations which will help Jane live more independently. Cabinets are also labeled with certain colors according to how frequently the contents are used. The students tried to design the rooms so they are both "pretty and utilitarian," Kadoguchi says.

The students have also evaluated Jane's work place, and have found that it is not in compliance with the required laws. Kadoguchi is currently submitting a bill and is recommending Jane's company to transfer her laterally to a job which is less strenuous and demanding.

The situation has turned out to be a great experience for the students and for Jane. Jane has gotten much needed help and support from the students, and the students have gotten hands-on experience.



Photo by Debbie Yamao

Jocelyn Saito, an OTA student demonstrates how a handicapped person can get around with a walker

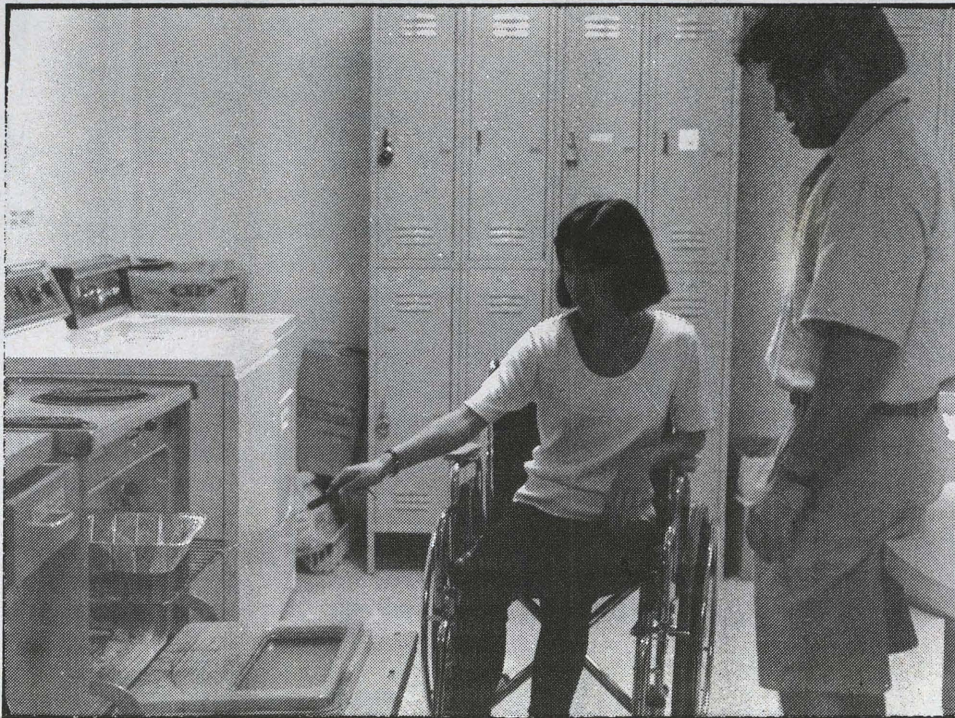


Photo by Debbie Yamao

David Toyama, OTA student, and fellow staffer at Hale Palama Mau, the day care center run by Kuakini Hospital, demonstrate how wheelchair patients are taught to handle daily chores like washing clothes.

Kadoguchi encourages her students to become involved in the community. She believes it is important for more medical personnel to become involved with health issues.

"Most health issues are decided by lawyers in Washington, and these people are not as concerned with the outcomes as are people directly involved with the medical issues." "It's important for us to get active, and to be unafraid of the system," Kadoguchi says.

Every spring, fourth semester students in OTA propose bills to the legislature. They usually lobby for certain human services in the community. Currently, two students are involved with the controversial helmet law. These students are looking at the law with a different approach. They are looking at how much it costs to survive as a brain injured victim, and also at the emotional traumas suffered by both the victims and their families.

Two OTA students are also involved in an Alcoholic Awareness Program. There is an existing program, but it deals mainly with substance abuse, and the students feel as if there should be more concentration on alcohol abuse. They also believe students starting in the third grade should be made aware of the dangers of alcohol.

"Alcohol is the first thing that most young kids experiment with; and with the alcohol base, comes marijuana and then everything else," Kadoguchi explains.

Kadoguchi has been OTA program director since 1980. She likes to try to teach the students through performance and by demonstration. She says, "students in this program can expect to be very busy." "We try to make learning as alive as possible."

Forum

Continued from page 3
publicly which side you're on."

Anthropologist Emmanuel Drechsel spoke about Buckminster Fuller's concepts that racial differences are the product of geographic areas of origin. He said that he believes that the human race is one species and that differences in skin color are the products of increased or decreased exposure to sunlight and the presence or absence of vitamin B in their diets.

Ethnic Studies instructor Kathryn Takara talked at length about the stereo types that exist, especially concerning people of color. She said she is amazed at how she and her class are perceived because of their skin color. Ms. Takara is black as is many of her students. She said that all too often she has watched athletes exploited for their physical skills and the amount of money their play can generate for the university. She believes that the university system as well as society as a whole, is set up to take advantage of people of color's athletic skill, to make money for the white male dominated university or white male dominated sports franchises.

The Spark Matsunaga Institute for Pace will sponsor another forum on March 14 from 7 to 9 p.m. in Kuykendall Auditorium. The topic will be "Class, Ethnic Identity, Culture, Education and Religion in Hawaii."

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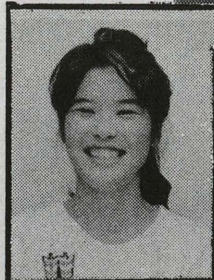
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Tuesday, March 12

Hawaii Artists in New York show in Koa Gallery, continues through March 29
The Great Mahele: The Legacy of Land Ownership, 7-9 p.m., Iliahi 204

Wednesday March 13

Campus Crime: Be Aware and Cults: Saying NO! Under Pressure, 12 - 1:30 p.m., Ohia 101.

What's Right and What's Wrong with Health Care 5-6:30 p.m.
Kuakini Medical Center

Thursday, March 14

Class, Ethnic Identity, Culture and Education in Hawaii, Kuykendall Auditorium, 7-9 p.m.
Art of Umeke, Diamond Head Chapel, 7 - 9 p.m.

Friday, March 15

Last day for all withdrawals
Single Parents & Homemakers Support Group noon - 1:30 p.m.; Ilima 105A
CALIFORNIA ACHIEVEMENT TEST sign up deadline today, Ilima 106
Ozu film, "Early Spring," Diamond Head Chapel, 7 p.m.

Saturday, March 16

Student Activities Softball Tournament, Sand Island Beach Park, 9:30 a.m. - 1 p.m.
Indonesian Cultural Festival, UH Manoa Campus Center Ballroom, 6-10 p.m.

Sunday, March 17

Happy St. Patrick's Day!
Opus XII, Honolulu Symphony Fun Run, 7:30 a.m., Fort Ruger Park
Puppet Sunday Diamond Head Chapel, 4 p.m.
Sunday Tea at Diamond Head, Bistro Coffee Shop, 1 - 4 p.m. OHIA 220.

Monday, March 18

Blood Drive: 9 a.m. - 3 p.m., BISTRO Coffee Shop (Ohia 220)
General UH Transfer Information for all students, 12 - 2 p.m., Ilima 105BC
Get Better Grades Workshop: Writing Strategies, Ohia 118, noon - 1 p.m.
Lokahi Project lecture on Hawaiian Culture, noon-1:15 p.m., Ilima 202A
Recycle Awareness Seminar, 12 p.m., Iliahi 204

Tuesday, March 19

Rhythms, East and West, Opening Ceremony, noon, Ilima Courtyard

Infoline

SUMMER CHINESE LANGUAGE STUDY IN BEIJING

A six week summer session is being offered by the Central Institute of Nationalities in Beijing, China. Classes are from June 17 to July 26, 1991. Mandarin will be taught in addition to basic courses, cultural activities, movies, theatre, and tours to numerous historical and scenic sites around Beijing. Estimated cost: \$2,350. This program is organized by KCC's Language Arts Department. A two week tour from July 27 - August 9 is also offered at \$900. KCC Mandarin instructor, Shu-fen Fujitani, will lead the tour. Deadline: March 20. Information: 734-9377.

CLASS, ETHNIC IDENTITY, CULTURE AND EDUCATION IN HAWAII

Ron Cambra moderates as Round Table Discussion Leaders from the Ethnic Studies, Social Work, ESL and Education departments at UH Manoa and a representative from the United Church of Christ address these issues before assembling in a plenary session to report on their deliberations. March 14, 7-9 p.m., Kuykendall Auditorium, UH Manoa.

HELP WANTED

YARD WORK. Make your own hours doing general yard work. One half block from KCC. \$5 per hour. 734-2309.

HELP WANTED

HOUSE WORK. Part time house work, set your own hours. One half block from KCC. \$5 per hour. 734-2309.

HAWAII HOME ECONOMICS ASSOCIATION SCHOLARSHIP

The Hawaii Home Economics Association ship for study in Home Economics, Human Resources or a related field. Related fields could include Child and Family Development, Family Economics/Resource Management, Food and Science and Human Nutrition, and Housing, Energy and the Environment. Applications are available at the Financial Aid Office. Deadline for 1991-92 is April 15.

LOKAHI PROJECT

Dr. Terry Shintani will discuss the relation of health to the traditional Hawaiian diet while Mrs. Helen O'Connor, a health promotions coordinator, will examine the evolution of the Hawaiian culture and what it means to be Hawaiian. March 18, noon - 1:15 p.m., Ilima 202A.

PRE-EDUCATION MAJORS

Applicants to the College of Education at UH Manoa must take the California Achievement Test (CAT). The test is March 23, 7:45-12:30 p.m. in Ohia 118. Sign up with Cynthia Kimura, Ilima 106, by March 15. Information: 734-9559.

INDONESIAN FESTIVAL

"Pesta Seni Indonesia" celebrates Indonesia's cultural heritage. This event includes food, dance and gamelan music. March 16, 6 - 10 p.m. UH Manoa Campus Center Ballroom.

Cruise Ship Jobs

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STUDENT ACTIVITIES

Softball at Sand Island Beach Park. March 16, 9:30 a.m. - 1 p.m. Light refreshments will be provided. Bring your own glove! Information: 734-9576, or go to Ohia 101 to sign up.

Recycling Awareness Seminar with guest speakers Patricia Tummons, publisher of "Environment Hawaii" and Lou Erteschik, Legislative Aid for the chairman of the Agricultural and Environmental Protection Agency. March 18, noon at Iliahi 204.

Requests For Funding are being accepted by the Board of Student Activities for the 1991-1992 academic year. Procedures and forms for application are available at the Student Activities office, Ohia 101. Deadline is noon, April 2.

Videos on crime and cults presented by the Student Activities' Student Informational & Development Video Series will present "Campus CRIME: BE AWARE" and "Cults: Saying NO! Under Pressure." March 13, noon - 1:30 p.m., Ohia Cafeteria.

LEGACY OF COLONIALISM

Speakers from the Hawaiian Studies, Political Science, Ethnic Studies and Religion departments will address the topic, "The Legacy of Colonialism and the Role of the University" March 7 from 7 - 9 p.m. in Kuykendall Auditorium at UH Manoa Don Topping, director of the Social Science Research Institute will moderate.

UHM transfer help offered

Six UH Manoa advisors will be at KCC to provide important transfer information on Monday, March 18, from noon-2p.m. in Ilima 105. KCC students who have applied or plan to apply to transfer to UHM will find this workshop valuable and should make every effort to attend.

Speakers and topics include:

12-12:15 What Manoa has to offer you: an overview of the campus, Ray Stupin, Coord., School and Community Relations
12:15-2:40 Admissions Procedures for Transfer Students, Harold Yokouchi, Admissions Specialist
12:40-1:00 The Colleges of Arts and Sciences Barbara Watanabe, Advisor
1-1:20 Scholarship and Financial aid Resources Carl Kallassy, Student Consumer Specialist
1:20-1:30 Availability of On-Campus Housing Laurie Furutani, Assignments Officer
1:30-1:45 Campus Life at Manoa: Your Chance to Get Involved, Jan Javinar, Assoc. Dir. of Programs
1:45-2 p.m. Questions

KCC counselors will also be available at this workshop to answer any questions to help students make a smooth transition to UH Manoa! For more information, contact the KCC Career Center in Ilima 103.

LOSE 20 POUNDS IN TWO WEEKS!

Famous U.S. Women's Ski Team Diet

During the non-snow off season the U.S. Women's Alpine Ski Team members used the "Ski Team" diet to lose 20 pounds in two weeks. That's right — 20 pounds in 14 days! The basis of the diet is chemical food action and was devised by a famous Colorado physician especially for the U.S. Ski Team. Normal energy is maintained (very important!) while reducing. You keep "full" — no starvation — because the diet is designed that way. It's a diet that is easy to follow whether you work, travel or stay at home.

This is, honestly, a fantastically successful diet. If it weren't, the U.S. Women's Ski Team wouldn't be permitted to use it! Right? So, give yourself the same break the U.S. Ski Team gets. Lose weight the scientific, proven way. Even if you've tried all the other diets, you owe it to yourself to try the U.S. Women's Ski Team Diet. That is, if you really do want to lose 20 pounds in two weeks. Order today. Tear this out as a reminder.

Send only \$10.00 (\$10.50 for Rush Service) - to: SlimQuik, P.O. Box 103, Dept. 2R, Hayden, ID 83835. Don't order unless you want to lose 20 pounds in two weeks! Because that's what the Ski Team Diet will do. © 1990

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