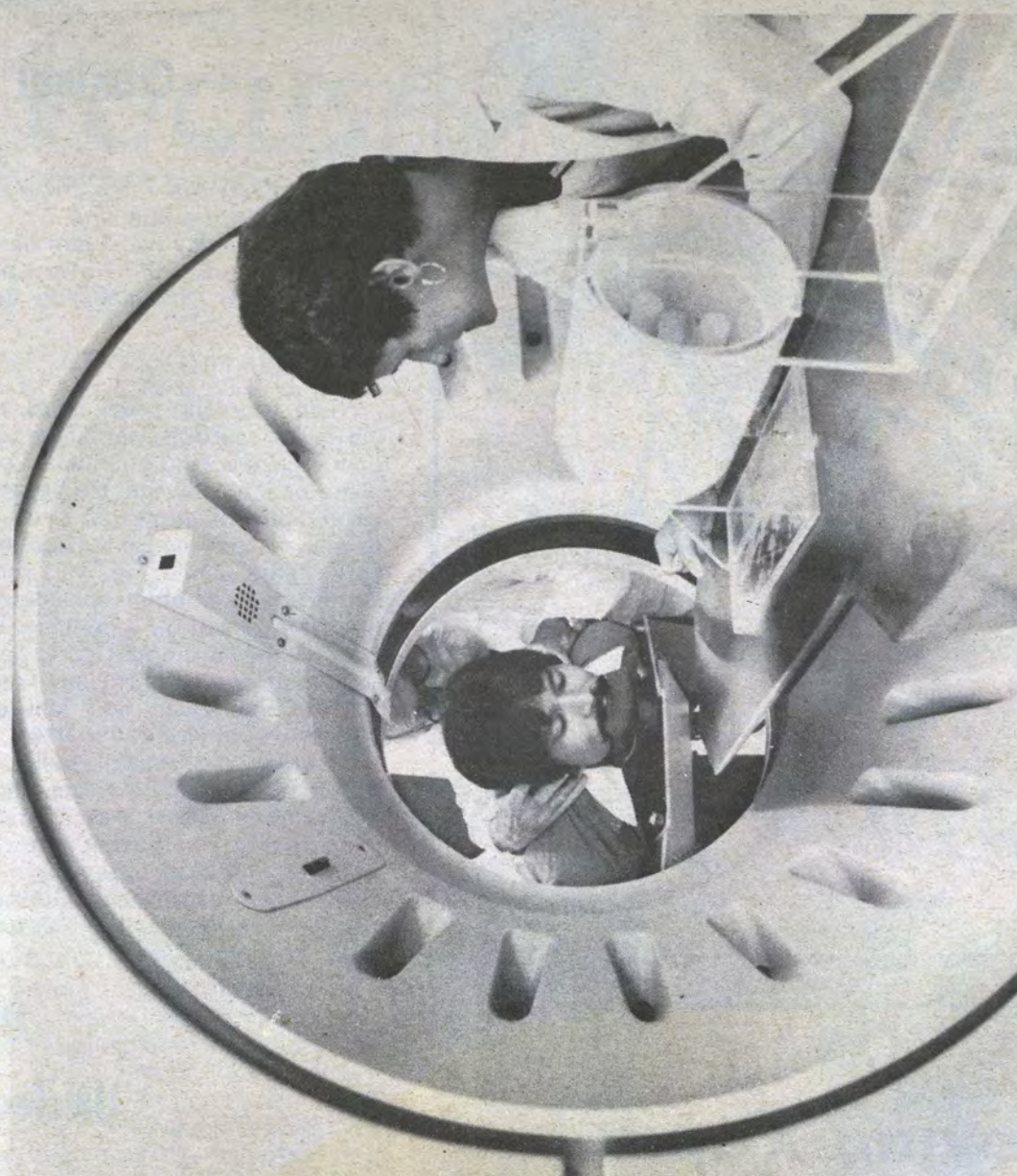


# Kapio

March 17, 1982

Kapiolani Community College

Vol. 13 No. 7



Saluting Allied Health

## News News

### EGYPTIAN ANTIQUITIES EXHIBIT

Wendy Kaulia

A priceless art exhibit consisting of the most significant Egyptian antiquities dating from 3200B.C. to 30 A.D. will be on exhibition at the UH Manoa Art Gallery from March 14 through April 16.

Funerary figures, representations of the ancient god Osiris, sculptured animals, jewelry and numerous ceramic bowls and jars highlight the collection of Charles M. Pankow.

The collection also has a bronze figure of a cat from the 26th Dynasty, 664-525 B.C., containing a mummified cat relic in its hollow interior. In addition, an ancient alabaster jar is thought to have been among the 13 discovered outside the entrance to Merenptah's tomb in the Valley of the Kings. This jar was the donation of renowned archaeologist, Howard Carter who discovered the tomb of King Tut.

The Gallery will be open from 10 a.m. to 4 p.m., Monday through Friday and noon to 4 p.m. in celebration of the 75th Anniversary of the UH and on Kuhio Day, March 26, 10 a.m. to 4 p.m. Admission to the UH Art Gallery is free.

The Gallery will be closed on Good Friday, April 9 and Easter Sunday, April 11. This exhibition is sponsored in part by a grant from the State

Foundation on Culture and the Arts.

In addition to the exhibit various related activities are scheduled as follows:

March 14 Reception of the tour at the UH Art Gallery from 4 to 6 p.m.

March 16 Film on Egypt, "In the Beginning" by Kenneth Clark, Art Auditorium, 7:30 p.m.

April 1 Slide lecture "Ancient Egyptian Religion and Philosophy" by art historian Neal Myers, Art Bldg. Auditorium, 7:30 p.m.

April 6 Lecture "Artistic Developments in Greek and Egyptian Art" by Robert J. Littman, Art Bldg. Auditorium 7:30 p.m. Dr. Littman is assistant professor of classics at the UH and author of "The Greek Experiment 800-400 B.C."

For information, call the UH Art Gallery located in the Art Bldg. at 948-6888.

### A CRAFTY EXPERIENCE

The Ulupono Charter Chapter of the American Business Women's Association is sponsoring its second Annual Spring Crafts Fair at Thomas Square on April 3 and 4, from 9 a.m. to 5 p.m.

Approximately 150 craftspeople, with top quality products and diversity, have been invited to participate.

### DEADLINE FOR COLLEGE ART 1982

College Art 1982 is coming soon and KCC students with a talent in any art media are invited to enter this annual art exhibition. Original entries produced within the years 1981 and 1982 should be delivered 4 p.m. on Monday, March 29 to the Amfac Plaza Exhibition Room, located makai of Fort Street Mall at Queen Street.

All entrants must be registered for either the fall 1981 or spring 1982 semesters. There will be an entry fee of \$2 for every piece entered.

All entrants must pick up their work on Wednesday, March 31 between 8:30 a.m. to 5 p.m. Entrants will be notified of the judges' decision. Selected works remain at the Plaza for the length of the exhibit. Students with validated receipts for each winning entry must pick up their works by Thursday, April 15, from 8:30 a.m. to 5 p.m. A fee of \$5 to cover storage costs will be charged if art work is not picked up by the deadline.

Regulations on the art works include all media, although works may not extend more than 12 feet in height or weigh more than 100 lbs. per square foot and should be able to fit through a 6x7 front door. Entries will also be judged on the quality of the presentation.

College Art 1982, sponsored by the colleges of Oahu and State Foundation of Culture and the Arts, will be held on April 1 to 14, Monday through Friday from 8:30 a.m. to 5 p.m. at the Amfac Plaza Exhibition Room.

### GOOD "SIGN" OF THE TIMES

If you have been to any previews of any plays going on at HPAC Theater on East Manoa Road since last March, you may have noticed some people doing sign language for the audience.

Franklin Silva, Sherrie Gonatti, and Diane Ishigami are free-lance interpreters who have been performing this outstanding service over the past year and who would like an opportunity to do sign language at more than just the preview of a play. Sounds like a reasonable desire and, hopefully, someday it will come true.



### KCC ART SHOW

The KCC Art Show will be at Kahala Mall this year, April 15-18. Entries are due April 8. For information contact Charlie Bretz or Gretchen Aona, art instructors.

### ON THE COVER

Radiologists at St. Francis Hospital hook a patient up to their CT Scan facility. The machine is used to scan internal organs. Photo courtesy Gerri Oda, St. Francis Hospital.





## FORUM

### Improving Kapiro

What would make Kapiro a better newspaper? This question inspired some interesting suggestions from around campus. Here are some examples:

Longer stories; interviews with students and teachers concerning travel experience; eye-catching headlines; updates concerning pending legislative matters; a gossip column; more in-depth stories of cultural groups represented on campus; recipes; course highlights; current events that may be of particular interest to a college student; job opportunities and the requirements needed in order to

qualify for these certain jobs; and some stories about students who go to school, work, and manage to retain a shred of sanity while doing all these things.

These suggestions, and others, have been reviewed by the staff of the Kapiro and much effort is being exerted in order to give you, the reader, more of what you want. If anyone has further ideas which will help make Kapiro a better newspaper, please drop a note in the suggestion box come to Bldg. 929, D.H. Campus MWF, or grab hold of the nearest reporter and let us have it. O.K?

### Say what?

Students at KCC were asked, what are you going to do on Spring Break?



**Freeman Cheung** — I'm going to Kona for vacation and to check out a volcano.



**Chit Padua** — I'm going on a religious outing to cleanse myself.



**Carlos Gutierrez** — Get my driver's license and catch up on work.



**Amy Wan** — I'm going to relax and finish my homework.

### Albertini right?

#### Criminal vs Non-Criminal

Jim Gardner

*You may say that I'm a dreamer,  
But I'm not the only one.  
I hope someday you'll join us,  
And the world will be everyone's.*  
Lyrics from "Imagine" by John Lennon

Aside from the usual rapes, robberies and murders, Hawaii has come up with a new kind of criminal in the name of Jim Albertini. He began his alleged life of crime ten years ago during an open house at Hickam Air Force Base when he was caught handing out pamphlets considered to be detrimental to a military base because they promoted world peace. As a result, he was told never to return to the base again and failure to comply would lead to his arrest.

Albertini did return earlier this semester during another open house to promote world peace and to demonstrate against nuclear weapons. He was also caught and convicted for trespassing. During his trial he was also labeled a "psychopath" by Judge King.

The law is the law and Albertini knew what was at stake when he chose to show up again, but what crime did he really commit? Was he arrested on the grounds that he didn't want to see the United States get involved in another war, especially after the way we disgraced ourselves in Vietnam? Officially that was not the reason but that was what made him considered undesirable on a military base. The next thing you know this alleged "psychopath" will be getting into the hard stuff like free enterprise and gun control.

Albertini's mission seemssimilar to the goals expressed in the late John Lennon's song, "Imagine." The goals of both Albertini and Lennon seemed to be to help the people of the world live together in total harmony. While it's not likely that total harmony will happen in our lifetime, it's good to know that there are people who are willing to express their beliefs. And it would be a step in the right direction if Jim Albertini's name could be removed from the list of common criminals.

### Or wrong?

#### UNclear on NUclear

Jay McWilliams

Freedom of Speech, the right of all individuals in America, is one of the issues in the Jim Albertini case. Obviously, for Albertini, exercising his freedom of speech is important enough to go to jail for.

The right to speak should carry with it the responsibility to "tell the truth, the whole truth, and nothing but the truth." Unfortunately, the right to hear "the whole truth, and nothing but the truth" is not guaranteed by the Constitution of the United States.

At a recent lecture and slide presentation given by Albertini to a KCC history class, a few points were made that prompted some people to ask the question, "How do we know this is the truth?"

Albertini informed the students that at various places around O'ahu there are nuclear weapons "hidden" from the public. He proceeded to show slides of some of the areas where these weapons are supposedly buried. If the military is not talking, where did Albertini get this information? And why should we believe his source, or any source for that matter? Who can we trust nowadays? What is propaganda and what is truth?

Albertini claims that, because of the military bases on O'ahu, and because of the numerous hidden weapons here, Hawai'i presently stands a good chance of being hit first in the event of a nuclear attack. Once the button is pushed, Hawai'i will vaporize shortly thereafter and cease to exist.

Another point comes to mind here. Granted, the competence of our leaders is clearly a questionable matter; but surely most of these people are sane, have a sense of self-preservation, and are concerned with the safety as well as the security aspect of this issue. It is hard to believe that the people in charge would have a total lack of responsibility to the American people and to the rest of the world, regarding matters of such grave importance.

Although, Albertini's methods leave something to be desired, the strength of his convictions is admirable and at least he is trying to do something about that which concerns him. Too often we don't want to get involved in an issue so we just ignore it.

Perhaps if Albertini were to substantiate his sources at the time of his presentation a lot of the negative feelings created by his statements would be eliminated. Because he uses scare tactics and expects his audience to accept his words on faith, many people will miss his message of "resistance to global militarism and nuclear arms." Contrary to his intentions, anger and disbelief will be aroused in people who understand these methods, and fear and despair will occur to those who do not understand them. Could these really be the results Albertini and other non-violent peace promoting advocates are seeking by exercising their freedom of speech?

#### STAFF BOX

Editor-in-chief .....	Jim Gardner
Copy Editor .....	Suzanne Brown
Managing Editor .....	Shirley Ishii
Photographers .....	Armand Kitapei, Suzanne Brown, Shirley Ishii, Robert Forbes
Cartoonist .....	June Kavakami
Typist .....	Wendy Kaulia
Staff .....	Charles Kupa, Anthony Brack, Susan Kahakalua, Jason Tani, Darryl Shiroma, Laura Staley, Pete Deller, Dawn Kadoguchi, Regina Pfeiffer, Kaoru Iijima-Sipman, Betty Ann Shiraki, Hank Rice, James Bevacqua, Monica Toyama, Ann Erin Bennett, Daniels, Shawn Balmoja, Jean Young, Mary Ann Akamine, Jay McWilliams, Lauren Soth



# Awareness KAPIO FOCUSES ON WOMEN

## COMMENTARY

### Herstorical Facts

By Suzanne Brown

By now we all should be aware of the plight that women have suffered throughout recorded history. Lack of recognition and equality along with the usual cliché of "patience, these things take time" infuriates rather than comforts today's women. In some categories, however, the women's movement also infuriates today's women by going to extremes on minor issues.

Two examples came to mind almost

immediately after reading the current issue of the local feminist newspaper, *All She Wrote*. An article entitled "A Short Essay on Truth" focuses on the current lack of support for the local lesbian faction of the feminist movement. The writer feels that lesbian rights are supposed to be a priority for the National Organization of Women.

This lesbian attachment to the feminist movement is in itself a turn off to many women who would

otherwise get involved. The assumption made is that the more active a woman is for equality, the less heterosexual she is. While homosexuals are also fighting for equality, it just doesn't seem fair to group this extreme in with the women's movement.

The other minor problem is our sexist language. In the paper a number of articles use the word *wimin* for women. One article also used the word *womon* for woman and *herstory* for history. Now in itself the word *herstory* is rather catchy and is easily read: *her story*. It is also being used as the theme for National Women's History Week, "Images of

*Herstory*." Unfortunately women doesn't conjure up any pleasant visions except maybe that of a he-man type woman or perhaps an Amazon (remember those extremely tall ladies of the jungle.) The word *wimin* on the other hand brings up thoughts of helplessness, weak pitiful women, wimps or even the connotation of vermin, such as rats, roaches, and other pests.

*Woman*, however, combines both extremes (and sexes) and carries the strength and virility of "man" along with the compassion and nurturing ability of the "wom." Seems like someone picked a pretty good word to describe the "equal" of man.

## PAL IN PROGRESS

One inspired, stubborn, dedicated woman can change history, as the lives of Joan of Arc, Catherine of Russia and Elizabeth I testify. Imagine, then, 50 women, each organizing a group of 10 more hard-working, enthusiastic women, all dedicated to the goal of helping elect liberal progressive women into office.

That group of women is the Hawaii Women's Political Action League (HWPAL).

Each of the the HWPAL members, now numbering 500, is committed to help two hours per week from June through November recruiting women's votes and backing their candidates.

The board of directors reviews the candidates and decides on which women to support. The individual groups take it from there.

Their weekly meetings are used for such purposes as fundraising, door-to-door campaigning, researching the issues and public relations.

Students interested in learning more about the league may contact Michelle Pearson, a KCC student, through the Kapio office.

By Mary Ann Akamine

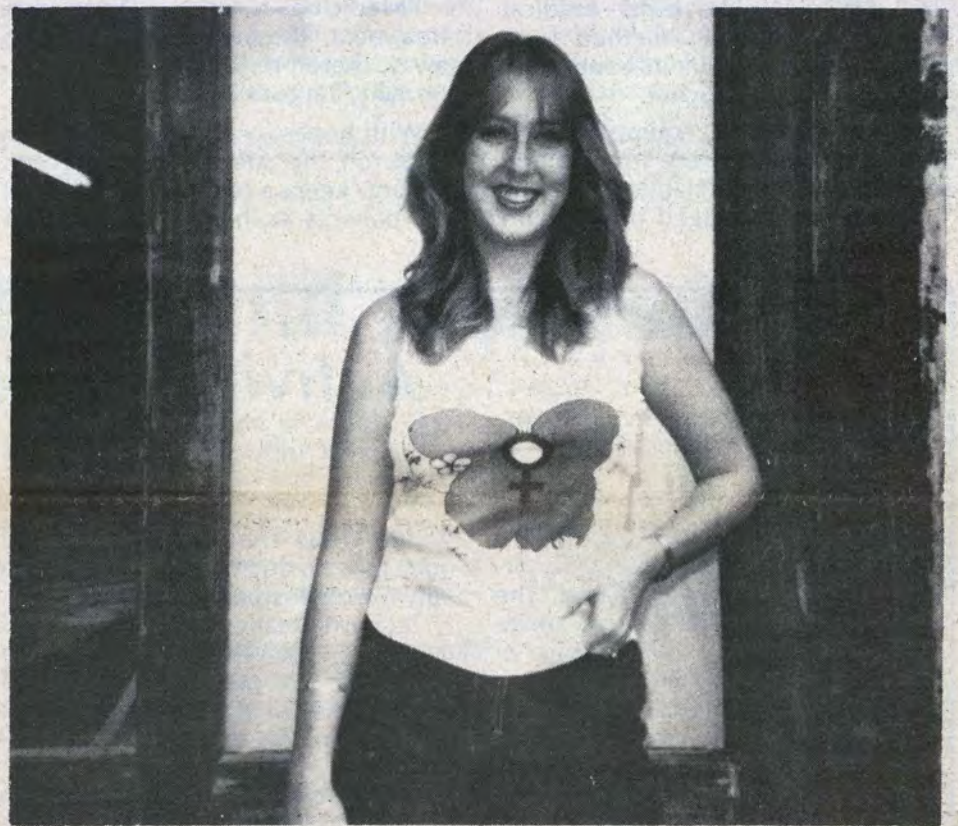
The National Women's History week made a statement: "stop, take notice and be proud of this nation's women."

The Hawaii chapter joined the rest of the nation March 7-13 in recognizing the contribution of women in history, a contribution which has been consistently overlooked, undervalued and left out of standard history books in the past, the history committee said.

National Women's History Week was held to instill a public awareness of the value and wealth of women's contribution to our America's heritage. The steering committee, comprised of women from various organizations, hoped this exposure would be an inspiration to discover the contributions and accomplishments of all women.

The activities held during that week were many and varied: a Bishop Museum exhibit on the life of Bernice P. Bishop; Tenet Art Gallery featuring women artists of Hawaii; the eighth annual Girl Scout Parade; a 24 hour hotline with recorded stories of women in history; and at McKinley High School, "Images of Herstory: a

## A Foundation For Women



Michelle Pearson, displays the Women's History Week t-shirt, designed by Pegge Hopper.

Foundation to Build Upon," highlighting songs and dances of Hawaii

and featuring inspirational speakers, including Lt. Gov. Jean King.

## Women's Studies Focuses On Today's Women

By Suzanne Brown

"Many of today's young women think they are able to do whatever they want — They have not been exposed to the discrimination that is still happening today," said Jaqui des Marets, instructor for Women's Studies 130.

The class focuses on physical, mental, economical and professional awareness of contemporary women. This does not limit the class to that of the women keep the pace of the class moving toward their goal of awareness as it relates to the issues raised from the reading assignments. class moving toward their goal of awareness as it related to the issues raised from the reading assignments.

Books such as "Pink Collar Worker" by Howe are used. This particular book points out that while there are many so called traditional women's professions such as beautician, waitress and cook, even in these fields men are considered better than

women and henceforth receive more pay.

Occasionally the paths of discussion get crossed with opposition. "Opposition stems from not being aware of what is actually going on in the outside world," said des Marets. "The media plays up minor achievements and makes the situation for women look better than it actually is."

A graduate of the University's Law School and a lawyer in her own right, des Marets also spent time on the mainland writing plays. "I always wanted to teach a woman studies class," she said. "I would really like to see the women's study program expanded here at KCC."

Besides teaching at KCC, des Marets is active in the Richard's Street YWCA and is on the staff of "All She Wrote," a paper promoting women's awareness. She will also be teaching a course for the UH Continuing Education Program's summer session entitled "Women & Crime."



Jaqui des Marets



# Magical Powers of Nature

By Wendy Kaulia

"Mother Nature and Father Time, trust by them and you'll be fine," is the philosophy of zone therapist, Ken Toyama. Zone therapy, which is the treatment of healing ailment through manipulation of the blood circulation via the nerves, is a unique form of therapy devised by Toyama.

Inspired by a biological chart linking organs to specific points in the foot, Toyama began his extensive researching and experimenting on the subject of reflexology. Now a licensed masseur of over seven years, Toyama provides service to various patients in a modest, but well equipped workroom in the back of his Kamuki home.

"Many times you can tell the condition of a patient through feeling the soles of the feet," he said. Contrary to Shiatsu, his method deals with fast, tapping method and then applying gradual pressure for the comfort of the patient. Unlike other medical treatments, Toyama's method is to strictly let nature take its course. He administers no medicine.

"Your body is equipped with natural healing powers. In our body we have various glands that can naturally heal damaged organs with

some manipulation. When you take medicine, the chemicals not only enter the specified problem area, but they contaminate the entire body as well."

Most of his clients come in for relief of acute problems, mainly back and spinal problems. Toyama's zone therapy differs from chiropractic techniques as he manipulates the nerves gently, not forcing the spinal cord to crack or using heat treatments as chiropractors do. Toyama accepts all types of patients but says he would especially like to help Multiple Sclerosis victims.

He honestly admits that most of his patients come to him as a last resort. Most have either been to doctors, chiropractors and other practitioners who have failed to cure them.

As far as western doctors' opinion on his method, they generally disagree. The fact of the matter is that western medical practices promote the use of medicine.

"Medicine is only a temporary treatment. The problem does not go away, therefore it must be cured internally," argues Toyama.

With hopes for publishing his own book on the subject in the future, Toyama keeps a constant record of all his patients to help determine the



Ken Toyama demonstrates zone therapy much to the relief of patient.

length of recommended therapy.

Toyama believes that for good health, "One should eat a lot of fresh vegetables and fruits, control the amount of food intake, exercise and keep a good mental attitude."

Opposed to revolutionary diet fads, "this steady method for weight loss is the natural, safe method that Mother Nature meant it to be," says Toyama with a healthy smile on his face.

# Psychic Fair

By Suzanne Brown

Tucked away in one of the passages of Puck's Alley, the psychic fair features Psi Counsellors who offer introductory readings through various psychic methods.

These methods include astrology, I Ching which is based on classical Chinese philosophy and the Yin and Yang principals; palmistry, auras, the ability to read the colored radiation that surrounds a person, and tarot cards whose pattern is determined by the person wanting the cards read and interpreted by the tarot card reader.

Members of the Psi Counsellors conduct the Psychic Fair under the direction of Susan Aiu, a well-known astrologer both locally and nationally.

"Psi Counsellors strive to maintain high ethical and professional standards," she stated in her flier. This is accomplished by having an extensive knowledge of their perspective field along with an extra degree of sensitivity. Aiu says that high professional standards are necessary to maintain the craft's credibility.

The Psychic Fair is held on the first and third Sunday of the month and admission is free. Readings with the counselor of your choice are \$4 and \$5 and longer readings are available by appointment.

## Activity Helps Relieve Stress

By Robert H. Forbes

Stress is very high in our modern society, and can be a cause of abnormal behavior when untreated. The symptoms of stress range from anxiety to depression. A major cause of stress is the rushed lifestyle Americans think they have to live by in order to get ahead in society.

Slow down, get the body in shape, and take the time to sit back and evaluate life. Is it really necessary to push so hard, KCC physical education students are asked.

Pat Barrett, P.E. instructor says the best way to work off stress is to enjoy life and to exercise regularly, providing you are reasonably physically fit, have a good diet, and decent sleeping

hours. Otherwise it would be a good idea to see a doctor before you set up any exercise program.

It doesn't really matter what type of a program you choose. The main idea is to exercise to get yourself unwound (in the case of anxiety), and to pick yourself up (in the case of depression).

A healthy body improves a person's mind by relieving stress, Barrett says. People aren't made to sit around in an office all day.

KCC and other schools in America should concentrate more on physical education instead of just ignoring the problem of students lack of interest in physical fitness, Barrett believes.

By Shawn Balmoja

"Don't take it personal," says Gary Kuhn, psychology instructor, referring to stress.

Set aside the walls of his office is a shelf filled with psychology books, and cartoon-like psychological posters yellowed from the morning sun. Kuhn relaxes on the armrest of his chair, his hand planted on his cheek as he outlines ways to handle stress.

"You shouldn't take it personally," he said, "more importantly, tell yourself that this is the way things are, then go on to other things. It isn't easy, but it is just important to move on," he said.

Exercising physically and mentally

is another way to get rid of stress. He said that since the mind and body are inter-related, being mentally and physically active helps alleviate stress.

"At night take a walk, swim or run," Kuhn said as he waved his hands about, "this will calm the body and in turn relieve that stuff. 'Do something different — if your job involves physical things, do things that involve the mind and vice-versa. If you're pressured out at your job leave for a minute, if you're a student who usually studies while eating lunch, eat lunch only!'" he suggested.

Kuhn mentioned the traditional way of relieving stress is by talking to a friend but when "worst comes to worst" see a professional, he said.

## Visualizing Medical Problems Away

By Shawn Balmoja

Imagine cowboys dressed in white riding on white horses killing cowboys dressed in black riding on black horses. Or, soap bubbles washing away dirty, black grime. These are instructions given to cancer patients to mentally combat their disease.

This technique called Visualization involves seeing how an impediment or disease appears to the effected person. Then they try to remedy the problem by creating a scenario in which the problem is overcome.

Psychology instructor Gary Kuhn, citing a headache as an example, explains, "initially ask yourself the color and size of the headache. Let's say its red and the size of silver dollar. Then, go back and ask yourself again how it appears."

"By repeatedly going back and forth, he said, you should envision your headache going from red, to blue to yellow . . . from a silver dollar, to a quarter, dime, eventually dissipating."

Doctor Gerald G. Jampolsky M.D. of the Center for Attitudinal Healing in Tiuburon, Calif. employs the visualization technique in aiding cancer patients. According to Kuhn, Jampolsky, whose patients are children stricken with cancer, told one child to imagine his corpuscles (blood cells) as a cowboy dressed in white killing the cowboys in back (cancer).

Another child pictured soap bubbles washing away the cancer. Both cancer cases went into recession. While some cases of cancer go into

recession, others don't, Kuhn said.

Norman Cousins, a man diagnosed with a spinal tissue disorder and given a year to live, chose a different route. Instead, he watched Groucho Marx movies and took large doses of Vitamin C and literally laughed his disease away.

When one concentrates on one part of the body, the temperature in that part of the body is changed and the conception is that heat has a positive effect in aiding the patients, Kuhn said. "It causes more circulation of blood to that area of the body."

Kuhn has helped a student with "tennis elbow" using visualization. He said it can be used for almost anything.



Gary Kuhn



# Vegetarianism, "wonderful and rewarding"



Meena Sachdeva

By Kaoni Iijima Sipman

Vegetarianism, loosely defined as avoiding the consumption of meat, has been an important dietary practice in many cultures for thousands of years. Hindus, for example, believe in non-violence which could be achieved by abstinence from flesh. Buddhists thought people and animals were equals, so they also

avoided meat. Today millions of Americans are discovering the benefits of vegetarianism because scientific studies recently have shown a strong correlation between eating meat and obesity, heart attack and cancer.

Mike Molloy, an instructor of religion and philosophy at KCC, is a semi-vegetarian which means he eats meat only when he is going out or is invited to someone's home. His concern for animals began when he was very young.

"While eating chicken, I suddenly realized I was eating an animal," explains Molloy. "Also, I thought maybe I don't have any right to kill an animal even if it is smaller or inferior to us."

Traveling through India and Japan gave him an inspiration and an opportunity to become a vegetarian. "In Delhi you can't find a hamburger, but there are many good vegetarian restaurants," he says. "and in Japan, foods from vegetable sources were so abundant and excellent, there was no need to eat meat, which was extremely expensive there anyway."

Another vegetarian at KCC is Meena Sachdeva who is a Hindu. "Hindus believe in reincarnation," she explains, "which makes eating

meat impossible, because in your next life, you might be a cow or pig." She also points out meat eating in the United States is divorced from the action needed to obtain the meats. "In a super market, meat is packed neatly and looks pretty, but killing an animal is not easy; it is bloody. "Everybody should realize that those chunks of meat were once as alive as we are."

What can a vegetarian eat in Hawaii? Actually a lot. Malloy's meals consist mainly of Japanese food; tofu, brown rice, miso soup and sushi.

"I eat a balanced meal which includes a lot of grains, beans, milk and leafy vegetables," Sachdeva says. She also eats some Japanese food and makes her own cheese.

Also, if you want to cut your food bill or fight against the rising cost of meat, vegetarianism is a good way to go. According to "Diet for a Small Planet," the bible for a vegetarian, it costs about 50 cents to \$1 to get enough protein for a day from beans, grains and dairy products, but costs you twice or even three times to get the same amount of protein from animal sources.

What about eating out? Isn't it inconvenient? "Not really," Sachdeva answers. "You can inform

the restaurant in advance, and they will usually prepare a special entree for you. Everybody understands when I explain my reason for being a vegetarian."

But don't you miss meat? To this question Malloy confesses, "Actually I really love the taste of meat. I wish it grew on trees." Although Sachdeva likes meat, she says she can substitute tofu for meat in many dishes. Not having eaten meat for a long period of time, she says "it is impossible to eat meat now."

According to them, being a vegetarian is "wonderful and rewarding," but there is a word of caution for people who want to become vegetarians. "You cannot change your meat-oriented diet to vegetable all of a sudden," Sachdeva warns. "You have to change your diet gradually, otherwise you will be sick."

There are many reasons for becoming a vegetarian just as there are many kinds of diets to choose from, but the most compelling reason, many vegetarians say, is a desire to share the world's resources more equitably with the millions of people who have little choice about what they will or will not have to eat tomorrow.

## Hawaiian healing plants still used today

By Susan Kahakalau

"Tutu, my head is sore," says little Malia with tears in her eyes.

"Wait a minute, child, I'll get you something," answers her tutu, and returns with a handful of dry, brown leaves from the storage room.

"This is uha-loa, chew it for a while," she says, drying her granddaughter's tears. Soon the headache is gone and Malia goes out to play again.

"Traditionally Hawaiian medical concepts and practices were a part of day-to-day living. Health was related to the beliefs and lifestyles of the period, rooted deeply in the ancient kapu system. Today we have new medicines and new religions, but self responsibility and family care are still the most important concepts of health among the Hawaiian people," says June Gutmanis, author of "Kahuna La'au Lapa'au."

Hawaiian medicine was well developed when the first white men landed on the islands. Various classes of Kahuna lapa'au (medical practitioner) cared for the welfare of the chiefs and their people. Their foremost duty was to ensure a harmonious interdependence of all elements of nature, including man.

According to Gutmanis the Kahuna

la'au lapa'au used herbal medicine as well as a few minerals to achieve this, but prescribing and administering the medicine, was only a small part of his duty. The successful treatment of the psychic entity, would always precede the healing of the physical entity.

Before the sick body was examined, all members of the family searched their minds for sins and transgressions that could have brought the illness on the member. Because the family was only as strong as its parts, ho'oponopono, family confessions, were the first part of the treatment. Through prayers and rituals the kahuna would seek the help of the gods in diagnosing the illness.

The kahuna would then give orders for the necessary prescriptions, many of which he would carefully gather himself. Before any medicine was administered, however, the body, as well as every object in the hut had to be cleansed with salt water, along with the kahuna purifying himself first. Usually a ho'onaha maluna (purgative inducing vomiting) and a hahano malalo (enema) were given before any medicine was prescribed. A feast of thanksgiving was held after the recovery of the patient.

The training to become a kahuna la'au lapa'au was strict and long, Gutmanis said. Children with a natural in-

terest in plants and animals were often sent to a practicing kahuna as apprentices, and they learned by watching the expert. Questions were usually not allowed. Through chants, riddles, prayers, allegories and stories the children learned about the plants and their uses.

Plants were distinguished by color, their growth characteristics, or their resemblance to the markings of animals, while other plants memorialized the gods. Each sealife plant had a land counterpart, and each landplant had a sea counterpart.

Color intensity, the place of growth — a single growing, healthy plant was considered more powerful, — and observed effects, determined the usage of plants for medical purposes. The pounded substance was usually mixed with water, sugar cane as a sweetener, and salt, or red clay.

The kahuna la'au lapa'au used almost all of the existing plants as ingredients for his medicines, many of which are still used today.

"With the coming of the white man, many new sicknesses and diseases were introduced to the Hawaiian islands, and the practicing kahunas were able to cure some with their ancient treatments. Others could only be treated with plants introduced to Hawaii, which the kahuna learned to use quickly," she says.

Here are some remedies:

Mashed kukui nut is given as a laxative.

The root of the olena ginger is pounded to relieve headaches and hard breathing.

The root of the uha-loa is cooked as a tea in a calabash, and helps for sore throat and headaches.

Awa is used for bone weary individuals, emotionally upset people, who drink it as a tranquilizer, as well as for warmth against the cold chills of the mountains and the sea.

Pounded ko'oko'olau heals cuts and scratches, where as ko'oko'olau tea is a commonly used strengthening



Ki or ti leaves for headache.

tea.

For asthma a tea made of the pounded silvery leaves of the 'ahia'ahia is given.

For coughs the raw, young leaves of the popolo help.

Fever is cured by eating the tentacles of a raw squid.

For a headache pick several young, tender ti leaves, remove the middle rib and stalk, dip in cold water, wipe dry and tie around the head until they are warm and dry, then repeat.

Deep cuts are pulled together by the juice of a slightly ripe nori (mulberry), a treatment that is painful, but ensures fast healing.

For burns, including sunburns, use aloe.

For rheumatism fry Hawaiian salt, put into a bag and apply three times daily.

The milky sap of the papaya sterilizes wounds, cuts and open sores.

Although many of these remedies and practices involve the belief in the healing powers of the plants, as well as of the gods that created them, many Hawaiians still use some of the mentioned treatments.

Gutmanis is a writer and collector of various published and unpublished sources on Hawaiian medical practices and many other areas of ancient Hawaiian life.

### Studying plant values

By Shirley Ishii

Kokoolau (Spanish Needle), an herbal tea, Aloe, Calabash used to make the Uliuli, Keawe and Milo wood carvings because of its various shades are just a few of the plants found here on the DH Campus which are studied in Nelda Quensell's Botany 105 class.

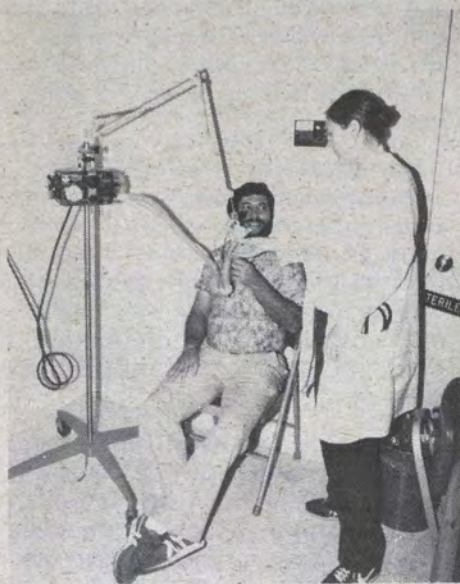
The study of plants is based on their world-wide economic value. Often the class is asked to bring in specimens of plants. The class then analyze the different parts of the plants, focusing on the economic values.

Plants studied are grouped in three categories: fiber, fig, and medicinal. Medicinal plants are studied with the values of the Hawaiians and Polynesians in mind.

Besides a project or paper the class goes on field trips where there are plants that can be studied.

Usually each semester the botany classes have little gardens growing. Hopefully when the new buildings come up on the DH Campus a permanent Botanical Garden can be set up for the use of the Botany students, Quensell said.





Lynn Stobinski, respiratory therapy student, uses an intermittent positive pressure breathing machine on Tim Billiande.



Sharon Yamashita manipulates X-ray machine on dummy.

## Occupational Therapy

By Dawn Kadoguchi

KCC offers several health courses and each one is unique. Oftentimes students lump them together as simply an Allied Health program.

Occupational therapists and their assistants work with the physically and mentally disabled from the nursery to the care homes for the aged, as well as mental institutions. Therapists work with patients in activities of daily living such as dressing, feeding themselves, activities which rehabilitate them to their normal abilities for their age and stage in life. Craft activities are also used to help patients improve their mental health.

The program accepts students every odd number year and they need to make sufficiently high test scores to qualify for Eng 100 and Math 24. In addition, the students must volunteer for an O.T. department specifically chosen for them for a period of time determined by the OTA in the hospital or clinic. The prospective student needs to become aware of the sights sounds and smells associated with illness and death. A person who cannot tolerate these things or who feels too deeply about what they see are weeded out. If the students have had previous work in the health area they may be excused from this part of the acceptance procedure.

The orientation consists of a lecture by the OTA faculty. Information is shared regarding the degree of difficulty of the program, the very high expectations of the faculty and the job market for OTA's here and on the mainland.

The program is completely competency based, but each course contains self-study material. Since the laboratory courses are all experimental the students spend a great deal of outside time completing their work.

During the two year course each student is placed in a variety of clinical settings to receive on the job training. These are residential settings for the mentally retarded hospitals, nursing homes, psychiatric clinics and public schools where the therapists grade each student. This is important because there are times a student does well in the classroom but cannot relate to the people or patients in the

clinic. Inability to relate to the patients, their families or other staff members may be sufficient reason for a student to be dropped from the program.

If you're a person who believes that every disadvantaged person has the right to make as much for himself as possible, this program may be for you.



KCC student going through medical tests.



KCC student doing leather carving for occupational therapy.

For a brighter future

# VARIOUS ASSISTANTS IN MEDICAL

Allied health

By Jason Tani

The allied health careers offer many opportunities to earn as much as \$30,000 a year.

"I want to stress that there are great opportunities for both sexes in these fields. Some men think that several of these careers are for women only, but their stereotyped thinking is limiting their career choices. We have equal opportunity in the Allied Health Fields," said Dr. Mary Lou Lambing, chairman of the Allied Health Department.

There are many students who do not know what is involved in an allied health career. An allied health career includes all health workers who assist physicians with their work.

At KCC there are many fields such as Dental Assisting, Medical Assisting, Medical Laboratory Technology, Occupational Therapy Assistant, Radiologic or X-ray Technologist, Respiratory Therapy Technician and Respiratory Therapist.

A few of these different fields may have a beginning salary as high as \$1500 a month. Those who work up to supervisory positions may earn up to





Terese Lee prepares to put an X-ray machine to work.

## Decreasing Profession

By Jim Gardner

What's wrong with the nursing programs in Hawaii? At KCC, for example, 400 applicants will apply for the program, but only 75 will actually be admitted. Some of them will be turned down because of poor qualifications, but a lot of them will not get in because of a lack of funds provided for the program. One would think that with so many interested potential nurses, both male and female, somebody would do something to try to alleviate the situation.

At KCC there are only two classrooms, one of which must be shared, and two labs. There are also six beds to be used for makeshift nursing care. This is adequate enough to handle for the 75 nursing students, but with so many additional applicants trying to get into a profession where there is a shortage across the United States a much larger facility would be more appropriate.

"It's amazing how students learn," said Evelyn Takazawa, formerly a KCC instructor and department chairman, now working at the Manoa Campus. "They learn to study in the facilities offered, no matter how crowded and inconvenient it is."

Besides doing classroom and lab work, nursing students must also get some kind of practical experience in working with human beings before being turned loose in the profession. KCC currently uses ten different hos-

pitals where the students get supervised clinical experience. Then they graduate and will be hired at just about any where they apply, not only in Hawaii, but in the entire country as well. This points out even more the need for more adequate facilities so that more nurses can be trained to fill in where the hospitals are short. There have been cases reported where patients were turned away from hospitals even though beds were available. The problem was there weren't enough nurses to attend to the patients.

"The money (for nursing schools) has to be provided and it just hasn't been done," according to Nancy McGuckin-Smith, a unit chairperson from St. Francis Hospital who does her nursing in the intensive care unit. What this means is the lack of sufficient funds has created problems at nursing schools throughout Hawaii.

But steps are being taken to improve the conditions. Last week a spokesman at the Legislature stated that 4.2 million dollars was appropriated for KCC. This will provide two new classroom buildings on the Diamond Head Campus, one of which will be used entirely for all health care services. It's a small step in the right direction, according to the spokesman. Perhaps later more funds will be appropriated for more of the schools in Hawaii.

# TANT PROGRAMS AL FIELDS

## Health careers

\$30,000 a year. There are only a few other ways to earn this much money with just two years training or less, she said.

A good example for the appeal of these programs is that in several programs up to one-third of the students already have a baccalaureate degrees. The majority of these students have been unable to find work or have been unhappy with what work they did find, Dr. Lambing said.

There is a new admission process taking effect this year. Application for these programs will be accepted until April 30. From May 1 to May 15, all applicants who have been found to be minimally qualified for acceptance will be reviewed and those accepted will be notified thereafter.

There are brochures on each program and application materials may be picked up at Admissions and Records. All programs except Occupational Therapy Assisting and Respiratory Therapy will be accepting students in Fall 1982. The latter two programs accept students only every two years and will enroll new students in Fall 1983.

Tracy Kim studies slide to determine results of pregnancy test.



Dean Tamura takes a blood sample from Tracey Tomita.



Phyllis Carpenter looks into coulter counter.



# She wasn't ready when death called

By Darryl Shiroma

KCC's nurses aide program trained Vickie; but no lecture, textbook nor clinical work could prepare her for what lay ahead at the hospital. Her first experience with a patient's death nearly shut down her nursing career plans.

Vickie explains that at 21 years old she found herself "getting frustrated and losing interest" in taking liberal art courses. Then she spoke to a friend about KCC's nurses aide program and decided to give it a try. She really enjoyed her learning experience and decided to try it as a possible career.

"I had been out of school for a couple of weeks and had just gotten my job (as a nurses aide at the hospital)," said Vickie.

Vickie's first five days were spent taking care of a 98-year-old man suffering from dehydration. His first few days he refused to eat but by the third or fourth day she had gotten him to eat. The following day she remembers feeding him his lunch then propping him up to watch tv and to listen to the radio just as a nurse called her out to do an admission. Twenty-five minutes later she was asked if that particular patient had been breathing when she left him. She said he was doing fine.

"I walked into the room and he just lay there. In fact his face had turned color," said Vickie.

The shock of seeing her first death was jolting. "I guess I got so involved with him it felt like it was my grandfather who died," she said, "I had never seen a dead body. I haven't even been to a funeral."

Vickie says the nurses aide program does cover patients' deaths but

"when the time actually comes no amount of words can prepare you."

Obviously shaken, Vickie was given break time to compose herself. She broke down and cried. She started questioning her ability to cope with death on an everyday basis. The feeling stuck for another week. She'd walk into that particular room (now filled with other patients) and the memory would come back. Accepting the fact that death, especially in a hospital, is a reality was a slow process for Vickie.

Fortunately, support from family and friends and advice from several nurses helped Vickie through her rough experience. But because she really enjoyed her work she decided not to give up so easily and to "stick around and see what happens."

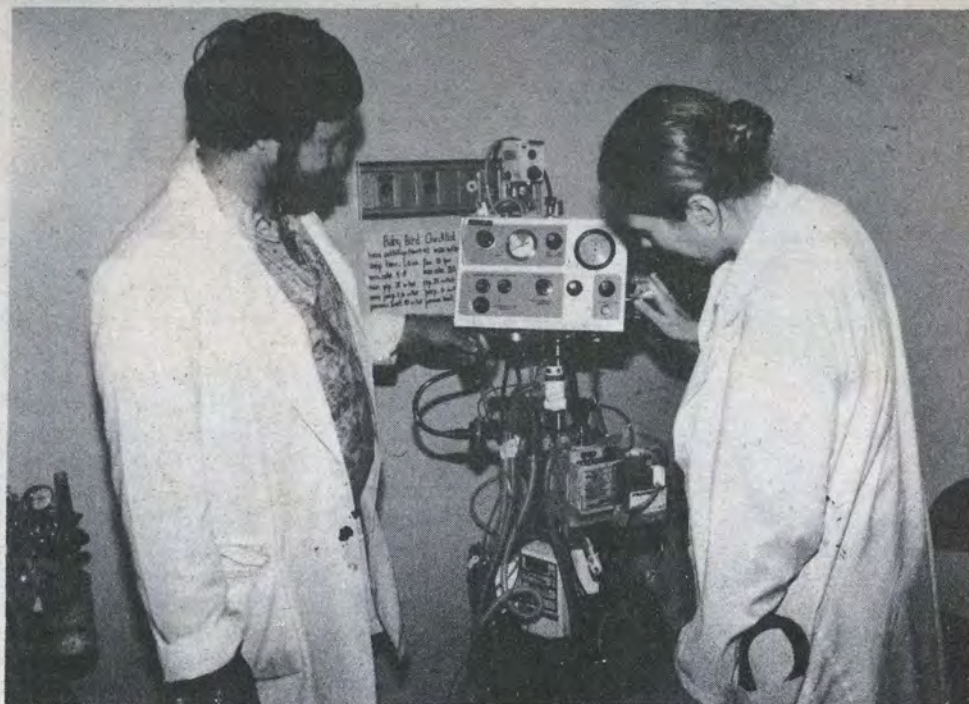
That was over two months ago.

When asked how she copes with patients deaths now, she answers, "It's no problem. I'm back to normal but I'm also aware of death now more than ever. Whether in the hospital or outside, it's going to happen. You just have to accept that."

She says you have to have that certain quality; you care for your patients yet remain unattached and if a patient does die you can't let it affect you nor your job performance.

"It's not normal to not feel anything when a patient dies but you can't let it disrupt you because you have other patients as well," she added.

Vickie plans to return to school in September to become a registered nurse. "Nursing is an exciting and challenging job. To see a really sick patient able to walk out of the hospital after a couple of weeks is such a good feeling."



Nurses and students, like the one shown above, receive intense instruction on how to operate several life saving devices.

## SCHOLARSHIPS

KITV will administer four scholarships of \$500 each to women from Hawaii who intend to enroll in communications related or journalism courses of study.

To apply for the KITV Scholarship Fund, the student must be a female resident of the State of Hawaii, be currently enrolled in a four-year college or university, a community college or graduate school, and intend to enroll in communications-related or journalism courses of study. Deadline is May 1.

For more information, stop in the Financial Aids Office

### JAPAN AIR LINES SCHOLARSHIP

Japan Air Lines, in cooperation with the International Student Office, University of Hawaii, is sponsoring two complete scholarships to the 1982

summer session at Sophia University in Japan. Priority will be given to the college student who resides in Hawaii and has not traveled abroad.

The program will begin July 10 and run through August 18.

The scholarship includes round-trip transportation via Japan Air Lines, tuition and fees for two courses, tours within Japan, and room and board.

Applications can be obtained from Financial Aids Office, Pensacola Campus. Applications should be sent directly to the Hawaii Regional Manager, Japan Air Lines, 165 S. King St., Honolulu 96813. Mark the envelope, Attention: JAL Scholarship.

Deadline for submission of application is April 5.

Knowledge of Japanese is not required for admission to Sophia or consideration of a scholarship.

## The mechanics of breathing

By Jim Gardner

Far removed from the Liberal Arts classrooms at the Diamond Head Campus stands a building that many students don't even realize exists. The best way to find it is start at home plate on the baseball field and walk out to left-center field. Cross the street and you'll find the building where KCC's Respiratory Therapy program is located.

The average (Respiratory) student is 27 years old, and has about two and a half years of college under their belts according to Ron Sanderson, instructor. "Some already have bachelor's degrees in other fields."

Such is the case of the students who get degrees and find that the jobs they were looking for don't exist or are less than what they expected. As a result they return to college and pursue the respiratory field, because it is something that can be rewarding and, like nursing, is an open field all over the country.

At KCC a student can receive an AS degree, leading to the therapist position, or a certificate that will make them a respiratory technician.

"Interested students have to be heavy into science," Sanderson said. "This is because they will be giving drugs that include cardio- and respiratory stimulants, and they also have

to be trained to run the ventilators that run the body chemistry."

Of the students who get into the respiratory program, 75 percent complete the course. After that all who apply will be hired at the various hospitals around the state. Only Castle Hospital in Kailua has a full staff. The rest of the hospitals are believed to have openings.

"This is a competency based course," Sanderson points out. "Students might get 'A's' in the classroom, but they can't get their degrees if they can't function in the actual job."

Students get plenty of time to see how well they might function in this field. Besides the classroom work, they spend eight weeks observing and eight weeks actually working. After they get their degrees, they have the option to continue working towards their bachelor's and master's degrees. Most will not pursue a higher degree, but those who do will learn management skills and will also become more employable if the field should no longer be as open as it currently is.

But how good is the program here in Hawaii?

"We have a pass rate on the exam that's three times the national average," Sanderson replied with a broad smile.



Tim Brilliande practices heart massage on infant CPR (Top), then switches to mouth to mouth to induce breathing.



## Guernica Spain's fight for liberty

By Mary Ann Akamine

Movies are meant to only entertain, right?

Wrong. The KCC students who viewed the movie "Guernica" on March 4, 5 and 6 discovered a powerful film that was brutally prophetic and often confusing.

"Guernica" recaptured the Spanish Civil War in 1936. The war was between the republic of the common people, and their government and the upper classes which oppressed them.

The title and theme of the film is derived from that single tree which survived the total destruction of the town Guernica and which came to symbolize the endurance of liberty against insurmountable odds.

The director, Fernando Arrabal, survived the civil war, which he witnessed as a child. He is the first Spaniard to recreate the emotions and traumas of this war from this perspective. His use of symbolism seems to be the only vehicle that could convey the intensity of emotion surrounding the event.

The symbolism in the film was shocking, obscene, confusing, inspiring and certainly different. In the first scene, young girls in white frolick carrying red and black flags, the colors of Spain. The girls symbolize Spain before the onset of the civil war; purity and innocence.

In another scene, a soldier kisses another in a bishop's hat. The act was

symbolic of the merger between church and state, the Roman Catholic Church and fascism.

Dwarves appear through the film representing the people: oppressed, little, and insignificant to the "big men" of government. The film depicts dwarves defiling holy statues, signifying the republic's desires to bring the church to a more humane level. A matador, representing the government vindictive, cruel and mocking gores a dwarf who is helplessly tied to a bull cart and wheeled around by a soldier. The scene depicted the ultimate degradation of a human being, the common people of Spain.

Throughout the film, parallels are made to the story of Christ. There is the heroine Vandale riding alone on a donkey, not to Bethlehem but to the Villa; the crucifixion of the dwarves nailed to a cross like Jesus; the compassionate Vandale cradling Goya, the hero, as Michelangelo's Mary cradles Christ. "Guernica" illustrated the mockery, destruction, bloodshed, torture and death that the people of Spain had to endure to gain liberty. Vandale and Goya, survived; the tree of Guernica still stands.

Guernica is a film that made war real: the brutality of the torture, the destruction, the inhumanity that occurs in war, but it also showed that through perseverance and endurance man can survive against indescribable odds. The film "Guernica" is unforgettable.

## Working Just another play

By Jay McWilliams

"Working", a musical based on the book by Studs Terkel, is scheduled to play at The Hawaii Performing Arts Company, HPAC, 2833 E. Manoa through March 28.

The story was created from interviews with actual working people. The stage is set with very few props, leaving room for the imagination to fill in the surroundings. The entire cast creates the different settings.

In one scene, people are all part of an office team: secretaries, managers, and the other various roles that go along with that type of work. Songs express the feelings of these people in relation to their jobs, and as the message becomes clear, the lights go down and the stage becomes an entirely different work place.

The acting, singing, choreography and musical accompaniment are way above average in "Working". Story

content and lyrics are merely mediocre.

How absurd to write down stories about people in their jobs, put it to music, and then not be creative enough to add a new idea or give it a different twist. Most of the play deals with the fact that many people feel stuck in jobs they hate, and then blame everyone and everything around them for not letting them become something better. A few skits showed the kind of person who takes pride in a job well done. Why not zoom in on this angle, rather than drag out the message of the downtrodden, "work-for-someone-else-and-I-hate-it" type of person? Too much of real life is wasted just like this, so who needs to sit through two hours of their spare time to hear it again?

The talent was there to put on a great show. Too bad the writer let us all down.

## Letter from the student body president

I would like to thank Albert Van Den Bogaard, Joe Chun and Don Fujimoto for their effort in making the film debut of Guernica in Hawaii a smashing success for KCC.

Three-hundred and sixty people were on hand to experience one of the most shocking and controversial war films ever made. The showing of the film is currently against the law in Spain which is where the war originally took place in 1936.

In addition to KCC students it was gratifying to have the support of many students and faculty members from the University and other community colleges. The lack of support from KCC's administration and faculty was most distressing. Only two KCC teachers attended. On behalf of the students I would like to extend a special thanks to John Bereski who worked many hours to make this experience possible for all of us.



## Career Fair

KCC's Career Fair featured a wide variety of professions along with their various representatives. Clockwise, Betty Jean Fernandez, Colgate Palmolive Co. representative; students scan military career pamphlets; Albert discusses the possibilities of a law career; former Mayor Frank Fasi expands on the ins and outs of politics; Honolulu Police Dept. representatives, Joe Ledbetter and John Torres.



## Discounts At Nautilus

By Ann Daniels

The Nautilus Fitness Center is offering student discount memberships for about \$240 a year. The center, which also includes Lady Natutilus facilities on a separate floor, is located in the American Security Bank Building on South King Street. The center is open 24 hours a day, and validated parking is available.

Facilities include "the largest Nautilus room in the world," a free-weight room, sauna, jacuzzi, steam room and showers. A nutrition counselor is available to offer guidance, and all kinds of exercise classes are offered every day from 6-10:30 p.m. There is no racquet ball court or swimming pool, but a group is organized every morning for a jog and swim.

The Spa Health and Fitness Center has five locations, and although they don't offer student discounts, they are presently offering 50 percent off on the life-time memberships.

The Spa's facilities include a Nautilus room, swimming pool, steam and sauna rooms, 20 different exercise classes and the services of the center's masseurs. The main branch is at 1212 Puanhou, and free parking is available.

The YMCA's armed services branch at Hotel and Richard streets offers a student discount to those carrying at least 12 credits. Rates are \$26 a week, \$72.50 quarterly or \$200 a year. Facilities include an indoor track, paddle ball, basketball, free weights, Universal equipment and a 25 meter pool.



# Lessons learned from Vietnam

By Laura Staley and  
Peter A. Dellera

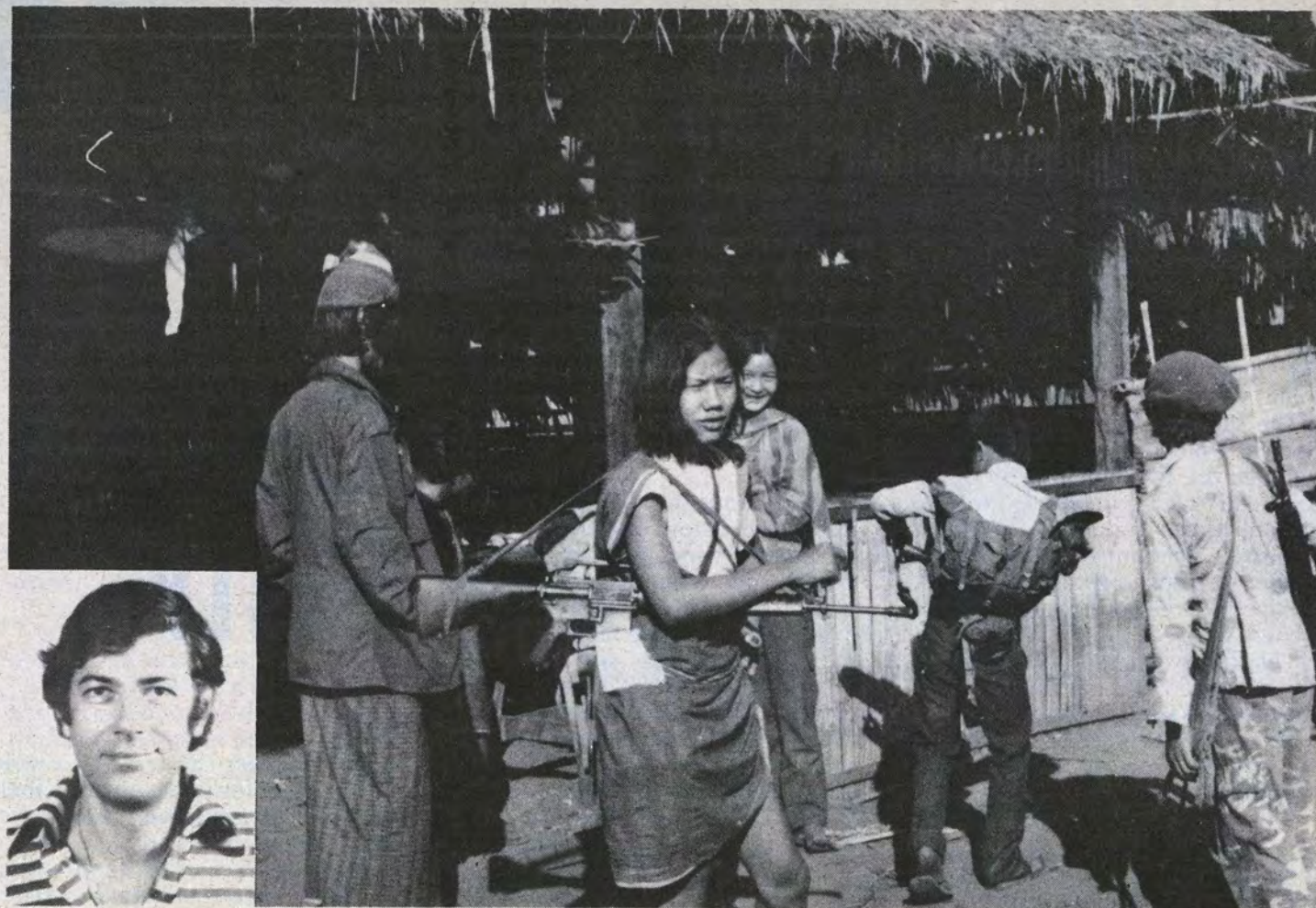
The monkey's paw disfigured and shriveled revived a vivid memory of pain to Keith Lorenz, a journalist who recently spoke before Barbara Chapman's geography class.

In the Burmese jungle a band of local rebels spotted a monkey high up in the tree. They were hungry and one of the men shot the native creature. To their amazement the monkey clung desperately to the tree. Only after a second gunshot did the monkey fall to the ground. The men took their catch back to the village and ate it. Mr. Lorenz kept the monkey's tightly clenched severed paw as a good luck charm.

"The monkey represents the victim. It is a talisman of his death which symbolizes death in Vietnam and Central America," said Lorenz.

"Media coverage between Vietnam and the growing war in Central America shows the similarity of the role Washington is playing in both adventures," said Lorenz. When asked if Americans are being kept accurately informed on Central America Lorenz said, "They're being more accurately informed now than they were at the early stages of the Vietnam War. At least the public, if not the government has learned something from the 1960's."

Lorenz has recently received information on American anti-guerrilla activities from a CIA source in Thailand who revealed the U.S. is presently using Honduras as a base of operation to destabilize the Sandinista regime in Nicaragua. A source from the U.S. state department in Singapore revealed that Castro was upset because the U.S. was using its Guantanamo naval base in Cuba to support anti-guerrilla opera-



"This isn't gay liberation," Lorenz says, but a real Korean soldier in a Central Burmese village. Insert: Keith Lorenz.

tions in Central America. It is reported Castro will be demanding the evacuation of the U.S. Navy sometime in the near future. Lorenz feels, that much like Vietnam, business interests of multinational corporations play a key role in determining foreign policy. The loss of Central America could prove very detrimental to profits.

"The U.S. would like to become involved in more small and medium

size guerrilla wars simultaneously. I don't think the U.S. will actually send troops into these regions but I do feel military aid would be sent to North and South Yemen, Ethiopia by way of Samaria and the Caribbean," said Lorenz. When asked where the U.S. would possibly obtain the money necessary to finance such a costly operation Lorenzo said, "During the 1960's and early 1970's it was reported the CIA sold hashish on the black

market in Laos to raise money for mounting further offensives. History may repeat itself."

Keith Lorenz, is one of eight journalists called "Jefferson Fellows", was invited this year to the communication institute at Manoa's East West Center. He will leave for China March 20 and return to Hawaii in mid April. Lorenz currently writes for The Journal of Commerce located in New York.

## Photographics

### Life through a lens



A pelican, photo taken  
by Ann Daniels,  
Art 107 student

By Ann Daniels

All you have to do is complete 24 projects, show up for every session, spend more than a little cash, work hard and work fast. Oh, and try to get it right the first time. Ready to throw

in the towel?

But you haven't heard the best part; it's interesting and it's fun — it's Gretchen Aona's elementary photography class (Art 107).

If you're tired of lopping off heads in your photos, focus on this: The course offers instruction in camera technique, controlling various lighting situations, darkroom procedures, and principles of creating a photograph. This semester's class meets every Tuesday and Thursday, noon-3 p.m., at the Pensacola Campus.

Emphasis is on black and white photography because color development is too expensive. Darkroom procedures were taught for the first time last year. Aona, who's been teaching photography at KCC for three years, tries to incorporate all new techniques applicable to the course.

Aona says that, as opposed to other art forms where the subject is increasingly augmented, a good photograph must be simplified in order to convey an idea. A photo that she took while in China is a good example of this principle: it's a simple yet beautiful picture of an apple and tea cup captured in a shaft of light. After shooting some 30 rolls of film, this one taken in her hotel room was chosen for exhibition at The Honolulu Academy of Arts.

## Bargain Cultural Tour

KCC Students are offered a Polynesian Cultral Center tour which will occur on Friday, March 19. Student prices for this tour are \$24.50 (reg-

ularly \$49.55) includes bus roundtrip transportation from KCC, Admission, tour of village and buffet dinner of all you can eat.

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Toshikazu Arai

# Teaches Self-confidence Through Aikido

By Kurt Tackman

When Toshikazu Arai was 23, a Japanese company offered him a job as a translator in India. The job lasted only a short while, but he stayed on in India for four years. He is now increasingly involved in Buddhism, Indian culture and Aikido.

When asked how long ago he got interested in Aikido, he replied, "Quite recently, only six years ago . . . Before that, I practiced karate for almost two years, but it wasn't suitable for me . . . I think I'll continue Aikido all my life."

In only six years, Arai has attained the level of a second degree black-

belt, but he does not brag about it, instead he says, "the highest ranking practitioner in Hawaii is a seventh level black-belt, but one can usually get up to sixth."

When fighting in Aikido, "Using physical strength is discouraged; it (Aikido) emphasizes calmness — so there is no clash of powers," he said.

Arai teaches Aikido almost every day at the Central YMCA on Atkinson by Ala Moana. He spends an average of twelve hours a week practicing Aikido. Arai says there are five basic principles of Aikido: 1) Extend your ki; 2) Understand your opponent; 3) Respect your

opponent; 4) Put yourself in his position; and 5) Lead with confidence.

On the philosophies of Aikido, Arai said, "Aikido means 'the way to unite with your ki', your life energy. My school of Aikido is named Shinb Shin Toitsu Aikido, which means 'Aikido with mind and body coordination. This is very good, of course, for health as well as mental discipline. I want to emphasize, though, that the school focuses on calmness and self-confidence. This is especially good for students who get nervous before an exam.'"



Arai

## Make bread on collectible comics

June Kawakami

Interested in making bucks? Blow a little bread on comics, say the people in the collectables trade. The very ones you had a mountain of back in the little kid days can make you money, even big money, today, provided you had the foresight to keep them intact.

You can't just grab a batch of anything off the racks and sit on them for awhile, hoping these will appreciate in value. You would have to keep up with the collectors' demand and current market prices. Anyone seriously contemplating collecting for profit should consult the Overstreet Comics Price Guide.

A good rule to follow is the older and the rarer, the better. Always remember that the overall condition of the book is a critical factor as far as value goes.

Presently, the two comic books that collectors would kill for are Action Comics #1 (featuring first appearance

of Superman), published in 1939 at the current market rate of \$10,000 per copy mint condition and Marvel Comics #1, also published in 1939, at the current rate of \$17,000 per copy mint condition. Most comics printed in this period up to the duration of World War II are extremely scarce as most of these were destroyed in the paper drives of the forties.

In 1959, the comics code authority was formed as a self-censorship bureau for the industry. Prior to that time, there was no set limit to the contents by way of art subject matter and this factor adds to the value of the older books.

Premier issues are almost always the most valuable editions to a set, but other factors also differentiate a collector's item from just another comic book. Certain artists/writers and story themes have also accounted for high demands among the readers. Books featuring the works of artists such as Barry Windsor-Smith, Neal

Addams, Frank Frazetta to name a few command prices higher than average.

Many of today's popular illustrators got started with the humble comic book. Well known science-fiction and fantasy writers, Michael Moorcock and Fritz Leiber to name two, have also contributed their expertise to the colored comics.

Among the more recent editions on the collector's lists are the Fantastic Fours #1 first published in 1961, currently priced at \$2,500, mint; Spiderman #1 published in 1963, currently \$1,200 — \$1,500 mint; Conan the Barbarian #1, dated October 1970 at \$45 — \$60 mint; X-men #98 — 100, 1976 at \$60 and better, mint; and Star Wars #1, dated July 1977, going for \$12 and \$15 in the official price list, although its not unheard of for collectors to go as high as \$50 per mint condition copy.

Since 1970, comic art has changed for the multifold better with the story content evolving in terms of reality and relevancy to the times. In this way

comics are increasing in appeal and popularity for an audience of a wider range than those originally dominating the market. Lately, this popularity is reflected in the current movie fare and features to come as well. "Star Wars," "Raiders of the Lost Ark," "Heavy Metal," the upcoming "Conan Feature" and of course, "Superman" are prime examples.

Comic collecting, once the exclusive bastion of preadolescent kids, is fast becoming a bread and butter occupation to oldsters who would formerly turn their noses at even the thought of the "cheap" publications. At 60 cents a copy, the current newsstand price is no longer cheap and will continue to rise.

In time the current newsprint format will give way to the glossy magazine-size editions currently employed for the Heavy Metal magazines. The trick to collecting for profit is to buy books at the cover price and allow these to appreciate to maximum value.

## Paddling Pains, and Rewards

By Betty Ann Shiraki

At first glance Jason Tani does not look like a canoe paddler. His fair complexion set off by his coal black hair and slight frame can be quite deceiving.

Jason, a seasoned member of the Hawaii Kai Canoe Club for the past three years will be participating in long distance races on April 10. The longest race Jason has paddled was 12 miles and lasted about two hours.

The night before these marathon races he goes to bed early and in the morning he eats a lot of carbohydrates to give him energy.

"Just before the race you feel full of energy," he said. However, Jason says this energy quickly diminishes after the first mile or so. "You start gasping for air trying to get your second wind and then your forearms start to tighten. You try not to think of the pain and concentrate on getting in first. After a while you just want to give up, especially when you are losing. What's really depressing is when your stroker (the guy in the front of the boat who sets the pace) starts to throw up from the strain of pushing himself to the limit."

Jason said, "The only thing that keeps you going at this point is the steersman." He is the one responsible for steering the boat and criticizing, praising and encouraging when necessary.

Balancing the canoe is a difficult enough task — but when the ocean is rough, and in constant conflict against the wind, Jason says, "You have to paddle on one side and lean to the other" to maintain the delicate equilibrium, which if broken, means a dunk in the ocean for sure. "Once you see the arm coming over, you know everybody is going in and then the next thing that comes to your mind is sharks, because the water is such a dark blue."

After such a mishap, all the members right the canoe by lifting the arm of the canoe over, bailing out the excess water and then trying to regain their lost momentum even though they now know defeat is inevitable.

When the race is finally completed, everyone is exhausted but this is when the fun begins, Jason said. Everyone in the club heads back to Moanalua Beach Park and parties. They relax, unwind, talk story and forget the pain.



Even on a day as gloomy as the one pictured, Jason Tani paddles as he readies himself for competition.



## Campus Scene



Ping Pong All-Star tournament underway every Mon. and Wed., noon to 1 p.m. in Bldg. 929 at the Diamond Head Campus. Try your skill against KCC's best players.

## Vending Machines

By Charles Kupa

Vending machines with sandwiches and related items or a book store-snack shop operation, which would fill the needs of students at the Diamond Head Campus were some of the topics at a recent administration meeting held at the Student Services Building.

### SUMMER COURSES

Kapiolani Community College will again be offering a special program in the summer of 1982 for those students planning to enter the Fall '82 semester who need refresher work in any of the basic skills. Courses offered include Basic Arithmetic, Elementary Algebra, Basic Writing, Developmental Writing, and Developmental Reading. These courses will be supported with tutorial services, counseling and advising, and career information. These courses will be at the regular tuition rates of \$3.50/credit instead of the summer rate of \$20/credit.

A special orientation session will take place in late May. For more information, contact Jim Jeffreys at 735-3136 or 531-4654, ext. 190 (Math Lab) or Allene Chun at 531-4654, ext. 189.

Also under consideration is the possibility of the use of microwave ovens so students could either buy or bring their lunches and have them warmed. Those familiar with the Manoa Campus have seen these type in operation.

Because the eventual movement of the Pensacola Campus to DH makes this a temporary situation, "The use of an existing building and the feasibility to re-model it to fill the above student needs is important," said Mr. Vernon Wong.

The food concession is currently operated by the Saga Vending Company, which has coffee machines, soda and snack machines at Building 933 and which also supplies the noon time lunch wagon.

Due to the student complaints of high prices and limited food items the administration and staff are considering possibilities that would solve these problems.

"The feasibility to run this program through the school or possibly some company are being thoroughly examined," said Wong. With limited monies and personnel, careful planning is necessary to get the most for the student.

The meeting was coordinated by Vernon Wong, Auxiliary Services Officer and Fred Ditzel, Department Chairperson, Food Services Education.

## Early Registration

By Anthony Brack

Those long registration lines may be a thing of the past.

All continuing students will be able to register for fall semester courses during April 23 through the 29, says Laura Shun registrar at KCC.

This is the first time all continuing students will have the opportunity to register early. A schedule of courses will be available by early April at the

Admissions and Records Office and registration procedures will be according to majors.

Course schedules for the summer session will be ready during late May. "Students will benefit," Shun said, "They will be able to plan their summer and fall classes in advance."

When asked about the early registration, one student said, "Maybe next semester I won't have to stand in an endless line to get my classes."

## Maile Aloha Singers

The performing schedule of the Maile Aloha singers for the next few weeks is as follows:

Wednesday	March 17	6:30	Andrade Waikiki
Friday	March 19	6:30	Royal Hawaiian Shopping Center Building
Wednesday	March 24	6:30	Andrade Waikiki
Thursday	March 25	8:00	BYUH Intercollegiate Festival
Friday	March 26	8:00	BYUH Intercollegiate Festival
Wednesday	March 31	6:30	Andrade Waikiki
Wednesday	April 7	6:30	Andrade Waikiki

## Sports Action

### FIELD DAY SET

A spring version of last semester's Field Activity Day is scheduled for Friday, April 30. Don Fujimoto, coordinator of student activities, is in charge of food, beer and music. Pat Barrett, the intramural sports coordinator will be scheduling another faculty-student volleyball game along with various other sports.

### BOWLING

KCC's bowling league meets every Saturday between 3 and 6 p.m. at Kai-muki Bowl. This newly-formed league has room for two more teams. Competition will run through mid April. Bowling is free to students with valid ID cards or pink registration slips and for faculty and staff.

### WOMEN'S SOFTBALL

Women players are still needed for KCC's softball team. The season for Oahu Women's Intramural Recreational Softball League began March 14 and will continue until May. Schools involved in the competition are Hawaii Loa College, Hawaii Pacific College, BYU, UH, Chaminade and KCC. Games are scheduled at noon every Sunday at Diamond Head Field.

### VOLLEYBALL

Drop-in volleyball continues every Tuesday at 2 p.m. at Diamond Head. Come on out, get some exercise and join the fun.

### TENNIS TEAM

Earlier this year it looked as if there might not be a tennis team at KCC. There was no coach, no support from KCC and not much enthusiasm from the students. But Dennis Lew, one of the returning players from last year's team, managed to put a team together consisting of seven new members and one returning member besides himself.

At the time of the deadline KCC's tennis team had a record of one win, one loss and one tie. Looking down the schedule Lew is very confident that the team will finish the season near the top if not right on top. The team has played well in all three of their matches, losing only in a very tight match against the University of Hawaii.

Besides Lew, highlighting this year's team is Mike Racoma, the school's top singles player. Racoma's prowess will be augmented by Chopin Lee and David Jacobson, KCC's top doubles duo. Both of KCC's top singles and doubles entries have lost only one match, each time against UH with the doubles team going three sets before being eliminated.

According to Lew, this team has a very full schedule. So go out and support KCC's racquet squad first chance you get.

## Classifieds

### TYPING SERVICES

Typing, \$1 per page. 24 hour service. Call 395-9636

Office, 531-4654.

Mohammad Rouf

### BOOKS LOST

A Music 107, Math 130 and a folder was lost Tuesday, last month. If anyone has found them, please call 845-5889 or the Student Government

### FOR SALE

1979 Rabbit. Excellent condition and Blaupunkt stereo. Must sell to alleviate upcoming maternity costs. Call 536-4283.

Dear Writer,

"Reflections," the KCC literary magazine, is accepting poems, short stories and essays for publication. What is good enough to be published? Let us be the judge of that. Won't you share your dreams, your fantasies, your thoughts, your experiences, your experiments in writing?

Turn in all manuscripts to Kapio, c/o Campus Mail or ask your instructor to forward to Wini Au, Diamond Head Campus.

All manuscripts should be labeled with name, address and phone number. Manuscripts will not be returned, so do not submit originals.

Students may submit any number of entries in any category. Deadline is April 7, 1982.