

# KAPIO

KAPI'OLANI  
COMMUNITY  
COLLEGE

January 12, 1997  
VOL 13 ISSUE 13

<http://naio.kcc.hawaii.edu/bosp/kapio>

## Add/Drop/Overload Guidelines:

\*Last day to add or drop classes is Jan 15 in Ilima 202. Hours of operation are Jan 9, 8a.m.-11:30a.m. & 1p.m.-3:45p.m., and Jan 12-15, 8a.m.-3:45p.m., and Jan 12 & 15, 5:30p.m.-7p.m.

\*Overloads for qualified Liberal Arts majors will be processed in Kalia 101 during the Jan 12-15 registration period. Students seeking overloads for vocational classes should contact the department supervisor or chair.

## New towing contract now in effect

A new towing contract is in effect. It was signed last semester with Stone's Towing. Previously, KCC had a contract with Ace Towing whose lot was located on Sand Island Road. The new company is located on Waimanu Street and towees will pay about \$10 less than before to get their cars back.

When the contract with Ace Towing was to expire, KCC asked for bids and Stone's came in with the lowest.

Initial cost for hooking up the car is still \$40, plus \$10 for a dolly, plus \$10 per day for storage, but the mileage charge will be less because of the shorter distance to Stone's lot, says Dayton of Stone's Towing.

This all adds up to a charge of about \$80 for most cars, a reduction from the \$90 average cost with Ace.

If you are unlucky enough to be towed, call Stone's towing at 847-1136 or 596-8276. Their lot is located at 1025 Waimanu Street.



Surf's Up...  
Check it out!

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Student  
Health  
Insurance

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Faculty  
For'em



Students take a break from finals in December to play twister. Just one of many student activities held in the cafeteria last semester. Check back with Kapio throughout the semester to find out about future activities.

## Stepping things up... way up, in the cafeteria

BY LEHUA VARES  
Staff Writer

There is big news for you hungry students out there! Believe it or not, the cafeteria is going through some major changes to improve its service. Doesn't this make you excited returning to school this semester?

There will be a larger selection of food to choose from. There are still stations such as the salad and sandwich bar and fresh pasta cooked to order, but Chefs Joel Schaefer and Tony Ramos, instructors of the Intermediate Cookery classes; and Chef Lloyd Yokoyama, ETC instructor, or the three amigos as they have called themselves, have made plans for a wider variety of foods.

Available will be pre-packaged sandwiches and green, caesar and chef salads. Also look for bentos and musubis.

The Intermediate Cookery classes will run salad and deli stations that include Oriental Chicken Salad, as-

sorted salads and pastas, as well as sub sandwiches and vegetarian wraps. Daily entrees will include stews and short-order cookery will include turkey burgers and teri chicken.

**Ohi'a Cafeteria**  
**A la carte Breakfast**  
**7:45 - 9:45 a.m.**  
**Cafeteria open**  
**until 6 p.m.**  
**Made-to-order items**  
**until 3:30 or 4 p.m.**

For you veggie lovers look forward to seeing more foods that will please your taste buds like the Roasted Eggplant Pepper Sandwich and vegetarian chili.

Also look for popular Bistro items like Smoked Chicken Penne Pasta and Seafood Alfredo Pasta at lower prices.

Breakfast will be served from 7:45 to 9:45 a.m. Look for items like

Eggs Benedict, French toast, pancakes. Some of the breakfast selection will also be available during the noon hour.

The main objective for these changes is to have a wider array of selection for students to choose from. More food will be cooked to order, hot food will be served longer throughout the day, and consequently, there will be less food sitting around under hot lamps. With this new system students can get fresher food for the same price because prices will remain stable.

Last semester, the hot food table closed down at 1:30 p.m. Now, the Intermediate Cookery class under Chef Schaefer will be offering service from 7:30 a.m. to noon. From noon to 3:30 or 4 p.m., Chef Tony's class will take over. Chef Lloyd's class will be working in the mornings also. Thanks to these changes, the cafeteria will be more flexible for busy students who are not able to eat until later in the day.

*Continued on page 6*

## E hele mai... Come and enjoy Aloha Fridays

Enjoy the kickoff of a new semester at KCC at the first "Aloha Friday/Aloha Spirit" program on Jan 16 from 10a.m. to 12:30p.m.

To get into the Aloha Friday feeling, two student bands "Mai ka Pu'uwai" and "Tamala'i," will be featured and the Cafeteria will offer a Hawaiian plate lunch option (see cafeteria story this page).

Student Activities is also adding an "Aloha Spirit" component to the springtime Aloha Friday festivities. They hope to recognize two members of the KCC community who share "Aloha Spirit" on campus -- those who demonstrate kindness, generosity and who have helped when they know they did not have to. A simple presentation and lunch will be organized for each "Aloha Spirit" honoree. Nomination slips will be available at each Aloha Friday program to select the following month's honorees.

E Hele Mai -- Come Enjoy Aloha Fridays & Aloha Spirit at KCC!

If you're already looking to do Spring cleaning, take your unwanted books to Student Activities. They will be hosting "KCC BookSwap '98" -- a program to turn your "book trash" into someone else's "book treasure." Dates and times will be announced, but go ahead and start dropping your books off at Ohia 101.

Student Activities would like to offer a heartfelt thank you to all who participated and shared so generously for the First Annual Tree Lighting Ceremony, held on Dec 9. Rather than buying Christmas ornaments to decorate the tree, Student Activities decided to dedicate donations for blue and white bows (KCC's school colors) to Alani Child Care Center.

Talented music students from Sheryl Akaka's Guitar Ensemble class as well as some impromptu performances from Jake Shimabukuro, Marcus Messina and others sharing festive, holiday songs, made it a warm kickoff to the holiday (and finals) season. The benefit raised \$100 for Alani to purchase new books.

## Parking h@#!!

Welcome back to parking h@#!!

Parking problems are always greatest during the beginning of the semester and this semester is no different.

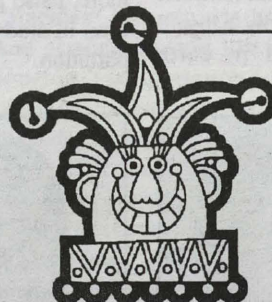
As with last semester, parking will be allowed at Diamond Head Theatre, but signs must be obeyed. Do not park outside stalls or blocking thoroughfares. Absolutely no parking on the lawn fronting the theatre.

Parking is also available at the Hawaii Film Studio lot; however, students are not allowed to cut through the film studio to get to campus--gotta go around!

If you hurry, you can still get a parking decal for Lot "A" on the Eva Mauka corner of campus. Decals are available on a first-come, first-served basis in Olopuu. Parking grace period for lot "A" ends on Jan 26. After that, cars will be towed!!! (See "towing" story this page)

Your car will also be towed after the fifth citation anywhere on campus, even if you pay the fines!

If you are parking in the surrounding neighborhood, be sure not to block driveways or fire hydrants. Residents have been advised to call the police and have cars towed if they are in violation.



If you have a  
funny bone...  
read on!  
You are invited

to participate in a humor writing contest sponsored by Student Publications. As part of the contest, all kinds of great fun is being planned.

Come hear Joe Balaz read his poems about local characters in hilarious situations. Those of you who heard him during the last International Festival may remember students begging to hear more. Join us Monday, Jan. 26 in Ohia 118 at noon.





## FACULTY FOR'EM!

BY KEITH KASHIWADA  
Special to Kapi'o

Welcome Back!

Hello students! For those of you returning, welcome back! If it's your first semester here, welcome welcome!! This is the first article in what I hope will be a continuing series in Kapi'o. In this column, you will find a teacher's view of the world. Sometimes funny, sometimes serious, but always in paragraph form. This is my first attempt at this, so here goes...

I was wondering what you all would want to read in the first issue of the semester, and I decided to let you in on some tips for success. We all know that it is important to make a good first impression, so let me tell you what to and not to do. Think of it as classroom do's and don'ts.

First of all, it is vitally important that you learn your instructor's name. Basically, so you can speak to him or her without embarrassment (but also in the event of a complaint you may want to file later on in the semester, you should know who you're talking stink about). Some of us like to be called by our first names, others prefer last names. Find out your

teacher's preference. Just asking the question, "How would you like to be addressed?" will make you look good without leaving your nose obviously brown.

Secondly, read the syllabus carefully and ask any questions you have NOW! Cuts no ice with me if in late April, you say, "But I didn't know I had to actually come to class," when it's spelled out clearly in the syllabus that as a member of the class, you are expected to be there every once in a while, if not always. Which kinda goes back to the impression thing. You may not be aware, but we DO notice if you're not there; we just pretend to ignore you. Hey, some of us even take roll and I don't mean jelly. Want to make a good impression? Pretty easy. The first step is to show up.

However, showing up is only half the battle, although sometimes the most difficult part, what with work, romance, soap operas, surf and stuff like that. This may only be me, but I always think it's pretty cool if students come to class prepared: like having read the chapter, completing the homework, knowing the assignment, etc. Major points there. Once in class, participation is a good

thing. Be careful not to come across like a "know-it-all" (you know the kind). Equally bad is being the NASA major (you know, taking up space). As Mr. Miyagi told Daniel-san, "Must have balance, whole life be good." Always strive for balance.

Lastly, and perhaps most importantly, always remember one simple, oft-forgotten piece of information. We teachers are human, too. Hard to believe, huh? But it's 99.9% true (well, it's actually 100%, but I wanted to leave room for error). I have had sources verify this fact. And we are just trying to do our job the best way we know how. What's our job, you ask? To provide you with an opportunity to learn. But it's a two-way street. Your job is to want to learn. We can't learn the stuff for you. I know, I sound like a teacher. Mostly because I am. But it's undeniable. Most of us have already passed the class you're taking, so think of the arrangement as a partnership. We are not the enemy. We truly want you to succeed, not suck seed.

*Keith Kashiwada is a speech teacher. He teaches SP151 and SP231. Please E-mail feedback for Keith or contributions for future "Faculty For'em's" to kapi'o@leahi.kcc.hawaii.edu or drop off to Lama 119.*

## 'Anihinihi ke ola

Life is in a precarious position.  
Life hangs by a thread.

Ōlelo No'eau : Hawaiian Proverbs & Poetical Sayings  
By Mary Kawena Pukui

## The editor's desk...

Wow! We're back already. It seems like just yesterday I was looking forward to the Christmas vacation. This is my first semester as editor and I am looking forward to "hipping up" the paper a little bit!! The staff and I labored over how to do this.

We began with redesigning the front page. Many thanks to Heiki Akiona for his invaluable help. So we think we've got a great design and then Wini, (Kapi'o advisor) decides to show us every Kapi'o design that ever was... Many hours later, we discovered that we are not really doing anything new—it's all been done before, much to my dismay!

We then turned our attention to the inside pages. After a brainstorming session, a few large pizzas, and much deliberation, several recurring features were born. You can check out

some of them in this issue: the "Faculty For'em" on this page; the "Weekly Top Ten" on page 7; and our "Sports Rap with Autumn Leong" on page 7.

Before Christmas, I was fortunate enough to spend the day with Valentine, a man who has lived the last seven years with full-blown AIDS. His no-nonsense views on life and his refusal to give in to the disease were truly inspiring. You can find his story on page 3.

I would like to extend an open invitation to all who wish to give feedback and ideas on our new design or features. We are still looking for a cartoonist, a photographer, and lots more writers. If you're interested in any of these areas, please call Wini at 734-9120 or stop by Lama 119 (behind the library).

Donovan Slack

## Speak Out! By R-Nee Reyes

### New Year's Resolutions for school, life and the world...



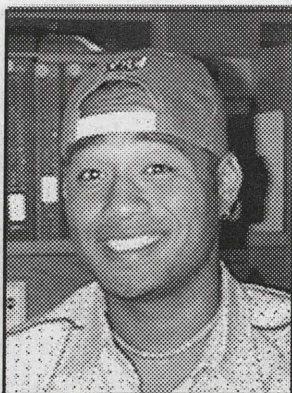
**Makana Yasukawa**  
Liberal Arts

I hope to do better in school, going to class would help. I hope to help clean beaches.



**Anna Gervacio**  
Liberal Arts

I hope to get everything over with. Finish next semester and have a healthy baby. I want to invest in earth activities.



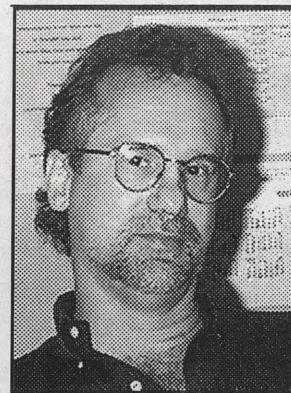
**Makani Stanley**  
Liberal Arts

To do better in school. Surf more, I also plan to put more time in studying. And stop pollution.



**Cheryl Juan**  
Liberal Arts

Set my priorities straight, stop partying. And I plan to be a role model for the younger generation.



**Stephen Singer**  
Computing Center

Remain Calm. Do my daily chants or Calmmm. More exercise. And project Calmness.



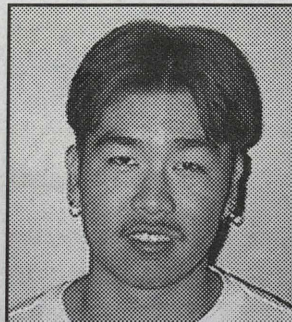
**Baron Oda**  
Liberal Arts

Try harder in school and finish all my homework on time. Save money for and get a cheaper apartment.



**Isis Macias**  
Liberal Arts

I want to decide on a major. Try not to get kicked out of my housing. And Community Service!



**Abdula Fataei**  
Liberal Arts

Get out of this school. I want to quit using food stamps. And find one house cuz I need one.



**Noe Hetrick**  
Liberal Arts

I want to stop procrastinating in school. I want to become more family oriented. And help abused children.



**Wendy Hounker**  
Liberal Arts

Do all my homework. I need to save money for a car. I want to help the needy children.

## KAPI'O

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Next issue: **January 27, 1998**

### SUBMISSION POLICY

Kapi'o encourages all students, faculty and staff to submit letters, stories and photographs for publication. However, Kapi'o reserves the right to edit any submission for length and content. Publication is not guaranteed. Entries submitted on disk with accompanying hard copy preferred.

DEADLINE: **Wednesday, 4 p.m.**

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KAPI'O

Kapi'olani Community College



# UH offering affordable health services

DIANA HANSSEN  
Staff Writer

A female biology major at UH has a hard time paying her rent and food every month. She takes four classes and works 30 hours per week, cleaning houses in Waikiki. The monthly expenses are so high that she can not afford anything but the basic necessities.

"My life is just studying and working. I am looking forward to finishing my BA in a year in order to find a better paying job. Right now, I can not even afford to buy any health insurance," she explained.

This student is typical of many other students in Hawai'i who cannot afford medical insurance. She

didn't know that Student Health Services at UH Manoa offers all UH students, including community college students, medical services at a very reasonable price.

Dr. Lily Ning, who is the director of Student Health Services, explained that each Manoa student pays a \$10 health fee each semester and an additional \$5 co-payment per visit, if insured. If the student is not insured, the fee is \$10 per visit. This is considerably less than the usual 20 percent paid at a private physician's office.

Ning said "These services are also available for KCC students, who have to pay a one-time \$10 entry fee and afterwards, are treated like a regular Manoa student." Insured stu-

dents don't pay for lab tests, and both uninsured and insured students can obtain medication and supplies at discount prices at the Student Health Services Center.

"The Student Health Services (SHS) Center was started in 1932, and was funded until 1995 by the University. Students didn't need to pay anything, except for their medications," said Ning. "But because of budget cuts in 1995, the SHS must generate its own income and must be self supporting." Thus began health fees for UH students.

SHS physicians and nurses provide walk-in medical care for illnesses and injuries. Medical treatment is also provided for sports, travel and dermatology, as well as

women's health and family planning. The SHS also offers a variety of prevention education services such as HIV testing and counseling, an HIV/Aids resource library, and nutrition, peer education and training programs.

Ning said, "We also treat emergencies, depending on the nature of the emergency. We can help students with, for example, sprained ankles or cuts, but if things get more complicated, we refer students to the hospital. We are responsible for primary care."

The SHS is a great alternative to outside physicians, who are more expensive, but it is important that every student be insured, and not look to SHS as an easy way out of insur-

ance, Ning said. Students with children should consider obtaining medical insurance because the SHS doesn't treat children.

UH and KCC offer two insurance plans for students: Kaiser Permanente's University Student Medical Plan and Guarantee Trust Life Insurance Company's Health Insurance. Kaiser Permanente costs \$600 annually, whereas the Trust Life Plan costs \$511.

Both plans cover visits to the UH Student Health Services. They also offer conversion options when student coverage ends. The difference is that Guarantee Trust Insurance Company allows students to choose their own doctor, while Kaiser only offers physicians within its network.

## Distinguished writer to be visiting professor

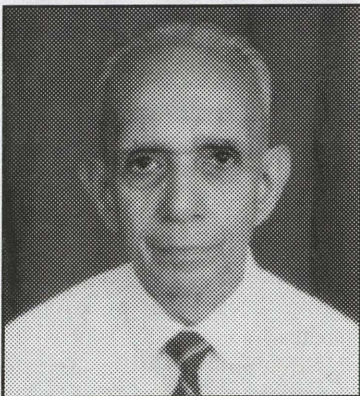
Chaman Najal, Ph.D., a distinguished writer and former professor of English at Delhi University, will be visiting professor this semester.

Najal's best known work is "The Ghandhi Quartet," a set of four novels covering three decades of Indian history. "Azadi," the last novel of the set which deals with the partition of India in 1947 and ends with the assassination of Gandhi in 1948, has been translated into Urdu, Punjabi, Hindi, Tamil, Malayalam, Kashmiri, Hungarian and Russian. For this novel, he received the Sahitya Akademi Award.

Najal, who also has a degree in journalism, writes a monthly literary column for The Hindustani Time in New Delhi. In one of those columns, he shared some thoughts about the partition of India and the influence of his sister in writing "Azadi." The following are excerpts from the column, which was published Nov. 10, 1966.

"And then this sister of mine was killed. When the communal riots aggravated, just before August, 1947, she thought her village unsafe, and along with her husband we was trying to reach us in Sialkot. But the train in which they were traveling was stopped along the way by a hostile mob and they were both brutally murdered—along with hundreds of others on the train. She was twenty-seven then.

"Sister, dear, we observed no requiems for you, offered no 4th-day, 10th-day, or 13th-day mournings, we never saw your body, didn't carry your ashes to the Ganges, didn't observe any other religious rites, didn't do penance at Kurushetra for not observing these customs. We were too busy finding a foothold in a hostile city—this bland Delhi—and rituals had to be sacrificed for expedience. Are you angry with us on that count? For we Hindus believe without these



Chaman Najal

offerings, the departed soul is eternally restless. Have you no peace, dear sister, wherever you are? Are you eternally restless over there? This I refuse to accept. For you were the kind of girl who would mock at even the gods."

Nahal has also written 14 other books that range from philosophy and criticism to a collection of short stories. He has also been a fellow or faculty member at Princeton, Pennsylvania University and Churchill College, Cambridge University.

He will teach Honors 150 (6655), ENG 250 (\$540) and ENG 214w (5676).

## If it touches you...

DONOVAN SLACK  
Staff Writer

"It was like someone hit me in the face with a brick."

When diagnosed with AIDS, Valentine thought it was a death sentence. "I walked around as if I was in a coma for two years and didn't seek help until almost four years after my diagnosis," he said.

Valentine was doing local theater in 1990 when he came down with a cold he couldn't seem to shake. After going to the doctor, he was diagnosed with pneumocystosis, or pneumonia, and admitted to the hospital.

A few days later, before being discharged, Valentine was asked if he would submit to an HIV test. Valentine agreed. He had been engaging in safe sex practices since 1982, when he first read about AIDS, so he thought he didn't have any worries at all. He told the doctor, "Take all the blood you want. No problem."

He was discharged from the hospital, and went back to work. Everything seemed fine until he received a phone call a week later from the doctor, asking him to come in. He recalls sitting in the doctor's office.

"The doctor just said, 'Your test came back and you have AIDS. I don't handle AIDS patients. Do you have any questions?' and that was that."

When Valentine finally did seek help, the Life Foundation referred him to Pacificare's buddy program. "Buddies" help provide home care and personal support like companionship, transportation, cooking, cleaning, bathing and grooming.

Being in such close proximity to AIDS/HIV positive patients may seem very scary to the average person without specialized education, but "Buddies" are specially trained

before they are assigned to a patient. The benefits of which, stretch well beyond the buddy program.

Thanks to a collaborative effort with Pacificare, KCC is now offering the training this semester as a two-credit course, Health 198. According to Instructor Kathy Sullivan, the course will cover areas such as understanding HIV/AIDS, modes of transmission, stages of development and various drug therapies. There is also a section on dealing with death and dying.

After completion of the course, students will qualify to be "buddies" but there is no pressure to do so, said Sullivan. Some students have already taken the course as a service learning option, but the training is now available as a regular course.

Valentine still has the same buddy, Douglas, that he was first assigned two years ago. "We see each other at least once a week and talk on the phone frequently," said Valentine.

"One of the most important things (Pacificare) has given me is the sense that I am still a whole person. I was so focused on the disease, that's all I could see when I looked in the mirror—AIDS. Through Pacificare, I learned there was still a person there beyond the disease."

Through Health 198, KCC students will have the opportunity to learn about and interact with people like Valentine.

"I believe everybody knows somebody who's gay, and everybody knows somebody who has HIV," says Valentine. "(AIDS) touches everyone. Once people realize that it touches their lives, they'll take more responsibility for their own actions."

HLTH 198-#5098  
Fridays 3-5p.m. Kauila 114  
For info, call 734-9309

## KCC Chorus to sing with Symphony

KCC's College Chorus (MUS 114) will perform with the Honolulu Symphony Orchestra this semester. The performance will take place in mid-April at the Waikiki Shell. Participating KCC students will sing as part of a 200-voice massed choir composed of local and mainland singers.

The repertoire for the program will be a variety of choral works by Beethoven. Those interested in participating should register for MUS 114 (2 credits) and required lab (MUS 51) for the spring semester.

The College Chorus will simultaneously rehearse for a program of Hawaiian and Pacific music, possibly to be done in connection with the

hula class and UHM Hawaiian music classes. The KCC Chamber Singers (MUS 201) will work primarily on vocal jazz repertoire. Both choral groups will participate in the annual state-wide college choral festival, Na Himine Kakou in March.

## Study abroad in Tahiti planned

Music professor Robert Engle also serves as Project Coordinator for an upcoming summer study-abroad program in Tahiti. Interested students may study Tahitian drumming and dance with Tahitian instructors, living with Tahitian families for three weeks in the village of Afaahiti, Tahiti.

The all-inclusive cost (flights,

Other projected performances include a festival for local and mainland high school choirs, a performance with Whittier College, located in California, at Kawaiaha'o Church, and a joint concert with Manoa music groups.

housing, meals, instruction, land transportation) for Hawaii students is \$1650. A \$600 deposit is required by Feb 1 in order to insure airspace. Three credits are available for an additional \$132 through West Virginia University, the sponsoring organization. Contact Dr. Engle in Olapa 221 for further details (734-9749 bengele@hawaii.edu).

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## LAC HOURS

The LAC provides tutoring and make-up tests. The Kopiko Lab has computers for student use. This is the schedule planned for Spring '98. It is subject to change.

### 'Ili'ahi LAC -Rm 228B

Jan. 12 - 24  
Limited service for the first two weeks. M - F 9 a.m. - 4 p.m.  
Jan. 26 - Jan. 31  
M - F - 9 a.m. - 4 p.m.  
Sat. - 9 a.m. - 1 p.m.  
Feb. 2 - May 6  
M - Th - 8 a.m. - 8 p.m.  
Fri. - 8 a.m. - 4 p.m.  
Sat. - 9 a.m. - 1 p.m.  
May 7 - May 12  
M - Th - 9 a.m. - 5 p.m.  
Fri. - 9 a.m. - 4 p.m.  
Sat. - 9 a.m. - 1 p.m.  
May 13  
W - 9 a.m. - 12 p.m.

### HNS-LAC-Koa 202

Jan. 12 - 16  
Closed except for class orientation  
Jan. 19 - Jan. 31  
M - F - 9 a.m. - 3:45 p.m.  
Sat. - 9 a.m. - 12:45 p.m.  
February 2 - May 6  
M - Th - 9 a.m. - 7:45 p.m.  
Fri. - 9 a.m. - 3:45 p.m.  
Sat. - 9 a.m. - 12:45 p.m.  
May 7 - May 12  
M - Th - 9 a.m. - 3:45 p.m.  
Fri. - 9 a.m. - 3:45 p.m.  
Sat. - 9 a.m. - 12:45 p.m.  
May 13  
W - 9 a.m. - 12 p.m.

### Kopiko LAC -Rm 101

Jan. 12 - 16  
Closed for class orientation  
Jan. 19 - Jan. 31  
M - F - 9 a.m. - 3:45 p.m.  
Sat. - 9 a.m. - 12:45 p.m.  
February 2 - May 6  
M - Th - 8 a.m. - 7:45 p.m.  
Fri. - 8 a.m. - 3:45 p.m.  
Sat. - 9 a.m. - 12:45 p.m.  
May 7 - May 12  
M - Th - 8 a.m. - 3:45 p.m.  
Fri. - 8 a.m. - 3:45 p.m.  
Sat. - 9 a.m. - 12:45 p.m.  
May 13  
W - 8 a.m. - 12 p.m.

### Computing Center Hours

The following is a tentative schedule for the semester.  
Monday - Thursday 9 a.m. - 9 p.m.  
Friday - 9 a.m. - 4 p.m.  
Saturday - 9 a.m. - 1 p.m.  
Sunday - closed

Students should bring their own diskettes and paper. Academic work will be given priority over other computer activities. Look for Word Perfect for IBM and Microsoft Word for Mac workshops to be announced.

### E-mail Accounts

Students may also sign up for e-mail accounts starting the first day of school. Students should take their pink slips to 'Ili'ahi 123 to sign up. Students must be registered for the current semester, and not have any outstanding obligation such as library or parking fines, Bookstore payments, etc. Students should also check with their instructors as to whether the instructor plans to sign the entire class up for accounts.

Students are also required to present a picture ID and sign the Computing and Network Policy when they pick up their accounts. The wait period is about two weeks.

## John Messina, Keeping the campus safe and beautiful

DIANA HANSSEN  
Staff Writer

As many college students point out, KCC is the most beautiful campus on the island. Auxiliary Service Officer John Messina works to maintain it every day. He plays an important role in KCC's maintenance and improvement.

Students don't see him very often because Olopuu, where his office is located, is on the lower campus on the Kilauea end of parking lot C. You may have seen him driving the white mini-truck on campus.

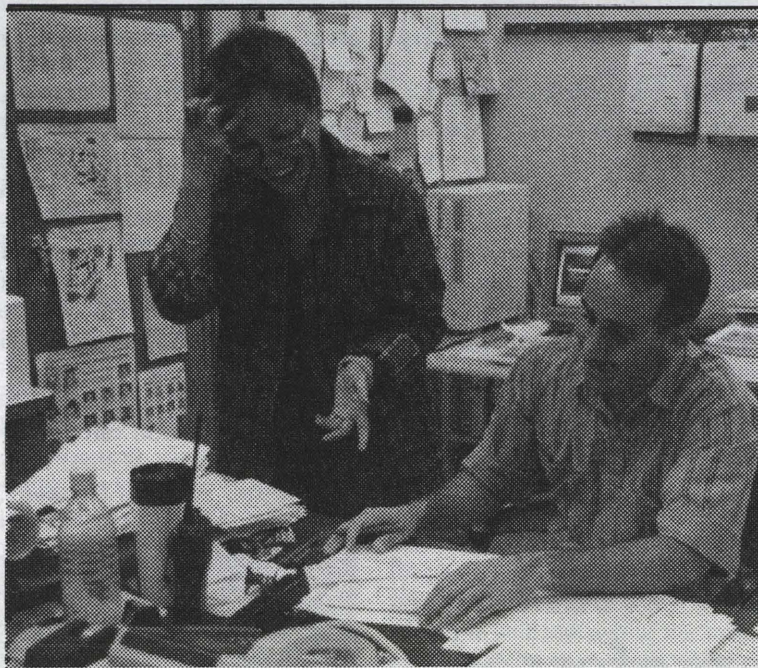
Messina's work includes overseeing the janitors, groundskeepers and maintenance unit as well as the security officers. He is also responsible for parking, keys and coordinating different construction projects on campus. He takes care of emergency situations like power outages and broken air conditioning.

Messina said, "Because there are so many different things going on all the time, it makes my work difficult sometimes, and I can not always plan ahead. But those unexpected situations are very good learning experiences for me."

A look at the construction going on campus provides a hint of the projects Messina helps to coordinate. The projects include re-roofing Koa and earlier, 'Ohi'a. The library building is also on the schedule, as well as plans to repair the exercise equipment near the chapel.

The Department of Accounting, General Services and outside contractors are currently working together with Messina repairing termite damage in most of the buildings on campus.

Messina said he tries to save money where he can by having many projects done by KCC maintenance workers. One example is the large classrooms in 'Ili'ahi, which are to be divided into two smaller classrooms. This project will be done by Messina's maintenance workers and a student from Honolulu Community College. (HCC offers a special re-training program for people, who have lost their jobs.) Under this program 10-15 students have the opportunity to work at different places on island for a year. Messina said "KCC was lucky to get one student, who does practical repair work for two months."



Alex Oliver confers with her boss, John Messina.

Safety on campus is another of his responsibilities. He and Ann Oshiro, director of administrative services, decided to build speed bumps on the streets and parking lots on campus, to increase the pedestrian safety.

"The good aspect of my work is that faculty and staff are very appreciative of our work and it gives me the feeling that our program really makes a difference in improving the campus," said Messina.

Messina points out that all his workers try to solve problems, even if they don't apply to their working area. For instance, groundskeepers sometimes help to jump start cars.

Messina doesn't direct his workers in detail, but rather gives them more freedom to accomplish their work. "The foreman of the groundskeepers, for example, is responsible about the work, which needs to be done," Messina said. "He makes the schedule for the groundskeepers, like cutting grass or trimming trees and just reports the results to me."

Alexandra Oliver, his secretary,

describes the working situation with her boss as very harmonious. "It is really easy and comfortable to work with him and there is no friction or hostility. He handles even tight and stressful moments very calmly and gets them under control expeditiously."

Ann Oshiro agrees with Oliver: "We have a very good working relationship and communicate frequently during the day. We worked already together at Leeward Community College and our manner of working and priority to provide services is the same. Messina knows how to organize his work and what needs to be done first. People respect him in his role and his efforts, and the workers know this and support him."

Messina's harmonious relationship with both his co-workers and supervisors has resulted in KCC's beautiful campus.

**Lost and Found  
is now at Auxiliary  
Services in  
Olopuu. Phone  
no. is 734-9156,**

## TRIO provides support for students

BY AURELIE CAPRON  
Staff Writer

The TRIO project which is run under Special Student Services, is a program to assist students who fall into one of these categories: low-income, first generation in college and/or disabled.

Madonna, who is deaf, is one of the students who benefits from the services. TRIO supports her to increase her chances to acquire an associate's degree and/or to enroll in a university.

TRIO uses federal funds to work with 206 other students like her, and help them to achieve their goals.

Madonna was assigned to her counselor, Nancy Brigdenbaugh, when she attended KCC for the first time in summer 1993. Brigdenbaugh assists Madonna in achieving her objectives. She answers her questions and gives her advice. She supports and guides Madonna towards the more appropriate academic decisions she must make.

This project helped Madonna to deal with the transition from high school to college when she did not know what to expect from college. "I was very scared to go to KCC," she said.

TRIO also helps students from who are apprehensive about returning to school.

The TRIO's staff provides the following services: personalized academic advising, registration, monitoring of academic progress, personal counseling, career exploration, financial aid searches, and personal enrichment activities.

Madonna's disability made it difficult for her to follow along in her classes. TRIO, which wants to give equal opportunity to students like her to succeed, offers even more services. These services include extended time for tests, tape recorded lectures, readers and scribes, accessible tables, priority registration, notetakers, and converting educational materials from text to tape or braille.

Madonna has an American Sign Language Interpreter in each class who translates any verbal communication happening in class.

She also has a notetaker for each class who writes down the teacher's comments during the class period. At first, she did not think she would need them: "I did not notice that I should have a notetaker or an interpreter for my classes because I was deaf. It was unbearable for me. But when I got a notetaker for my classes, it was very helpful."

These services require aides to work with the TRIO project. Most of the aides are students who are willing to help their college mates. Madonna's notetaker in English 100 says, "It feels good to help someone else, and she is a very cheerful person. She teaches me some sign language!"

TRIO Student Support Services Project is located in the Ilima building in room 105 (Phone: 734-9552). In this office, Director Nora Furuno, along with the staff work together to coordinate all these services for Madonna and other special students.

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# World class invitation for KCC professor

BY NADINE  
PATCHRAPONG  
Staff Writer

Kusuma Cooray, a professor here at KCC and world-class Chef, has been invited by Her Excellency Chandrika Camaratinga, President of the Socialist Republic of Sri Lanka, to head a team of chefs from the Colombo Hilton. They will review the menu and supervise the chefs who will prepare a state banquet for 250. Guests will include world leaders, and the event will be held in Sri Lanka on Feb. 5, 1998. Among many of the world leaders will be Prince Charles of Wales and Nelson Mandela of South Africa.

When asked if she was nervous, she simply said, "I am excited but not nervous. I would rather focus all the nervous energy into the preparation

for the dinner."

Cooray coordinates a Professional Development Exchange program organized between KCC, the Ceylon Hotel School Graduates Association and Hawaii Prince Resorts. through this program Executive Chef Ruwan Withana from the Royal Palms Beach Hotel in Sri Lanka was able to come to work in the Hawai'i Prince Resort Hotels, participate in Ho'okipa Night, and visit the KCC campus.

Back in April of '96, KCC and the Ceylon Hotel School and School of Tourism signed a five-year agreement where joint research and teaching projects are exchanged for instructional and curricular activities. The program also offers a faculty and student exchange and internships for students who are interested in study-

ing in Sri Lanka. Chefs Alfredo Cabacungan and Ernst Hiltbrand, along with Cooray, went to Sri Lanka to teach a series of workshops with Sri Lankan chefs on Pacific-rim cuisine and desserts.

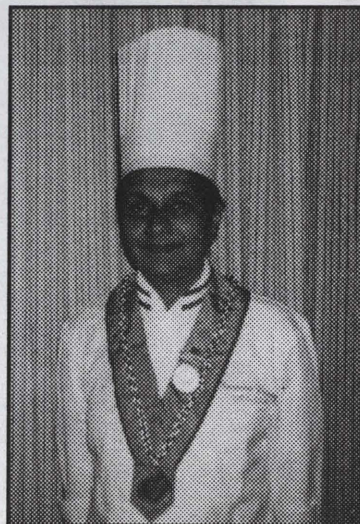
Cooray has a long list of past accomplishments and vast achievement. She has received Certificates from the Cordon Bleu School of Cookery, the National Bakery School, La Varenne Ecole de Cuisine, and Cornell University, where she also went back as a guest lecturer.

Cooray was a chef-consultant to *The Willows* and *The Black Orchid*, Singapore Airlines/Dobbs, Honolulu and Sheraton Waikiki on vegetarian menus. While Cooray was at *The Willows*, the restaurant won the coveted Travel/Holiday Award for fine dining in 1986 and every year there

afterward. She was also a Personal Chef to late millionairess Miss Doris Duke.

Along with these, her list of conquered culinary competitions includes the National Bakery Student Society Diploma in Confectionery Competitions, the National Bakery Students Society Challenge Cup-Open Event, the Burton Trophy, and the Nino J. Martin's Invitational Best of the East-West Chefs Award.

Cooray is a Certified Executive Chef and Certified Chef Educator of the American Culinary Federation and Certification Chairman of the Hawaii Chapter of the Culinary Federation of America, a certified Hospitality educator. Cooray was the first woman to be inducted as Maitre de Rotisseur, Chaine des Rotisseurs Hawaii Chapter.



Internationally renowned chef and KCC professor, Kusuma Cooray, honored by Sri Lankan Presidential invitation.



PHOTO BY MORISO TERAOKA

## Visiting chefs join in Ho'okipa celebration

Hookipa Night, the annual celebration for the Food Service and Hospitality Department was held at the Hawai'i Prince last December. Visiting chefs, who lent their expertise and reputations to the event, are Ruwan Withana, Executive Chef of the Royal Palms Beach Hotel in Colombo, Sri Lanka; Alan Wong of Alan Wong's in Honolulu; Robert Wong, Executive Chef of The Greenbrier; and Tom Wong, Executive Chef of the Royal Hawaiian Hotel.

## Scholarship strengthens KCC-Greenbrier link

A scholarship has been established in honor of former Patisserie Chef Instructor Walter Schiess, who passed away last year. The scholarship was established through donations by three chefs who had formerly served as apprentices in The Greenbrier Hotel Culinary Apprentice Program.

The Greenbrier Hotel, located in the resort town of Sulphur Springs, West Virginia, is a Mobile Five Star, Five Diamond-rated hotel, one of the few in the world with such a rating.

The chefs, Robert Wong, Executive Chef, Greenbrier Hotel; Tom Wong, Executive Chef, Royal Hawaiian Hotel; and Alan Wong, Chef and owner of Alan Wong's in Honolulu, served as visiting chefs last semester under the Guslander Program. They donated their honoraria to establish the scholarship and to honor Schiess, who had at one time served as Patisserie Chef at The Greenbrier.

Schiess was instrumental in en-

couraging Alan Wong to apply to The Greenbrier while he was a KCC student approximately 20 years ago.

Since that time, a number of KCC students been selected for the apprenticeship program. Because of the reputation KCC students have established, Chef Robert Wong agreed to come to KCC as a visiting chef, Frank Leake, special assistant to the provost, said.

This year three KCC students are apprentices at The Greenbrier: Richard Hahn, Keoni Chang and Garrett Fujieda. Since Greenbrier is a summer resort, the students are working elsewhere during the winter. Hahn is now in Switzerland, Chang, at Windows of the World Restaurant in the World Trade Center in New York, and Fujieda at the Royal Hawaiian.

The scholarship will pay for travel expenses of students who go to The Greenbrier for their interview. The apprenticeship program is three years.

## KCC culinary arts grad chosen for coveted apprenticeship

BY MORISO TERAOKA  
Staffwriter

Last summer, Garrett Fujieda, graduate of KCC and the Culinary Institute of America, also joined the ranks of a talented few selected for apprenticeship at The Greenbrier Hotel in Sulphur Springs.

Fujieda became an intern at The Greenbrier as part of the curriculum of the CIA. After five months there, he was accepted as an apprentice.

As a first-year apprentice, Fujieda worked under a senior apprentice. Part of his training included preparing a five-course meal that met the demanding criteria established by a panel of judges. He will have to do a second presentation after his second year of apprenticeship.

"I am trying to get myself classically trained so that I can be more flexible in my cooking," Fujieda said.

He hopes to travel to Europe to continue his training and education in classical cuisine and to someday become an executive chef.

During the winter months, when The Greenbrier is not busy, the apprentices are released until spring time. During this period Fujieda is working at the Royal Hawaiian Hotel under Executive Chef Tom Wong, who was also an apprentice at The Greenbrier.

Right: Fujieda with Robert Wong, Executive Chef of The Greenbrier.




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PHOTO BY MORISO TERAOKA

Sharon Rota working out.

## Work off those holiday pounds

BY AURELIE CAPRON  
Staff Writer

"The more the body is in shape, the more the mind is relaxed and competent."

Rota is aware that working out improves the working efficiency of the heart because: "it pumps more blood into our system." She said that fitness promotes good overall health: "You feel more alert, focused, and you have more energy to do things. It helps you to maintain flexibility and strength," says Rota.

Aerobics gives her an opportunity to meet people within the fitness field. "The exercise industry is very dynamic in regard to new techniques, props, and much variety. She mentions the woman who invented the Dyna Bands, for example. The Dyna Bands are large elastics that build resistance if people extend them. This

is convenient for people who travel and cannot carry weights. For instance, they can hang it from the ceiling of a train cabin, and pull it down with their arm. In this way, they can exercise while away from a fitness club.

Rota first got involved in aerobics when she took classes at the YWCA. She enjoyed it so much that her instructor invited her to come for the next training session and the director would consider her according to her available time. Then followed service training where the instructors become more aware of the safety of everybody in the class. She then started to lead classes.

Today, Rota teaches for free at KCC every Monday and Wednesday at the Chapel from 3:30 to 4:30p.m. She teaches students and some faculty. "It is an open invitation!" she says.

## Winning Performances

BY DONOVAN SLACK  
Staff Writer

Michelle Kim turned in a winning performance as "Beccah Bradley" on opening night of Kumu Kahua's production of "Comfort Woman."

This reviewer and many audience members were moved to tears by Kim's heart-wrenching performance, especially during a monologue about her deceased mother in the last act. Kim was most recently seen in Kumu's production of "World War Nihau." Her credits are long and varied in local theatre and include Ed Sakamoto's "Manoa Valley" and "The Life of the Land."

She brings a sense of reality and modernism to an old setting and an even older culture.

"Comfort Woman" tells the story of Akiko and Beccah Bradley. A Korean woman, Akiko, is sold into prostitution during WWII in Korea. She then marries a missionary, has a daughter, Beccah, and moves to Hawaii to raise her. The story centers around this mother-daughter relationship and the daughter's constant struggle to protect her mother and figure out why she seems a little bit touched. It's not until after her Mother's death that Beccah finally figures things out. This is when Michelle Kim's talents shine in her portrayal of Beccah.

Notable performances were also given by Alissa Joy Lee as the young Beccah and Antonio Anagaran, Jr. in dual roles as Max Lee, Beccah's first boyfriend and the mortuary man.

The play is an adaptation of Nora Okja Keller's critically acclaimed first novel, "Comfort Woman," which was named by the Los Angeles Times as one of 1997's best books.

Director John Wat went to school



Left to right: (TOP) Alissa Joy Lee as the young Beccah, Michelle Kim as Beccah; (BOTTOM) Anna Kim as Akiko--Beccah's mother, and Kennly Asato as the young Akiko in Kumu Kahua Theatre's production of "Comfort Woman."

with Author Nora Okja Keller and decided early on that he wanted to adapt it for the stage.

"I read it in chapters as she was writing it. It was about 1:00 in the afternoon when I reached the end and I had to go teach a class at 1:30. I didn't know if I could do it. The ending just kicked me!" exclaimed Wat. "I knew it was going to hit big. How many people have their first novels published by Viking Penguin?"

Wat worked with KCC Professor Keith Kashiwada to adapt the novel for the stage.

Although there are some elements missing that need to be filled in, the adaptation is a moving one and well worth the price of admission.

The production opened this weekend and will run through Feb 8. Student prices are \$5 off-nights and \$10 weekends. For exact showtimes and ticket information, call 536-4441.

## Stepping things up in the cafeteria...

Continued from page 1

"The main purpose for bringing the Intermediate Cookery class back to the cafeteria is to meet the students' skill level and to advance them in their career," said Chef Schaefer. He says that it is a big step for students to jump from Fundamentals of Cooking straight into the Bistro. Chef

Schaefer thinks this will be a bridge between the two to make the transition smoother.

The Bistro will then fall to the hands of the Practicum class. This class, who currently does independent study, will learn how to manage the Bistro entirely on their own.

There is still a lot of fine tuning that needs to be taken care of. "This semester will be a period of trial and error," said Chef Schaefer. "We're still working on it, but we'll do our best." He hopes to plan a contest that will help the Food Service Department pick a new name for the cafeteria.

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LIGHT DAIRY PRET TOWE FROZ TOOT LIGHT DAIRY CAND  
CHAR SANDWICHES PHONE CARDS LIGHTERS CIGARETTES MEDICINES  
BABY NEEDS SPAM MUSUBI CANNED GOODS SUGAR BEER MOVIE  
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# Suicide maneuvers on monstrous waves

KRISTEN K.J. SAWADA  
Staff Writer

Fearlessly taking on monstrous waves is his occupation. What started off as fun and games at age five, gradually became his full-time career. Kainoa McGee has mastered the art of wave riding. But it's not quite that simple. His definition of wave riding is riding on 15 to 20 foot waves and pulling off insane maneuvers that are almost suicidal. An ordinary surfer can only admire such bravery.

"Since I was five years old, my mother would take me, my sister, and my brother to Waikiki Beach everyday. I remember when she would put me on a bodyboard and give me a push," said Kainoa.

It was not long after that he became one of the top young bodyboarders in Hawaii and in the U.S. In 1981, at age 10, he entered his first amateur surfing contest, taking first place in his division. He eventually started picking up surf sponsors and in a matter of eight years, he turned professional, taking on the responsibility of being a role model for the young generation

of bodyboarders.

"I feel good that I can be a role model to young bodyboarders and am able to have a positive impact on their lives. But it's hard to always do the right thing," he said.

Professional bodyboarding has given him the opportunity to travel and surf around the world for magazine articles and videos. He has surfed at the best spots in Australia, Tahiti, Brazil, Fiji, Mexico, Florida, Texas, Northern and Southern California, Japan, the Philippines, England, France, Spain, Portugal, Bali, and Reunion Island. Nevertheless, his favorite surf spot is right here at home at Ehukai Beach, the dynamic Banzai Pipeline.

Throughout his years of bodyboarding, he has gained surf sponsors who pay him monthly, supply him with their products, and pay for his surf trips. He is currently sponsored by B-Wear Clothing Company, Wave Rebel Bodyboards, Viper Surfing Fins, Destinations Surf, ANH International-Distributors of EAS (Experimental and Applied Sciences) Supplements, and Pearlridge Chiropractic Center and Massage Clinic.

Kainoa is one of the fortunate who is able to have a career in something he loves to do. "I love bodyboarding. It's something I grew up with and have always loved....I know how fortunate I am to get paid for something I love doing," he said. With that in mind, Kainoa needs no motivation to do his job. "It's a pleasure to me. It helps me release frustration in an environment that I am comfortable in," he said.

Some of the other hobbies that Kainoa enjoys are playing basketball and football, exercising and crosstraining, and spending time with his wife and two daughters.

Currently, Kainoa is focusing on winning the Morey World Bodyboarding Championships held at Banzai Pipeline from Jan. 5-13, conditions permitting. Over 200 of the top male and female bodyboarders from around the world are competing in this year's Morey World Bodyboarding Championships.

Without a doubt, Kainoa would like to professionally bodyboard for as long as he can. But he does have a



Kainoa McGee shows off his "drop-knee" stance on a monstrous wave. Look for McGee in the Morey Boogie Bodyboard Championships

future goal in mind after his bodyboarding career is over. "After bodyboarding, I want to obtain a position in the surfing industry and continue to comfortably support my family," said Kainoa.

When asked what he would like to tell young amateur surfers out there, he said, "Stay in school, stay off drugs, focus on goals, and strive to achieve them. Practice makes perfect."

## Introducing...the Kapio Weekly Top Ten

This week's topic:

The Top Ten reasons to be a student

10. Get to meet lots of new friends.
9. You might learn something.
8. Sociology field trips.
7. Don't have to get a real job yet.
6. Cool student bus pass!!
5. Most teachers let you cut class 3 times before it affects your grade
4. Mom and Dad will pay the bills as long as you're going to school!
3. Summer vacation!!!
2. Eligible for 'student' rate at movies.
1. Lots of money to be made playing cards all day in the cafeteria!

**\*\*Kapio welcomes submissions for the Weekly Top Ten List. E-mail us at kapio@leahi.kcc.hawaii.edu or drop off to Kapio at Lama 119**

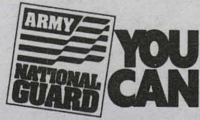


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## Sports Rap with Autumn Leong

As the Spring semester opens we look upon all the great sporting events headed our way.

We start with the always popular surfing and bodyboarding contests being held this winter on our famed North Shore. While we were on vacation, local star Johnny Boy Gomes surfed his way from the trials to the top and beat out all others in the Gerry Lopez Pipeline Masters, the final jewel of the Triple Crown of Surfing. As we speak, the Morey

Boogie Bodyboarding Championship is underway. Local boy Mike Stewart is looking to regain his title.

If you like to watch more physical activity, you'll find the 11-1 UH men's basketball team with their new National Ranking at 21, taking on some of the WAC's elite.

The UH men's volleyball season got under way this past week facing Penn State. Opposing teams will be looking up to them as our world-wide recruits stand no shorter than 6 feet

tall and brimming with talent..

Don't forget about the baseball Bows and the women's softball team as they head out looking for a championship season.

Excitement is also brewing about a few stars from our US Olympic gymnastic team showing their stuff at the Blaisdell Arena Feb. 7&8.

Finally, you won't be able to miss the best of the best, the NFL's biggest stars in this year's Pro Bowl. Details to come... A Hui Hou!

## Surf our big wave crossword challenge

Across

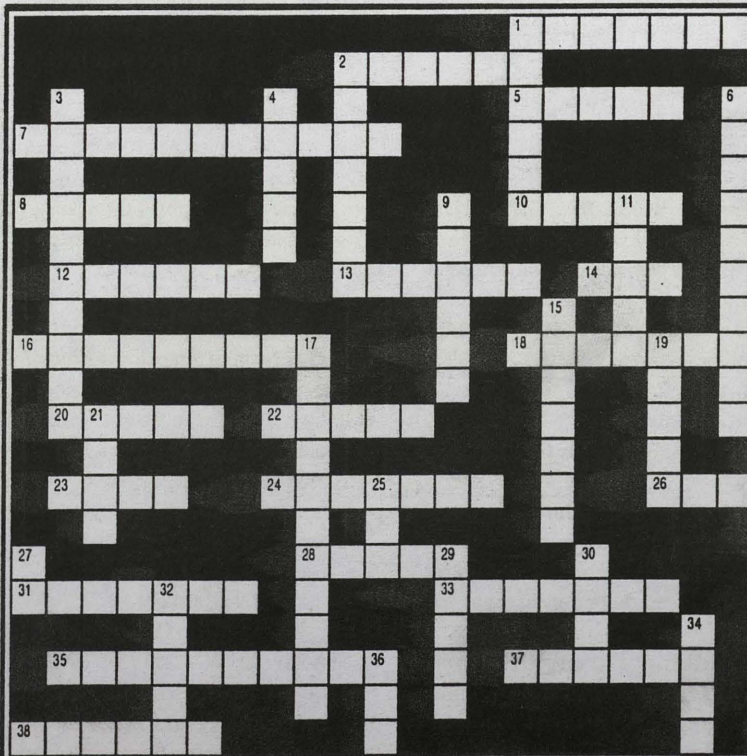
1. Required when standing up
2. Surf spot on the North Shore known for its big waves
5. Material that holds together surfboards
7. Separates you from the surfboard
8. What a surfer calls the board
10. Keeps the board from getting away from you
12. Surf spot notable for many reef poundings.
13. More than one person on the board
14. Surfers use this to get more grip on their boards
16. If you have an 10'6 you would have a \_\_\_\_\_
18. The spot filled with tourists
20. "\_\_\_\_\_ would go."
22. What surfers put on the top of their cars
23. Fin on the bottom of the board
24. How surfers test their skills
26. Good brand: \_\_\_\_\_ Wax
28. Crashing your board produces \_\_\_\_\_
31. When the wind is blowing the wrong way
33. You need this to smooth out wax
35. Material used to glaze boards
37. Spot farther than Waimea
38. Line from movie North Shore "Nobody listens to \_\_\_\_\_"

Down

1. The curled part of the wave
2. Keeps you warm

3. Place where you can find Pipeline and Waimea
4. Many cuts are caused by \_\_\_\_\_
6. Rocky spot off Diamond Head
9. To get anywhere in the water you must \_\_\_\_\_
11. Every surfer's nightmare
15. Putting your feet on the front of the board
17. Lookout and surf spot near Waikiki

19. Rocky spot next to Sandy Beach
21. Famous Waikiki surfer
25. What you will get from surfing in the sun
27. Surfer- Derek \_\_\_\_\_
29. Surf is up
30. An inexperienced surfer
32. Surf company
34. Time when certain surfer's want to go for private wave
36. What you surf in





## Job Placement Opportunities

The following job listings can be found in the Job Placement Office in Ilima 103, or by calling 734-9514.

### Medical Assistant or LPN

Pali Momi/Internal Medicine is looking for full time temp Medical Assistants. Duties include procedures with supervision &/or guidance by a licensed personnel for patients of all ages. LPN duties will be assisting physicians &/or licensed personnel in providing care for patients of all ages. Hours will be M-F 8am-4:30pm, alt Sat 8am-12noon, rotating Tues 8am-7pm. Minimum requirements: Grad or a med asst. program or at least 1 year equivalent nursing program, or HI LPN license. Preferred: CPR; med asst exp; or, LPN exp.

### Medical Assistant

Internal Medicine/Palama III is looking for part time, 20 hrs/wk, to help perform duties & procedures with supervision &/or guidance by licensed personnel for patients of all ages. Minimum requirements: Grad of a med asst program or proof of at least 1 yr equiv nursing program. Preferred: CPR; leadership or supervisory exp.

### Charge Clerk

Looking for part time temp, 20 hrs/wk, Internal Medicine, days/hrs vary. Accurate, complete & timely processing of all professional/technical fees generated by dept providers. Minimum requirements: 1 yr

work exp in healthcare environment; med terminology; detail-oriented w/ good problem-solving skills; well organized; assertive w/ physicians; public relation skills; work w/ minimal supervision; good quantitative skills; articulate. Preferred: CPR; knowledge of ICD-9 & CPT-4 coding; work exp in healthcare industry, in same or similar position; exp w/computer systems in clinic/ ancillary setting.

### Catering

Local restaurant looking for caterer to perform all food service. This will include wait staff, hostess, kitchen personnel for Sunday Brunch, Saturday and Sunday Snack Bar, Thursday night dinner, Wednesday and Sunday casual dinner service, private parties, Club parties and assortment of other events. Caterer would receive full use of kitchen facilities and equipment and percentage of all food service revenue.

### Telemarketing Representatives

Part-time position available for telephone sales of Cable and Internet services. Conducts outbound telephone calls to current, recent & potential customers in an attempt to upgrade level of cable services. Must have high school diploma or equivalent. Experience in customer service, public relations & sales.

## Workshops

\*All workshops presented by the LAC are FREE and open to all KCC students. Come a few minutes early to get a seat. For more information, call Gail Harada at 734-9342.

### SOS workshops

All SOS workshops will be held from noon-1:10 p.m..

**Online Course Skills:** Jimmy Shimabukuro will show you the skills needed for an online course. Workshop will be held Jan. 14, in Iliahi 228F.

**Time Management Secrets:** Jan. 21, in Ohia 118. Start the new year with dynamite time management tips from Sally Pestana.

**Improve Your Lecture Notes:** Jan. 26, in Koa 103. Get great ideas on how to take better notes from Sally Pestana in Koa 103.

**Decoding Word Problems:** Jan. 28, in Koa 103. Try different ways of understanding math word problems with Anne Flanagan and Mavis Hara in Koa 103.

**Learning Styles:** Feb. 2, in Ohia 118; Colette Higgins shares ways you can make your learning style work for you.

**Textbook Reading Strategies:** Feb. 4, in Ohia 118. Linka Corbin-Mullikin reveals ways you can get the most from your textbooks.

**Overcoming Test Anxiety:** Monday, February 9, in Ohia 118. John Flanagan shares ways to control test anxiety.

**Dealing with Math Anxiety:** Feb. 11, in Iliahi 228F. Get a grip on math anxiety with John Flanagan.

**Essay Exam Tips:** Feb. 18, in Ohia 118. Jim Shimabukuro shares tips on how to do better on essay exams.

**Thinking Through History:** Feb. 23, in Ohia 118. Learn about ways to gain the most from history with Colette Higgins and Curtis Huber.

**Memorization Tips:** Feb. 25, in Ohia 118. Sally Pestana shows you ways to remember information.

**Library Research Strategies:** March 2, Lama 116. Guy Inaba shares important basic library research techniques for your term papers.

**Communications Tips:** March 4, in Iliahi 228F. Keith Kashiwada gives you pointers on how to communicate effectively.

**Online Course Skills:** April 22, in Iliahi 228F. Thinking about registering for an online course? Jimmy Shimabukuro will share online skills.

## Contests

### Poems Wanted

Sparrowgrass Poetry Forum is offering a \$500 grand prize for its Distinguished Poet Awards poetry contest. The contest is free and open to everyone. Poets may submit only one poem, no more than 20 lines, in any style, on any subject, before the Jan. 31 deadline.

Entries will be considered for the Fall '98 edition of *Treasured Poems of America*, a hardcover anthology set to be published in Aug. Winners will be announced on March 31.

To submit your entry, send your poem to:

Sparrowgrass Poetry Forum  
Dept. NB  
609 Main St.  
P.O. Box 193  
Sistersville, WV 26175-0193

By e-mail at: Sistersv@aol.com, or the Sparrowgrass website at [www.tinplace.com/sparrow](http://www.tinplace.com/sparrow) or through e-mail at Sistersv@aol.com.

## Crossword Answers

Across: 1. Balance 2. Waimea 5. Resin 7. Boardshorts 8. Stick 10. Leash 12. Sandys 13. Tandum 14. Wax 16. Longboard 18. Waikiki 20. Eddie 22. Racks 23. Skeg 24. Contest 26. Sex 28. Dings 31. Onshore 33. Waxcomb 35. Fiberglass 37. Makaha 38. Turtle  
Down: 1. Barrel 2. Wetsuit 3. Northshore 4. Coral 6. Blackpoint 9. Paddle 11. Shark 15. Hangten 17. Diamondhead 19. Irmas 21. Duke 25. Tan 27. Ho 29. Swell 30. Kook 32. Oneil 34. Dawn 36. Sea

## Internship

### \* LEGISLATIVE INTERNSHIP

The Hawaii House of Representatives is currently seeking a Legislative Intern to assist with legislative research and writing, advocacy, public relations, policy and bill analysis and constituent affairs. Students of all majors with good oral and written communication skills are welcomed to apply. Hours are flexible. There is no salary, but several opportunities to develop research, writing, public relations, administrative and other skills. For additional information, students may contact the Maida Kamber Center for Job Placement, Transfer and Graduation Services in Ilima 103 or call 734-9500. Submitted by Gemma Williams

## Dining Room

Hope everyone's New Year was just as wonderful as ours. Just a little message to let everyone know that Chef Cooray is back and will be opening up two additional days for lunch in our fine dining room. First day of service for lunch in our Ka'Ikena Dining Room will be Thursday, Jan. 27nd. So get ahead of the "RUSH" and call x484 for lunch reservations. Dinner service will start as usual on the Tuesday, January 27th.

Again, Happy New Year and we at FSHE look forward to seeing everyone once for lunch or dinner at any one of our excellent Dining Rooms.

## Mediation Center

Try KCC's new mediation center. Student's, Faculty and Staff now have the opportunity to resolve conflicts with the help of mediation. Disputants can use mediation to find areas of agreement and to resolve their disputes themselves before the situation gets worse.

Mediators do not make judgements or give advice. Instead, the mediators' role is to help disputants communicate, negotiate, & reach agreements & settlements of their differences.

Mediation is confidential and free. For more info about mediation contact Mediation Center at 734-9338. Iliahi 210 Hours: 10 am- 1 pm; 2 pm - 3 pmdaily; 5 pm - 6 pm MW

## Want Ads

### Seized Cars from \$175

Porsches, Cadillacs, Chevy's, BMW's, Corvettes. Also Jeeps, 4WD's. Your Area. Toll Free 1-800-218-9000 Ext A-15351 for current listings.

### Gov't Foreclosed

Homes from pennies on \$1. Delinquent Tax, Repo's. REO's. Your Area. Toll Free (1) 800-218-9000 Ext. H-11467 for current listings.

### Free Cash Grants!

College. Scholarships. Business. Medical bills. Never Repay. Toll Free 1-800-218-9000 Ext. G-15351.

### Help Wanted

\$300 - \$500

Distributing phone cards. No experience necessary. For more information send a self-addressed stamped envelope to: Primetime Communications, P.O. Box 694355, Miami, FL 33269-1355.

## Concert Info.

Pearl Jam and special guest Mudhoney will be performing Feb. 20, at the Maui Arts & Cultural Center. Tickets are \$26, and are available now. For ticket information contact the MACC at (808) 242-SHOW. Information is also available on the web at [goldenvoice-hawaii.com](http://goldenvoice-hawaii.com).

## Music, Theatre & The Arts

### Koa Art Gallery

The Koa Gallery and Kapi'olani Community College present the first show of the new year, "Jean Charlot's Petroglyphs and Drummers," works on paper from the Charlot Collection. This exhibit features a suite of prints rarely seen "12 Hawaiian Petroglyphs." These etchings were done from the copper plates made for a SCA sculpture commission at Moanalua Intermediate School in 1973 when Jean Charlot was 75. Other prints include six drummer lithographs and five prints from a limited edition book, PICTURE BOOK II. Charlot's son, John will give a gallery talk at 6:30 p.m. the night of the opening reception regarding his father's work.

Exhibit dates: January 13-30, 1998  
Opening Reception: Tuesday, January 13, 1998 5:00 - 7:00 p.m.  
Gallery discussion led by John Charlot at 6:30 p.m.

Koa Gallery Hours: M-F 10:00 a.m. - 4:00 p.m. (FREE)

### Hawaii Theatre

The following is a listing of upcoming events for this month. For tickets contact Hawaii Theatre at 528-0506, or charge by phone, at 545-4000.

**The Brothers Cazimero** will be performing Jan. 9, at 8p.m.. This performance will feature both traditional and contemporary Hawaiian music, as well as some of the best hula the island has to offer. Tickets are on sale now, and prices are \$27.50 and \$22.50.

Christian recording artists **Point of Grace & Wayne Watson** will be performing Jan. 16 & 17, courtesy of KAIM Radio and the Waikiki Beach Chaplaincy. Shows start at 7:30p.m.. Tickets are \$20 & \$15.

Los Angeles' famed spiritual choir, the **Albert McNeil Jubilee Singers**, will be presenting a tribute to Martin Luther King, Jr. with music from Africa, spirituals, gospel and Broadway shows. The show starts at 2p.m., Jan. 18. Ticket prices are \$20, \$15 & \$10.

**Cirque Eloize**, Quebec's version of the European style of circus will be making their Hawaii debut Jan. 21-25. The 16 member cast will present their latest show "Excentricus" courtesy of Louis Vuitton. Shows start at 7:30p.m. Wed.-Sat., with matinees on Sat. (2p.m.) and Sun. (4p.m.). Ticket prices are \$29.50 & \$19.50. Children's admission is \$15 for Matinee performances, and groups of 20 or more will receive a 10% discount.

There will be one-hour **guided tours of the historic Hawaii Theatre** at 10 a.m. and 2 p.m. on Feb. 2. The tour features the history, restoration, art and architecture, and includes an introduction to the Robert Morton Theatre Organ. Tickets are \$5.

**April 17-18:** Comic duo, Penn and Teller, as seen on "Saturday Night Live" and "Letterman," will be performing at 8 p.m. Tickets are \$45 and \$35.

### Honolulu Theatre for Youth

HTY will be presenting **Ka Wai Ola: The living water** by Victoria Nalani Kneubahl on Sat., Jan. 24 & 31 at Leeward Community College Theatre at 4:30p.m. and 7:30p.m..

Recommended for ages 7 and up, this play tells the story of a young boy who learns the meaning of taking a stand for the places and people he loves. Water, ecology and per-

sonal commitment take center stage in this play that examines some of the most important issues of our time.

Ticket prices are \$10 for adults, \$7.50 for high school and college students with i.d., and \$5 for youth (3-12), and senior citizens over 60. Children under 3 are free, but must have a ticket. For more information, call HTY at 839-9885.

### Honolulu Academy of Arts

Opening Jan. 9 in the Academy Art Center Gallery is an exhibition of large scale paintings on paper by Hilo-based Korean artist Byoung Young Lee is the first one man exhibition in Honolulu. The subtle abstract paintings are composed of layers of thing washed colors built upon very large sheets of hanje, traditional Korean mulberry paper. **Byoung Young Lee: Recent Paintings** will be on display from Jan. 9-Feb. 7.

Opening Jan. 15 in the Graphics Arts Gallery is an exhibition entitled **Robert Squeri & Hawaii Printmaking of the 1960's & 70's** which will showcase Robert Squeri's printmaking during his ten years in Hawaii. Other well known printmakers will also be on display for this 20 year period of printmaking in Hawaii.

### Kumu Kahua Theatre

(See story page 7)

"Comfort Woman" by Nora Okja Keller opened Jan 8 and will run through Feb 8. Other productions this season include "Easy Street" by Darryl Tsutsumi and "Way of God" by Dennis Carroll

### Kuykendell Hall

Meredith Carson will be reading from her new book of poetry: *Infinite Morning* on Jan. 20 at 7:30 p.m. at UH Manoa, 410 Kuykendall Hall.