

kapi'o

Premiere Issue • Fall 2010

magazine

ALUMNI EDITION

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magazine

Fall 2010

Volume 1, Issue 1

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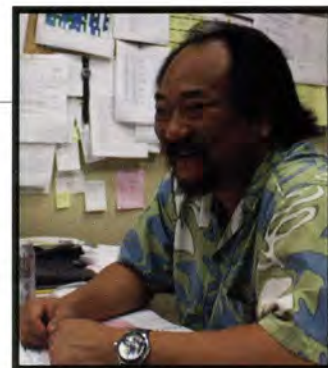


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Meet the Staff

Change.

It can be hard. But here at Kapi'olani Community College, **change has been a good thing.**

What started as a technical school in 1946 at the corner of Pensacola Street and Kapi'olani Boulevard has evolved into a two-year community college with more than 9,000 students in award-winning programs on a picturesque campus on the slopes of Diamond Head.

KCC's celebrated culinary arts program has produced such distinguished chefs like Alan Wong (*page 24*), and the liberal arts program, which also boasts notable alumni like former news anchor Tina Shelton (*page 18*), remains the largest of the system's eight campuses.

The college has a growing international population, with students from Japan, Korea, Turkey, Belgium, Costa Rica, Mongolia, Guatemala and Egypt creating a unique cultural exchange in the classroom.

There are focused efforts to better assist students, such as the completion of the Kahikoluamea Center and renovations to 'Iliahi (*page 32*), which will make it easier for students to get the help they need to be successful in college. And a new push to get students more involved on campus (*page 20*) is another way the college has changed for the better.

The Kapi'o staff decided it was important to document these changes — whether it was addressing the phenomenon of turning 25 (*page 28*) or saying farewell to summer (*page 33*) — in a new campus magazine, published by the Board of Student Publications.

Change, we know, is hard. But it's inevitable. It happens whether you want it to or not, whether you're ready for it or not.

And we've discovered in the process of producing this magazine is that change is what you make of it. It can be stressful, it can be daunting — but it can also be the best thing that ever happened.

Change — we say, "Bring it."

Catherine E. Toth

Journalism Instructor (and proud faculty adviser to the talented and dedicated staff below)



Kyle Durigan
Photojournalism, '11



Paige L. Jinbo
Liberal Arts, '07



Nix Kinney
English and Education,
'12



Maholo Kusunoki
Liberal Arts, '10



Trevor Latorre
English, '13



Rie Miyoshi
Liberal Arts, '11



Sean Nakamura
Liberal Arts, '11



Joie Nishimoto
Liberal Arts, '11



Alikea Pfaltzgraff
Arts & Sciences, '11



Remington Taum
Liberal Arts, '11



SEAN NAKAMURA | KAPI'O

New deans taking KCC in a new direction

This past spring, KCC hired two new deans to oversee their respective departments. Frank Haas replaced Carol Hoshiko as the dean of the Hospitality, Business and Legal Education programs, and Charles Sasaki was brought on board as the dean of Arts and Sciences.

"As the college continues to grow in leaps and bounds we need to figure out how to accommodate all the students in terms of space and support services," said Chancellor Leon Richards in March.

"The deans will play a key part in student success."

FRANK HAAS

Haas has obtained a master's degree in Business Administration with more than 14 years of experience in the tourism and marketing industry. Haas was previously the vice president and

director of marketing for the Hawai'i Tourism Authority where he advocated for programs that were developed in conjunction with the state's tourism strategic plan.

CHARLES SASAKI

Sasaki replaced Dennis Kawaharada as the dean of Arts and Sciences. He has more than 10 years of experience as an academic and student services administrator. Before coming to KCC, Sasaki was dean of academic advising and personal counseling and the associate vice president

of Student Affairs at Hawai'i Pacific University. He hopes to create stronger connections with the community and contribute to the economic development of Hawaii.

PATRICIA O'HAGAN

O'Hagan has replaced Salvatore Lanzilotti as the dean of

Health Sciences. She has completed her master's degree and doctorate in sociology with an emphasis on health, and she has more than 15 years of experience as a sociologist, director, manager and faculty member.



COURTESY OF FRANK HAAS

Charles Sasaki, top, and Frank Haas, above, are two of the three new deans at KCC. Sasaki will head Arts and Sciences and Haas is the new dean of the Hospitality, Business and Legal Education programs.

— Nix Kinney, *English and Education*, '12



“To me, teaching is a privilege.”

Kawehi Sellers,
tourism instructor

From dreams of acting to a career in teaching

Kawehi Sellers has joined the faculty and staff at KCC as a new instructor for the tourism department.

Sellers spent the past six years at the University of Hawai‘i at Mānoa — the first three as an instructor in tourism and the last three years as an advisor — but she recently decided it was time to move back into the classroom.

“I felt I made the most impact on students in the classroom,” said the O‘ahu native who grew up in a beachfront home in Punalu‘u.

Sellers hadn’t planned on being a teacher when she was growing up. In high school, she had her eyes set on being an actress. That dream quickly faded as she focused on public relations in college.

While working toward a degree in communications from UH, Sellers was inspired by her internship with a public relations firm, which she said grounded her in her career goals.

Later, after graduating in 1997 and working at the Stryker Weiner Associates, she continued on the public relations path with a job in tourism at the Hilton Hawaiian Village. Sellers, who took classes at the Hilton Hawaiian Village, had a great instructor there, Erika Lacro, who taught her that everyone, no matter what age or if they attended college, has the right to learn and is capable of learning new skills.

From this class, she worked as a quality training coordinator and taught, New Hire Orientation, Diversity Training for team members and managers, First Choice Service (Customer Service Training), Supervisory Skill-builders and Harassment training at the Hilton.

She left the Hilton in 2004. She taught for three years at UH, and when the opportunity came up for an instructor position at KCC earlier this year, she jumped on the chance to get back into the teaching atmosphere.

“To me, teaching is a privilege,” she said.

— Remington Taum, Liberal Arts, ‘11



SEAN NAKAMURA | KAPĪŌ

The cafeteria will provide healthier options for students but at a higher price.

Changes coming to the cafeteria

KCC’s cafeteria will be making several changes and additions beginning in the fall semester.

According to Jerome Ranos, operations manager, students can expect some price increases. Ranos said these increases are necessary to keep up with the rising cost of foods.

“We will work hard to keep these (increases) at a minimum while continuing to improve the quality of items offered at the same time,” Ranos said in an e-mail.

In response to student surveys sent out last semester, the cafeteria will be moving toward providing healthier meals.

“We are not discontinuing all fried foods in the cafeteria, but we are going to be moving towards more healthy options being made available,” said Ranos.

According to Ranos, “this was a common request on the survey as

well as talking with the students, faculty and staff.”

Some of the healthy additions to the menu include the introduction of new vegetarian dishes. Ranos also noted that the cafeteria plans to offer more grilled and broiled meals as well.

He also mentioned special “meal deals” are being considered to help with students with tight budgets, but he did not go into detail. Students in a rush will have more selections in the “Grab and Go” section, which will include more pre-packaged salads and sandwiches.

Ranos said there will be several new additions to the hot food menu to expand the cafeteria’s variety of ethnic selections.

“(There will be) a featured ‘International Day’ each month,” he said.

Ranos also hopes to further expand his efforts to keep students and faculty on campus more informed on menu offerings, specials and changes.

— Joie Nishimoto, Liberal Arts, ‘11

ANYANGASAYO
NI HAO MA
OHAYO GOZAI
MASU
HONDA MOVE
TO ILIAHI 107

For three months, the Mālama Center, or Mānele building, will be renovated to create more interior space. The project began on July 19 and is projected to be completed by Oct. 11.

Because of the renovations, the instructors' offices, as well as the Mālama Center, have been temporarily located in Manono. Lehua Gaison, the Title 3 grant secretary, explained that the department is happy to get any renovations it can.

Though Mānele has already gone through two different renovations to make more offices and put up a wall, this renovation will focus on making the interior space larger.

With the completion of the renovations, there will be three classrooms (instead of two), eight offices and a lab. Before the construction began, students had to walk in the front door to get the classrooms; now each classroom will have its own door.

The doors to the offices and classrooms will be frosted sliding glass doors with Hawaiian designs by Kawika Napoleon, assistant professor of Hawaiian language. The doors will be able to slide together to create one large room that can be used for conferences. Because of the new glass doors, each classroom will have an ocean view.

"The interior design will be more Hawaiian," said Gaison.

The renovations budget allotted to the Hawaiian department was given by the Title 3 grant.

— Remington Taum, Liberal Arts, '11



SEAN NAKAMURA | KAPI'O

The Mālama Center will undergo renovations to create more classrooms and office space. The project is scheduled to be completed by October.

New name, new perspectives

The Business Education and Legal Education departments have merged and created the new Business, Legal and Technology Education Department (BLT Department).

"Our business students will become more aware of the legal students' programs/courses and vice versa and maybe even have more opportunities to be in the same classes/projects," said Rosie Harrington, the current chair of the BLT Department. "That's what it's like in the working world. Professionals from various disciplines work together. We don't do our jobs alone."

The newly formed department will create new certificates, such as one in Human Resources, Harrington said. She also hopes that KCC can extend its Paralegal program — the only one in the UH community

college system — to neighbor island students.

The BLT Department will still offer the existing Accounting, Information Technology (IT), Paralegal and Marketing programs and will provide the same degrees and various certificates, Harrington said.

With the merger, students will benefit from an infusion of new ideas, different perspectives, experiences and practices. Harrington also said she expects the department will run more efficiently.

Last spring, KCC had 601 students majoring in Accounting, IT, Paralegal and Marketing. The school is expecting more students in the department this fall.

— Mahoro Kusunoki, Liberal Arts, '10

Help navigating financial aid available online

Last spring, the USA Funds Life Skills program at KCC started helping first-year and continuing students understand financial aid and financial literacy.

Rhonda Liu, a financial aid counselor, explained that the vice chancellor of Student Affairs wanted to increase the understanding of financial aid and financial literacy in first-year students.

During this past spring semester, free weekly workshops were offered to students regarding the Life Skills program. Each workshop focused on a different topic or a learning path.

Some of the learning paths included how to achieve one's college, career and financial goals, and how to live on a budget, in which students wrote out their budgets and determined if anything could be reduced. They also had the chance to learn how to manage credit-card debt. Each workshop included a pre-assessment and a challenge at the end.

"I think it (Life Skills program) helps students to understand financial aid and what in general financial literacy is," Liu said.

To help understand financial aid and how to apply, FAFSA Wednesdays were held to help students filling out the forms. Both first-year and continuing students had the option of attending. Though the spring semester's attendance of first-year students was low, there was a higher turnout of continuing KCC students.

The workshops will not be offered on campus for fall but will still be available online. The workshops are available to everyone and are free. Students just need to register online to access the information.

"If they have a better understanding of financial literacy, it'll help with life," Liu said. "It's a life skill."

TO LEARN MORE

- kcc.hawaii.edu/object/lifeskills
- www.usafunds.org

— Remington Taum, Liberal Arts, '11

Hard work + 236 liters of Red Bull = another award for STEM

KCC's Science, Technology, Engineering, and Mathematics (STEM) program added another award to its growing list of accomplishments when its underwater robotics team received seventh place in this year's Marine Advanced Technology Education Remotely Operated Vehicle (MATE ROV) Competition.

Team Limawai, comprised of 18 members, flew to Hilo from June 23 to 27 to compete with 26 schools around the world. According to Nari Okui, undergraduate research coordinator for STEM, KCC beat out teams from top-tier schools like Massachusetts Institute of Technology.

Okui said that recruitment began in the fall and the actual UROV design started in the spring. She said the UROV, named Ka'imiolakai, required more than 10,000 man hours, 1,200 of which were done from 6 a.m. to 6 p.m. In addition, with Red Bull as its sponsor, Team Limawai consumed about 236 liters of the energy drink during its construction.

Electrical engineering major Corey Shimabukuro, 23, was on the team for the two years that KCC has participated in the event. He said despite the long hours, he was proud of his team.

"I felt really good," said Shimabukuro. "There was a sense of pride when we built from scratch. Placing seventh makes all those long hours worth it."

This year's theme centered on the Lo'ihi Seamount, an underwater

“From this, we can showcase how important underwater robotics are to our students. It's really important that we improve our oceans.”

*Nari Okui,
undergraduate research
coordinator for STEM*

volcano off the coast of the Big Island. The team was given 15 minutes to complete several tasks altogether: collecting mock crustaceans in a dark cave, install a hydrophone and collect sound data, decide the source of sound waves from three rocks, collect biological samples.

UROVs can be helpful to the environment, said Okui.

"Underwater robotics is feasible for Hawai'i's scientists and even for situations like the oil spill (in the Gulf of Mexico)," she said. "From this, we can showcase how important underwater robotics are to our students. It's really important that we improve our oceans. UROVs can help lessen critical issues."

Students interested in the STEM program or in UROVs can stop by the STEM Center, located in Koki'o. Those taking a physics or chemistry class

may receive a visit from STEM students later this fall, encouraging them to join the program.

"We're very much like a family," said Okui.

Shimabukuro said he and his teammates still study together to keep their grades up.

He also stressed the importance of math and science.

"They are crucial," said Shimabukuro. "It's a good way to understand the world."

— Joie Nishimoto, Liberal Arts, '11

CAMPUS VOICES

"THOSE ON DEATH ROW CAN CHOOSE THEIR LAST MEAL. WHAT WOULD YOU ORDER?"



"I'd probably have steak, lobster, mashed potatoes, some Chamorro food, barbecue baby back ribs, roast chicken, some fajitas and a chocolate shake."

*Joseph Gogo, 21,
kinesiology*



"Steak, so people don't have to feed me when I'm dead on the grave."

*Marina Kawaharada, 19,
liberal arts*



"Crawfish boil – Old Bay mix, crawfish, crab or both, corn on the cob, potatoes, and onions all boiled in a pot. I'd order it because it's messy and someone else would have to clean it up."

*Naomi Shimamoto, 26,
pre-nursing*



"For my last meal before I die, I want sashimi, a nice seven- to eight-inch hard-shell crab from Chesapeake Bay (as long as it's clean), tofu salad, miso soup, hot hot tea, a Hawaiian waffle and let's go for a banana split."

*Chris White, 25,
education*



"I guess I would get the most expensive rib-eye steak and a giant pepperoni pizza from Italy with ice cream of every flavor imaginable."

*Chaney Kohashi, 17,
liberal arts*



"Fruits (like) watermelons, apples, bananas, grapes. A fruit feast."

*Amy McKee, 18,
liberal arts*



"I'm Japanese so I want to eat a typical Japanese meal. Miso soup, natto, white rice, seaweed, sushi and kama-boko!"

Ikuyo Nakagawa, early 30s, liberal arts



"An 18-ounce steak with mushrooms and onions."

Jonathan Lau, 20, pre-business



"French toast, Portuguese sausage, over-easy eggs, bacon, white rice, Pepsi and Mountain Dew."

Rhommick Villa, 19, liberal arts



"Steak with mashed potatoes with vegetables on the side."

Michelle Yamada, 19, nursing

COMING UP AT KCC

AUGUST

- 23 First day of instruction
- 25 UH/KCC Intramural Sports sign-up in the cafeteria
- 27 Last day to register, add or change full-semester class sections
Last day to withdraw from the full semester with a 100 percent refund

SEPTEMBER

- 1 Ka'ie'ie application deadline for Spring 2011
RIO Club Day (10 a.m.-2 p.m., cafeteria)
- 6 HOLIDAY: Labor Day
- 13 Last day to withdraw from the full semester with a 50 percent refund
Last day to withdraw without a "W"
- Ice Cream Social (12:15 p.m., cafeteria)** —
- 17 Constitution Event (12:15 p.m., cafeteria)
- 24 Video Game Tournament (3-7 p.m., TBA)
- 27 Slam Poetry Contest (12:15 p.m., cafeteria)

For more information contact the **Office of Student Activities (OSA)** at 808.734.9576 or osa@hawaii.edu. Visit <http://osa.kcc.hawaii.edu>.



SEAN NAKAMURA | KAPI'O

OSA hosts a monthly ice cream social, a free talk-story event in the cafeteria.

HOW HEALTHY IS YOUR BREAKFAST?

Why would you skip breakfast?

To lose weight? To save your appetite until noon so your lunch will taste better?

Does it make you feel good — or annoyed?

Research shows that skipping that morning meal makes you irritated — and it's not effective in helping you drop pounds.

That's because your brain faces an energy shortage from hours of sleep. The brain only requires glucose as a fuel. Food that contains glucose is an important energy source for your brain as long as you are a student who wants to sustain high concentration and memory retention. You can take in glucose from grains as rice, wheat and corn.

Yes, all those foods may be yummy. But you have to watch out for the sodium in Spam musubis and Pop Tarts. A Nature Valley granola bar seems healthy, but does it really fill you up? An acai bowl may be good for your body and tastes great, but you need to make sure you're not eating too much sugar in a day. Bananas produce an immediate energy and provide long-lasting power since they contain both glucose and starch.

Breakfast is called the most important meal for the day — and for good reason. You can err with what you eat in the morning because you have rest of the day to compensate for it. But you can't recover for the day if you haven't eaten a breakfast at all. So grab something and go!

But being a busy student on-the-go, it's hard to sit down for a well-balanced breakfast. Here are some breakfast eats when you're heading out the door.

— By Mahoro Kusunoki, Liberal Arts, '10



PHOTOS BY KYLE DURIGAN | KAPI'O

	SPAM MUSUBI	GRANOLA BAR	BANANA	POP TART	ACAI BOWL	DAILY RECOMMENDED
Calories	276	90	72	210	370	2000
Total Fat	12g	3g	0.2g	6	10g	65g
Cholesterol	24mg	0mg	0mg	0mg	0mg	300mg
Sodium	866mg	80mg	1mg	180mg	50mg	2400mg
Total Carbs	34.7g	14.5g	18.5g	37g	66g	300g
Protein	6.8g	2g	0.9g	2g	4g	50g

COURTESY OF CALORIE KING, ALBERTSONS, NETRITION.COM

making the grade

Back-to-school must-haves to start your semester right

The time of year has rolled around when summer comes to an end and school begins. There are few things that are exciting about back to school — one includes new fashions that have hit stores.

Advertised in the mall, magazines and on commercials, back-to-school fashion has become part of the beginning-of-school routine.

Check out some of these affordable fashion ideas from local stores to wear on the anticipated first day of school.

— Remington Tatum, Liberal Arts, '11

Stand out in history class with a belted brown dress and black leggings. (Yes, brown and black does match!)

Dress, Eden In Love, \$47. Belt in mustard, \$19. The Wedding Café capri leggings, \$14. (Eden In Love, Ward Warehouse)



Keep it simple with a graphic-designed racerback dress finished with a black-tiered vest that can be worn with almost anything.

Racerback dress, JC, \$38. Vest, Lani, \$42. (Split Obsession, Ala Moana Center)



Add a splash of color to a denim tube dress with a bright red tote bag.

Dress, Final Touch, \$50. Tote bag, Super Good, \$32. Necklace, La'akea. (Split Obsession, Ala Moana Center)



Pair this sheer flowy top with a black tank underneath and denim shorts to keep the look fresh and fun.

Top, Final Touch, \$44. Tank top, \$12. Shorts, Ci Sono by Cavallini, \$36. Purse, \$48. (Eden In Love, Ward Warehouse)





No matter where you go, it seems like someone is talking about how gorgeous Edward Cullen's eyes are, or how they wish more boys were like Stefan Salvatore. You might even hear something along the lines of, "I wouldn't mind getting bitten by Bill. He's charming."

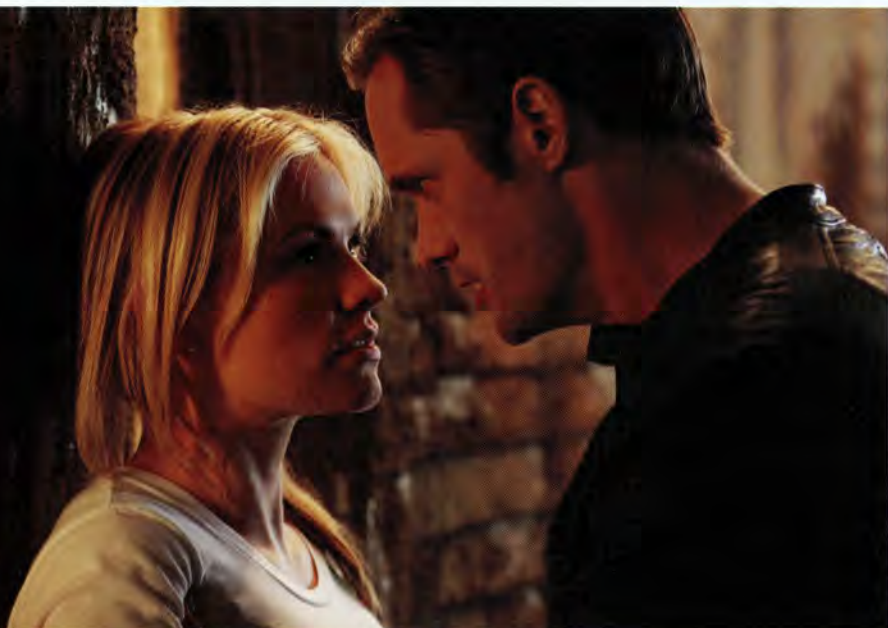
Most vampire stories today revolve around a vampire and a human falling in love. It's obviously not the smartest choice a human could make – the leading females wouldn't be in so much trouble if they just fell in love with a human boy – but the audience continues to get sucked into these stories.

Many books, movies and TV shows have featured vampires, but we've decided to narrow it down to the top three people are smitten with right now: "Twilight," "The Vampire Diaries" and "True Blood."

FANG

— Joie Nishimoto, *Liberal Arts*, '11

	"THE VAMPIRE DIARIES"
THE BOOKS	Although "Twilight" may have kicked off the latest obsession with fangs for today's generation, the novel that was the basis for this TV show was published in 1991, 14 years before "Twilight."
THE HEARTTHROB	The ever-so-broody Stefan has a good grip on his girlfriend Elena ... for now.
DAMSEL IN DISTRESS	Elena finds herself drawn to the charms of the Salvatore brothers and her love for Stefan puts her in some deadly situations.
THE ONE TO WATCH	Actor and "Lost" veteran Ian Somerhalder, who stars as Damon Salvatore is not like his character. While Damon enjoys causing trouble, Somerhalder is an activist who uses Twitter to endorse saving the environment.
HATE TO LOVE	Somerhalder's Salvatore has a snarky, witty attitude and even takes a stab at "Twilight." "What's so special about this Bella girl? Edward's so whipped."
THE "VEGETARIAN" VAMPIRES	In the first half of the first season, Stefan hunted for animal blood. However, he gets kidnapped and tortured to the point where he needs to feed on Elena's blood to survive.
TRIPS TO THE BLOOD BANK	The show can get a little bloody, especially in scenes where vampires feed off humans, but you know it's coming with the suspenseful music in the background.
SOLAR POWERED OR NIGHT OWL	No sparkling here. "I live in the real world where vampires burn in the sun. 'Twilight' has it all wrong," Damon once quipped. But some characters have a ring on their finger that protects them from the sun.
WHY YOU SHOULD WATCH	Everyone loves romance, but this vampire tale revolves around historical events that parallel the Salem witch trials.



(from left) Robert Pattinson and Kristen Stewart from "Twilight;" Paul Wesley, Nina Dobrev and Ian Somerhalder from "The Vampire Diaries;" and Alexander Skarsgard and Anna Paquin from "True Blood."

FRENZY

"TWILIGHT"	"TRUE BLOOD"
First published in 2005, Meyer claims each book in the series was inspired by classics like Jane Austen's "Pride and Prejudice" and Shakespeare's "Romeo and Juliet."	"True Blood" is based on a book series titled "The Southern Vampire Mysteries," which began publishing in 2001.
Dreamy vampire Edward fights off the well-toned werewolf Jacob to win the heart of Bella.	Old-fashioned vampire Bill clashes with smoldering vampire Eric to win Sookie's heart in a love triangle more provocative than "Twilight."
Bella's constantly in danger and needs the full protection of both werewolf and vampire clans to simply make it from one movie to the next.	Sookie's mind-reading abilities can become problematic and draws her into adventures with vampires, shape-shifters and raving maenads.
Watch for Anna Kendrick, who plays Jessica Stanley, a friend of Bella. Kendrick, 24, was nominated for an Academy Award for her role as Natalie Keener in "Up in the Air."	Ryan Kwanten plays dimwitted Jason Stackhouse, but don't let his character fool you. Kwanten starred in the now-defunct "Summerland" with Zac Efron, and he has lead roles in several upcoming Australian films.
Kristen Stewart, who plays Bella, once famously enraged her hormonally charged fanbase by saying that Twilight is "just another movie."	Stackhouse's dimwitted, sexually charged character gets himself in trouble thanks to his hormones and ignorance. But how can you not love seeing his disrobed figure in all those gratuitous sex scenes?
The Cullen family thrives on animal blood.	Since the town's residents and vampires coexist, Japanese scientists have invented a synthetic drink called True Blood, which is just as delectable as human blood.
No need to close your eyes, kids. Chances are you won't see too much blood.	If you can manage to handle the graphic sex scenes, then surely you can stomach the gushing blood.
Unlike typical vampire mythology, these vampires not only survive in sunlight, but they sparkle like a disco ball. Who doesn't love a shirtless Edward Cullen sparkling in the sun?	Old-school vampires here. Sunlight can – and often does – kill vampires.
It has a cheesy love story that everyone loves and gives hope to millions of teenagers that you can find love at first sight.	Sex. And lots of it.

FREE APPS!! OMG

You are a college student stepping up your education to a higher level. But sometimes you require assistance. Got an Apple iPod Touch or iPhone? Well, you're good to go! Check out these free applications you can download to your device that will surely help you in some way.

— By Sean Nakamura, Liberal Arts, '11

SHAZAM

Got a tune stuck in your head but you can't figure out the name of it? That can be a serious problem when taking your exams or focusing on your professor's lecture. You have to let it out! Hum it, drum it, whatever! This app will analyze your song and find it for you.

HANGMAN

Keep your word library fresh in your head and save the stick man from dying. Or with your sadistic feelings, fail and watch the poor stick man die.

LOSE IT

Struggling with the Freshman 15? Everybody goes through this, but with this app you can set some dieting goals for yourself and prevent those extra carbs from hanging out (pun intended).

PHOTOSHOP

Oh yes, there is Photoshop for your iPhone and iPod Touch. And yes, it is free! Need some quick editing of pictures you snapped or stored on your device? Crop, resize, adjust and edit your photos at the touch of your finger.



SHAKESPEARE

You've got an English exam on Shakespeare literature, but you've left your book at home or you forgot to study. Pull up this application for it has all the works of Shakespeare. Doth thou be pleased?

SNAP TELL

Did you find an overpriced item or just looking for other options to purchase it? Photograph the barcode or cover of the item and the app will then pull up various of online sources for purchasing the item.

SONIC FORECAST

Sound



Kanye West performs "Power" at the 2010 B.E.T. awards. (AP Photo)

In this age of information, media is consumed, subsumed and discarded in an expedited fashion. A million different blogs catering to a billion different niches creates a vicious sonic cycle that has left me feeling cold to new artists. I no longer concern myself with names or lyrics as I'm overwhelmed by the sheer plethora of new talent on the daily. This type of sensory overload makes it damn near impossible to keep tabs on any one particular band. Because in this kinetic reality, it's here today, gone in an hour.

Thankfully, there are still a few artists that I can rely on for a substantial fix, and they are coming out with new albums this fall.

— By Alike Pfaltzgraff, *Arts & Sciences*, '11

SEPTEMBER 14

KANYE WEST / GOOD ASS JOB:

The first single off his upcoming album, titled "Power," is a return to his boom-bap basics. While some still can't wash out the bad taste "808s & Heartbreak" left in their mouths, 'Ye seems determined to remind everyone of his lyrical prowess blessed with a preternatural ear for rhythm.

BLONDE REDHEAD / SPARKLE:

After a three-year lull, the trio is set to drop their sixth studio album this year. Simply titled "Sparkle," the band hopes to reclaim the dream-pop sound it cultivated so long ago.

DECEMBER 12

BLACKSTAR / UNTITLED:

While both Talib and Mos Def have managed to carve out successful solo careers for themselves, their early collaboration as Blackstar set the precedent for "conscious hip-hop." With a visit to Aloha Tower Marketplace place coming up, the two look to solidify their status as hip-hop's last, best hope.

COMING SOON

OUTKAST / UNTITLED:

Despite the fact that both Big Boi and Andre 3000 have solo albums being released this year, the two are still aiming to release a collaborative effort. Due out sometime this winter, expect this disc to be a funky melange of neo-soul and freewheeling southern rap.

CAT POWER / UNTITLED:

It's been three years since Chan Marshall poured her guts out for the masses, but 2010 looks to be a return to form for the silky songstress. Her work has always been imbued with a stark melancholic attitude, but her recent bouts with alcoholism has left her with a .5 chip on her shoulder. This one is sure to be a heart breaker on a par with Cool Moon Pix.

APHEX TWIN / UNTITLED

With Aphex Twin, Richard David James has made a name for himself as a highly vaunted techno technician able to maintain an unprecedented amount of secrecy for someone of his acclaim. And while he's remained silent since the Analord EPs in 2006, James looks to reassert himself at the pinnacle of the electronic scene. Still strongly backed by the almighty Warp Records, it's sure to satisfy the most hardcore heads.

Beyond the anchor desk

KCC alum and former TV anchor **Tina Shelton** still serving the public



MATTHEW AKIYAMA | KAPI'O FILE PHOTO

For 30 years Tina Shelton delivered the news to Hawai'i audiences. Now she works for the school that helped bolster her career.

By Paige L. Jinbo
LIBERAL ARTS, '07

While many teenage girls in the '70s were watching sitcoms like "Mauve" and "The Mary Tyler Moore Show," Tina Shelton was engrossed with a scandal that proved that the former leader of our country deceived a nation.

On the floor of her living room in Augusta, Ga., 15-year-old Shelton observed politics at its dirtiest. For the entire summer of 1974, she followed all the news surrounding the Watergate scandal. With such extensive media coverage of the events that transpired, Shelton was fascinated.

However, a strong passion for journalism was ignited after the shocking confession that President Richard Nixon's conversations in the White House were taped. Right after this admission, Shelton decided that a future in investigative reporting was the path for her.

"Watergate inspired me to want to cover city hall and government," she said this past summer. "There was this focus by the media on giving people what they need versus what they want."

For 30 years, Shelton did just that for the people of Hawai'i. A long-time investigative journalist with multiple local news stations, she bid farewell to KHON and became the director of communications for the John A. Burns School of Medicine in 2007. She said she felt it was time give back to the university that provided so much for her.

"I felt that it was much more important for me to be at JABSOM," she said. "I can get the word out about the school from where I am now,

and there are such wonderful stories that need to be told."

Although her job now requires more public relations, she still considers herself first and foremost a journalist.

Her first major foray into the broadcast world started just after moving to Hawai'i during her senior year of high school when she quickly became the associate producer of the KCC television show "Roundabout." "Roundabout" was a 30-minute show the local version of the 1950s hit show "American Bandstand," which featured teenagers dancing to the latest and most popular music of its time. "Roundabout" aired twice a week on KGMB and PBS.

As associate producer, she dabbled in a bit of everything, from writing scripts to operating the camera. She had her own segment, "What's Happening," during the show. For three to five minutes she would talk about new music, upcoming concerts and anything that she felt would interest teenagers.

"Tina was an excellent student — great and talented," said Robin Mann, creator of "Roundabout" and Kapi'olani Community College lecturer in social sciences. "She was creative and intelligent; you could tell that she was going to move on to a career in broadcast."

In the summer following graduation from the University of Hawai'i at Mānoa with a bachelor's degree in journalism, Shelton interned at KGMB with one of her idols, Bob Sevey.

Shelton said she was grateful to have the chance to work with one of the most trusted news anchors in Hawai'i. Sevey helped to emphasize

THROUGH THE YEARS

the importance of meticulously gathering information and making sense of it.

"I was fortunate to have been a part of that type of news gathering," Shelton said. "The last 10 years have just been 24/7 reporting. I was a part of era of reporters that had the time to dig through papers and research. Lots of reporters don't have that privilege now."

After one summer at KGMB, Shelton was offered a full-time on-air position as a reporter. This was the start of a successful broadcasting career that spanned three decades. For a full timeline of her career, see sidebar.

One of Shelton's most memorable moments of being a journalist was when President Ronald Reagan visited Hawai'i — the first sitting president to do so — in 1984. She and her camera crew stood on Hickam Air Force Base awaiting his arrival. She watched as Air Force One landed on the tarmac and was spellbound by his ability to connect with the audience.

“As a journalist, you have a front row seat of history. It's a privilege to be a journalist when you realize you're not representing yourself but the public.

Tina Shelton, former TV anchor and director of communications at the John A. Burns School of Medicine

Mental Health Association of Hawai'i award for reporting on halfway houses in a community. However, said she her highest honor was being named a UH Distinguished Alumna in 1989. This award gave her the opportunity to deliver the commencement address at KCC.

"Tina was an outstanding journalist, she's highly respected in the community and deservedly so," said Gregg Takayama, a former broadcast journalist who is now the director of community and government relations for UH. "She's always had the reputation of being a hard-working journalist. It's great that she decided to take her talents elsewhere."

The transition to JABSOM was seamless for Shelton. At JABSOM, she functions as one-person office. She produces a four-page bimonthly newsletter, creates brochures, handles internal and external communication with the staff, coordinates tours of the school and acts as a government affairs liaison for JABSOM. Shelton is accustomed to be doing a little bit of everything, but she said that it does get chaotic at times.

While she misses the people that worked with in broadcast, she doesn't miss the job.

"I feel that what I'm doing now is much more important," she said. "The students here are incredible and brilliant and their enthusiasm for education gets me excited to come to work everyday." [km](#)

(From top to bottom) On assignment over Kaua'i with KGMB in 1983; with Bart Fredo and Russ Francis at the anchor desk at KGMB in 1984; Anchoring at KITV in the late 1980s; and With Shawn Ching and Howard Dashevsky at the anchor desk in KITV in the mid-'90s.



COURTESY OF TINA SHELTON

Note to students: **Get involved**

Keith Kashiwada
wants you to be
more engaged
on campus —
and beyond

By Paige L. Jinbo
LIBERAL ARTS, '07



SEAN NAKAMURA | KAPI'O

A year into the job, Kashiwada realizes how hard — but important — it is to get students engaged.

Inspired to increase engagement among students at Kapi'olani Community College, a year and a half ago Keith Kashiwada embraced his new role as the college's student engagement coordinator with optimism and confidence.

"We as an institution need to be mindful that we're developing the next generation of citizens," Kashiwada said last summer. "We need to infuse some sense of involvement and its value because we're lacking it."

For the last 18 months, Kashiwada and his student team hosted new events that they were certain would attract herds of students. From a Valentine's Day dance to multiple video game competitions, the turnout has been less than ideal for Kashiwada.

While he is extremely grateful for all students that have come out to participate, with a student body of more than 9,000, Kashiwada now optimistically hopes the turnout for events will scratch at least 100.

"I still don't feel like I have anything to show after a year," he said this past June. "Right now the challenge is keeping up the energy as to not diminish my enthusiasm for my job."

While Kashiwada, 48, has made a successful 20-year career out of engaging students, he now faces one his most difficult challenges: engaging and educating students outside of the classroom.

FLIP OF A COIN

Kashiwada's passion for educating students was sparked in 1985 after he watched the hit coming-of-age movie "The Breakfast Club."

However, by 1985, Kashiwada had already graduated from the University of Hawai'i at Mānoa with a bachelor's degree in English. With a fear of not being able to find a job with an English degree and the inspiration to teach by the classic film, he went back to school and received his professional diploma in the College of Education at UH.

For two years, 1986 and 1987, Kashiwada taught English at Radford High School. While there, he applied to graduate school at the University of North Carolina at Chapel Hill on a whim. He was surprised when he was accepted and ultimately decided to go based on a simple flip of a coin.

"I went back and forth on the decision," he said. "I was still 50/50 on the choice. And if you really don't know what to do and you can go either way, flip a coin."

“We, as an institution, need to be mindful that we're developing the next generation of citizens. We need to infuse some sense of involvement and its value because we're lacking it.

Keith Kashiwada, student engagement coordinator

FINDING HIS PASSIONS

At 25, Kashiwada left for University of North Carolina at Chapel Hill, where he discovered a passion for adaptation writing.

His interest in the performance of literature is rooted during his final years at UH-Mānoa. Kashiwada took Speech 231: Performance of Literature with professor Paul Ferguson, who taught at both UH and UNC.

Ferguson mentored Kashiwada, helping the student realize his love for directing, playwriting and adaptation writing.

"Graduate school changed my life; it was an amazing experience," Kashiwada said. "It was good to leave Hawai'i; I wasn't prepared to leave at 18. Everything worked out for the best. I realized a different sense of self."

While at UNC, Kashiwada performed and directed multiple plays.

"He creates an atmosphere of expertise and approachability," Ferguson said. "He is special, and he doesn't even know it."

But after graduating with his master's in speech and communication with a focus on performance, Kashiwada returned to Hawai'i in 1990 after being offered a teaching position at UH.

One year later, a tenure-track for a speech instructor opened up at KCC. Like his application for graduate school, he applied for the position on a whim. Like his graduate-school experience, it worked out for the best.

"I'm very grateful that (chancellor) Leon (Richards) gave me — someone with limited experience — a chance," Kashiwada said. "It was an interesting stroke of genius, really."

THE FUTURE OF KCC

Now, Kashiwada is taking his new responsibility at KCC by the reins.

While his current efforts to increase student engagement on the campus have been dispiriting, including last May's Pau Hana Jam that brought out less than 100 people, Kashiwada realizes that getting students involved is an uphill battle.

"We want to make the events relevant to students," he said. "We try to make it as painless as possible. It's almost like cold-calling people: you never know what's going to happen."


However, he also realizes that this battle is two-sided.

"All of our students pay student fees, and they should take the opportunity to get involved," he said.

The large issue for KCC's Office of Student Activities is finding out what type of events students want. Kashiwada encourages students voice their suggestions by e-mail or coming to events and speaking with him or his student team.

"Your college is a place to hang out," he said. "The culture of hanging around at school is very different now. We're trying to find the events that make students want to hang around on campus."

In this ongoing battle to get students involved, Kashiwada will utilize all the skills acquired from his theater and teaching background to keep devising new ways to boost involvement.

"Not having a captive audience, like the classroom, makes it challenging to get students involved and to keep them motivated," he said. "But we're just going to keep plugging away." 

“He creates an atmosphere of expertise and approachability. He is special, and he doesn't even know it.

Paul Ferguson, speech professor



Chancellor Leon Richards, Paul Ferguson and Kashiwada at a recent OSA event.

MEET OUR ALUMNI

Many professors know the struggles college students face because they were once students themselves. More than a dozen KCC alumni are currently teaching on campus. We interviewed seven of them to share the changes they've noticed in KCC since their graduation, their experiences as students — some of them attended classes at the old Pensacola campus — and their advice for current students.



JODI ANN TOMIKO (OSHIRO) NAKAOKA

Major and graduation year: Radiologic Technology, 1995

Work experience after graduation: Yeoh & Muranaka MDs, Inc. as staff technologist, mammographer, and formerly QC mammo tech

Work experience after graduation: Program Director for the Radiologic Technology Program

Favorite memory of KCC: Practicing in the lab after school with my classmates.

Best lesson learned: To get back up when you fall down.

Favorite class taken: All of my radiology classes.

Changes in KCC since graduation: Not much, the program is run basically the same.

Why did you come back to work here: I love teaching and seeing the growth that occurs over the two years in the students' professional skills and their life skills.



SHELDON R. TAWATA

Major and graduation year: Liberal Arts, 1994

Work experience after graduation: Worked with kids in K-5 grades, with runaway teenagers in a program called Hale Kipa, then worked in a program called Upward Bound (based in San Francisco's Japantown) with inner-city youths.

Current position at KCC: High school outreach coordinator

Favorite memory of KCC: It gave me a second chance. I almost didn't graduate high school. Here I have very positive memories. English 22 and Psychology 100 made me feel like I could do it.

Best lesson learned: The best lesson I learned from KCC is that I could do it.

Favorite class taken: Psychology 100. That teacher was probably my inspiration to become a psychology major.

Changes in KCC since graduation: The growth in student body is a lot bigger, but the people willing to help has not changed.

Why did you come back to work here: The school gave me a second opportunity to change my life, so I wanted to do the same for others.

Advice for current/future students: Remember there is always a place for you in college and to always ask questions.



COLETTE (HO) HIGGINS

Major and graduation year: Liberal Arts, 1988

Work experience after graduation: I began as a part-time lecturer in history at KCC with no teaching experience. I also taught multiple classes at HCC and WCC before their renovation.

Current position at KCC: Associate professor of history

Favorite memory of KCC: I had the greatest teachers. Some of them are still here. I took Nelda Quensell's botany class with my mom. I was a good notetaker, and she was great at the readings. People used to think we were sisters. When I was at KCC, there was no cafeteria yet. There was a lunch wagon under the banyan tree by Lama. I was right out of high school, but my friends were older. I enjoyed that interaction.

Best lesson learned: One was more like a survival skill that I used throughout college. I took good notes, but I didn't read before class. I read when I got home. It's not good advice, but it worked for me. You have to figure out what works best for you and where your strengths are.

Why did you come back to work here: I didn't plan on becoming a teacher. I didn't really set a long-term goal for myself. Finally at my last semester, I was scratching my head. I didn't know what I was going to do, and then I decided to become a teacher. I had better memories here at KCC than at UH. I felt like I was a part of a community. I guess that's why I came back.



SHAWN FORD

Major and graduation year: Liberal Arts AA and Asian Study certificate (the first KCC to ever receive it), now called the International Study certificate, 1988

Current position at KCC: ESOL (English for Speakers of Other Languages) faculty tenure track

Best lesson learned: Students can do so many things outside class. By the time I graduated, I had good connection and developed relationships. So doing things on campus is important. As I was running the student congress, I learned how the education system worked by being aware of it.

Favorite class taken: The most meaningful class was Education 101 taught by Louise Pagotto, the reigning vice chancellor. The funniest class was Japanese 102 run on TV taught by Satoru Shinagawa. Robin Fujikawa's Philosophy 100 was the most challenging class I ever took.

Changes in KCC since graduation: KCC became more student-friendly. It's more student-centered than before.

Advice for current/future students: This is your college. Take advantage of that. The more students become involved in the classrooms, the more they are going to benefit from the entire process. Please know how much influence students have. College is not just a place you pass through and get job in the future. School is for students.

**LORI SAKAGUCHI**

Major and graduation year: I changed my major five times! When I left KCC in 1993, I was a Liberal Arts major.

Work experience after graduation: I taught at 'Ilima Intermediate in 'Ewa Beach, then worked at Hanalei 'oli School until I went back to graduate school.

Current position at KCC: Counselor in Business, Legal and Technology Education

Favorite memory of KCC: The people! My classes with Jim Shimabukuro and Louise Pagotto; working with Cathy Wehrman, Louise Yamamoto and Esther Noguchi; my friends Keanuenue and Hikaru.

Best lesson learned: To believe in myself and to realize I had gifts and strengths.

Changes in KCC since graduation: More computers and online services — I registered by phone! — more opportunities for students to find their passion, more of everything except parking.

Why did you come back to work here: I believe in KCC's mission. I know that a KCC education can change someone because it has changed me. We have some of the best and brightest people (faculty, staff and students), and I feel lucky to work with them.

Advice for current/future students: Get to know the people — instructors, counselors, staff, students. They are an amazing group, and you will learn about yourself, about college, about life.

**KALANI FUJIWARA**

Major and graduation year: Liberal Arts, 1991

Work experience after graduation: I worked at Hawai'i State Legislature, Honolulu Community College, Tokai College, Chaminade University and the JET program: Nanki-Shirahama Town in Wakayama, Japan.

Current position at KCC: Lecturer in Political Science, faculty advisor to KCC Student Congress and coordinator for the CCID program and International Cafe

Best lesson learned: The value of 'ohana. I was only able to succeed at KCC and later in life because many people (instructors, counselors, janitors, secretaries, staffers, administrators) did everything they could to nurture me to become the person I am today.

Favorite class taken: American studies classes taught by the late Dr. Eric Sears. He was my mentor ... (and) showed me the possibilities of going into teaching at higher education.

Why did you come back to work here: I wanted to give back to KCC and to Hawai'i for all the opportunities afforded to me ... by producing better citizens not only in Hawai'i, but for the world.

Advice for current/future students: Take advantage of the great academic, social and service opportunities at KCC. Don't just come to class and go home. Become involved in campus life and be of service to others and to the community

**HARRY NAKAYAMA**

Major and graduation year: Radiologic Technology, 1974

Work experience after graduation: Kaiser and Kuakini Medical Centers

Work experience after graduation: Clinical Coordinator for the Radiologic Technology Program

Favorite memory of KCC: During a radiation biology class one hot afternoon (with no AC in our building), the professor was lecturing on genetics (chromosomes, etc). One of the students in the front row was nodding off, you know, like those dolls on the dashboard. Anyway, at one point, the professor calls his name out loud and asks, "Chromosomes are hot dog-shaped. Would you say that was a fair statement?" The student jerks his head up and says, "Uh, sounds like a wiener."

Changes in KCC since graduation: When I graduated, the campus was on the corner of Kapi'olani and Pensacola. When I started here, the campus was a bunch of old army barracks and VIP duplexes. Lots of changes!

Why did you come back to work here: When I graduated from the University of Nevada at Las Vegas, I wanted to be a teacher in the field. So when the opportunity arose, I came here and have been here ever since (34 years).

Advice for current/future students: To know if something is for you or not, you have to put your heart and soul into that endeavor. If you don't, you'll never really know.



THE WONG WAY

The Kapi'olani Community College culinary program has spawned the careers of many of Hawai'i's prominent chefs, including the award-winning Alan Wong, owner of Alan Wong's Restaurant and The Pineapple Room. Since graduating from KCC in food service management in 1979, Wong has cooked at places like the Wai'aleae Country Club before attending a formal two-year internship at The Greenbrier in West Virginia and then working at Lutece in New York City under chef Andre Soltner.

Wong took the time to sit down with Kapi'o staffer Joie Nishimoto to discuss Hawai'i cuisine, his career and his time at KCC.

Joie Nishimoto: What has been your proudest accomplishment during your career?

Alan Wong: The (list of awards) is long. It's really hard (to narrow it down). But I guess your latest accomplishments would always be more rewarding because you're only as good as your last table. ... You have to be growing and challenging yourself and you have to evolve. That's what it takes to be in any business. If you want to own your own business and be an entrepreneur, you have to be willing to take risks. You have to look at change as a challenge and a positive thing. And know that if you're taking risks, you may fail and that's OK, you'll learn from it. You have to go out on a limb and take a chance. You also have to grow and evolve. It's like riding a bike. You have to keep up the speed otherwise you'll fall down.

JN: What makes Hawai'i cuisine unique?

AW: Hawai'i is a melting pot of the Pacific. We're in the middle of the Pacific Ocean. It's a gateway to Asia for America, and it's the gateway to America for Asia. It's truly where East meets West. So we take a lot of the cooking styles from the East and West and

mesh them. That's what makes us unique ... Local people like to eat raw fish. People love to eat sushi in Hawai'i. It's because we get our fish from the ocean. So will a certain product taste the same in Arizona? I don't know. A zucchini may taste the same, but there are certain things like mango and lychee and our tropical fruits that are unique to Hawai'i. If you go somewhere else and taste their mango and pineapple and think, "Meh. Hawai'i tastes better."

JN: What is your favorite dish to make?

AW: Anything that produces a "wow!"

JN: Do you plan on opening more restaurants in the future?

AW: We're looking to grow and expand as the people grow and expand.

JN: What made you decide to shift from working in the front of the house to the back of the house?

AW: We have the front of the house and the back of the house.

WONG: See page 43

QUICK COOKIN'

For many college students, cooking a full-course meal for dinner isn't something they want to do after a long day, especially if they have a big test coming up. So it should come as no surprise to see students walking to class with a bag of fast food in one hand or sitting in the cafeteria with today's special.

For those of you who want to appreciate a healthy, home-cooked dish without taking too much time out of your study period, we've gathered a variety of recipes submitted by KCC faculty and alumni.

— Joie Nishimoto, Liberal Arts, '11





AHI POKE, HAWAIIAN STYLE

AHI POKE, HAWAIIAN STYLE

2 lbs. fresh ahi
1 T. Hawaiian salt
1 bag ogo (limu or seaweed), cleaned
1 qt. boiling water
1 T. Inamona (roasted kukui nut & Hawaiian salt mixture)
1 whole Hawaiian chili pepper, finely diced
1 ball limu koku (rough water, shore limu) (optional)

1. Cut ahi into cubes (your preference in size). Add Hawaiian salt and refrigerate for an hour.
2. Put ogo into a colander and pour boiling water over it. Ogo will change color, which is normal. Immediately run cold water over ogo and drain. Let ogo cool and chop into 1" lengths.
3. Remove ahi chunks from refrigerator and add ogo, Inamona, and chili pepper. Mix and add more salt and chili pepper to taste. When freshly made, should taste somewhat hot and salty. This will calm down as flavors blend. Optional: chop limu koku and add to taste.

MOMOYA KIM CHEE

3 Japanese cucumbers
1 ½ T. brown sugar
1 T. Hawaiian salt
3 T. kim chee sauce
1 T. shoyu

1. Wash and slice cucumbers in half, lengthwise. Remove seeds. Slice again in half, lengthwise. Cut into 1" pieces and put in a pan or bowl.
2. Sprinkle brown sugar and let it stand for 10 minutes. Then sprinkle Hawaiian salt.
3. Toss and mix cucumber. Add kim chee sauce and shoyu.
4. Mix well and transfer mixture to a bottle. Store in refrigerator.

SPINACH DIP

1 box frozen chopped spinach, thaw with water squeezed out
1 8 oz. container of sour cream
1 pkg. Lipton vegetable soup
1 c. mayonnaise

Mix all together, chill. Serve with French bread slices

MANGO SALSA

1 each mango, small diced
1 T. red onion, brunoise
1 T. red bell pepper, brunoise
½ T. cilantro, chopped
¼ c. sweet Thai chili sauce
1 tsp. lime juice
Salt and pepper, to taste

Mix ingredients together and serve.



MOMOYA KIM CHEE



SPINACH DIP

EASY FLAT BREAD

- 1 pkg. fast-rising yeast diluted with $\frac{1}{2}$ c. water
- 2 c. flour
- 1 tsp. sugar
- $\frac{1}{2}$ tsp. salt
- 2 tsp. oil (sesame or olive oil) to put into dough
- 1 tsp. oil for frying

1. Dissolve yeast in lukewarm water.
2. Add into flour and put in rest of ingredients.
3. Mix and make round balls then flatten and fry in pan with thin layer of oil.

TOFU SALAD

- 1 can salmon
- 1 block firm tofu
- 2 small tomatoes, diced
- 1 Maui onion, diced
- $\frac{1}{2}$ c. salad oil
- $\frac{1}{2}$ c. shoyu
- $\frac{1}{2}$ c. green onions, chopped
- 2 cloves of garlic, crushed

1. Cut tofu in squares.
2. Place on bottom of pan. Place in layers: salmon, onion, tomato, $\frac{1}{2}$ of green onion.
3. Heat oil, then remove from heat.
4. Add shoyu, garlic, remaining green onion.
5. Pour over tofu salad.

POTATO KIMPIRA

- 2 potatoes
- 1 carrot
- 1 tsp. sesame oil
- Dash of chili pepper
- $\frac{1}{2}$ tsp. shoyu
- $\frac{1}{2}$ tsp. dashi (soup stock powder)
- $\frac{1}{2}$ tsp. sugar
- 1 tsp. mirin or sake

1. Slice potatoes and carrot into thin strips.
2. Put sesame oil in frying pan then put in sliced potato and carrot and mix.
3. Gradually mix in the rest of the ingredients.

GUACAMOLE

- 3 T. lemon juice
- 1 medium tomato, quartered
- 1 small onion, quartered
- 2 to 4 small jalapeno peppers
- 1 tsp. salt
- 2 large ripe avocados, cut in pieces

Put all ingredients into blender. Process until smooth.

Recipes



MANGO SALSA

TOFU SALAD



POTATO KIMPIRA

flipping the quarter

How 25-year-olds are surviving the quarterlife crisis



SEAN NAKAMURA | KAPI'O

Donielle Abasial dreamed of being a nurse or moving to the Mainland to pursue a career in fashion. Instead, her path took her in another direction.

Abasial, who turns 25 on August 28, first attended Kapi'olani Community College from 2003 to 2004 before being placed on academic probation. She later went back to school at Leeward Community College for nursing and to raise her GPA to attend KCC again. Getting pregnant in 2006, she continued to go to school, supporting herself by working three minimum-wage jobs.

But now, on the cusp of graduating this fall with a bachelor's degree in business administration with a concentration in accounting, Abasial has been forced to confront the quarterlife crisis.

"I'm really indecisive about picking a career path," she said this past summer. "It took me forever to pick a major and concentration."

For some, turning 25 years old is exciting; some will have graduated from college, entered the workforce and maybe have started a family. But for others, turning 25 can become a crisis — the quarterlife crisis.

Sometimes those experiencing the crisis rethink their careers and wonder if they've accomplished anything and if they are at where they've wanted to be — everything is a question.

The term "quarterlife crisis" describes the feelings of fear, anxiety, depression, doubt and uncertainty that someone gets in their mid-

“I'm really indecisive about picking a career path. It took me forever to pick a major and concentration.

Donielle Abasial, turning 25 in August

20s. It can happen to anybody — students, employees, job seekers or single parents — and the panic can hit almost every aspect of life.

At KCC the number of students that has reached quarterlife has increased.

"There is a sense of urgency to get a college degree and make money," said Sheldon Tawata, high school outreach coordinator at KCC.

For those in college, they may wonder how long it'll take them to get through school, according to Tawata.

There are ways to cope and handle the pressures and uncertainties of growing up and turning 25.

"Keep asking questions if you're having doubts," said Tawata.

The quarterlife crisis can affect people in different ways. Some may have expected to graduate college and have a well-paying job, or

have hoped to have a house and family by the time they've turned 25.

Arts and sciences counselor Stephen Harris explained that if someone is having a hard time with the quarterlife crisis, that person should just talk to someone — family, friends, instructors or counselors.

Abasial suggests that it's a good idea not to take age too seriously and to keep focus on goals that you want to accomplish in life. Although the single mother of a 3-year-old boy is a mere months from finally earning that degree, she still isn't sure if she wants to be an accountant when she finishes her degree. For her to graduate she must complete an internship.

"Hopefully this (internship) might help me decide what direction I want to go in career-wise," said Abasial.

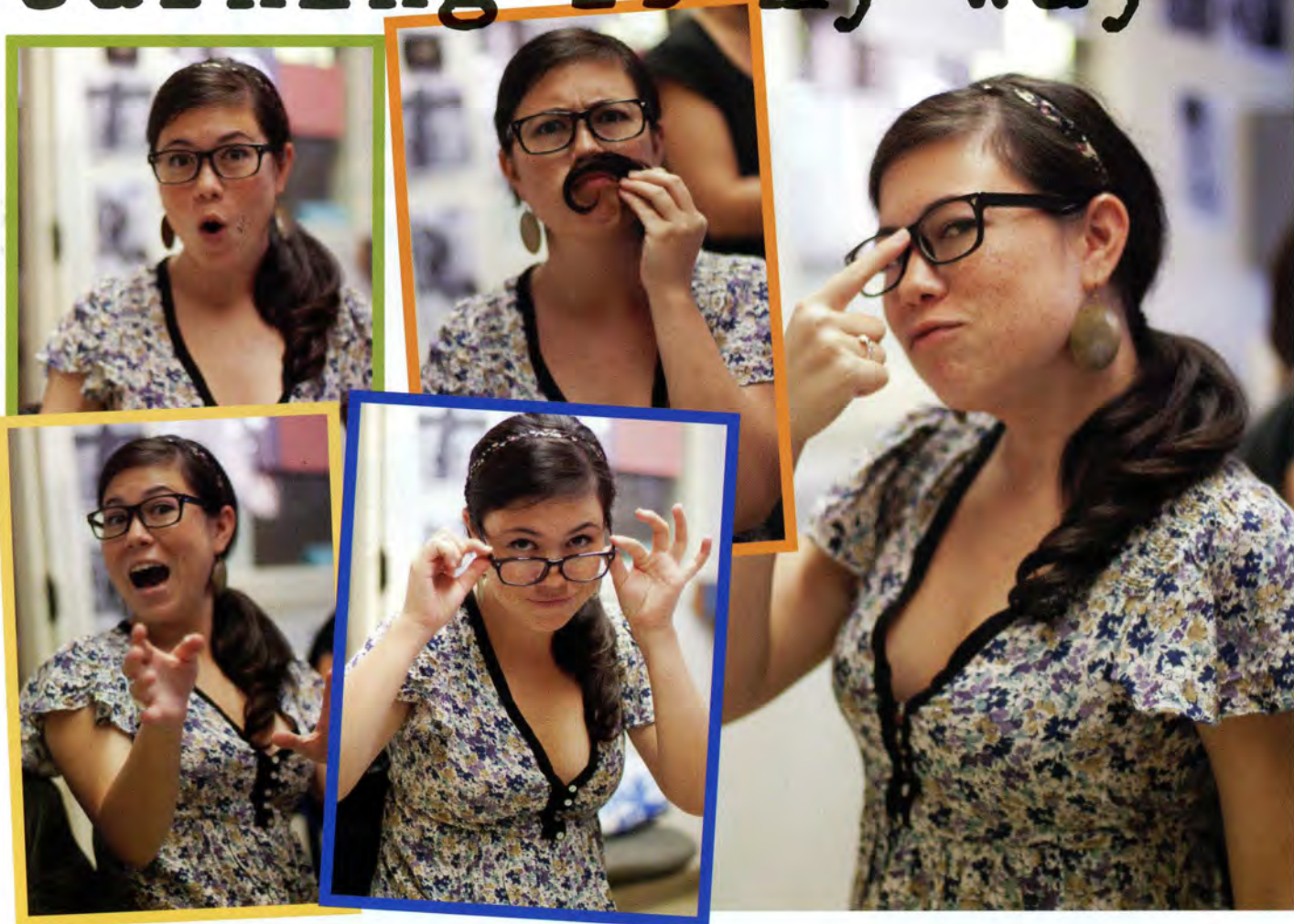
Though fashion is her dream, and harder to pursue in Hawai'i, she is staying positive and open-minded. She has considered about returning to nursing if accounting doesn't work out. With a business degree, she could work in the medical administrative field.

In going through the quarterlife crisis, those in their 20s will do a lot of self discovery and answer their own questions they have about themselves.

"(They will) empower themselves," Tawata said. "They can't leave their destiny in someone else's hands."

— Remington Taum, Liberal Arts, '11

turning 25 my way



By Nix Kinney

ENGLISH AND EDUCATION, '12

I don't want to turn 25.
Anymore.

I felt infinitely young around the time that I was fresh out of high school, 17 and drooling at the opportunities that the world was offering to me. I was curious and ambitious, and what mattered most was that I had a grandiose future just waiting for me to catch up with it.

I knew exactly what it looked like, too. In five years, I'd have my degree in something I loved, a steady boyfriend, an eccentric group of friends and a life of autonomy in another state or country. There would be stability and yet room for adventure and spontaneity. I would know how to cook and I would be fit, but most importantly, I would be happy. That was what my world looked like by 25.

At the halfway point of my 24th year, I must confess that I have none of these ideals. My goals are so far out of reach that I'd need to bank on the world not ending by 2012 in order to maintain any hope of completing them. I'll be 27 before I get my bachelor's degree and dead before I find a man that entices me beyond a first date.

And so I allowed myself to sink into a early state of depression, constantly comparing my educational un-achievements with those of my friends who have long since obtained their master's degrees. Many of my peers have claimed their rung on the ladder to success, inching up in the

corporate world with money in their pockets and a budding family on the rise. These overachievers are throwing the curve for those of us who have chosen to live untraditional lives.

However, it's been important for me to remember the reasons why I'm so behind in my formal education. At multiple points in my life, I felt and followed the burning need to be elsewhere.

I've taste-tested the Mediterranean Sea, sank my toes into hot Middle Eastern sand and lived in South Korea, Germany and Italy. I've eaten anything a country could offer, from jellyfish to brains, to haggis and dog. I can read in three languages and navigate myself across continents with nothing but a fierce attitude and fanciful disposition.

And although I struggle with myself now, brooding over feelings of inadequacy and disappointment, I still hold on to the faith that I'll pull through in one solid piece. I have three-quarters of my life ahead of me, an unimaginable amount of time to grow and to graduate and be happy. In truth, I'm just a few years short of the curve, taking the widest turn I can in order to incorporate as much adventure and experience as possible. This is my path, one that can't be compared to the timelines of my parents or my friends, simply because it stands so proudly on its own.

In the end, I am Nix: a quarterlifer with a heart set on its own agenda.

the different faces of 25



ALIKA PFALTZGRAFF (TOP AND MIDDLE)
AND SEAN NAKAMURA (BOTTOM) | KAPI'O



Natsuko Inamine had been depressed about her sister getting married last summer. Her sister had the so-called perfect life at 25: married, working as a nurse and making enough money to start and raise a family. Inamine, on the other hand, had yet to start college.

Instead, Inamine was partying every night, staying out until 4 a.m. and then going to the beach. Whatever she wanted to do was what she did, which

served as a startling contrast to her sister's accomplishments.

"I was a little bit depressed," Inamine said last summer. "... I thought, 'I can't believe she got married at this age. I feel like I got to stand up and face reality.' I thought I'd have a stable job. Maybe that's what I was imagining when I was younger."

But after turning 25 in May and finishing her first year of college at KCC, Inamine has accepted her quarterlife milestone with as much

grace as a hangover would allow. Inamine has called this quarter-life "turning point" a significant stepping stone in her future, feeling the need to be more responsible once her birthday had passed.

"I feel like I'm on the right track right now," she said. "... I finally found what I wanted to do in the future: physical therapy. And I started to go to school here, which was a big commitment for me. I try to study a lot, which makes me feel like I'm doing what I'm supposed to be doing."

While most of her friends back home in Okinawa are getting married and having children, Inamine is enjoying her life abroad with a newfound disregard for age. Being out of her home country and pursuing a medical degree in her second language has given her a new sense of accomplishment.

"I feel kind of lucky that I'm living here and experiencing something rare," Inamine said. "Not so many people can do this."

— Nix Kinney, *English and Education*, '12



When Alex Nunn was 15, he imagined that he would eventually end up in Montana with his own ranch, raising cattle and living up the quintessential rural life. Ten years later, with 25 just around bend, Nunn has deviated from his childhood plans by moving to Hawai'i and entering the field of construction.

But after nine years of manual labor, Nunn is tired of it, wanting instead to pursue a higher education. Though

he obtained his high school diploma at age 16, Nunn has only maintained intentions of attending college. Returning to school after nine years without has left him feeling intimidated, while the pressure of age continues to build.

"When you're reaching 25, you really sort of have to head in a direction, even if it hasn't been nailed down exactly," he said. "And I feel like I'm still struggling with that."

And so Nunn is bracing himself to enter the what he called the "official man zone," where the difference between boy and man can be summed up "by doing what you want to do and doing what must be done." He embraces the pressure, insisting that it can sometimes keep you striving for bigger and better things.

"I feel like when you're 25, it's really time for you to grow up," he said last summer. "I'm an aimless wanderer, and it's just time to let go. When I turn 25 in October, I think it'll really hit me"

Come Halloween, Nunn will be a man, forcing himself to grow up as he says goodbye to the youth and naivety that he associates with the first quarter of his life.

"Maybe the day when I turn 25 I'll say, 'OK, what must I do with my life? What is it that I MUST accomplish?' and I'll have an epiphany and say, 'OK, this is what I'll do,'" Nunn said. "And the pressure of society will force me into a lifetime of accomplishments."

Here's hoping.

— Nix Kinney, *English and Education*, '12



Angela Sowa was on the typical path of most 24 year olds: she got her degree in 2008, married a young pilot in the U.S. Air Force and had a stable job using her degree. From the outside, she had it all, and a white picket fence would have been just around the bend. Nonetheless, Sowa felt something was missing.

In 2009, Sowa gave everything up to set out alone and start her life all over again. She divorced her husband

and began applying to schools for her master's degree in a slightly different field. Despite this, she is optimistic about her divorce and hasn't looked back since.

"Divorce was a great experience," she said with overwhelming buoyancy. "Been there done that. Now I can focus on getting back to school

and maybe later something better will come along."

Sowa, after graduating from the Embry-Riddle Aeronautical University, considered getting her master's in Physician Assistant Studies but decided to concentrate on her marriage instead, a decision she regrets.

"I wish I had studied harder and not been so set on one thing," she said.

Currently, Sowa works at Kāhala Urgent Care and Straub Clinic and Hospital as a lab technician. She has applied to Stanford University and a few other West Coast schools in hopes of graduating with her master's and being closer to her family in Los Angeles.

Then, if all goes well, finding a career in Emergency Medicine, Sowa will look to settle down and have a family.

"I still want a family and a warm home," she said with a whisper.

"But if there's anything I've learned from the first 25 years of my life, it's that things change, and all you can do is go with it."

— Trevor Latorre, *English*, '13

New semester, new 'Iliahi



After a year of **extensive renovations** the bottom level of 'Iliahi has just opened its doors.

Initially slated to be completed February of this year, the debut of Phase II of Kahikoluamea has been long awaited by the KCC community.

Last summer, the bottom level of 'Iliahi was completely demoed to create a more spacious environment that would encourage student engagement.

Inside, new study rooms and student offices were constructed. Service Learning, Phi Theta Kappa, Honors Education, First Year Experience, Office of Student Activities and Student Congress have moved into the new center.

In addition, two classrooms on that same level of the building were completely gutted to house the Arts and Sciences counselors, Honda International Center and the International Café.

According to Keith Kashiwada, KCC student engagement coordinator, the main idea behind the renovations was to create a center that revolved mainly around student services. Prior to this, many of the student services were located in different places around campus.

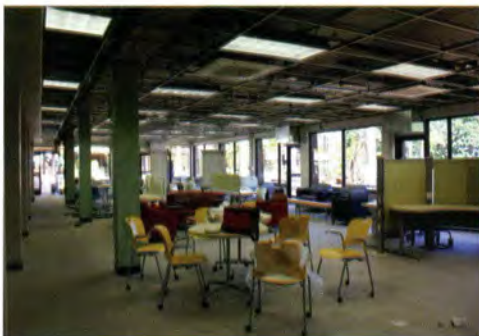
Additionally, the security guards have made the trek from Olopuia to a new office in 'Iliahi. An amphitheater was constructed adjacent to the building. The theater will give students a new place to congregate.

Many will notice that the inside of the center is similar to its counterpart upstairs. The furniture and set up is the same as Kahikoluamea. Most of the chairs and desks are on wheels to give students the feeling of flexibility and mobility. Even though there are multiple computer stations, students also have the option to check out laptops.

"There's always a lot of fear and trepidation when something's new," Kashiwada said. "You hope that students are going to like it."

Funding for the renovation was provided by the Title III grant.

— Paige L. Jinbo, Liberal Arts, '07



PHOTOS BY SEAN NAKAMURA | KAPI'O

The debut of Phase II of Kahikoluamea is scheduled for the fall, almost a year after it was supposed to open.

GOODBYE SUMMER

a photo tribute to the summer of 2010 by the staff photographers

RETURNING TO SHORE
AFTER A LONG DAY CATCHING WAVES,
A SURFER AT WAIKIKI, GETS READY TO
GO HOME.

RIE MIYOSHI



STAIRWAY TO HEAVEN
THIS HIKE OFFERS A LOT OF
BEAUTIFUL VIEWS ALONG
THE TRAIL.

KYLE DURIGAN



WAIMEA BEACH PARK
WONDERFUL MEMORIES
OF SUMMER MADE AT THE
NORTH SHORE.

RIE MIYOSHI



NOT NOW RIGHT NOW
ANOTHER CASUALTY SUCCUMBS TO A SUN-DRENCHED LETHARGY.

ALIKA PFALTZGRAFF

MO'ILI'ILI HONGWANJI BON DANCE
PAPER LANTERNS SOFTLY LIGHT THE
GROUND AND FACES OF THE DANCERS
WHILE THE SUN SETS AND MUSIC TAKES
OVER THE NIGHT.

SEAN NAKAMURA



MY GOAL YOUR GOAL

A FADED SEDUCTION COMMENCES UNDER A
SWELTERING SKYLINE.

ALIKA PFALTZGRAFF



ALL TIME LOW IN HAWAII
FOR THE THIRD YEAR IN A ROW, PIPELINE CAFE
HOSTED ANOTHER ALL TIME LOW CONCERT
ON AUG. 1.

SEAN NAKAMURA

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OH, THE PLACES YOU'LL GO:

Edinburgh, Scotland

The only reason I went to Edinburgh was because it was convenient. I had three weeks of vacation to plan for, two of which were already allocated to London and Dublin, so it seemed a bit like kismet that I had an old friend living somewhere in between. Without knowing a thing about Scotland, and even less about Edinburgh, I booked my tickets and eventually arrived.

After my holiday, I made it a point to recommend Edinburgh to every traveler I met. Like me, most of them had never heard of Scotland's capital or of the wonders that are contained within it.

— Nix Kinney, *English and Education*, '12

INTERESTING FACTS

- **Can't-miss view:** Majestic Edinburgh Castle, rising out from the center of the Old Town, overlooks every building and rooftop on that side of the loch. From there, you can look down at the clean division between the Old Town and the New Town. One side built haphazardly of brown stone and pointed spires, while the other appears clean and organized, dominated by proper geometrical blocks and modern architecture.

- **Literary inspirations:** Elephant Cafe is the small coffee shop where J.K. Rowling wrote the first two books in the Harry Potter series. It's easy to see how Edinburgh inspired the setting for Hogwarts, with its gothic architecture and omnipresent undertones of dark magic. Also nearby in the Old Town, they say that an aristocrat burglar who lived in Edinburgh inspired the story of Dr. Jekyll and Mr. Hyde, though that isn't the only sinister tale that haunts the city. Body snatchers, warlocks and mad scientists have all, at one point in the capital's history, taken residents there.

- **Quirkiest pub:** Though the gothic atmosphere has inspired themed bars and restaurants in various nooks and crags, Frankenstein's stands out. It's a Frankenstein-themed church turned pub with mad science on the walls and the pulpit as the DJ station.

FOR MORE: See next page



The Royal Mile is lined with shops and museums, churches, courtyards and breweries, and provides the perfect environment for a leisurely stroll.



Greyfriars Kirkyard is an old graveyard, home to dead people since the 16th century.



Edinburgh Castle, the pinnacle of the Royal Mile, sits atop a hill and overlooks the old and new cities.

• **Party on:** Edinburgh is also host to some of the largest festivals in Europe, ranging from the Edinburgh International Festival to the Fringe Festival, all of which bring forth an array of spectators and participants. Hogmanay is the Scots word for the last day of the year, honoring it with not just its own title, but a series of festivals and street parties that carry on well into the new year. When the clocks strike 12, the city sky lights up with over 4.5 tons of fireworks, resulting in one of the world's largest New Year's displays. At midnight, the crowd bursts into the traditional tune of "Auld Lang Syne," (drink a bit of scotch and the lyrics will come to you), kiss each other politely and party on.

With so much history and soul, it's a near injustice to have such a city go underappreciated. Though, for those who are willing to travel north and experience something unique, Edinburgh, Scotland, may be just the spell.

— Nix Kinney, *English and Education*, '12



Calton Hill is the final gathering point of the city's Torchlight Procession held in December during Hogmanay.



St. Giles' Cathedral is located on the Royal Mile between the Palace of Holyroodhouse and Edinburgh Castle.

FESTIVALS AROUND THE WORLD

It may feel like summer, but that holiday is long gone. The sunbathers morph into commuters and the highways warp into parking lots. Backpacks replace beach bags and sunscreen gets shelved for new textbooks. The sand may still be hot and the shave-ice lines long, but we know it's fall for the quintessential changes that take place around the island. The daily grind falls upon us like the Freshmen 15, and it's easy to dismiss the fall semester as nothing more than a treacherous pathway to winter vacation.

Though we're marooned on campus, take solace in the fact that the rest of the world is not nearly as insufferable. While you plug in your algorithms and conjugate your verbs, the Germans are getting drunk off their bier and the camels of India are being raced and adorned. With a

variety of festivals happening between September and December, we'll have many an opportunity to live vicariously through the celebrations of others.

One day we'll have our degrees and the freedom to leave, so hold on to these events as most of them occur annually.

GOROKA SHOW, PAPUA NEW GUINEA (SEPTEMBER 17-19)

Though far off and obscure, there are upward of 100 tribes from the highland of Papua New Guinea that gather in Goroka for this

FESTIVALS: See page 43



SURF BREAK

PUBLICICS

Kalākaua Avenue is publicized more for its "Sunset on the Beach" event rather than the quality waves that break along its shores. However, during a strong southeast swell, Publics is one of the few breaks along Waikīkī that resembles the North Shore in all its intensities, hazards and beauty. Publics is directly outside the venue of "Sunset on the Beach," which is between the statue of Duke Kahanamoku and the Waikīkī Aquarium. Access to Publics can be challenging because it's limited to metered street parking. If you do find a stall, walk toward the jetty jutting out 100 feet or so and begin paddling out. On bigger days, you'll want to stay closer to the wall on the right to avoid colliding with town's tallest coral heads. Anchored on an irregular shelf at 15 to 20 feet, cylindrical, sea urchin-infested coral heads tower, at low tide, a foot above the surface. However, during high tide, this graveyard hides below the surface just enough to claw at your new fins. After you've traversed this area, you should see a peak to your left, breaking across deeper waters. The wave itself is phenomenal and shades of a small Pipeline on the North Shore. Traveling thousand of miles across the Pacific, ocean swells slam into Publics' shelf, unimpeded by outer-lying reefs. The bottom of the wave quickly drops and the lip crashes heavy on the surface, creating an oval barrel. Don't try any fancy top turns yet, because if you haven't accumulated enough speed you'll instantly hit a standstill in the flat spot farther down the line — the graveyard of coral heads you avoided earlier. Making it past this flat spot is the difference between having one of the best rides on the South Shore or crawling to the beach a mangled piece of hamburger. Once past the flat, the wave reforms and presents a playful, tall standing 20-yard wall. There is a mellow group of surfers who make sure everyone plays safe, so just say "Hi." Publics can deliver one of the worst beat-downs a surfer will ever encounter, but its inconsistent and irregular bottom is also the reason it's one of the strongest, longest and most hollow waves on the South Shore.

Quality	Experience	Crowd	Amenities	Hazards
Decent	Intermediate to advanced	Mellow	Showers, bathrooms and life-guard	Reef

TONGGS

Tonggs is a difficult wave to find, as it is off the beaten track. But if you're looking for a fun longboard wave that's great for beginners, this is the spot. At the Diamond Head end of Kalākaua Avenue, the road begins to bend up to a four-way stop. If you keep driving straight, rather than following the bend, you'll find a small residential beach community followed by Ocean Manor. Parking here is more limited than any other surf spot in Waikīkī because it is nestled within a residential community that hates illegal parking and will not hesitate to call a tow truck. If you're early enough, you can park in the few curbside stalls provided; otherwise, you'll have to find parking along Kalākaua Avenue and hoof it. Beach access to Tonggs can be confusing if you're not attentive. Between two white houses you'll see a public access sign leading to the beach. Follow it down to the stairs and paddle to the southeast about 100 yards out. As a result of its playfulness, there is no regular crew of surfers that police the break and, at times, can be cluttered by beginners, most still unable to control their boards and unaware of their surroundings. Nonetheless, Tonggs is a fun wave to play around and learn on and maybe, on a lucky day, like all breaks, with the right swell direction and crowd, you'll score a magic session.

Quality	Experience	Crowd	Amenities	Hazards
Decent	Beginner	Mellow	None	None

BIG RIGHTS

Located in Ala Moana Beach Park, Big Rights is one of the lesser-known right-hand breaks along O'ahu's South Shore. The park offers an array of surf breaks, which help to evenly disperse the crowds of weekend warriors, but none parallel Big Rights' barreling takeoffs and peeling blue walls. The paddle out to any of the breaks here begins only after you've walked across the shallow reef — careful to stay within the sand path. Once you're in water up to your thighs, carefully navigate the hidden coral heads that sit just two inches beneath the surface during low tide. If you make it past the shallow shelf of jagged reef, look to your 2 o'clock and you should see a peeling right break. Big Rights is a relatively short wave but offers some of the South Shore's most symmetrical, almond-shaped barrels that entice riders to hold their lines as long as possible. A select group of regulars frequent this spot but for the most part, they're entirely harmless, as long as you mind your surf etiquette. Big Rights peels across a shallow reef into the left of Concessions — an adjacent break — and eventually closes out.

Quality	Experience	Crowd	Amenities	Hazards
Exceptional	Intermediate to advanced	Guarded	Showers, bathrooms and life-guard	Reef





Studying for long hours in the library and rushing to classes can take a toll on one's health, fitness and social life. Luckily, we live in paradise and the beach is never far away. We've compiled a list of surf breaks around Kapi'olani Community College that give all levels of surfers an opportunity to express themselves and explore life outside of KCC. Each of the breaks listed below have their own hazards and should be approached cautiously, as none are exaggerated. Nonetheless, whether body boarding or surfing, the beach offers an opportunity to clear your mind and get in shape; take your pick from below and grab your board.

—Trevor Latorre, English, '13

ALA MOANA BOWLS

Ala Moana Bowls is one of the most publicized waves along the South Shore for its steep takeoffs, open barrels and inside bowl. Nestled behind the Ilikai, Bowls can be accessed from the beach or from the break wall in the harbor. The paddle out is usually uneventful but can get hairy during low tide. The real battle doesn't start until you try to find some elbow room in the lineup. Doves of surfers — most of whom have been surfing here for the past 20 years and know exactly where to be — wait for Bowls to light up. The crowd is heavily localized and won't hesitate to get aggressive and, sometimes, violent. During heavy rains, trash from all of Honolulu and its sewer system, via the Ala Wai Canal, can be seen floating through the lineup. If that isn't enough, seven to 10 days after the full moon, box jellyfish begin to wash up along the South Shore and into the harbor. Bowls is a crowded wave for a reason: It's the best wave on the South Shore. Nearly 100 yards out from the break wall, thick swells rise to block the horizon and quickly stand up, forming the outside barrel section. Surfers jockey for position, but only one will push through the crowd and have the respect of his or her fellow surfers to keep them from dropping in. Once past the crowd, the long wall begins to curve in. This makes up the inside section or the bowl. Although particularly shallow, this is the Bowls that has become a proving ground for Hawai'i's up-and-coming surfers. The lip dredges out the bottom of the wave and crashes hard and heavy, creating the Green Room, an open pocket for any surfer to hide in. This section will reform two times over until finally spitting the surfer, wide-eyed and gasping, into the channel. Bowls can be a dangerous place for any beachgoer and should be strictly reserved for advanced surfers. Nevertheless, it is one of the best surf breaks in town and deserves as much respect as it does astonishment.

Quality	Experience	Crowd	Amenities	Hazards
World-class	Advanced	Irate and heavily localized	Showers and bathrooms	Jellyfish, sea urchins, sewage and reef

PARADISE

Paradise is situated in front of the Fort DeRussy Army Museum about 250 yards out. This stretch of surf breaks — including Threes and Pops — make up some of the longest paddles along the South Shore. Paradise is great for intermediate surfers looking to acclimate to the shallow reefs along O'ahu's southern exposure. The shallow reef is riddled with sea urchins and is bound to make your eyes pop right before you stand up, during that moment of hesitation. However, soon enough, you'll grow accustomed to the reef below and find Paradise to be a fun peak that often goes unriden. Although there's nothing exceptional about the waves here, it's still a great place to have some fun. Once you've gotten used to the shallow reef, you can make your way over to Threes, which is to the right of Paradise and one of the longest waves in town. With the new stand-up-paddle craze, many beginner SUP surfers have been paddling from Pops to Paradise, which may pose a valid threat to the uncrowded surf and personal safety, so be careful.

Quality	Experience	Crowd	Amenities	Hazards
Fun	Beginner	Empty	Showers and bathrooms	Shallow reef, sea urchins and beginner SUPers





SEAN NAKAMURA | KAPI'O

PUNCH IT OUT

An instructor from TaeRobix (below) demonstrates a few moves that are practiced during the lessons.

Do you ever get tired of the same exercise routine of running on the treadmill, lifting weights and crunching hundreds of abs?

The TaeRobix class combines boxing and martial art kicks in an aerobic, non-contact format made by Billy Blanks.

Lani Paet, a fitness instructor and second-degree black belt in Taekwondo, has been teaching fitness classes including Taerobix for 11 years. The TaeRobix classes can be found at the U.S. Taekwondo Center in Niu Valley Shopping Center.

— Remington Taum, *Liberal Arts*, '11

How does Taerobix help keep a person in shape?

It's a great cardio workout. It's good for endurance, muscle toning, flexibility, agility, reflex and also helps with a person's confidence.

What's the difference between turbo kickboxing and TaeRobix?

I would say the main difference between TaeRobix and turbo kickboxing is that in our TaeRobix class, we use specific kicks to Taekwondo. Kicks are part of the turbo kickboxing classes; however, depending on the instructor's martial arts background. If they even have any training in martial arts, their kicks are general martial arts kicks, whereas our kicks originate from the Taekwondo martial art.

How much are the classes?

The first class is free. Six classes for \$40 or 12 for \$75. There's also a monthly card (\$80) that expires 30 days after you purchase it. You can use the card and come in whenever you want.

What is the skill level in class?

I've had people who haven't worked out a day in their life. I have ladies over 60 taking classes. (There are) all skill range levels.

Do you need to purchase your own equipment?

The participants do not use equipment, but the instructors will walk around with focus mitts and pads. (Students) can kick or punch during that movement. Cardio-wise, hitting the mitts involves more muscle strength.

How might a person go about getting involved?

We always encourage new participants. (We) are more than

happy to go over basic moves with them. During class, the instructors will walk around and correct moves. Safety is a major concern; we don't want anyone getting hurt.

What parts of the body does TaeRobix work out?

While boxing, you're working shoulders and arms, your reflexes. So if you were to be confronted you'd be confident enough with a punch. With all the twisting in the class, it tightens up your abs as well as your back. (With) leg lifts you use abs. It works out the glutes, quads and muscles that support knees and ankles.

What types of results will participants see?

The first thing they'd probably see is the slimmer waistline. Just about every movement involves some sort of twisting the core. Then the rest just falls into place.

Typically, how long does a class last?

One hour usually consists of a 10-minute warm up, stretching, 30 to 40 minutes cardio, then about five minutes of floor work and stretching.

How will a person feel after class?

(Students) feel empowered after classes and tired. It's confidence building; they're losing weight and feeling good about themselves. Healthy body, healthy mind and healthy attitude.



INDELIBLECRAFT

ften confrontational yet never forceful, the work of Calvin Collins manages to breathe new life into age-old themes of sexuality and gender. His bleary ceramic configurations tap into the perpetual conflict internalized and invariably suppressed by the daily trappings of modernity. Resoundingly eschewing any semblance of an artificial aesthetic, his drawings are saturated with an otherworldly humanity, orbiting around subjects caught in between various increments of existence.

Collins, who graduated from the University of Hawai'i at Mānoa and still lives in Honolulu, will be one of the artists showcased at the Koa Art Gallery this fall.

"I draw inspiration from everything from art history, music, literature to pop culture," Collins said. "I'm interested in the human condition and what it means for us to exist in the world in the skin that we have. That statement is not necessarily referring to ethnicity but to our individual places in the world; how we live, how we love, how we fail as well as achieve."

Born in Sacramento, Collins was adopted by an interracial couple (his mother was African-American and his father was Caucasian) and raised in northern California.

"I think my experience as an adopted, biracial person informs my art very much in exploring

issues of identity politics, displacement, loss, redemption and transformation," Collins said.

Although he drew all his life, he first took up painting when he began attending UH-Hilo and learning under Russell Sunabe, who normally teaches at KCC but spent one semester in Hilo.

"(He was) the first art instructor who helped develop my potential as an artist," Collins said.

Collins later went on to attend the San Francisco Art Institute where he would earn his bachelor's of fine arts in painting in 1998. Eight years later, he obtained his master's from UH.

Since his MFA, he has taught at UH and the Linekona Art Center

and currently works for the security department at the Honolulu Academy of Art. Though he would like to get back into teaching, he has been inspired to paint by the vast space of his newly acquired downtown studio.

"One never knows what the future holds," he said. "So for the time being, I'm content to continue my development as an artist right here in Honolulu until the next window of opportunity — the next portal — opens."

— Alika Pfaltzgraff,
Arts & Sciences, '11



Top: "Intimacy"
Bottom left: "Incident"
Bottom right: "Ritual"

COURTESY OF
CALVIN COLLINS



SEAN NAKAMURA | KAPI'Ō

A LIFE IN *Flux*

To have a college degree and no job can be frustrating.

According to the National Association of Colleges and Employers, in 2009, employers hired almost 22 percent fewer graduates than they did in 2008.

Lisa Yamada, 25, returned to Hawai'i after graduating from Pepperdine University in 2008 with a bachelor's degree in journalism and ended up working at her parents' construction company doing payroll.

"I was frustrated," said Yamada. "I had this degree but I wasn't using it. At the time, there were layoffs in the journalism industry and no magazine really appealed to my demographic."

To ease her frustration, Yamada put in her entire life savings and got financial assistance from her parents to create FLUX Hawai'i, a quarterly magazine that features themes to promote social issues.

Yamada started conceptualizing the magazine in January 2009 and released its first issue January 2010. To find staff

members, she put an ad on Craigslist and received hundreds of e-mails from people interested in the job.

"Our permanent staff is just three people: myself (publisher/editor), a creative director, director of marketing," said Yamada. "The rest are freelancers. They're our skeleton crew."

Money can be a deal-breaker for many aspiring business owners, but Yamada, who continues to work at her parents' construction company, remained confident in her investment.

"I was naïve," she said. "I thought, 'Yeah, everyone's going to love it!' I was overly optimistic, but it sets in. It's a longer process. They say it takes two years to see any profit. I know it was a risk, but I totally got into it."

— Joie Nishimoto, *Liberal Arts*, '11

ON BEING THE BOSS

"I get to call the shots. I get to decide who to feature. ... I get to be the voice for people who can't be covered in a (mainstream) magazine. I'm fortunate to dictate what I want to change."

ON MULTITASKING

"The magazine is just a small part of the business. If I could just put out the magazine, it would be awesome. But there's meetings to go to, events to plan and networking. It's amazing at how much else there is to do."

ON THE IMPORTANCE OF INTERN EXPERIENCE

"I feel like people now feel entitled to get paid. When I interned at Malibu Magazine, it was just for experience. I didn't get paid. I did the bitch work, like filing and mailing letters. It's not fun stuff, but it's great for your résumé to show that you worked there. Pay your dues, put in the work. ... My advice? Hustle."

ON FINDING YOUR PASSION

"Once you find something that you love, it's not work. The work can become fulfilling, like when we put (the first issue) out, it was like having a baby."

WONG:

Continued from page 24

The front of the house is your bussers, your servers, your waiters, your bartenders, your hostesses. The back of the house is where all your cooks are and your managers. As a manager, I aspired to be a food and beverage manager. So I would have been a food and beverage manager only knowing the front of the house. I wanted to complete my experience and my education so then I could be a complete manager. I would only do that if I went to school, a culinary school. That's the reason why I went to Kapi'olani Community College.

JN: How long were you there?

AW: Two years. Associate's program. I went to school at the Pensacola campus in '79. And the Diamond Head campus opened in 1988. That's when I taught there.

JN: Can you share with us your best lesson learned at KCC?

AW: As an instructor I learned if your students fail, maybe they didn't fail, maybe I

failed as a teacher or communicator. As a student I learned (to) experience as much as you can, get involved as much as you can; you will pass through this path but once, take full advantage of the opportunities that come your way, and the ones that you create.

JN: How did KCC shape your love for the culinary arts?

AW: Before I took my first class, I never baked bread. I never made soup. So (KCC) opened my eyes and exposed me to many new things. It gave me opportunities to be curious. And I was close with all of my teachers, so they were role models for me.

JN: You helped out at the KCC Farmer's Market once. Do you go back to KCC frequently?

AW: Occasionally. I get asked to go to the school (KCC) to do a career talk. I'm always willing to do that kind of thing. I'm a co-chair for the Culinary Institute of the Pacific, so I'm involved in that.


JN: That's still in the process of getting approval for construction and such, right?

AW: Yup. They need money. They need \$38 million.

JN: Would you consider going back to KCC to teach?

AW: Probably when I'm really, really old.

JN: Do you have any advice for current KCC students?

AW: Your attitude is the most important thing. Develop stamina, the ability to persevere through the hardest times. Be resilient, bounce back from life knocking you down. ... Dream, have a vision, have goals in life for the short term, mid term and long term. Be able to answer the question, "What do you want?" Your study habits will become your work ethic. You don't have to be the smartest in your class, but if you have good work habits, pay attention and focus, do your assignments on time and do them well, you might get ahead quicker than most others. 

FESTIVALS:

Continued from page 37

annual festival. What started more than 50 years ago as a week-end event of tribal competition has transformed into a showcase of music, dance and culture of indigenous tribes. With elaborate costumes, extravagant headdresses, feathers, chanting and body paint, it's hard to contain that jaw-dropping fascination.

OKTOBERFEST, MUNICH, GERMANY (SEPTEMBER 18 – OCTOBER 4)

Oktoberfest is a celebration of beer that has spread wildly beyond the borders of Deutschland during the past 200 years. The main festival takes place in the city of Munich, now embellished with rides, costumes, live music and horse races. The kegs are endless with Germany's golden brew, so throw on your lederhosen, eat a sausage, fill up your stein and imbibe. Prost!


ABU SIMBEL SUN FESTIVAL, ASWAN, EGYPT (FEBRUARY 22 AND OCTOBER 22)

If you've seen Indiana Jones and the Last Crusade, then chances are that you're already acquainted with the colossal temple that's carved into Egyptian mountainside. The Abu Simbel temples were carved during the reign of Pharaoh Ramesses II in the 13th century BC and are now hosts to the biannual Abu Simbel Sun Festival. Crowds gather within the temples before sunrise on both February 22 and October 22 (Ramesses II's rise to the throne and his birthday, respectively) to watch the morning sun flood into the inner sanctum. Celebrations continue outside where music, dancing, feasts and markets await!

DAY OF THE DEAD, SOUTH AMERICA (NOVEMBER 1 – 2)

Although this is originally a day to remember and celebrate the dead, Día de los Muertos is not nearly as somber as its name entails. It is usually a colorful and lively celebration with food, drink, flowers and candles. Altars are arranged, incense burned, candy skulls consumed and graves are often visited and elaborately decorated.

PUSHKAR CAMEL FAIR, RAJASTHAN, INDIA (NOVEMBER 13 – 21)

In mid-November, Rajasthan is host to one of India's biggest livestock fairs. Thousands of people flock to the city to buy and sell camels, horses and cows, many of which are often adorned with an assortment of ribbons and headdresses. A huge carnival takes place, entertaining people with snake charmers, musicians, magicians, acrobats and fortune tellers. Some of the main events are the camel races and beauty pageants, where camels are elaborately decorated and paraded. Enjoy live music, large markets, carousel rides and wild competitions (longest mustache, anyone?). 

Handy travel links

BEST EUROPEAN TRAVEL SEARCH ENGINE: WWW.SKYSCANNER.NET

This travel search engine works more proficiently for travel within Europe. Departures and destination searches can be as broad as entire countries, which is useful when you're looking for the cheapest flight to anywhere.

BEST WEB SITE TO BOOK HOSTELS: WWW.HOSTELS.COM

Hostels are a great way to save money on housing as well as to provide a meeting point for like minds. This Web site will search through hostels that are located all over the world.

ALTERNATIVE TRAVEL: WWW.WWOOF.ORG

World Wide Opportunities on Organic Farms, or WWOOF for short, is an organization that trades housing and food for labor around organic farms. Pick your location, harvest their olives and stay abroad for as long as they'll have you.

ALTERNATIVE HOUSING: WWW.COUCHSURFING.ORG

This is a community of travelers that offer their couches to other travelers who are looking to save a few bucks or are seeking a different travel experience. If sleeping in a strangers' house is too uncomfortable, then meet up with them for coffee instead and experience the location from a local's point of view.

ALUMNI, WE'D LOVE TO HEAR FROM YOU!

Please send us the following information for inclusion in our next issue:

- Full name, including maiden name
- Current hometown and state
- Current occupation
- Family (including names of spouse and children)
- Year(s) attended KCC
- Year graduated KCC
- Degree or certificate earned
- Best part about attending KCC, favorite memory, lessons learned
- E-mail
- Phone number (for verification)
- Current photo (at least 300 dpi, if e-mailed)

E-mail to kapio@hawaii.edu or mail to *Kapi'o The Magazine*, 4303 Diamond Head Rd., Luma 119, Honolulu, HI 96816. For more information call Catherine Toth at 808.734.9120.



TAMMY LEA (GLANDT) LARSON

Hometown: Fort Leavenworth, KS

Occupation: Registered Respiratory Therapist

Family: Devin Larson (spouse); Ashley, Ally, Maggie, and Victoria (four children)

Attended KCC: 2002-2004

Graduated: 2004

Degree: Respiratory Therapy

Best part about KCC: We are military and my whole class was local. I have to say I was a bit timid, but everyone was very welcoming and have become close friends.



DARCI WATANABE

Hometown: Newport Beach, CA

Occupation: Paralegal

Family: Deisha Bareng (child)

Attended KCC: 2000-2002

Graduated: 2002

Degree: A.S. Paralegal

Best part about KCC: I had an amazing ancient history teacher, and through his teachings, I found that I had a hidden love for ancient history.



STEPHANIE BRENGES NAKAMURA

Hometown: San Diego, CA

Occupation: MBA graduate student at the University of Phoenix, San Diego Campus

Family: Single, no kids

Attended KCC: 4 years (Fall 2001-Spring 2005)

Graduated: May 16, 2004

Degree: A.S. in Travel and Tourism from KCC and transferred to University of Hawai'i at Mānoa in Fall of 2005 and graduated in Fall of 2007 with a bachelor of science in travel industry management with an emphasis in hospitality

Best part about KCC: Coming from a small island and being very close to my family was hard living on my own in a different country. While attending KCC my travel and tourism instructors made me a part of their family. Ron Umehira, Rosalie Fernandez, Cheryl Fuchino and Dave Evans helped me and motivated me as I continued my education. The staff and faculty inspired me and led me through the right path in life along with my family members. If it weren't for them and my family, I would not be where I am today. They were there for me and I still communicate with them every now and then even though its been five years since I graduated from KCC. They are not only instructors but mentors.

On the slopes of Diamond Head, just minutes from Waikīkī, Kapi'olani Community College is home to award-winning programs in culinary arts, science and technology, new media arts, hospitality, health sciences, business, legal education, and arts and sciences.

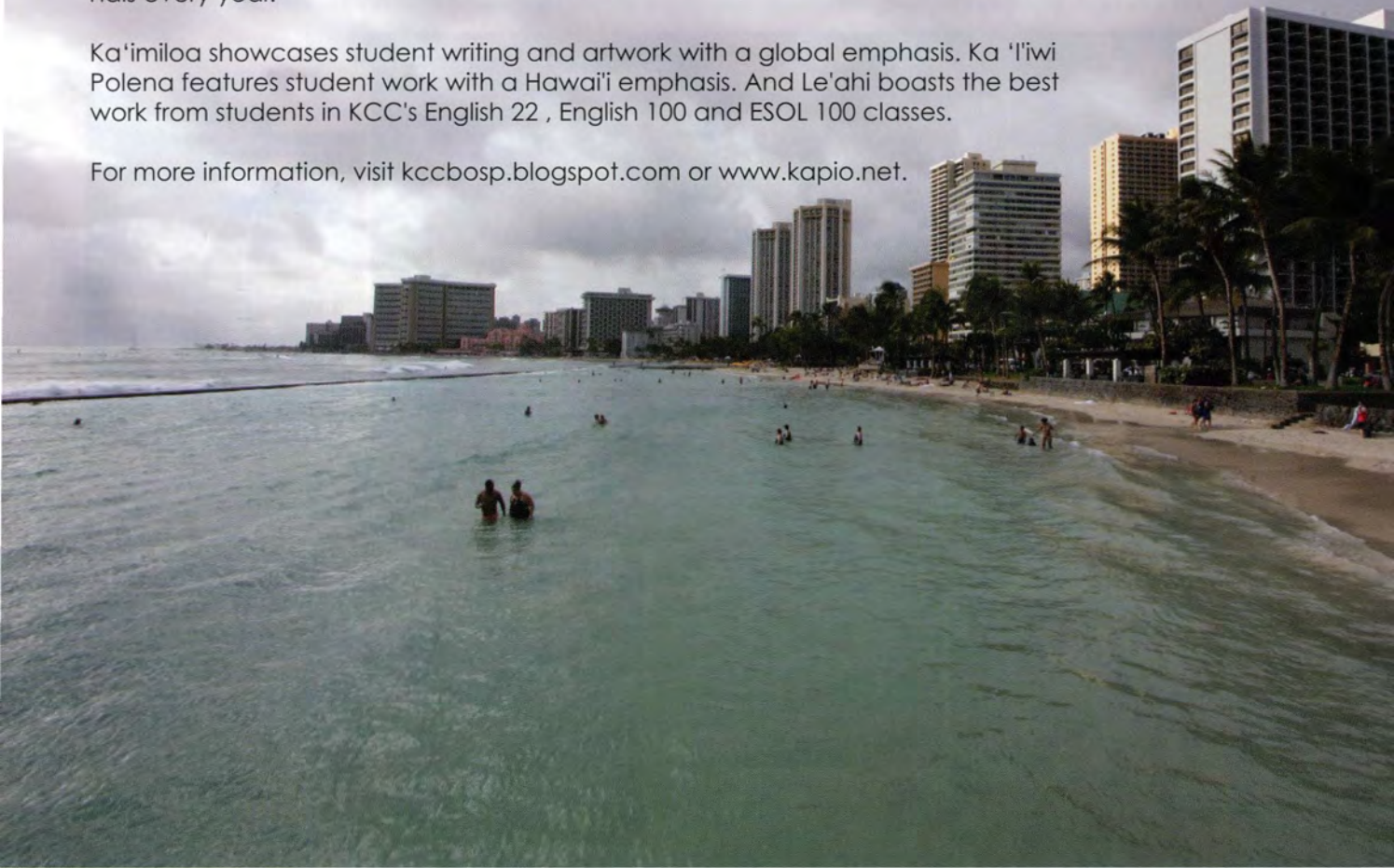


About BOSP

The Board of Student Publications at Kapi'olani Community College publishes an award-winning weekly newspaper, Kapi'o, and three literary and academic journals every year.

Ka'imiloa showcases student writing and artwork with a global emphasis. Ka 'Iwi Polena features student work with a Hawai'i emphasis. And Le'ahi boasts the best work from students in KCC's English 22, English 100 and ESOL 100 classes.

For more information, visit kccbosp.blogspot.com or www.kapio.net.



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