

THE HOOT



Adjusting to our New Reality

UH West Oahu shares how it has adapted to be digital

University of Hawai'i
West O'ahu

THE HOOT

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Editor's Note



Michelle Zheng
Editor-In-Chief

In this issue of the Hoot, I would love to introduce old and new staff and thank them for putting their hard work for this issue as well as future issues. Thank you Nick, Bethany, Alexis, Haley, Kylie, and Hosanna. It's a new era of the Hoot where we have transitioned online and will be experimenting with a bunch of new mediums and different ways to approach The Hoot.

To be honest, I wasn't the most satisfied with past issues and I promise to strive forward for these new ones. Some plans in the works at the moment is the inclusion of video content that we previously couldn't showcase in print.

Aloha Everyone! My name is Michelle Zheng and I am honored to be serving as The Hoot Editor-in-Chief this semester.

What a wild year it has been, I hope that everyone is staying safe and healthy in these "difficult times". I know it's been rough and it sucks that it's almost over but you made it through this far, don't give up!

As the editor, I note that the information that we put forward may not be the most up-to-date. This is in regards to the All Access Admin article where the event took place in late August but you are not receiving this information until early October. The style in which The Hoot publishes their content is on a monthly basis, and unfortunately that means news that takes place very close to or after our deadlines usually gets pushed to the next issue. While this news may not be up-to-date, it does share important information that we feel all UHWO students should know.

Since we have moved online, we conduct many of our surveys and quick news updates over on our instagram @thehootnews. If you want your voice to be heard or to be featured in pieces of our articles, make sure to follow us there. If you have ideas you think we should talk about, let us know as well!

I want to also thank our readers for sticking with us and we promise to bring the most hard-hitting journalism pieces about our school even during these "difficult times."

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FEATURE

The Fall Semester Questions You've Been Asking

Campus Staff and Admin personally answer your questions about the return to the Fall 2020 semester

BY MICHELLE ZHENG

On August 18 and 19, the No'eau Center hosted a special Admin All Access meeting where students met with various staff and admin to get their questions about the Fall 2020 semester answered straight from the source.

It was attended by the likes of Chancellor Maenette Benham, Vice Chancellor of Academic Affairs, Jeff Moniz, Associate Vice Chancellor of Academic Affairs, Alan Rosenfeld, and a lot more.

"It's a new reality for education in general" says Benham in regards to the switch to distance education.

Many general questions such as hybrid class models, precautions put into place, and ID locations can be found on the UHWO website's COVID page with more up-to-date information.

The questions highlighted below are concerns that students might have about their place in the university and how COVID has affected their college experience.

Q: Why is tuition the same price when the options and value of the service we receive are decreasing?

A: Tuition for all UH campuses are set by the UH Board of Regents, so we have little control over sudden changes like this event. It has neither increased or decreased in the past few years, and we believe that students are getting the best education for an affordable rate. Our professors are scholarly and still provide important information to the students they teach.

We encourage students who are in need of money to apply for scholarships or take a role as a student assistant. As a student assistant, they are given opportunities to work with faculty/staff to learn new skills while earning money at the same time. A large portion of our CARES Act money has been put aside for student leadership.

Q: Will we receive a refund for student fees such as the health/transportation/ campus fees since we are no longer utilizing the campus?

A: No. The Chartered Student Organizations (CSO) who are utilizing this money have found creative and persistent ways to still engage with the campus to the best of their ability. There are weekly online activities for students and it's important to follow them [clubs, Chartered Student Organizations (CSO), etc] on their social media in order to get the latest updates.

If you are completely online, you are not required to pay the campus-based mandatory student fees: student activity & program fees, campus center & student recreation fees, student health fees, student transportation/UPASS fees, or student athletic fees. However, the Student Government, Publication, and Technology fees are still required for all students.

If you paid all the fees expecting you'd be on campus but all your classes are online, you should have received a refund of the unnecessary fees.

Q: Will Student Fees be used to help with budget shortfalls?

A: No. The student fees will not be used for operational costs of UHWO. Student fees are purely used to enhance the student experience to help the campus. For example, student fees helped pay for another school psychologist to help relieve the pressure from the one we already had.

Q: What happens if there's a positive case on Campus?

A: We have trained professionals on campus who have gone through the contact-tracing process, and we also have procedures in place to ensure safety for everyone who visits campus. If you know you are infected and have visited the campus recently, contact the HOTLINE COVID-19 Hotline: (808) 689-2525 or covidwo@hawaii.edu.

Q: Will there be a ceremony for students who received scholarships this semester?

A: In the past we've had a luncheon with the donors that unfortunately we can no longer do, but there will be some way to celebrate



Maenette K.P. Benham, Chancellor



Jeffery Moniz, VCAA



Alan Rosenfeld, AVCAA

the hard work of our students.

Q: Will COVID-19 have a permanent impact on the university?

A: Yes. The pandemic will and has impacted our lives. It's taught us how vulnerable we are. It's teaching us the value of friendship and family, how to be gentle/ patient with ourselves and those around us.

For higher education there are more and more students who are taking their classes online. It has impacted our finances significantly, and I [Chancellor Maenette Benham] will be engaging with students, faculty, community stakeholders, to figure out what we can do better. We need to maximize the health and well-being of those who come to campus. We have to, and we can persevere.

The information from the meeting was very personable to the students but these are not all the questions that were asked. Topics regarding how UHWO has prepared for the Fall semester can be found on the website or in Q&A Session with UH West O'ahu Officials youtube video published July 29, 2020. The information may not be the most up-to-date but you will see the hard work and dedication that the faculty and staff have put into their preparations for the school year.

"With the amount of people here, we hope you are comforted by all the hard work that the staff has been putting in. We're excited for your return. Thanks for helping to build this beautiful community," said Chancellor Benham.

EDITORIAL

CONTENT WARNING: MENTIONS OF SUICIDE

The Significance of September

National Suicide Prevention Awareness Month

BY HOSANNA DIOCARES

With the month of September, the Autumn season has begun. Iconic Fall fashion, pumpkin spice everything returning, and the holidays ever the closer. Or if you can remember, September is also known for the iconic song by the multi-faceted American band Earth, Wind & Fire.

Though the month can represent numerous things, it carries a significance for an important issue: suicide prevention awareness.

September is known as National Suicide Prevention Awareness Month. It's a time where people can share experiences to shed light on this controversial and stigmatized topic. The topic may cause discomfort and worry, but people are taking this opportunity to spread the gritty but honest truths, break misconceptions and misinformed understandings of suicide, as well as share resources to seek help.

UHWO has also taken part in raising awareness of this issue. On September 10th, the Student Activity Fee Board hosted a suicide awareness webinar featuring one of UHWO's psychologists, Dr. Analu Sing. The day also had significance as being the National Suicide Prevention Day.

In the webinar, Dr. Sing covered various topics, such as "What causes a person to contemplate suicide," - going in-depth to showing how familial, cultural, and societal expectations and pressures can play such an important role in our mental health. Dr. Sing also shared the physical and mental symptoms of suicide, indicating signs, prevention methods, and healthy coping techniques. Ultimately, he advises people to seek help if they or others start to exhibit any of the

warning signs.

Some include: talking about wanting to die, expressing hopelessness, overly agitated and anxious, and withdrawing.

The UHWO Student Activity Fee Board shared a comment on why they held this webinar.

"We wanted to plan this event because it is a topic that everyone should be educated on. We also felt that during this time it can be especially hard on some students so we wanted them to know that they have other options. It was also a way for students to get familiarized with our on-campus psychologists," the board said.

Though it is great to have a month dedicated to the topic, suicide prevention awareness should be continually shared. Suicide is never expected and can affect anyone regardless of age, gender, or background. It is not an issue to be taken lightly, nor is it something to be joked about or discredited. Struggling with suicidal thoughts is nothing to be afraid or ashamed about. Please reach out and seek help if you, a loved one, or anyone you know is experiencing suicidal thoughts.

The University of Hawai'i offers counseling services within its campuses. UH West O'ahu offers free and confidential mental health services for all enrolled students. Services are provided by qualified mental health professionals.

Visit <https://westoahu.hawaii.edu/current-students/health-and-wellness/> for more information on UHWO's Counseling services.

NEED HELP?

- <https://suicidepreventionlifeline.org/>
- Call 1-800-273-8255 for the National Suicide Prevention Lifeline
- Call (808) 733-9320 for the Hawai'i EMS & Injury Prevention System Branch
- If you're uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

JOIN US via Zoom

SEPT. 10, 2020 • 11.00am

Suicide Awareness Webinar

Featuring Dr. Analu Sing

Dr. Analu Sing
Psychologist

REGISTER HERE: bit.ly/SAreg2020

FILM REVIEW

The Dilemma With The Social Dilemma

BY HALEY PACTOL

Even though I am not an avid Netflix documentary watcher, the streaming service has done it again and added a whole new documentary to their entertainment playlist.

My attention was brought to this specific film by my family talking about it over dinner. I was skeptical about watching it at first because I assumed it would be another boring documentary about our society, but there was a small voice in the back of my head telling me to watch it anyway.

The documentary was far from what I expected and unlike many documentaries that people fall asleep to, the premise of the movie was going over relevant topics such as the immense impact of social media on society and how it has changed our ways of living.

One topic touched upon is that technology should be limited, which normally I would agree with but with the pandemic still going on, I saw the message as poorly timed. Nowadays, we have adapted to depend on technology more than ever.

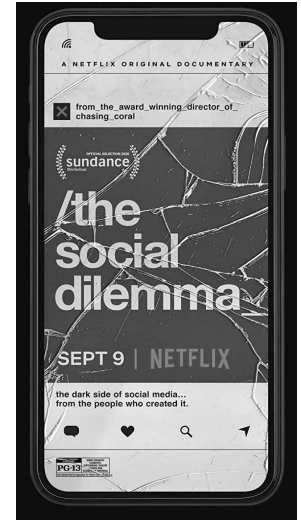
They talked about how algorithms on social media applications gather data on where people go, what they watch, how long they spend on a certain video or post, how much time you spend on the app, to curate an ideal source of information for us to view at our

leisure.

Keep in mind they brought in ex-employees and developers of big name companies (Google, Facebook, Reddit, etc.) to tell the viewers how they never would've thought that what they created would cause negative repercussions on society.

The film was creative in depicting how social media has an effect on everyone and gets the viewers contemplating and questioning their own social media habits. How much time do you spend on social media? Do you follow the twisted system the big company tyrants have created? Have you noticed more posts or videos similar to posts or videos you've viewed before? Should you delete your social media accounts?

If you want to challenge yourself, think about the impact of social media and notice what social media has done to our society then I highly suggest you watch this film. It was an eye opener for me and will really make you think about what we do on our devices.



MOVIE REVIEW

Mulan (2020) Make a Reboot Out of You

BY BETHANY GALLARDE

On September 4, 2020, the long awaited controversial movie came to the infamous streaming service Disney+ but only for the premium access users which is an additional \$30 to its \$6.99/month subscription fee.

Many audiences thought the offer was not worth it since it was not something the audience asked for. I came in with no expectations, but to my surprise, I enjoyed the movie for what it was. A new telling of the legend of Mulan.

The score followed well despite not being a musical. The 2020 remake's composer Harry Gregson-Williams used gorgeous instrumentals and sprinkled in various nods to the original 1998 score by Jerry Goldsmith. A fan favorite song, Reflection, played at very key moments in the new movie. Even elements of the song "I'll Make a Man Out Of You" was evident in the training scene. The movie's cinematography stands out the most with intense fighting scenes and beautiful symbolism between the phoenix and Mulan.

Some significant changes with this movie were the lack of two famous characters of Mushu (Eddie Murphy) and Li Shang (BD Wong).

Even though the talking dragon is a fan-favorite among American audiences, Mushu was a highly controversial character in China. The traditional Chinese audience sees the dragon as a sign of respect, strength, power, and masculine energy. Demeaning it as a silly sidekick did not play well with them. Instead they used a phoenix to better represent Mulan and the feminine energy that she represents.

The character of Li Shang was split into two characters Chen Honghui (Toson An) as the love interest and Commander Tung (Donnie Yen) for the General and teacher aspect. From what I saw, the changes were not to get rid of the LGBTQ+ undertones, but more so the inappropriate relationship between soldiers with her commander.

Although Mulan's main actress Liu Yifei has been seen to support police brutality in relation to the Hong Kong riots, her statement about supporting the police should be understood with the knowledge that previous actors and actresses that went against China resulted in horrible consequences; Denise Ho (singer), Anthony Wong (singer) and even Jackie Chan (actor) are just to name a few. If you wish to learn more about this subject on influential people in Chi-

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APP REVIEW

“REFACE: Face Swap Videos”

BY NICHOLAS KEKOA NII

Back in December 2015, an app called Face Swap Live became known to the world. I remember it strongly because every celebrity at the time was using it and reviewing it for every one of their live shows.



I also remember how many personal friends of mine were using it because they wouldn't stop talking about how fun it was to use it. However, I never was interested in Face Swap Live, because of how hilariously inaccurate the photoshop was.

Fast forward to 2020, I was on Facebook when an advertisement popped up for REFACE: face swap videos. I had my reservations about this app since the predecessor left a bad taste in my mouth. It wasn't until I saw the playthrough of the app that I realized: “Hey, this app's photoshopping skills are scary accurate! I might just use this app forever.” Who knew I would find a face swap app I would love?

Formally known as Doublicat, REFACE: face swap videos is a face swap app made by NEOCORTEXT, INC. It was rebranded and changed to be re-released in 2020. Unlike its rival app, Face Swap Live, REFACE: face swap videos is completely free to Download.

The free version of the app, allows you to only do face swaps on videos and .GIF's. However, you can also subscribe and pay \$24.99 a year or \$2.49 for one week to use the full features of the app. REFACE uses Photoshop to not just swap faces with other people but also mold your face onto the other person's face to imagine what you would look like as that person. It features many famous celebrities and influencers such as Robert downey Jr, BTS, Chadwick Boseman (who they did a lovely tribute for), and a lot more.

First, download the app from the AppStore and/or Google Play. You don't need an account for this app so just start choosing which celebrity or influencer you want to swap faces with. Next, it will want to take a photo of your face, so align your face inside of the white



sketch face icon that you see in the camera, then take the photo.

The app will then do its thing and photoshop your face on the celebrity's or influencer's face. If you are using the free version like I am, an advertisement for different apps or products will play. Finally, you will get your finished video or .gif that you can save to your camera roll on your phone.

So, what do I think of “REFACE: face swap videos”? This app is more diverse and accurate than its rival predecessor, Face Swap Live. Unlike the other app, this app will take a photo of your face and mold your face onto the other person's (celeb's) face to imagine what you would look like as that celebrity rather than just swapping faces with that celebrity. This app's Photoshopping skills are scary accurate, as you can definitely recognize that it's your face, yet you look exactly like you would as that celebrity.

This app is really able to make you look like the celebrities that you choose to Face-Swap with. I've included several photos of my own swaps, might I add that I look dashing as all these celebrities. My only question is, how many of you guys want to download and use it? It's crazy and hilariously fun!

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Mulan (2020) Make a Reboot Out of You

na's view of the state of China read the article “Here's What to Know About the Mulan Boycott” by Andrew R. Chow. A more focused controversy should be the location where Mulan was filmed which was Xinjiang, an area where the government has been reported of harm against Uighurs and Muslim minorities.

In my opinion, the movie was good for what it was. Another retelling of Mulan, even the 1998 version is just another retelling of the iconic title. Both have their charms, the original has great humor,

beautiful animation, and iconic songs. The reboot has intense action, meaningful symbolism, gorgeous cinematography. If you don't want to pay to watch Mulan, you can watch it for free with a normal Disney+ subscription on December 4th.



GAME REVIEW

I'm Not the Imposter: Among Us

BY KYLIE PENULLAR

Who do you trust and who do you betray? Among Us is a cross-platform multiplayer game that's been sweeping the internet lately. Created by the indie game company, InnerSloth, it is a game similar to a classic Mafia game with crewmates instead of villagers tasked to complete jobs around the map as the mafia equivalent--Imposters roam the premise sneaking, venting, and sabotaging as they eliminate the crew one by one.

Among Us was released back in June 15, 2018 as a mobile-only multiplayer game. However, it wouldn't be until July 2020 that popularity for the game boomed as Twitch streamers and Youtubers began playing and broadcasting it, namely Chance "Sodapoppin" Morris who the developers thanked as the main rising force for the popularity over on Twitch.

As a crewmate, it is your job to devise route patterns, prioritize tasks, and judge whether it is safe to roam with any particular partner.

Imposters walk amongst the very much awake crewmembers going about their duties; they need to time things just right to make sure someone doesn't walk in on them doing the deed.

During discussion times, test out your deception and de-



duction skills as the crew attempts to narrow down the suspects. The best strategy for an Imposter is to create a solid alibi between members, dismiss or not talk at all until called out, and watch as the crew start to suspect each other.

While playing as a normal crewmate, the strategy is to gather as much information on the location of the crime and the locations of the closest crewmembers rather than suspect based on behavior.

Honestly, who you play with determines how difficult and fun the game gets. The mechanics are simple and a tutorial or freeplay option is available for first timers.

This game is available for free on mobile or \$4.99 on steam.

As with all games on online public servers, be careful of creeps who harass fellow players, there is a KICK function when you need it. With the high rise in popularity, servers are known to be overloaded, but fret not, the developers are working on this issue with the recent updates.

Overall, I enjoyed playing it. It is a new twist to a nostalgic game and I can play it with my friends despite the distance we are all separated by. I would give Among Us seven crewmate ejects out of ten.

**"WORKOUT LIKE A UHWO
JOURNALIST,
RUN WITH A STORY"**



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RECIPE REVIEW

Avgolemono Soup

BY NICHOLAS KEKOA NII



During the days I was sick from school as a kid, I loved it when my mom and grandma made chicken soup for me as a meal. I tried various different chicken soup recipes I found online, but I couldn't find one that was better than the rest because I thought that all chicken soups were great!

However, in early 2020, I was surfing Instagram and discovered my new favorite chef on YouTube named Shereen Pavlides.

She introduced me to a brand-new style of chicken soup called Avgolemono (or how she likes to call it Avgolemeno). This was something I never heard of, but once I tried it, I realized I found a chicken soup recipe that I believe is superior to the rest.

Shereen Pavlides' Avgolemono Soup recipe (Avgolemeno), comes straight from her family and is her Cypriot family's favorite and signature recipe.

Avgolemono Soup or Avgolemeno Soup, is a Greek Chicken and Rice Soup that is thickened with eggs and spiked with lemon. This recipe uses multiple pots on the stove, and an Instant Pot.

Chef Shereen cooks the components of the soup separately to ensure a bold, flavorful stock and a perfectly cooked, juicy and tender chicken. But for the ease of preparation, she includes an alternate way of cooking and preparing the chicken and stock on her website at <https://www.cookingwithshereen.com/post/avgolemono-soup-cypriot>.

As an amateur chef, I am sharing the easiest way to make this soup for the general public. I warn that this recipe is extremely complicated for a college student, but I strongly recommend college students try this recipe on a calm weekend with their families.

The recipe below is a condensed version of the full recipe so if my instructions aren't as clear, you can always go to Chef Shereen's website to read it for yourself.

Here are the lists of Ingredients:

For the chicken:

- 1 (4 pound) organic roasting chicken
- 3 tablespoons canola oil
- kosher salt / freshly ground black pepper
- 1 spanish onion - peeled, quartered
- 1 large lemon - cut into wedges
- 1 large bunch fresh thyme

For the Chicken Stock

- 1 whole Chicken Carcass
- 4-5 Celery Stalks
- 4 carrots – peeled
- 1 large onion
- ½ tablespoon black peppercorns
- 2 bay leaves
- 1 small bunch fresh thyme sprigs
- 1 small bunch Italian parsley with stems

For the Soup

- 1 ½ cups long grain white rice
- 4 large eggs – room temperature
- ½ cup freshly squeezed large lemons (about 3)
- 3 tablespoons chopped parsley

Here are the directions:

For the Chicken

- Heat oven to 400° F. Remove Chicken neck, giblets and discard. Season the bird liberally with kosher salt all over outside the bird and inside the cavity. Then season with black pepper. Stuff the cavity with the thyme, onions and lemon. Take Butcher's twine and tie the legs together. Roast the chicken for 1 hour 15 minutes. Let rest for 15-20 minutes then shred the meat off the bone for our soup. Save the chicken carcass.

For the Chicken Stock

- In your Instant Pot, add the Chicken Carcass, vegetables, whole peppercorns and herbs. Add water up to the fill line. DO NOT exceed the fill line. Pressure cook on HIGH for 1½ hours.

Use Natural Release. After the pressure is released, let the lid off the Instant Pot, and strain the chicken stock into a large bowl. (Discard the veggies, herbs and chicken carcass. Or save them for a future recipe for no waste.) Season liberally with kosher salt to taste.

For the soup

- Bring the stock to a boil over high heat in a 6-quart pot. Add rice. Stir. Reduce heat to simmer. Cover and cook until rice is tender, 10 - 12 minutes. Whisk eggs into a medium bowl. Slowly drizzle 2 - 3 ladles of hot broth, working a little at a time, into the bowl with the eggs while constantly whisking. Pour tempered eggs into the pot with the rice. Whisk constantly until well combined. Simmer until the eggs have slightly thickened the soup, 5 - 8 minutes, whisking periodically. Remove from the heat. Stir in about 3 1/2 cups shredded chicken and the lemon juice until warmed through. Season with kosher salt to taste. Divide among bowls, season with black pepper and garnish with parsley. Enjoy!

So, what do I think of Shereen's soup? It was a long process but after tasting it, I knew I was drinking the greatest Chicken soup I ever had in my life! The lemon flavor in the soup really brings out the flavor of the chicken stock. The chicken and rice also added interesting extra flavors. As you make the soup, others will be able to smell the most luxurious scents coming from your kitchen.

Try to make this with your family and I promise it will become a happy memory for everyone. As for my family, they loved the soup and are considering framing this recipe on the wall, and/or make this a staple recipe of our family. Enjoy!

EDITORIAL

The Inktober Controversy

"Inktober" creator Jake Parker under fire for copyright and plagiarism



Day 15 legend



BY KYLIE PENULLAR

If you are an artist on the internet, you've most likely heard of Inktober before. It is a month-long challenge that occurs annually every October allowing artists to test their skills in consistency, prowess and creativity to complete one work a day totalling 31 completed pieces.

Over the years the challenge has transformed to include different mediums aside from traditional ink and opening up to digital platforms and self made prompts. It became a ritual for artists to showcase their improvements each October. I have also participated in this to show progress and put my art out there as well.

But recently, Jake Parker who spawned the idea of Inktober in 2009, as a form of motivation to improve his inking abilities period, announced a book he was working on titled Inktober All Year Round, a guide to ink drawings and the techniques to do so.

Fellow artists and collectors of his work alike were excited for the instructional guide.

However, another artist, Alphonso Dunn, exposed that Parker had plagiarized his own book.

Dunn created a book of his own back in 2015 titled Pen and Ink Drawing. His own guide to ink drawing and techniques. Dunn put out a video titled Jake Parker Plagiarized My Book on youtube regarding this subject.

He goes into detail about how he's identified how Parker had plagiarized his book even before its release. He covers in his video similar-looking formatting, sequencing, and wording used between the books

As students, it is important to understand how plagiarism can severely discredit you no matter how much of the work was copied; doing so could ruin your entire career let alone your college admission.

Dunn claims repeatedly that Parker writes the exact same methods he uses and that the order that they are presented in are too uncanny. Topic to topic similarities are a red flag however, with Parker's book not

released, it is not confirmed that this is plagiarism.

With a bad stain on the name, artists on social media are expressing their displeasure in participating in this year's Inktober. Some do not want to be associated with the incident while others are looking for alternatives to their annual ritual.

Plagiarism is a very serious offense: As students, if you ever need help to check if your work contains plagiarism or not, you can always contact the staff over at the No'eau center and their tutors can help you out.



ABOUT THE AUTHOR:
KYLIE PENULLAR IS A
CREATIVE MEDIA MAJOR.

FEATURE

The Chancellor is Seeking YOUR Help



BY MICHELLE ZHENG

On September 14, Chancellor Maenette Benham offered the opportunity for student leaders to engage in a conversation with her. Due to COVID-19, the school has taken a large budget hit and is looking for guidance on what aspects of our school can we streamline, merge, centralize, or even downsize/close.

According to statistics submitted to the Board of Regents in late August, UHWO has seen a “projected 16% decrease in general funds.” With this information, UHWO is projecting a \$1.7 million deficit for the 2021 fiscal year with payroll as its largest expense since projected payroll totals \$24.4 million.

The operating budget for FY21 has already been reduced by \$1.2 million- to be used for critical needs only.

This 1.3% decrease compared the last fiscal year in the Tuition and Fees Special Funds (TFSF) is significant because the revenue is used annually for student scholarships (\$2.36 million in FY21) and debt services such as construction (\$4.14 million in FY21).

Chancellor Benham and the UHWO staff want to emphasize that although changes will be made, they do not want to sacrifice what makes West O’ahu unique.

UHWO’s vision statement says, as an indigeous serving institution, it shall “foster a dynamic learning environment where all students, faculty, and staff embody and per-

petuate Pacific and global understanding rooted in Native Hawaiian values.”

So what can we do as students and members of the UHWO community?

The idea to sequence classes per semester was brought up to maximize enrollment, reduce lecturer cost, and support students in a timely fashion towards graduation. For example, ACC201 would only be offered in the Spring semester and the following class ACC202 would only be offered in the Fall semester.

While in theory it makes sense to organize classes like this, it forces students to rearrange their whole schedule to accommodate for it. Because of how the UH system is organized, students are forced to take 5-6 classes a semester if they want to graduate on time. This type of schedule only creates burnout and disinterest in attending college.

Cross-listing with other campuses was also talked about to ensure smooth transitions between colleges in Hawaii and colleges in the continental United States and more. Partnering with other schools to offer different certifications, different degrees, or even a minor promotes continuing education since it would be easy to transition from college to college.

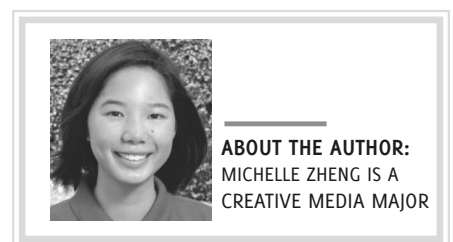
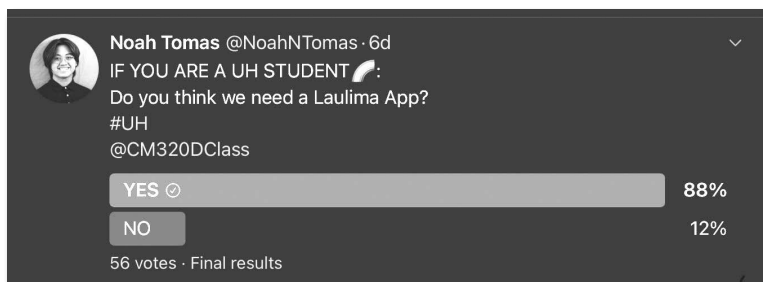
On a smaller scale, students offered ideas on how UHWO can support them during this time. They offered ideas that if this situation continues for an extended period of time, the

UH system has to re-evaluate their current technology.

“88% of students believe we need a Laulima App,” according to a Twitter survey by Creative Media Major, Noah Tomas.

The prospect of cutting classes and subsequently cutting lectures/professors is hard to deal with, but it’s more than likely that it will happen. Students highlighted that UHWO has some of the most dedicated professors that have made their learning experience here amazing. It is more important than ever to be honest in the end-of-year reviews so then professors that foster a productive learning environment are more likely to be kept.

All this information is definitely overwhelming but if you have ideas on how we can help our campus, the chancellor and staff are seeking it. Please email Walter Kahumoku III (wk@hawaii.edu) and Chancellor Maenette Benham (mbenham@hawaii.edu) with your ideas and concerns so then they can make the best decisions that will service the students during these unprecedented times.



We've Gone Virtual

No'eu Center transitions onto a fully online platform

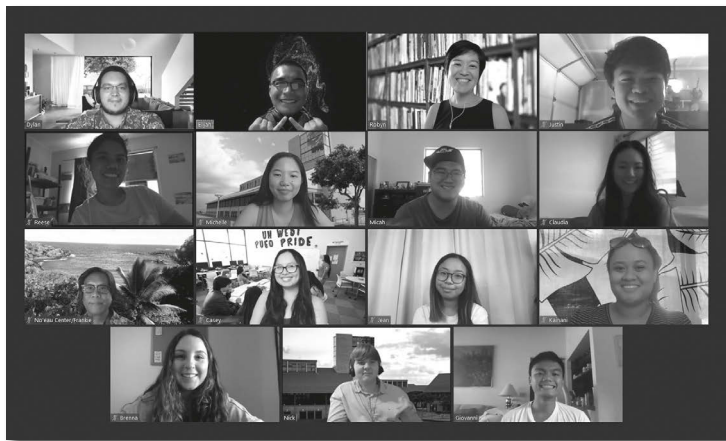


Photo courtesy of the No'eu Center

BY HOSANNA DIOCARES

With the COVID-19 pandemic causing constant changes, we have no choice but to adapt. Since the pandemic reached Hawai'i in March of this year, UH President David Lassner has decreed a reduced-presence plan for all UH campuses in order to slow the community spread of COVID-19. UHWO has made an impressive effort to comply with this, with moving many classes and services online - including the No'eu Center.

Casey Overley, a peer tutor and staff member of the No'eu Center, shared some background information about the center's transition.

"Well, we have always had the option of Zoom, but we are using it more frequently now due to everything being online. It has become the hub of our whole operation. It started around spring break of last semester when the outbreak reached Hawai'i. We've moved online for safety - keeps the staff and students safe, but also for convenience, flexibility, and accessibility," said Overley.

During this difficult time, the No'eu Center has utilized Zoom and their own website to assist students through virtual face-to-face and email tutoring, testing, workshops, and other services. Though the Center's transition to fully online has gone well, there was still trouble behind the scenes.

Robyn Tasaka, the center's tutor coordinator, commented on the difficulties of the transition online.

"For preparation, one of our staff, Nicholas Mitchell, helped create a document in order to help prepare the center for the various possibilities of how the UH system will conduct fall semester. It was like, "So if this happened, we can do this in place." [The big-

gest challenges were] in technology and the internet. We had to make sure all of our student employees were ready to go online, we had to check that they were able to meet the new work requirements through their environment, workspace, technology, and other resources," said Tasaka.

Though the free coffee and peanut-butter-and-jelly sandwiches are not available, the Center still plans on carrying on their well-known hospitality to the virtual space. The No'eu Center is prepared to host their events throughout the semester: Open House, Cram Jam, Game Nights, and more. In addition, they adjusted their hours to meet the varied needs of the student body.

Wednesdays and Thursdays hours have been extended to 6:00 PM, as well as opening on Saturdays, from 10:00 AM till 12:00 PM. The Center additionally has their own virtual front desk, where students can drop by to create appointments or even have a personal breakout room on Zoom for club meetings, study sessions, and hang-outs. Various workshops are available to students in order to help utilize the available services for school: GSuite, Zoom, and more.

Through their diligence on moving online and adjusting their system, the No'eu Center showed that all they want to do is continue to help. Tasaka encourages students to utilize the feedback form available on their website, so that the Center can hear what the students need and want. With the forms, she hopes the Center can reopen to provide working spaces for classes and sessions once again.

Interviewees and representatives of the No'eu Center, tutor coordinator Robyn Ta-

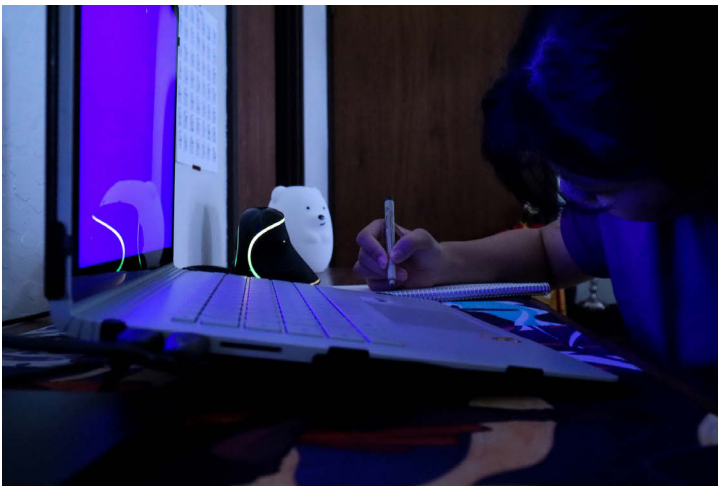
saka and peer tutor Casey Overley, shared words of encouragement for the UHWO student body.

"A big part of our lives now is Zoom. I encourage people that if you're scared of Zoom or whatever, just push through! There's a learning curve with it, but push past that! See the potential of Zoom, because it's what we have now. I really think there are some cool things that we can do with it." - Robyn Tasaka.



"Hang in there. We're all in the same boat, we're all one Pueo ohana, one Pueo family. We're here to help, even to talk to somebody. School is overwhelming, everyone is struggling, everyone is trying their best, everyone is trying to adapt. Don't feel alone in your struggles, everyone is trying to get by day-by-day," - Casey Overley.

For more information about the No'eu Center, visit their website and check out their Instagram for day-to-day updates: @noeaucenter



TAKE A BREAK!

BY ALEXIS VALENTINE

As we enter the midpoint of the semester, the transition to an online curriculum and staying at home has definitely impacted everyone. The toll of spending long periods of time online on our mental and physical health has come to collect its debt.

Most online classes operate with us cooped up indoors hunched over the computer for hours with limited social interaction. Prolonged time spent like this may lead to lack of motivation, feelings of anxiety, depression, and other related health issues.

The Science of Screens on Sleep:

Research has shown that technology usage has direct and indirect effects on mood, behavior, sleep, and our body's natural rhythm. Due to the blue light our display screens emit, also known as electromagnetic radiation, it creates a strong response from photoreceptors linked to brain regions that control emotion and hormone production.

This suppresses the production of melatonin, preventing the brain from regulating your sleep cycle and may explain why after a night of staring at a screen, you may have difficulty falling asleep or absorbing and retaining information the next day. Please be aware that low melatonin levels

and lack of sleep can also make a person more prone to depression and unhealthy eating habits.

Posture check!

Physical symptoms of increased screen-time usage can range from eye and muscle strain, poor posture, headaches, nerve pain, arthritis, and more. Depending on the position, it could also potentially mess with spine alignment leaving you vulnerable to somatic distress. A few terms associated with this are "forward head posture" and "tech neck." If not corrected early, it could potentially lead to negative long-term effects.

Also because we are staying indoors all day, we are not getting the normal amount of sunlight and Vitamin D our bodies are used to.

As you can see, there are many reasons why it is important to keep our minds and bodies healthy even as we are attending classes remotely. It'll allow us to be more productive in the present, and we'll thank ourselves for it in the long run.



“ Mental & Physical Health Check ”

Tips and Tricks:

1. Take Frequent Breaks:
 - Taking breaks are important in preventing pressure or strain on muscles for extended periods of time. Go grab a snack or drink some water to stay hydrated and refreshed before jumping back into work.
2. Move Around a bit:
 - Try getting up every 20 minutes or so to keep the body from stiffening up
3. Sit Correctly:
 - It can be tempting to sit in strange positions, however try sitting upright as much as possible without slouching. Improving your posture can protect your neck and back and reduce spine pain.
4. Use the 20-20 Rule:
 - Every 20 minutes after looking at a screen or during breaks, try looking away at something 20 feet away for at least 20 seconds to prevent eye strain.

THINGS TO DO IN QUARANTINE

BY HALEY PACTOL

