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LGBTQ+ Party Celebrates KCC Community and Allies



Dental assisting students learn necessary terminology and applicable skills to provide highly discounted whitening services and free x-rays to community patients. (Photo courtesy of Mark Nartatez)

By Cameron Enomoto | Staff Writer

Originally published April 19, 2023

On Tuesday, the Office of Student Life hosted an LGBTQ+ tea party for the KCC community and had a turnout of approximately 50 people. This is the first LGBTQ+ event that has taken place since the start of the Covid-19 pandemic, and it provided attendees with the opportunity to meet LGBTQ+-identified students, staff, and faculty and learn about resources on campus and in the community that provides support.

The idea for the event, held in the Kamokila Student Center, was the product of a collaboration between Romyn Sabatchi, the director of Student Life, and Micah Tutuvanu, the Student Congress president.

"I believe it is my duty to create an inclusive and safe environment for Kapi'olani Community College regardless of people's sexual orientation," Tutuvanu said. "This event will help bring people together and empower them. For Student Congress, we do plan to have events

based around the LGBTQ community. For the fall semester, it's likely we will have an event, though it's not set in stone."

Misaki Takabayashi, the new chancellor of KCC, also attended the event and shared her connection to the LGBTQ+ community.

"I actually identify as lesbian and I moved here with my same-sex partner," Takabayashi said. "One of my mentors used to say, 'As long as we're talking about it, we haven't achieved equality.' I didn't get to talk about this in my interview for the chancellor position, but we haven't achieved equality, I don't think. Just know that I am here as your chancellor, and we can talk about anything."

Students, staff, and faculty who are allies of the LGBTQ+ community came out to show their support.

"As an ally for the LGBTQ+ community, I think my responsibility is to be available for students," said Nadine Wolff, a Math professor at KCC. "It's important that student voices are heard and that their needs are being met."

Continue LGBTQ+ on Page 2 ...



The Occupational Therapy pro bono clinic on campus provides out-patient services to clients while offering real-world experience for students. "It's better than the medically paid therapy that I get," said one client. **Page 2.**



Free menstrual products are in seven bathrooms on the KCC campus thanks to the efforts of the Phi Theta Kappa honor society. **Page 3**



The American Association of University Women (AAUW) has launched a pilot program at KCC to help promote equity for women and girls in education and advocacy. **Page 3**

The UH Basic Needs Cafe offers students help with food and housing, clothing, childcare, mental health, financial resources and transportation. Though there is no dedicated hub yet for KCC, the college's students can still use the virtual resource. **Page 4**



Word on the Street: What is something you will never do again? Go to **Page 4** to read see what the KCC community on campus had to say.

Voices & Views

By Juri Dagio | Staff Writer

Originally published April 17, 2023

Marissa Tabaldo is a 30-year-old Hospitality and Tourism major who is from Tuguegarao City, Cagayan in the Philippines. As a young woman, she began looking for better opportunities 12 years ago when she arrived on O'ahu.

Tabaldo will be graduating from KCC this semester after years of being a working student.

"I have a lot of personal plans besides finishing my A.S. [Associate in Science] degree," she said during Thursday's Grad Fest. "I figured as I grow older, it's good enough that I have this degree with me."

Currently, Tabaldo works in a restaurant on Kūhiō Avenue in the heart of Waikīkī.

"After this graduation, I'll be just focusing on what job I have right now," she said.

Although Tabaldo has already been accepted to University of Hawai'i in West O'ahu, she has decided not to transfer to a four-year university yet. She plans to enter the airline industry in the near future.

"I kind of want to travel," Tabaldo said. "Even though you don't have that much money, why not just travel while you can? Life is too short."



(Photo by Juri Dagio)

LGBTQ+ party, cont. from Page 1...

During the tea party, attendees were able to rotate through each resource booth and learn more about what services are offered and how to receive support.

The KCC-based resources included the Ka'au Mental Health Program, Title IX, VITAL, and the PAU Violence Coalition. The Ka'au Program for Student Mental Health and Wellness provides confidential, personal counseling, and community referral services to registered Kapi'olani Community College students. Title IX is a resource that will investigate and resolve complaints regarding sex discrimination, sexual harassment, and sexual violence. The Veterans Integration to Academic Leadership (VITAL) program is comprised of mental health professionals that can assist and provide veteran students with various services, support, and resources. The PAU Violence Coalition aims to raise awareness of gender-based violence and to support and strengthen efforts with prevention education.

Community organizations such as the Hawai'i LGBT Legacy Foundation, the Hawai'i Health and Harm Reduction Center, and the Hawai'i Gay Kickball League also attended the event.

The Hawai'i LGBT Legacy Foundation supports LGBTQ+ people in living happy, healthy, and productive lives. This foundation is known to organize the annual Honolulu Pride Parade, which will take place this year on Saturday, Oct. 21. The Hawai'i Health and Harm Reduction Center, formerly known as The Life Foundation, serves local communities by reducing harm and fighting the stigma of HIV, hepatitis, homelessness, substance use, mental illness, and poverty. The Hawai'i Gay Kickball League is one of the gay sports leagues in Hawai'i. Other gay sports leagues include flag football, volleyball, bowling, and softball. The sports leagues are co-ed and have seasons year-round with weekly sessions on Saturdays at Kapi'olani Park.

"Everybody needs help," said Andrew Ogata, the Director of Marketing and Development at HHHRC. "That's what we're here for, and I hope more people are willing to take advantage of that."

Kapi'o Staff



Thank you to the hard-working Kapi'o News staff (left to right: Juri Dagio, Cameron Enomoto, Shawna Takaki) for your dedication to bring a voice to the Kapi'olani Community College students, faculty, staff and community throughout the 2022-23 academic year.

Thank you to our readers, everyone who has been agreed to be interviewed for stories, and our generous donors, all of whom help make this newspaper possible.

If you are interested in writing, interviewing, editing, photography, social media, or publishing, please contact us as there will be available **PAID** positions for the Fall 2023 semester.

—Kim Baxter, Advisor (kbaxter@hawaii.edu)

OTA Pro Bono Clinic Helps Patients, Gives Students Experience

By Shawna Takaki | Staff Writer

Originally published April 6, 2023

The Occupational Therapy Program runs a pro bono clinic on campus that helps people referred to them by various hospitals and out-patient clinics. Students at Kapi'olani Community College can earn associate's degrees in Occupational Therapy Assisting through a competitive program that includes working at the free clinic.

The clients have typically exhausted the amount of sessions of therapy insurance covers but could benefit from help.

Nolan Arasato, a patient with chronic inflammatory demyelinating polyneuropathy, has attended the clinic for four years now. He was referred by a neighbor who worked as an occupational therapist at Queen's and has learned many new exercises through the sessions he's attended.

In one session, Arasato was helped out of his wheelchair and into a standing frame. He was supported through the process of making a sandwich while standing.

"It's better than the medically paid therapy that I get," said Arasato. "The attention of the instructor and the students together gets me better treatment here than an actual rehab facility."

In the past, students visited his house and checked it to create a report on how to make it more handicap accessible. A contractor used the report to remodel his bathroom to better fit his needs.

"It takes very special people to commit their lives to helping other people," said Arasato. "I'm really thankful for that."

The clinic is active in both the spring and fall semesters. Patients come to the clinic for around 15 sessions a semester, typically 60-minutes or longer each, and are helped by students supervised by professional occupational therapists or occupational therapy assistants.

Due to their experience with the clinic, students benefit from increased ability to complete the program and pass exams, as well as get work after graduation. Many students learn better with hands-on



KCC students help patients at the pro bono clinic with the supervision of a fieldwork educator and gain experience in their field, helping them in their classes and preparing them for graduation. (Photo by Shawna Takaki)

experience and the clinic helps students put what they learn into practice.

"Getting actual interaction with the patients helps us, as well as having instructors actually here," said Ikumi Eichelberger, a first-year student working at the clinic. "We get to plan an intervention with advice from the fieldwork educators."

Two students work together, with one taking a more active role with the patient and the other taking documentation on the process. In the program, they engage in four clinical programs as well as didactic courses to prepare them for the work of occupational therapy.

The program director and interim academic fieldwork coordinator is Tiffany-Joy Kawaguchi, who can be contacted by email at tkawagu@hawaii.edu.

"Sometimes people hear about us and self-refer, but we'll still go back to the doctor and ask for a prescription to ensure that it's safe to see the client," said Kawaguchi.

People eligible for sessions include those with spinal-cord injuries, stroke, brain injuries, Parkinson's and more. To reach out to the clinic as a possible client, email clinic coordinator Erin Arakaki at arakakie@hawaii.edu.

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KCC Introduces AAUW Pilot Program to Empower Women

By Cameron Enomoto | Staff Writer

Originally published April 13, 2023

In Fall 2022, KCC introduced its AAUW pilot program with the goal of addressing challenges women may face while pursuing an education or career. The AAUW, American Association of University Women, was founded in 1881 and is a nonprofit organization that promotes equity for women and girls through education and advocacy.

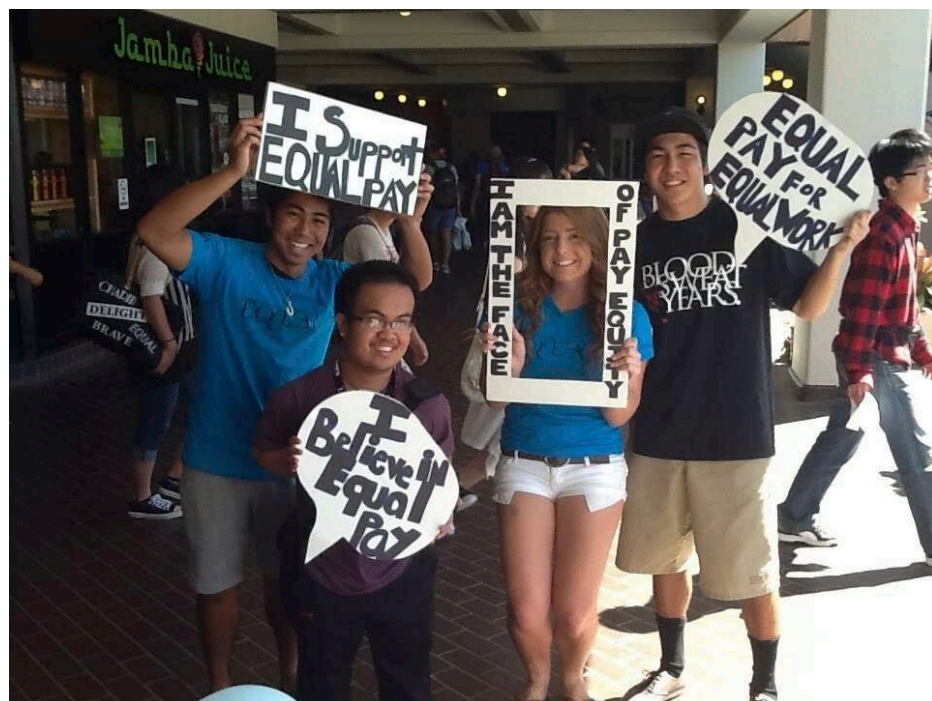
The idea for the pilot program stemmed from the success of the AAUW group at UH Mānoa. According to Jason Nichols, the organizer for the AAUW organization at KCC, the UH Mānoa group has multiple student jobs and hosts various events throughout the school year.

"Hopefully that's something we can have here even though it's a smaller campus," said Nichols. "The goal is for the pilot program to take off and continue to grow."

Nichols took on the responsibility of running the pilot program at the beginning of the spring semester and working to develop strategies to send out information regarding the AAUW and resources that students, as well as community members, can take advantage of.

"Anyone and everyone can be helped since there are so many different opportunities," Nichols said. "Some women might not be financially able to go to school or find a job if they have kids they need to take care of or if they're going through some hardships in their life. We had someone in Honolulu who got out of prison. She got out of prison after being in there for a long time. She changed her life, and AAUW helped her with that and now she's a teacher."

On Instagram (@kccaauw), Nichols posts information regarding AAUW-related events that are happening in Honolulu. Previously there was lobby day, equal pay day, and other workshops that are free for attendees. Additionally, Nichols set up a resources tab on Instagram with the purpose of spreading information about scholarships and other services. One of the services, Dress for Success, will assist women with clothing and coaching if they have upcoming job interviews. The Alani Children's Center, a resource that's available at KCC, provides childhood care for children ages 2-5 in the campus community.



Fabian primarily does his work digitally first by using programs to sketch everything out and choose colors before starting anything physically. (Photo courtesy of Derick Fabian)

"I really want people to get the information since there's a lot out there [to help] if people knew about it," said Nichols. "Whether it's scholarships or assistance, KCC has so many opportunities, and I want people to know what's available to them. It's not very well known right now; I'm trying to get the word out but starting from zero is hard. As the campus has more people coming back, I'm sure word will get around."

Nichols plans to set up a table at the KCC Farmer's Market twice a month when school is in session to bring more attention to the AAUW pilot program. In the future, he hopes to begin a newsletter to send information more quickly and wants to create student jobs to get more people on campus involved.

"We just really want to help and inform people," said Nichols. "Through the AAUW, I hope everyone can be in a better position than they were."

Phi Theta Kappa to Continue Providing Free Menstrual Products on Campus

By Cameron Enomoto | Staff Writer

Originally published April 13, 2023

In the female bathrooms around campus, students and staff may have noticed menstrual product dispensers that provide pads and tampons for free.

The students involved in Phi Theta Kappa honor society have to participate in the college project where they have to collaborate with administrators on an area of the campus that can be improved. In 2017, the group of honor society students identified the lack of free menstrual products as an area where KCC was failing. There was nowhere on campus to get a free tampon or pad. According to Julie Rancilio, the PTK advisor, most campuses in the past have offered them in campus health centers. KCC does not have a health center.

"In the last five years, there have been a lot of issues related to equity when it comes to menstruation," Rancilio said. "One of those of course is educational equity, and what we're finding is that women and girls miss class or they're late because they don't have access to products they need. This really affects education, but it's more important than ever because in the United States, nationally, more women go to college than men. More women also get their college degrees than men."

Rancilio also said that as of Fall 2022, 64.5% of the student body at KCC identified as female. As of Fall 2020, 55% of staff and faculty identified as female. Rancilio said that it is likely the staff and faculty numbers have not changed much in recent years.

The previous chancellor, Louise Pagotto, agreed that



Aunt Flow dispensers and sustainable menstrual products can be found in various bathrooms around campus free of charge. (Photo by Cameron Enomoto)

providing free menstrual products was an area where KCC could improve. From there PTK used funds to purchase more tampons and pads to distribute. At first, PTK used brands like Tampax or Always because they were more affordable. Now, PTK has achieved its

goal of having cleaner and more sustainable products available by using Aunt Flow dispensers as well as pads and tampons.

However, when Covid hit, PTK could no longer provide free products due to financial hardships.

PTK society was able to obtain a grant from Student Congress for Fall 2022 through Summer 2023 to provide an entire year of products from Aunt Flow. Aunt Flow products are clean, meaning that there are no perfumes, dyes, or chemicals. Ingredients are all listed on the packaging which is biodegradable. Additionally, for every 10 products purchased from Aunt Flow, one was donated to an organization in need.

There are now seven Aunt Flow dispensers on campus: 220 Grille, on the first floor of Lama library and the Kopiko, 'Iliahi, 'Ilima, Olapa, and Mānele buildings. PTK is planning to continue free distribution, as long as possible and as needed. The effort by PTK students as well as Rancilio sparked a collaboration between the Ma'i Movement, an organization working to end period poverty in Hawai'i, to help draft bill HB481 to secure free menstrual products for all students on UH campuses.

"We always want to improve and do better for our students," said Rancilio. "... The PTK students will keep making their rounds to collect the data of products being used so that we can continue doing this in the foreseeable future."

While there is no specific time for how long free products will be available on campus, PTK intends to provide them as long as they have appropriate funds to continue purchasing Aunt Flow products.

Word on the Street

What is the grossest food that others like?

Originally published April 12, 2023



Kimberly Song

Age: 21
Hometown: Bochum, Germany
Major: Psychology and Communication

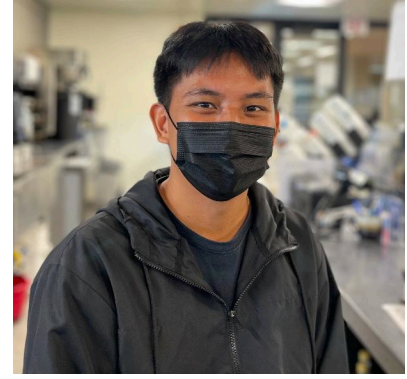
"I will never again in my life eat Taco Bell. I went a couple of years ago for the first time, I got the worst digestive problems ever."



Alfie Gonzalez

Years worked at KCC: 10
Hometown: Honolulu
Major: Counselor

"I would never again take the curry challenge. Back in the day, in Curry House, they have this challenge where if you could finish a thousand grams of rice with curry in 30 minutes, then your meal's free. I would never do it again."



D'angelo Bucsit

Age: 19
Hometown: Kalihi
Major: Physical Therapy Assistant

"I don't want to eat balut again."

(Word on the Street is a regular feature that asks the same question to multiple people in the KCC community.)

KCC Students Have Access to Basic Needs Cafe

"It's a pretty cool tool when you're looking for what resources might be available to help you with any basic needs that students might have."

By **Juri Dagio** | Contributing Writer

Originally published April 20, 2023

In February, the UH Student Basic Needs Cafe was launched to provide assistance and resources to students at the University of Hawai'i at Mānoa and Windward Community College. The virtual cafe was just opened at Leeward Community College in April. A date has not yet been set for the launch of the virtual cafe at KCC.

Dr. Farrah-Marie Gomes, the associate vice president for Student Affairs at University of Hawai'i, encourages all UH students in need to access the online Student Basic Needs Cafe.

"Our goal is to provide live assistance for students during non-business hours," she said. The virtual cafe is open on Sunday evenings through Thursday evenings, from 8 p.m. – 12 a.m.

Currently, the virtual cafe is staffed by two graduate assistants from UH Mānoa. They operate a kiosk where students are able to login and can be linked to one of the two graduate assistants via Zoom. From there, students can ask questions pertaining to student basic needs. These basic needs include food and housing, clothing, childcare, mental health, financial resources and transportation.

The virtual cafe was launched as a pilot.

"Based on the outcome of this, we would consider doing this in-person," Gomes said. "However, there are safety concern with regards to having in-person activities especially during the hours of operation of the virtual cafe."

Though conducted online, they are able to serve nearly 48,000 students across the University of Hawai'i system.

"All 10 campuses virtually, that wouldn't be possible if we weren't in the virtual space," she said.

Every campus has a webpage in the UH Student Basic Needs website (<https://www.hawaii.edu/student-basic-needs/resources/kapiolani/>). This website helps students identify on-campus and community resources. In partnership with findhelp.org, a public domain that supports the community with financial assistance, medical care and more, students can type in their zip code to filter which resources are available in their area. When a student logs in with their UH email (@hawaii.edu), they are provided with more resources than what is publicly available.

"It's a pretty cool tool when you're looking for what resources might be available to help you with any of the basic needs that students might have,"

Student Basic Needs

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"I ola no ke kino i ka mā'ona o ka 'ōpū."

The body enjoys health when the stomach is well filled.

The UH Student Basic Needs website provides information on different webpages for every campus in the UH system. (Screenshot from the University of Hawai'i website)

Gomes said.

The Student Basic Needs Cafe is open and available to access continuously during summers and during winter breaks, except on public holidays.

"Students are welcome to come back as often as possible, especially if they are having trouble and something that we referred them didn't work out," she said. "We absolutely want to help the students."

By the end of the academic year, they hope to launch in two more campuses, at Maui CC, and at Hawai'i CC on the Big Island.

"We look forward to welcoming Kapi'olani Community College as one of the campuses to join the virtual cafe, either over the summer or in the fall semester," Gomes said. "In the meantime, even though the campus may not have launched, Kapi'olani Community College students are still welcome to access the virtual cafe."

Virtual cafe access is available to KCC students regardless of campus launch date.

For questions, comments, and concerns, email uhsbn@hawaii.edu or Farrah-Marie Gomes at fmgomes@hawaii.edu.