Economic forecast

Two women from the graduating class of 2011 will share their experiences and appreciation for Windward Community College as this year’s commencement speakers.

They are Leah Koeppel, a young performing artist and student government secretary, and Fay Kauanoe, a mother of five and financial planner. “I love Windward,” said Koeppel, who rides the bus from town and back—a two-hour ride each way with a transfer. “The campus is friendly and has good energy. The teachers can give you more help, and the smaller student population makes it easier to get the services you need.”

Koeppel was also sold on WCC’s new theatre. She loves the performing arts and has been in three of the student productions: “Velveteen Rabbit,” “My Name is Rumplestiltskin,” and “Our Amazing Adventure.” She has also appeared in WCC student showcases. She plans to transfer to the University of Hawaii–Ma‘ili to continue her major in theatre and possible minor in sociology. “Leaving WCC, I feel more prepared for university life than I was when I left high school,” Koeppel explained. “If you’re gonna be here, then be here. Don’t waste your experience, time and money (not being involved),” she said.

Koeppel mentioned that she has met many hard-working individuals at WCC, and now all preconceptions she had about community colleges have been dispelled. Fay Kauanoe is a recent breast cancer survivor and former stay-at-home mom of 20 years. She is currently a full-time financial planner and part-time business major at UH-West O‘ahu. She also enjoys actively volunteering for various events through the American Heart Association, Domestic Violence Action Center and many more fundraising activities.

Kauanoe has attended WCC but also has history at KCC and UH Mānoa campuses. Her twin daughters were also Windward students.

She said she has really enjoyed the opportunity to guide her children through the college experience and give them tips about teachers and classes at UH campuses. “I always tell my kids, if anyone fails at WCC, it’s their own fault because they do everything possible to help everyone succeed,” says Kauanoe. “I am a firm believer that WCC is a jewel in Kane‘ohe.”

She advises present and future students, “Don’t give up! Keep going, one foot in front of the other, and never be afraid to speak up if you don’t know something.”

Rain Bird’s party

New cafeteria service comes to WCC

by Nanea Maxey
Ka ‘Ohana Staff Reporter

On Friday, May 13 the culinary arts program in WCC’s cafeteria, Kafe Koʻolau, will be closing. In its place will be a catering company known as Creations in Catering, which will be the campus’s new food service provider.

The new service plans to open at WCC on Monday, May 23, for breakfast and lunch with tentative hours of 7 a.m. to 3 p.m.

“Hopefully, we can bring some new concepts, new ideas and new options to not only the campus but also to the community by utilizing WCC’s great facilities,” says Mike Rabe, owner of Creations in Catering.

Along with providing meals in the cafeteria, Creations in Catering will also be holding catered events on campus.

“The events will take place mostly on the weekends and in the evenings outside of campus hours so that they don’t interfere with school,” explains Rabe. These functions will help to offset the costs in the cafeteria, allowing for affordable meals.

Rabe says that the current problem with the cafeteria is that usage is relatively low compared to the cost of operating it. As a result, enough money isn’t being made to sustain it, which is why the culinary arts program is being shut down.

“The whole paradigm is to try and get the outside community to support the internal campus needs, and that’s why we’re doing catering. When we cater to the outside community, the money generated helps us keep things affordable,” he explains.

Along with new cost-efficient ideas, Creations in Catering is also open to student and faculty suggestions.

“We’ll take (student and faculty) suggestions and implement as best we can,” says Rabe. “(We are approaching our endeavor here like a catering job) catering to the needs of the clientele – the students, (faculty, staff), and the general community.”
Not in recession but still in the woods

by Patrick Ambler
Ka ‘Ohana Staff Reporter

F rom the financial crash of Aloha Airlines and the Lehman Brothers bankruptcy to the constantly rising price of oil and a decline in tourism, many Hawai‘i residents share a grim outlook on where our economy stands and where it’s headed. “Gas prices are high in Hawai‘i and wages are low,” said Michael Scott, local businessman. “It [fiscal mismanagement] makes it hard for me to have faith in the future of our economy, especially when their solution is to just tax everything that moves.”

Some students are worried about their futures and job availability. “I attended a bio-plant technology conference recently and was surprised to see that only four or five of the presenters were representing American companies,” said WCC student Kawai Pali. “I’d probably be willing to go to another school if there were institutions and struggles with availability.”

Business, Economic Development and Tourism, shows things aren’t as bad as they may seem. For the U.S. economy, better economic data in recent months has resulted in more optimistic projections in the “consensus forecast” used to guide the DBEDT forecast. According to the February 2011 Blue Chip Economic Consensus Forecasts, U.S. real GDP is expected to increase by 3.2 percent in 2011 as a whole, higher than the 2.5 percent growth projected in the November 2010 forecast. For 2012, the consensus forecast expects an overall 3.3 percent growth in U.S. real GDP.

Gross domestic product (GDP) refers to the market value of all final goods and services produced within a country in a given period. Most importantly, it is used to determine if the U.S. economy is growing more quickly or more slowly than the quarter before, or the same quarter the year before. Forecasts for Japan were also more optimistic in the February 2011 BCEC Forecasts. Real GDP growth for Japan was expected to increase 1.5 percent in 2011, followed by a slightly higher 1.8 percent growth rate in 2012.

However, Japan’s economy will slow significantly this year after the March 11 earthquake and tsunami, according to the latest forecast from the Organizing for Economic Cooperation and Development (OECD). The OECD says the Tokyo government will need to cut spending from other programs to rebuild the country’s battered northeast coast and to ensure faster growth next year. GDP will expand 0.8 percent this year, the OECD said, sharply from the 1.5 percent growth previously forecasted.

The impact on tourism to Hawai‘i was immediate. Tourism from Japan went down 25 percent, Brewbaker, chair of Hawai‘i’s House Finance Committee, at a Kaneohe town hall meeting this month. “It will be a huge hit,” he said. “The point is, some things materially affect us and some just are information events,” said Brewbaker at a Kaneohe Business Group meeting last month. “It [the Japan crisis] will affect us more if the decline of tourism from Japan extends into the summer.”

House Finance Committee Chair Marcus O. Oshiro said in news reports, “We are heavily dependent on Japanese visitors. There is no doubt in my mind that at least in the short term, we are going to be severely impacted by the earthquake and tsunami. It may be anywhere from $15 to $20 million in state revenues lost just from that tourist market.”

According to Japan’s Prime Minister Naoto Kan, “In the 65 years after the end of World War II, this is the toughest and the most difficult crisis for Japan.” However, the losses to Hawai‘i’s economy due to decreased tourism may not be as bad as originally projected. The loss of Japanese tourists to Hawai‘i is now at 27 percent, instead of the original forecast issued a few days after the disaster of 40 percent. It is likely that Hawai‘i will see moderate economic growth.

Economist and WCC lecturer Paul Brewbaker explains petroleum prices.

Homeless and motivated to help improve lives

by Logan Koaloha
Ka ‘Ohana Staff Reporter

For David Cannell, homeless since 2005, WCC’s library is a refuge. Every morning he catches the bus to the Windward side from the Next Step shelter in Kailua.

Next Step is a huge warehouse with food, showers and cubicles for each family to sleep in at night. The rules are simple, Cannell says. “Out of the shelter by 8:30 a.m. and back by 10 p.m. If not, you end up sleeping outside for the night.”

Cannell travels to WCC partly because his son Jonathan lives on the streets of Kailua with his mother, Cannell’s ex-wife, for 27 years.

According to Cannell, it’s hard for his wife to live in a shelter because of the strict rules. “She likes her freedom,” he says, although she is content in and out of jail, mental institutions and struggles with alcohol.

Cannell says that it wasn’t until they became homeless that his wife started drinking. “I’ve seen many people where their life was perfect, and when they became homeless, they started to stress out, so then alcohol becomes the way to drown their pain,” he explains.

For 26 years, Cannell worked as a supervisor at Continental Paper Hawaii. Through his job, he was able to support his family and pay $800 monthly rent for their Kailua home. However, due to the downturn in the economy, Cannell lost his job. After Cannell’s landlord remodeled their tripleplex, Cannell says that he and his family weren’t invited back by his landlord to continue renting even though Cannell continued to pay for his rent for the year he wasn’t working.

“It was a total shock to find the eviction notice,” says Cannell. “I had and his wife applied at 40 other rentals and were ready to pay up to $1,000 of out their $1,800 monthly income, but only faced rejection.

Although Cannell hopes to one day own his own home so that he and his family can live together again, he knows the reality of life. In Hawai‘i, he says, 10,000 people are on the waiting list for low-income housing, and only about 600 units become available each year.

Now that Cannell has diabetes and struggles to walk, he gets around in a wheelchair. Currently, he’s supported through disability checks from the federal government. But he remains determined to do what he can about the situation he and others face each day. “I have a passion for wanting to help solve the homeless problem in Hawai‘i,” says Cannell. He spends his days in the WCC library researching information on homelessness in Hawai‘i and monitoring bills discussed at the legislature.

“Windward’s library staff is very helpful in letting me use the computer through my son’s library account,” Cannell says. He is allowed to use the computers after 2 p.m. when students are less likely to be in the library. When he needs to print, he adds money to his son’s library account.

“Figured I’d do something useful with the time I have left here on Earth to help others,” says Cannell. In his spare time, he likes to talk to other people facing the same challenges of being homeless.

He adds, “Journalism is important because it’s a way to help improve lives.”

David Cannell researches solutions to address the homeless issue.
Serving students everywhere he goes

by Akela Newman
Ka ‘Ohana Editor in Chief

“Change is really important. We cannot grow unless we have change, and we cannot get very far in life if we do not grow,” said Vice Chancellor Lui Hokoana.

Hokoana about his pending appointment to become associate vice president of student affairs for the UH 10-campus system.

Hokoana said, “but I’m looking forward to the future.”

As associate vice president of student affairs, Hokoana would help oversee student affairs on all UH campuses. He said the hardest part about this new job is that it will be more administrative and he will have much less contact with students.

However, he will be taking the things that have benefited WCC and find ways for them to work for the other campuses in the UH system.

Hokoana will perpetuate, on a higher level, the same mindset that he first brought to WCC. “It gives me the opportunity to view the situation systemwide and try to coordinate over 10 campuses the ideas that we have successfully incorporated at WCC,”

WCC Chancellor Doug Dykstra said of Hokoana, “He has overseen the greatest enrollment increases in history of WCC. Lui is a charming individual who has used charisma, creativity and currency of his knowledge base to help WCC make enormous strides in enrollment, financial aid distribution, persistence, success rates and graduation numbers.”

Hokoana said his proudest accomplishment at WCC was “developing a good partnership between student services and academics. Student support and unification in our academics produces a much higher rate of student success.”

“I enjoyed my job at WCC,” Hokoana said. “It’s a special place — small enough that we can still care about people easily.” He explained that this allows you to build closer relationships, which will make your community stronger. Strong communities coupled with strong families will produce good students.

Hokoana has been with WCC since Fall 2006. Before coming to WCC, he was a counselor at Maui Community College for 13 years. He was not even thinking about pursuing a position at WCC but was planning on going back to school at the University of Southern California.

“Hokoana’s plans were put on hold, however, when Hokoana received an unexpected offer. “I am very grateful to Angela Meixell (chancellor at the time he was hired) who took a chance on me,” he said.

As WCC’s vice chancellor of student affairs, Hokoana leads the student service department and oversees all student services such as financial aid, admissions and records, counseling services, publications, student government, school clubs, Ka Piko, TRiO and more.

“My job is basically to bring resources to my employees so we can all do a good job serving students,” he said.

Hokoana has been a major contributor and instigator for programs such as the First Year Experience, which helps incoming freshmen adapt more readily to college life, Ka Piko Learning Center, the Career Center and Writing Lab.

He has also been influential in gathering grants for WCC such as the Title II grants. Despite working full-time at WCC, Hokoana was able to earn his doctoral degree online during the weekends.

“I believe in being an example to my students. If I am encouraging them to seek higher education and stimulate their growth, then I should lead by example,” he said.

New Library Learning Commons taking shape

by Justin Lau
Ka ‘Ohana Writer

WCC’s brand new library, which is actually going to be called the Library Learning Commons, has been making steady progress these past few months.

The building’s basic structure is taking shape, and people are starting to get excited as the bare concrete walls, steel beams and roof form the skeleton of an impressive infrastructure.

“I’m excited to see what the new building will look like and see the new things it can offer,” said student Patricia Norman.

“I think it’s going to be a place where students will want to be and will have people spending more time at school than they did before.”

The three-story facility will house everything in the current library as well as a brand new Hawaiian collection room, which has been very cramped for space. It will also house the brand new Media Center and testing and learning center.

In addition, it will include new classrooms, offices, and conference rooms. It will even have a coffee shop for students who may need to re-energize after a late night of studying.

“The goal was to have everything together under one roof,” said Nancy Heu, WCC’s head librarian. According to Heu, the new library is going to be a place for students to get their work done or just relax and pass the time.

After proposals from three different firms, Architects Hawaii was chosen to design the new building, with a $41.6 million budget appropriated by the state legislature in spring of 2007. A major aspect of designing the new building was its focus on “going green.” Having the building be a LEED (Leadership in Energy and Environmental Design) certified building was a major goal.

The LEED program is a nationwide rating system to promote design and construction practices that reduce negative environmental impacts and improve occupant health and well-being.

Requirements include areas such as energy efficient lighting, solar paneling and use of recycled materials, which all earn the building points. When the building is complete, the points are totaled and the building is given a certification based on the number of points it receives.

“We are trying for the silver grade with the new library,” said Jeff Hunt, WCC’s director of institutional research.

Going green was a major factor in the new library design, but making it visually attractive and comfortable for students to work in was just as important. As you walk in, to the right will be the service desk, with computing space on the rest of the open floor.

According to librarian Tara Severns, this layout is very popular among college libraries. The new building is projected to be finished by February 2012. “We’re expecting to be moved in by next summer,” said Severns, who seems excited about the new features it will provide for students.

According to Hunt, construction on the new building is right on schedule and if everything goes according to plan, it should meet its completion date on time.

Virtual tours, pictures and even a live streaming video of the construction can all be found on the WCC library home page.

Also available on the website is a blog about the new building, so feel free to follow what others think about the building or share your own thoughts on the new Library Learning Commons.
Rain Bird party May 12; come if you dare

by TJ Motsell  
Ka 'Ohana Staff Reporter

The spring semester is quickly coming to an end, which for Rain Bird, WCC’s literary journal, means the release of their newest issue.

Rain Bird has published one issue per year since 1981. “Every year we start from scratch,” said Rain Bird advisor Robert Barclay.

To celebrate Rain Bird’s new issue Ho’opua: A Journey into the Creepy, Freaky and Frightening Realms of Hawai’i, there will be a launch party on Thursday, May 12 in Hale ‘Ākoakoa 105 from 6 to 7:30 pm. The event is free and open to everyone.

The lively festival will include gourmet desserts, prizes, awards, music and dancing, a film and even a costume contest.

The Windward Arts Council again will be presenting Golden Plover awards to WCC students and Writing Mentor winners to WCC students and Writings Mentor awards to WCC students and Writ-ings Mentor winners. These awards “honor memorable writing — writing that communicates, is colorful and exhibits a distinctive style or voice.”

There will be three prizes—one each in poetry, artwork and prose. The winner of each category will receive a check of $50 to $100.

To complement the issue’s theme, there will be a costume contest for anyone attending.

“The costume contest is competitive, and they’re looking for the scariest and most creative costumes. Come dressed to kill,” Barclay added.

Along with Rain Bird festivities, the WCC Film Club, which Barclay advises, will present its film, “Help Wanted in Hell,” based on a short story from last year’s Rain Bird issue, Windward Style, called “An Interview with a Chin Hair.”

For more details about joining Rain Bird, the Film Club or the launch party, email your questions to rainbird@hawaii.edu.

WCC’s India endeavors

by Monika McConnell  
Ka ‘Ohana Staff Reporter

This month 10 WCC students will embark on an adventure in learning by becoming a part of a program called the International School for Jain Studies (ISSJS). ISSJS is a three-week program in India that will run May 26 to June 20, with dates varying slightly from year to year.

The ISSJS program is open nationwide, and it’s the fourth year of WCC participation.

“Students will take classes during the morning given by Indian professors, Jain ascetics as well as lay Jains,” said Sarah Hadmark, WCC religion instructor.

After classes, participants are free to visit temples, museums, palaces and Internet cafes to correspond with family and friends.

To be accepted into the program, participants had to pass REL 202, Understanding Indian Religions, and REL 296, Special Topics in Religion. Students also had to get a visa and an updated passport as well as visit a travel doctor to get information on any health concerns in India.

This year at the Palikū Arts Festival REL 296 students held a fundraiser to help with the costs of the program.

“I am also involved in various other fundraisers and abiding by a very strict budget,” said WCC student Robin Hansen.

Students are responsible for their own airfare and a $450 payment for meals, classes, room and board and supplies while in India.

“I think it’s a great way to see the culture and landscape all at once,” said student Casey Runnells.

“And I’m going to India to find peace within myself,” chimed in ISSJS participant Vanessa Rodriguez.

For most of the travelers, this will be their first time in India. However, for a few it is their second participation in the ISSJS program.

As for me, I’ve been waiting for an opportunity to participate in the program ever since I heard of it in my first religion class a few semesters back. It’s like a dream come true and I can’t wait to begin.

A second chance at college

by Celeste Russell  
Ka ‘Ohana Staff Reporter

It’s never too late! Never that was the message of an Adult Learners Open House last month to help people continue their education and enroll at WCC. There were informational tables and sessions on registration, financial aid, career counseling and a tuition giveaway. WCC also provided dinner and childcare.

Master of ceremonies Gus Cobb-Adams, recruitment specialist and single father of three who is working on his graduate degree, told the crowd that one-third of WCC’s student body consists of adult learners (age 25 and older), and the college hopes to increase that number.

Cobb-Adams understands the problems adult learners face. “Life used to be all about changing the world and make it better,” he said. “Now it’s ‘I’m older, I’m grumpy. What I gotta do? Where I gotta go and how much is it gonna cost?’”

Chancellor Doug Dykstra spoke to the crowd to let them know, “Events like this help us get to know what you need to do to go back to school.”

Enrollment at WCC is at its highest this semester with 2,660 students. The number of adult learners has grown 53 percent in the last five years. Eleven percent of the school’s tuition goes into financial aid and 50 percent of students receive some type of grant, loan or scholarship.

The winner of the tuition giveaway was Tua Manatea, a familiar face to many faculty. Manatea, a former student, volunteers her time making flower arrangements for WCC events.

Another guest of the adult learners workshop and former student was Julita Antoine of Waialoh. When she received her flyer in the mail she was surprised. “I thought the doors were closed for me,” she said.

She had left school three years ago to take care of her mother who was diagnosed with cancer. Now she sees that “God opened the doors for me. He gave me the opportunity one more time.”

She will be enrolling at WCC in the fall to earn her last credits to achieve her A.A. degree. “I see the future to be so attainable—just so happening!” she said with delight. “I’m back to fulfill my desire.”
Learning in the wild of Hawai‘i

by Jared Hamilton
Ka ‘Ohana Staff Reporter

I f you want to learn about the Hawaiian Islands with intrepid WCC professor Floyd McCoy as your guide, then consider taking one of his field geology labs offered fall and spring.

The labs are extended field trips where students explore the islands to learn about their volcanic formation and natural erosion. Your options are the Field Geology of O‘ahu (GG 210); the Big Island (GG 211); Maui (GG 212); Moloka‘i, Lāna‘i, and Kaho‘olawe (GG 213); and Kaua‘i and Ni‘ihau (GG 214).

The GG labs are scheduled during the March spring break and Thanksgiving break, with airfare and hotel arrangements varying with the islands being studied. Besides being physically fit enough to participate, students also must complete the prerequisite classroom course of GG 103 or GG 101. If you have not completed one of those prerequisites or are not currently enrolled in them, then you will have to receive consent from Dr. McCoy.

The labs are worth one credit in the natural sciences requirement for the Associate in Arts degree. “It’s all worth it if you ask me” says Michael Richards, who has taken the lab three times. “Dr. McCoy will take you to some really beautiful spots and explain how they were formed, why they look the way they do now, and what they will look like in the future. It’s really awesome.”

WCC student Billy Shrieve has also attended the last three GG field lab trips and says, “I have already been to all these islands at least once, but I never looked at them the way I did on McCoy’s trips. I really learned a lot about Hawai‘i’s geologic make-up and the native Hawaiians’ history.”

In addition to the tuition for the one-credit lab, costs can range from $200 on the Maui trip (GG 212) to more than $500 on the Moloka‘i, Lanai, and Kaho‘olawe trip (GG 213) because a private plane is chartered for the flight from Kalapana to Lanai City, Lanai.

Students need to receive clearance from a physician that says you are physically fit enough to take on the sometimes strenuous fieldwork and hikes that are part of this adventure. For instance, on the spring trip to Moloka‘i and Lanai, students hiked for four hours to get down to Kalapana. On the Maui trip, students had to hike for more than six hours through Haleakalā Crater in rainy weather and on loose gravel and sand.

All learning aside, Dr. McCoy admits his trips are a good way to “relax, unwind, and come back refreshed and having made some new friends.”

However, he does warn, “Some of the places we go, other people just don’t get to go there. So it isn’t like there’s going to be a handrail or a bench if you need a break. You need to be in shape for these trips. The last thing I want is for a student to get hurt and for a helicopter to have to come get them.”

UH Mānoa student Shelly Key says her favorite part on this recent trip was examining tsunami deposits that were hundreds of feet above sea level and hundreds of feet inland on Moloka‘i.

“This means that a massive tsunami came through with enough force to push coral and other debris to levels we have not seen in our recorded history—and it means it can happen again,” Key said, describing not just Moloka‘i, but any coasts around the world.

After the field trip, Key is considering further study of the tsunami deposits on Lanai as a possible subject for her thesis.

So here’s my fair warning: going on these trips may inspire you to change your major.

Keali‘i Lopez: an inspiring WCC success story

by Flora Obayashi
Ka ‘Ohana Staff Reporter

Keali‘i Lopez, 45, credits her Windward Community College years as pivotal to her professional success. The newly appointed director of Commerce and Consumer Affairs for the State of Hawai‘i has some career tips for those of us still earning a degree in liberal arts, but her extracurricular activities led her to switch her major from chemistry to film.

“It’s important to know what you want to do and also know what you enjoy,” she advised. “In my case, it was clear I enjoyed television. Even if you think you can’t do a particular job and you’re not cut out for it, you ought to try.”

Recently, Lopez was honored to be one of three finalists interviewed for a position on the Board of Trustees for Kamehameha Schools. She had to stay for her comfort zone and push herself to apply for the position. Eventually, another person was selected after she had accepted the governor’s appointment.

“People when you see you are willing to make changes and willing to continue to learn, they will support you,” she said. The most important thing is to push yourself and overcome the inner fear and just go for it.

“Do your homework and learn as much as you can about the opportunity or the job requirements. Decide if it’s a good fit for your interests and your capabilities. Then go for it, even if you’re afraid.”
What's on your 'bucket list' for the summer?

It's time to kick back and kick off your summer - relax and have fun! Ka'Ohana's staff members are sharing their bucket lists of things they want to do in the coming months. Check them out and see whether they give you any new ideas!

Patrick Ambler
- Make lots of money this season fishing in Alaska.
- Go on my first trip to Las Vegas.
- Check out the Valley of Fire in Las Vegas.
- Attend Lollapalooza 2011 in Grant Park, Chicago, Illinois.
- Finish my first demo of my music and release it.

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Patrick Hascall
- Sail on the high seas! What else is there?

Darriel Miller
- Kayak to the Mokes
- Hike Olomana to third peak
- Hike the Stairway to Heaven again
- Camp somewhere I have never camped before
- Get a new kitten

Akela Newman
- Study abroad in Egypt
- Go skydiving again.
- Become a better surfer
- Make "strangers" cease to exist
- Write a song or two

Jared Watanabe
- #Sushi #SCUBA'd with sharks
- #adventure
- #Go to Kauai
- #Cloud some rocks
- #Party more

Bianca Pierce
- First, get a motorcycle license. Then hopefully a motorcycle.
- Visit some college and get off the island
- Learn how to play poker
- Create a blog
- Practice playing on the ukelele

Chelsea Reid
- Practice Bikram yoga
- Go skydiving
- Hike the Stairway to Heaven
- Learn how to drive standard
- Meet a "sugar daddy" or win the lottery

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Logan Kealoha
- Prepare for a new semester at Mānoa
- Work and save money for family's Vegas trip in September
- Spend time with my son; take him to the beach, zoo, etc.
- Help plan my cousin's wedding and baby shower

Marylation
- #Hiking #SCUBA'd with sharks
- #adventure
- #Go to Kauai
- #Cloud some rocks
- #Party more

Monika McConnell
- Go to India
- Go for a ride on an elephant
- Visit the Taj Mahal
- Draw a lot
- Practice playing on the ukelele

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Patrick Hascall
- Sail on the high seas! What else is there?

Flora Obayashi
- Take a computer course
- Tour Chicago Fine Arts museum
- *Invent my own wedding album business*
- *Skydive at Grand Canyon*
- *Create a blog*
- *Read some classics, watch some classics*

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WCC’s screenprinting class fills up fast

by Rodie Collins
Ka ‘Ohana Staff Reporter

WCC’s screen printing program, started three years ago, is still going strong. “I have 15 students in a class, and the classes fill up really fast,” says Rob Molyneux, WCC’s screen printing teacher.

“Screen printing is fun. Your design can be turned into a piece of art on a page or shirt.”

Screen printing is the process of first burning an image onto a screen via light sensitive material, then squeezing a specific amount of color ink through the burned image. You can repeat with different screens and colors to create an image.

“All the layers must line up perfectly so that we can see the image and make sense of it visually communicate,” says Molyneux.

“A simple (example) would be a stop sign. A stop sign is red because for western people red means stop, warning, or danger,” he explains.

“That sign is pretty much the only thing out there that’s an octagon, and the letters on it are such a size that we can see it from two blocks away,” Molyneux continues.

“All of that was visually figured out by people to make sure that sign had the ultimate impact. That’s visual communication and that’s what I teach, but we couch it in the fun of screen printing.”

Over the last three years, indications are that the program has been very successful.

“I think screen printing is a perfect fit for Windward because we have such a great traditional art school here,” says Molyneux.

“That’s why screen printing fits in so well. It’s based in drawing and it teaches you composition, art theory and color. It’s a good way for students to fatten up their portfolios.”

For some students screen printing has helped them to create their own clothing brand. For others, it’s given them direction.

“Rob’s screen printing class helped me to discover my major,” says WCC student Fernando Santoros.

“Before this class I was unsure of my future. The class gave me direction and a medium to funn my creativiy into.”

The printing lab is also eco-friendly, so there’s no need to worry about fumes or chemicals.

“We print with a water-based, non-toxic ink,” says Molyneux. “Everything we do here 100 percent non-toxic. Everything breaks down with sunlight and water.”

For a longer life don’t have a cow, be a vegan

by Chelsea Reid
Ka ‘Ohana Staff Reporter

The latest diet trend to hit the United States gives new meaning to “going green.” The vegan diet eliminates all meat and dairy products from your daily intake. Many vegans do not consume food that is processed using animal products such as white sugars and some wines. They also avoid all animal merchandise such as leather, fur and wool.

The vegan diet consists of grains, beans, vegetables and fruits. This lifestyle is taking over restaurants, clothing lines, clubs, blogs and dating sites.

Veganism is even changing the manufacture of condoms. Several companies are making vegan condoms by removing the dairy protein in latex.

Professor David Snowdon conducted a study of Seventh Day Adventists at Loma Linda University in California, proving that vegans live about 15 years longer than meat eaters. It was done over a 20-year period with 30,000 adult participants.

The China Health Project backs up these findings in the largest population study on diet and health. It was found that Chinese people who eat a vegan diet and health. It was found that Chinese people who eat a vegan diet have the least amount of fat and the least amount of cancer, heart attacks and other chronic degenerative diseases.

Tiani Fritz, going on her third year as a vegan says, “My family has a history of heart and high cholesterol problems, so I decided to adapt to a vegan diet because it lessens the chances of having these diseases caused by high fats and pesticides found in meat products.”

Everyone seems to be getting on the vegan train, even Oprah. On her Feb. 1 show, she discussed the pros and cons of a vegan lifestyle, while confessing her own struggle with other diet and weight loss systems.

For one week, Oprah and 376 of her Harpo staff went vegan. At the end of the week, only 100 successfully completed the challenge, but collectively they lost 444 pounds.

The reasons why she launched the Vegan Challenge was to raise awareness of how our food makes us feel and to make a moral argument against the killing of animals.

The Vegan Outreach is an organization that works to expose and end cruelty to animals. Ninety-nine percent of animals killed in the United States each year are slaughtered for human consumption. By participating in the vegan lifestyle, you end animal exploitation through eating non-animal related foods.

You don’t have to be an animal lover or a People for the Ethical Treatment of Animals (PETA) activist to be a vegan. Advocates say the diet has many other health and social benefits.

Whole Foods cashier, Sara Simmons, comments, “You’ll help reduce waste and air pollution, have stronger bones, reduce fatigue, and even have fewer hot flashes. Veggies and grains are believed to balance raging hormones, so women who are vegetarian tend to go through menopause with less fatigue, mood swings and a diminished sex drive.”

So why isn’t everyone becoming a vegan? There are some health concerns that come from not having certain proteins in your diet. The human body requires the nutrient B12, which is absent from the vegan diet. B12 is key to a healthy nervous system; it assists with blood formation and helps you to stay alert. Additionally, vegans make less sperm.

A WCC student comments, “I used to date a vegan and their lifestyle was hard to handle when you love meat.”

The vegan boom has most certainly hit our islands. From the Loving Hut located on South King Street to the new Whole Foods addition in Kailua, this seemingly restrictive diet is made convenient. There have been over 11 vegan cookbooks published within the last year.

KeiLee Hew, a Kailua resident said, “I want to make healthy food decisions, but it’s hard when you’re a college student and can’t exactly afford all these expensive organic products.”

Not to worry, KeiLee. Supermarket Down to Earth have packaged foods that are microwavable or ready to go that are both tasty and affordable. It has also been proven that replacing meat, chicken and fish with vegetables and fruits will cut food bills by an average of $4,000 a year.

For one week you’re contemplating your next meal or the best way to keep your milk fresh, just leave it in the cow and load up on tofu. Spice up the veggie burgers and whole grain pasta. As supporters say, “Don’t have a cow, be a vegan!”

Windward Hoʻolauleʻa'

Planning for the 11th annual Windward Hoʻolauleʻa is already underway for Saturday, Oct. 1 from 9 a.m. to 9 p.m. on the WCC campus.

The Hoʻolauleʻa is a free community event and one of the biggest on the Windward side, with top-name entertainment, island food, crafts, WCC exhibits, and keiki games.

The theme this year is “Malama I Na Keiki” (Caring for the Children). The Kaneohe Business Group and WCC co-sponsor the event for community-building and campus awareness.

Proceeds benefit WCC student scholarships and the campus Advancement Fund as well as other programs and clubs.

For the business group, it’s a way to help small businesses and vendors earn income and reach out to potential customers and clients.

Rob Molyneux’s chair Herb Lee said, “We need everyone’s help. This is a great tradition that Windward has come to have.”

If you’d like to help or know of someone who wants to participate as a vendor, you can contact any of the following people:

• WCC booths – Bonnie Beatson, beatson@hawaii.edu
  – Gus Cobb-Adams, gcobb@hawaii.edu
  – Mary Reynolds, maryr@hawaii.edu
  – Arts and crafts – Mary Renfort, mrenfort@hawaii.edu or Carolyn Nakamura, crnakamura@good-sam.com

• Food – Gus Cobb-Adams, gcobb@hawaii.edu

• Silent auction – Judy Oliveria, judyanna@hawaii.edu.

For all other questions, call Libby Young at 235-7396.
Lily Lotus blossoms

by Bianca Pierce
Ka‘Ohana Staff Reporter

Inspired not by a sport but by a lifestyle, Lily Lotus' active wear will be coming to Kailua this July.

You can't miss the bright print owning that will stand at what was once Wally Amos' Chip and Cookie.

Lily Lotus welcomes you with exciting colors, jewelry, adornments, and accessories to help you find the perfect yoga or comfy, causal day outfit.

"Outer light reflects inner light," says Lily Lotus designer Laurie Momi Chee.

Buddhas, lotuses and chakras are all associated with peace and well-being.

"To put the 'style' into lifestyle and make clothes that inspire and reflect the joy within its wearer" is the mission of Lily Lotus, according to their website lilylotus.com.

The boutique provides yoga and active wear brands Be Present, Green Dragon, Tonic Lifestyle, Beyond Yoga, Hardtail, Karmawear, Zoba, Manduka, Jade Yoga, YogiToes, Tea Forte, SIGG, Envirosax, Tonic Lifestyle, Beyond Yoga, Lily Lotus, according to their website lilylotus.com.

Like every business, Lily Lotus underwent trials to get to where it is today. In 2001 Chee started printing shirts using a silkscreen method.

She began selling items from the back of her car and through craft fairs, until she pitched one of her shirts to her first store.

Chee exclaimed, "I was so surprised that the store was selling my shirts for $20! I wasn't expecting that at all."

In 2005, Maya Heacock, Lily Lotus' production manager, joined Team Momi and Momi's mother, Miu, who had been helping Chee along the way. They had been using Chee's one-bedroom apartment as a production area.

Heacock and Miu contribute to more than just the production and maintenance of Lily Lotus.

You can find beautifully handcrafted jewelry made by Heacock, a.k.a. Maya Papaya. Miu's talent with watercolors and paints can be found on magnets, cards, mini canvases and more.

In 2008, Lily Lotus moved into a quaint boutique space in Kaimuki. Just last month, the Kaimuki boutique closed, shifting the focus to moving into the new Kailua space.

"Kaneohe Ranch, the landowner of the Kailua district retailers, showed their trust by selecting a local business like Lily Lotus," says Chee. "Their greater vision of Kailua provides all businesses neighbors to work together to ensure a prosperous town."

Because Target created such a controversy, many Kailuans fear that their town is becoming too urbanized. However, Chee is not intimidated by Target affecting the business of her local store.

"Yes, Target is a main chain, but so was Don Quisote (as a Japanese chain of stores). If you don't support Target coming into Kailua, don't shop there."

"Everyone on the island can place their vote on which stores should stay or go by where they choose to spend their money," says Chee.

She believes Lily Lotus will add to Kailua's promotion for living healthier lifestyles, along with Whole Foods, which will be moving in next door as well.

Economic forecast

FROM PAGE 2

in fiscal years 2011 and 2012. Much depends on whether, when, and by how much a revival of private investment occurs. "It would not be unusual for Hawaii's business cycle to see a sharp rebound in private investment," said Brewbaker.

"Indeed, it would be unusual for such an investment renaissance not to occur." The U.S. business cycle

Economic forecast

FROM PAGE 2

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The Value of Hawai‘i: Koʻolau dreams

by Flora Okayoshi
Ka ‘Ohana Staff Reporter

What is the underlying value? How do we reach out to the broader community on O‘ahu to value what is important about Lā‘au Lō‘au and Ko‘olau Pōkū?” asked UH professor Davianna Pomaikai McGregor of a packed room in Hale ‘Akoakoa at an April 18 community gathering.

A panel of cultural experts and local historians discussed historical and future land development issues on the windward side. They included Alice Hewett, president and Rocky Kaluhiwa, vice president of the Ko‘olau ‘Olapo‘oko Hawaiian Civic Club; Herb Lee, Jr., founder of the Waikalua Loko Fishpond Preservation Society and chair of the Windward Ho‘olaule‘a; Dr. McGregor, founder of UH Ethnic Studies and a Hawaiian historian; and John Reppun, executive director of the KEY Project in Wailua ‘Apu‘a.

The event was hosted by WCC, Craig Howes and Jon Oserio, the editors of “The Value of Hawai‘i: Knowing the Past, Shaping the Future.” Other sponsors included the Hawai‘i Council for the Humanities, The Center for Biographical Research, and Ikaika Hussey, publisher of the Hawai‘i Independent and the moderator.

Alice Hewett, 79, was born and raised in He‘eia and worked in the family poi shop across from King Intermediate. She said the landowner forced all the families of He‘eia to move in order to build Crown Terrace and Ali‘i Shores housing developments.

Rocky Kaluhiwa, born and raised in Ha‘ikū, formed the He‘eia Kea Community and Meadowlands Association in 1975 to fight off a proposed nuclear power plant in He‘eia. Kaluhiwa also prevailed against a developer’s plan to convert He‘eia fishpond into another Hawai‘i Kai complex with condos, marinas, and restaurants.

John Reppun was born on Moloka‘i and raised in Kalu‘au. He described the many natural streams in Kalu‘au before the flood control channels were built. Today, Wa‘ie‘ie stream is the only unchanneled stream left, free-flowing and alive with hīhiwai, ‘opae, and ʻōpou.

Herb Lee, Jr., grew up right across the street from the Waikalua fishpond. He recalls that his grandmother was the last in the family to speak Hawaiian and discouraged her children from picking up the language. Many kūpuna believed the future success of their mōʻopuna depended on going to good schools and mastering western ways.

Lee felt that it was imperative to inspire the next generation to connect with the land, to instill a passion for aloha ʻaina, malama ʻaina. By restor- ing the Waikalua Loko fishpond from a garbage dump filled with mangrove, Lee’s nonprofit corporation developed a culture based curriculum to expose children at the youngest age to the impor- tance of the ʻaina.

Several people shared their mana‘o (thoughts and wisdom) about protecting the environment, protecting cultural and subsistence practices, and preserving the resources of the Ko‘olau districts.

A Keapuka resident expressed her con- cern that the conservation lands below Ho‘omaluhia Botanical Gardens are slated for development. “Conservation lands are to be preserved, not subdivi- ded,” she said.

Kala-Wilsey recounted battling the H-3 freeway construction in the 1970s. Although they lost the battle, the community learned a lot about how to fight the developers and preserve the entire coastline. They were successful in fighting the Waiāhole, Waikāne, and Kalama Valley evictions and stopped people being forced from their homes.

Herb Lee, Jr., recalls the Keapuka residents fighting the red and black (kalo farms) in Kahana Bay. “Perpetuat- ing the Hawaiian culture and teaching sustainability to the next generation to become totally self-sustaining is a dream that was fought for in the past and must be defended now,” Shater said.

La‘ie resident Choon James stated that the O‘ahu General Plan designated the windward side as the food basket and watershed for O‘ahu. The rural character and agriculture of the windward side is an important asset.

King Kalakaua considered the Kalama Valley evictions and stopped people being forced from their homes. Herb Lee, Jr., recalls the Keapuka residents fighting the red and black (kalo farms) in Kahana Bay. “Perpetuat- ing the Hawaiian culture and teaching sustainability to the next generation to become totally self-sustaining is a dream that was fought for in the past and must be defended now,” Shater said.

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Value of Hawaii panel members Herb Lee, Jr., Rocky Kaluhiwa, Aunty Alice Hewett, Dr. Davianna Pomaikai McGregor and John Reppun discuss land development issues.

Youth 2 Youth, Inc. support services empower communities

by Celeste Russell
Ka ‘Ohana Staff Reporter

Shannon Kala-Wilsey took her first drink of alcohol at 11 years old. In intermediate school she began smuggling marijuana and getting into fights to numb her feelings of fear, anger and resentment.

Her father was an alcoholic and she says she knew, “When dad came home drunk, something was going to happen.”

At age 25 to deal with the stresses of life and sexual abuse as a child she drank on a regular basis.

Introduced to crystal methamphet- amine in 1996, she began selling the drug. Eventually she became a user and continued dealing over the next three years until she was charged with drug violations.

The prosecution wanted to make an example of her by running charges consecutively. This could have meant 210 years behind bars.

In 2001, she joined ATS (Adult Treatment Service) as a drug treatment program and enrolled at Honolulu Community College (HCC) to get herself back on track. Her efforts did not go unnoticed.

In 2002, the judge presiding over her case reduced her sentence because of numerous letters of support and the evidence of bettering her life and staying clean and sober.

Kala-Wilsey was paroled in 2003, and graduated from HCC with a degree in Human Services. She began working with residents of Hina Mauka, a drug and alcohol treatment facility.

In her efforts to deter others from experiencing life as she knew it, she began to reach out to the homeless and at-risk youths in her neighborhood. Kala-Wilsey would fund activities for at-risk youths in her neighborhood.

They have Wi-Fi, 10 laptops and two color printers available for use Monday-Friday from 8 a.m. to 4 p.m. Y2Y began meeting with organiza- tions and eventually began working with the Pacific American Foundation, Captains Club, Ka Māui Ola- the Power of Healing, Olomana Gardens, Ching Nursery, Kailua High School and Wind- ward Community College.

WCC Chancellor Doug Dykstra, along with Dean of Division II Brian Richardson, attended a cultural diversi- ty training seminar held at Y2Y’s learning center in February 26, 2011.

“The team-building exercises brought Youth 2 Youth staff together with community partners. Kala-Wilsey and her husband provide support services that will help students as they bring their educational and career plans into focus,” said Dykstra.

Program coordinator Ray Mahelona is focused on building partnerships in the community and establishing Y2Y’s STEM education. Mahelona says he’d like Youth 2 Youth “to be the learning cen- ter” being productive in the community.

Mahelona is working with Pam DaGrossa, WCC anthropology instruc- tor, to coordinate service learning proj- ects for WCC students.

“Given Windward’s strengths in natural sciences and our college’s com- mitment as a Native Hawaiian-serving institution, then Shater of Kalaniana‘ole Bay said, ‘Youth 2 Youth seemed a natural fit,’” said Dykstra.

Kanui Bell, former WCC student and Y2Y CFO, works with the youth on probations and interacts with parole boards on several levels to open the lines of communication.

Y2Y has more in store for the upcoming summer months, which includes work with groups such as Puakea (canoe building and paddle making), Olomana Gardens (aquaponics), Captain’s Club (ocean voyaging) and Hākipu‘u Learning Center (lo‘i).”

For details, call 299-0320 or check the website http://www.y2yincw.cc.
What do you want from the new cafeteria service?

Excellent discounts for students and a lot of healthy choices.
—Don Merly

I love soup! Some soup and bread would bring warmth and comfort to my day. There should be a variety and I would like to request loli mui lollipops.
—Danielle Arias

Cheaper food deals, healthier foods (oatmeal, fruits, salads), fast to-go items, excellent taste.
—Teddra Kiesel

Creations in Catering plans to give it a café restaurant atmosphere.

I would love a vegetarian buffet! Ice cream would be good too.
—Dorian Tangaioa

I would like them to make healthier dishes. With Hawai'i’s concern about diabetes and heart problems, the cafeteria should serve food that is good for the mind, body and soul. We need to focus on our education. If our body isn’t happy, our brain isn’t happy.
—Kianna Wesson

I would like to see an expanded selection of food.
—Kehaunani Krainer

I love soup! Some soup and bread would bring warmth and comfort.
—Don Merly

I would like to see fresh produce being introduced and a list of healthy choices.
—Kaiannika Elderts

I hope they make some good breakfasts and something like Jamba Juice would be so good. But just don’t have the same thing every week. Change it up once in a while.
—Ikaika Lowe

I hope they’ll offer delicious vegetarian options. I’d also like to have the salad bar back, especially if the produce came from local farms. Also, how about soft serve ice cream or a yogurt bar with hot fudge, sprinkles, nuts and whipped cream? Sounds yummy to me!
—Sarah Hadmack

I would choose Hawaiian food and a mahi-mahi plate, but they wouldn’t have to sell it every day—just once a week or twice a month.
—Kehaunani Krainer

I would like to see more desserts and sweets and a salad and soup bar. Seafood, mashed potatoes, corn, hash, broths and maybe some steak. I want to see a nice clean cafeteria that doesn’t remind me of a hospital.
—Kianna Wesson

I would like to see a mahi-mahi plate, but they wouldn’t have to sell it every day—just once a week or twice a month.
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For me, anything I do is a good experience. If we go out, we still see students by saying, ‘Oh yeah, I still remember you saying this and that,” says Shinsato. “A lot of our students came in here not knowing how to learn, and we basically taught them how to learn.

“Leaving the cafeteria will be the staff and students of the culinary arts program, part of the Employment Training Center, ETC.

“We’ll also have daily and weekly specials. Students can come four days out of the week, and they can have something different each time.”

As for the appearance of the cafeteria, the catering company would like to give it a café restaurant atmosphere. They are also open to student and faculty suggestions in this area.

“I think the difference is that we’re approaching it as caterers and also as a business rather than an institutional feeling. We want to know what makes people happy,” says Rabe.

Leaving the cafeteria will be the staff and students of the culinary arts program, part of the Employment Training Center, ETC.

“The bulk of our students were high school students. But some of them were adults just in transition: people who lost their jobs from, say, Aloha Airlines when they shut down,” explains chef instructor and coordinator Lee Shinsato.

Shinsato has been a part of ETC for six years, going back and forth between Honolulu Community College and WCC.

High school students who lacked sufficient credits to graduate were able to make up the difference through ETC’s culinary arts program.

“Our goal was to teach culinary so they (the students) had a tangible skill, but more importantly, it was to teach them how to be a better human being and carry that over into everything,” says Shinsato.

ETC had been in existence for over 40 years, helping many students and adults. “We touched a lot of people’s lives. When we go out, we still see (students) and a lot of them surprise us by saying, ‘Oh yeah, I still remember you saying this and that,” says Shinsato. “A lot of our students came in here not knowing how to learn, and we basically taught them how to learn.

“A lot of people aren’t made for integrated academics; they’re more applied academics, and this program is more applied academics,” he continues.

“We really don’t want to leave. And the reason we don’t want to leave is not necessarily for us. Right now, the students will have no place to go.

“For me, anything I do is a good experience. It had its ups and downs, but the best thing about it was that we changed a lot of students’ lives.”

Due to possible eco-friendly adjustments being made in the cafeteria, such as environmentally friendly dishware, price ranges for cafeteria meals are not completely known yet.

“For me, anything I do is a good experience. If we go out, we still see students by saying, ‘Oh yeah, I still remember you saying this and that,” says Shinsato. “A lot of our students came in here not knowing how to learn, and we basically taught them how to learn.

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Triples: Gillis-Davis family going with a new flow

by Logan Kealoha
Ka ‘Ohana Staff Reporter

Congratulations are in order for WCC Upward Bound counselor Lisa Gillis-Davis and husband, Jeff, for welcoming three boys to their family: Alexander Louis, Benjamin Graham and Jack Elton on March 10, 2011.

From oldest to youngest, the boys were Alex, 5 pounds 12 ounces; Ben, 5 pounds 7 ounces; and Jack, 5 pounds 6 ounces, born at Kapi‘olani Medical Center for Women and Children.

Not only did Lisa and her husband like the “flow” of the names and the way they sounded, but they each have meaning for them. Louis is a shared middle name with Jeff’s dad and brother; Benjamin Graham is a name given for friends and mentors of Jeff and Elton is a shared middle name with Lisa’s dad, grandpa and brother.

“It was a huge surprise for us to find out that we were having triplets, especially because multiples don’t run in our family,” says Gillis-Davis.

Family from both sides will be flying to Hawai‘i to help the parents for weeks at a time until June.

After June, Lisa and Jeff have decided to hire an au pair, a live-in child care provider who stays with a family for 12 months, helping parents of multiples don’t run in our family,” says Gillis-Davis.

Family from both sides will be flying to Hawai‘i to help the parents for weeks at a time until June.

After June, Lisa and Jeff have decided to hire an au pair, a live-in child care provider who stays with a family for 12 months, helping parents of multiples.

The basics of becoming an au pair include going through a personal interview, having a criminal history and background check, submitting a medical report, psychometric testing and much more.

The program fee for having an au pair for a year is $7,295. This cost includes round-trip transportation between designated cities abroad and the au pair orientation site, orientation and training, partial J-1 visa processing, a portion of basic medical insurance and other expenses.

Some responsibilities of an au pair consist of, are not limited to, getting the children ready and driving them to and from school, preparing meals, cleaning up after the children and doctor appointments and outings.

Aside from helping the family of multiples, the au pair is also required to take six college credits within the year.

In a way, having an au pair could be compared to an international exchange program where the people involved have the opportunity to learn about each other’s culture.

“We decided having an au pair would be the best option, mainly because of the cost and flexibility,” says Gillis-Davis.

Of course, there are not only requirements for the au pair to meet; the host family is expected to adhere to certain rules and requirements as well.

Every month, a community counselor from the Au Pair in America agency checks on the au pairs to make sure operations are going smoothly, the host family is abiding by the rules and guidelines, treating the au pair well and making sure she is safe.

The Gillis-Davis were not only recommended to hire an au pair by their doctor, who’s also a parent of multiples and has an au pair, but also heard about the agency through Alloha Mothers of Multiples, a support group for mothers of multiples that Lisa now participates in. Alloha Mothers of Multiples has monthly group meetings for the moms and their families where they are able to sit down with each other to talk about their experiences and exchange clothes, toys and other necessities.

For Gillis-Davis, giving birth to triplets was definitely a different experience from giving birth to her first son, 2-year-old Owen, who weighed in at 10 pounds.

Although she was worried that having a C-section would be hard to recover from, she’s been just as bad as she thought it would be.

Along with her husband, Jeff, and her OB/GYN in the delivery room, Gillis-Davis says there were also at least three people (doctors, nurses, etc.) for each baby, waiting to tend the infants.

She adds, “We were lucky to have all three of them come out very healthy.”

So far, the biggest challenge for counselor Gillis-Davis has been learning how to feed the triplets within a reasonable time frame.

She starts off by breastfeeding one boy, then when the first child is done, Lisa’s mother, Diane, starts to bottle feed formula to the first baby while Lisa starts breastfeeding the second boy, and the routine continues until all three are fed, burped and put to nap.

“We were already pretty good at budgeting, so there’s not really a problem with finances yet,” says Gillis-Davis.

However, support from family, friends, church and even their doctor’s office has made a big difference for the family.

According to Lisa, they have about 11 boxes of diapers sitting in storage that were given to them as gifts from their church.

Also, at their last doctor visit, they were given about 18 cans of formula, which is about $270 worth.

“We’ve done a lot of reading on multiples to prepare myself for this,” says Gillis-Davis.

She adds, “Having triplets is very tiring because it’s literally 24/7, and there’s no relaxed time for us unless they’re sleeping.”

Although triplets can be exhausting, help from everyone like her mother, husband and even her 2-year-old son, Owen, makes a difference, she says. According to Lisa, Owen is definitely the addition of his brothers.

She says she wakes up every morning, looking forward to counting if all three of the boys are in bed.

Owen also likes to touch their heads, give the crying baby his pacifier, attempt to carry them and feed them trail mix thinking they’re hungry.

For now, Lisa says that four boys are good enough for them and a future child is NOT in the picture.

For more details on hiring an au pair, visit aupairinamerica.com.

The Value of Hawai‘i: Land development issues

Ko‘olau districts are now threatened by massive development plans in La‘ie and North Shore. Choon warned that if we do not follow the General Plan, the indigenous culture, food, and resources will disappear in 20 years.

Lauren Achitoff, a WCC alumnus, expressed her concern for the immense size of the Envision La‘ie development of agricultural lands, and how it affects demographic and the roads and water resources.

Robert Fale, Ka‘olauloa Neighborhood Board Chair and La‘ie development advocate, asserted that the Envision La‘ie development of 900 acres of pasture land will be BYUH workforce housing for people born and raised in the area.

Ko‘olauloa, a WCC alumnus, member of the Church of Jesus Christ of Latter Day Saints (LDS) and co-chair of the Defend O‘ahu Coalition, refuted Fale’s statement, saying that the development project will mostly benefit the LDS community. “The Envision La‘ie Project is bringing in this big development under the guise of education. When business is mixed with religion, something not right happens,” he said.

The Envision La‘ie Project will house faculty and staff transferred from other church educational institutions in order to service 2,000 more students.”

Choon’s concerns, Dr. Mc Gregor had some thoughts to share. “There are some underlying approaches and principles for engaging inappropriate land development,” she said. “First do the home work and get to know the developers. Does the developer take into account a design that meets the needs of the community and respect the resources? Are there alternative economic projects that can be looked at? ‘Discover the developer’s financial history, conduct research on infrastructure plans and know permits that are required and pending. The Department of Permitting and Planning is bound to follow the rules and protect the environment, bound to protect cultural practices, and bound to protect subsistence practices. Getting good legal advice is key, and organizations such as EarthJustice and Native Hawaiian Legal Corporation can help. Make sure all the processes are followed and place the issues before the thinking, ‘we’re hungry’,” McGregor advised.

Kathleen Connors, film industry advocate, said the windward coast attracts TV and film production companies and brings millions of dollars to the state economy. She said land development projects could destroy that business.