Wow!

The library Learning Commons is a beautiful, elegant, welcoming and friendly place designed to inspire students to learn, create and discover,” said Heu.

“We want the ‘wow’ experience, for students to be delighted by the building, the surroundings and the services.”

The facility will open at the start of the fall 2012 semester with grand opening festivities planned for Sept. 4-7.

“We’re in the process of selecting a vendor to operate the coffee shop... and offer quality coffee, pastries, snacks and sandwiches at reasonable prices,” explained Heu.

Designed by Architects Hawaii, the structure has been called “a model of sustainability” with the goal of attaining LEED Silver Certification.

The building’s construction and maintenance have been reviewed to reduce energy consumption, water use and waste.

Green building features include energy-efficient air conditioning, natural lighting, solar panels and water-conserving restrooms.

When students step inside, they’ll find a gathering place with a library, media center, computing services and the Ka Piko Success Center all under one roof.

The Ka Piko center will provide testing and tutoring services and have labs for writing, speech and math. There will also be audio and video studios as well as a media lab where students can edit and produce multimedia presentations.

“All the services in the building support the academic success of students,” said Heu.

“There will be a classroom for library instruction and eight study rooms for group work or tutoring. A meeting room will allow us to schedule workshops and speakers.”

The current library houses 30 desktop computers and six laptops for student use. The new library will be adding at least 25 more computers.

The new library will have

Register now for expanded summer, fall classes

Students can learn about the universe through WCC astronomy courses.

Summer course availability is going up, but summer tuition is going down. At a meeting earlier this year, the UH Board of Regents approved a reduction in summer tuition rates for UH Hilo, UH West O‘ahu and all seven UH community colleges.

The reduction is meant to encourage more students to take advantage of summer courses in order to graduate sooner while ensuring that campuses have enough tuition revenue to cover instructional costs.

According to Linda Johnsrud, UH executive vice president for academic affairs, “Enrolling in summer session courses is a great way for our students to accelerate their degree completion and graduation.”

For community colleges, the previous rate of $317 per credit is decreased to $248 per credit, saving students approximately $207 per three credit class.

The reason summer courses are so pricey compared with regular semester courses is that, for the most part, state-appropriated funds do not cover summer courses and UH needs to cover the costs of instruction solely through tuition.

Johnsrud says, “We know that the costs of higher education are a concern for all of our students, and we hope to help alleviate some of that concern by making summer classes more affordable.”

With this in mind, the BOR concluded that summer tuition rates will be determined on an annual basis and

by Kellie Wedemeyer
Ka ‘Ohana Staff Reporter

WCC head librarian Nancy Heu calls it the “wow” factor. That’s the reaction she’s hoping for when people first see the college’s new Library Learning Commons.

This fall WCC students will have a 21st century, state-of-the-art library and learning center to look forward to.

The new three-story building will offer many different services such as media labs, more computers and even a coffee shop.

“The Library Learning Commons is a beautiful, elegant, welcoming and friendly place designed to inspire students to learn, create and discover,” said Heu.

“We want the ‘wow’ experience, for students to be delighted by the building, the surroundings and the services.”

The facility will open at the start of the fall 2012 semester with grand opening festivities planned for Sept. 4-7.

“We’re in the process of selecting a vendor to operate the coffee shop... and offer quality coffee, pastries, snacks and sandwiches at reasonable prices,” explained Heu.

Designed by Architects Hawaii, the structure has been called “a model of sustainability” with the goal of attaining LEED Silver Certification.

The building’s construction and maintenance have been reviewed to reduce energy consumption, water use and waste.

Green building features include energy-efficient air conditioning, natural lighting, solar panels and water-conserving restrooms.

When students step inside, they’ll find a gathering place with a library, media center, computing services and the Ka Piko Success Center all under one roof.

The Ka Piko center will provide testing and tutoring services and have labs for writing, speech and math. There will also be audio and video studios as well as a media lab where students can edit and produce multimedia presentations.

“All the services in the building support the academic success of students,” said Heu.

“There will be a classroom for library instruction and eight study rooms for group work or tutoring. A meeting room will allow us to schedule workshops and speakers.”

The current library houses 30 desktop computers and six laptops for student use. The new library will be adding at least 25 more computers.

The new library will have

Register now for expanded summer, fall classes

Students can learn about the universe through WCC astronomy courses.

Summer course availability is going up, but summer tuition is going down. At a meeting earlier this year, the UH Board of Regents approved a reduction in summer tuition rates for UH Hilo, UH West O‘ahu and all seven UH community colleges.

The reduction is meant to encourage more students to take advantage of summer courses in order to graduate sooner while ensuring that campuses have enough tuition revenue to cover instructional costs.

According to Linda Johnsrud, UH executive vice president for academic affairs, “Enrolling in summer session courses is a great way for our students to accelerate their degree completion and graduation.”

For community colleges, the previous rate of $317 per credit is decreased to $248 per credit, saving students approximately $207 per three credit class.

The reason summer courses are so pricey compared with regular semester courses is that, for the most part, state-appropriated funds do not cover summer courses and UH needs to cover the costs of instruction solely through tuition.

Johnsrud says, “We know that the costs of higher education are a concern for all of our students, and we hope to help alleviate some of that concern by making summer classes more affordable.”

With this in mind, the BOR concluded that summer tuition rates will be determined on an annual basis and

by Akela Newman
Ka ‘Ohana Staff Reporter

The college’s growing diversity is reflected in the variety of classes being offered this coming summer and fall semesters.

Students can find several new and infrequently offered classes on the school website as well as the courses needed to meet degree requirements.

This summer, WCC is offering its largest array of classes in order to alleviate some of that concern by making summer classes more affordable.

According to Linda Johnsrud, UH executive vice president for academic affairs, “Enrolling in summer session courses is a great way for our students to accelerate their degree completion and graduation.”

For community colleges, the previous rate of $317 per credit is decreased to $248 per credit, saving students approximately $207 per three credit class.

The reason summer courses are so pricey compared with regular semester courses is that, for the most part, state-appropriated funds do not cover summer courses and UH needs to cover the costs of instruction solely through tuition.

Johnsrud says, “We know that the costs of higher education are a concern for all of our students, and we hope to help alleviate some of that concern by making summer classes more affordable.”

With this in mind, the BOR concluded that summer tuition rates will be determined on an annual basis and

Register now for expanded summer, fall classes

Students can learn about the universe through WCC astronomy courses.

Summer course availability is going up, but summer tuition is going down. At a meeting earlier this year, the UH Board of Regents approved a reduction in summer tuition rates for UH Hilo, UH West O‘ahu and all seven UH community colleges.

The reduction is meant to encourage more students to take advantage of summer courses in order to graduate sooner while ensuring that campuses have enough tuition revenue to cover instructional costs.

According to Linda Johnsrud, UH executive vice president for academic affairs, “Enrolling in summer session courses is a great way for our students to accelerate their degree completion and graduation.”

For community colleges, the previous rate of $317 per credit is decreased to $248 per credit, saving students approximately $207 per three credit class.

The reason summer courses are so pricey compared with regular semester courses is that, for the most part, state-appropriated funds do not cover summer courses and UH needs to cover the costs of instruction solely through tuition.

Johnsrud says, “We know that the costs of higher education are a concern for all of our students, and we hope to help alleviate some of that concern by making summer classes more affordable.”

With this in mind, the BOR concluded that summer tuition rates will be determined on an annual basis and

Register now for expanded summer, fall classes

Students can learn about the universe through WCC astronomy courses.

Summer course availability is going up, but summer tuition is going down. At a meeting earlier this year, the UH Board of Regents approved a reduction in summer tuition rates for UH Hilo, UH West O‘ahu and all seven UH community colleges.

The reduction is meant to encourage more students to take advantage of summer courses in order to graduate sooner while ensuring that campuses have enough tuition revenue to cover instructional costs.

According to Linda Johnsrud, UH executive vice president for academic affairs, “Enrolling in summer session courses is a great way for our students to accelerate their degree completion and graduation.”

For community colleges, the previous rate of $317 per credit is decreased to $248 per credit, saving students approximately $207 per three credit class.
KONY 2012: Invisible Children

by Katherine Palmer
Ka ‘Ohana Co-Editor in Chief

Dressed in bright green athletic shoes and dark wash denim, Papito Francis appears to be the typical high school student, but nothing about Francis’ experience can be viewed as typical.

Francis was at UH West O‘ahu to talk about his experiences growing up in northern Uganda. He is on his third tour with the international NGO, Invisible Children. Many have come to know Invisible Children through a recent viral video titled “KONY 2012.”

“I was born when this war was already going on,” said Francis. “Growing up…I lived in fear of being killed. I lived in fear of being abducted and forced to kill.”

In his soft-spoken voice, Francis spoke of his cousin who was a “war child.” He said, “They brought my father and my family into the house, I saw my father killed.”

After that moment, Francis felt that “anything could happen at any time.”

He knew to escape abduction, the Lord’s Resistance Army (LRA), led by Joseph Kony, he would have to move. He tells of running “all day, all night…for more than 35 days.”

Reaching the displacement camp in northern Uganda, Francis was one of thousands of displaced children. He became a student in a School For Schools program. Today Francis is happy to report that he is recently graduated from high school and is headed to law school in September 2012 as a Legacy Scholarship recipient.

Francis beams with pride and says that his campaign has finally come to Uganda. But he warns that Kony is still carrying out his reign of terror and by becoming a lawyer, Francis said he wants to help continue fighting for those now affected in northern Uganda.

That is where the KONY 2012 campaign comes into play. Kony heads the LRA. Originally called the Holy Spirit Movement (HSM), the group was started by Alice Lakwena.

Lakwena started HSM to free northern Uganda from the oppressive regime of Yoweri Museveni. When she was exiled, Kony, claiming to be a distant cousin, took over managing the group. He changed its name to the LRA but was unable to maintain the support or membership numbers that its previous leader had.

In order to continue, he resorted to stealing food and abducting children to fill the ranks of his army and for the girls to serve as sex slaves for his commanders. Following that, he lost whatever remaining regional support there was for the LRA.

What started out as a rebel move to put an end to oppression turned into a brutal and violent oppression of northern Uganda. By the time Kony moved out of Uganda, over 30,000 children had been abducted and 1.7 million people lived in squalor and unemployment at the government camps for “internally displaced persons.”

Watching the KONY 2012 video, one can understand how it became viral in a matter of days. Its original goal of raising $1 million ran into a hundred million to date. With its heart-wrenching videography and moving story of Uganda’s Invisible Children, it seems every Facebook page and Twitter feed was sharing the 30-minute film, inciting young and old alike to take a closer look at Joseph Kony.

Invisible Children is the organization that created and distributed the video. The organization believes that this is the year to bring Kony’s acts to an end. His army, now in hiding, is at its smallest with an estimated 240 soldiers.

The film asks supporters to blanket their cities with KONY 2012 posters and stickers on April 20, 2012. Though many have criticized this tactic as being illegal, Invisible Children wants people to know that it is not asking its supporters to commit vandalism, and they have mechanisms in place to prevent anyone from doing that. Action kits can be downloaded at www.invisiblechildren.com.

Invisible Children also believes in sustainability, and they have created programs to help the people of Uganda overcome their past. The School of Pyro is no longer a planet. ANSC 140: Introduction to Veterinary Technology, TR 1:30 p.m. (3 credits) Sam Craddock.

This class will be offered for the first time ever this fall. The course introduces students to the field of veterinary technology and describes the responsibilities and educational requirements for students enrolled in the program.

Topics include roles of the veterinary team members, legal and ethical aspects of veterinary practice, breeds of companion animals, safety, sanitation and waste-disposal protocols and career fields in veterinary medicine.

***

Some classes are offered only in the fall semesters so take advantage of them. Check out the full listing of classes by using the link on WCC’s website homepage.

Courses: A full roster of choices for summer and fall posted during either the prior fall or spring semesters.

SUMMER COURSES
ASTR 130: Introduction to Archaeoastronomy. MTWR 8:30-10:05 a.m. Begins May 21. (3 credits) Laurie Tomchak. Recommended preparation: ASTR 101. A class previously offered only in the spring but now being held this summer, this is an introduction to the interdisciplinary study of cultures and astronomy for non-science majors. Topics include myths and rituals, calendar systems, and navigation.

LING 102: Introduction to Language-WL. MTWR 6:30-8:45 a.m. Begins May 21. (3 credits) Laurie Tomchak. Prerequisite: ENG 22 (or higher) or consent of instructor. This class has not been offered since fall 2005 and is an investigation of the nature and function of language. Students will learn to talk about language that will enable them to understand what linguists do and say.

ICS 123: Introduction to Audio and Video Editing. MW 2-4 p.m. Begins May 21. (3 credits) instructor TBA. Recommended preparation: Basic computer skills including file management. Never before offered in the summer and still fairly new to WCC, this class is an introductory computer class covering digital audio and video-editing. This introduction to digital software includes principles of recording, editing and publishing to the Web.

SP 251: Principles of Effective Speaking-WL. TR 10:15-12:45 a.m. Begins July 2. (3 credits) MJ Lewis. Prerequisite: ENG 100 or SP 151. Offered in past semesters but never in the summer, this class covers theory and practice of public speaking. It emphasizes practical skills in communicating with today’s audiences, planning, and delivering speeches.

ZOOOL 105: Hawaiian Use of Fish and Aquatic Invertebrates. TR 6-8 p.m. Begins May 21. (3 credits) Leonard Young. Recommended preparation: High school biology. This class is being offered for the first time this semester. This class will examine the role of fish and aquatic invertebrates in Hawaiian culture and resource utilization and management.

Night and online classes are also included in the line-up of classes for this summer. For a complete list of classes, click the link on Windward’s website homepage.

FALL COURSES
SW 200: The Field of Social Work. TR 5:30-7 p.m. (3 credits) Sarah Inouye. Prerequisite: ENG 22 or placement in ENG 100. This is a new course developed so that students who want to advance to the UH Mānoa School of Social Work can take their prerequisites for admission at WCC before going to UH Mānoa or HCC. It includes an introduction to the professions of social work, the nature and scope of social work, historical development, values and philosophy, methods of practice, scope and aims.

THEA 260: Dramatic Production. TR 5:30-8:45 p.m. (3 credits) Nicolás Logue. Learn more about theatre this fall by doing it. Take part in a performance at WCC’s Paliku Theatre and get course credit in the process. Be a part of “Curse of Asatira” (an ensemble cast show with eight characters caught up in violence and cultural upheaval), a daring new play produced in London in 2011. Students will be a part of the debut cast to perform this show for the first time at WCC.

Students can try out for a role, help with design (lights, costumes, props, set, etc.) or even help with the marketing.

Auditions to play a character role are on Wednesday April 25 from 2-6:30 p.m. and on Thursday April 26 from 4-6:30 p.m. Prepare a short piece of movement (dance, martial arts, yoga, mask work, physical comedy, etc.) and a short (1-2 minute) monologue.

For more information Nicolás Logue may be contacted at (808) 236-9187 or logue@hawaii.edu.

ASTR 180: Planetary Astronomy. TR 2:30-4:45 p.m. (2 credits) Mary Beth Laychak. Recommended preparation: High school algebra. This class has not been offered since Fall 2009 and is a survey of modern solar system astronomy with emphasis on the underlying physical principles. Topics discussed include the history of planetary studies from ancient to modern times, the structure and evolution of the solar system, and the search for extraterrestrial planets. Intended for science majors, prospective science teachers and anyone with a deep curiosity about why Pluto is no longer a planet.

ANSC 140: Introduction to Veterinary Technology. TR 1:30 p.m. (3 credits) Sam Craddock.

This class is being offered for the first time ever this fall. The course introduces students to the field of veterinary technology and describes the responsibilities and educational requirements for students enrolled in the program.

Topics include roles of the veterinary team members, legal and ethical aspects of veterinary practice, breeds of companion animals, safety, sanitation and waste-disposal protocols and career fields in veterinary medicine.

***

Some classes are offered only in the fall semesters so take advantage of them. Check out the full listing of classes by using the link on WCC’s website homepage.
Food companies will basically put anything into your food and sell it, regardless of nutritional value and its effect on health. In that regard, they hardly differ from cigarette companies. The above quote from Marion Nestle’s book “Food Politics” was used by Dr. Frank Williams to open his March 21 talk, “What’s Really In Your Food?”

His presentation was part of the WCC Community Forum in Chemistry series co-sponsored by the American Chemical Society-Hawaii Section. The focus of the forum was for the community, students and faculty to learn more about harmful food additives.

What are food additives?
A food additive, according to the FDA’s website, is “any substance added to food, the intended use of which results or may reasonably be expected to result — directly or indirectly — in its becoming a component or otherwise affecting the characteristics of any food.” This includes any substance used in the production, processing, treatment, packaging, transportation or storage of food.

According to Williams, there are an estimated 3,000 different food additives and the average person consumes about 8 to 10 pounds of additives per year.

What are additives used for?
Food additives are used to help preserve flavor, enhance taste and appearance, modify the consistency of foods or prevent food from spoiling. Some additives have been used for centuries; for example, pickling foods with vinegar or curing meats with salt. Additives used today come from both natural and artificial origins.

How can additives affect health?
Many additives considered safe for use in food will appear on the FDA’s list as GRAS, or “Generally recognized as safe.” But there are many additives that may pose health risks. Some are linked to causing health problems such as heart disease, cancer or diabetes.

Can additive consumption be harmful?
Some additives, such as sodium nitrate used to preserve meats, are linked to cancer. Artificial sweeteners also are known to cause adverse health effects. High fructose corn syrup has been linked to an increase in diabetes.

What additives should people avoid?
There are many potentially harmful food additives people should avoid. Williams says a major one to avoid is trans fats.

Food products containing hydrogenated or partially hydrogenated oils, contain trans fats. They increase levels of LDL (bad) cholesterol, while lowering HDL (good) cholesterol levels. They can lead to many health problems, including heart disease, cancer and diabetes.

Labels can be misleading because a product can contain up to 0.5 grams of trans fat per serving, but can still be labeled as containing zero. For example, if a person consumes four servings of non-dairy creamer, even though the label lists “Trans fats-0 grams,” they may actually be consuming up to 2 grams.

“It’s a very risky thing to eat. For food companies to keep putting trans fats in food and be allowed to put ‘zero’ on the label, seems almost criminal,” Williams says.

According to Williams, an estimated 6,000 food products contain trans fats and the average person consumes nearly 12 to 18 grams each day. When asked if there is a safe amount of trans fats, Williams said, “No amount is safe.”

Other additives, such as sodium nitrate used to preserve meats, are linked to cancer. Artificial sweeteners also are known to cause adverse health effects. High fructose corn syrup has been linked to an increase in diabetes.

What can you do to avoid harmful additives?
Read labels. Become informed about what you’re eating. As a general rule Williams says, “If you can’t pronounce it, don’t eat it.”

Visit Dr. Williams’ website at: Hawaii-Molecular.org for more information and links to other helpful sites. The Center for Science in the Public Interest contains a user-friendly guide to food additives and safety at: www.cspinet.org/reports/chemucuisine.html.

Eat a plant, help save the planet

A vegan is someone who does not eat meat or anything that comes from an animal, including dairy, honey, eggs and gelatin. Vegetarians are not as strict; they refrain from eating meat and gelatin, but still consume dairy products.

Why go through all the effort? Most people become vegetarians for three main reasons: their health, the environment and opposition to animal cruelty.

Numerous studies show that vegans are at healthier weights and have lower cholesterol and blood pressure than meat eaters—which also makes them less likely to get diseases such as diabetes and cancer.

“About 3 percent of U.S. adults are considered full-fledged vegetarians because they never eat meat, poultry, fish or seafood, and about 1 percent of people are vegans because they don’t eat dairy, eggs or honey,” says the Vegetarian Resource Group.

“Why are they doing it? No one knows for sure. The percentage of vegetarians has doubled since 1994,” says John Cunningham, consumer research manager for the organization.

Former president Clinton, known for his love of junk food, has struggled with heart disease since leaving office and has undergone two separate heart procedures. His doctors advised him to adopt a vegan diet because of his family history with heart disease.

Clinton became vegan to combat his heart troubles and now eats no meat, no dairy, no eggs and almost no oil.

According to a study released March 12, eating a lot of red meat may shorten your life.

“We should move to a more plant-based diet,” Dr. Frank Hu, lead researcher and a professor of nutrition and epidemiology at Harvard School of Public Health, says. “This can substantially reduce the risk of chronic disease and the risk of premature death.”

Meg Turner first became vegan when she left home at 18 and “couldn’t be bothered with buying, preparing, or cooking meat products,” saying it was too much hassle.

What cined it her for was a surging of interest in raw food, where she says she “ate a hamburger off the grill and ended up feeling like I had a rock in my stomach! After that, I just lost the desire to eat meat and quit cold tofu-turkey. I felt like I was doing something good not only for my body, but for the planet as well.”

As with any kind of diet, you have to make sure you’re getting all the nutrients your body needs. People often think that being a vegan means you can’t get enough protein. However, according to the Vegetarian Resource Group, “It’s very easy for a vegan diet to meet the recommendations of protein. ‘Nearly all vegetables, beans, grains, nuts and seeds contain some, and often much, protein.’”

In honor of Earth Day, consider going vegan or vegetarian for the month, a week, or even just a day. “You don’t need to be a strict vegan to get most of the benefits of a primarily plant-based diet,” says Dr. Walter Willett, chair of the department of nutrition at the Harvard School of Public Health.

A Violence-Free WCC

The event is organized by the WCC Sexual Violence Prevention Awareness Committee in partnership with the Campus Alliance and the American Association of University Women (AAUW), Psi Beta National Honor Society in Psychology, ASUH-WCC, Phi Theta Kappa, WCC Service-Learning, Trio, and various other campus volunteers and organizations.

This event is inspired by, developed and presented by student volunteers from WCC.

A Violence-Free WCC event is set for Wednesday, April 18 from 11 a.m. to 3 p.m. behind Hale Na’aau'o. The festival will offer information from community organizations on dealing with sexual and domestic violence issues. Free food and entertainment will be provided throughout the event. There will also be a faculty dunking booth.

Can you spot the fake story?
In the spirit of fun, we have emboldened for the readers of Ka’Ohana a story from the2000beautiful imaginations of its staff writers.

Five lucky winners will receive a $20 Starbucks gift card provided by ASUH-WCC.

To participate, you only need to locate the fake story in this issue. Email your answer and contact info to KaOhanOnline@gmail.com, or message us on Facebook at Facebook.com/KaOhana.

One entry per student, faculty, or staff of WCC. Deadline for entries will be midnight April 23, 2012. No late entries. Winners will be notified by the end of April. Good luck!
Imaginarium depicts birth of Hawai‘i

“Maunakea” show debuts on O‘ahu in May

by Jessica Crawford
Ka ‘Ohana Co-Editor in Chief

The signature show of the Imākai Astronomy Center in Hilo is coming to WCC’s Imaginarium.

“Maunakea: Between Earth and Sky” explores the connections between Hawaiian mythology, culture and astronomy.

“Maunakea” whisks viewers away on a Polynesian canoe voyage to search for the guide star, Hokupa‘a, and travel back through time—past planets, galaxies and swirling nebulas—to the beginning of the universe. Through the show, viewers can witness the creation of the Hawaiian islands, be captivated by the story of Pele and Pohaku‘u, and fly through one of the observatories on the summit of Maunakea.

Co-directed by WCC’s Dr. Joe Ciotti, “Maunakea” aims to bridge the ancient and sacred with the modern and scientific. WCC’s Hokūlani Imaginarium is the first venue outside of ‘Imiloa to offer “Maunakea” to the general public.

The Imaginarium is a high-tech planetarium and multi-media facility.

The 66-seat theater contains a Definiti 4K fulldome system, allowing audiences to enjoy adventures in a true 360-degree environment.

The show is suitable for general audiences and runs approximately one hour.

Showtime: May 11 at 7 p.m. (possible second showing at 8 p.m.) For tickets, call 235-7433. Ticket prices: $5 children (ages 12 and under), $6 UH students and staff (with ID), $6 military (with ID), $6 senior citizens (65 years and older), $7 general admission.

Get ready for the Ho-Ping-Pool tournament

by Hengyao Han
Ka ‘Ohana Staff Reporter

WCC’s intramural sports program will hold its first-ever Ho-Ping-Pool Tournament from April 23 to May 1 at the Student Activity Center.

The tournament includes air hockey, ping pong and billiards; players must participate in all events per round.

Winners of two out of three events will be declared the finalists, with the opportunity to advance to the next round.

Students interested in participating need to register at the Student Activities Center in Akoakoa 232 or call Ryan Pereira at 235-7327.

Participants must attend a mandatory orientation, present a current WCC ID card and sign a waiver to participate in the tournament.

For air hockey, the first player to reach 9 points wins the game, with two out of three games to determine the winner. For ping pong, the first to earn 11 points wins in two out of three games. As for billiards, the first to sink all 15 balls will be declared the winner.

Tournament participants will be determined by the number of people who sign up. Once the match-ups are set, participants will be notified through email and will need to schedule their matches with their opponents.

Participants will have three days to complete their matches, excluding weekends, or they will be forfeited. The prizes are T-shirts for the winners.

Pottery Sale

by Tasha McMillian
Ka ‘Ohana Writer

If you’re looking for a special gift for Mom, the WCC Mother’s Day pottery sale might be a good place to start.

The popular fundraiser will be held Friday, May 4 from 9 a.m. to 7 p.m. and Saturday, May 5 from 9 a.m. to 3 p.m. in Hale Palanakila, Room 216.

The event will feature an assortment of functional and decorative pieces made by WCC’s ceramics studio and to the students, who receive a percentage of their sales.

The quality art is sold at reasonable prices with the proceeds going to help run the ceramics studio and to the students, who receive a percentage of their sales.

Ceramics professor Paul Nash said he expects a good turnout for this, the 28th year of the event.

$2,000 scholarships support the arts

One of the most influential modern artists in Hawai‘i, John Young, was a self-taught artist. He was inspired by Chinese brush painting, Jackson Pollack and cave paintings from Lascaux France, among others.

To honor John Young’s last wish—to support students of the arts—two $2,000 scholarships are offered every year at WCC. The award is given in increments of $1,000 per semester to help students pursue their education in visual or performing arts.

The application deadline is April 23. Letters of recommendation, a 1,000-word essay discussing career goals and works that show evidence of talent also are required.

To download a scholarship application go to WCC website, windward.hawaii.edu/Financial_Aid/Scholarships.html. For more information contact WCC art professor Paul Nash at 235-7323.

WCC student wins MIA poetry award

by Maria Harr
Ka ‘Ohana Staff Reporter

I Dare You
by Leah Joseph

I dare you. I dare you to take the full measure of heaven. I dare you to establish a human system. I dare you to find the happiness in government. I dare you to love me in the present. I dare you.

Dare. That word helped everything fall into place for WCC student and tutor Leah Joseph, who won the Mixing Innovative Arts President’s Day poetry contest.

Joseph says she found out about the contest while attending an MIA meeting. The writing prompt for the contest required competitors to use five out of the 10 words: President George Washington favored in his inaugural address: dare, heaven, measure, establish, human, system, government, happiness, present, and love.

“We were told to pick five out of 10 words but I couldn’t choose, so I used all 10,” Joseph says of the chosen words. She played a word game with them, a process she uses often.

“When I turned them over in my mind and tried to see how many I could tie together in a sentence then I tried to see if there was a word that could fit with all of the other words (dare). Once I saw that word in my mind the whole poem just came to me. It took her about 10 minutes to write her poem, and on Feb. 28, eight days after the writing prompt for the contest was released, a posting on MIA’s website featured Joseph’s poem among the other winners.

As for advice on entering writing contests, Joseph says, “Just do it. Don’t let fear or embarrassment hold you back.”

The M.I.A. Art Literary series was started as a graduate-run project by the UHM English Department. Their goal is, as the website says, “creating a bridge between academia and the local artistic community by featuring local and graduate student work in poetry, fiction, visual art, music and performance.”

They meet the third Monday of every month at The Fresh Café in Honolulu.

For more information, email miawriting@gmail.com or visit their website, http://miahonolulu.wordpress.com
Embracing challenges

UH president shares her personal story of hope and change

by Ally Irving
Ka ‘Ohana Staff Reporter

E
everyone has a story that defines them. For Dr. M.R.C. Greenwood, her journey to becoming the University of Hawai‘i’s 14th president had everything to do with a series of accidental meetings and the kindness of strangers.

To read Greenwood’s list of accomplishments—from her White House appointment in the office of science and technology policy to her international reputation in obesity research—you would never guess how much she had to overcome.

Greenwood grew up in Auburn, New York during a time when women were not encouraged to study anything outside of teaching or nursing. Her father was a physician and her mother was a nurse. But Greenwood had aspirations of becoming a veterinarian, which, in those days, very few women became.

“In high school, I suppressed my interest in science to focus on a career that would be better for me,” she said. As a result, Greenwood became bored with school. She was getting by with good grades but wasn’t engaged in class. Fortunately, someone cared enough to call her out on it.

Greenwood’s high school physics professor stepped in. She told Greenwood to come in every Thursday afternoon for extra work to get her to the level her professor thought she should be at.

This would be the first transformational moment in Greenwood’s life. “She told me to think about my futures,” she said. “So, I did.”

After graduating from high school, she was set to attend college until she found out she was pregnant. “That changed my whole life,” she said. Greenwood married soon after.

“My parents said, ‘That’s it. No school for you, you’re on your own,’” as was very much the tradition in those days,” she said. “My mother’s exact comment was, ‘You’ll be ringing a cash register at the A&P for the rest of your life.”’ But, Greenwood didn’t see that as her plan.

Her husband was accepted to Rutgers University in New Jersey. When her son, Jim, was 4 months old, Greenwood had to find a job. “We were running out of tuna fish, hamburger and mac in a pouch,” she said.

Fortunately, Greenwood’s neighbor was leaving her job as a lab dishwasher for the entomology department at Rutgers and offered it to Greenwood. She was hired, and after a few weeks, her boss took notice of her.

“One day, he asked me why I wasn’t going to school,” she said. Greenwood explained that she couldn’t afford it. Her boss told her that since she was a full-time employee, she had access to night classes for free. She soon started taking chemistry courses.

A SINGLE MOM AT 21

A year later, Greenwood found herself separated from her husband and a single mother. She was 21 years old. “That’s where you start learning about yourself personally, how you manage to go forward under those circumstances,” she said.

Greenwood continued with her education. She had a chance to attend Vassar College, a prestigious all-female college at the time. “Fortunately, I had a high GPA from high school and they admitted me, strangely enough, considering they had (never) admitted a woman with a child to raise, full-time,” she said.

“That’s where I really started learning about leadership and higher education because it was the first time I had come into contact with some very wonderfully articulate women who were wonderful scientists and teachers,” she said.

A STRANGER’S GIFT

By the end of her sophomore year, she was on the dean’s list, but to continue her education she needed to take a loan out from the bank, which ultimately landed her in the dean’s office. The dean called her to ask about the promissory note she signed at the bank.

Turns out, Greenwood wasn’t in trouble. The dean was astonished the bank would change a student such a high interest rate on her loan. She was so upset, she told the bank manager and threatened him with his job.

The dean would later tell Greenwood that there had been an anonymous donation to the school and that her tuition would be paid as long as she stayed on the dean’s list.

“To this day, I don’t know who donated the money all those years ago, but I’m here because of the kindness of strangers,” she said. “I could not have done it alone.”

While at Vassar, Greenwood was pregnant. “That was the first time I had come into contact with some very wonderful scientists who were wonderful scientists and teachers,” she said.

Greenwood learned about experimental biology, how to understand science and what it meant to be a scientist. She became fascinated with biology and cells.

Greenwood later attended Rockefeller University for her doctorate where there were no women faculty.

“That was an amazing experience because there weren’t very many women (in school) and there were no role models,” she said. Greenwood had to rely on those early years of preparation and the leadership skills she learned from those few prominent women in her field, which allowed her to start thinking for herself.

Since graduating from Rockefeller in 1973, Greenwood has gone on to far exceed what her mother thought she’d become.

One of the many impressive accomplishments in her life is that she has been the first female in many parts of her career, including chancellor at the University of California at Santa Cruz, dean of graduate studies at UC Davis, and her current position as president at the University of Hawai‘i.

Her advice to students about becoming a leader is to “take opportunities that are given. ‘When it comes to developing leadership skills, I don’t think there is a formula,’” she said.

Greenwood embraced the challenges and opportunities given to her. “It changed my life to get an education,” she said.

“I could not have done it without the help of people who helped me because they wanted to see someone succeed and provide inspiration for others.”

NEW LIBRARY: More space and expanded services

from page 1

UH President M.R.C. Greenwood college’s Women’s History Month series of speakers.

what is available now for students: 43,000 volumes of books, an electronic book collection with access to 70,000 additional titles, and several databases to find articles and other information.

One major new feature is a separate room for the Hawaiian Collection that will enable students and community members to browse the shelves.

In the present library, the Hawaiian Collection is located behind the circulation desk. If people want a book from the collection, they must first get the call number, then go to the circulation desk where the book is retrieved.

“We designed an open collection so people could have the excitement of discovering books they might not otherwise have seen,” said Heu.

WCC’s current library building will be renovated and become the language arts building with offices and classrooms. Hale No‘eau, where the Media Center and Computing Services are presently located, will be turned into offices and classrooms for the social sciences.

For more information and updates on the library, students can go to http://wcc.lib.csc.edu, or for a virtual fly-through go to http://wcc.lib.csc.edu/2009/03/blog-post.html.
Reduce, reuse, recycle for a brighter, cleaner future

By Naomi Anderson
Ka 'Ohana Writer
A WCC student picks up trash during a clean-up on Kailua Beach.

Earth Day, April 22, is a celebration that is often overlooked, even as people try to become more eco-friendly.

"I think people should definitely know what Earth Day is all about," said Alyssa Knight, president of WCC’s new Sustainability Club. "Earth Day is very important because it helps bring awareness to some of the issues like pollution, global climate change and energy waste."

Earth Day was founded by Gaylord Nelson, a Wisconsin senator, on April 22, 1970. On that day, 20 million Americans rallied from coast-to-coast for a healthy, sustainable environment. Earth Day focused on emerging eco-consciousness and making environmental concerns a top priority by organizing protests and teach-ins at every college campus nationwide.

The first Earth Day led to the creation of the U.S. Environmental Protection Agency. They are in charge of protecting the environment by writing and enforcing regulations and laws that are passed by Congress. Also, the Clean Air (1970), Clean Water (1977) and Endangered Species Acts (1973) are in place to help protect the Earth and its inhabitants.

Since then, politicians have organized pro-environment campaigns, some of which went global. In 1989, environmental activist Denis Hayes launched a campaign that included more than 200 million people in 141 countries who helped to lead environmental issues onto the world stage.

Several special events are set for Earth Day in Hawai‘i, one of which is the Earth Day Festival at UH Mānoa, April 19 from 10 a.m. to 4 p.m. The campus celebrates with an open-air art and plant marketplace, technology demonstrations and educational booths.

Kaua‘i Hawai‘i is another group who wants to lead the way toward "environmentally sustainable, compassionate and economically resilient communities."

There are plenty of things you can do year-round to help keep our island green. Lifting a beach or park cleanup is one way to help out the Earth.

"When I did a (community) cleanup, I saw how much trash was on the beach and how it was affecting the marine life," said Knight. She believes there is a lot more people can do, especially on WCC’s campus, to be eco-friendly.

Films about our fragile blue planet

By Alyssa Knight
Ka ‘Ohana Writer

A student at Hawai‘i Pacific University protesting the ACA.

"Hey there, autopilots. Got some bad news. Um...Operation Cleanup has just... It's over. We've lost..."

— From the film “Wall·e”

In the film “Wall·e,” Earth is depicted as an abandoned planet littered with trash. While this may sound extreme, many people are starting to agree that this could be the world’s future for our planet.

Sustainability is defined as the quality of not being harmful to the environment or depleting natural resources. It’s also the inspiration for WCC’s new Sustainability Club.

"I was really inspired when I saw how much trash was on the beaches and I wondered if there was a way I could get other people involved in helping to solve the problem," said club vice president Akela Newman.

The club has since evolved into a place where students interested in any environmental issues can be a part of projects that work towards becoming more eco-friendly.

According to author Beth Terry, the overall recycling rate for all plastics generated in 2009 was only 17 percent in the United States. Club secretary Shanae Newman said, "We’re dealing with several issues. There has been a lot of success at making campus buildings more sustainable so we’re looking into that, but in the end I think everything is connected. Our goal is to make our impact on the Earth a little less harmful."

The club hopes to do projects such as bottle cap recycling drives or beach clean ups so people can see the direct impact of the trash. Club advisor Floyd McCoy hopes to start a sustainability class one day and would like to see guest speakers come and talk about different issues.

"We’re all learning along the way and by becoming more educated we can make a greater impact," said Newman.

The Sustainability Club meets on Tuesdays at 1 p.m. in the campus center. For more information, contact Alyssa at aknight@hawaii.edu or at 721-6097.

Sustainability Club launched on campus

A move to reduce plastic, one bag at a time

By Alyssa Knight
Ka ‘Ohana Writer

Plastic and other debris collect along O‘ahu’s shorelines.

I love plastic. I want to be plastic." The famous quote by author Andy Worsh reflects the irony of how much plastic has become a part of our life.

The issue of plastic and our consumption of it is not a new problem, but the movement towards reducing our usage has been gaining momentum. On Feb. 28, Lewis and Clark Community College, along with B.E.A.C.H., held an event to screen the movie "Bag It."

Students working at the Campus Center organized the event to raise awareness about plastic. LCC students in environmental classes such as geology and marine biology were offered extra credits for attending.

The event also included a presentation by the founder of Flo Water (a company that sells purified water vending machines), a Q&A session with the founder of B.E.A.C.H., and a raffle with prizes.

Suzan Fraser, founder of B.E.A.C.H., is an organization that does beach clean-ups and focuses on educating people about marine trash. "I want to be the step that comes after reducing and reusing. If we can be more preventative and watch what we consume, there won’t be so much to recycle."

When asked their plan to reduce plastic consumption, LCC students stated they would "help friends understand the effects of plastic and how it affects the environment in use reusable bottles more" and "bring my reusable bags when I go shopping."

According to the "Bag It" website, "The project of ‘Bag It’ started as a documentary about plastic bags, but became an investigation into plastics and their effect on our waterways, coasts, and even our bodies. This movie explores single-use disposable bags, waste and recycling, the effects on marine life and the planet and the chemicals that are dangerous to our bodies."

The movie states that 100,000 plastic bags are used every 5 seconds. On top of that, another 20 billion plastic bottles are thrown out every year in the United States alone.

With statistics like these, governments around the world have begun to take actions by banning or restricting the use of plastic bags. In 2008, China banned the use of plastic bags, but became an investigation into plastics and their effect on our waterways, coasts, and even our bodies. This movie explores single-use disposable bags, waste and recycling, the effects on marine life and the planet and the chemicals that are dangerous to our bodies.

The movie states that 100,000 plastic bags are used every 5 seconds. On top of that, another 20 billion plastic bottles are thrown out every year in the United States alone.

A move to reduce plastic, one bag at a time

By Alyssa Knight
Ka ‘Ohana Writer

"Hey there, autopilots. Got some bad news. Um...Operation Cleanup has just... It's over. We've lost..."

— From the film “Wall·e”

In the film “Wall·e,” Earth is depicted as an abandoned planet littered with trash. While this may sound extreme, many people are starting to agree that this could be the world’s future for our planet.

Sustainability is defined as the quality of not being harmful to the environment or depleting natural resources. It’s also the inspiration for WCC’s new Sustainability Club.

"I was really inspired when I saw how much trash was on the beaches and I wondered if there was a way I could get other people involved in helping to solve the problem," said club vice president Akela Newman.

The club has since evolved into a place where students interested in any environmental issues can be a part of projects that work towards becoming more eco-friendly.

According to author Beth Terry, the overall recycling rate for all plastics generated in 2009 was only 17 percent in the United States. Club secretary Shanae Newman said, "We’re dealing with several issues. There has been a lot of success at making campus buildings more sustainable so we’re looking into that, but in the end I think everything is connected. Our goal is to make our impact on the Earth a little less harmful."

The club hopes to do projects such as bottle cap recycling drives or beach clean ups so people can see the direct impact of the trash. Club advisor Floyd McCoy hopes to start a sustainability class one day and would like to see guest speakers come and talk about different issues.

"We’re all learning along the way and by becoming more educated we can make a greater impact," said Newman.

The Sustainability Club meets on Tuesdays at 1 p.m. in the campus center. For more information, contact Alyssa at aknight@hawaii.edu or at 721-6097.
When we die, what do we leave behind?

by Joshua Rossen
Ka ‘Ohana Staff Reporter

WCC art professor Mark Hamasaki’s photo exhibition, “Conjoined,” runs April 20 to May 12. The opening reception will be on Friday, April 20 from 4 to 7 p.m. and will be free and open to the public. Hamasaki’s parents are the main inspiration for this exhibition. “My father was a U.S. citizen in Japan and was going to be drafted by the Japanese government and sent to Manchuria,” he explained. Ironically, “against his father’s wishes, but following his mom’s insistence, my dad returned to Hawai‘i only to be drafted by the U.S. government.”

Talking about his father’s experiences in the wars, Hamasaki explained he wanted to capture “the whole idea of what he’s gone through. You hear stories, but you want to show the human being behind the stories.” In addition to WWII, his father served in the Korean and Vietnam wars. Hamasaki’s mother is the other major influence in his life and this exhibition. “I had this idea of when we die, what do we leave behind?” Knowing that his mother was ill, Hamasaki asked himself this among other questions.

“How do you show, as we age, what happens?” Wanting to capture this idea with photography, he began to take different pictures of his parents. Hamasaki has been teaching at WCC since 1984 and also designed the college’s photography lab, which has been called the best among schools in the state. His photographs focus especially on Windward landscapes. His work is part of the State Foundation on Culture and Arts collection and has exhibited widely.

What’s your ‘Alternative HI’?

by Joshua Rossen
Ka ‘Ohana Staff Reporter

The local underground music scene has a new showcase with “Alternative HI,” a compilation CD produced by Soul Sound in He‘eia and distributed by Mountain Apple Company. The album contains an 18-track compilation from 18 different bands. Shawn Moseley, one of the producers, says, “It’s pretty amazing. They deserve recognition.”

The idea came about in the summer of 2011 to highlight the underground alternative music scene in the islands. The album was to be a collection of different talents creating music from genres not typically thought to come out of Hawai‘i. Moseley and Brandon Apeles decided on specific criteria for their album, which included:

• All material had to be original.
• Aside from solo artists with guest musicians, the band had to remain together and perform locally.
• Artists would retain rights to the master recordings.

When their idea became a reality, different groups of local musicians were brought in from all over the islands to share in this groundbreaking album.

The following artists are featured in the album: Sabrina, Sing the Body, Disaster Kit, The Intertwine Project, Erika Elona, Kelli Heath, Johnny Helm, Rabbitt & The Prophets, Hollow Spheres, Prevail, Mantra, Owalla, Sex Puppet, Kevin Jones, After Ever After, Mano Kane, Saving Cadence and Mike Love.

Co-producers Moseley and Apeles created this album out of their studio in He‘eia. Moseley and WCC art teacher Bryce Meyers were the founders of the first internationally known reggae band from Hawai‘i, Dread Ashanti. In 2006, he returned home from the mainland, created his label ‘Aumakua Records and opened his studio, Soul Sound.

Three years later he had about 30 records, multiple Na Hoku Hanohano nominations and awards as well as a Grammy nomination.

He paired up with Brandon Apeles in the summer of 2011 for “Alternative HI.” Apeles grew up managing and working for bands and musicians such as Fiji, Anuhea, and the BAMF project.

The album can be found on iTunes and other retail stores throughout the islands, including Target, Walmart and more. “On behalf of the producers of the record and the 64 artists and musicians who brought it to life, we are pleased to give the most slamming collective snapshot of the underground scene in Hawai‘i to date,” said co-founder Moseley.

Spring Showcase

by Hannah Marquez
Ka ‘Ohana Staff Reporter

WCC’s abundance of musical talent will be on display Friday, April 20, at 7 p.m. in Paliku Theatre in a spring showcase of student performances. All campus music classes will be represented, including choir, ‘ukulele, guitar, piano and hula.

Last year the showcase consisted of duets, hula dances and Christmas carols, a true medley of music. The performances highlight each musician’s growth during the semester, with each song an indicator of accomplishment for the performer and proof of skill and confidence gained in class.

Student Kamuela Kimura describes the showcase as providing a link to a cultural heritage. “One of the benefits from attending this showcase is the power that music has to connect a person with his or her ancestors . . . . By performing the music of our ancestors, we preserve and place value in their words,” he said.

All the teachers spoke with pride about their students. Piano instructor So Jin Kimura said, “My students are taking (the showcase) very seriously with their willingness to say, ‘Yeah, let’s do it!’ even though they have never done it before.” Their excitement is so encouraging.”
Cinco de Mayo: a celebration of pride

by Heather Stephenson
Ka ‘Ohana Staff Reporter

It’s party time!” says Bri Bourlier, a local student in Hawaii. “Don’t forget the Coronas and margaritas!” May 5 is Cinco de Mayo, and while most of this country is prepping with drinks, quedadillas, guacamole and tacos, it is important to understand why this holiday is celebrated throughout America more than it is in its own home country of Mexico.

“Cinco de Mayo is mainly celebrated in Puebla, where the battle took place, and in the U.S. as a day of Latino pride, somewhat like Saint Patrick’s Day,” said Laurie Tomchak, Spanish professor at WCC. According to History.com, Cinco de Mayo is not Mexico’s independence day, but instead a holiday created because of Mexico’s victory during the Franco-Mexican War in 1862. During this time, the Mexican army, under the command of General Ignacio Zaragoza, defeated France in a battle that most countries did not expect them to win.

Having massive debt and casualties from the earlier Mexican Civil War, the people of Mexico were struggling with poverty and low morale. Due to the massive loss that Mexico suffered from previous battles, Maximilian, emperor of France, attempted to overthrow Mexico in 1862. Not only would France be able to claim Mexican territory, they could also attempt to use Mexico as a base to take over the U.S. and continue slavery. Mexico was vehemently against slavery and if it wasn’t for Mexico winning the battle of Puebla, the United States might still have slavery and could be an entirely different country—speaking French instead of English. Because of this, Cinco de Mayo is nationally celebrated in the United States.

The defeat of France by Mexico was significant because the Mexican army was outnumbered with about half the number of militia as France and less reliable weaponry. Mexico defeated a country that had not lost a battle in 50 years. This holiday represents Mexican patriotism and shows that Mexico and Latin America are willing to defend themselves against any foreign intervention—especially those from imperialist states bent on world conquest.

Kahuku Farms now offering tours

by Chris Ogawa
Ka ‘Ohana Staff Reporter

Out on the North Shore, Kahuku Farms is now venturing out of traditional farming and getting involved in eco-tourism.

Kahuku Farms, known for its apple bananas, sweet watermelon and papayas, is offering tractor-pulled tours for those interested in seeing how agriculture is done on Oahu.

Alongside North Shore’s first and only farm tours is their curbside bright green country café selling farm-fresh products including smoothies, sorbets, banana bread, salads, paninis and pesto pizza.

“The food is so delicious and healthy. I always get the lilikoi banana smoothie, paaya with vanilla ice cream and pesto pizza,” said Luana Yoshikawa. “There’s some thing about the fresh air and looking out at the fields of the food we’re actually eating that makes it even better.”

Coordinator Kylie Matsuda is a fourth-generation family farmer.

“The country café idea came to my dad and me one night at the dinner table,” Matsuda explained.

“After months of planning,” this agriculture-tourism hybrid gave birth to a new line of products and an educational component of the production of the crops in your lunchbox.”

Kahuku Farms is located mauka across the street from Romy’s shrimp stand on Kamehameha Highway.

They’re open Friday through Sunday, 11 a.m. to 4 p.m. For more information, call (808) 628-0639 or visit www.kahukufarms.com

Pumpkin king crowned

by Hengyao Han
Ka ‘Ohana Staff Reporter

You know it’s that time again when Waimanalo Country Farm hosts its annual pumpkin weigh-off. This year’s event, on Sunday, April 8, was one for the record books.

The winning pumpkin was grown by WCC student Jack Anderson from Waimanalo. His gourd broke the former state record by nearly 50 pounds.

Anderson’s behemoth of a pumpkin tipped the scales at 804 pounds; the old record was 757 pounds.

Anderson, who gets $4,224, that’s about $4 per pound plus an extra $1,000 for growing the biggest one.

“I was hoping for 1,000 pounds, but I’m happy with the result,” Anderson said. “I was trying to earn some extra funds for tuition, and this pumpkin really helped me.”

So what is the secret of his pumpkin success?

He smiled and said, “My great grandmother grew pumpkins in Britain and developed what she called the Anderson method.”

“I was able to tweak it to suit the local environment.”

This is the third competition Anderson, 30, has entered.

“I couldn’t believe it,” he said. “For a couple of years, I just tried and tried. 2012 is my lucky year.”

The giant pumpkin will be on display with the four runners-up at the Waimanalo Pumpkin Festival April 20-22.

by Ka ‘Ohana Staff
A sign for WCC, Hawaii State Hospital and Windward Health Center on the side of Kaa'ahala Road announces the different health programs surrounding our campus.

The rebuild of Castle’s new field in full swing

by Matt Terukina
Ka ‘Ohana Staff Reporter

After months of complications and delays, Castle High School’s new synthetic turf football field is moving forward.

“Right now we are hoping that it is done this summer,” said head football coach Nelson Maeda. Castle will be one of two public high schools on O‘ahu this year constructing such a field. Castle put their bid in for the new field back in 2004. Due to concerns about the athletes’ safety and for the community, the funds for the field were released in 2011.

“I feel fortunate we got the appropriation for this funding and it’s happening,” said athletic director Richard Haru. “I am very excited.” He also explained that three key legislators—Sen. Jill Tokuda, Rep. Ken Ito and Rep. Pono Chong—helped in securing state funding for this project. Support was also provided by many Castle alumni who organized fundraisers for the school.

The turf material is called Matrix 46, which is the same synthetic material installed in the Dallas Cowboys Stadium. Other features this field will have is the Black Knights’ logo centered on the 50-yard line, as well as a drainage system underneath the field to prevent flooding from the Kāne‘ohe rain.

This project, estimated to cost approximately $4 million, will also include a six-lane all-weather track and a press box. Haru is hoping that O‘ahu Interscholastic Association league track meets and state soccer playoff games will be held on the new field when it is completed.

Castle’s old field had always taken a beating from the Kāne‘ohe rain. “I think out of eight games last season, six of them were played in the mud,” explained Maeda.

The horrible condition of the old field had caused many injuries to athletes over the years. “It was rock hard, it was uneven, and it had holes and sprinkler head problems,” Maeda added.

“I am hoping the community and students will be excited and feel fortunate and will treat the field with respect so we can utilize the facility for generations to come,” said Haru.

Castle plans to continue their community events such as the Pop Warner Jamboree and hopes to add more events down the road. In the 2011 football season, the Black Knights football team chose to give up their final two home games to play away, one of which was their homecoming game—all in hopes that the construction would start.

However, there were complications that delayed the start of construction. It will be a tough situation this upcoming season for Black Knights football. They start their spring training in a couple weeks, but won’t have anywhere to practice. “They are going to have to make do with what they have for now,” said Haru.

With baseball season underway, the football team cannot use the baseball field. They have to run their drills on their outdoor basketball courts until mid-April, when baseball season ends.

Despite all that’s happening, Coach Maeda is looking to coach another competitive team and is willing to work around these conditions because he knows what the reward will be. Haru said, “It’s a major inconvenience, but consider what we will get in return.”

The new field will bring a modern touch to the athletic program.
I recycle plastics, aluminum and glass at my house. I also buy things in bulk, which cuts back on cost as well as extra packaging. I reuse large Zip-loc bags, and turn off lights when not in use. I wash clothes only when I have a full load and am mindful of the time I run water for showers and washing dishes.

Ideas to conserve resources would include finding ways to use energy resources such as wind and wave-generated electricity. Also, I think we should route some of the money spent on campaigns (millions of dollars) to prevent the already prevalent waste, again as fertilizer), and recycling in organic matter (to be used once more). Treating yourself with respect is important as recycling organic materials in proper receptacles to prevent the already prevalent waste, which plagues our wonderful ‘aina.

I always recycle and when I go grocery shopping, I don’t throw the plastic bags. Instead of using bags, I try to remember to take my go-green bag instead of taking plastic bags. Also, I try to conserve water as well as my bill by washing my body when the water is off and then rinsing afterwards. I turn off all the lights unless I need it.

I carpool rather than taking another vehicle to school. I reuse bottles to fill up water or take them to the recycling centers. Most of my household appliances have the “Energy Star” approval on them. I reuse paper and everything in the house when no one is home. Support more companies that do their fair share to ensure a better living environment. So maybe it’s time to make a conscious effort to do my part in “going green.”

Sitting in class thinking of ways to “go green” made me look to the ceiling and the first things I saw were light bulbs. Perhaps WCC could switch to energy-saving light bulbs, which could also help to save money for the school.

As a vegetarian, that in itself is pretty “green” as the amount of waste that goes into animal farming is worse than anything else. Other than that, I don’t use plastic bags at stores; I bring my own re-useable ones. When electronics aren’t being used at my house, I turn them off and unplug them.

I walk everywhere except to school, in which case I take the bus. I live in Kailua and work at the YMCA there. Whenever I have a shift or just want to work out, I walk to the “Y.” It’s about a 30-minute walk, which isn’t that bad, and I actually enjoy the time to myself. I’ve been doing this for about two and a half years now and I’ve been curious as to how much I have reduced my “carbon footprint” by walking instead of driving such short distances.

I never buy bottled water; I just refill my Nalgene around campus throughout the day. At home I unplug almost all of my electronics before I leave the house for the day. I recycle as often as possible. At work we’ve set up a recycling tub so everyone can recycle their bottles and cans. I just try to make a conscious effort to do my part in “going green.”

To me, “go green” is a popularity contest. It isn’t that hard for people to do their fair share to ensure a better living environment. So maybe it’s time that we enforce doing and going with a “go green” attitude. There are laws that make sure people don’t litter; however, how often is that enforced?

My idea would be to toughen the punishment for those who think it is a good idea to throw their cigarette butts on the ground, and for those who ride single in the HOV lanes. Also, increase the reward to those who follow the “go green” attitude.

—Francesca Humm
Palikū Arts Festival

The 2nd Annual Palikū Arts Festival was held March 31 at WCC. The all-day event attracted many visitors who turned up to take part in the dozens of hands-on activities and demonstrations held in and around Pālanakila.

(Clockwise from top right): 1) Dancers perform a hula demonstration. 2) Jaelynn goes to work at the tie-dye booth, which was a hit for young and old. 3) One of the many food vendors, Crepes No Ka 'Oi makes delicious crepes for the masses. 4) Dustin Hart gives a glass blowing demonstration. 5) Arts and crafts vendors display their handmade goods. 6) A student works on an oil painting. 7) Mya Leiki takes a break to enjoy shave ice. 8) Forest Leonard puts the finishing touches on a clay sculpture. (Center): 9) Gallery 'Iolani featuring Wayne Levin’s exhibit, “Kalaupapa,” attracted many visitors. 10) Kaleo Solomon hangs up screen-printed shirts to dry.

For more, visit: KaOhanaOnline.org

Photos by Jessica Crawford