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About

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College Anxiety

The team behind Ka Mana'o is full of diversity. We tell jokes, play games, debate political issues and work like a dysfunctional 'ohana of students. For me, the office has always been a sanctuary where I can relax but also be productive in a college environment that can often be stressful. Most staff members will say that I have my life well put together. However, as a mother of two, part-time employee and full-time student I often contemplate how put together I really am. Oftentimes, I contemplate how put together I am.

The truth is, I suffer from high anxiety with undertones of depression. My anxiety reared its ugly head while taking a 15-credit overload and at least three writing-intensive courses a semester to finish my degree within a strict time. My GPA is above a 3.5 and when I make any less than an A minus in a course, I mentally berate myself. I suffer from panic attacks and insomnia that will last for days on end. Not many people know this because there is a stigma around mental health.

College is a turning point for a lot of students. It is where people are molded to join the workforce. With degree inflation, a bachelor’s degree is now the new high school diploma. This issue, we explored the different aspects of college that can benefit those wanting to enter the workforce and at the same time leave a bit of damage behind. From Invisible Illnesses to the fantastic Career and Technical Education program we explored if college is even worth it at all.

While my academic career is one of the many things that could have triggered my mind to slip into depression, it is not something I regret or would ever give up. I have learned more in these past two years of schooling than I have in my entire life. I know how to think critically, debate without attacking and work in a team drawn together by its differences. When I graduate in the fall, I’m confident that my English degree and certificate in Women’s Studies will arm me with something more to offer to the workforce of America — even though I’m not yet sure what that job might be.
Pittsburgh man McArthur Wheeler attempted several bank robberies with his face coated in unheated lemon juice believing the extract would render his facial features invisible. Following an effortless capture, Wheeler was presented with surveillance footage — his face clearly recognizable. Inspired by Wheeler’s slip-up, psychologists David Dunning and Justin Kruger proposed the theory of the Dunning-Kruger effect.

Conceptualized in 1999, the Dunning-Kruger effect is a cognitive bias where individuals experience a false sense of superiority, erroneously classifying their abilities to be much greater than they actually are. According to Dunning and Kruger, the bulk of this bias is due to a metacognitive inability to recognize personal ineptitude. Wheeler’s “invisibility” act perfectly illustrates this phenomenon.

At Cornell University, Dunning and Kruger advanced their understanding on this new effect through an experiment where students were tested on criteria such as humour, grammar and logic. Test results were then compared to the students’ own estimation of their performance. Those who scored high underestimated their performance, those who found the tasks simple mistakenly thought that it would be easy for others, and those who scored the lowest were found to have greatly overestimated their performance.

From Tina Fey and Robert Carlock of “30 Rock” comes the new sitcom, “Unbreakable Kimmy Schmidt.” For 15 years, Kimmy Schmidt (Ellie Kemper), along with three other women, were involved in an underground apocalyptic cult in Indiana. Upon escaping, the women of the cult returned to Indiana, whereas Schmidt attempts to readjust to modern life in New York City. Throughout each episode, her naivety and positivity provides a whimsical cynicism when juxtaposed with the controversies of race, gender and sexuality.

Picked up by Netflix for two seasons, “Unbreakable” is now free from NBC’S time slot constraints and is able to leave in the raunchy jokes.
The newest tattoo trend, the semicolon, is taking the world of ink by storm as it brings awareness to mental illness—specifically those struggling with addiction, depression, self-harm and suicide. Started in 2013 by a faith-based group called Project Semicolon, the movement’s supporters originally donned the semicolon with permanent markers later resorting to tattoos. Project Semicolon decided on the punctuation mark because “(it) is used when an author could’ve chosen to end their sentence, but chose not to. The author is you and the sentence is your life.”

Those who get the tattoo wear it as a reminder of their struggle or victory over their battle with mental illness. Despite many Americans struggling with mental illness, the stigma around depression or addiction prevents people from seeking the help that they need. Volunteers and advocates with Project Semicolon hope to change this negative connotation and leave the discussion open;

The success of Marvel’s Avenger movie franchise has left Warner Bros. Entertainment scrambling for a comeback. Their fight back to the top comes with a bold move to produce the “Suicide Squad,” set to premiere in theaters August 2016. The movie focuses on DC comic villains who are manipulated to do missions with a low success rate—in a time when Superman and Batman protect the world. While the majority of characters are known only to comic book fans and not the mainstream audience, Warner Bros. appears to utilize Batman’s infamous archenemy, the Joker (Jared Leto), to boost marketing. It is unclear if he will play a part in the Suicide Squad or used as a device to keep his obsessive protégé, Harley Quinn (Margot Robbie), in check. Quinn appears to be the focus character in the trailer and fans have already begun to criticise her cheerleader-inspired outfit.

It will be interesting to see how the race and gender diversity of the character lineup will compare to the Marvel movie powerhouse of all white males and one white female. With so many characters, though, the film could become overcomplicated, resulting in limited screen time and ambiguous stories.

With enchanting vocals and elaborate compositions, British singer-songwriter Laura Mvula commands the audience’s attention with soulful siren songs. Trained at an early age in the classical genre—piano, violin and voice—Mvula is no stranger to music. She eventually took this experience to the Birmingham Conservatoire where she graduated with a degree in composition and began writing her own songs shortly afterward. Mvula’s style is greatly influenced by artists like Nina Simone and Erykah Badu.

Her debut album, “Sing to the Moon,” was released on March 1, 2013, topping the 2013 UK Albums chart. Subsequently, she won both the Best R&B/Soul Act and the Best Female Act awards at the 2013 Music of Black Origin (MOBO) Awards. After the positive reception to her debut, Mvula—in conjunction with the Metropole Orkest and under the direction of Jules Buckley—recorded an orchestral arrangement of “Sing to the Moon” called “Laura Mvula with Metropole Orkest conducted by Jules Buckley at Abbey Road Studios.” Mvula’s sophomore album is currently in the works and she has been documenting the progress via Instagram.
PIECE BY PIECE

Danny Wyatt’s personalized approach to education

by Chance Nakazato
Leeward Community College Wa‘ianae coordinator and English instructor Danny Wyatt has discovered a sure-fire method to maximize student-instructor interaction: chocolate in a jar. For seven years, a jar of chocolate housed in Wyatt’s office has fostered trust between himself and his students until one day, the jar disappeared.

“I was thinking, ‘this is kind of a bummer.’ Then, a couple weeks later, one of my nontraditional students came in and gave me a better jar that her daughter decorated,” Wyatt said. “I still have it to this day.”

With over 20 years of experience in education, Wyatt is nothing if not dedicated to his students’ success. Similar to his arrangement with the chocolate jar, he believes that an ‘ohana-like atmosphere is crucial to bring out the best in each student. Leeward’s Wa‘ianae facility is uniquely equipped to adopt such an atmosphere since a smaller campus affords greater interaction between students, faculty and staff.

“There’s only one door in and two doors out. Nobody can walk around there without being seen,” Wyatt said. “If somebody’s looking for someone, they’re easy to find. Because it’s smaller and much more of an ‘ohana feeling, it’s made a big difference and I think that’s what the students appreciate as well.”

**JOURNEY TO WA‘IANAE**

Volunteering with the Peace Corps from May 1982 to Sept. 1985, Wyatt traveled to places like Kenya, Sudan and Israel. During that time, he worked with a woman’s group at Loiyangalani, a small African town located in the Marsabit Province. In Israel, he lived and worked on a Moshav farm, picking tomatoes for $175 a month. After his tenure with the Peace Corps, Wyatt spent time in Europe, teaching at a German military base and living in Sweden. After returning to the U.S., he hitch-hiked across the country.

Wyatt earned a bachelor’s degree in Philosophy and History from Indiana University and, later, a master’s degree in Teaching English as a Second or Other Language (TESOL) from Southern Illinois University. Wyatt’s overseas experience, paired with his degrees, made him an ideal candidate for a number of teaching positions. Following a slew of interviews and job offers, he wound up teaching at the college of Micronesia in Pohnpei, where he also held administrative positions, starting as the English Division assistant chair and ending as English division chair and Dean of Academic Programs. Although these positions paid the bills, the sense of purpose and fulfillment he got from teaching was absent. Since then, Wyatt has kept close to the classroom.

**A DIFFERENCE MAKER**

Compared to other institutions, Leeward’s Wa‘ianae campus has a much smaller faculty. Although this can be perceived as a weakness, it remains one of the campus’ greatest strengths. With 15 faculty and staff members, a team of counselors and peer mentors, students — traditional and nontraditional — at the Wa‘ianae campus can reap the benefits of a highly personalized education.

“Don’t look back. Don’t ever look back because you can’t do anything about that. What you can do is do something about the forward — the future — and so that’s the one (quote) I’ve lived by since then: don’t look back.”

As a strong advocate for student involvement within the community, Wyatt has incorporated different programs and strategies that he’s acquired during his time overseas at the Wa‘ianae campus. From visiting landfills to recycling discarded car tires, Wyatt’s students gain valuable interpersonal and academic skills while also contributing to the community.

“You can make a big difference,” Wyatt said. “It costs $44,000 to put somebody in jail. How much does it cost to keep somebody in school? With Pell grants, five grand? It seems like a slam dunk to me, right? If you want to help them, educate them. Provide them the opportunity. If they don’t take it, that’s fine but provide them the opportunity.”

Wyatt also works with student interns at Ma‘o farms and Makaha Studios, helping them to gain culturally relevant hands-on experience. Whether graduates join the workforce right after graduation or continue their education towards four-year degrees, alumni are well prepared for life after Leeward Community College Wa‘ianae.

**‘OHANA MEANS FAMILY**

During International Week, the Wa‘ianae campus hosts an open house. An exciting night featuring cultural performances courtesy of Kapiolani Community College and Honolulu Community College, students and their families are introduced to a welcoming and rich atmosphere that emphasizes the importance of education.

“So we’ve gone from, what, maybe 275 students, now we’re running about 500 to 550 students every semester. ... It’s that personal touch that these (handheld devices) don’t provide,” Wyatt said.

In addition to the large potluck, live performances and a positive environment, many nontraditional students expose their own families — specifically, their children — to the importance of receiving a quality education. As a result, those same children go on to attend the Wa‘ianae campus as well. As an educator, Wyatt finds great value in not only the passing of knowledge itself but the importance of it.

“That’s where it’s really amazing because you’ll see the nontraditional student — they’re doing the presentation — and who’s watching them. It’s their kids,” Wyatt said. "Now, it’s their kids seeing that education is important.”

**WYATT’S KEYS TO SUCCESS**

Education — while time consuming — can be a quality investment for most individuals. The more experience and qualifications a person has, the greater the possibilities. Regardless of the choice, Wyatt believes that the right decision will not leave room for regret.

“Don’t look back. Don’t ever look back because you can’t do anything about that. What you can do is do something about the forward — the future — and so that’s the one I’ve lived by since then: don’t look back. It’s like the Peace Corps. I never in a million years would’ve thought I would go into the Peace Corps,” Wyatt said. “If I hadn’t gone into the Peace Corps, though, nothing that I did after that would’ve happened. Give things a try. What’s the worst that can happen?”

www.leeward.hawaii.edu/kamanao
In an economy where competition for decent-paying jobs is tough, the importance of receiving a college education is emphasized now more than ever. Even after four to six years of intensive study and, in some cases, spending a ludicrous amount of money, the overall payoff is not guaranteed. The prospect of a stagnant degree leaves many graduates questioning the value of higher education.

Earlier this year, Leeward received first place for its Career and Technical Education (CTE) program and second place for Live Theatre in the 2015 People’s Choice Awards, sponsored by Honolulu Star Advertiser. With the number one CTE program in Hawai’i, Leeward offers future professionals industry-relevant skill development, career certification and immersive class experiences while developing the necessary skills needed to succeed in various fields.

Ron Umehira, Dean of Career and Technical Education at Leeward provided his insight into the recent award and described the benefits of such notoriety. “An article that came out on the University of Hawai’i system about Leeward is kind of a neat thing,” Umehira said. “That puts Career and Technical Education — our programs, anyway — on the map because a lot of people may not be familiar with all the career programs that we have on campus.”

While students may be more familiar with Culinary Arts, Digital Media, Automotive Technology and Education (AAT), pathways like Plant Biology and Tropical Agriculture (PBT) and Health Information Technology (HIT) are less known, as they are relatively new additions to the CTE umbrella. This award embodies not only the effectiveness of Leeward’s CTE curriculum but the dedication, hard work and unification of its students, faculty and staff.

Sowing the Right Seeds
Leeward Generalist counselor Jonathan Wong works with numerous students who are unsure about which degree to pursue. Wong strongly advocates CTE as it accommodates a wide range of fields and interests. Sympathetic to their situation, he also promotes the idea that a sense of joy and fulfillment should be determining factors in choosing a career.

“When you can figure out what those passions are — the motivations behind that — then that should really be the primary value towards your career choice,” Wong said. “What is really important though, is that it’s something that you’re passionate about. Not what your parents are passionate about or what your friends say is the most popular but what you really enjoy.”

Former Leeward student Felicia Geronimo, was one such individual unsure about her major. It wasn’t until she took a horticulture class and her introduction into the Plant Biology and Tropical Agriculture program that a clear path was revealed. After earning her Associate in Arts degree from Leeward, Geronimo transferred to the University of Hawai’i at Manoa to earn a Bachelor of Science degree in Tropical Plant and Soil Sciences (TPSS). Courses at Leeward granted her a head start while maintaining the same quality of education at a cheaper rate.
Throughout her journey, Geronimo appreciated the inclusiveness and commitment exhibited by faculty and staff. “They’re really flexible and they really want to work with you. I mean they want not just the program to succeed but for you to pursue your passion and, for the agriculture industry, to pursue the passion of getting awesome people to come in,” Geronimo said. “If you really want to get your bachelor’s degree, this is a great program (and) the perfect stepping stone because these are much smaller classes in comparison to UH Manoa, so it’s a more intimate environment. You get more one-on-one, hands-on activity and you save lots of money.”

For PBT in particular, there are a number of resources available to students and those interested in the agriculture field. Stationed at Windward, Leeward and Kaua‘i’s Community Colleges, UH Maui College and UH Manoa, GoFarm Hawai‘i is an organization that values learning, sustainability and malama ‘aina. GoFarm participants are exposed to a number of programs like AgCurious and AgPro, which are designed to educate and introduce the community to the agriculture industry. Presently, Geronimo works with GoFarm Hawai‘i as a GoFarm coach, continuing to pursue her passion and pass on her knowledge to future agriculture industry professionals and PBT students.

Plant Biology and Tropical Agriculture is just one of many programs under the CTE designation offering students affordable, quality education and can’t-miss career opportunities.

**Dot the I’s and Cross the T’s**

For students who don’t wish to pursue a 4-year degree, the Health Information Technology program is an attractive alternative. HIT program coordinator, Patrice Jackson hinted at what the program has to offer. “One of the things that new students would be most interested in is that the Health Information Technology profession and the programs that I coordinate are both credit and noncredit, and are both leading to one of the top five hottest jobs for the year 2016 and beyond,” Jackson stated. “The average salary for an Associate degree, graduating now, their average salary can go from $45,000 up to $90,000.”

Besides the obvious monetary potential for HIT students, HIT offers invaluable resources and experience to prepare graduates for work in the field. One such resource is the newly developed HIT Simulated Worksite (HSW), located in BS-106. Designed to replicate a Health Information Management (HIM) department, students can perform half of their 160-hour “professional practice experience” at the HSW and half with a designated supervisor, director or coordinator within the HIT community. Like other concentrations, HIT Peer Mentors act as support for their fellow students by assisting them throughout their academic journeys.

As the former regional director of HIM at Tripler Army Medical Center, Jackson recognizes a wide range of job prospects for students who earn their certification at Leeward. She recalls a group of HIT students who worked in different areas of the center. “I had HIT students in admissions, in all the wards, in my department proper (and) in billing, so the sky’s the limit. We need to open this wide up because whatever HIT people learn is only going to benefit all of those areas. It’s a true administrative position for healthcare.”

With such a high demand for certified HIT and HIM employees, graduates can expect exceptional employment opportunities.

Another example of high demand is Marguerite Kono, a current HIT student at Leeward. Before even graduating from Leeward, she was offered the position of medical record coordinator for Wahiawa General hospital’s long-term care division.

“The program is set up so that we can study and test for other credentials in the field. The more titles or the more letters behind your name, the more salary you can demand. I don’t know many that can do that,” Kono said. “The field is so big, you can go into so many different areas. HIT and HIM (are) so huge that I can’t even begin to explain all the little avenues that you can go and that’s exciting.”

While many positions are administrative, graduates have the ability to expand beyond just record keeping. With professional instruction, advantageous resources and countless opportunities in the field, Leeward’s HIT program is centered around students’ current and future success.

**Credit or Noncredit**

Career and Technical Education at Leeward falls under two categories: credit (12 concentrations) and noncredit (eight concentrations). Credit programs like Business Technology and Substance Abuse Counseling — to name a few — are similar to other traditional degree pathways, offering both certificates and degrees.

Noncredit programs, which are offered through the Office of Continuing Education and Workforce Development (OCEWD), act as quality employment training for both youth and adult learners. Curriculum can include human resource and economic development, job training and courses to train aspiring entrepreneurs. People who enroll in noncredit courses can jump-start their careers by cashing in on job promotions or acquiring additional certification. Noncredit programs are not applied to the University of Hawai‘i system transcript.

Instructors for both credit designations are highly qualified and equipped with industry-level training, real world experience and a keen interest in student success. Furthermore, CTE concentrations hold national accreditation and credit or noncredit will ensure first-rate education and optimal career preparedness.
A Bright Future Ahead

While PBT and Health Information Technology represent just two of the 20 concentrations offered, the CTE program as a whole produces highly marketable graduates. To maintain this standard, program administration is always looking to expand upon current programs and develop new ones.

Umehira works with other division chairs and program coordinators of CTE to discover the trends and needs within Hawai‘i’s industries such as the rail, solar energy, and hospitality and tourism. As part of this effort, both credit and non-credit programs are assigned advisory boards which are comprised of industry experts.

“We pull them together once or twice a year to ask them, ‘what do you see out there,’ how do we better prepare our students to meet your needs; and what better to get information from people in the field. That really helps us to just be on the cutting edge and to really understand the trends in the community.”

Umehira also seeks to strengthen the career planning process by incorporating more intuitive assessments like Career Coach. This resource will aid students in discovering possible careers, developing their resumes and finding the right program.

High school students, employees pursuing additional certification or those looking for a career change will find Leeward’s CTE program has a great deal to offer. “I think our students are very marketable, they just have to kind of put it out there,” Umehira said. “I think by saying ‘I attended the number one Career and Technical college,’ it kind of says something. It gives them a sense of pride and by putting that kind of stuff out, it elevates their status. Being able to say you came from a program that’s accredited and one of the best in the state, it says a lot.”

Quick tips for marketability

Seek out applied experience
Reading a textbook and actually doing the work are two completely different things. An internship or volunteer work — regardless of the length or pay — yields hands-on experience that a textbook can’t provide. Performing well at an internship increases the possibility of job offers while continuing to build credibility. Volunteering shows both commitment and experience in whatever field the individual plans to work in.

Good isn’t good enough
Applicants will generally have the same skills, credentials and experience. To be the most desirable hire or employee, it’s important to stand out from the rest of the group. Employers want leadership skills, and ingenuity — qualities that set oneself apart from those who are just “good enough.”

Show digital proficiency
Technology is one of the fastest growing fields in the world today and it’s showing no sign of slowing down. That being said, it’s important to stay technologically savvy. In any career, proficiency in online tools is critical to everyday success; whether it’s using Google Docs, organizing an online marketing campaign or something as simple as sending emails, digital proficiency can go a long way towards developing value as an employee.

Network like a pro
Networking is a constant in career development. Knowing the right people and having the right connections can help one to land that dream job, score a promotion and connect with leaders in the field. Remember, employers are looking for graduates who set themselves apart from the crowd. Efficient networking does just that.

Credit Programs
Accounting
Automotive Technology
Business Technology
Culinary Arts
Digital Media
Management
Education
Health Information Technology
Information and Computer Science
Plant Biology and Tropical Agriculture
Substance Abuse Counseling
Television Production

Noncredit Programs
Business and Professional Studies
Computers and Technology
Education and Career Planning
Healthcare and Caregiver Services
Healthcare Technology
Industrial Technology
Transportation
Personal Enrichment
“They don’t have any student activities that I’m currently interested in. ... I would like to see some Brazilian jiu jitsu or wrestling activities introduced here on college.”

TREY REYES

“I just signed up for intramural sports. I was interested in volleyball so I just signed up for it.”

JESSICA FOO

“Not right now but I signed up for intramural sports. I just like sports and I find that kind of thing interesting.”

JOSIAH GEHLKE

“‘Well, I’m a new student so I’m not really settled. I want to get my schedule for the semester first before I do anything. ... (Students) want to focus on their academics first before they reach out to some of these activities.’

SARAH SNIFFEN

“No, not right now. I was involved in school and work so right after school, I had work. I had to balance school. Not a nice time frame.”

SUMMER COOPER
WHEN JOBS ARE
DEGREE OR
NO DEGREE
THE QUESTION

NO DEGREE

APPLIANCE REPAIRPERSON

Description: Work on household appliances such as dishwashers, microwaves, washers and dryers.

Requirements: Trade school needed, apprenticeship suggested; certification through the U.S. Environmental Protection Agency, International Society of Certified Electronics Technicians or Certified Appliance Professional. All certification comes with a fee that companies can pay for or the technician will have to pay out of pocket. Moderate physical fitness is essential.

Pay: $9.60 - $23.60/hour

Pros: Possible to work up the pay scale to a construction manager who makes $45 per hour.

Cons: Only 1 percent of those who occupy the job are female. Work is not always consistent as a job can finish up before a new one opens. May have to work on holidays and weekends depending on the deadline of the job. Possible long commute to work site.

REAL ESTATE BROKER

Description: Serves as liaison between buyer, seller and their agents.

Requirements: Must pass a state-administered real estate license examination.

Pay: $38.30/hour, commission (percentage of sales)

Pros: Can work independently whereas agents work under a broker.

Cons: Pay depends on real estate market. Pyramid scheme; entry-level employees risk losing money and being stuck at the bottom.

CONSTRUCTION WORKERS

Description: Works with a team on construction site to help build homes, structures, roads, and rails.

Requirements: No education needed, provides on-the-job training. Physical fitness is a must as work can prove strenuous.

Pay: $9.60 - $24.33/hour

Pros: Possible to work up the pay scale to a construction manager who makes $45 per hour.

Cons: Only 1 percent of those who occupy the job are female. Work is not always consistent as a job can finish up before a new one opens. May have to work on holidays and weekends depending on the deadline of the job. Possible long commute to work site.

PARALEGAL

Description: Work closely with lawyer and aid in their research.

Requirements: None; associate’s degree, or certificate in paralegal studies recommended.

Pay: $20 - $22/hour

Pros: Don’t have to handle entire legal cases alone. Job market projected to grow by 19 percent (faster than average 11 percent for all occupations) through 2022.

Cons: Many applicants, high competition. Deadlines are non-negotiable.

WEB DEVELOPER

Description: Web developers focus on the functional aspect of the website while designers focus on the aesthetics. Generally, the two work together.

Requirements: Associates in Web Design suggested, companies often look for talent and knowledge before the degree. Excellent oral and written communication skills. Knowledge of programming language.

Pay: $30/hour

Pros: Job market projected to grow by 20 percent by 2022. Can work independently or with a company. Possible bonuses and commission on top of salary.

Cons: Only 18 percent female. Some companies pay significantly less than others. Highly competitive.

WITH student loan debts climbing into the trillions, the push for a four-year college education could seem risky. For people looking to make a living, avoiding the deep black hole of debt is key.

* Information gathered from the Department of Labor, payscale.com — a website that gathers its information from workers in the field — and collegegrad.com.

BY NATE JARAMILLO AND TYLA SMITH
ILLUSTRATIONS BY TRINA SISOMVANG

PERSONAL TRAINER

Description: Help clients achieve fitness goals through physical training.

Requirements: Must be certified and physically fit. Certification and training vary depending on location and program.

Pay: $9.81 - $48.20/hour

Pros: Flexible schedule with time between clients. Vast client demographic.

Cons: Commute to other gyms or clients’ homes.

FEATURE
EMT

Description: Evaluate patient’s condition at site of incident and care for them in transit.
Requirements: High school diploma, cardiopulmonary certification. Associate's degree recommended but not necessary.
Pay: $9.95 - $26.29/hour
Pros: Job market projected to grow 23 percent through 2022.
Cons: Stressful work environment. Exposure to death and contagious disease.

High School Teacher

Description: Prepare students for future after high school (college, career, etc.) Teachers typically have an area of focus (math, English, social studies, science, fine arts, etc.)
Requirements: Bachelor's degree, teaching license
Pay: $19/hour
Pros: Tenure secures permanent position.
Cons: Tenure may take several years to acquire. Market for high school teachers has poor outlook through 2022 at 6 percent, compared to the average 11 percent. Unpaid hours of extra work. Master’s degree in teaching now preferred.

Social Worker

Description: Works in a variety of care fields from hospice to psychiatric care. Main goal is to help patients and families navigate the emotional and social structure of their environments.
Requirements: Master's degree in social work, along with license in whatever state they are practicing in.
Pay: $21/hour
Pros: Can be a rewarding task to help others through difficult times.
Cons: Only 16 percent male. Most people leave this career after 20 years. The pay does not offset the high cost of college. Projected to grow by 19 percent through 2022. In Hawai‘i, to get a clinical license 3,000 hours of supervised time within two to five years is required.

Tech Support Specialist

Description: Resolve technical issues amongst co-workers as well as clients. Adequate knowledge to troubleshoot using details provided by client.
Requirements: Computer Science degree
Pay: $15/hour
Pros: Job market projected to grow 17 percent through 2022 compared to the average 11 percent.
Cons: Support specialists must be available 24/7; may need to work nights and weekends.

DEGREE

Psychologist

Description: Provide treatment and counseling to clients, perform psychological research.
Requirements: Doctoral degree (either Ph.D or Psy.D)
Pay: $48/hour
Pros: Can find employment in most facilities (schools, clinics, industrial workplaces, etc.) as well as establish their own practices. In 2012, psychologists accounted for 160,200 jobs in the workforce — one-third of which were self-employed.

Why 15 to Finish?

Those who graduate on time with a degree will save time and money.
FEATURE

WINDING PATHWAY TO ADULTHOOD

The College Experience

by Tyla Smith | Photos by Melany McAngus | Illustrations by Kaeli Giron
A bachelor's degree has been taught to be the golden ticket to getting into the United States job market, but the road to earning it may have some potholes along the way.

“Economically, the way the job market is, the college degree is now considered entry level. So students who don’t go to college and have no post secondary education are really giving themselves a lifelong disadvantage for finding meaningful work to try and support themselves,” former Leeward Community College Interim Dean of Student Services Laurie Lawrence said.

Increasingly, college graduates are taking jobs that do not require a bachelor’s degree. A survey done in 2008 by the U.S. Department of Labor, Bureau of Labor Statistics found that over 17 million college graduates have jobs that did not require four years of extra schooling.

Counselor Kami Kato is in charge of the early college program at Leeward, working with seven different high schools to start students on their college academic careers. The program has only been around for two years but has so far been successful. Kato believes that students are not aware of how important college is.

“All of those are skills you’re going to need when you work but that’s not necessarily what students think about while they’re in college. … Colleges focus on the content you need to learn and the skills you need to learn as well,” Kato said.

In the future, students seeking to become competitive in the job market will not have as many options as there once were about their jobs as they once were. Many college graduates do not get a job in the degree they went for in college, but Lawrence suggests not picking a degree that is narrowed in a specific field that has a low job market.

“Now, an MA degree is what a bachelor’s degree used to be. Because a bachelor’s degree has become the entry level of education, the master’s degree, now, is the one that it seems like many positions are — job descriptions and opportunities — are now looking for. … It’s like degree inflation,” Lawrence said. Lawrence also commented on how hard it is to find financial aid help for a master’s degree.

NOT JUST ACADEMIC TRAINING

College is seen as the next stepping stone into the workforce. Although it’s not designed to be stressful, a lot of what happens in the classroom simulates what will happen in the workforce. Having a difficult professor can be like dealing with a difficult boss, group work simulates teamwork and the looming deadlines hang like a black cloud over students’ heads.

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Leeward political science professor Elko Kosasa believes college is set up to help students fit into the mold of what the U.S. considers a good citizen. She recalled a former military student who was not allowed to join the FBI unless he had a four-year degree. Their reasoning, according to Kosasa, was because while he was in the military, he was under contract to follow orders. He needed a college degree to show that he could follow orders on his own.

“I look at schooling as you’re being socialized to become a good, meek, obedient citizen. That’s what it is. If you are in high school, it is different. You’re just finishing high school, you’re not as trained to fit into society, you don’t understand where your role is in things and that’s what college does. It socializes you. I didn’t think about it being forced but it is. … All they want to know is if you can follow directions,” Kosasa said.

There are invaluable resources in college such as internship opportunities, career fairs and a job center to help students find work as soon as they earn their degree. According to a survey conducted by the Harvard Graduate School of Education, there is a one-in-three chance of students under the age of 25 getting a degree, suggesting a high dropout rate.

“I don’t think we do a good enough job being honest with our students with how much it will change their lives in the short term and the long term. And it’s not just about academic skills, it is more about life skills,” Lawrence said.

DEGREE INFLATION

With the push for everyone to get their bachelor’s degree now to get the really high paid jobs students are being pushed to get their master’s or doctorate’s. Schooling has gone from a kindergarten to 12th grade education requirement, to having a master’s degree with hours of community service to be considered for a high-paying job.

Collapsing Tower of Debt

Attending college often comes with a heavy price known as student loan debt. Currently, the national debt sits at over a trillion dollars, with a 91-percent jump from 2003 to 2012 of the average loan a student owed over 20,000 dollars. Crawling into the workforce with that amount of debt can lead to setbacks in a person’s life.

“In Hawaii, our students tend not to come out with huge loan responsibilities. Students who come to us because our tuition is really low and our financial aid package is very good. We do a better job now than we ever did with rewarding as many students as we can,” Lawrence said.

CRITICAL THINKING

Universities and community colleges work off of federal funds, and one of the ways for them to get funds is to make sure students graduate, Kosasa explains that learning is measured with learning outcomes, which were largely debated amongst the faculty at Leeward and other campuses.

“One of the things it is saying is we can measure your learning in one semester because they want us to say, ‘if you can do this, do that’ versus before, education might take place in 2-3 semesters or 2-3 years for you to understand a concept. But now reading is quantifiable, it is measurable so that, to me, that stops people from thinking, imagining things. … So this is basically all tied back to money because if you don’t
do all the reports, the university might not get the federal funding it needs,” Kosasa said.

The variety of electives needed for a student to receive their degree is to provide opportunities for expansion and critical thinking on a wide array of subjects, but with larger class sizes comes more multiple choice questions and less writing. As more and more professors and K-12 educators are herded into standardization, memorization is being taught in place of higher-level thinking skills.

PRIORITIES

Many jobs that are readily available do not need four-year degrees and instead can be found by students completing one of the many Career and Technical Education courses offered through Leeward and other community colleges.

“College education as we think of it — bachelor’s degrees and master’s degrees — is not for everyone. We have a great need for trades, for qualified people to fill those. The more training we can get in that area, the better,” Lawrence said.

College can bring about depression, anxiety and is filled with a high level of stress for students who are already balancing too much on their plate. As Lawrence explained, the pie of life is already full when people enter into the college environment, so pieces need to be cut smaller to fit the new slice in.

One of the biggest milestones out there is the completion of a four-year degree, as most liberal arts degrees are earned with the intention of transferring to a university. Yet Kosasa cautions against letting it change the person completely.

“I think they (students) need to keep track of what do they really think and what does the system want them to think because they need to know what the system thinks in order to graduate, in order to get a job. So you need to adapt but you can’t lose track of what you really think and you gotta keep supporting what you think. Don’t give that up,” Kosasa said.
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November 22 at 4pm

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FRANGIPANI PERFUME
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September 24, 25, 26 at 8pm
This startlingly original play challenges the usual images of Pacific Islands women with energy, humour and biting satire. Enormously entertaining, and packed with power, fun and robust, vibrant characters. “Frangipani Perfume” movingly explores the painful gap between myth, memory and banal reality for PI immigrant families.

IN THE LAB
RICHARD III
April 14, 15, 16 at 8pm
April 21, 22, 23 at 8pm
After a long civil war between the royal family of York and the royal family of Lancaster, England enjoys a period of peace under King Edward IV and the victorious Yorks. But Edward’s younger brother, Richard, resents Edward’s power and the happiness of those around him. Malicious, power-hungry, and bitter about his physical deformity, Richard begins to aspire secretly to the throne—and decides to kill anyone he has to in order to become KING.

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Words shape individualism. Opinions, thoughts, and ideas can be expressed freely within society without threat. In the past, suppression of individualism has been used as a weapon of fear in societies ruled by tyrants and dictators to keep the population pacified.

Today, our individualist society is under threat from a new enemy. Not in the form of communism or a rising dictator with a conviction to limit what the people say. It is from the rapid generational changing of words cleverly disguised as political correctness.

Political Censorship

“I think that being politically correct is socially constructed. It changes as people’s awareness about issues change over time. My definition is that it is always in transition depending on what is happening,” Leeward sociology professor Jayne Bopp said.

Political correctness is used to censor language that can offend certain people. As people’s awareness of certain issues change, so does political correctness. Over time, racial as well as social terminologies have evolved to become simple courtesies. The N-word is considered politically incorrect referring to African-Americans. Sexually transmitted disease or STDs, were once referred to as STIs or sexually transmitted infections — the list goes on.

College Students Changing Rhetoric

Younger generations are more likely to be politically correct than older generations. “When I was growing up, we had ‘kill haole day.’ By the time when my son went to school, he didn’t have ‘kill haole day,’” Bopp said.

Racism, sexism and other issues of the past have slowly begun to fade as younger generations have embraced a more open society. For example, both interracial marriages and marriage equality are slowly becoming more normalized in society today compared to a few decades ago.
“This is the bygone era. These divisions do not exist any longer. For example, mixed marriages are accepted now unlike before. I was married to a woman of color for 40 years until her death,” said UH political science professor Manfred Henningsen.

Comedian Jerry Seinfeld discussed his concern with college students being too politically correct. “Campuses have become places where sensitivity has run amok. College students want to use these words: that’s racist, that’s sexist, that’s prejudice. They don’t even know what they are talking about. For example, my wife told our 14-year-old, ‘In the next couple of years, you may want to hang out in the city more so you can see the boys.’ My daughter’s response: ‘that’s sexist.’”

College students have begun classifying people as racist and sexist when they themselves cannot comprehend the true weight of these words. Words such as these are more common when labeling certain individuals. Comedians who incorporate race and sex in their material are now being criticized by younger audiences.

**EXAMPLES AND EFFECTS OF POLITICAL CORRECTNESS**

Until now, political correctness has been used to stop offenses on certain persons. It has become an instrument used to limit people’s opinions and individuality. As seen in tyrannical societies in the past, today’s society has begun to see oppression of opinions and religious expression. Such occasions include Derek Hayes, a track athlete at Columbus High School, who was disqualified because of a gesture of thanking God when he crossed the finish line. In North Carolina, a first-grader attending West Marion was told to remove the word ‘God’ from her poem for a Veteran’s Day Ceremony.

“(Political correctness) has created a society to say that if you have opinions, if you disagree with gay marriage, then you are a civil rights abuser. It has worked to shut people up. We need to get back to a place where people need to express themselves and not be intimidated by political correctness. That is why we have freedom of speech,” 2016 presidential candidate Ben Carson said.

The removal of “God” would appease nonreligious groups, the silence of traditional marriage activists would appease pro-gay marriage activists — as Carson stated, freedom of speech would cease to exist. Political correctness has created a norm of pacification where all should be appeased.

“Whenever this issue comes up, in a way as if there is some kind of thought control. I believe that people should say what they want to say no matter what it is,” Henningsen said.

Billionaire Donald Trump gave controversial remarks regarding Mexican immigrants stating they are bringing drugs and crime to the U.S. — especially through the southern border. “If it wasn’t for me, the immigration issue wouldn’t be a big issue right now.” Many have branded Trump a racist and various companies have broken relations with the real estate mogul.

“You can say Donald Trump is responsible positively for more attention to immigration. You can say that is ironic, but politics moves in strange ways,” Henningsen said.

Political correctness has replaced intimate, open discussions with labeling and judgment. Gone are the days of debating how to fix certain issues. Instead, people defame others based on their viewpoints and in the case of Trump, light was shed on an issue that required national attention.
POLITICAL CORRECTNESS

Dispelling marginalization by Nate Jaramillo | Illustration by Russell Tolentino

Political correctness is when people of color aren't treated as caricatures of stereotypes; political correctness is the equal and accurate representation of all minorities in the media, not just for tokenism or comic relief; political correctness is when ableist slurs aren’t used to refer to people with mental illnesses or physical disabilities; political correctness is a propo- nent for individuality and self-expression as well as safety and civility.

“Mental illness is influenced not only by genetics but by environment so if you are in a marginalized group, then your environment is going to affect you heavily. So if you’re dealing with racial slurs or racial profiling or any of that sort of stuff on a daily basis, that’s going to affect your brain and how it works and will definitely put you at a higher risk for mental illness,” College Mental Health Project Coordinator Kris Bifulco said.

IN WHICH THE SYSTEM FAILS THE PEOPLE

To completely understand the plights of marginalized peoples, one has to understand marginalization. “There are some things that are myths about America. ‘All men are created equal’ and that’s when women could not vote and when we had black slaves. Is that really true?” sociology professor Jayne Bopp said. “When they refer to men they refer to white men and not women and socioeconomic status or the privileged class.”

“Systemic oppression,” as it is known amongst civil rights activists, is the idea that there are policies in place to subjugate certain peoples. These policies are typically imple- mented by people who benefit from some type of “privilege,” be it from being white, male, straight or abled.

“Many, perhaps most, of our white students in the United States think that racism doesn’t affect them because they are not people of color; they do not see whiteness as a racial identity,” Seeking Educational Equity & Diversity (SEED) founder, Peggy McIntosh wrote in her essay “White Privilege: Unpacking the Invisible Knapsack.”

Bopp explained the concept of colorblind racism and how it ignores white privilege rather than acknowledging how people benefit from it. Colorblindness not only ignores white privilege but it promotes the false idea that the only race that matters is the human race, thereby erasing and ignoring any racial disparity and absolving the privileged racial majority — in this case, white people — of any guilt.

OVERSENSITIVITY: MICROAGGRASSIONS ADD UP

Subtle comments in everyday conversation can hold just as much negativity as overt hate crimes considering that communication is perhaps the most important aspect of human interaction. Microaggressions are offhand remarks about a person’s character or ability in relation to their race. MTV’s Look Different campaign is one that defines and tackles rac- istic, sexist and anti-LGBTQ+ microaggressions. Hate groups founded on these ideas include the Ku Klux Klan, Westboro Baptist Church and meninists.

“Racial microaggressions are often constant, continuous and cumulative for their targets. Even if they’re statements that are intended as positive (e.g. ‘You speak such good English!’), they can have a negative impact when piled on top of other microaggressions,” the Look Different site explained.

Racial colorblindness is one of many racial microaggressions. Men hitting on lesbians or insisting that they can “turn” them is a lesb- ophobic anti-LGBTQ+ microaggression that doubles as sexual harassment. The colloquial- ization of ableist language and mental illness (the R-slur, “crazy,” “I’m so OCD/ADHD,” etc.) is a microaggression that is often overlooked. Common sexist microaggressions imply that women are too emotional to act rationally and are therefore lesser than men.

When intersectionality — identifying with more than one group — is taken into account, offensive comments are tacked on at a faster rate. A lesbian may be subjected to both hom-ophbic and sexist microaggressions; a transman of color may be subjected to transphobic and racist comments; a black man with a mental illness may hear racist comments as well as ableist comments.

WHY IT’S IMPORTANT

Being politically correct is the first step to greater civil rights reform. Eliminating slurs, stereotypes and other harmful language will allow for safer, more inclusive conversation.

UH Manoa political science professor Manfred Henningesen was married to his late wife for 40 years before her passing in 2009. Their marriage was interracial as he was a white man and she was a black woman — a union that was looked down upon in the past. “I became familiarized with American racism. Not only because of what she said but because of the experiences that we had,” Henningesen said.

One recent example of “American rac- ism,” as Henningesen calls it, would be Donald Trump’s campaign speech, in which he made comments about Mexican immigration. “Life is defined by the meaning of truth,” Henningesen said. “You have to be truthful of meaning to find out what is really the core issue and
what is peripheral.” Had people not been conditioned to believe this about undocumented immigrants, Trump would not be one of the top candidates for the Republican Party.

Trump blames the undocumented Mexican immigrants for most crime in the U.S., ignoring the network of factors that go into crime because they are the easiest to blame. “They are not the reason we have crime, or a bad economy in the US. If these issues are caused by one thing, they would be solved they would be done but they are not,” Bopp said. To say that a certain racial demographic is more inclined to commit crime is racist and unethical.

“What I find interesting about political correctness is that it is okay for black people to say (the N-word), right? But it is not okay for me or any other race to say (N-word). It’s okay for gays to say (the F-slur) but we can’t say that,” Bopp said. One of the reasons behind this is that marginalized groups often reclaim slurs thrown against them to counteract negativity, taking the power away from who use derogatory language. “I cannot say these certain things whereas a black person can say it. I can say (profanity) things about white people because I’m white. I critique feminism. A guy wouldn’t be allowed to critique feminism.”

It’s important to realize that the definition of political correctness evolves with the times and that the definition is not dependent on the offending party. People who champion “offensive humor” and the right to be politically incorrect under the guise of the First Amendment are enabling oppression. The reluctance to unlearn offensive languages and behaviors is a sign that people have placed the comfort and safety of others below their own.
GOALS
COMPLETE ME
by Coe Snyder | Photos by Almendro Fernandez
Short-term goals for long-term results

By using short-term goals to complete a long-term task, it’s easier to identify a clear path and keep moving forward. College students pursuing a degree must attend school for a number of years and the higher the degree, the more stressful the process becomes.

“Goals are very important for people who want to actually achieve anything. Without goals, you basically go around wandering, not knowing what you want to do,” Leeward student Sean Wheeler said.

Procrastination Blocker: Long-termining it

Long-term plans have been a regular part of the goal-setting regimen. When objectives are not completed, they should be re-examined and adjusted to become more realistic. Long-term projects take longer to reassess than short-term and are not the best mindset for desirable results.

A deadline with ample time may seem like a good idea until they are put into the hands of a procrastinator. When a goal is long-term, it may be perceived as something that can be done later, making it more prone to being put off.

“Don’t procrastinate because everyone does that and then they just end up messing up. I know a lot of people who are just kind of doing nothing right now because they didn’t have an idea. They just went in recklessly. It didn’t work out for them;” Wheeler said.

Short-Term Goals Feel Better

A great way to start the day is by accomplishing extremely short-term goals — like running a mile or making a healthy breakfast — to create a feeling of accomplishment in the morning.

“When you complete those shorter goals, not only is it a little bit easier, it gives you a sense that you can achieve what you want if you just do it correctly. (With) long-term goals, you might give up on (them) after a while because it’s taking too long” Wheeler said. When you begin accomplishing short-term goals, it provides the confidence to continue that success.

Long-term goals may take so long that the original purpose is forgotten. “Think about that ambition. That’s your long-term goal. You’ve got to think of what am I going to do to achieve that ambition?” former Leeward Student Government Vice-president Tyler del Rosario said.

When a goal is worth giving up

Dreams and goals are often placed in the same category but only the latter are written down and planned out realistically. Plans are the means through which aspirations are realized. “Goals produce results. Dreams don’t,” Craig Jarrow from Time Management Ninja said.

Prioritizing or regrouping is sometimes necessary to formulate a more effective strategy. “Even though you have a dream or a goal, sometimes necessary things get in your way and you have to drop it. It doesn’t mean give up on it completely but you’re going to have to get your priorities straight,” Wheeler said.

Not everyone will get the support wanted when it comes to completing a goal. When an objective is frowned upon, it can become discouraging but there are multiple options — either continue, give up, or reformulate the plan.

Completing college is a life choice that most people will support. There are other goals people may view as meaningless. “I have a friend that really cares about followers on Instagram. She tries to get as many followers as she (can). So I would say just get rid of it. It’s not important in your life. It is not going to make you famous,” current Leeward Student Government Treasurer Phung Nguyen said. The goal can be important to the goal setter but not necessarily to other people.

“When you start making goals, make sure you really want to accomplish what you are trying to go out for;” Wheeler said. “If the conviction isn’t there, goals will not be met. Students should be sure of their motivation before setting goals in the first place.”

The SMART Method

An effective goal-setting strategy is called the SMART method, which originated in an article written by George Doran, Arthur Miller and James Cunningham. “There’s a S.M.A.R.T. Way to Write Management’s Goals and Objectives,” was released in the Nov. 1981 issue of Management Review. It introduced the concept of creating goals that are Specific, Measurable, Achievable, Relevant and Time-bound. Originally designed for the business setting, these rules have been interpreted to match all environments.

“SMART” stands for specific, measurable, achievable, relevant and time-bound. By following the five rules of the SMART system, goals are clearer and more likely to be completed.

Specific: The goal is well defined. Those setting goals know exactly what’s required to accomplish the goal.

Measurable: The steps required to complete the goal are measurable. It’s necessary to know how to measure the distance from the goal.

Attainable/Accountable: Is it possible to achieve this goal? If it is, then it is an attainable goal. It will not be easy, but it’s what makes this goal worth achieving. This shows completing the goal is possible.

Realistic/Relevant: Is it possible to accomplish this goal. Has it been done before, and will people continue to do it. Are the resources to complete this goal available?

Time-bound/Timely: There is a specific end date, and I know when I will be able to celebrate my accomplishment.
INVISIBLE ILLNESSES

MENTAL HEALTH IN THE COLLEGE DEMOGRAPHIC

by Nate Jaramillo and Tyla Smith | Photo by Melany McAngus
ack of sleep, financial burdens and pressure from family are all common stressors for college students that can bring about a lack of mental health. College Mental Health Project Coordinator Kris Bifulco has dealt with major depressive disorder throughout her life. One instance in college was especially difficult when she was illegally denied medical leave.

“It was getting really bad. I was on medicine, I had therapists and I was denied a medical leave of absence so I had to finish out the semester. I withdrew from as many classes as I could but then I ended up failing a bunch of classes too,” Bifulco said.

In the U.S., one in five adults experience mental health issues. The College Mental Health Project, a partnership between Mental Health America (MHA) of Hawai‘i and Leeward Community College, seeks to educate the community on mental health and normalize its discussion.

According to MHA of Hawai‘i’s website, discussing the effects of mental illness is still considered taboo. Depression, anxiety, substance abuse and suicidality are only a few of the forms that mental illness can take.

MENTAL HEALTH AT LEEWARD

Last semester, Leeward had a single mental health specialist at the Pearl City campus twice a week but only available at the Wai‘anae campus upon request. As Love Pono Chair, Lexer Chou feels that this is insufficient considering the population of the two campuses. “We have other campuses like HCC (Honolulu Community College), who has a student population of 3,000 to 4,000, that has full-time counselling,” Chou said. Leeward has a student population of approximately 8,000 but lacks a full-time psychologist to aid those students dealing with mental illness.

A survey conducted by the College Mental Health Project, to which 424 students and faculty responded, found that 83 percent at Leeward and 71 percent at the Wai‘anae campus felt that mental health should be a priority. “Campuses are trying to be proactive rather than be reactive. … I think that Leeward genuinely wants to be proactive,” Student Life Coordinator Lexer Chou said. Chou is currently working to become a trainer for the College Mental Health Project herself. “I don’t think we currently have the resources in place that can cater to the student population we have.”

Over the summer, Interim Dean of Student Services Laurie Lawrence has been advocating for an increase in counselor availability from two days to four, one of which will be spent at the Wai‘anae campus. Leeward Chancellor Manny Cabral says that counseling details will be worked out if the request is approved.

Students dealing with mental health issues can also receive assistance via the Kako‘o ‘Ike (KI) office. “If you need a medical leave of absence or if you suffer from anxiety and you need more time on assignments or tests, they can work something out with your teachers and they won’t tell your teachers what exactly is going on unless you allow them to,” Bifulco said. Veterans can visit a counselor at the Veterans Resource Center located at BS-103.

COLLEGE STRESSORS

Managing college as well as everyday stressors will undoubtedly take its toll on even the most capable of students. The task can prove more difficult for students that are new to the college atmosphere.

“I think a lot of times in K-12, we are protected, coddled. … To go straight into a four-year, 30,000-student research institution like Manoa, we do not have the support system that we are used to,” Chou said. The transition to a two-year community college like Leeward, Chou believes, is easier and helps students transition into four-year institutions.

Social media is another college-relevant trigger for mental illness. Public venting does not help the current generation cope as it only earns validation from followers. “You’re not telling the whole story. I think so-
social media does not help our youth in dealing with their own situations,” Chou said.

DESTIGMATIZING MENTAL ILLNESS

Mental illness is often dismissed as a nonissue. People are socialized to think that they should be able to pick themselves up from depression and seen as weak if they cannot. A more recent misconception is that people with mental illnesses are inherently more violent when, in reality, this applies to less than 4 percent of violent crimes.

“It’s hard to conceptualize something that you can’t see and something that you’re not experiencing yourself,” Bifulco said.

Bifulco is open about her experiences with mental illness and believes in the power of casual conversation as a way to normalize the process of seeking help — something she’s learned from working with MHA.

“In high school, when I was having trouble with depression after my mom died, I had a pretty large group of friends that just disappeared because they didn’t know how to help and they didn’t know how to help me up. And that made things a lot worse because then my support system was all gone,” Bifulco said. “Either they shy away or they’re so nice, they love you so much, they want to help you and fix all of your problems and that’s just not realistic either. That can be damaging to the relationship too.”

To protect students with mental illness from being scrutinized, it’s important to ensure that their space is not isolated so as not to alienate them or draw negative attention.

“We don’t want to separate that person from the counseling unit. … If we had that person in a different office — I guess you could say my office — and it says ‘Mental Health Counseling,’ then you’re gonna know. Any student as a bystander would know,” Chou said. “Anybody who is different from you is going to be seen as ‘abnormal.”

MAINTAINING MENTAL HEALTH

Bifulco has developed trainings for suicide prevention and mental health awareness. “Seventy-five percent of mental illnesses will present themselves by that age of 18 to 24. In many cases, that will be the first instance that somebody has a mental illness and that can make it really challenging,” Bifulco said.

The topic of mental health is an abstract one with several areas and concentrations. Bifulco’s focus is in suicide prevention. According to the College Mental Health Project website, mhacollegementalhealth.weebly.com, in Hawai’i, most deaths in the college age group of 18 to 24 years old are caused by suicide. With that in mind, mental health should be a priority.

“Most of the time we are our worst critic. So a lot of the times when we do that to ourselves then our minds go a little off the deep end sometime and we don’t know how to pull ourselves back,” Chou said.

People suffering from mental illness may either be reluctant to seek help or ignore it entirely due to the stigma surrounding mental illness and treatment. As it stands, people who are unfamiliar with mental illness might be afraid and avoid the subject altogether.

“You hear a lot like, ‘Why don’t you just — can you try being happy?’ No, I can’t really. My brain is telling me that that’s not accessible right now. I’m okay. I’m depressed but I’m okay and if I’m not okay, I’ll let you know,” Bifulco said. “They’re afraid of it because you don’t talk about it and a lot of folks, I think, don’t realize how prevalent it is or how you can recover from it.”

Within the UH system, counselors and therapists are the most readily available resource. Students who need to see a counselor may also go to UH Manoa for an in-person consultation or call to have one report to Leeward. This is a step that some may be reluctant to take because they might not be able to trust a stranger immediately.

People dealing with mental illnesses may find it easier to talk things out with friends or people they’re comfortable with. Mental illness is not as simple as some may think and talks may become too heavy for some people, so it’s important for all parties involved to set boundaries.

Bifulco is also a strong advocate for self-care. The importance of helping oneself harkens back to the idea of mental illness being invisible — that only the people experiencing their mental illnesses will understand them fully and that no one experience is the same. “I tell people that it is a practice and that you should schedule it into your calendar. I actually do schedule it into my calendar in a different color than everything else. ‘This is my time to take care of myself’ … It gives you that reprieve from all of the stress of everything and lets you rebuild yourself so you can deal with it better so it’s really important to most facets of life and it’s a really good protective factor for mental health,” Bifulco said.

Those struggling with mental illness are encouraged to seek help. For more information, contact Mental Health America of Hawai’i.
REACHING A FEVER PITCH
RODNEY BAPTISTA’S BID FOR

Rodney Kaleikaulana Baptista, singer-songwriter from Leeward Community College Waianae, realized his dream of performing on NBC’s hit reality television series “The Voice.” Equipped with his mellifluous voice and amicable personality, Baptista took to the stage, seeking to captivate the hearts, minds and ears of “Voice” fans across the country.

At the age of 12, Baptista never envisioned a passion for music and singing, let alone auditioning for “The Voice.” “It all started when one of the security guards from Waianae Intermediate School just wanted to see if anyone would sing with him in front of everybody. Most of my friends pushed me to … and I just tried it out,” Baptista recalled. “A lot of them were saying that I sounded really good and I should keep working on it. So if it wasn’t for that, I probably wouldn’t know what I would be doing right now.”

Since then, he’s developed a unique musical identity. From studying YouTube videos, small-scale campus performances Baptista has acquired a melodious style that brings together local Hawaiian reggae, R&B, rock, alternative and hip hop. When writer’s block isn’t a problem, Baptista composes his own songs such as “Another Sad Love Song,” “Unite” and “Give Us A Try.” Much like other songwriters, Baptista finds motivation in overcoming life’s many curveballs. “It’s pretty much just being able to make up your ideas off the things that you see, being able to combine that with an instrument or just with other people and making something so great that everybody wants to listen to it,” Baptista said. During the summer of his eighth grade year, his brother Louie Tuaolo passed away. Conveying his feelings through music and lyrics granted Baptista a small sense of reprieve.

As one might expect, performing live and on national television had its share of preperformance jitters. Baptista was no exception. A couple months prior to his audition, he revealed some personal apprehension. “Just wondering if I’m good enough. If I can just get on the show, that’s already going to be one of my biggest accomplishments. Even though people say I’m good, it’s just really nerve racking,” Baptista said. “It’s the first time I’m going to be auditioning for a TV show with everyone in America watching.” Although “The Voice” was a considerable leap forward from impromptu bus-ride performances, Baptista recognized an opportunity to mature both as an individual and performer.

In preparation, Baptista maintained a strict regimen of practice and tutelage—via family and friends—to further augment his skills. Laying the groundwork for the most compelling audition possible, he engaged in lengthy rehearsal hours, vocal instruction and numerous open mic performances. Embracing a straightforward, coach-like mentality, Baptista’s friends bestow additional inspiration and encouragement. Friends Daniel Agor and Raustin Bailey also provide equipment and experience in performing. Baptista was urged by his grandmother, a songwriter and pianist from California; his sisters, both heavily involved with dance; and his brothers to audition. Regardless of the competition’s results, Baptista finds intrigue with a career in music. Whether it’s teaching or working in a music shop, he hopes to continue sharing music.

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Fine Tuning

Registering via nbcthevoice.com, Baptista auditioned on July 25 at the Los Angeles Convention Center. Although he was given the option of submitting a video recording or performing live, Baptista opted for an in-person appearance. “I just want to show what I can do, not just for myself but (for) what other people in the islands can do,” Baptista said. “The Voice” was the perfect opportunity to unearth hidden talents from Hawaii.

Sound Advice

Pursuing any passion reveals the obstacles, doubts and insecurities that could stifle even the strongest of convictions. Alternatively, the possibilities for future success can outweigh the prospect of failure. A strong advocate for “carpe diem,” Baptista advises anyone with a dream to ignore the naysayers and any personal misgivings to “seize the day.” Learning to do just that, Baptista is dropping his restraints, casting off his fears and following is en route to a broader musical horizon.

For those who are hesitant in pursuing music, Baptista believes a person’s passion should outweigh their doubts and fear of failure. “Pretty much the biggest thing that everybody says about themselves is that they’re not good enough, that they’re afraid to be doing it in front of so many people,” Baptista said. “I say, if you really love what you do, it shouldn’t matter who is watching you. All you’re doing is going up there and letting yourself be heard. So if you’re going to be nervous, let most of your feelings out through your music.”

Altogether, auditioning for “The Voice” and the competition as a whole is something that Baptista looked forward to. “It’s a learning experience because I’m going to be learning more about myself but in another sense this is also a dream of mine and I really want to be chasing for it,” Baptista stated. “If I do get on, I’ll fight as much as I can for it.”
When it comes to health and fitness, protein is essential to maintain a healthy lifestyle. For those who are striving for physical pursuits, protein can have many benefits to help achieve these certain goals.

From chicken and beef to clams and oysters, there are numerous sources of protein. However, there are common misconceptions surrounding protein such as the intake or what type of foods can supply the right type of protein.

Protein powerhouse
“The benefits of protein (go) beyond muscle. Protein dulls hunger and can help prevent obesity, diabetes and heart disease,” University of Illinois professor Donald Layman said.

Eating food high in protein and avoiding non-nutritional food can improve overall health. Protein-rich sources are great substitutes for carbohydrate-heavy snacks such as potato chips, soda and candy.

According to Kris Gunnars, a nutritional researcher and editor-in-chief of authoritynutrition.com stated, “a food craving is different from food hunger. It is not about your body needing energy or nutrients, it is about your brain wanting a reward.”

Gunnars added that food cravings can be equivalent to drug addictions and alcoholism. In one study conducted by authoritynutrition.com, a 25 percent increase in protein intake can curb cravings by 60 percent and reduce desires for certain snacks. By increasing food portions with more protein per day, it reduces food cravings of other foods.

According to several studies, an increase in protein intake can help reduce high blood pressure — a leading cause of heart attack — stroke, chronic kidney disease and even lower cholesterol.

Gain muscle, lose weight
“If you are trying to lose weight, protein is still crucial. The fewer calories you consume, the more calories should come from protein. You need to boost your intake to preserve calorie-burning muscle mass,” Men’s Health writer Adina Steinman said.

In a 12-month study conducted at the University of Georgia, 130 participants were tasked with adopting calorie-restricted diets. The high-protein intake group lost 53 percent more body fat than the normal protein intake group eating the same amount of calories. Moreover, the increased protein intake reduced weight gain by 50 percent.

“A modest increase in protein intake has been shown help with weight loss as well as weight maintenance,” Gullars said.

More or less
Protein is essential for people looking to build muscle as it supports both growth and repair. One study from neurobiologist Stephan Guyenet, an obesity researcher, found that a high-protein intake group is found to burn 260 calories more per day than low-protein groups, an equivalent to a gym workout for one hour.

People consuming more than 25 grams of protein are shown to have gained little, if any benefits. “It’s like a gas tank,” study author Douglas Paddon-Jones said. “There’s only so much you can put in to maximize performance; the rest is spillover.”

Higher protein intake has also been shown to improve consumer metabolism, which in turn increases calorie burn.

Sources of protein
According to Dietitian Rebecca Sritchield of washingtonmania.com, “supplements are purely convenience. There is nothing in a drink from a supplement that is superior to regular food.”

Protein powder is not the only source of protein. Daily foods like beans and meats are good sources as well. Animal-based proteins have greater nutritional benefits than plant-based proteins. “Animal proteins such as meats and dairy products are have a more balanced nutritional benefit such as amino acids,” Steinman said.

Building protein from plant-based products such as beans and nuts are possible. However, a greater intake of such products is needed to have the same effect as dairy products. Since plant based sources contain more carbohydrates, losing weight can prove to be more challenging. “If you want to lose weight, fat is not the culprit. Fat from foods in dairy products can keep you full, (whereas) carbs can make you hungry later,” Steinman said.
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Honolulu Night Market

by Melany McAngus

The Honolulu Night Market occurs every third Saturday in Kaka'ako, featuring local vendors and pop-up boutiques from all over O'ahu. Attendees enjoy a night full of art, music, food and fashion while scoping out the latest fashion trends in Hawai'i. Local boutiques and designers put on fashion shows to promote up and coming clothing lines.
Full Fashion Show Photo Gallery available online
A small boutique located on Kapahulu Avenue called Bamboo Sky, showcased their “Gypsy Diaries” fashion line at the last HNL Night Market fashion show. Emanating a hippie chic feel, each piece was comprised of bright colors, bold patterns, sheer and flowy fabrics, lace details, metal jewelry and head pieces such as floppy sun hats and floral headbands. Models donned natural makeup that highlighted a fresh-faced with a bronzed glow and freckles were drawn onto their cheeks to further accentuate the sun-kissed look.
Hawai‘i Street Style

High Waisted Everything

Grecian Style Maxi Dresses

Crop Tops and Flannel Shirts Tied Around the Waist
Rompers and Jumpsuits

Leather

Lace and Flowy Fabrics
Start to finish
1 hour 45 minutes (Active time: 15 to 30 minutes)

Servings
Approx. 12 servings

Ingredients
- 1½ cups warm water
- 1 tablespoon brown sugar
- 1 small package yeast (1 packet contains 2.5 teaspoons)
- 2 teaspoons salt
- 2 ounces unsalted butter, melted but not hot
- 22 ounces all-purpose flour
- Water
- Baking Soda
- Vegetable or Olive oil
- Pretzel Salt
- 1 Egg Yolk

Directions
In a large bowl, combine the water, sugar and yeast. Let sit for 5 minutes or until it starts to foam. This indicates the yeast has activated.

In a mixer with a paddle attachment, combine previous ingredients with the salt, melted butter and flour. Mix on low until the ingredients are incorporated. Mix on medium for 5 minutes or until smooth. If kneading by hand, knead until smooth.

In a large oiled bowl, let the dough rise until it has doubled in size. Preheat oven to 450 degrees.

When bread has doubled, form into roll-sized balls or pretzels.

In a large pot, boil enough water to submerge the individual dough pieces. Add 2/3 cup of baking soda for every 10 cups of water.

Use a slotted or perforated spoon to immerse pretzels in the boiling solution one at a time for 30 seconds. On an oiled, parchment paper-covered baking sheet, place the pretzels approximately 1 inch apart.

Using a pastry brush, coat pretzels with an egg wash (1 egg yolk mixed with 1 tablespoon water). Sprinkle with pretzel salt to taste.

Place baking sheets with pretzels in oven and bake for 12-14 minutes or until dark golden brown. Larger sized rolls will take longer to bake.

Actual Factuals
Pretzels can be traced back to the Romans, with the iconic pretzel shape being dated back to the 7th century. By the 16th century it was German tradition to eat pretzels for good Friday. During Lent, only one meal a day was allowed, and it could not come from an animal — Pretzels fulfilled this requirement. Today, many Catholics consider the pretzel as the official food of lent.
POPCORN Balls

Servings
Approx. 15 balls

1 cup unpopped popcorn
2 cups semi-sweet chocolate chips
3 cups light corn syrup
1 cup brown sugar
1½ teaspoon salt
1/3 cup water
1 tsp. vanilla extract
Butter, melted

Directions
Pop popcorn, adding salt and butter to preferred taste. Remove any unpopped kernels and combine with semi-sweet chocolate chips.

In a pot, combine and stir the corn syrup, brown sugar, salt, water and vanilla. Heat mixture and bring to a boil. Using a candy thermometer, monitor temperature of mixture as soon as it begins to boil. Continue heating until mixture reaches 250 degrees. Remove from heat immediately.

Pour mixture over popcorn, stirring to coat as evenly as possible.

Butter hands to prevent sticking and pack into balls. Work quickly or the candy will harden and become impossible to work with. On a buttered pan, place the formed popcorn balls without touching and let cool. Store in an airtight container.

Myth of the Popcorn Ball
A Nebraskan myth says popcorn balls occur naturally. According to legend, two neighbouring Nebraskan fields were experiencing different extremes in weather. A field of sugar-cane was washed by a flood of warm rain, uphill from a corn field being scorched by the summer sun. It was so hot that the corn popped off the stalks. The rain washed the syrupy sugar cane over the exploded corn kernels, rolling it into balls. Farmers tried to recreate the phenomenon because grasshoppers ate all the balls.

Actual Factuals
Popcorn is a naturally healthy snack being the only snack food that is 100 percent unprocessed whole grain. Genetically modified popcorn does not exist, unless it is popped with GMO products. Air-popped, popcorn contains only 31 calories per cup. It provides energy-producing complex carbohydrates, contains fiber, providing roughage the body needs in the daily diet, is naturally low in fat and calories, has no artificial additives or preservatives, and is sugar-free.
Pixar Animation Studios’ latest release, “Inside Out,” attracted audiences of all ages — striking familiar chords with kids and adults — as it focused on the harsh emotions of growing up.

“Inside Out” encourages its audience to reexamine their feelings. Riley’s (Kaitlyn Dias) brain emulates the problematic “happiness is a choice” mentality on a microcosmic level and how emotional imbalance is unhealthy. Throughout the film, Riley is forced into happiness thereby preventing her other emotions from surfacing. Eventually, Joy (Amy Poehler) witnesses Sadness’ (Phyllis Smith) true role as empathy and accepts her as an essential part of Riley’s personality. This establishes Sadness as a more complex emotion rather than one of pure negativity. Overall, the film effectively captures the essence of dealing with emotions while explaining the inner workings of the brain in an imaginative way.

Other characters in the movie possess their own sets of emotions. The central emotion in Riley’s mother is sadness, indicative of her compassion and sensitivity, while Riley’s father displayed anger, symbolic of his aggression and inability to pick up on social cues. The edgy girl in Riley’s class is even shown to demonstrate fear, as her indifferent demeanor is only a persona.

Just as the emotions gave characters unique quirks and flair, they also brought a distinct twist to the music. Whenever Sadness made an appearance, the music slowed to a pace that mimicked her lumbering. If Anger’s (Lewis Black) temper flared, the music followed with a frenetic drum break. Aside from those nuances, the score featured an iconic leitmotif that was repurposed throughout the film and just as the leitmotif was plucked out on a piano in the movie’s early minutes, that same melody is the last thing audiences heard as the movie came to a close.

Riley’s emotional depth and growth was exhibited through a story that’s realistic and relatable. The journey that Joy and Sadness go through is one that everyone must go through sometime. “Inside Out” shows its audiences that Pixar always breathe new life into their subjects whether they’re cars, toys, monsters or emotions.
From Victim to Hero

The comic book turned motion picture, “Kingsman: The Secret Service” is a modern British spy story that fulfills its promise of action and comedy. The origin story of Gary “Eggsy” Unwin (Taron Egerton) follows his journey from being a victim of circumstance to a man of action. With a great villain, a hero who evolves from a boy into a man and many delightful surprises, the film has all the makings of a great spy movie.

The Kingsman is a British secret intelligence agency comparable to the MI-9 of the Bond series. Eggsy joins the Kingsman to earn a better living for himself and his widowed mom. Meanwhile, the human race is in danger, and Eggsy becomes humanity’s last hope.

The film is comedic action with high quality action scenes produced by an impressive crew including fight coordinator Guillermo Grispo. The story is full of well written dialogue and humor created by the screenwriting team of Jane Goldman and Matthew Vaughn, who co-wrote “Kick-Ass” (2010).

Successful comedy entails proper timing and delivery which Samuel L. Jackson and Colin Firth deliver with usual ease. Together, Valentine (Jackson) and Kingsman member, Harry Hart (Firth) bring a combination of dry, British humor and American, up-front style comedy to the big screen.

Jackson has a gift for making the bad guy relatable and almost unhateable. Portrayed as the villain vying to destroy the world, Valentine is also seen as a lovable genius whose plan is to save humanity — in his mind he is the hero. The clash between humor and action, evil and good, are the hallmarks of a great spy movie.

A Jurassic World of fun

Larger-than-life dinosaur action and terrifying death scenes make “Jurassic World” a sensory thrill ride — jam-packed with intense action sequences, stunning graphics and special effects.

Dinosaurs came to life thanks to tight knit choreography, highly detailed graphics, and the successful use of 3D effects. Notorious for scenes where dinosaurs devour humans, the Jurassic Park franchise proved itself once again with a good balance between explosions and all-out destruction. Jurassic Park first-timers and die-hard fans alike will enjoy the “Jurassic World” installment.

Despite impressive visuals, there was very little character development. Stars of the movie consisted of velociraptor trainer, Owen Grady (Chris Pratt) and park operations manager, Claire Dearing (Bryce Dallas Howard) — one of the few characters to evolve as the plot thickens. Known for playing likable characters, Pratt’s role as Grady is no exception as his dependability, charm and bravery make him easy to root for.

Previous Jurassic Park films have some sort of closure with the characters who may have survived, even it’s just a nod to them before the credits. The fourth installment leaves viewers hanging on the aftermath. Characters like Barry (Omar Sy) and Lowery Cruthers (Jake Johnson) — despite not being the main characters — played vital roles and were given enough screen time to demonstrate their purpose and add comedic effect when necessary.

“Jurassic World” excelled at bringing the dinosaurs to life. The velociraptors, Indominus rex and even the Tyrannosaurus rex had better character development than most. We see them develop as individuals throughout the movie, as well as a species throughout the franchise. Lessons like respect, freedom, teamwork and the importance of good communication skills can be learned from these prehistoric reptiles. A lesson not shared by their human counterparts.
Aloha

by Cory Ogata

Not so “Aloha”

A-list actors Bradley Cooper, Emma Stone, and Rachel McAdams take a trip to Hawaii and — in full knowledge — partake in a romantic comedy-drama so terrible that it actually makes us appreciate “50 First Dates.” Prepare for a taste of “Aloha,” director Cameron Crowe’s latest disaster.

Prior to its release, “Aloha” was already receiving bad press for its whitewashing of the cast, concerns from Native Hawaiian groups on the portrayal of Hawaiians and harsh critic reviews. “Aloha” is so poorly written that Emma Stone’s character being a quarter Hawaiian and a quarter Chinese is barely the tip of the iceberg when it comes to the film’s failures.

The problem with “Aloha” is one man and one man only: Cameron Crowe. Crowe wrote, produced and directed “Aloha,” but his vague and confusing character descriptions and multiple plots unsuccessfully weaved together, create a face-palming experience for the whole family to enjoy.

“Aloha” follows the story of Brian Gilcrest (Bradley Cooper) — a former pilot with a shadowy past in Afghanistan — who is now working as a military contractor under wealthy industrialist, Carson Welch (Bill Murray). Gilcrest is immediately thrown into a love triangle between his old flame, Tracy Woodside (Rachel McAdams) and his ward Allison Ng (Emma Stone). Tracy is now married to the pilot who brought Gilcrest to Hawaii, John “Woody” Woodside (John Krasinski), and Ng is a by-the-book, do-gooder military pilot who takes any opportunity to express pride in her Hawaiian heritage.

As a convoluted love triangle is established between Gilcrest, Ng, and Tracy, Gilcrest is assigned a mission to send weapons into space right above Hawaii. Throughout this back-and-forth romance — and the James Bond-style covert satellite mission — audiences are left empty-handed, losing $10 for a movie ticket and an hour and a half of our life we will never get back.

The bottom line is “Aloha” is just bad story writing and directing. The film’s focus was lost amidst the pathetic attempt at a cohesive narrative. Crowe interwove incompatible plots, making for a directionless and confusing story. He took an already complicated love triangle with Cooper, Stone and McAdams’ characters, and added a military operation storyline. As a result, the film is left with no characters to root for and audiences begging for the ending credits.

Aloha

MAD MAX: FURY ROAD

by Tyla Smith

Fleeing the Patriarchy in Style

George Miller’s most recent installment into the Mad Max movie franchise is a thrill ride set in a post-apocalyptic world. Sharply cut and visually appealing, “Fury Road” borders on being wacky and a bit over the top. But if the world were coming to an end, it would feature women fleeing the patriarchy represented by a mutated man riding in style with a guitarist who shoots flames out of his instrument.

As with the two previous Mad Max films, Max Rockatansky (Tom Hardy) is thrown into a situation where someone needs saving and it must be done with an epic car chase through the Australian desert. Fans of previous movies may be disappointed as the character of Max is secondary and largely underdeveloped — with limited dialogue and flashbacks from his life that are never fully explained.

The true hero is Imperator Furiosa (Charlize Theron), who is seeking redemption by saving five of the antagonist Immortan Joe’s (Hugh Keays-Byrne), otherwise known as “breeders” — prized women used for obvious purposes. Using a heavily armored war rig, Furiosa rides off into the desert to find the green land with the women. Max — captured by Joe’s War Boys (fighting force) as a blood bank — escapes to find his only option for survival is to team up with Furiosa.

It can be difficult to write a movie that is respectful to women being used as sex slaves, but Miller sought advice from “Vagina Monologues” author, Eve Ensler. Many men’s rights activists demanded a boycott of the film for its feminist undertones. Aron Clarey, men’s rights activist for returnofkings.com called it “feminist piece of propaganda posing as a guy flick.” Such an accusation makes one wonder what a “guy flick” even entails, but suggesting that women can’t enjoy a good car-chase action film is sexist.

As a “feminist propaganda” film, the action scenes leave little downtime and continue to press the pedal to the metal till the very end. There are times I was wondering when the film was going to end. They are in the desert and no one explains why these cars never run out of gas.

The film shows it is possible to have strong female characters without them having to be romantically engaged with the male lead (Joss Whedon, take note). Furiosa and Max’s relationship is not built on sexual desire but a mutual need to survive. Even the five wives — two blondes, a brunette and a half-African-American woman (Zoe Kravitz) — are not just pretty faces on the screen. What I found interesting about the film is the perfect women were supposed to produce the perfect offspring in a world of mutated white men. The outdated idea — it was first seen with King Henry VIII — that men alone are responsible for creating ideal children ignores biological evidence.

“Mad Max: Fury Road” is not a film that opens people’s eyes to a new way of thinking. There are elements of feminism but it could be argued that these elements are relative. Everyone should agree that women shouldn’t be forced to breed against their will. If movies with creative explosions, cars and scantily clad women are appealing to one’s taste, then go see “Mad Max: Fury Road.” Or go to see what “feminist propaganda” is.
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by Kaeli Giron

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