



UNIVERSITY of HAWAII*
WINDWARD
COMMUNITY COLLEGE

Workforce Training Programs

The following courses, degrees and certificates are currently available to you at Windward Community College.

Workforce Training

- Certified Nurse's Aide
- Ocean Education & Safety
- Foodservice
- CPR, First Aid and AED
- Universal Banker



Associate Degree (AS)

- Associate in Science in Veterinary Technology

Academic Subject Certificates (ASC)

- Bio-Resources and Technology: Bio-Resources Development and Management
- Business

Certificates of Achievement

- Agripharmtech
- Veterinary Assisting



Certificates of Competence

- Geographic Information System and Global Positioning System
- Web Support
- Plant Food Production and Technology



In coordination with other UH Community Colleges:

Kapiolani CC: Physical Therapy, Dental Assisting, EMT, Hospitality/Tourism

Honolulu CC: Human Services, Admin. of Justice, Early Childhood Education

Leeward CC: Business, Technology, Digital Media, Computer Science, TV Production

520118



HO'OLA 'IKE
(gift of knowledge)

How Do I Apply?

Three ways to apply:

- 1 Online** Complete the on-line "Quick Application" form at hinethawaii.org
 - 2 Form by mail** Call the HINET office at (808) 235-7320 to request an application form to be sent to you by mail.
 - 3 Make an appointment** by calling the HINET office at (808) 235-7320 to meet and receive assistance to complete your application.
- If you are uncertain if you qualify please call the HINET office for more information.



UNIVERSITY of HAWAII*
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Career and Community Education

HINET Office

Monday–Friday
9:00 am–3:00 pm
Hale Alaka'i, Room 106
45-720 Kea'ahala Road
Kāne'ohe, HI 96744

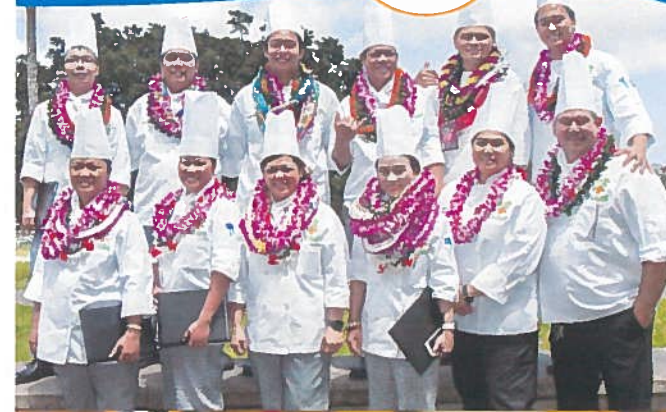
tel (808) 235-7320
fax (808) 235-7434
hinethawaii.org

hinethawaii.org

HINET
Ho'ola 'Ike



Windward
Community
College





HINET: College and Workforce Training Funding and Support

Windward Community College offers a program in partnership with the State of Hawai'i and other service providers to deliver assistance and support for college and workforce training. HINET (Hawaii Nutrition, Employment, and Training) program is a federally funded program designed to help remove barriers and provide students with access to education and skills training opportunities so they can earn a living wage and achieve financial independence.

Students who qualify may be eligible to receive:

- ✓ **Tuition Assistance**
- ✓ **Assistance with Books and Mandatory Fees** (funds pending)
- ✓ **Service Learning**
- ✓ **Workforce Training**
- ✓ **Educational Advising, Academic Coaching and Personal Support**
- ✓ **Support Services**
 - Bus Pass, Gas Money
 - Employment Advising
 - Job Search Assistance
 - Supplemental Instruction
 - Tutoring
 - Uniforms
 - Resume Writing
 - Emergency Costs
 - Career Coaching

Program Eligibility Criteria

- ✓ Completion of the FAFSA
- ✓ Currently receiving or eligible to receive SNAP benefits through DHS (Department of Human Services) (We will help you apply.)
- ✓ Preparing for vocational, professional technical non-transfer degree or certificate program
- ✓ Enrolled in Windward Community College at a minimum of 6 credit hours (part-time) or in an approved noncredit workforce training program or 3 credit hours in a basic education course
- ✓ Not receiving TANF or SSDI



What Do You Want For Your Future?

Are you looking for a New Career, Job Training, or Financial Security? Are you wanting to improve your Math and English Skills to get a better job and Earn A Living Wage?



SERVICE PROVIDERS



Service Provider Partners

Contact Windward Community College, Service providers, or your local SNAP office. Windward Community College will advise you on job training or retraining courses. We will provide you with support to cover transportation, books, uniforms and school supplies and job search assistance.

A SNAP office will assist you with your SNAP needs.



Are You Eligible?

You may qualify if:

- ✓ You are a student at Windward CC enrolled in a workforce program
- ✓ You are currently receiving or qualify for SNAP (We will help you apply.)
- ✓ You meet the SNAP gross income guidelines:

SNAP GROSS INCOME STANDARDS (effective 2017)

Household Size	200% Monthly Gross Income
1	\$2,310
2	\$3,112
3	\$3,914
4	\$4,716



To apply for SNAP benefits through DHS visit any local processing center or your local community campus HINET office.

Or download form: <http://humanservices.hawaii.gov/bessd/snap/>





Flying High with HINET at Windward Community College

Did you know that more than half of all community college students struggle with hunger?

According to a recent Maryland study, *Food Insecurity Among Community College Students: Prevalence and Association With Grade Point Average*, approximately 56% of community college students struggle with food insecurity. Without reliable access to affordable and nutritious meals hunger often affects students' ability to learn. In Hawaii students with financial aid often push themselves to work extra hours to cover high rent; as a result their grades suffer. As tuition continues to rise students have less money for other essential expenses like books, transportation and food.

Windward Community College, in partnership with the State of Hawaii Department of Human Services, has created a new program called HINET Ho'ola Ike (gift of knowledge) to deliver assistance and support for students enrolled in college and workforce training. The Supplemental Nutrition Assistant Program (SNAP) Employment and Training program is a federally funded program that is



Kathy Helfrich, HINET Consortium Manager, assists student Danielle with resources available to program recipients.

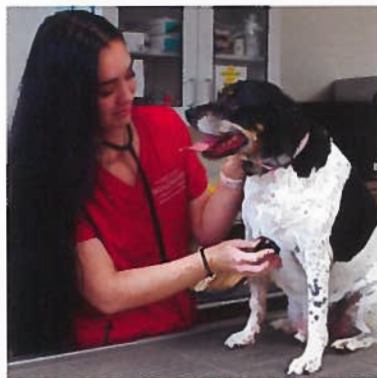


designed to help remove barriers and provide students with access to education and skills training opportunities so they can earn a living wage and achieve financial independence.

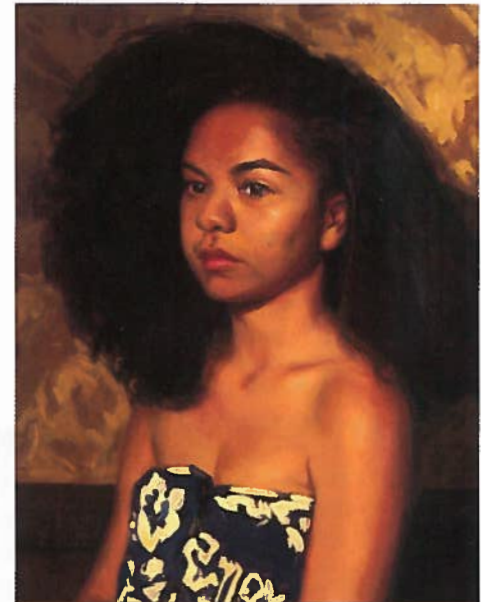
HINET students can go to school full-time, work or not work—AND still be eligible for SNAP food benefits. Schoolwork IS considered "work" for HINET students. HINET helps cover additional everyday expenses such as gas money, uniforms or a bus pass. Students' scholarships and grants are used exclusively for tuition and housing costs so students can focus on studying.

Makenzie is currently enrolled in Windward CC's popular Veterinary Technology training program. This specialized program includes additional fees and equipment costs. HINET helped her stay on SNAP and assisted with money for books, scrubs and special shoes for use in the operating rooms and kennels. She has another year to complete the program and will continue to work at a veterinary clinic before deciding whether to go on to veterinary school.

After completing her drug treatment, Kuuipo enrolled at Windward CC and joined HINET. With a bus pass



and book money from HINET she was able to afford school. Together with the help of Windward CC counselors and HINET staff she decided on the Occupational & Environmental Safety Management program at Honolulu CC. HINET provided a way to keep her on SNAP and earn an employable degree. Kuuipo will complete the occupational safety and health inspectors program this May.



Windward Community College

Atelier Hawai'i

Build your portfolio in this 6-week drawing and painting workshop.

Summer Session June 4 – July 13

**6 weeks =
6 credits**

For more information, visit windward.hawaii.edu/atelier or contact William Zwick at zwickwil@hawaii.edu.



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HO'OLA 'IKE

The HINET Consortium office is located at Windward CC with campus offices at Hawaii CC, Leeward CC and Kapiolani CC. We hope to open offices in all UH Community Colleges by 2020.

Learn more about the HINET Ho'ola Ike Program at www.hinethawaii.org or call the Consortium office at (808) 235-7320.

Banking



Program Coordinator

Michael Moser (808)235-7361 tmoser@hawaii.edu

Universal Banker



Breaking the old banking model

As customers utilize more technology for their banking transactions, banks are realizing that the roles and duties of tellers are changing. The Universal Banker training program will enable employees to provide a broad suite of services and information to our bank customers with an emphasis on customer service and satisfaction. This unique and exciting new program has been validated by the Hawaii Banking Association and will be offered by the University of Hawai'i Community Colleges. This strong industry partnership lead to the inclusion of valuable input from each of Hawaii's major Banks.

Who May Benefit

This is an introductory course for anyone interested in applying for a position as teller, Universal Banker, Banking Associate, or Customer Service position with one of Hawaii's Banks. We welcome adult learners, career changers, Millennials, high school students, and current Bank employees seeking additional skills.

Course Format

Choose online coached instruction or blended training to fit your learning style. Students will have 4 weeks to complete the self-paced, 8 module course.

See website for enrollment requirements. Financial assistance available to qualifying applicants.

INFORMATION/REGISTRATION

Pearl Nakagawa - Registrar
tel (808) 235-7491 pearl@hawaii.edu
windwardcce.org/universal-banker

Business, Computers & Technology



Program Coordinator

Jane Uyetake (808) 235-7363 juyetake@hawaii.edu

Customized Training

We work with you to create customized training that will transform your team and build the skills they need to excel in their job performance.

Our Method

- Customizable content that is software or technical skill building specific
- Analysis of specific job workflows
- Variable course durations and teaching formats for large or small groups
- Provide industry experienced and dedicated subject matter experts

Most frequently requested courses

- Business Applications Using Microsoft Excel 2013 or 2016 - Level 1
- Business Applications Using Microsoft Excel 2013 or 2016 - Level 2
- Microsoft Word 2013 or 2016 For The Business World - Level 1
- Business Applications Using Microsoft Powerpoint 2013 - Level 1
- Microsoft Word 2013 For The Business World - Level 2
- Dealing with Challenging Customer Service Situations
- Conflict Resolution: Developing Productive Work Relationships through Collaboration
- Developing an Evolving Customer Service Program
- Myers-Briggs Type Indicator® Assessment
- Business Essentials for the Office Worker

windwardcce.org/business

FREE CONSULTATION

For free consultation/information please call **Jane Uyetake** at (808) 235-7363 or juyetake@hawaii.edu

Foodservice



Program Coordinator

Charlene Akina (808) 235-7428 cmakina@hawaii.edu

Food Safety & Sanitation ServSafe® 8-Hour Manager Certification

This 8-hour certification program provides food service managers with training in all areas of food safety relevant to a food establishment. Upon attending this course and successful completion of the examination, managers will receive a certificate verifying that they are a certified ServSafe® Food Protection Manager.

HOSP8110	Staff	\$330	✓ETF
Sa 8 am-4:30 pm	6/23	Akoakoa 132	1x
Sa 8 am-4:30 pm	7/14	Akoakoa 132	1x

windwardcce.org/food-service

LAST DAY TO REGISTER



Last day to register using ETF assistance is 3 weeks prior to the start of the course.

For wait list or group training assistance please call **Char Akina** at (808) 235-7428 or cmakina@hawaii.edu




Uala Leaf Cafe
AT WINDWARD COMMUNITY COLLEGE

Nutritious, Localicious, Onolicious

Open to the public. Mon - Fri
windwardcce.org/uala-leaf-cafe

A Blue Zones Project Approved™ Restaurant

**GET TRAINED.
SAVE MONEY.**

Courses with this symbol  are approved for tuition assistance using the State of Hawaii Employment and Training Fund (ETF). Please contact the program coordinator 3 weeks prior to start of the course. ETF information is located in this catalog below the mailing panel or online at: windwardcce.org/employment-training-fund-etf



Program Coordinator

Ian Masterson (808) 235-7331 imasters@hawaii.edu

Program inquiries to: oceaned@hawaii.edu

f HOEA96744



Safe Boating In Hawaiian Waters

All recreational vessel operators must successfully complete this NASBLA-certified Hawaii-specific course.

FIT8120 Sam Pa'e Jr. \$125 **✓ETF**

Sa 8:30 am-4:30 pm 8/4 Kuhina 114 1x

Sa 8:30 am-4:30 pm 1/5 Kuhina 114 1x

Recreational Thrill Craft Operator Safety Education

All recreational thrill craft (personal watercraft) operators in Hawaii must successfully complete this certification class.

Prerequisite: Successful completion of NASBLA-approved Safe Boating FIT8120 course and proof of certification.

FIT8110 Sam Pa'e Jr. \$125 **✓ETF**

Sa 8:30 am-4:30 pm 5/12 Kuhina 114 1x

Sa 8:30 am-4:30 pm 6/9 Kuhina 114 1x

Sa 8:30 am-4:30 pm 6/16 Haw CC 1x

Sa 8:30 am-4:30 pm 7/7 Kuhina 114 1x

Sa 8:30 am-4:30 pm 7/21 Maui C, Hale 218 1x

Sa 8:30 am-4:30 pm 8/11 Kuhina 114 1x

Sa 8:30 am-4:30 pm 9/8 Kuhina 114 1x

Sa 8:30 am-4:30 pm 10/13 Kuhina 114 1x

Ocean Safety Educational Course

All recreational thrill craft (personal watercraft) operators participating in the sport of tow-in surfing in Hawai'i must complete this course.

Prerequisites: Successful completion of NASBLA-approved Safe Boating FIT8120 course and Recreational Thrill Craft Operator Safety Education FIT8110

FIT8100 Ian Masterson \$125 **✓ETF**

Sa 8:30 am-4:30 pm 9/15 Kuhina 114 1x

Sa 8:30 am-4:30 pm 10/27 Maui C, Hale 218 1x

Sa 8:30 am-4:30 pm 11/17 Kuhina 114 1x

windwardcce.org/hi-ocean-edu

Red Cross Waterfront Lifeguard Training & Ocean Safety Technician Combo (Lecture, Pool & Beach)

This course is a hybrid training with both in-water sessions and an online instructional component to be completed prior to the first day of instruction.

Check prerequisites.

Required for D.O.E. Surf Coach certification.

FIT7104 G. Pang, J. Clark, P. Durkin \$450 **✓ETF**

SaSu 8:30 am-4:30 pm 5/12, 19 & 20 Kuhina 112 3x

FSaSu 8:30 am-4:30 pm 8/17, 18 & 19 Kuhina 115 3x

LAST DAY TO REGISTER USING ETF

Last day to register using ETF assistance is 3 weeks prior to the start of the course.

Call HOEA at (808) 235-7331 **✓ETF**

Power Watercraft Operator Training

This is a two part course. Part 1: Students will receive hands-on skills training designed for safe power watercraft (PWC) operations. **Check prerequisites.**

FIT7110 T. Wilson TBD \$800 **NEW** **✓ETF**

windwardcce.org/ocean-rec-and-aquatics-safety

Rescue Watercraft Operator Training

Part 2: This advanced course emphasizes using the PWC for ocean safety operations. **Check prerequisites.**

FIT7111 T. Wilson TBD \$800 **NEW** **✓ETF**

windwardcce.org/ocean-rec-and-aquatics-safety

FOR MORE INFORMATION

Hilo/Kona (808) 934-2700

Kauai (808) 245-8381

Maui (808) 984-3231

Oahu (808) 235-7331

Replacement cards order online at:
www.windwardcce.org/hi-ocean-edu

American Red Cross Water Safety Instructor Training

Instructor: Glenn Pang

Complete course listing and more information at:
windwardcce.org/ocean-rec-and-aquatics-safety

Hawaiian Canoe Sailing

Instructor: Leimomi Dierks
(808) 236-9296
kekina@hawaii.edu

Complete course listing and more information at:
windwardcce.org/ocean-rec-and-aquatics-safety



Program Coordinator

Jamie Boyd, Ph.D., APRN

t: 235-7384 jamie.boyd@hawaii.edu

Program Manager

Dawn Poh t: 235-7328 dawnpoh@hawaii.edu

Certified Nurse's Aide Apprenticeship Program **NEW**

Our indigenous curriculum includes Western medicinal teachings and gardening, and Hawaiiana. The curriculum will prepare the student to achieve a level of knowledge, skills and abilities essential to provide basic care to ill and disabled persons.

Class: 5 Weeks, Clinical: 6 days (2 Weeks)
Classroom meets: M-Th 8:30 am - 2:30 pm
Windward CC, Hale Kuhina 107
Clinical meets: M-W, 6 am-2:30 pm
Aloha Nursing Rehab Centre, Kaneohe

Upon successful completion of the course students will be awarded a Certificate of Professional Development which will allow them eligibility to take the State of Hawaii Nurse Assistant Competency Evaluation examination with Prometric to become a Certified Nurse Aide (CNA).

Apprenticeship (on-the-job training)
Qualified students may transition to a paid apprenticeship position with one of the program's employer-partners. Employers in the network are committed to providing apprenticeship positions to students seeking state certification as a CNA or NA apprentice. Financial assistance and other opportunities for assistance is available to qualifying applicants.

HLTH 7000 J. Boyd Call for tuition information.
M-Th 8:30 am-2:30 pm 6/25-8/9 (App due: 6/6) 27x
M-Th 8:30 am-2:30 pm 8/27-10/11 (App due: 8/10) 27x
windwardcce.org/cna

APPLICATION INFORMATION

Dawn Poh

Program Manager

tel (808) 235-7328 dawnpoh@hawaii.edu

Online Leadership



Online Business and Leadership Training

Windward CCE ONLINE

Enjoy the convenience of online learning coupled with the strength of One-On-One Coaching.

Enrollment benefits

- One-on-one interaction with a qualified coach
- Eight-hour training modules
- New course begins every other Monday
- Accessible by computer, tablet or smartphone
- Self-paced, learn on your time
- No cancellation due to low enrollment
- Discounts for multiple workshop attendance
- Certificate of Professional Development

CHOOSE FROM THESE COURSES \$160/ea



- Business Writing That Works
- Accounting Skills for New Supervisors
- The ABC's of Supervising Others
- Building Better Teams
- Business Writing That Works
- Change Management: Change and How to Deal With It
- Coaching and Mentoring
- Communication Strategies
- Critical Thinking
- Human Resources Training: HR for the Non-HR Manager
- Problem Solving and Decision Making
- Public Speaking
- Safety in the Workplace
- Workplace Harassment: What It Is and What To Do About It

M-Su Anytime starts every other Monday online

Complete course descriptions at:
windwardcce.org/cce-online

INFORMATION/REGISTRATION

CCE Office - Information
(808) 235-7433 wccocet@hawaii.edu
Pearl Nakagawa - Registrar
(808) 235-7491 pearlnak@hawaii.edu

Personal Enrichment

Taking Photos Like a Professional with Any Camera NEW

Learn the techniques of how to take photos of family, scenic and action photos like a Pro. Understand how to see and visualize the world around you, capturing beautiful images with any camera. Learn how to use your flash to create memorable portraits.



NOTE: Participants must have basic camera knowledge. See website for complete equipment checklist.

ART7033 Patrick Delos Santos \$125
Sa 9 am-12 pm 6/16 & 6/23 Kuhina 106 2x

windwardcce.org/photography

Wine Tasting - Ho'okipa 101 NEW

Have you ever wondered how to find that perfect bottle of wine? Chef Dan and Wine Educator Alice Swift will give you a "jump-start" session. Learn to appreciate and evaluate what's in your glass, see it, taste it, smell it and learn new techniques on how to describe it. The chefs at Uala Leaf Cafe will prepare small bites to compliment your flight of 6 wines. (Incl. wine notes, wine tasters, pupu w/recipes) Must be 21 yrs. old, w/photo ID.



HOSP7096 D. Swift & A. Swift \$45
Th 5:30-7:30 pm 6/7 Akoakoa Cafeteria 1x

windwardcce.org/cooking

More food and beverage courses at:
windwardcce.org/cooking

Japanese Flower Arranging— Ikebana Sogetsu

Use your aesthetic awareness to assemble materials, choosing their most beautiful aspects, assemble them in a different order, and endow them with a value transcending that which they had in nature. Students are required to purchase or provide their own supplies. Optional text.



ART7000 Karen Kirk \$77
Tu 6-8 pm 5/22-6/26 Kuhina 115 6x
Tu 6-8 pm 7/17-9/4 Kuhina 115 6x
Tu 6-8 pm 9/18-10/23 Kuhina 115 6x
Sa 9:30-11:30 am 5/26-7/14 Kuhina 115 6x
Sa 9:30-11:30 am 7/21-9/15 Kuhina 115 6x

(No class: 6/2, 7/7, 7/31, 8/4, 8/7, 8/11, 9/1)

windwardcce.org/art

DSLR Shooting Modes Made Easy - A Two-Part Hands-On Introductory Workshop

Work with the instructor to learn how to set it up, use your camera's shooting modes and take your photography to the next level. In Part II you will practice shooting with the instructor (and possibly a model). Learn how aperture priority and shutter speed priority modes function and how to use them to control exposure to capture quality images.



NOTE: Participants must use their own camera. See website for complete equipment checklist.

ART7030 Don Oberheu \$125
Tu 6-9 pm 6/5 & 6/12 Kuhina 114 2x

windwardcce.org/photography

Photographic Composition Made Easy - A Two-Part Hands-On Introductory Workshop

Learn the basic concepts and the "rules" of composition. Using your digital camera and given a specific photographic "assignment" during the workshop, get feedback and suggestions to help improve your photos.



NOTE: Participants must use their own camera. See website for complete equipment checklist.

ART7031 Don Oberheu \$125
We 6-9 pm 8/22 & 8/29 Kuhina 114 2x

windwardcce.org/photography

Ber TALEs Local Style NEW

Join Nic Wong and crew at BeerLab Hawaii as they share Beer TALEs - Local Style. Taste, Appreciate, Learn about and Enjoy three special brews. So-o-o fresh, local and onolicious, we won't know what beers will be on tap until two weeks before the event. Enjoy a hoppy IPA, a porter, and a sour paired with "outta da weeds" neutraceutical appetizers by Uala Leaf Cafe. You must be at least 21 yrs. old and present a current picture ID at the door.



HOSP7095 Nic Wong & staff \$25
Sa 11:30am-1:00 pm 6/30 Beer Lab HI 1x

windwardcce.org/cooking

Tai Chi (Yang Style)

Learn this venerable Chinese martial art to improve your mental and physical health. It is an excellent prescription for stress relief and is noted for increasing the mind's ability to focus; strengthening and limbering the body; also increases circulation and has been shown to lower blood pressure.



Beginners: 6:30–7:30 pm Adv: 7:30–8:30 pm
New students are welcome at the first class in Jan, Apr, Jul and Oct, space permitting.

ENR7012	Staff	\$49
M W 6:30–8:30 pm	6/4-6/27	Kuhina 115 7x
M W 6:30–8:30 pm	7/2-7/30	Kuhina 115 8x
M W 6:30–8:30 pm	8/1-8/29	Kuhina 115 9x
M W 6:30–8:30 pm	9/5-9/26	Kuhina 115 7x

(No class: 6/11, 7/4, 9/3)

windwardcce.org/taichi

Writing Retreat

Meet and write in company of other beginning and experienced writers. Tap into our mutual creative energy. Draft a story, poem, memoir, argument, or any other type of writing. In small groups, we read these diverse pieces and give each other non-critical reader responses. Bring writing materials, a sack lunch, and perhaps a mug for coffee or tea. Anyone over 16 is welcome. No walk-ins.



ENR7017	Lillian Cunningham	\$14
Sa 9:30 am–2 pm	5/26	Akoakoa Cafeteria 1x
Sa 9:30 am–2 pm	6/30	Akoakoa Cafeteria 1x
Sa 9:30 am–2 pm	8/18	Akoakoa Cafeteria 1x
Sa 9:30 am–2 pm	10/6	Akoakoa Cafeteria 1x

windwardcce.org/writing

CyberSafety Education & Awareness Workshop

This workshop will explain in lay terms the safety and security issues in computer technology and what the Internet poses to the user.



ENR7015	Chris Duque	Free (must register)
Sa 9–11 am	6/2	Kuhina 114 1x
Sa 9–11 am	7/21	Kuhina 114 1x

windwardcce.org/technology

Conquering Your Finances

Do you have debt you wish you could get rid of? Learn how to eliminate debt and start saving with practical tips on handling your money. (value: \$40)



ENR7051	John Au	Free (must register)
Th 6–7:30 pm	6/14	Kuhina 114 1x
Th 6–7:30 pm	8/16	Kuhina 114 1x

windwardcce.org/personal-finance

PowerPoint for Fun



This course will introduce you to basic Microsoft PowerPoint features to efficiently create basic presentations and finally a PowerPoint show that will be converted to a movie. Previous Windows experience recommended.



COM7050 Stephen Chang \$59

W 9 am–12 pm	6/13	Kuhina 114 1x
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windwardcce.org/computer

HOKULANI IMAGINARIUM
2018 SCHEDULE
windwardcce.org/imaginarium

Palikū Theatre
windward.hawaii.edu/paliku

VOLUNTEER POP UP EVENT

Garden Day
 at the
 Nursing Mala 'Ai Ho'ola
 Sat • 8 am – 12 pm
 Check website for dates.
windwardcce.org/volunteer

GO PAPERLESS!

To cancel your subscription and JOIN OUR EMAIL LIST call (808) 235-7433 or go to windwardcce.org/contact

REGISTER BY MAIL / WALK-IN

Name (First Last) _____
 Address 1 _____
 Address 2 _____
 City _____ State _____ Zip Code _____
 Email _____ Ph. _____

COURSE INFORMATION			
Course Code	Date	Course Title	Cost
		TOTAL	

More registration forms available online at:
windwardcce.org/personal-enrichment-registration

Please inform me about future courses and workshops by email.

Hours of Operation Mon–Fri, 8:30 am–1 pm; 1:45–3 pm Closed Sat, Sun and state holidays

Registration - Registration is on a first-come, first-served basis. Please help us avoid cancellations by registering at least one week before the course, workshop, or tour begins. The Office of Career and Community Education reserves the right to cancel classes due to insufficient enrollment. When this occurs, registrants will receive a full refund or may transfer to another section or course.

To register please use online registration, mail or visit our office.

Check (Please make check payable to University of Hawai'i)
 VISA MasterCard Discover JCB
 Acct. # _____ Exp. Date _____ CVV# (3-digit) _____
 Name on Credit Card _____
 Signature _____
 Date _____
 Billing Address _____
 City _____ State _____ Zipcode _____

If you require special services, please describe: _____

Please fax registration form to 235-7434 or mail to:
 Windward Community College, Career and Community Education
 45-720 Keaahala Road, Kaneohe, HI 96744

Refund Policy - To completely withdraw from a course, call 235-7433 AT LEAST 5 BUSINESS DAYS BEFORE THE START OF THE COURSE. Thereafter, REFUNDS WILL NOT BE ALLOWED. Cash/check refunds require 4-6 weeks processing time. Charge card refunds will be credited to your account. Note: Participants registering by purchase order or third party payment will be billed regardless of non-attendance unless notification of withdrawal is made by the specified refund deadline.

The University of Hawai'i is an equal opportunity/affirmative action institution.

Registration information at: www.windwardcce.org/registration or call (808) 235-7433.



Career and Community Education

45-720 Kea'ahala Road, Kāne'ohe, HI 96744

Non-Profit Org.
U.S. Postage
PAID
Honolulu, HI
Permit No. 1488

EDventures

Noncredit Course Catalog
May–September 2018

Information & Policies

<http://windwardcce.org/workforce-development-registration.htm>

Tuition Assistance

(Agencies, Grants, Loans)

American Job Center Hawaii

(formerly Oahu Worklinks)

Dillingham Plaza Tel: 768-5700

<http://www.honolulu.gov/dcs/workforce>

State of Hawaii - Dept. of Human

Services (DHS) Tel: 643-1643

<http://humanservices.hawaii.gov/>

Employment and Training Fund Program (ETF)



Tel: 235-7433

The State of Hawai'i's ETF program provides businesses with the opportunity to upgrade the skills of their workforce from entry-level to management. Funding is now available to eligible Hawai'i employers. Eligible employers may receive up to 50% (\$400 tuition cap) <http://labor.hawaii.gov/wdd/home/employers/etf/micro/>

Alu Like, Inc.

Tel: 533-6700

<https://www.alulike.org/hlsp/>

Dept. of Labor and Industrial Relations

Tel: 586-8703

<http://labor.hawaii.gov/wdd/home/employers/etf/>

Lifetime Learning Credit (LCC)

The Taxpayer Relief Act of 1997 provides for Lifetime Learning Credits for qualified tuition and related expenses for eligible individuals seeking to acquire or improve job skills. <http://www.irs.gov/Individuals/LLC>

Office of Hawaiian Affairs (OHA)

Tel: 594-1835

<http://www.oha.org/scholarships>

U.S. VETS

United States Veterans Initiative

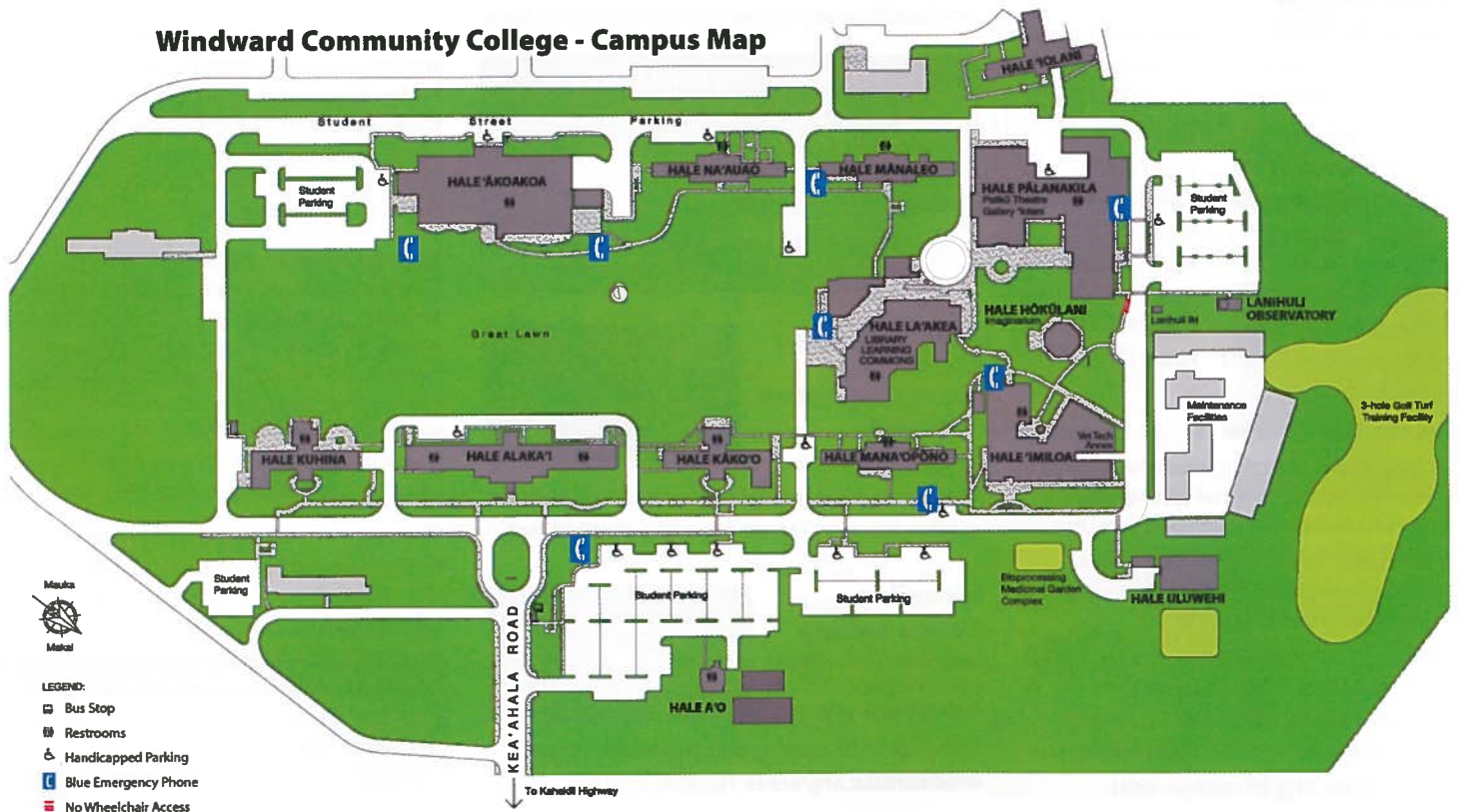
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Windward Community College - Campus Map



Student recreates the Mercury Friendship 7 capsule

by Hannah Bailey
Ka 'Ohana Staff Reporter

In 1962, Senator John Glenn became the first American to orbit the Earth in a one-man capsule named Friendship 7, a feat that launched America's Space Program into the global competition of space exploration. Now, students, faculty and staff can get a better idea of what that first orbit might have felt like as a replica of the capsule temporarily sits in Hale 'Imiloa, the brainchild of WCC student Roger Garrett.

Garrett said he dreamed of being an astronaut and was always fascinated by the engineering programs at NASA.

"When I went off to college, I started out in the aerospace engineering program at Northrop Institute of Technology, with the hope of working for NASA or ideally to actually become an astronaut," he said. "That didn't work out as planned. I graduated with a degree in mathematics and ended up with a career in software

engineering. I decided that even if I couldn't be part of the actual space missions, I could at least build my very own Mercury space capsule."

According to Garrett, the replica took two years to produce. He started the process by crafting different sections of the capsule and then put it all together in the end.

"The overall model is made of several sub-assemblies, each such sub-assembly consisting of a set of the cast parts and supported on the interior by wooden sections bonded to the interior," Garrett said.

Using just rigid foam shaped by small hot-wire tools or by hand as well as cast molds also made by hand, Garrett made the entire replica in the small living room of his apartment.

While Garrett's replica only had to travel from his home to WCC, the real Friendship 7 traveled 81,000 miles during Glenn's nearly 5-hour flight, in which it circled the Earth three times.

Glenn attended many technical institutions to obtain the training to become an experienced pilot and engineer.

He flew 59 combat missions in World War II and 90 missions in two tours during the Korean War.

After NASA selected him for the Mercury team, he went to NASA's Manned Spacecraft Center in 1962, where he became a backup pilot for other astronauts and even helped design spacecrafts that contributed to the creation of the Apollo program, which landed the first Americans—Neil Armstrong and Buzz Aldrin—on the moon.

Upon reentry to the earth's atmosphere during his own historic flight, the heat created by the friction during Friendship 7's descent caused a malfunction in the autopilot, and so Glenn safely piloted the landing himself.

Garrett's replica of the capsule will remain in Hale 'Imiloa for at least another six months.



DINEENE O'CONNOR

Student creator Roger Garrett shows off his Friendship 7 replica.

Gallery 'Iolani exhibit tells story about the 'āina

by Eliana Christianson
Ka 'Ohana Editor in Chief

A new exhibit at Gallery 'Iolani showcases the photography of WCC art professor and humanities department chair Mark Hamasaki and former art lecturer Kapulani Landgraf.

The exhibit, titled *Ē Luke Wale Ē*, bears witness to the

changes in the land as they were taking place during the building of the H-3 freeway. Hamasaki and Landgraf began documenting the lengthy process when the community's concerns rose over the desecration of burial sites and religious structures along the freeway's path. The entire project took over eight years to complete and acts as a re-

cord for new generations to understand what was lost in the name of progress.

"I want people to know the environmental impact of building this freeway," Hamasaki said. "Right now, you don't really see it because it's been there and you're elevated above the ground. This was going through pristine land."

Originally proposed in

1960 just after Hawai'i became the 50th State, the 15-mile freeway connects Pearl Harbor Naval Base in Pu'uloa and the Marine Corps Base Hawai'i on Mōkapu Peninsula in Kāne'ohe. It tunnels through the Ko'olau Mountains between Hālawā and Ha'ikū valleys.

Community groups led by Native Hawaiians, cultural preservationists and environmentalists succeeded in delaying the project but were ultimately unable to stop it. In 1986, Hawai'i's Senator Daniel Inouye removed the last obstacles by pushing through Congress an exemption for the H-3 from the Transportation Act, which would have enforced environmental laws and restricted the building of the freeway. In 1997, the freeway was completed despite two and a half decades of protest and litigation.

The highway was also promoted in the community as a means of speeding up vehicular travel and reducing traffic



PATRICK HASCALL

Ē Luke Wale Ē can be seen at Gallery 'Iolani until May 6.

SEE GALLERY PAGE 8

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Why do we celebrate Mother's Day?

by **Hannah Bailey**
Ka 'Ohana Staff Reporter

Mother's Day is coming up, but why do we celebrate our mothers? Here's what started the tradition and how some in our community celebrate their mothers.

According to AmericasLibrary.gov, the U.S. celebrated its first official Mother's Day on May 14, 1914. President Woodrow Wilson declared it an official holiday and asked all citizens to give a public thank you to their mothers and all the work that mothers do.

Prior to that, Anna Jarvis was the woman who founded

the Mother's Appreciation Club at her neighborhood church in Philadelphia, which met on May 14, 1908, in memoriam of her mother.

According to a May 2015 BuzzFeed article, Russell Conwell, the founder of Philadelphia's Temple University, openly complimented Jarvis's need to appreciate mothers around the country and her drive to make Mother's Day a universal holiday. This inspired the state governor to join in, which led other state governors to encourage these Mother's Day celebrations and sparking a flame across the country.

The holiday endures to-

day, often marked by cards, flowers, brunches and phone calls. However, some WCC students have special plans this year.

Eliana Christianson will be surprising her mother by flying to her home in California for Mother's Day.

"Usually my family and I take my mom out to dinner for Mother's Day," Christianson said. "This is the first time I'll be able to spend Mother's Day with her in about two years, since I moved out here to Hawai'i."

Cynthia Sinclair will celebrate Mother's Day by having a reunion with all of her siblings for the first time in years.



beque and do some fishing and most likely play horse-shoes and play music," he said.

Poaha said he celebrates his mother for her uniqueness.

"My favorite thing about my mom is how strong she is at times, and she can be really crazy."

Take the time to celebrate your mother on May 13.



By: L. A. Bonté



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Student employee honored with award

by Mariko Kershaw
Special to Ka 'Ohana

At the WCC Student Employee Appreciation event on May 2, Brandon DiPaola was named the 2018 WCC Student Employee of the Year.

As a performing arts assistant, DiPaola's primary duties include assisting theatre faculty and students as a teaching aide, helping students achieve off-campus performance opportunities, acting as fight captain for student shows, and aiding in all aspects of the theatre program at WCC.

He was chosen as the winner based on the following five criteria: quality of work, reliability, initiative, professionalism and exceptional service.

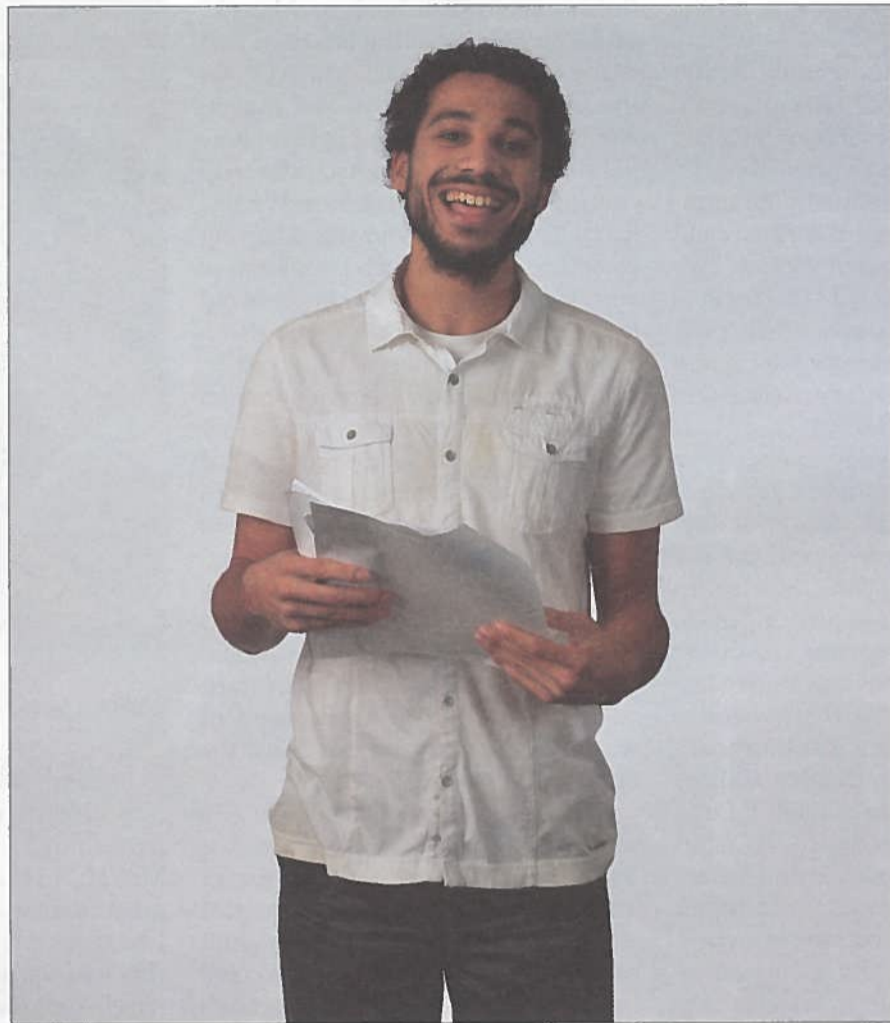
DiPaola's supervisor and theatre assistant professor, Nicolas Logue, wrote in his nomination essay, "Amongst his many bright and positive characteristics as an employee and a human being, his selflessness and generous spirit always stand towering above even his immaculate professionalism, quick and effective initiative and excellent quality of work."

At the event, Chancellor Douglas Dykstra presented DiPaola with a prize of \$250 in the Hale 'Ākoakoa cafeteria. DiPaola was also presented with a perpetual plaque with his name engraved, which resides in the WCC Library Learning Commons.

The Kāne'ohe resident is transferring to East 15 Acting School in London, England, next fall.

The event was co-sponsored by the Chancellor's Office and ASUH-WCC and coordinated by Title III Ho'ouni 'Ike (peer coaching) coordinator Scott Sutherland, Title III student employee coordinator Ashley Tilton, and librarian/Student Employee of the Year Award manager Mariko Kershaw.

Five other student employees were nominated, in addition to DiPaola. They were instructor and Writing Center coordinator Michelle Corpuz, circulation assistant Kayla Watanabe, gallery assistant Sheila Kurosu, agriculture assistant Paul Silva, and student employee mentor Amber Ichinose. Nominees were recognized at the appreciation event



MARC SCHECHTER

Performing arts assistant Brandon DiPaola was named the 2018 WCC Student Employee of the Year.

with a certificate, copy of their nomination essay written by their supervisor and lei. There

are approximately 225 student employees at WCC.

For more information

about the Student Employee of the Year Award, visit <https://windward.hawaii.edu/seoty/>.

Students find help with food stamps and more at HINET

by Cynthia Lee Sinclair
Ka 'Ohana Staff Reporter

HINET Ho'ola Ike is a program that very few students know about that provides financial assistance while students attend school. It can help with gas money through a mileage reimbursement. It distributes bus passes so that students can get to school. It even helps pay for books and other supplies. That way, a student's scholarships and grants can go toward paying for tuition and housing costs.

You must have a C average to qualify.

"There is always a friendly staff member to help you with your homework or answer any questions you might have," said WCC student Ian Jenss who has been with HINET for two semesters. "You can find hot water for coffee/tea and snacks. If you haven't found your way to HINET yet, now is the time to get yourself set up for next semester."

I interviewed HINET student support specialist Kathy Helfrich to find out more about the program.

What is the most important thing that HINET does for students?



CYNTHIA LEE SINCLAIR

(from left) Kathy Helfrich, Daniel Oka and Danielle Mejia

The most important thing that HINET does for students is make sure they have enough food to eat while they are in school. Food insecurity is a real problem in our schools across the country,

and we at HINET want to make sure we are doing everything we can to see that our students at the UH Community Colleges are getting enough to eat. According to current regulation, a stu-

dent can only be eligible for SNAP (food stamps) if they are working consistently for 20 hours per week (80 hours per month) prior to applying. They can get an emergency issuance of food stamps if they are not working, but only for three months. They will not be eligible to apply again for three years.

When students apply through the HINET program, they can count the time they "work" on their school work, homework, attend classes, do projects, study, etc. toward that 20 hours per week. HINET makes it possible for students to get food assistance as long as they are in school—and even beyond when they are looking for work.

How long have you been running HINET?

HINET started in the fall of 2014 but didn't really get going until the fall of 2015. We started with only one office at Windward Community College. Now we have offices at Kapi'olani CC, Leeward CC, Hawai'i CC and hope to add Honolulu CC and Maui College in the coming fall.

Our goal is to provide food and other assistance to community college students earning degrees in a work-

force field at every college in the state.

What is the most rewarding part of the job for you?

Seeing students I have helped get good grades and graduate.

What are the biggest challenges with HINET?

Getting the word out. We want anyone who wants to go to college but doesn't think they can afford it to come and see us. We want anyone who is going to college but is struggling to feed themselves and their family to come by for a visit.

We can help with money for books, supplies, gas and bus fare. We can work with students to identify their goals and get there.

Where do you see HINET going in the future?

We look to the state of Washington as our inspiration. They have expanded to 32 community colleges and technical schools. They have a state food stamp program in addition to the federal one, and they are putting people to work in good jobs. That is what I want for Hawai'i as well.

The HINET office is in Hale Alaka'i 106. For more information, go to hinethawaii.org.

Palikū Arts Festival shines despite the rain

by Leighland Tagawa
Ka 'Ohana Editor in Chief

On April 7, the annual Palikū Arts Festival took place on campus despite rainy weather.

"We have been worried that the rain would stop people from coming, but that was not the case," said festival co-director Ben Moffat. "We had an excellent crowd. The truth is that on sunny days in festivals past, the crowds sometimes got too big and there were long lines for activities and food."

During the all-day event, there were many hands-on art activities around campus. The tie dye station with WCC art professor and Gallery 'Iolani coordinator Toni Martin, in which participants designed and made their own tie-dyed squares, was one of the most popular activities among keiki. At Hale Pālanakila, there was also a drawing studio, face painting booth and screen printing display. Gallery 'Iolani showcased an exhibit, *Ē Luku Wale Ē*, of photographs by WCC art professor Mark Hamasaki and former WCC art lecturer Kapulani Landgraf of the H-3 freeway under construction.

Many faculty and students volunteered their time at the festival. Student Manowai Morgan Kobashigawa was at the woodcarving station in Hale 'Iolani, which was filled to capacity with kids and parents working on different wood carving activities.

"We were teaching them how to finish makau (fish hook necklaces)," said Kobashigawa, who has been part of the wood carving class at WCC for the last two years. "We had makau blanks for them and taught them how to finish them and also had little soap carving activities for the kids. We also had a tour set up of our woodcarving program. Not too much people carve and so getting to see how to carve old implements like chisels or angle grinders. From the people that I talked to, it seems that they were really excited about it."

Student Cynthia Lee Sinclair has been a constant presence at the Palikū Arts Festival, volunteering at the event for three years.

"I first started volunteering at the Palikū Arts Festival as a clown," said Sinclair, who has been a professional clown for 30 years. "When I first started helping out, the theatre department was not even involved yet. Now, the event has tripled in size."

Former WCC drama and theatre professor Ben Moffat started the festival in 2011 during his last year of teaching at the college. He said the goal is to demonstrate how fun learning can be and that "enjoyment that can come from trying something outside of one's comfort zone."

All art supplies at the festival were provided for free, and there was no admission fee.

"The event is to show the com-



LEIGHLAND TAGAWA

Children learn how to sand makau (fish hook necklaces) at Hale 'Iolani.

munity on this island the wealth of opportunities at WCC in the fine, performing and literary arts," added Moffat. "In that sense, the festival is a great marketing tool. So many times I hear people say, 'I never knew all this was up here!' The college is still a well-kept secret for many on O'ahu. Also, Doug Dykstra has said that the Palikū Arts Festival is our gift to the community."

As for the future of the festival, Moffat hopes to see other WCC pro-

grams and classes incorporated in the event.

"We would like the festival to continue to evolve naturally," he said. "A few years back we started to include Language Arts. Next year, we hope to involve the Natural Sciences department. At the same time, we don't want the festival to become a burden on the faculty, students, staff and administration. Everyone already has plenty of work to do, so we want it to be an event that is manageable."



PHOTOS TAKEN BY LEIGHLAND TAGAWA

Some of the activities at the Palikū Arts Festival included a giant marching eel, face painting, a bubble machine and selected photos taken by Mark Hamasaki and Kapulani Landgraf.

Digging for glass reveals Hawai'i history

by Rick Oania-Elam
Special to Ka 'Ohana

Under the cover of darkness, two men armed with shovels quietly work in downtown Honolulu. The still of the night is pierced occasionally by the gentle roar and whoosh of a passing car and the clinks and scratches of a shovel meeting gravel. Although faced with legal and physical risk, these men simply cannot resist the temptation to dig for treasure.

"You'll never believe what was buried right under your feet," Jon Patrick Whitaker says.

Whitaker and Joseph Petaia are participants in O'ahu's underground archaeology scene. They do historical research to find dig sites, and they keep tabs on new construction around town for the sole purpose of digging the foundations in search of 100-year-old pieces from a bygone era in Hawai'i's colorful history.

At one time, Hawai'i was more self-sufficient than it is now. Before the age of rapid shipping, the islands had their own dairies, soda shops, distilleries, breweries and drugstores.

Many companies packaged their goods in glass vessels bearing their names and locations.

As glass was to consumers as plastic is today, these bottles were thrown away as nothing more than garbage. But since glass can take a million years to decompose, these bottles remain time capsules.

Though bottle digging has been going on elsewhere for decades, it only caught on in Hawai'i during the 1960s.

Some findings are more significant than others, explains Mike Kapili, former president of the Honolulu Historic Bottle Club. He says that a 1960s dig of the Wai'oli Soda Works dump revealed thousands of dollars' worth of rare 1800s bottles, along with a few that had never been seen before.

Due to their small production numbers and exclusive distribution in the islands, Hawaiian bottles can be very desirable, commanding top dollar in collectors' markets.

Kapili says the most expensive Hawaiian bottle he ever purchased was a rare torpedo-shaped soda bottle for \$7,500.



RICK OANIA-ELAM

Whitaker and Petaia say that every find, regardless of its monetary value, is a piece of Honolulu's history with a story to tell.

Some Hawaiian bottles, for instance, have the letters TH written on them, an abbreviation for the Territory of Hawai'i. Older bottles have HT for Hawaiian Territory or HI for Hawaiian Islands. The oldest bottles have the inscription SI on them for Sandwich Isles, after the Earl of Sandwich.

At a dig in Kaka'ako last December, Whitaker and Petaia found a bottle in very rough condition with its neck broken off and the embossed letters spelling "Tahiti lemonade Honolulu TH."

The site also produced shards of Chinese pottery and a few intact Chinese vessels such as bean pots, shoyu pourers, even a decorative blue and white glazed vase. With all the clues, it was determined that the site must have been a Chinese settlement from the mid-1800s to the early 1900s.

"The forgotten history and the nostalgia behind some of these finds keep us digging. That and the thrill of the hunt of course," Whitaker said. "It just makes my imagination run wild."

"It's crazy to think one of these bottles could have very well belonged to one of



RICK OANIA-ELAM

the pirates of the 1884 raid on Honolulu before having its contents drunk and being cast aside as they made their retreat," Petaia added.

While some people might think it a shame that such history should be revealed to and kept by persons who are not professionals in the field of archaeology, WCC professor, archaeologist and historian Floyd McCoy says, "It's good that people are doing this."

He just hopes these individuals share their findings, saying that they would not need to surrender the objects

but just share the information so that the community can learn from it. McCoy, however, points out that valuable information can sometimes be lost by removing an artifact. Where an object was found and what was around it can reveal a lot.

However, if Whitaker and Petaia and others in the underground archeology scene don't dig up this history, many stories and relics would remain under concrete foundations forever.

The two men add that there is an unwritten rule among construction work-

ers to ignore archaeological findings for fear of a curse or that their job site will be shut down for an archaeological survey.

Both acknowledged that so much history is left ignored never to be discovered by professional archaeologists simply to save construction companies from breaching their deadlines.

So the next time you see a foundation being dug, use your imagination and you may just find yourself 10 feet under Honolulu's streets pulling out pieces of long forgotten Hawaiian history.

Top: Clorox bottles dating from the 1910s to 1970s were found at a site between Waipahu and Pearl City during a 2017 dig.

Left: A gin bottle from the late 1800s was found during a 2016 dig behind the Wai'oli Tea Room.

Sustainability Matters

with Christian Palmer

Aloha 'Āina Earth Week

In the week leading up to Earth Day on April 22, Windward Community College celebrated by having a series of Aloha 'Āina Earth Week activities sponsored by Ke Kumu Pali and the Sustainability Curriculum Committee. Students, faculty and staff got together to do some hands-on, experiential learning about living sustainably, eating locally and reducing our waste.

The first activity was cooking with local ingredients, many of which came from participants' gardens and local farmers' market. With the strong winds recently, there is an abundance of green mangoes falling on the ground, so we made pickled mango to use this local resource. We also made sweet potato, 'ulu and kalo chips and a delicious ho'io fern salad. Cooking with local ingredients strengthens our connection to the land around us and supports local agriculture. Growing your own food can also help you appreciate the time and energy that go into food and discourages waste.

The next activity involved planting 10 species of native and canoe plants in and around the Hawaiian Studies garden or māla. These included palapa'ai ferns, alahe'e, loulou palms, 'ohi'a, as well as several endangered species like koki'o ke'oke'o (white hibiscus), munroidendron and mamaki. We also planted some edible Polynesia introductions like 'awa, ko honua'ula (sugar cane) and 'ohi'a 'ai (mountain apple). Although these plants may take years to fully develop, they represent an educational opportunity to teach our community about the plants and create a physical space that reflects the social, cultural and environmental values of our community.

Finally, we held a hands-on workshop on vermicomposting, or creating worm bins, where people could create a worm bin and take it home. The composting worms break down organic waste to create vermicast, or worm poop compost, that is great for plants. Because the

bins are entirely contained, you can have a worm bin even if you don't have a yard.

They can be stored under the sink, on a porch or patio or in the garage. The worms eat their weight every day quickly breaking down plant and vegetable waste into beautiful black fertilizer, although they are actually eating the microbial community of fungi, bacteria and protozoans that are breaking down the waste.

These activities highlight a key concept of sustainability that involves taking a resource or product from the cradle to grave. Thinking about sustainability with food involves knowing where and how it was grown, how it will be used and prepared, and what will happen to the waste products and scraps when we are done.

So many products and resources we use in our daily lives involve supply chains that span the globe and involve thousands of different people that it can be impossible to observe the complete lifecycle of the products that we see around us. By thinking about food from the cradle to grave, we gain



COURTESY OF CHRISTIAN PALMER

Homemade pickled mango

a better appreciation of the resources we depend on and take a little more ownership over the processes that sustain us.

The Wellness Corner

by Karla Silva-Park, LMHC, NCC

Mental Health vs. Mental Illness: Is it one in the same?

May is Mental Health Awareness Month and has been recognized as such since 1949 when Mental Health America organized it. But how many of us actually know what "mental health" is? And how is it different from mental illness?

According to the American Psychological Association (APA), mental illness is much like other medical conditions such as diabetes, heart disease or high blood pressure in that it is diagnosable. Mental illnesses are also treatable with proper care and treatment planning, just like when you go to the doctor for a broken foot.

Mental illness affects many people at different stages of life (though according to the APA, nearly 75 percent of presentations occur around the age of 24). It affects all genders, all ages and all ethnicities. It, however, looks different for every person. Each individual will have his or her own experience with common threads.

The key though is that one's functioning is seriously disrupted and there is a significant amount of distress or dysfunction in many, if not all, areas of one's life. For some, it has only a mi-

nor impact on functioning; for others, the mental illness may require hospitalization for a period of time or even long term.

One of the challenges for those with mental illness is to not be ashamed of it. There is nothing to be ashamed of when it comes to mental illness, and with the right supports, individuals will thrive as their best versions of themselves.

This is where everyone around them comes in. If we can learn that mental illness is similar to other medical conditions and then teach others about it, we will be able to focus on destigmatizing it. In doing that, more people will be open to seek the supports they want and need.

When we talk about "mental health," we are looking specifically at how well someone is able to function and cope with everyday stressors in a healthy, positive manner. For example, are they engaged in activities they enjoy? Do they have adequate work-life balance? Do they have social supports?

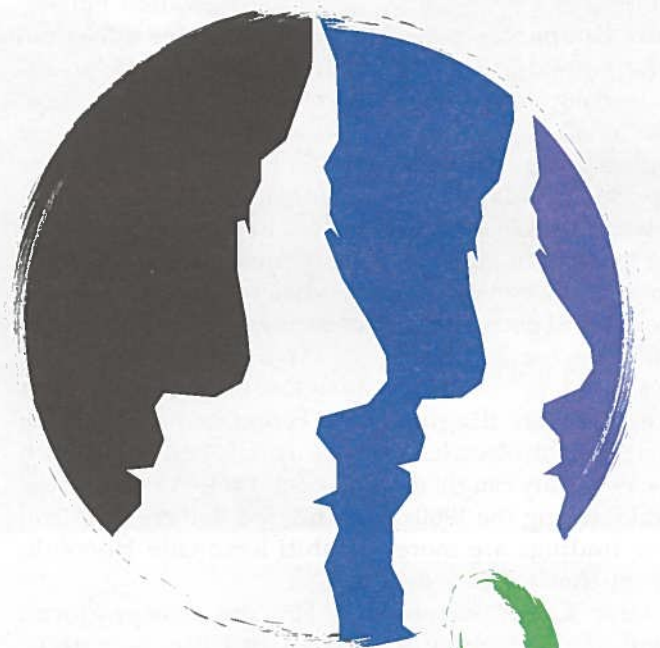
This is where the mind-body connection can play a big role. We know that if we have balance in our lives,

we are able to stay healthier physically, emotionally and socially.

Our state of mental health fluctuates throughout our lifetimes and can depend on what challenges we are faced with at that point in time. Sometimes we are able to navigate through life in a very healthy, productive way. Other times it can prove to be a bit more difficult. However, by recognizing the decline and addressing it, people are able to make adjustments and get back to the state of functioning they desire.

What exactly are the benefits of maintaining one's overall mental health? Having good mental health allows you to recognize your full potential. It helps you cope and adjust through various challenges and will help you to make connections with people and the community around you.

For resources on campus, come to the Mental Health & Wellness Office located in Hale Kako'o 101 or go to the WCC website and search "mental health." There you can take a free and confidential screening if you have concerns about your overall wellbeing. You can also meet with me for outside resources



Mental Health Awareness

or access the free individual counseling through the office.

Some local and national information can also be found at the following websites: Adult Mental Health

Division, Department of Hawai'i (health.hawaii.gov/amhd/), Mental Health America (mentalhealthamerica.net), and the National Alliance of Mental Illness (nami.org).

What do you think government's role should be in protecting the environment?

The government should play an active role in protecting the environment. I think that they should enforce littering laws more. If they don't feel like doing that, then they should think of ways where we can make most items biodegradable. This could be costly, but it will help in the long run. When I think of things that are most littered by people, it's cigarettes, food wrappers and plastic bags.

If they were to start by making biodegradable options for those three things, then it would greatly decreased the amount of trash on the streets then eventually the amount in landfills.

I also believe that we should stop cutting down trees and eliminating forests to make more room for development. Trees give off oxygen and are also home to many animals who should be equally as protected as we are.

- Jasmine

Malina

I think the government should fund research and development and new uses for plastic. There was a story I've seen on another country chopping up plastic in a machine and added to concrete to build affordable houses. To me that's genius.

Plastic doesn't biodegrade therefore would be an efficient and a cost effective way to build a home. In doing so, less plastic would end up in the oceans killing marine life and even more so in landfills.

- John Michael Barlando

I think the government's role in protecting the environment should be like protecting the family. I believe that because we all have voices and we all share it to be heard yet nothing's been done. Government says lots of things yet doesn't keep it. That's just ridiculous on their end because it makes them look pathetic that they're not keeping their word.

That's what a government is for is to be our voice and have our support but the fact that they can't do it is sad.

- Rhea Cascayan

The government should be very involved in protecting the environment. There's a lot of money involved when talking about the environment.

Numbers are always thrown out about tempera-

tures or the amount of ice melting, among others. The numbers that are important are how many fish in the ocean eat plastic. How many people living on the coast may be affected by rising sea levels.

We have the information but companies with more power than most governments dictate the environment's outcome. The government should be able to hold companies to strict guidelines to ensure and protect our planet for the future. We treat the planet like a dump and I'm afraid in my lifetime if the government doesn't help what can the average citizen do? I hope the government's role in protecting the environment is based on science not money.

- Louis Krahe

The government should show the utmost concern for the environment. There should be laws and regulations that prevent or hinder environmental damage. The government should be at the forefront of environmental protection because they are the only one with enough power to stop corporations and industries from abusing the earth.

If there is a pool full of fish, nothing is stopping everyone from snatching as much as they can, but laws made by the government can regulate fishing, so that the fish do not die out.

- Eldred Freitas

The government's role in protecting the environment should be their top priority. We are not doing enough for the earth. We all as human beings are nothing more than parasites to the earth. The government should take steps as small as discontinuing products that cannot be recycled or harmful to the earth. Another step could be making it mandatory for every home or apartment complex to have solar panels to use solar power for electricity. There are so many roles that the government could take on towards protecting the environment, but nothing is done because nothing is a good idea unless it profits the top 1 percent of wealthy individuals

- Justin Poaha

The government should be the enforcer of laws that protect the environment i.e. the water, land, forests, parks, state monuments, rivers, lakes and streams. The government should also be in

charge of who, what and how we steward these resources and land management.

This also includes energy production and how we produce it. The government should be concerned with all facets of air, land and sea to preserve what we have for the future, before we don't have it anymore.

- Ian Jenss

The government needs to put up laws that enforce the usage of recycled products and outlaw nonreusable products entirely.

If they set up laws restricting all companies to reusable resources and to replace equal amount of natural resources that they use for their products.

By stopping the indus-

trial sites, they can convert them into environmentally friendly production sites instead. There also needs to be much more strict guidelines for dumps to deal with the trash and make them into something more useful. Things like metal and plastic can be melted down and re-used in some way, like using plastic to fix roads.

- Rebecca Zabell

The government should care about the environment greatly and realize just how fast it's deteriorating. They should make the appropriate decisions when it comes to laws that involve protecting the environment because it will affect the future of this planet by a great amount.

- Shantel Au

The government should really take action. They should have group clean ups, maybe different types of ways and methods things should be done. Make laws where only certain types of paint can be used for the concern of the air.

The things we are breathing in. Another thing is keeping the water clean. Less fertilizer.

If you love to garden maybe use less fertilizer. If it rained really hard that day, then maybe skip watering the plants.

Maybe water the plants the next day in the morning. By doing that it will help save water for some day if a main breaks, then you have that extra back up.

- Jadelynn Rogers



Ka 'Ohana was named the Most Outstanding Community College Newspaper for 2017-2018 by the American Scholastic Press Association. Pictured above is our spring 2018 staff: (from left) Cynthia Lee Sinclair, adviser Kimberlee Bassford, Leighland Tagawa, Eliana Christianson, Hannah Bailey and lab guru Patrick Hascall.

Ka 'Ohana

(The Family)

EDITORS IN CHIEF
Eliana Christianson
Leighland Tagawa

STAFF REPORTERS
Hannah Bailey
Cynthia Lee Sinclair



WEBMASTER/LAB GURU
Patrick Hascall

LAB ASSISTANT
Kalā Lindsey

ADVISER
Kimberlee Bassford

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Street artist Beak fills the city walls with birds

by Rick Oania-Elam
Special to Ka 'Ohana

Graffiti. It's everywhere and on everything. However, amid the many players of this illegal game exists a rare bird.

Beak, as he is known, does a wide variety of art both on and off the street. What he is most known for though is his bird-themed art. Bird characters and the many variations of them can be seen everywhere, on all sorts of surfaces, utilizing every medium.

Bird posters pasted on electrical boxes, bird faces drawn on walls and mailboxes, even bird foot tracks stenciled permanently onto the pavement. Some birds blend in to their surroundings while others blatantly stick out like sore thumbs commanding your eyes to notice them.

"They're almost like real birds. Some get put up and stay for a long time, while some are gone in a few days," said Reid Villoria, an auto mechanic in Kaka'ako who has seen dozens of Beak's birds over the years.

"The versatility and symbolism behind a lot of Beak's work makes it appealing to a broad range of individuals, and the skill behind some of his creations is undeniable," said Emily Takahashi, a University of Hawai'i art major. "I can appreciate the time he must have spent making some of these paintings. His atten-



RICK OANIA-ELAM

Beak's street art, such as the bird image on the right, can be found on walls throughout O'ahu.

tion to detail doesn't go unnoticed."

Graffiti can be broken into two categories. There is illegal graffiti done without permission from the property owner, and there is legal graffiti done with permission of the property owner.

Within these two categories is another category known as street art. Street art comes in a wide range of forms and mediums compared to traditional graffiti, which is usually based more on lettering.

Beak has built his reputation mainly around street art and said that he might have eventually gotten bored of the repetitive nature of traditional graffiti. Aside from his paintings and drawings, he fabricates wire sculptures, panelboards, cardboard cut-

outs and even inflatable versions of his birds, bringing a whole different aspect to public art not commonly seen in Hawai'i.

"I always liked to put up art in strange places," Beak said. "I like art in galleries and on canvases, but there's just so much more to it when it was on a public surface for everyone to see and interact with."

To Beak, the birds represent flying and freedom. He points out that he has a sense of humor and some of his more whimsical birds are highly reflective of this.

The letters behind Beak's tag or signature also have hidden meaning. Most of the time, he substitutes the letter E in his name with the number 3, representing the year 2003 when he started doing

street art and referencing the significance of the number in sacred geometry. He also writes his name as Beaks on occasion, replacing the letter S with a 5. The equation 3+5 is hidden in his signature, the sum being 8, which is representative of infinity and flow.

Beak said it's the excitement of street art that has kept him interested in the craft for almost 15 years, though the associated danger can negatively interfere with family life and relationships.

He was arrested doing street art a few years ago. Though he said one of the police officers at the time complimented him for his work.

"Some people don't care what you paint on their wall. They didn't want it painted in the first place, and now they have to fork the bill to clean

it up," said one Honolulu Police officer, who wished to remain anonymous.

Others, however, appreciate Beak's public defiance.

"I love seeing Beak's birds pop up! It keeps my day interesting and gives the city character," Reid said.

"Over the last ten years, Beak has painted with almost every Hawai'i-based notorious graffiti writer," added Keir McEwan, a longtime graffiti writer and tattoo artist at Queen St. Tattoo.

For his part, Beak plans to continue producing street art.

"I am going to die trying to make something out of my art," he said. "I've seen and felt so many positive vibes because of my artwork that there's no way I could ever stop."

Gallery 'Iolani exhibit

on O'ahu's other roadways, but members of the community continued to express heartache, grief and anger over the impact of the H-3 freeway on the 'aina. Human and animal bones, along with approximately 61,000 artifacts and samples, were collected in Hālawa Valley during the freeway's construction, the bulk of the artifacts being small basalt stone flakes and cuttings from stone tools used by ancient Hawaiians. The project ended up being one of the most expensive in U.S. history, costing approximately \$80 million per mile.

O'ahu local Mahealani Cypher was a key figure in fighting construction when she learned about the adverse impacts the freeway would have on the lands of Ko'olaupoko (Windward O'ahu).

"We felt called, compelled by our ancestors, to do what

we could to respect and honor these special places, the heiau (temple sites) and iwi kūpuna (ancient Hawaiian burial grounds)," Cypher said.

When first viewing the photos in Ē Luku Wale Ē, Cypher said it reopened the wounds of the battle to stop H-3.

"There were many tears shed and even lives lost during that struggle, so I cannot honor this display as anything but a demonstration of the dominance of western influence over the Hawaiian people."

Cypher feels that the Ē Luku Wale Ē exhibit represents the destruction of great beauty, as well as the dishonor to her ancestral heritage and the many burials that were disturbed.

"The loss to our heritage has, perhaps, been the least visible," she said. "It is believed that the ancestors continue to cry out their dismay

at the destruction reflected in this impressive and disturbing display of pictures, images of colonization of our island's first people and their lands. Countless heiau and wahi pana (famous places) were disturbed in the building of H-3. The state and federal government allowed the bulldozers to follow in the shadow of the archaeological teams right at their backs, bulldozing sites as soon as the researchers had done any data-gathering in the area."

UH Mānoa architecture student Patrick Hascall attended the exhibit opening and marveled at the technical work of Hamasaki and Landgraf.

"Knowing the type of equipment they used and the terrain they conquered, I can't imagine how difficult this project was to put together," Hascall said. "Their images show just how destructive

being 'constructive' can be. I think that everyone should see these pictures so that they understand just what went into building the H-3 and what sacrifices had to be made."

Hascall also had a special connection to the exhibit, as he received his associate's degree at WCC and had Hamasaki as a teacher.

"I took his class five times solely because I loved photography and thought Mark was an exceptional teacher," he said. "My father is a retired photographer, of which I inherited all of his archaic equipment, which I've always wanted to learn how to use. With Mark's expertise and his help, I developed a love for photography that I will take with me to my grave."

Though the exhibit depicts heavy devastation caused by the freeway construction, the photos also praise what re-

mains: the mountains, one of the 'aina's most enduring bodies.

With his work, Hamasaki hopes that future generations will be able to see the environmental cost the development has had on the island and will prevent similar acts in the future.

"This timeline shows you how long it took to build the freeway; the takeaway would be to follow the rules, follow the proper procedures," Hamasaki said. "Learn about the place names, the history of the place. We all have a responsibility to take care of the land, the place we live, the place we call home."

The exhibit runs until May 6 at Gallery 'Iolani, located adjacent to Palikū Theatre, and is open 1-5 p.m. Mondays through Fridays and Sundays, as well as 6-8 p.m. on Mondays and Tuesdays.

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