

S P R I N G 2 0 1 4

# the 411 Newsletter

“Connecting Students to What’s Happening on Campus.”



2014 Spring Issue:  
March 31 – April 11

## Important Dates

4/17	Holiday - Flag Day
4/18	Holiday - Good Friday
4/14 – 5/8	Priority Registration

## Pink Eye Alert!

With the Pink Eye epidemic sweeping the territory, all students who have it need to stay home and be totally cured before coming back to classes.

Check inside to find out how to prevent it.

## *What’s Inside?*

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[ASCC 411 Newsletter](#)

## Making Announcements on 411

If you would like to make announcements via the 411 Campus Newsletter, please see Katrina Garcia at the S.L.A. Center, or you can email: [k.garcia@amsamo.edu](mailto:k.garcia@amsamo.edu) or [ascc411newsletter@gmail.com](mailto:ascc411newsletter@gmail.com). Or you can call 699-9155 ext. 479.



## Division of Student Services

**“We here at Student Services are dedicated to providing each student with quality services and assistance in any of our respective areas.”**

**Counselor Contact** – Feel free to stop by and get help from your Counselors

Repeka Alaimoana-Nu’usa,  
Ph. D.

Academic/Diversity  
Counselor

Ext. 326

[r.nuusa@amsamoa.edu](mailto:r.nuusa@amsamoa.edu)

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M. Ed

Academic/Personal  
Counselor

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## Veterans Student Services Corner

Effective immediately, those enrolled in education benefit programs other than the Chapter 33 or Post 9/11 GI Bill, may verify their enrollment via the Web Automated Verification of Enrollment (WAVE) website, or by calling 1-800-823-2378. Those utilizing Chapter 35 (DEA) or Family members should call 1-800-827-1000 for verification. VA students attending under Chapter 33, or Post 9/11 are not required to verify enrollment. The ASCC Business Office will submit “invoices” for tuition to the VA before payments are processed and issued. Further questions should be referred to your VA representative and certifying official. For ASCC students, please see or contact Ms. Rosie F. Tago Lancaster, 699-9155 ext. 426 or email [asccvastudentservices@amsamoa.edu](mailto:asccvastudentservices@amsamoa.edu) for more information.



## Financial Aid Outreach Counselor

Want to set up an outreach session for a local high school, village, community, or church organization to discuss transitioning to college and Financial Aid? Stop by the S.L.A. Center Annex, and see Mana’o Satele-Vaovasa. Phone: 699-9155 Ext. 454

Email: [m.vaovasa@amsamoa.edu](mailto:m.vaovasa@amsamoa.edu)

## SLA Center

If you need tutorial sessions, stop by the S.L.A. Center for English or the Annex for Math and all other subjects, to get help.

Call us at 699-9155 ext. 368 (Math and other subjects) or 479 (English), to set an appointment or just walk in.

Email us at [slastaff@amsamoa.edu](mailto:slastaff@amsamoa.edu).

We have one-on-one and group tutoring.

If a teacher refers you to the Center, you must have a referral form.

For staff and peer tutor schedules, ask anyone at both sites.



## Up Coming Events

Check out **“Chief’s Got Voice,”** a singing competition, next week on Tuesday 4/8 and Thursday 4/10. Location will be in the Lecture Hall at 12:30pm.

Want to see what’s happening on campus. Check out our Facebook Page: **ASCC 411 Newsletter** to see all the pictures and events the 411 Newsletter and the Fresh Print staff cover. Don’t forget to **“Like”** the page!



## Scholarship & Loan Opportunities

ASG Scholarship and Student Loan applications will be available for pick up from April 1, 2014 – April 30, 2014.  
 Deadline to submit an application is on April 30, 2014.  
 \* All students are required to provide a copy of their unofficial student transcript in order to pick up an application.

### McDonald’s American Samoa Scholarship Awards for 2014 – 2015 Academic Year:

- **One \$8000 Scholarship Award** to a qualified applicant who has completed the required courses for an AA degree at ASCC and is continuing his/her degree program at an accredited U.S. college/university.

See Dr. Emilia Le’i in her office by the cafeteria to find out more information on how to apply.

Congratulations to Miranda Galo,  
 the ASCC Spring 2014  
 Presidential Merit Scholarship  
 recipient.



**American Samoa Community College Matai  
Alumni Association  
Spring 2014, Scholarship Announcement:  
In House, Non-Pell Scholarship**

Applications are now available for pick up from the following locations:

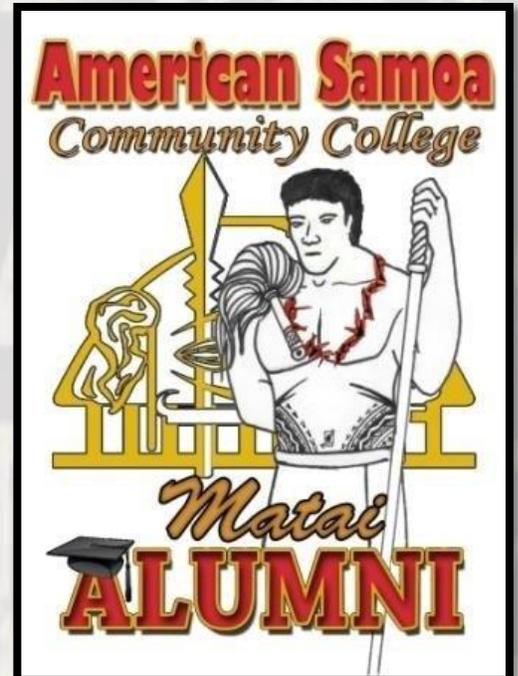
**Student Services:** Sina Hudson (Dean of Student Services Office) or Mana'o Vaovasa (SLA Center, Annex)

**American Samoa College Research Foundation:** Matesina Aseta-Willis (Rm 22 Quad)

**Community and Natural Resources:** Amio Luvu (Extension Building – Land Grant)

**Samoan Studies:** Evile Feleti (Samoan Studies Institute)

**Deadline to submit is April 18, 2014.**



For more information, contact 699-9155 ext. 301 or stop by the American Samoa College Research Foundation Rm. 22 in the Quad.



**LSAMP Fellowship  
Applications are  
DUE April 11, 2014.**

The ASCC LSAMP Program is awarding four (4) \$1000 fellowships to graduating seniors who have been accepted to a university to pursue a degree in a STEM area (Science, Technology, Engineering, and Math). Application deadline is April 11th. Stop by either of the locations below to pick up an application or for more information.

**Dr. Randel Dewees**

**Office Phone: 699-9155**

**Email: r.dewees@amsamoa.edu**

**Office: A-17 (Science building)**

**Victor T. Ualesi:**

**Office Phone: 699-9155 ext: 451 or 321**

**Email: v.ualesi@amsamoa.edu**

**Office: Academic Affairs**

**Pinkeye** (or conjunctivitis) is very contagious and all students, faculty and staff are advised to report your case to the security office, and then stay home until fully cured. Helpful tips to stay Pinkeye free: do not touch your face. Wash and sanitize your hands often. Stay away from those infected.



For more information call 699-9155 ext 461 or email [t.leo@amsamoa.edu](mailto:t.leo@amsamoa.edu)

## Art Poster Competition

Draw something that you think best describes the theme “Unity Among Diversity” at ASCC and submit your drawing/art poster to the S.L.A. Center to Tala.

Deadline: Wednesday, April 16, 2014.

### CA\$H PRIZES:

1<sup>st</sup>: \$50.00

2<sup>nd</sup>: \$35.00

3<sup>rd</sup>: \$20.00

Consolation Prizes for all participants!

# INTERNATIONAL DAY



Last week Thursday, from 12:30 – 1:30, students got to enjoy music and delicious food from different cultures like Mexico and India, courtesy of SGA. Some students also dressed up for the occasion. Excellent job everyone!

Another treat for the International Day was the International Plate Sale put together by the International Student Organization. The plate sale had a variety of international cuisines including roti curry, sushi, chicken quesadillas, katsu chicken, fried rice and much more. Yum!





# FRESH PRINT

# Stories

Have you seen the “Fresh Print” logo around campus or on the 411 Newsletter and wondered “What is that?” Well, it is a journalism club under the Division of Student Services. If you’re interested in finding out more, stop by the SLA Center and ask Kat.



## Five Simple Workouts to do on Campus

By John Jr. Pu’e, Fresh Print Staff

With a busy schedule it can be hard to find time to work out. As a student, you are trying to balance academics and family responsibilities. Since you spend most of your time at ASCC, here are five simple exercises that you can incorporate between class schedules:

1. Lunges: Doing this when you’re on the way to class is a good way to work your legs.
2. Calf rises: Try this exercise when climbing stairs around campus, especially on your way to those CAPP courses.
3. Pushups: If you are chilling at the huts, do some pushups. If you can’t do a pushup, start on a rail, move to a chair, then eventually the floor.
4. Dips: That chair that you’ve sitting on for the past hour, try a few sets of dips to work out those arms.
5. Walk: ASCC is not as big as other college campuses, but taking the time to walk around during those hour-long class breaks is a good enough workout.

These five simple exercises can be done anywhere on campus. It can even be done at home. Armed with these new exercise ideas, you can now eliminate any excuse that you have for not exercising.

Ursula Te’o Martin, ASCC CNR’s Exercise Physiologist, said, “the first wealth is health. People can try to pursue money prestige and status, but if you’re not healthy, how will you even enjoy it?”

## DID YOU KNOW?

By Jessebeth Ropeti, Fresh Print Staff

- There is a wellness center located at ASCC Community and Natural Resource Division?
- The current CAPP Building used to be the ASCC’s Library?
- The new structure currently under construction in the field will be a new Multipurpose Center?
- This year is accreditation year for ASCC and students are included in self-study committees?
- ASCC now has an International Student Organization?
- The ASCC Catalog is updated every two years?

## Facebook Blues

By Adolf Petaia, Fresh Print Staff

Have you ever tried to login to your Facebook account on campus, only to be disappointed because you are unable to?

“I think it’s just not fair,” said Marlena Vaiolo, an ASCC student. “We should be able to access Facebook on campus. Facebook is another effective way to communicate with one another on assignments and projects that we have to submit for class.”

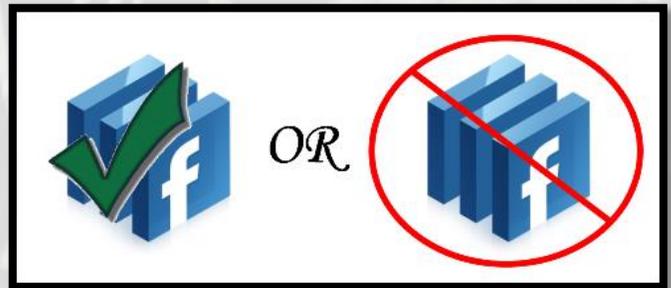
There are many other students that share the same sentiments as Vaiolo. So why are students blocked from these social media websites?

“There is nothing wrong with YouTube or Facebook,” said Mike Aunoa, a specialist from the Management Information Systems (MIS) department at ASCC. “I think it’s a great way to stay in touch with your friends, but because of the small bandwidth we have on campus, we are unable to provide such service for our students. Anything that has to do with media like, streaming videos on YouTube or checking your Facebook account, can eat up a lot of the bandwidth causing the Internet to be very slow.”

Some students have found a way to access these sites on campus, slowing the Internet connection. Aunoa added that the main purpose of the Internet is for students to do their work and research, not to chat online with their friends or watch YouTube videos. He also said that students are in college for educational purposes and to earn a degree to get better jobs and salaries in the future.

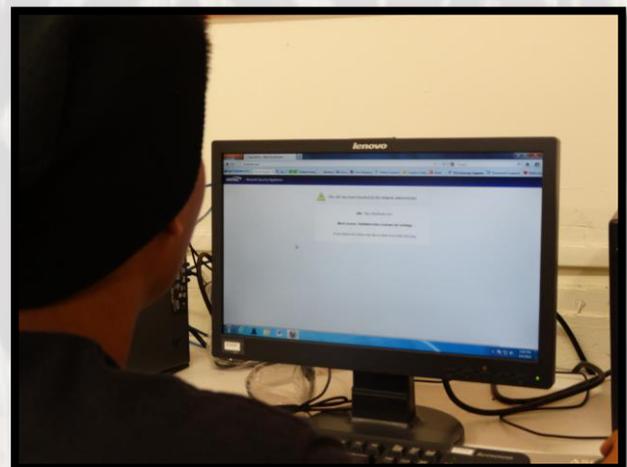
Another main concern for MIS is viruses and hackers entering ASCC’s system through these websites, which can ultimately damage computers on campus. Viruses can spread easily, infecting all the computers that are linked together to software programs ASCC has.

“Maybe when ASCC is able to increase the bandwidth and control viruses and hackers better, they will allow students access to social media websites,” said Visa V. Vaiau, a student at ASCC. “Yeah, YouTube has a lot of nonsense videos but there are also tons of ‘How to’ and educational



videos that can help when text books don’t cut it. If other universities and colleges can do it, ASCC can do it too. Aren’t schools all about making information and learning accessible to students through different types of media? How is that possible when we have limited access to certain sites and the Internet speed is super slow? We should be able to choose for ourselves whether we want to go on Facebook or not. Where does our technology fee go?”

There are many risks and variables that come with social media sites like Facebook and YouTube. For MIS the cons are outweighing the pros. It would be nice to be able to check our Facebook account and watch videos on YouTube, but rules are rules. If the issue is weighing you down, try some alternatives to keep you motivated and in touch. Play a sport, read a book, or join a student organization. Use other forms of communication online like Gmail or Yahoo. Not being able to update your Facebook status or watching a One Direction video is not the end of the world.





## Non-Stop

Review by: Adolf Petaia

From the moment Bill Marks (Liam Neeson), an air marshal, steps foot on a transatlantic flight, he is faced with an unknown threat. He starts receiving text messages from an anonymous person threatening to kill a passenger every 20 minutes and won't stop unless 150 million dollars is deposited in their account. It's up to Marks to figure out who the killer is before any of the passengers are killed. *Non-Stop* is a non-stop ride full of suspense and action. It will have you guessing until the end: Who's the killer? I give this movie two thumbs up!



## Snapchat

Review by: Patricia Tofilau



Snapchat is an app where you can take photos, record videos, add text and drawings, and send them to your friends. What you send are called "Snaps". You can set a time limit for how long recipients can view their message after which they will be deleted from the recipient's device and Snapchat servers.

However, recipients are able to "Screenshot" photos that they receive and save them. There are also replica applications, which allow users to save "Snaps" without having to screenshot them. Users may think whatever they send will be gone forever after the set time, but they are wrong. Users need to be aware of this and careful about who they send "Snaps" to and what kind of "Snaps" they send.

Snapchat has its perks and flaws. However, it is in the hand of the beholder that makes it a good or bad thing. It can be fun, but it can also be abused. All in all, I have neutral feelings on the app.

## Submit your Review!

Watched a new movie or read an exciting book lately? Submit a review on it to 411 editor, Katrina Garcia via email: [k.garcia@amsamoa.edu](mailto:k.garcia@amsamoa.edu). A short paragraph, positive or negative on movies, books, video games, Apps, products, restaurants, TV shows, even a UFC pay-per-view, you name it! I want to hear about it. Just no spoilers! All reviewers that are published will go into a drawing to win a prize at the end of the semester.

## Campus Talk: “American Samoa Rugby Team”

"I think that it's great seeing players from American Samoa play internationally. They seem to be doing well and at the same time, they're making their country proud." - John Tuiteleleapaga

"Our uso's going to Hong Kong is something that will put us out in the rugby world." - Tanumaleu Luani

"I was really impressed with how well American Samoa did at the Hong Kong Rugby 7s. I was not expecting them to do much because it's a game that requires a lot of training and preparation and a lot of the other nations had professional players. It was a great experience for the boys... Hopefully they get invited again." - Zachary A. Faulkner



This year was the first time American Samoa sent a rugby team to the Hong Kong 7's. Fresh Print staffer, John Jr. Pu'e interviewed some students on their take of the Talavalu team's performance at the Hong Kong 7's.



"I think it was really awesome to see our island compete in the Hong Kong 7's. I think it was really good for our players to get exposure and experience in a big event such as this. I was really surprised with the performance from our boys." - Mathias Fa'asa

"Fa'amalosi boys! Do your best and let God do the rest. Aua ke vaivai boiz. A e sau seisi ia oe. SUKI LOA ! Goo da manu! 685! Good Talavalu! Best ah Bluesky ae seki ah digicel and tauga ASTCA!" - Roma Fatilua

"I didn't know there was a team from American Samoa participating in the Hong Kong 7's. But I'm glad we have a team now to put us on the map." – Dezmond Applin

Got an opinion about a hot subject on campus? Drop by 411 Editor, Katrina Garcia's office or email her at [k.garcia@amsamoa.edu](mailto:k.garcia@amsamoa.edu). All students that participate on "Campus Talk" will go into a drawing to win a prize at the end of the semester.

# Express

## Student Artwork

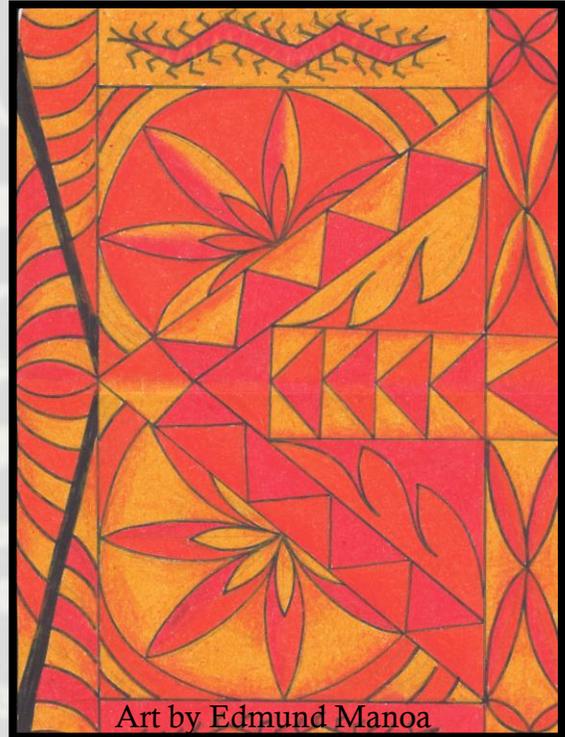
"Mermaid Tears"  
By Mona Chang

A tale once told a long time ago  
This story is now about centuries old  
With mermaid's tears a wish come true  
For anyone, even me and you

A mermaid's tear is really rare  
Like a damsel's beauty beyond compare  
A mermaid's tears if they must fall  
Will condemn the man who started it all

If a mermaid cries for you at night  
For once in your life do something right  
Don't hold her with tears, promises, and lies  
For if you do, everyday, her soul dies

A mermaid may be a creature, but she has feelings too  
If she loves a man, she'll come out of the ocean blue  
If a man breaks her heart in more pieces than one  
Consider it your loss because forever she is gone



Art by Edmund Manoa



Have a love for art, poetry or photography? Show it off on the 411 newsletter and get your peers to see and admire it! Drop by 411 Editors' office, Katrina Garcia or email her at [k.garcia@amsamo.edu](mailto:k.garcia@amsamo.edu). All students that participate on "Campus Talk" will go into a drawing to win a prize at the end of the semester.

# “Chief of the Week”

Anna Iosefo  
From Tafuna  
Liberal Arts Major  
Represents ASCRF

Favorites:

Movie: Despicable Me 2

App: Netflix

TV Show: The Vampire Diaries

Junk Food:

Cheeseburgers

Band: Maroon 5

Course: History



Something interesting about Anna:  
“I like country music. Don’t judge.”

What she likes to do outside of school:  
Hang out with friends.

Where she sees herself five years from now:  
Traveling the world.

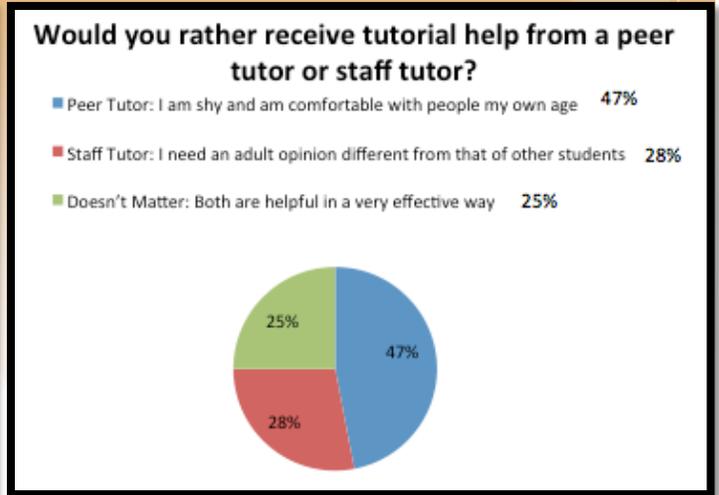
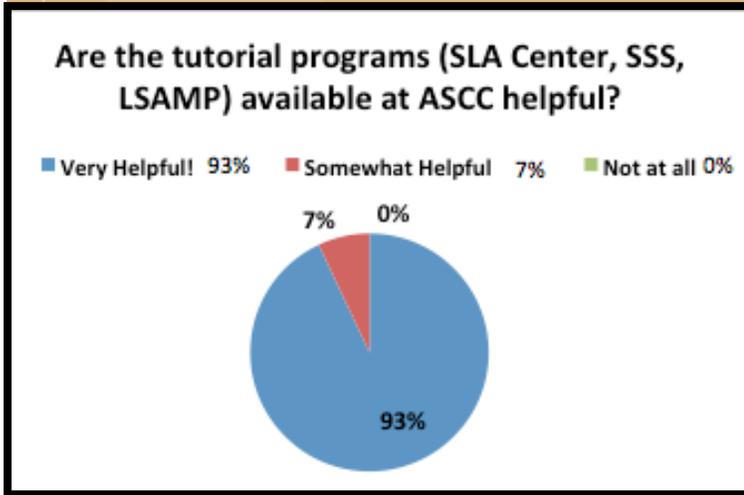
Advice she has for you:  
“Be Happy!”

Shout out from Anna:  
“Go Chiefs. ”

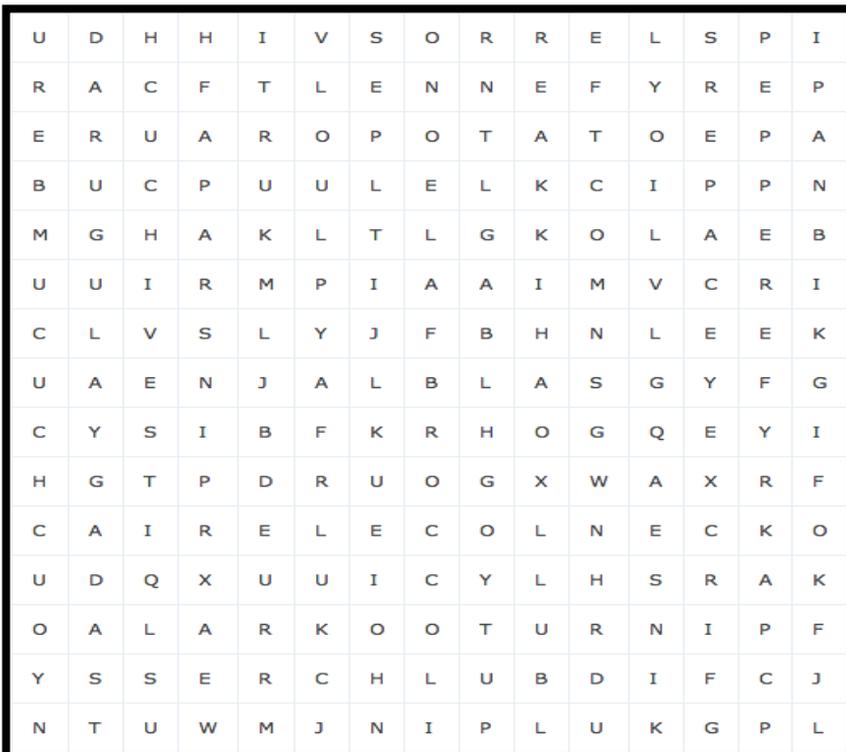
Get to know your peers through the 411’s “Chief of the Week.” Every issue will have a different student. All featured students that make the 411 will go into a draw at the end of the semester to win a prize. Pick up a form to fill out from the S.L.A. Center or ask for one via email to [k.garcia@amsamoa.edu](mailto:k.garcia@amsamoa.edu).

# Student Corner

The Fresh Print staff wanted to know what you thought about the tutorial programs offered on campus. Here's what students said below:



## Word Search – Vegetables



cauliflower  
broccoli  
celeriac  
cucumber  
rutabaga  
arugula  
parsnip  
shallot  
potato  
capers  
chives

fennel  
ginger  
pepper  
pickle  
sorrel  
turnip  
cress  
gourd  
leek  
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3		2	4				9	
7				6		4	5	
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1		6		8				5
	7					1	5	3
6		1						
	8		5	4	9	1		

### Word of the day:

**Nefarious** *adj.* Infamous by way of being extremely wicked. Wicked in the extreme; abominable; iniquitous; atrociously villainous; execrable detestably vile.

*“If you accept the expectations of others, especially negative ones, then you will never change the outcome.”*

- Michael Jordan