

F A L L 2 0 1 4

the 411 Newsletter

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



Them Slow Days

It’s the time of the semester that just drags. Check out the SGA calendar of events to see what you can participate or watch in the next couple of weeks. Or you could always just study...

2014 Fall Issue: November 3 – November 14 Important Dates

- | | |
|--------------|--|
| 10/20 – 11/7 | Withdrawal Period to Receive a “W/F” |
| 11/10 – 12/4 | 2015 Spring/Summer Priority Registration |
| 11/11 | Holiday – Veterans Day |
| 11/24 | Holiday – Thanksgiving Day |

What’s Inside?

Student Services (pg 2 - 3)

Scholarship Opportunities (pg 3 - 4)

Announcements (pg 4 - 6)

CNR Wellness Center Schedule (pg 6)

Fresh Print Stories (pg 7 -11)

Student Reviews (pg 12)

Express (pg 13)

“Chief of the Week” (pg 14)

Student Corner (pg 15)



[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 or 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 high quality services and assistance in all of our respective areas.”

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



ASCC Student Representative, Jessebeth Ropeti (wearing yellow pule'asi,) with other student trustees from the other community colleges in the United States, during the American Community College Trustees (ACCT) Leadership Congress held in Chicago, Illinois.

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Veterans Student Services Corner

Please see or contact Ms. Fuala'au Rosie Tago Lancaster, 699-9155 ext. 426 or email accvastudentservices@amsamo.edu for information concerning students with VA benefits.



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 Counselors Office by the cafeteria, and see Mana'o Satele-Vaovasa.

Phone: 699-9155 Ext. 377 Email: m.vaovasa@amsamo.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@amsamo.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.



Upcoming SGA Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|-----------|--|--|
| | 11/4 The Voice Competition Round 1 Lecture Hall 12:30 – 2:00pm | | 11/6 The Voice Competition Final Round Lecture Hall 12:30 – 2:00pm | |
| | 11/11 Holiday: Veteran’s Day! | | 11/13 Girls Volleyball Games | 11/14 Girls Volleyball Games Championship |

PTK ANNOUNCEMENT:



PTK is conducting a canned food drive! All donations will be given to the Fatu-o-Aiga Hope House. Keep an eye out for them in the quad this week and next.

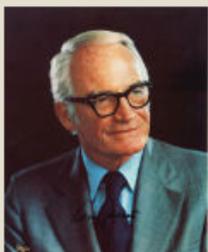
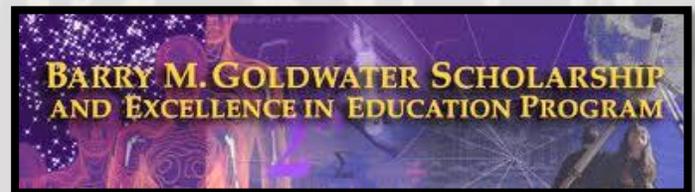
Scholarship Opportunities



Find scholarships on www.fastweb.com. Register for free and search for scholarships you are eligible for.

Check out

<https://goldwater.scholarsapply.org>
 or see Dr. Emilia Sabado-Le'i for more information on the Barry Goldwater Scholarship.



The Barry Goldwater Scholarship and Excellence in Education Program was established by Congress in 1986 to honor Senator Barry Goldwater, who served his country for 56 years as a soldier and statesman, including 30 years of service in the U.S. Senate.

The purpose of the Foundation is to provide a continuing source of highly qualified scientists, mathematicians, and engineers by awarding scholarships to college students who intend to pursue research careers in these fields.

Asian & Pacific Islander American Scholarship Fund (APIASF)

Scholarship opportunities for Asian American and Pacific Islander students enrolling in Fall 2015

APIASF GENERAL SCHOLARSHIP

Closes January 9, 2015 at 11:59 PM EST

GATES MILLENNIUM SCHOLARS PROGRAM

Closes January 14, 2015 at 11:59 PM EST

For more information, visit WWW.APIASF.ORG/SCHOLARSHIPS



See your counselors by the cafeteria for more information or see Dr. Emilia Sabado-Le'i for more info on the APIASF.



American Samoa Government Scholarship and Student Loans applications are **now available** from the Dean of Student Services office. Please provide a copy of unofficial student transcript to pick up application. **Deadline: November 28, 2014.**

The International Student Organization is collecting clothing donations to give the "Love Your Neighbor Ministries." Please drop of your donations at the ISO Station in front of the cafeteria between November 10th – 21st, from 8AM – 12 PM. Help the community by donating to ISO's project.



Congratulations to the recipients of the following scholarships:

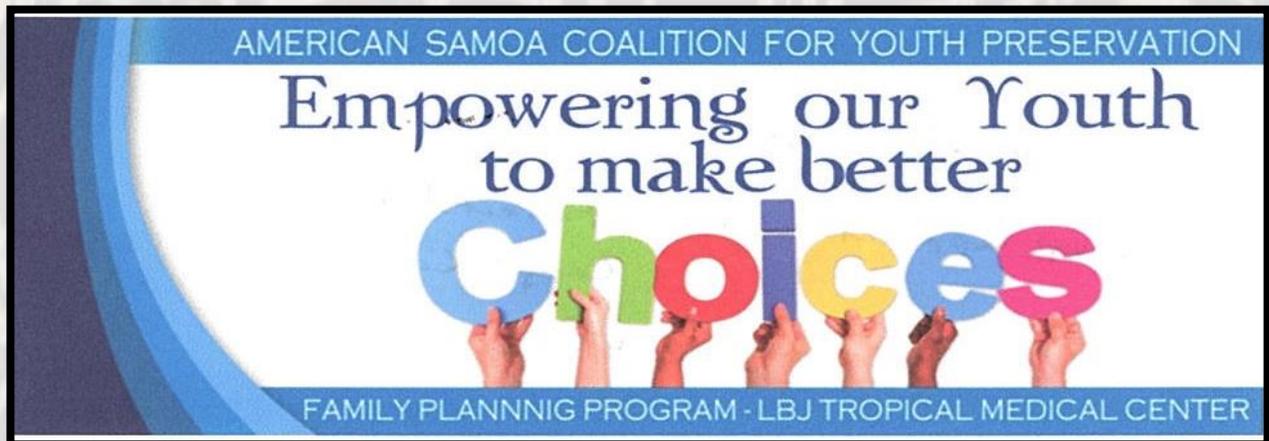
Saili le Atamai Scholarship

Finao Tuiasosopo
Theresa Togai

Presidential Scholarship

Adolf Petaia
Jilliane Clemens





DO YOU WANT TO HELP? BECOME A PEER MENTOR!!

TEEN PEER MENTOR PROGRAM

The American Samoa Coalition for Youth Preservation is awarding multiple Teen Peer Mentorship Program opportunities to select students. The Teen Peer Mentorship Program will provide you with the opportunity to use your leadership and advocacy skills to assist other students that may need guidance, direction, and support to cope with social and emotional issues, and help prevent at-risk behaviors that adversely affect their lives. Teen Pregnancy continues to rise in American Samoa, and we would like to empower you, the youth of American Samoa to address this important issue. It is our hope, that through our collective efforts to help just one student in need of mentoring, we will touch the lives of many students together.

We encourage you to become a Mentor and use your talents to help other students! At the end of this Teen Peer Mentorship Program, you will be rewarded with service hours, a Certificate from the American Samoa Coalition for Youth Preservation, and a recommendation letter for college and / or career purposes.

The next training session will be held at Sadie's By the Sea on November 22, 2014, from 8:30am to 4:00pm. For more information, please contact Ms. Mele Fiaui through e-mail at m.fiaui@amsamoa.edu , or by telephone at 699-9155 ext. 306.

You can pick up an application from the Office of Student Services, the Language & Literature Office, or the Office of the Vice President of Academic & Student Affairs. Deadline for application submission is: November 13, 2014.

NOVEMBER EXERCISE LAB SCHEDULE 2014

| | MACHO MONDAY | TUESDAY | WORK IT WEDNESDAY | TRAINING THURSDAY | FLEXIBLE FRIDAY |
|------------------|--|---|--|---|--|
| 0800-1000 | OPEN ACCESS 25 MAX CAPACITY | PHYSICAL FITNESS ASSESSMENT/ GROUP EXERCISE SESSIONS | OPEN ACCESS 25 MAX CAPACITY | PHYSICAL FITNESS ASSESSMENT/ GROUP EXERCISE SESSIONS | OPEN ACCESS 25 MAX CAPACITY |
| 1000-1100 | EQUIPMENT ORIENTATION | EQUIPMENT ORIENTATION | EQUIPMENT ORIENTATION | EQUIPMENT ORIENTATION | EQUIPMENT ORIENTATION |
| 1200-1300 | OPEN ACCESS 25 MAX CAPACITY | OPEN ACCESS 25 MAX CAPACITY | <i>HOT HULA FITNESS ABS & BUNS OF STEEL</i> | OPEN ACCESS 25 MAX CAPACITY | OPEN ACCESS 25 MAX CAPACITY |
| 1300-1500 | OPEN ACCESS 25 MAX CAPACITY | OPEN ACCESS 25 MAX CAPACITY | OPEN ACCESS 25 MAX CAPACITY | OPEN ACCESS 25 MAX CAPACITY | OPEN ACCESS 25 MAX CAPACITY |
| 1500-1600 | SUPER HERO WORKOUT | PHYSICAL FITNESS ASSESSMENT/ GROUP EXERCISE SESSIONS | OPEN ACCESS 25 MAX CAPACITY | HITT TRAINING | YOGA |

EQUIPMENT ORIENTATION:

- 30 MIN. TRAINING WORKSHOP THAT PROVIDES INSTRUCTION FOR PROPER USE OF ALL CARDIOVASCULAR EQUIPMENT TO ENSURE SAFE AND EFFECTIVE EXERCISE SESSION. PLEASE DRESS APPROPRIATELY.

PHYSICAL FITNESS ASSESSMENT:

- **BY APPOINTMENT ONLY**
- CONTACT INFO: 699-1575/EMAIL: UTEOMARTIN@GMAIL.COM, OR SIGN-UP AT WELLNESS CENTER RECEPTION AREA.
- RECEIVE AN OVERVIEW OF YOUR CURRENT FITNESS LEVEL BY PARTICIPATING IN A SERIES OF ASSESSMENTS FOR CARDIORESPIRATORY ENDURANCE, MUSCULAR FITNESS, FLEXIBILITY AND BODY COMPOSITION.

GROUP EXERCISE/INDIVIDUALIZED EXERCISE PRESCRIPTION WITH DEGREEED AND CERTIFIED STAFF:

- **BY APPOINTMENT ONLY WITH URSULA OR AMMON**
- CONTACT INFO: 699-1575/EMAIL: UTEOMARTIN@GMAIL.COM, OR SIGN-UP AT WELLNESS CENTER RECEPTION AREA.
- MUST COMPLETE FITNESS ASSESSMENT WITH RYAN PRIOR TO RECEIVING INDIVIDUALIZED PROGRAM.
- PERSONALIZED EXERCISE PROGRAM DESIGNED TO ENHANCE PHYSICAL FITNESS. FREQUENCY, TIME, TYPE & INTENSITY OF EXERCISE WILL BE ADDRESSED BASED ON CURRENT FITNESS LEVEL & FITNESS GOALS.

OPEN ACCESS HOURS:

- OPPORTUNITY FOR INDIVIDUALS WHO HAVE RECEIVED INDIVIDUALIZED PROGRAMS AND TRAINING TO USE EXERCISE LAB AS WORKOUT AREA. EXERCISE STAFF WILL BE ON HAND FOR ASSISTANCE. 25 PERSON MAX

MACHO MONDAY:

- 1200-1300: SUPER HERO WORKOUT
MOLD YOURSELF INTO A SUPER HERO USING VARIOUS TRAINING MODALITIES!

WORK IT WEDNESDAY:

- 1200-1300: 30 HOT HULA FITNESS/30 ABS & BUNS OF STEEL
- 30 MIN. OF HOT HULA FITNESS - PACIFIC-ISLAND INSPIRED TOTAL BODAY DANCE WORK-OUT FOCUSING ON CORE ISOLATIONS.
- 30 MIN. EXERCISES SPECIFICALLY TARGETING THE ABS AND GLUTES.

TRAINING THURSDAY:

- 1500-1600: "HITT TRAINING"
HIGH INTENSITY INTERVAL TRAINING - "INTENSITY" IS KEY TO BLAST CALORIES AND REV UP YOUR METABOLISM.

FLEXIBLE FRIDAY:

- 1500-1600: YOGA
1 HOUR WORKOUT TO INCREASE TOTAL BODY FLEXIBILITY AND CORE STRENGTH
LEARN DEEP BREATHING TECHNIQUES AND YOGA POSES TO HELP AID IN RELAXATION AND STRESS MANAGEMENT



FRESH PRINT stories

Fresh Print is ASCC's Journalism Club dedicated to creating content for you to read in every 411 issue. Want to find out more or want to contribute content too? Stop by the SLA Center and ask Kat to find out more!

Think About It By Uperesa Fakava

Bullying is the act of discouraging or frightening with threats or a domineering manner.

Bullying has existed in the world for so long, mankind can do nothing about it but warn people that it is a negative act and try to place preventative measures.

This act should not be tolerated and if it was legal to punch bullies in the act, I would have no problem doing it.

Now, the lesson.

Bullying falls under the ZERO TOLERANCE POLICY act on ASCC campus. Meaning, if one were to behave in this manner, their educational records would be smeared with a "suspension" mark. Yes, my friends, look it up in the most recent ASCC catalog, 2014 – 2016, page 31.

Why do people bully? Are you having trouble at home? Are you facing difficulties in life? If you do, then why on earth belittle the existence of other people? Why not face your fears or try to act mature and straighten yourself out.

Bullying has such a negative effect on others, there are many cases that have lead to suicide.

If you want to bully, bully your education because at lease you will be doing yourself a favor.

ASCC, stop bullying. There is more to

life than just terrorizing innocent people.

Wouldn't it be great to live in a world where bullying does not exist? It would truly be a fairy tale for most bullied people. If this world existed, it would be the Utopia I dream of.

If you are a bully, try to think of what it is like to be in the others shoes. Those "funny" names being called out, the constant pushing over or tripping over others feet?

Students, help ASCC become a bully-free zone. Take the steps to help your fellow comrades when they are being targeted by bullies and let staff know when you witness this wicked act.

Think about it!

**Zero
Tolerance**

Other acts under the Zero Tolerance Policy include weapons, explosives, fighting, drugs and alcohol (includes drunkenness) on campus. Find more information on ASCC's Zero Tolerance Policy:

- ASCC Catalog
- ASCC Student Handbook
- www.amsamoa.edu

It is important to be aware of this policy because you get ZERO chances if you break these rules.

Campus Talk: Veto Override Referendum

There was a lot of talk about the Veto Override. Here are a few opinions of some students collected by Fresh Print Staffer, Anna Iosefo.

Yes. “The Veto-Override Referendum guarantees the Fono’s veto-override power, thus giving the Fono the exclusive right to finalize their decisions locally without outside intervention. The secretary of D.O.I does not understand our culture and traditions; local issues should be decided upon local jurisdiction. Therefore, to conclude my point, I am in favor of the Veto-Override Referendum. All 50 states and territories abide by this system of checks and balances; it's time for us to transition.”

-Ace Levaula

Yes. “I am for it. I think our government needs change; we need to take steps on our own and try it out. If it doesn't work out for us in the next few years, we can always vote again to change it back. How do we know if this is going to help us out if we don't at least try it? We just need to have faith in our leaders and keep our culture going despite these changes, and I believe that we can do that even if we give the Fono this power of veto override...We got to take risks: ‘No Risk, No Reward.’”

-Deborah Malauulu

Yes. “I support the Veto-Override Referendum due to a variety of reasons, but mostly because the current system in American Samoa allows the U.S. Secretary of Interior to make the final decision on a proposal that was vetoed by the governor. Most people disagree with the system because of the belief that the Senators in our government aren't voted in, but instead chosen through the matai system. If that is the case, then why are we permitting the U.S. Secretary of Interior, a woman or man chosen by the President Obama and not by the people of American Samoa, to make decisions on the local issues that we face today? The Representatives and Senators of American Samoa are well-aware of the local issues and continue to face the same challenges that we face today. The President of the United States and the U.S. Secretary of Interior, which are public officials that the citizens of American Samoa are unable to vote for, continue to address the conflicts of the United States of America.” –Miracle M.

Yes. “Because I believe the decisions made for our island should be made by our own people, and not by the secretary of interior, who probably has never even been here.”

- Manu Thomas

No. “I am definitely not in favor of the veto-override referendum due to the fact that it will benefit both houses of our legislature more than it does for the fellow citizens of American Samoa. Also, I would rather keep things the way they are, considering the role of the Interior deciding what is best for the laws of American Samoa.”

- Merry Christmas Seuseu

No. “I am not. For example, the recent "TALK" about the raising of pay for the governor and Fono members. Yes, it was not passed but the POINT is that they brought up that matter. Why are they discussing their pay raise but not the locals pay. We have a lot of people who are underpaid. Imagine if the Fono had that power. It's simply too much power for the Fono and they will undoubtedly abuse it.” -Annelise Haleck

No. “I'm not in favor of the veto-override. Why? Because I think the government already has too much power and authority over the people, especially when our Senators aren't elected by popular vote.” -Mellody Parungo

No. “Because over 70% of our fiscal network comes from the USA since AS is a US territory. Thus, it's better to stay as it is. Also, it's obvious enough that they're [the Fono] asking for more money and complete control over everything, so it's dumb.” – Ching Ho Hunkin

No. “They’re [the Fono] gonna take advantage of the people and I think it’s better if we have DOI pass our laws and bills instead of the Fono.” –Lana Toia

Matley (Oh Brother) by Ashley Hisatake, Fresh Print Staff

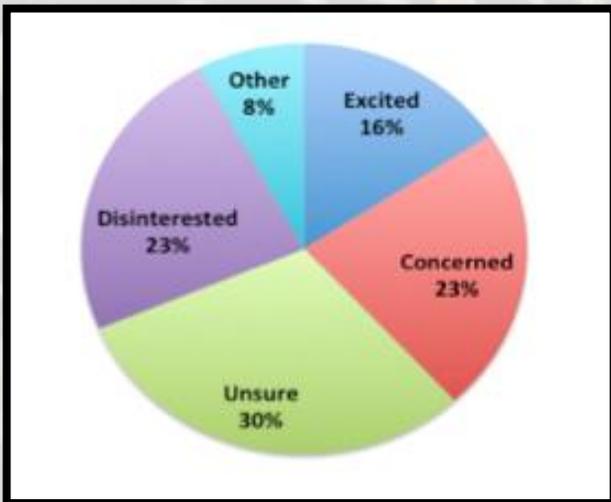
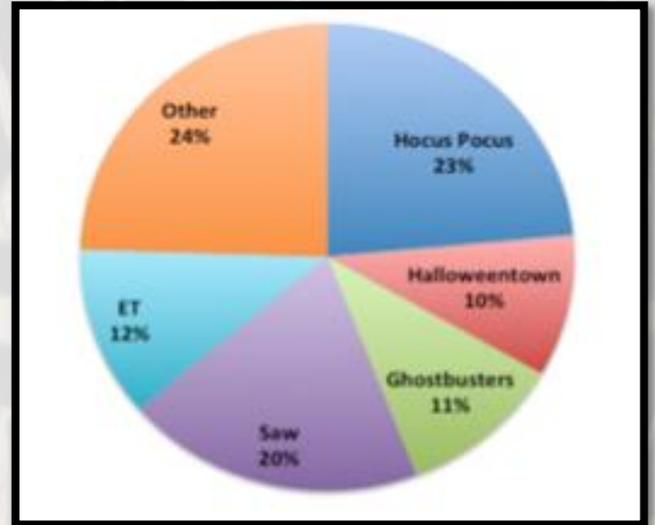


Student Polls

By Anna Iosefo, Siuila Uele and Manu Thomas

What is your favorite Halloween Movie?

- a) Hocus Pocus 24
- b) Halloweentown 10
- c) Ghostbusters 11
- d) Saw 20
- e) ET 12
- f) Other 25

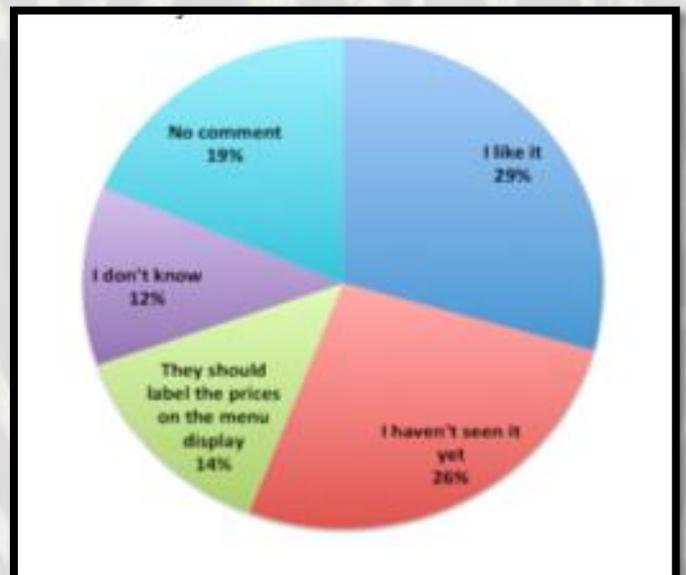


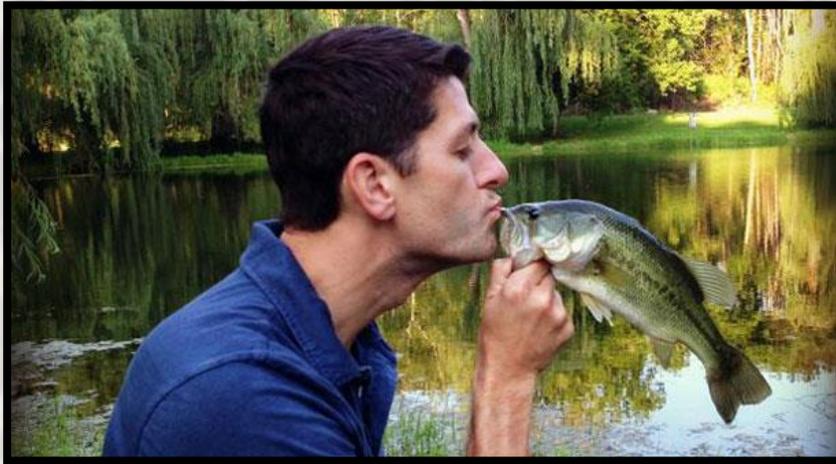
How do you feel about the upcoming election?

- a) Excited 16
- b) Concerned 23
- c) Unsure 31
- d) Disinterested 24
- e) Other 19

What do you think about the changes in the cafeteria?

- a) I like it 30
- b) I haven't seen it yet 27
- c) They should label the prices on the menu display 14
- d) I don't know 12
- e) No comment 19





BOYS BEWARE:
Next time you kiss
your girlfriend
wearing lipstick...
You might as well be
kissing a fish. Read
more on the story
below to find out
why.



DID YOU KNOW?

By Amber Ropeti



Have you ever seen those girls in movies with shiny lips and dazzling hair? Have you ever wanted your lips to shine as much as theirs? Well, want no more my friends. Looks can be deceiving and what you might see as shiny and dazzling is really not that. Did you know that most lipsticks are made of fish scales? Yup, I said it...fish scales. The ingredient under discussion is called pearl essence. It's the silvery stuff found in fish scales that's used

in most lipsticks, nail polishes, ceramic glazes, etc., to make them shimmery. Pearl essence is obtained primarily from herring and is one of many by-products of large-scale commercial fish processing. If you're bothered by this sort of thing, you might prefer to get your cosmetics from environmentally aware companies. So, the next time you watch a movie and the cheerleader comes in with bright lipstick, don't be jealous. Be happy. At least duck lips are better than fish lips.

Student Reviews

How to Get Away with Murder

Review by: Uperesa Fakava

Ever wanted to murder someone, but was scared you might get caught?

Well, here is a new show about how you can murder, and get away with it!

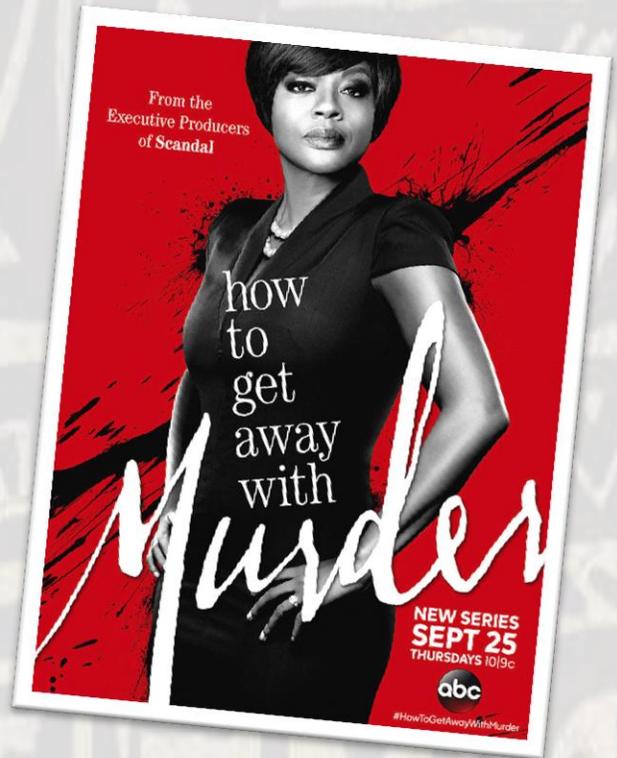
How to Get Away with Murder tells a story of flashbacks of events that leads to an inconspicuous event, all taking place at a school and nearby communities. Well, the first season so far.

Dr. Annalise Keating, the main character, who is a full time lawyer and professor, teaches at Middleton Law School. She picks up five students to be her “interns” and then show them the different methods she uses to win cases.

The students themselves learn to adapt to the legal way of doing business. Not just asking for documents or signing papers, but also sleeping with others, bribing, pretending to be lawyers and other illegal activities. These students act out to win the heart of Dr. Keating and solve a case, or in some cases, hide the true facts.

From Shonda Rhimes, the creator of hit shows *Scandal* and *Grey’s Anatomy*, comes this new clever show, that critics are claiming it to be the next *Southland* and that it might actually win the coveted “Best Drama Series” at the Emmys.

If you want to see for yourself the great quality a show can offer; the drama, the intimate relationships, the scandalous incidents and the cleverly written scripts, tune in on ABC at 10:00 P.M. every Thursdays.



Are you going to watch Big Hero 6, opening in the theaters this weekend?

Email us and let us know what you think! (Contact below.)

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@amsamo.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.

Express

Student Artwork

Missed.....

By: Sumo Ah-Fook

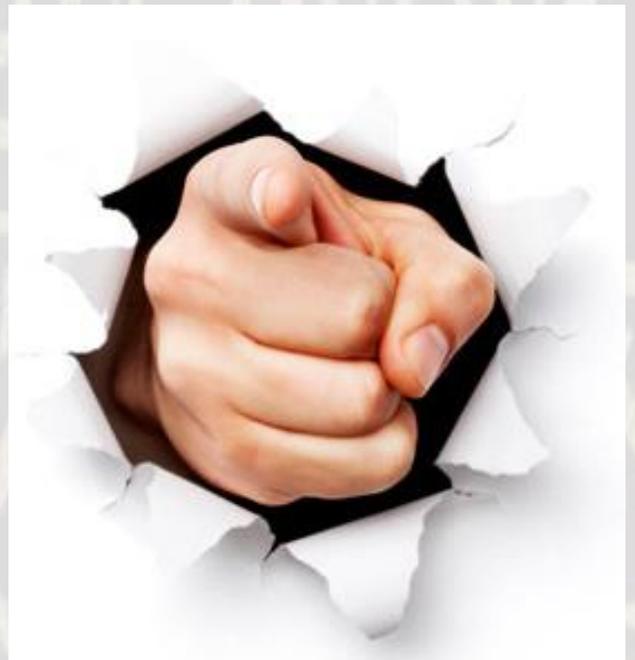
Trimmed my faith and absorbed my kindness
 Grabbed my heart and left me lifeless.
 I stand with a halo of exhaustion
 I will bring redemption and there will be no caution.
 Love is what you used to play with my head
 Heart break is what you have left instead.
 This is no game
 I will play you and I will not be tamed.
 Seek shelter in another
 But wining me over you will falter.
 You had your chance
 And dear love, this is my stance.
 Gone the naïve lover you had
 But a vivacious lover that will make you mad.

Random thoughts!!!!

We are who we aspire to become in life. A strive to live a life beyond what we have, and excel beyond that dream. A path that is not clear but we do not cower in fear. We strive through the obstacles with perseverance until the goal is met. Time waits for no woman or man and that's our push to fight harder. Life as we all know is not handed to us on a silver platter. Our feet get exhausted but we walk that path, because if we stop life has no meaning anymore. People search for the meaning of life or what is their purpose in life. Most find it but those who do not will crave but will not act upon it. Life is war and if you stand and get trampled upon, then what's the point of even being in battle. Sum up your courage and fight with a strong will, even when you lose the will to fight; you will lose as someone courageous and memorable and not a failure.

**THIS SPACE IS FOR
YOU!**

**Show off your art and
poetry writing skills. This is
a perfect place to publish
your work. See details on
the bottom to see how you
can get your work featured
on the ASCC 411
Newsletter.**



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@amsamoa.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”

Philip Faualo

Hails from Petesa
Electronics Major



Favorites:

Movie: Titanic

TV Show:

Person of

Interest

Book: Bible

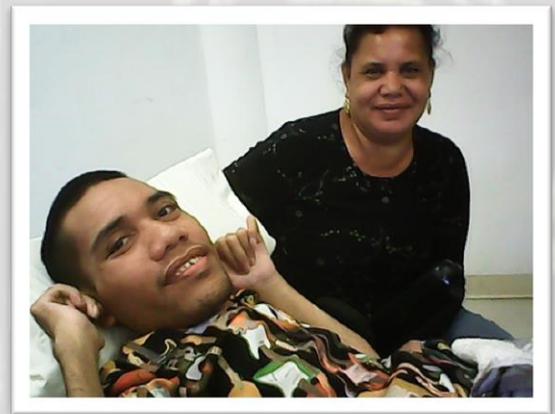
Food: Fried Chicken

Sport: Football

Video Game: Bicycle Racing

App: Facebook

Singers: Brad Paisley and Blake Shelton



Something interesting about Philip:

“I love to sing; music is my passion. Despite my disability, I know I can accomplish my goals and dreams.”

What he likes to do outside of school:

“I like to hang out with my family. I enjoy sight seeing.”

Where he sees himself five years from now:

“In five years, I will be graduating with my bachelors degree off-island and holding a job in the electronics field.”

Advice he has for you:

“With the Lord, all things are possible. Smile always.”

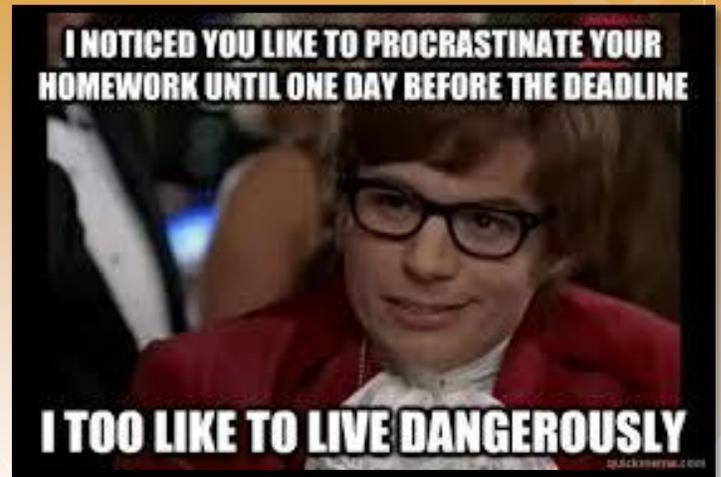
Shout outs:

“To all my family and friends, village church members, teachers and my tutors from the SLA Center.”

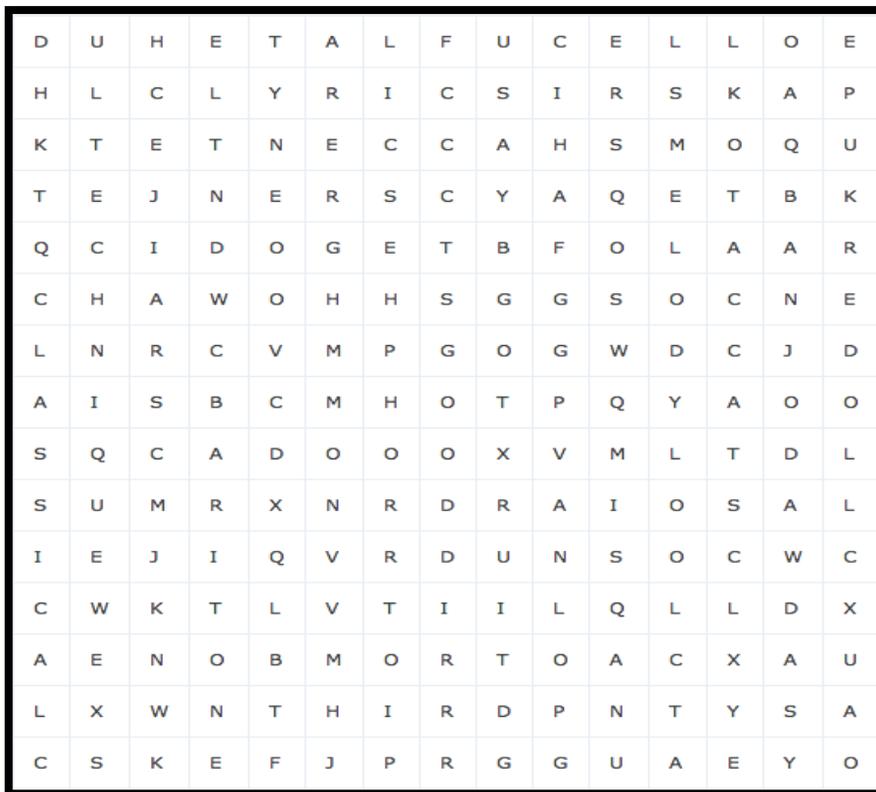
Get to know your peers through the 411’s “Chief of the Week.” Every issue will have a different student. All featured students that make the 411 will go into a draw at the end of the semester to win a prize. Pick up a form to fill out from the S.L.A. Center or ask for one via email to

k.garcia@amsamoa.edu.

Student Corner



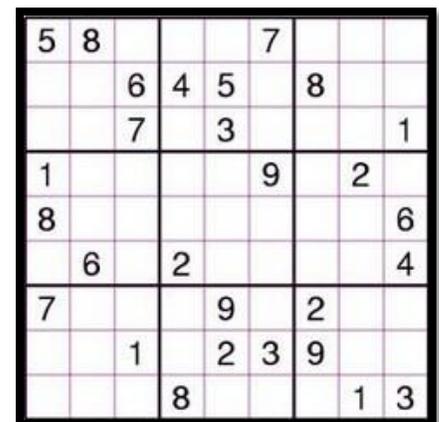
Word Search – Music



classical
 accordion
 saxophone
 technique
 composer
 baritone
 trombone
 modulate
 staccato
 accent

lyrics
 melody
 rhythm
 banjo
 cello
 viola
 third
 bass
 horn
 flat

S
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K
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Word of the day:

Incorrigible *n.* Dignity, seriousness, or solemnity in manner. “His bad habits were incorrigible.”

“Believe you can and you’re halfway there.”

- Theodore Roosevelt