

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 17 - 28

Important Dates

2/3 – 3/21	Withdrawal Period to Receive a “W”
4/17	Holiday - Flag Day
4/18	Holiday - Good Friday
4/14 – 5/8	Priority Registration

Halfway There

Now that we got Midterms and Spring Break out of the way, all that is left is... half of the semester. Hang in there, get back into the zone, you’re (kind of) almost to the end.

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 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 quality services and assistance in any of our respective areas.”

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



Maria Kim-Lagafuaina,
M. Ed

Academic/Personal
Counselor

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M.P.A

Academic/Transfer
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Ph. D.

Academic/Diversity
Counselor

Ext. 326

r.nuusa@amsamoa.edu

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 ascgvastudentservices@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

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.

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 SGA Activities

Check out the upcoming SGA activities:



Tuesday, March 25, Boys Basketball
Tournament.

Thursday, March 27, Boys Basketball
Championship.



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.

**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:

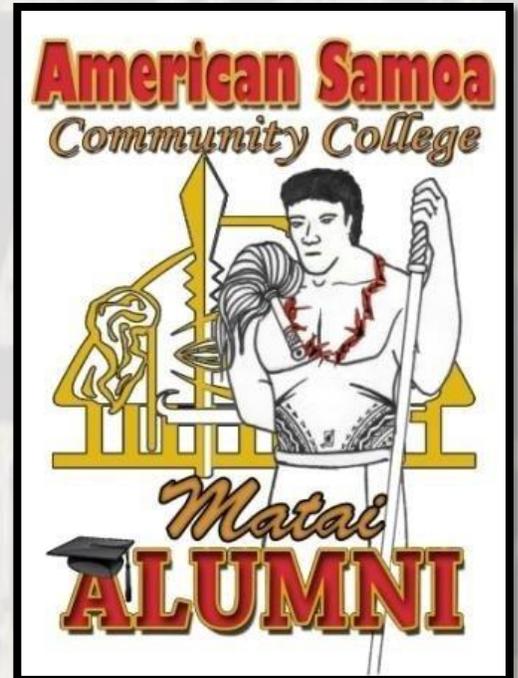
Student Services: Sina Hudson (Dean of Student Services Office) or Mana'o Vaovasa (SLA Center, Annex)

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

Start Eating Right with National Nutrition Month

By Travis Fleming, Registered Dietitian
Community Nutritionist
Community and Natural Resources Division



March is National Nutrition Month (NNM) and the theme for this year is 'Enjoy the Taste of Eating Right.' As many people may know, Governor Lolo Matalasi Moliga recently created an *Obesity Task Force* in order to take steps to fight this increasing health crisis in the territory.

It is possible to enjoy the taste of eating right—or stated differently, eating healthy. In many ways, all food, including healthy food needs to taste good in order for people to eat it. The 'Five a Day' principle, which includes eating at least 5 servings of fruits and vegetables, is one way to eat right. Add variety to breakfast by blending a smoothie with low-fat milk, and local fruit such as papaya, ripe bananas, mangoes, or pineapple. Transform your sandwich by adding fresh fruit or vegetables to it. Replacing the mayonnaise on your sandwich with a slice or two of papaya or pineapple will make it healthier by removing the added fat and cholesterol that is found in the mayo. Sliced cucumbers or shredded carrots can add a nice crunch to your peanut butter or tuna fish sandwich. If you want to have a healthier desert, try grilling a fruit kabob on low heat—aiming for a rainbow of fruit colors.

Sugary drinks such as Kool-Aid, soda, fruit punch, and sweetened tea is also counted as food—even if the average person does not. For example, many 12-oz cans of sodas that are available on island can have between 150 – 200 calories. Looking at these calories from a different perspective, a 135-lb person would need to walk at a pace of 3 mph for approximately 45 – 60 minutes to burn these calories. Many people consume these drinks because they taste good, but the fact is, water is what our body really needs. Plain water

may be too boring for some people, and if this is the case for you, try adding pieces of fresh, frozen, canned or dried fruit or vegetables to your water. And when you are finished drinking the water, you can eat the fruit or vegetable. Water is 100% calorie free and has been quenching the thirst of people for thousands of years.

If the price of eating right is a problem, many resources are available to teach you how to stretch every dollar. The Community and Natural Resources (CNR) Division at American Samoa Community College has a nutrition program called Expanded Food and Nutrition Education Program (EFNEP). For many years this program has been teaching many different villages and churchwomen's organizations how to eat right and manage a food budget. Please contact the CNR office at 699-2550 and ask for EFNEP if you would like more information. To obtain information more quickly, please click on the promotional resources tab on the NNM website, <http://www.eatright.org/nnm/>.





INTERNATIONAL STUDENT ORGANIZATION

FOOD DRIVE

When: March 17 – 21, 2014

Where: In front of Cafeteria Area

Please feel free to donate any
non-perishable food items such as:

- Cereal
- Canned Vegetables
- Canned Meat & Fish
- Crackers
- Peanut Butter & Jam
- Milk
- Dry and Canned Beans
- Rice, Flour, Sugar
- Saimin Noodles
- Tomato Sauce
- Healthy Snacks

All donations will be delivered to Fatu-o-Aiga Hope
House on Tuesday, March 25, 2014.

For more info, email t.leo@amsamoa.edu or 733-2690



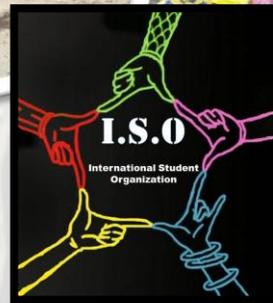
International Student Organization

By: *Tala Ropeti-Leo*

With the approval of the ASCC Curriculum Committee, the Division of Student Services has established the International Student Organization to provide a strong support system for international students attending ASCC.

The ISO consists of 23 culturally and ethnically diverse students including Koreans, Filipinos, Chinese, Tokelauan, German, Tongan and Samoans. With such a diverse student population on campus, ASCC recognizes the important of promoting unity and creating an inclusive environment for all students. The ISO will work with students to raise awareness on the importance of social diversity acceptance, enhance intercultural communications, and encourage diversity through community service, cultural events and Student Government Association activities. It will provide opportunities for all students regardless of race, color and ethnicity to be involved in all school activities. It is important to recognize and appreciate all diversities within ASCC. The ISO will also be included in the 2014-2016 ASCC Catalog.

The Organization's student leaders are Jennifer Tuiletufuga (president), Emily Johnson (vice president), Jae Yang Chae (treasurer) and Dezmond Applin (secretary). If you are interested in being a part of the ISO feel free to attend a meeting. For more information please contact us at 699-9155 extension 461 or email ascc.isorganization@gmail.com.



Donations for Hope House

By: *Emily Johnson, ISO Vice President*

The ASCC International Student Organization (ISO) is gathering non-perishable food items to donate to Fatu-o-Aiga's Hope House. The collection of donations is done through two fundraisers, a cleanup of the Utulei Beach Park and a food drive held at the ASCC campus.

The first fundraiser, a cleanup of the Utulei Beach Park, was held during the ASCC Spring Break on March 14. ISO members and two volunteers picked up trash and collected glass and plastic bottles to be recycled along the beach area all the way to the Don't Drink the Water Café parking lot.

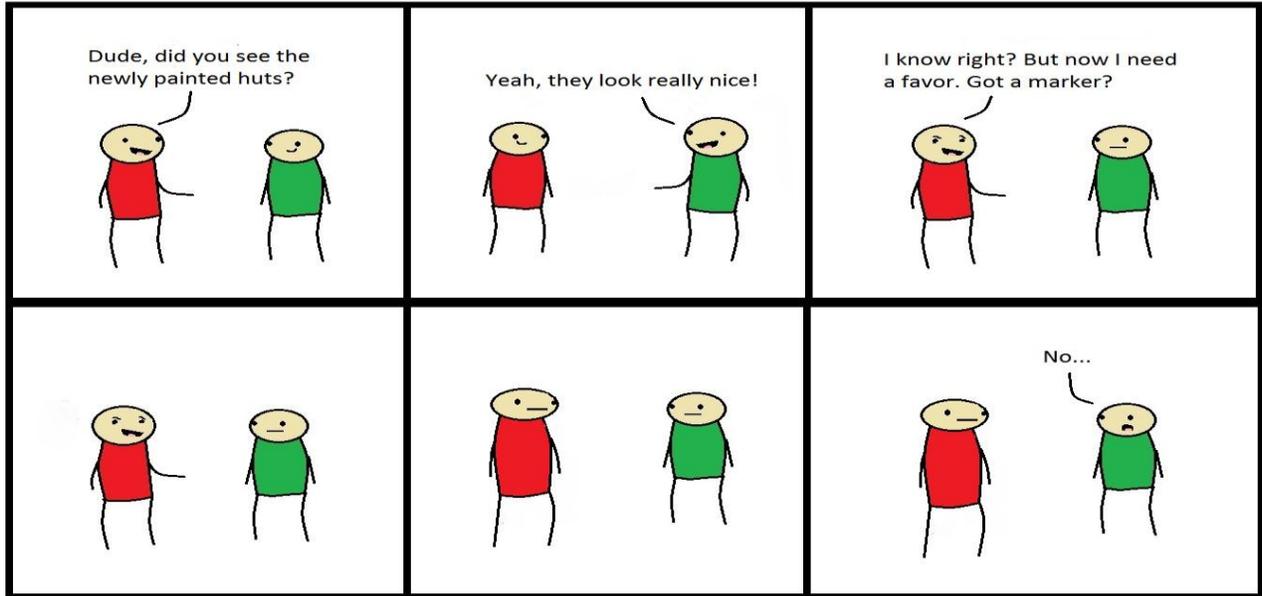
"The purpose of this cleanup was to fundraise money to use for purchasing non-perishable food items to assist with our organization's Food Drive," said ISO Advisor Tala Ropeti-Leo.

The second fundraiser is a food drive held at the ASCC during the week of March 17 - March 21. The ISO is accepting non-perishable food items such as canned fruits and vegetables, rice and saimin at their table located in front of the ASCC Cafeteria main entrance. They will be there from 8 a.m. to 12 p.m.

All donations from both events will be delivered by the ISO to Hope House on March 25, 2014.

“Fresh Print” Stories

Vandalism by Dezmond Applin



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ASCC Life by Visa Vaiau



Student Reviews

Io9.com

Review by: Adi Tuato'o

Io9.com is a website that focuses on news involving science and science fiction, their motto being: "we come from the future." And in a way that's true. Io9 covers anything that deals with science, from books, movies, TV shows to news on the latest technology. For technology that we probably won't see released anytime soon, this is where their slogan rings true. The articles are easy to read and you won't need a science vocabulary. Even if you do, the meanings are easily explained. This is where io9 benefits - the articles aren't like reading a textbook, they explain complex subjects in simple English, having you come out with a new outlook on how the world works.



Plants vs. Zombies: Garden Warfare

Review by: Ronald Roque



Plants vs. Zombies: Garden Warfare is the latest installment from the leader of mobile touch gaming, PopCap Games. Introducing its first next gen title as a third person shooter with team play in mind, the game provides an unsettling amount of content, which can leave one feeling overwhelmed. Available on Xbox 360 (\$30) and Xbox One (\$40) and rumors of a PC release for \$35, it is truly worth every penny. The game offers a lot of great team building multiplayer game modes, such as Gardens and Graveyards, Team Vanquish, and Garden Ops (A 'horde' type game mode which closely plays homage to the series). Although the game lacks in any single player campaign or offline capabilities, it does make up for this in the amount of content it has to offer. With the exclusion of micro transactions, the game encourages earning in-game currency, which can be spent on various items. The game is colorful and fun to play, and easily appeals to people of all ages, both casual and competitive, by providing various difficulty settings and collectibles. With the amount of content the game has to offer, it proves that not all great new games come with a \$60 price tag.

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.

Campus Talk: “Midterms”

Fresh Print Staffer, Mau Brown, was on the case asking students “On a scale from 1 to 10 (10 being very important), how important is midterms (to you), and what strategies are you utilizing/implementing in preparing for these tests?” Find out below what your peers had to say.

“**Rate: 9.** Reviewing my notes, studying in a group, participating in class [review session], and starting to memorize important key terms/dates/information.” – Guia Dela Cruz

“**Rate: 10.** Not procrastinating, studying with a partner, and rewriting my notes to ensure that I remember everything I intend on studying.” – Siuila Uele

“**Rate: 8.** Revising notes, study with a friend, listening during revision time, and not wasting any time during study sessions.” – Alefa Afalava

“**Rate: 3.** Eating cookies and listening to music.” – Dwight Seumanutafa

“**Rate: 10.** Taking notes in class on what to expect on midterms and studying those notes.” – Tiara Williams

“**Rate: 3.** Reading my textbook prior to exams and PRAYING for knowledge and strength.” – Patricia Tofilau

“**Rate: 8.** Memorizing.” – Yesul Kang

“**Rate: 10.** Stay up late to study and make flashcards to make studying easier.” – Marilyn Ah-Mu

“**Rate: 9.** Have group study sessions in addition to independent study.” – Saoimoana Fagaima

“**Rate: 9.** Not procrastinate and stay up late to study.” - Molly Asifoa

“**Rate: 10.** I would listen to music, eat, make flashcards, and read over all the material I need to study a day prior to a test.” - Virginia Noval

“**Rate: 10.** I try my best to get enough rest the night before a test.” – Zachary Faulkner

“**Rate: 10.** I spend my time studying and reading my text book the night before a test.” – Destinee Afalava

“**Rate: 10.** Studying with a partner is the best way to assess my knowledge and test my ability to recall information.” – Mathias Fa’aita

“**Rate: 10.** Manage my time and take better notes.” – Fred Thomas

“**Rate: 9.** Studying and playing video games. That’s all.” – Teuila Villarica

“**Rate: 7.** Pull an ALL-NIGHTER! Then, incorporate last-minute-the-best-night-of-your-life-talk-about-it-at-school routine on the day of a test.” – Sarojni Singh

“**Rate: 9.** I don’t study, I cram.” – Jessica Fong

“**Rate: 10.** Self-study and lots of reviewing.” – Ron Luardo

“**Rate: 10.** Reviewing my notes constantly on leisure time and studying late the night before a test.” – Mau Brown Jr

Got an opinion about a hot subject on campus? Drop by 411 Editors’ office, Katrina Garcia or email her at 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.

Campus Talk: “Spring Break”

Fresh Print Staffer, Mau Brown, asked a few students what they had planned for Spring Break. Find out below what some of you answered.

“Sleep, watch T.V, finish assignments, and workout!” – Salamasina A.

“Spend time with my family and friends.” – Anna Sewell

“I plan on sleeping for a long duration of time, spend time with family, work on building a healthy lifestyle, and continue to write music.” – Mau Brown Jr.

“I would love to spend time with my family, but I mostly plan to go on bus rides everyday because I miss bus riding” – Mina Poloa

“Leaving for Apia & Savaii. Planning to have non-stop FUN! This is my first time there.” – Angeline Maeli

“I wish i could say ‘Soaking up the sun in Bora Bora’, but unfortunately it’s just like any other day. One filled with chores, homework, and quality time with my son.” - Shantel I’atala

“I plan to have fun, enjoy the break, and find a job.” – Tiara Williams

“I will be spending the entire week with my friends in Fagaalu for the QUEST program. We will put our knowledge of Marine Species and how to collect scientific data to use and have fun.” – Mona Chang

“SLEEP, EAT, RENT DVDS, CHORES!” – MJ Sword-Curry

“I am going to Arizona for 10 days to spend time with a very special person.” – Siuila Uele

“I want to roam around, have fun, and find friends to hang out with.” – Steven Safotu

“Hang out with friends, be able to treat myself every now and then, and kick it with family and friends.” - Caroline Toma

“Gonna start workout to burn off my favorite friends, FAT.” – Yesul Kang

“Simply Nothing.” – Selita Woo Ching

“Chores at home.” - Jasmine Muasau

“Working out and stay home.” - Jayne Tuvale

“Nothing Much.” – Ching Ho Hunkin

“STUFF (hanging out with friends, exercise, sleep in, and attend church meetings).” - Anna Iosefo

“I plan on working because I have a part-time job at the Hope House. When I have spare time, I plan on visiting my friend’s house, in addition to visiting my mom. I also plan to exercise.” - Filomena Stowers

Got an opinion about a hot subject on campus? 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.

Express

Student Artwork

Music

By Brittany Tago

She sways to the rhythm of the beat,
while belting out each note she sings,
full of life this girl may seem,
but beneath that facade, she feels weak.
The pain she endured, stripped her bare,
still so young, it wasn't fair!
Music was her only escape,
it left behind what she could not face.

They put her down, made her feel so low,
but little did this young girl know,
that Music was what kept her whole.
Through its lyrics, she found herself,
the girl she lost to everyone else.
Music was her only hope,
to keep her safe, to help her grow.

Through the years she proved them wrong,
poured her emotions into songs,
"I'm not perfect"
One line read,
and because of Music her soul was fed.
Her thoughts were like the waves crashing onto shore,
and like a fire out of control,
she yearned for more.
To her, Music was a beautiful creation,
and it was her only form of communication.

Unknown World

By Agnes Masima

I am a Butterfly
Ready or not
To spread my wings
Into an unknown world
Of flying
Breaking free of that shell
Transforming me
Into the person I will be
In the unknown world

By: Kevin
Jamison



Moon And The Stars

By Adolf Petaia

Topaz stars a silky black sky,
their glowing warmth comforting the lonely night sky.
The moon, a dazzling illumination bring
Joy in the dark.
Shadows lurk down below, but the
Shimmering light is a constant reminder
To share the light in our lives.

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. 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”

Fa’afouina Lea’eno Fruean
From Fogagogo
Architectural Drafting Major

Favorites:

Movie: The Bridesmaids

App: Instagram

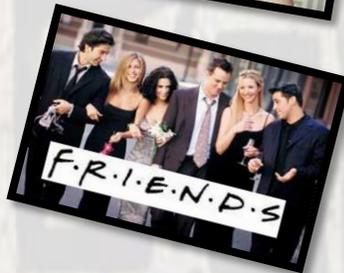
TV Show: Friends

Junk Food: Oreos

Video Game: Final Fantasy XIII - 2

Singer: Florence + The Machine

Sport: Volleyball



What he likes to do outside of school:

“Spend most of my time hanging out with friends and family.”

Where he sees himself five years from now:

“Working for the Development Bank of American Samoa.”

Advice he has for you:

“Your actions today will affect tomorrow; Stay safe out there and strive for excellence.”

Shout out from Fa’afouina:

“Shout out to Douglas Sene, Lannietta Popalili, Tommi Jones, Laura Saifoloi and Dezmond Applin.”

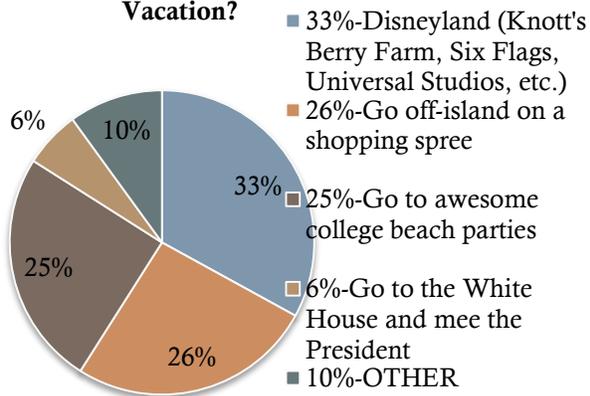
Get to know your peers through the 411’s “Chief of the Week.” Every issue will have a different student. All featured students that make the 411 will go into a draw at the end of the semester to win a prize. Pick up a form to fill out from the S.L.A. Center or ask for one via email to

k.garcia@amsamoa.edu.

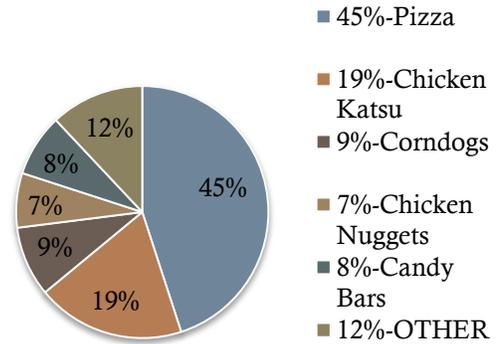
Student Corner

The Fresh Print staff wanted to know what your dream vacation would be like and what other foods you would like to see in the cafeteria. Here's what students said below:

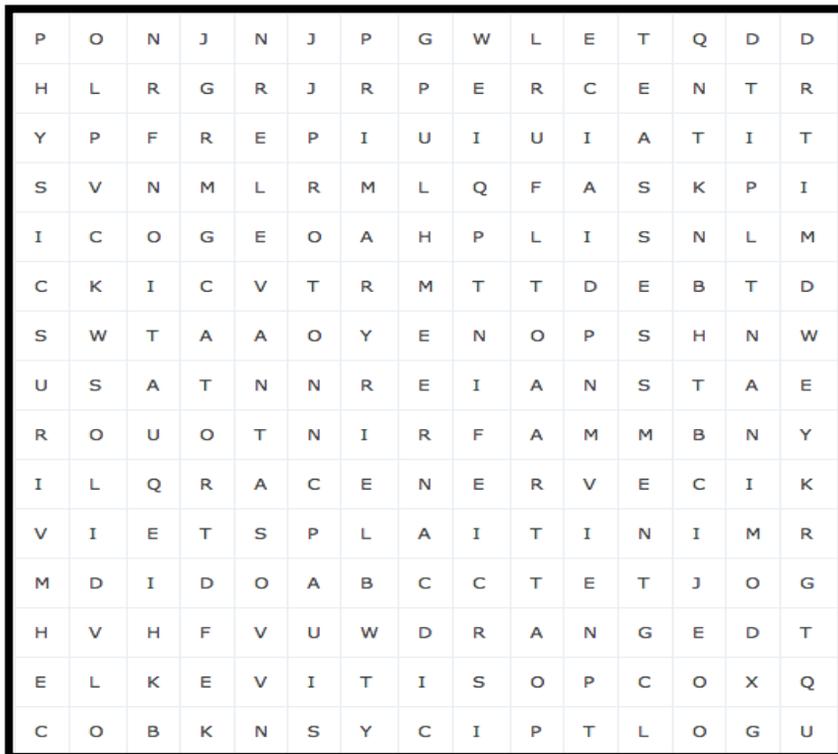
What is your dream Spring Break Vacation?



What foods would you like to find in the cafeteria?



Word Search – Science



alternative
assessment
scientist
dominant
equation
positive
relevant
percent
physics

initial
primary
period
proton
nerve
virus
range
solid

S
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3		2	4				9	
7				6		4	5	
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		7	2			9	4	
		9		3	5		2	
1		6		8			5	
	7				1	5	3	8
6		1						
	8		5	4	9	1		

Word of the day:

Nexus *n.pl.* A means of connection; a link or tie. 2. A connected series or group. 3. The core or center

“Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.”
- Martin Luther