

S P R I N G 2 0 1 4

the 411 Newsletter

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



2014 Spring Issue:
April 28 – May 8

Important Dates

4/14 – 5/8	Priority Registration
5/5 – 5/8	Final Exams
5/16	2014 Spring Commencement

Finals Week

If you haven’t noticed already, finals week is finally here. Stressing out?

You should be. It comes with the territory of being a college student. At least after this week, it’s summer!

Yay!

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

Repeka Alaimoana-Nu’usa,
Ph. D.

Academic/Diversity
Counselor

Ext. 326

r.nuusa@amsamoa.edu

Kayla Sauafea,
M.P.A

Academic/Transfer
Counselor

Ext. 362

k.sauafea@amsamoa.edu

Maria Kim-Lagafuaina,
M. Ed

Academic/Personal
Counselor

Ext. 480

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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. Please see or contact Ms. Fuala’au Rosie Tago Lancaster, 699-9155 ext. 426 or email ascvstudentservices@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.



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!



ASCC SMOKING POLICY

"Smoking is strictly prohibited at ALL areas of the ASCC Campus except for the Samoan Fale area between the ASCC Cafeteria and the Samoan Studies Institute building. Students and ASCC employees who are held in violation of this policy will be disciplined accordingly to the appropriate ASCC policy manual."

This policy includes E-Cigarettes.

Scholarship Opportunities

A banner for 'College Cognitive' featuring a silhouette of a human head in profile with a brain inside. The word 'College' is on the left and 'Cognitive' is on the right, both in large white letters on a blue background. Below the silhouette, the text 'eBooks that help you' is on the left and 'succeed in college!' is on the right.

College Cognitive

eBooks that help you succeed in college!

Weekly \$1000 scholarships available. Deadline May 5, 12, 19 & 26, 2014.

Check out more information on this link!

<http://www.collegecognitive.com/collegescholarship.html?Apr14thdeadline>

A banner for 'eBooks that Help College Students e College Fitness'. On the left is an illustration of two palm trees and a blue building. The text 'eBooks that Help College Students' is in blue, and 'e College Fitness' is in a large, orange, cursive font.

eBooks that Help College Students

e College Fitness

\$700 scholarships available. Deadline May 8, 2014.

Check out more information on this link!

<http://www.ecollegefitness.com/scholarshipawards2.html?April8>



FRESH PRINT

Stories

Pink Eye: The Epidemic of the Year.

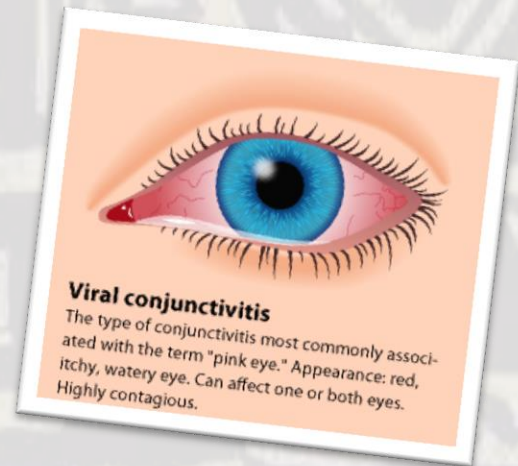
By Adolf Petaia

Did you hear of the Pink Eye (also known as conjunctivitis) epidemic that swept through our territory? Unless you were living under a rock, chances are you have because you knew someone infected by it or you were a victim.

Taisamasama Toatelegese, a student at ASCC shared her experience of having pink eye. “It was not cool at all, my eye hurt so much that I sometimes cried myself to sleep. I had to use eye droplets every once in a while to keep my eye cool from itching.”

At ASCC, students with pink eye were being excused from their classes. They were to stay home until they had fully recovered. Hand sanitizer was being provided on campus to ensure the health and safety of all students and staff. Pink eye is a highly contagious virus that spreads with contact to the eyes.

At the time, it was especially important to wash and sanitizes your hands often and to stay



away from those infected.

Other cases at ASCC also involved instructors infected with Pink Eye causing classes to be cancelled for up to two weeks.

Time has passed, but we were stuck with this epidemic for a grueling four weeks. Whether you survived untouched by this disease or suffered pink, painful, swollen eyes, let us just be thankful that this epidemic has finally died down.

DID YOU KNOW By: Mau Brown

DID YOU KNOW THAT Lemons can freshen your refrigerator (fragrance-wise), reduce hypertension (high blood pressure), aid in preventing vegetables from turning brown, relieve stress and feelings of fatigue, support your airways so that you breathe without complications, prevent kidney stones, and act as something to get insects out of the kitchen.

Lemon water has many uses in cleaning. It is widely used as an aging repellent that will keep your face from inheriting many free radicals. Free radicals are linked to aging, damage of tissues, diabetes, and other diseases.

An effective home remedy for throat infections is lemon water. It has an antibacterial property that has the same characteristics as salt water.

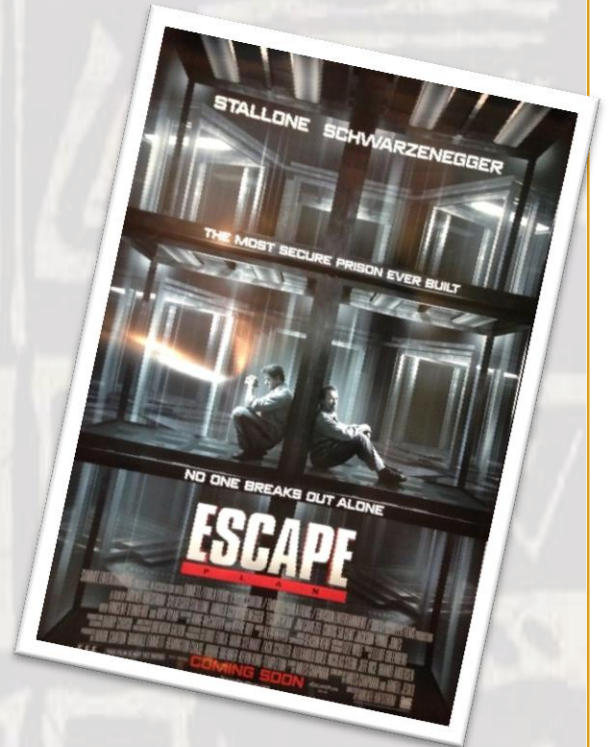
Other uses include: deodorization, hair coloring, freshen the air in your house, and cleans and whiten nails.

Student Reviews

Escape Plan

Review by: Mau Brown

Referred to as the best escapee, Ray Breslin (Sylvester Stallone) is introspective and very analytical. Some people despised him because of his skills in testing the security of various prisons and being able to break out of every prison he was sent to. With a long streak of breakouts, he blindly takes on what turns out to be his last breakout of an ultra-secret, high-tech facility called The Tomb. Being misled and illegally confined, Ray must make allies in order to devise a plan in a nearly impassable facility to escape. This is a great movie that you will enjoy, especially if you miss action favorites like Sylvester Stallone and Arnold Schwarzenegger.



Captain America: The Winter Soldier

Review by: Patricia Tofilau

If you're a fan of Captain America, then you will surely enjoy Captain America: The Winter Soldier. It is a movie full of action that you wouldn't want to miss. Also, you wouldn't want to miss seeing the sexiest woman alive, Scarlett Johansson, in action. However, if you do not enjoy sappy heroic movies then do not watch this movie because yes, it has a "happy" ending. Also, if you have not seen the first part of Captain America, I recommend that you do NOT watch this movie because you will not fully understand what is happening. Lastly, if you have not watched it and are planning to watch it, when the movie ends, do NOT move! There will be two short clips at the end of the movie. Enjoy!

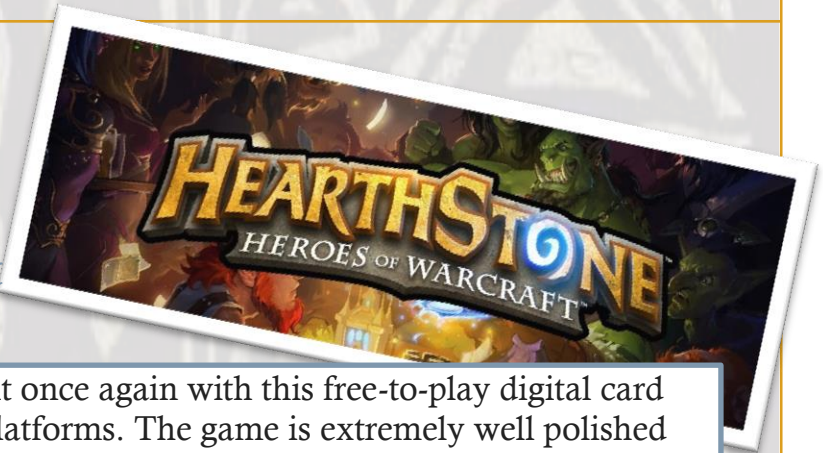
Submit your Review!

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.

Student Reviews

Hearthstone: Heroes of Warcraft

Review by: Ron Roque



The MMO juggernaut Blizzard has done it once again with this free-to-play digital card game available for PC, Mac and mobile platforms. The game is extremely well polished with its amazing sounds, crisp animations and a helpful tutorial that will easily pull you in. Microtransactions are available within the game, but it does not push or punish you if you are not willing to drop some cash and playing it on a tablet makes it all the more immersive. With different classes that cater to your play style, it combines strategy with balance without being too complicated. Being a free app and overall providing an exceptional game, Blizzard has played their cards right and Hearthstones only proves their mastery in creating video games. I highly recommend you to download this game, especially if you are a big of other games produced by Blizzard.

Express Student Artwork

Hollow

By: Douglas Sene

This hole in my soul,
That you will not know,
Dark and cold and full of pain
Empties my body with my heart slain.
With the light dead and darkness in my head
I will not feel, so don't bother crying,
All you'll see me do is lying.
I feel no guilt for the things I've done
With all my emotions falling with the sun.
All I am is hollow, and I do not wish to follow
With the abyss in my eyes that will never die
And now I must say good-bye.



© Applin Photography

Photo by Dezmond Applin

Express

Student Artwork

The Beauty of Cheating

By: Visa V. Vaiau

The nerve to chase me when she was on your mind
 The nerve to call me yours when you had her on your side
 The nerve to make so many promises yet you never followed through
 The nerve to make me believe and trust everything you do
 How dare you ask for my heart when I sheltered it for long
 How dare you played me a melody when all along it was her song
 How dare you stare right in my eyes while telling me words of affection
 And when I ask you things that I had doubts with you always avoid my questions
 The nerve of you to make a commitment and then break my heart in two
 How dare you cheat on me and leave me all beaten and blue
 But I laugh and shook all this hatred away because deep inside I knew
 That forgiveness is moving on and would help me pull through
 And what a surprise I started to date a new guy, with him I was happy too.
 Because when you came back and wanted me again, all I could think of is "screw you!"
 When relationships end and love has all along turned out to be deceiving
 God gives you a better love to cherish and that is the beauty of cheating

LOVE IS IN THE AIR

By: Visa V. Vaiau

Love is in the air
 However I really don't care
 Suffocate you mindless fools
 I will only concentrate in school
 Love is in the air
 That is how you get pink eye
 Stop trying to look for love
 It does not exist in the human eye
 Love is in the air
 However, school is around you too
 Stop hoping, stop anticipating love
 And start finding the future you

Oh! How I Love Math!

By: Siuila, Jillian, and Lagi

Numbers Variables Equations and Formulas
 Oh! The joy I get when I see Parabolas
 Algorithms, logarithms, they're all so much fun
 These are what I dream about when my day is done

Solving and graphing from Point A to Point B
 Math means the world and everything to me
 Addition Subtraction Multiplication Division
 One day I hope to become a Mathematician

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”

Frederick Thomas Jr.

From Leone
Liberal Arts Major

Favorites:

Movie: Sherlock
Holmes

App: Clash of Clans

TV Show: Breaking
Bad

Junk Food: 3

Musketeers

Band: UB40

Video Game:

Call of Duty



Something interesting about Fred:

“I was born in American Samoa but grew up in Fiji.”

What he likes to do outside of school:

Training at the gym, or playing touch rugby.

Where he sees himself five years from now:

“Back in Fiji or working on my Masters in Oahu.”

Advice he has for you:

“Never give up.”

Shout out from Fred:

“I would like to thank God for my life, family and friends. Thank you to my friends (Last Hut Crew) for supporting me in school and buying me food.”

Student Corner

Congratulations ASCC Graduates

Class of 2014

Congrats & good luck from the
Division of Student Services



Word Search – Brain

P	E	Y	R	Y	U	P	O	N	S	Q	F	J	D	L
A	I	A	X	R	U	S	Q	S	L	L	E	C	A	P
T	J	R	D	A	T	U	B	J	M	T	N	A	E	A
A	P	G	P	T	B	M	T	V	F	E	G	P	H	R
G	S	K	P	I	Y	A	N	E	P	U	C	T	B	H
N	E	W	S	U	E	L	K	I	P	F	H	L	H	P
O	P	S	A	T	I	A	T	R	P	D	E	B	E	O
L	K	M	G	I	B	H	E	H	D	X	M	F	F	S
B	D	F	D	P	A	T	W	O	R	O	I	R	F	V
O	C	N	W	L	E	A	L	Q	T	B	C	O	K	W
P	I	A	A	C	C	T	X	O	E	R	A	B	A	V
M	M	M	T	T	Y	E	R	R	F	I	L	N	B	C
P	U	U	I	O	G	M	S	E	L	H	B	S	B	A
S	M	O	I	D	S	H	I	N	D	B	R	A	I	N
A	N	E	S	X	V	C	I	K	H	E	F	D	R	H

- metathalamus
- epithalamus
- hindbrain
- oblongata
- pituitary
- pretectum
- chemical

- fibers
- action
- cells
- motor
- head
- gray
- pons
- mind

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Word of the day:

Anachronism *n.* One that is out of its proper, chronological, or historical order, especially a person or practice that belongs to an earlier time.
“A sword is an anachronism in modern warfare.”

“Believe you can and you’re halfway there.”
- Theodore Roosevelt