

THE VIKING

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HILO HIGH SCHOOL, HILO, HAWAII

DECEMBER 8, 1967

HHS Science Fair Set For Feb. 20

So that interested students may start thinking about their projects, it has been announced by Mrs. Ruth Wong, coordinator, that the 1968 Science Fair for Hilo High School will be held on Feb. 20, 1968.

The Hawaii County Science Fair will follow on March 7-9 at the UHHC gym, and the Hawaiian Science Fair, on March 28-31 at the Hawaiian Village in Honolulu.

The science fair will include both science and mathematics projects in two categories—research projects and display projects. Research projects should present the results of original mathematical investigation, original scientific observations, or controlled experimentation. Display projects are those which present basic principles of mathematics or science; these would not need original research.

Each exhibitor will be required to make, in addition to his notebook, a one-page typed report, or a 250-word report, describing his work and its background and meaning.

Any person or group of persons can enter the display exhibit; however, if the display wins in the County level, it may be accompanied to Honolulu by not more than two students. The research projects allows only one person to work on it in the senior division and not more than two in the intermediate division.

For further information, students are asked to see their science or math teacher.

Xmas Program

Hilo High's Christmas program will be held on Friday, Dec. 22, at the pool area immediately after short recess. The band and chorus will present a combined concert.

16 Seniors In Science Seminar

Sixteen seniors have been chosen to participate in the Student Science Seminar Series for the 1967-68 school year. The selections were based primarily on the high recommendation of the science teachers.

All high schools in the Hawaii District (except Kona) were invited to join this unique science program. The series will expose the students to listen to outstanding scientists and will also provide an opportunity to share and exchange scientific ideas.

The following students have been selected: Marvin Abe, Eunice Ashida, Tim De Silva, Barbara Higa, Jasmine Imai, Clarence Imamura, Kent Kobayashi, Frances Liu, Margo Machida, Leighton Matsuyama, John Moore, Amy Motonaga, Leonard Mukai, Leila Nakamura, Harlan Ohara, Sharon Tsugawa.

4 To Take Part In Kauai Debate

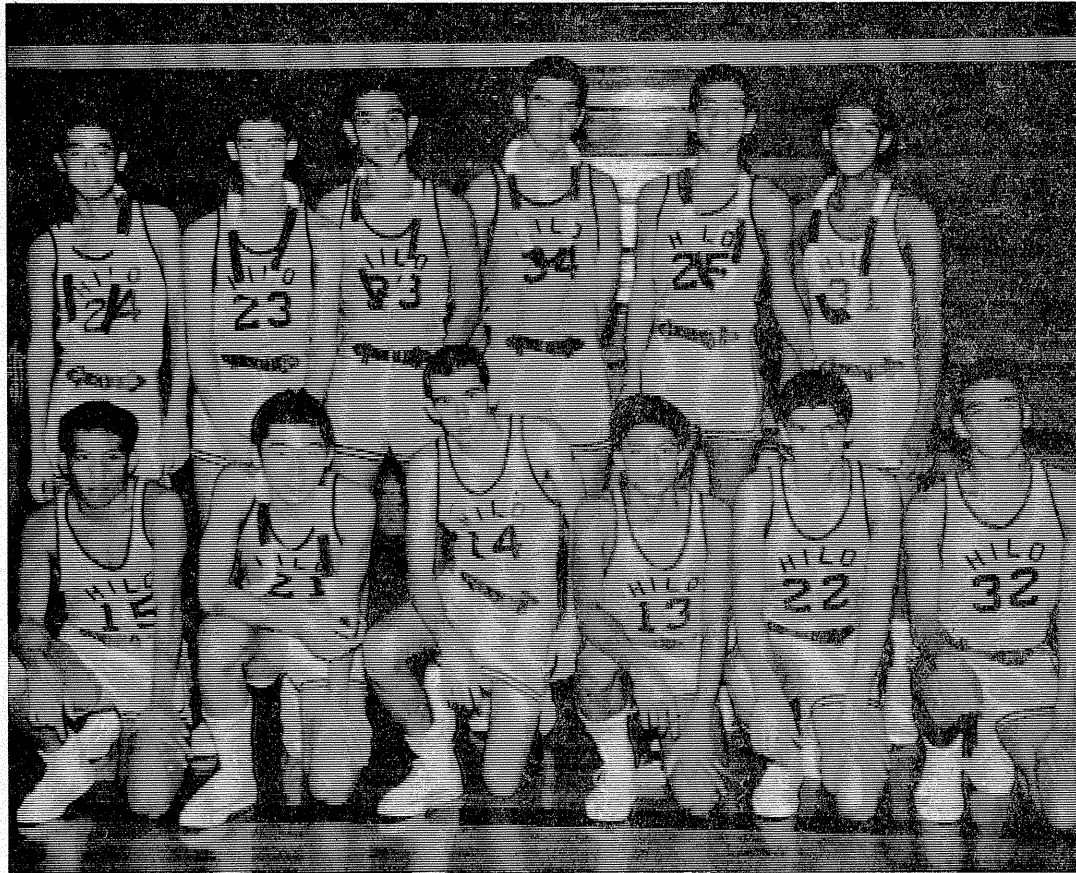
Participating in the Kauai Invitational Debate Tournament, Dec. 14-16, are Harold Hata, Gary Nham, Dianne Jinbo and Patricia Patnaude of the Hilo High Forensics Society. Their trip will be financed by the HHS travel fund which is under the auspices of the finance committee.

These four novice debaters will be entered in cross examination—switch side debating. In a two day period they will participate in six rounds of debate.

Officers of the Forensics Society are Harold Hata, president; Patricia Patnaude, vice-president; and May Kan, secretary-treasurer.

Mrs. Marion Kittelson is the advisor. There are about a dozen members in the club.

1967-68 Viking Varsity Basketball Team



Meet the 1967-68 edition of the Viking varsity basketball team: front row (left to right)—Douglas Espejo, Stanley Koga, Ralph Rapoza, Wayne Rabang, Mark Carvalho, Jay Akoi. Back row—Brian Tanimoto, Roscoe Uyeda, Roy Leialoha, Billy Moore, Timmy De Silva, Gaylen Baldado. Photo by OH.

Junior Class Dance Coming Up Dec. 20

Just eight more days till that night of fun and enchantment—the Junior Class Dance, "Our Winter Love."

This semi-formal event will be held on Saturday, Dec. 16, from 7:30 to 11:30 p.m. in the school gym. Tickets will be on sale to sophomores and seniors for 50 cents. Juniors will be admitted by their class ID cards.

Music for the evening will be presented by the Ramrods and Beach Barons, along with taped music.

A reminder to the girls: Don't wear spiked heels.

Play Debut Set For Tomorrow

Tomorrow and Sunday, beginning at 2 p.m., a two-act play entitled "The Wizard of Oz", will be presented by Hilo High's Student Playhouse. Both performances will be given at the Hilo High auditorium. Admission will be 50 cents.

A special performance will be held on Monday, Dec. 11, for the Hilo Union School students.

Michael Sasaki has the title role of the Wizard of Oz and Lynne Koehnen plays the part of Dorothy.

Others in the cast are Scare-

crow—Noel Salinger; Tin Woodman—James Thompson; Cowardly Lion—Penny Jensen; Munchkins and Winkie People—Charlene Legaspi, Pamela Kubo, Winona Ravey, and Karla Leyson; Jade—Pauline Abong; Verdo, captain guard—Julius Wery; Belinda, the wicked witch—Cathy Relyea; and Glinda, the good witch—Louella Medeiros.

Directing the play are Mr. Michael Gibbons, Student Playhouse advisor, and Sarah Moon, student director.

Council Considers Public Hearing

By Lloyd Matsunami

Interest has finally been generated towards the Student Government. In the course of a few days, emotions have been strained; policies have been questioned and re-examined, people have raised doubts as to supposed sound endeavors. In short, many have "awakened" from an unconcerned slumber to an awareness that participation is an integral part of the student government.

As of press time, the possibility of a public hearing on the issue of whether the Student Government should give financial support to the Foreign Student Exchange Program, is more than likely.

The committee that made the recommendation felt that because the Foreign Student Exchange Program has aroused the interest of many, and has become so controversial, the entire school should be involved in or informed about any possible financial support.

A public hearing may be held next week to discuss the issue mentioned and it is requested that all interested students and teachers attend.

School Bus Rules Must Be Observed

(From the Principal's Desk)

To those students who ride the State subsidized buses to and from school, the following excerpt taken from the rules governing the transportation of students by school bus should be of interest.

Student Behavior: Authority of driver—Students being transported in a school bus shall be under the authority of and responsible directly to the driver of the bus. The drivers of any school bus shall be held responsible for the orderly conduct of students transported and shall report cases of serious misconduct to the principal. Continued disorderly conduct or refusal to submit to the authority of the driver shall be sufficient reason for his refusing transportation to any student. When such action is taken, the school shall be informed.



Principal Serrao

Asthma, Chronic Bronchitis, Emphysema

How Much Do You Know About These Respiratory Diseases?

Tuberculosis is a disease about which most of us are well-informed, but there are still other respiratory diseases that we are not too familiar with. Some of the more serious ones among these are asthma, chronic bronchitis, and emphysema.

How much (or little) do we know about these diseases? In a quick survey of our campus, our "roving reporters" came up with the following answers:

Mr. Yoshiichi Tanaka, Counselor: "Emphysema is a lung disease. I believe it to be similar to a chest cold. A person might have a serious case which may lead to pneumonia. Chronic bronchitis is the inflammation of the bronchial tubes. Some symptoms are coughing, hoarseness, and difficulty in breathing.

"Asthma is different from the other two. Some medical people

say that it's inherited and may result from emotional factors. Symptoms resemble hay fever. Drugs may be used for treatment."

Karen Tanaka, Junior: "Respiratory diseases are viruses which linger in a respiratory tract. Chronic bronchitis is the inflammation of windpipe or bronchial tube. If a person has bronchitis and he has a cold, the first attack will be on the windpipe. I believe, asthma to be inherited. Emphysema is similar to pneumonia and is, more or less, like a chest cold."

Ellsworth Kekua, Junior: "There is enough information about these respiratory diseases, but people don't take the time to find out about it. Recently, I had to make a report on these ailments and found that the local TB Association

had a lot of information. If people would only make an effort . . ."

Mr. Edward Murali, chemistry teacher: "Emphysema occurs when you can hardly breathe and your lungs lose their elasticity. I think that asthma is an allergy reaction . . . Chronic bronchitis means inflammation of the lungs over a long period of time. I know these terms for I studied medicine for three years in college."

Dale Hamakawa, Sophomore: "When you have asthma, you are allergic to dust and have adenoids trouble . . . Chronic bronchitis has to do with your lungs and coughing. . . I've heard about emphysema, but I don't know what it is."

Sharon Tsugawa, Senior: "Chronic bronchitis occurs when the bronchial tubes are all swollen

up and inflamed. . . Asthma is easily irritated and you have labored breathing. I've heard of emphysema, but I can't place it right now."

Mr. Choken Maekawa, physical education teacher: "I don't know anything about emphysema or chronic bronchitis, but I, as a P.E. teacher, have to watch out for those boys who have asthma and yet play. I must see that they don't get too tired or over-strained."

Mr. Kazuma Hisanaga, P.E. teacher: "I don't know about bronchitis and emphysema, but I know a little about asthma. My friends have moved away from Hawaii to a drier climate because of the humidity here. On the other hand, I know several people who say that Hawaii's weather is the best for their asthma."

Geraldine Niwao, Senior: "Asthma makes it difficult to breathe. . . Emphysema sounds familiar, but I can't explain it. . . Chronic bronchitis is not like the common cold . . . it's more severe."

David Chuck, Junior: "I've heard of all of them and that they are respiratory diseases. . . Emphysema is a disease in which the lung becomes enlarged. . . Asthma is a spasm in which the person has a hard time breathing."

Mr. Michael Bottoms, Spanish teacher: "I believe that emphysema is a lung disease caused by smoking. . . Asthma is a respiratory disease, usually an allergy, which many people suffer from. At times a shot (injection) is administered to the heart. Both emphysema and (Continued on Page 5)

No Xmas Parties During School Hours

The same ruling on Christmas parties that was in effect last year will be in effect again this year, according to Principal Alfred Serrao.

The ruling states that if students want Christmas parties, they should hold them after school hours, after school closes on Friday, Dec. 22.

This applies to all homerooms, classes, clubs and individuals.

Letters To The Editor

A Teacher Proposes Changes

To the Editor:

The present stir about your student government is a good thing. Students are recognizing that dictatorial action in a democratic society can lead to protest. The response to unilateral action (action taken without the support of public opinion) leads to resistance by the thinking members of any group. A remark was once made to me that in student government, principles don't matter. This is not true. Neglect of principled action leads to revolt in any open society. Students should be the initiators of law, not the victims of law.

Neither revolt nor dictatorship is good government. Democratic government is the means by which a public makes known to a legislative body what it wants done. Compromise takes place within the law making group with the majority prevailing and the result is law which governs everyone. Action comes from below, not from above. This is what we mean by the legislative process.

Your present student body government is not controlled by good constitutional law:

1. The executive officers are listed differently in different sections of the Constitution.
2. There is no protection for a minority or even a majority who wishes to appeal an action taken by executive or legislative officers.
3. There is no way of curtailing the executive group power which may act upon legislation when it is "deemed inconvenient" to call a Council meeting.
4. There is no provision for the impeachment of an executive officer by the legislative body nor for the censure of one of its own members.
5. There are no legislative committees through which proposals can be channeled nor is there any body of rules governing the procedures of the Student Council.

Space does not permit further analysis, but these weaknesses, I believe, are most pertinent to the present situation.

Changes in Student Government should be made now. A new Constitution may help, but its writing and adoption will take time. The present Seniors will not have an opportunity to participate in their high school government again. The students should all have the guaranteed right to act in their own interests. To protect the interests of the student body members and to provide for the orderly process of legislative action, I propose:

1. That a set of legislative rules be written by a committee appointed for that purpose by the Student Body Advisors.
2. That legislative committees be set up for the study of matters to be brought before the Student Council, the chairmen of such committees to be appointed by the Student Body President with the approval of the Student Council.

Eleanor Schoen

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Suggestions for Better Government

Dear Editor,

In evaluating efficient government practices, we have found flaws that are definitely affecting the efficiency of our own student government. Students should be made aware of these practices which we consider unethical. Therefore, we would like to call attention to the following points:

1. Use of parliamentary procedure
 - a. No official parliamentarian or parliamentary authority
 - b. Not enough time given for discussion
 1. Members are cut off during presentation of points.
2. Executive Board
 - a. Executive meetings are held at inappropriate hours
 - b. No clarification of executive board members and their authority
 - c. No designation of voting members in student council
 - d. All Student Council advisers are not notified of executive meetings.
3. Meetings
 - a. Too informal
 - b. Representatives do not have time to discuss issues with their classes before votes are taken.
 - c. Standard legislative procedure is not followed.
 1. Agendas are not distributed for review before the meeting

If one were to attend a Council meeting, he would find these flaws obviously evident.

Because we have found these flaws present in our own Student Council, and because we want to have these corrected so that we may have a better and more ethical Student Government, we have made a list of suggestions that may prove valuable.

The suggestions are as follows:

1. A Parliamentarian should be elected.
2. Executive meetings should be held on school grounds on school time or immediately after school.
3. The Constitution and by-laws should be reviewed and followed.
4. All voting members should be seated by alphabetical order.
5. A Court of Appeals should be set up.
6. A Legislative Manual should be written up for use by all council members.
7. The agenda should be printed and distributed ahead of time—a few days in advance.
8. There should be at least two readings on bills.
9. Permanent legislative committees should be set up.

FHA Career Day Set For Dec. 16

The Future Homemakers of America Career Day will be held on Saturday, Dec. 16, from 9 a.m. to 12:45 p.m. at Hilo High School. FHA members from Honokaa, Keaau, Kalaniana'ole, Waiakea Intermediate, Hilo Intermediate, Pahoa High and Hilo High will attend. Joan Nishida will co-ordinate the day's events.

Workshops for the first session are on airline stewardesses by Hawaiian Airlines; art, beautification, garments, public information, business, teaching, nursing, oceanography, and interior decorating.

The second workshops will be physical and occupational therapy, business, teaching, nursing, science, law, home economics, hairdressing, and social studies.

Petition For Support Of Exchange Program

Exactly 693 students and interested faculty members have signed a petition recommending that the Hilo High Student Association support and aid the Foreign Student Exchange Program that was initiated here two years ago.

The petition was originated by students who have an active interest in the program because they feel "it is beneficial to the school, community, State and Nation."

1,475 Canned Goods Collected In School

A total of 1,475 canned goods were collected during the recent Thanksgiving basket drive sponsored by the Junior Red Cross. The four homerooms with the most cans collected were recognized over the P. A. system.

They were: first—Room 48 — Mrs. Pauline Fong—102 cans; second—Room 11—Mr. James Noda—77 cans; third—Room 31 —Mrs. Marion Kittelson — 61 cans; and fourth—Room B1-B—Miss Jane Fujii—60 cans.

Extend Appreciation

Dear Editor,

The success of the recent PAAC Conference held at Hilo High School was due not only to the efforts of its members but also to the co-operation and help of several others.

We would like to thank the Letterman's Club which lessened the time necessary for pre-conference arrangements by setting up the tables in the various roundtables. The Sub Debs served as guides to visiting PAAC members, thus freeing our members to attend roundtable discussions.

We would like to thank Mr. Hale and Gilbert Nawiks (the Audio-Visual equipment worked perfectly), and the faculty for permitting us to utilize their rooms. To all these groups we extend our sincerest appreciation.

HHS PAAC Conference Chairmen,
Evon Tanabe and Fran Liu

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Who Are These Noisy Ones?

It is so frustrating to see the rudeness, outright brazenness, and lack of good taste of some individuals who constitute a loud but (thank goodness) small minority in this school.

It seems that you can never quite point them out exactly, but they are there, nevertheless, in their little groups, spread out all over at our assemblies and rallies. At an assembly they are always ready to comment loudly—whether it is pertinent to the subject or not. At a rally they'll whistle or boo insultingly, and if that's not enough, they seem to be well supplied with "wise cracks."

The few loud ones we have in school make it tough for the rest of us.

Loyal to Hilo High

10. Representatives should report to homerooms and stimulate discussion on all issues.

11. Workshops on legislative procedure should be held.

12. All meetings should be open to the entire Student Body.

Period 6 American Problems Class—Room 66

We Know Better Now

By Kathryn Hayashi

It is to the credit of the many diligent people working with the TB and Health Association in our community that the general public has been educated NOT to fear TB. We all know that TB is an infectious disease, but that it no longer is to be feared because now there is adequate medical treatment for it.

But then, how should you act towards a TB patient? According to a Hilo physician, "This is a touchy question, for you don't want to catch TB; on the other hand, you don't want to hurt a person's feelings."

The doctor recommended that if the person is in the hospital, we should follow the hospital rules in visiting him. If he is at home, we should treat him normally. If he refuses treatment, even though he is ill, we must be always aware that he is "dangerous."

A short period of depression usually follows one's realization that "I have TB", but when the medication becomes effective, the patient gains hope and returns to normal.

Sometimes people feel that a stigma is attached to their names once they contract TB. Some feel that even after they are released from the hospital, they are feared and unwelcomed by others. This same physician commented that the best way to help these people is to continually emphasize to them that no one is afraid of them anymore—because we know better now!

Traffic Contest Open To Students

The 13th Annual Traffic Safety Contest, sponsored by Kemper Insurance, is open to any student in the United States. Deadline for all entries is March 1, 1968. Detailed information may be obtained in room 69.

Cash prizes totaling \$3,325 will be awarded to individual students. Also, each entering school may win a prize.

Judging will be done by an impartial panel of outstanding judges selecting winners on the basis of originality, method of presentation, and general effectiveness.

Gift Wrapping

The FBLA has begun its Christmas gift wrapping project at Kress store, President Audrey Veloria reported this week. About 30 members are working after school from 2:30 to 6 p.m., and on Saturdays from 8 a.m. to 9 p.m.

Advisor for the FBLA is Mrs. Loree Girod.

Open House For Language Dept.

The foreign language department will hold an open house on Jan. 17, 1968, for parents and other interested persons, according to Mrs. Nereyda Bottoms, department head. The program for the day will highlight demonstrations on the ALM method of teaching a foreign language.

Parents will also have an opportunity to meet with the instructors of foreign languages.

Boys To Compete In Trouble Shooting

Two students from the auto mechanics classes will be sent to Honolulu to compete in the annual Plymouth trouble shooting contest which will be held at Roosevelt High School on April 10. The two students will be chosen on their ability and achievement.

Mr. Jack Le Fever, general manager of the Chrysler Corp. in Hawaii, recently spoke to the boys about the contest.

TRANSFERRED

Mrs. Nancy Nuha, cafeteria manager, reported that Mrs. Yuriko Shigeta has been transferred to Waiakea Intermediate School cafeteria.

Japanese Classes In Pilot Program

Hilo High School is one of 15 pilot schools in the State which are participating in the University of Hawaii program, financed by a \$91,000 Federal grant, to develop instructional materials for the Japanese language classes in elementary and secondary schools.

The first phase, which was completed last year, was to develop teaching materials for the proposed Japanese courses. The materials included tapes, slides, filmstrips, transparencies, puppets, cutouts, flash cards, and textual material. A test was then conducted under "ideal" conditions, "ideal" meaning UH Experimental school.

The second phase, which started this school year, is to test the new methods and materials in the public schools. To test the new methods and materials, the University selected 15 pilot schools—five elementary, five intermediate, and five high schools in the State. The Honolulu District has two complexes of schools (two elementary, two intermediate, and two high schools); rural Oahu district, one complex; Maui district, one complex; and Hawaii district, one complex (Waiakea-waena, Waiakea Intermediate, and Hilo High).

Teachers of this new method have had to meet certain requirements. For Hilo High, the participating teacher is Mrs. Fumiyo Yamanaka, Japanese language instructor.

Under the plan, the University will supply all instructional materials which include free text material; text guide for teachers; all audio-visual material; and assistance to teachers by bi-monthly and as needed visits from staff personnel.

According to Mrs. Yamanaka, the teachers are to send to the University, comments on the methods or materials used. The University then compiles these comments and will make corrections and revisions to the methods and/or materials.

With these new materials, the students in her classes seem to be enjoying the class more and learning more, Mrs. Yamanaka stated.

THE VIKING

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Linell Yugawa.

Volunteers—Malva Imaizumi, Carol Imanaka, Stanley Kubo, Layne
Yoshida.

Holiday Science Lectures Slated

A series of Holiday Science Lectures for students and teachers of secondary schools in the State of Hawaii will be held on Dec. 28 and 29 at the Spalding Auditorium, University of Hawaii Manoa Campus.

Hilo High students notified of their acceptance to attend the series are: Seniors—Amy Motonaga and Gary Nham; Juniors—Marcia Fujimoto, Ruth Hisanaga, Ray Kawachi, Curtis Nakayama, Sharon Yamada, Jocelyn Yamamoto and Layne Yoshida.

Mr. Bruce Bowen will attend the series as a faculty representative.

Round trip fare will be given to all outer island participants by the National Science Foundation and the Hawaii Academy of Sciences. Housing will also be provided, by Oahu participants, for those outer island students requesting it.

The principal lecturer will be Dr. Edward E. David, Jr., executive director of the research communications system division of the Bell Telephone Laboratories, who will speak on "Communication: Men and Machine".

Geometric Xmas Tree For Cafeteria

The Math Club is currently planning to put up a geometric Christmas tree which is to be on display in the cafeteria the week of Dec. 11. Plans for the tree are being made by Judy Fajardo and May Masuko.

Beginning with the second semester, the club will concentrate on the concept of weights and measures—its history, usefulness and application. Dates for these studies will be announced later.

The members recently went on an excursion to C. Brewer Co. where they learned about computers and how they function.

"It was very interesting and the people were nice. An example of what computers can do may be seen in Room 29," Avis Morita, the club's secretary, pointed out.

Anyone interested in joining the Math Club may attend the meetings which are held every second and fourth Thursday, or see Mr. Raymond Yoshino, adviser.

Mr. Tanaka Says:

Record Not Kept of College Choice

By Cynthia Agan

Are there any special colleges or universities that Hilo High students have shown preference for in the past?

According to Mr. Yoshichi Tanaka, counselor, no generalization can be made on the students' choices because up to now, no records have been maintained in our school. However, beginning this year, accounts of college or university preferences will be kept by the counselors.

"The University of Hawaii, Hilo Campus, seems to be more and more a favorite among our seniors. Reasons for their choice vary, depending on the individual. By attending UHHC, the burden of expenses is lessened considerably; also, they're closer to home," Mr. Tanaka commented.

Another favorite seems to be the University of Hawaii, Manoa campus.

Mr. Tanaka further noted from his experience last year that the majority of seniors tend to choose mainland schools which are located west of the Rocky Mountains. There is a small minority who still pick schools that are spread around the country.

"No trends have been set on college choice, but it is important that students be coached, as sophomores and juniors, by parents, teachers, counselors and any others concerned with education," Mr. Tanaka concluded.

New Equipment For Language Dept.

An improvement in the foreign language department with the purchase of new equipment, was reported this week by Mrs. Neyda Bottoms, head of the foreign language department. Each foreign language teacher is equipped with a tape recorder; in addition, the department has three record players, two filmstrips, projectors and head-sets.

The head-sets (ear phones) have already been used by Mrs. Maria Rawe and Mrs. Fumiyo Yamanaka; however, the other language teachers are waiting till after Christmas vacation to put the equipment to use. These head-sets are especially beneficial in oral drills.

Hawaiiana Classes Plan Puako Trip

The seven Hawaiiana classes in school will go on all-day excursions to Puako by bus on Wednesday, Dec. 20, and Thursday, Dec. 21. On their tour they plan to cover such spots as the petroglyph fields, Puukohola heiau, and the Mauna Kea Beach Hotel.

Last month, 60 of Mr. Charles Okino's 230 Hawaiiana students took a two-day trip to Kona and visited Hulihee Palace, Kahaluu Beach Park, Kailua wharf, Capt. Cook's monument, and the City of Refuge. They also took the boat ride out to Kealakekua, and later watched the torch-lighting ceremony at King Kamehameha Hotel in Kailua. The group spent the night at the old Catholic Church pavilion.

En route home, the party stopped off at Halemauau crater to view the eruption.

Chaperones for this trip were Mrs. Beulah Olson, Mr. Victor Della Betta and Mr. Charles Okino.

Juniors Asking For Change In Seating

The Junior Class Council is presently looking into a possible change of their mascot and Class colors. The present mascot is Cupid and the colors are blue and white. The social studies representatives are asking their classes for suggestions.

President Melvin Kaetsu reported that the junior class is seeking changes in their present seating arrangement in the pool area. The juniors now occupy sections BCD, but they feel that as juniors, they should have seniority over the sophomores who take up one whole section all to themselves.

"Io Saturnalia"

Latin Club To Celebrate Festival

"Io Saturnalia", a celebration in honor of the god Saturn, will be sponsored by the Junior Classical League tomorrow night, from 7:30 to 9:30, at the Methodist Social Hall.

About 80 people, consisting of members and invited guests, are expected to attend the event. All are to wear Roman togas and tunics, and since there will be no chairs, they will sit on mats on the floor just as the Romans did.

Entertainment will consist of skits portraying myths. Some of the members will be dressed as gods and goddesses and will present themselves to the audience. Refreshments will be donated by the club members.

If there is time left after the entertainment, there will be dancing to music from such "Roman provinces" as France and Italy. Also, Christmas carols will be sung in Latin.

NROTC, ACT Tests Tomorrow

The NROTC test for the NROTC Scholarship will be given in the school library tomorrow, at the same time as the ACT test which will be given in the school cafeteria.

Last Saturday, 375 students took the Achievement test. The second test is scheduled for Jan. 13, registration for which ends tomorrow.

Students who took the PSAT test recently received their results last week. These results gave the juniors an indication of their strengths and weaknesses, and also helped them with their college planing.

Likewise, the sophomores and seniors who took the STEP and SCAT test were given their results in their English classes.

Parents interested in their child's results for the SAT, PSAT, or school tests, are asked to call their child's counselor for an appointment.

Alabama Student Latest To Enroll

Another new addition to Hilo High School's growing Student Body is Charles Mitchell Key, a sophomore, who hails from Alabama. However, before moving to Hawaii, Charles attended military schools in Germany and Kentucky.

When asked what he thought about Hilo and the 50th State as a whole, his answer was: "I like it." Also, the students here are a lot better than the kids on the Mainland, he commented.

Sports wise, this husky sophomore likes football, baseball and basketball. An injury in his hand, though, has prevented him from taking an active part in these sports. But, he is an active rifleman in the National Rifle Association (NRA) and at present is a sharpshooter with pro-marksman, marksman, and marksman first class.

As for hobbies, Charles likes to take pictures and also man audio-visual aids and run movie cameras. Camping, scouting and writing short stories also take up much of his spare time, that is, if he has any time left in his crowded schedule.



Attending Hilo High School under the International Fellowship Program are two Colombians from the city of Bogota. Both boys, Camilo Paredes (left) and Ricardo Gutierrez will be here for about three months before returning to South America.—Photo by OH.

Foreign Exchange

2 Boys Here From Colombia

BY JOAN AND LILLIAN

Through students in the Foreign Student Exchange Program, Hilo High School has become acquainted with such South American countries as Chile, Nicaragua, and now Colombia.

The latest exchange students to come here are Camilo Paredes (Restrepo) and Ricardo Gutierrez (Gutierrez Castaneda Matallana), both 17 year-old boys who arrived in Hilo recently from Bogota, the capital of Colombia. These boys will be seniors on their return to their Colombian schools next February.

Camilo's immediate impression of Hawaii was "it's very exotic." In fact, he finds the atmosphere, people and places different from those in La Soledad, a suburb of Bogota.

As for Ricardo, he's very happy to be in Hilo and thinks this is one of the most beautiful places he has ever seen.

The boys agreed that the erupting volcano impressed them the most.

Camilo comes from a family of two older brothers and one younger brother. He attends El Colegio Saint Viator, which is under the directorship of Catholic fathers from the United States. It is a private boys' school with male and female teachers. It is unlike the other South American schools in that the students are not required to wear uniforms.

Special Christmas Menu Coming Up

Although the Christmas menu is still in the process of being planned, it promises to be something special, according to the cafeteria.

The cafeteria is probably the busiest place in school, and Mrs. Nancy Nuha, manager, is assisted by seven women helpers and nine student helpers daily.

Preparation for lunch begins at 6:30 a.m., and about 250 pounds of rice and 1,550 rolls are utilized every day. This year the cafeteria is allowed to sell orange juice, a Federal commodity, at mid-morning. It is served with one Graham cracker, three times a week, for a small sum of five cents.

There are three cashiers for mid-morning and 10 cashiers for lunch.

Tomorrow is the deadline for applications for the College Board Tests scheduled for Saturday, Jan. 13, 1968.

The subjects Camilo took in Bogota were anatomy, geometry, algebra, aesthetics, English, French, Spanish Literature, industrial arts, physical education and religion. At Hilo High, he audits English, American Problems, Spanish and Hawaiiana. He finds HHS a change from St. Viator, because the enrollment here far exceeds that of his home school. Also, he finds disciplinary action is more rigid in Colombia.

Camilo is a tennis enthusiast and has played the game since the age of five. This is his family sport, as each Sunday and Monday his family plays tennis. In addition, he enjoys swimming and horseback riding. During the weekends there are many lively fiestas at which time the people participate in fast dances. "Bambuco" is the national dance of central Colombia; the coastal regions have their Cumbia and Guabina.

Being a Catholic, Camilo was interested to learn that there is only one Catholic church in Hilo but numerous other churches, in contrast to Colombia where the majority are Catholic.

Camilo's ultimate goal is to become a psychologist since "I want to work with other people," he stated.

Ricardo comes from a family of eight, consisting of two sisters, three brothers, his parents and himself. His father is a lawyer who handles civil cases.

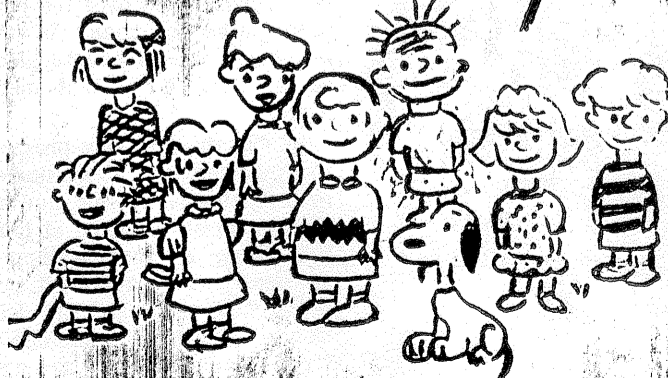
He attends a private boys' school called Gimnasio Moderno, which ranges from elementary to high school level. One major difference he finds is that in his former school, the students do not change classes, but the teachers do. Uniforms are not required at Gimnasio Moderno, except on Friday mornings when they have a flag raising ceremony.

During his junior year, Ricardo took physics, chemistry, trigonometry, mathematics, French,

(Continued on Page 4)

CHARLIE BROWN'S GANG SAYS:

HELP FIGHT T.B!





Interviewing Mrs. Matsue Nishiura, a practical nurse at Hilo Hospital, who works in the TB ward, is her daughter, Lillian Nishiura, of "The Viking" staff.—Photo by OH.

Daughter Interviews Nurse-Mother

By Lillian Nishiura

Although a great majority of us are anticipating a Merry Christmas, there are still some who won't be able to enjoy this happy holiday with their families. Such people are the TB patients at the Hilo Hospital who are confined to their hospital rooms.

I learned about these patients from my mother, Mrs. Matsue Nishiura, who has worked as a nurse at the hospital for the past 13 years.

According to my nurse-mother, any patient who is admitted to the TB wards is first given a series of tests, beginning with the skin and sputum test. The latter is given on four consecutive days on a 24-hour basis. Each morning at 6 o'clock, a nurse comes to collect the cups in which the patient has deposited his sputum. If the results show that the patient is positive, he will receive immediate TB treatments. On the other hand, if the patient is negative, further tests are given to confirm the results. One is the gastric test in which a Levin tube is inserted in his stomach for examination of TB germs.

All patients are put on the observation lists until their test results are returned from the lab in Honolulu. During this waiting period the doctor comes to give them physical examinations regularly.

Once the doctor receives the results, he classifies the patients into 1, 1½, 2, 3, 4 and 5. A person who is No. 1 is strictly a bed patient; in other words, his activities are confined to bed rest. The only exception is that he may sit in a chair while his bed is being made.

A patient in class No. 1½ is also confined to his bed except that he is allowed to walk to the bathroom once a day. In class No. 2, a patient has bathroom privileges and may shower or tub himself two times a week.

Privileges granted to class No. 3 include using the bathroom, going to the solarium (a gathering place for patients), attending church services in the hospital, and going to the movies in the hospital auditorium. For class No. 4, there are half hour daily walks and a pass to go home once a month. In the fifth class, the patient is allowed to take two 30-minute walks or one 45-minute walk daily before supper, and can have two passes a

month. Every month the patient is given a sputum test, and at least every two months an X-ray. In addition, the doctor visits him daily during the mornings.

There are three major types of treatment given at the hospital. They are bed rest, chest surgery, and treatment by drugs. Bed rest is very important since the patient uses his lungs less while lying down and this helps the lungs to heal more quickly.

To prevent the spread of tuberculosis from the patient to the hospital employees and visitors, certain rules are set for the patients. Patients must always cover their mouth and nose with cellwipes (special napkins) every time they cough or sneeze, and they must immediately deposit their dirty cellwipes into a proper container.

The count of TB patients at the present time is about 41. Until recently, a 13 month old baby and a 10 year-old boy were in the TB ward, but they have since been released. Mother says this is a very low number as compared to five or six years ago when six wings of the hospital were filled with TB patients. One of the major reasons for this big drop in TB cases is the use of miracle drugs like streptomycin, para-aminosalicylic, and isoniazid.

Sometimes people get the impression that because nurses are nurses they are immune to TB. However, nurses, like any other people, must take certain precautionary measures. Each nurse wears a gown and mask

Storytelling Hour, Workshop Planned

Two upcoming events for the Speech Club are storytelling and a workshop on parliamentary procedure.

Telling stories at the Hawaii State Library and the Children's ward at Hilo Hospital will be Stephanie Nishimoto, Gerry Subica, Althea Fujimoto, and eight others from Mrs. Alma Cooper's speech class. Marilyn Iseri is chairman.

The parliamentary procedure workshop will be conducted by Mr. Shintaro Namihira of Hilo. Chairman Gerry Subica said that as yet no date has been chosen for the workshop.

UH Open House For Sr. Students

Tomorrow, the Associated Students of the University of Hawaii, Hilo Campus, will hold a "Senior Open," from 9 a.m. to 12 noon, for all interested high school seniors.

The program for the day will be as follows: 9 to 9:45 a.m.—faculty speakers; 9:45 to 10 a.m.—walk around campus; 10 to 10:30 a.m.—international program; 10:30 to 11 a.m.—student panel and question and answer period; 11 to 12 noon—tour of dormitory (for interested students).

The purpose of this program is to acquaint the prospective students with admission policies, some facets of college life and activities, and the physical beauty of the Hilo campus.

FNA To Decorate Pediatric Ward

The Future Nurses are not planning to have uniforms but will be identified by their club pins.

Their Christmas project is decorating the pediatric ward at Hilo Hospital and giving the children there, small stockings filled with goodies. Also, they will send out Christmas cards to other organizations which are associated with the FNA.

On Dec. 1, the girls visited Hawaii Technical School where there is a class in practical nursing.

Student Leaders Hold Stimulating Conference

Youth Involvement — Unlimited!

This was the stimulating theme of the 28th annual conference of Hawaiian Association of Student Councils held on Maui over the Thanksgiving holidays. Five hundred student leaders from every corner of the State

Degree Pins Given To FFA Members

Degree pins have been presented to members of the Future Farmers of America who have worked on their projects, attended meetings regularly, and paid their dues.

Discussions have been held on FFA Week which will take place in February, according to Mr. Sau Hoy Wong, adviser.

Agenda for the next FFA meeting will be the distribution of FFA calendars.

REPORT CARDS

First quarter report cards were issued to Hilo High students on Nov. 20. According to Mr. Marvin Senter, registrar, there were only a few minor problems this year as compared to last year.

and washes her hands thoroughly after touching any of the patient's belongings. Most important, they must keep their resistance high to prevent catching the TB germs. Twice a year the nurses have an X-ray examination.

Mother says that nursing isn't a very easy job and that a person has to really love the job to continue working. In her case, she enjoys working so much that some of the TB patients have become like "family" to her.

Teachers Of English

3,500 At Honolulu Confab

A total of 3,500 English teachers from various parts of the United States, Canada, and the South Pacific were present at the 57th annual convention of the National Council of Teachers of English, which was held in Honolulu, Nov. 19-Nov. 26. The convention's headquarters was at Ilikai Hotel, with smaller group meetings at various other Honolulu locations.

Besides the teachers, there were also a large variety of speakers from Asia, England, and other parts of Europe as well as the major universities in the United States. Among the speakers were famous persons such as John Knowles, author of "A Separate Peace"; C. Day Lewis, famous English poet; Carlos Romulo, Philippines Minister of Education; Jessamyn West, author of "Friendly Persuasion"; John Dixon, leading English teacher in England; and Paul Woodring, educational editor of the Saturday Review.

The convention offered study groups concerning subjects such as department chairmanship, teaching English as a second language, rhetoric, new English curriculum, slow learners, and other interesting topics.

Hilo High's English teachers who attended the conference were Mrs. Pauline Fong, Mrs. Irene Okada, Mrs. Amy Farias, Mrs. Gloria Brown, Miss Ruth Kanno, Miss Naomi Okimoto, and Mr. William Hale, chairman of the English department.

2 Boys Here . . .

(Continued from Page 3)

English, Spanish Literature, civics, religion, psychology, philosophy, sports and music. Incidentally, his favorite subject was trigonometry. At Hilo High, he audits humanities, psychology, chemistry, Spanish and English.

Ricardo hopes to become a doctor.

His hobbies and interests include watching professional wrestling, playing soccer, swimming and riding horses. However, his favorite activity is traveling; in fact, he has already toured the United States, Mexico and South America. Just last year, he spent three months in Pittsburgh, Pa.

Ricardo also has favorite foods — both Colombian and American. Sancocho de pescado (fish dish), ternera a la llanera (veal), and cuchuco ajiacho (soup) are his Colombian favorites, while chicken rates tops in his American meals.

As for music, Ricardo has no complaints about American rock-n-roll, but prefers the music of his country.

During the remainder of his stay here, he would like to see more of Hawaii, as well as learn how to surf.

On the question of television, the boys agreed that American people think too highly of TV. South Americans find better things to do than just watch TV, the boys said.

Fads and fashions in Bogota appear to be similar to those followed by teenagers here. They have their mini-skirts and long hair; however, these are confined to a few teenagers.

Ricardo is residing with Mr. and Mrs. Reginald Lau, and Camilo stays with Mr. and Mrs. Charles Sato.

Both boys are eager to make new friends, so they welcome students to ask them questions anytime on campus.

Chorus To Sing At Four Events

Singing their way through the school year are the members of Hilo High's Concert Choir who have a number of engagements coming up this month.

Starting with two performances at the Orchid Island Hotel on Monday, Dec. 18, and Tuesday, Dec. 19, the choir will appear in two other performances during the month. They will sing songs which vary from Christmas songs to Hawaiian and other numbers, such as: Dahil Sa Iyo; Hark the Herald Angels Sing; Na Lei O Hawaii; Laupahoehoe Hula; Hawaii Aloha; O Little Town of Bethlehem; Joy to the World; Lei Aloha Lei Makamae; Silent Night; I Heard the Bells on Christmas Day; A La Narita Nana; We Three Kings; Lo, How a Rose E'er Blooming; and Adoramus Te.

On Thursday, Dec. 21, the choir will perform at the Hilo Shopping Center; and on Friday, Dec. 22, at the school Christmas program.

The chorus' Christmas party will be held on Saturday, Dec. 23, at the First United Protestant Church.

Hilo High Hosts PAAC Confab

Hilo High's Pacific and Asian Affairs Council was host to six schools at the first PAAC Island Conference for this year, held Nov. 18 on the HHS campus. The six schools were St. Joseph, Honokaa, Pahoa, HPA, Laupahoehoe and Hilo Intermediate.

Each of the PAAC members chose one of the following 12 roundtables: Asia and the Pacific, Mediterranean and the Near East, Africa, South of the Sahara, Eastern and Western Europe, USSR, and the Western Hemisphere.

Acknowledgments are extended to general co-chairmen — Francis Liu and Evon Tanabe; program — Karen Tanaka and Corrine Kinoshita; refreshments — Linda Kelii and Jane Koizumi; roundtables and cleanup — Myron Okada and Francis Hamada; P.A. system — Cheryl Kasamoto; correspondence and registration — Gale Kaneshiro and Lynne Sufuji; host and hostess — Bobby Jean Leithead, Sub Debs and the Lettermen's Club.

PAAC advisor is Mrs. Clarissa Kuniyoshi.

NHS To Discuss Controversial Topics

The NHS members will hold discussions of controversial subjects at their next meeting on Monday, Dec. 11. Mr. Bruce Bowen, advisor, said that he is very disappointed over the poor participation of many of the members. Several have neglected to attend the regular meetings.

To join the club, the prospective member must be nominated by a teacher or advisor, and his grade average must be at least 3.30. Next, his participation in extracurricular activities is checked, then the final decision is made by a committee of faculty members. Members must maintain the B+ average.

Answers To TB Crossword Puzzle

1	W	2	H	3	E	4	A	5	R	6	T	7	N	8	U	9	R	10	S	11	E	12	D
13	E	14	X	15	T	16	E	17	N	18	D	19	O	20	A	21	T	22	R	23		24	
25	R	26	I	27	M	28	H	29	O	30	S	31	P	32	I	33	T	34	A	35	L	36	S
37	B	38	A	39	C	40	I	41	L	42	L	43	I	44	O	45	E	46	R	47	E	48	
49	O	50	Y	51		52		53		54		55	P	56	A	57	R	58	A	59	N	60	A
61	N	62	T	63	O	64	P	65	I	66	E	67	O	68	R	69		70		71		72	
73	F	74	T	75	T	76	B	77	D	78	N	79	K	80	I	81	N	82	N	83		84	
85	T	86	T	87	B	88	E	89	R	90	C	91	U	92	L	93	O	94	S	95	I	96	S
97	L	98	O	99	B	100	E	101	U	102	R	103	C	104	T	105	O	106	T	107	S	108	
109	I	110	R	111	E	112	M	113	I	114	D	115	H	116	A	117	N	118	O	119		120	
121	V	122	R	123	E	124	T	125	A	126	G	127	U	128	L	129	E	130	I	131		132	
133	E	134	N	135	C	136	L	137	O	138	S	139	E	140	D	141	U	142	A	143	I	144	
145	N	146	L	147	I	148	N	149	E	150	S	151	S	152	P	153	A	154	Z	155	R	156	
157	M	158	E	159	R	160	L	161	O	162	A	163	164	165	166	167	168	169	170	171	172	173	
174	D	175	Y	176	S	177	P	178	N	179	E	180	181	182	183	184	185	186	187	188	189	190	

Odds 'n Ends

Here I am once again, your reporter, to bring you the happenings of some of our students on campus . . .

Seen groaning and moaning after receiving their report cards for the first quarter were teens like Doris Olivera, Patricia Yoshioka, Iris Iwashita, Glenn Suzuki, Roy Horikoshi, Ben Okimoto and Susan Minato. Did you have too many "good" grades??? . . . Anyone for jokes? Just ask Gary Nham . . . Terrence Takiue had a very, very sore head last weekend at Hapuna. Too many bugs? . . . Hey! Derrick Mukai, Alvin Naguwa, James Imanaka, Cheryl Hashimoto and Phyllis Hamamoto . . . how come all of a sudden you people seem to be hitting the books??? . . . Did you see Eileen Kagawa's paper dress??? Wow, it's just out of this world! We heard that she brought an extra dress to school, just in case of an "accident," you know . . .

Poor Lynne Tokihiro, she was seen on Kam Avenue . . . which is really not unusual . . . but then, if your car is stuck and there's a service station right across the street and you can't get to it . . . well, that's another story . . . but with people like Noreen Goto, Roxanne Ishii, Carol Motoyama, Alan Urakami and Paul Honda around, "things" started to move again . . . Blowing their Birthday candles for the month of December are Gale Uratani, Catherine Wada, Gerald Otake, Richard Suder and Gary Yoshida. "HAPPY BIRTHDAY" . . . Counting the days till Christmas are guys and gals like David Chuck, Terry Bright, Linda Koreyasu, Amy Chong, Wayne Yamashita, Susan Motoyama, Wendell Foster, Naomi Omuro, Lynn Nakaoka and Lance Samura. Don't worry, people, it's only 12 more school days till Santa and his eight tiny reindeer make the scene.

The Y-Teens are planning to go Christmas caroling on Friday, Dec. 15, and teens like Marylyn Paik, Amy Deweese, Ann Hisanaga, Avis Hirokawa, Juanita Newcomb, Debra Kozuki, Alana Ogawa and Elaine Kagimoto are already "sharpening" their vocal chords. No cracked windows yet??? . . . Douglas Wong and Leslie Miyasato, it seems the two of you had a wonderful time riding down to the library in the trunk of Aaron Shimabukuro's car . . . Exhausted after that tiring swimming ordeal were Henry Terada, Francis Hamada, Joe A. Sherrard, Paul Rapoza, Ronald Shigekane and Steve Warsh . . . By the way, have you met Ricardo Gutierrez and Camilo Paredes, the new foreign exchange students? Not bad, eh, girls??? . . . Ever hear of the "Ichiban Toros," "Chicken Wahines," "Chiquita Bananas," "Igarots," "Potato Bugs," "Manjus," or "Dingleberries"? No? Well, they're some of the many original names of the sophomore girls' P.E. volleyball teams . . . Incidentally, taking up the volleyball sport with great zeal and zest are sophomores Barbara Hirata, Harriet Fujio, Gale Suga and Jean Akamine . . .

Hereafter "Peppermints" Naomi Fukagawa, Linda Koreyasu, Kathleen Tsuji and Kathy Jinbo will be remembered as the best service station attendants in town . . . they washed and polished THREE of Bruce Kaya's Ebesu vans. How are your arms, girls? . . . Myra Yoshida has made Mr. Okino very happy . . . After several months—she can now say "good morning" to him in Hawaiian.

Jeff Estabilio, why are you "girl crazy"?—and please quit chasing the "Flower Girls"!!! Russel Okura, why were you afraid to talk to that girl during lunch recess???

ETV Applied In Classroom Work

The debate, speech and English classes of HHS are presently participating in the use of educational television in their classrooms. Tapes of short and long speeches, and panel discussions, have been made and played back.

Tapes for use in social studies classes have also been received from the HTV on Oahu, which is a branch of the National Educational Television Program.

A demonstrational speech tape was sent to the District office for review from Mrs. Alma Cooper's speech class. A TV tape on television techniques, as demonstrated by Mrs. Cooper's first period class, is tentatively scheduled to be made this month at the District office.

A new addition to the equipment is a special cart which was constructed by Mr. Charles Iseri and his metal shop students for tape-recording and attendant equipment. The boys made the cart as a class project.

At present, there are more requests than can be filled, since there is a shortage of staff workers to meet these requests. On the ETV staff are Dr. George Durham, Mr. James Noda, Mr. Charles Okino and Mr. Francis Iboshi, audio-visual aide.

Social Studies Dept. To Hear Speakers

On Dec. 12, Dr. Louis Warsh and Dr. Tom Smuck of the UHHC will speak to the teachers in the social studies department, according to Mrs. Clarissa Kuniyoshi, department head.

Last month, Mrs. Nobuko Fukuda spoke to the group on the educational objectives at UHHC.

Band Lists Xmas Events

The Viking Band, under the direction of Dr. George Durham, has announced its schedule for the Christmas season.

On Monday, Dec. 11, from 1 to 1:30 p.m., approximately 60 pre-schoolers from the Baptist Church nursery will visit the band class with their teacher, Mrs. Shozo Nagao.

On Wednesday, Dec. 13, starting at 7 p.m., the band will play in a Christmas concert at Mookheau Park, sponsored by the downtown merchants. The band

will appear in another Christmas concert, this time at the Hilo Shopping Center, on Monday, Dec. 18, at 7 p.m.

Next, the band will entertain the students at Hawaii Technical School, on Wednesday, Dec. 20, at 2:45 p.m.

Together with the school chorus, the band will present a concert for Hilo High's Student Body on Friday, Dec. 22, the last day before Christmas vacation begins.

A band party is set for Saturday, Dec. 23, at Onekahakaha Beach.

The Viking Band Booster Club, an organization of band parents, has collected \$114 from the newspaper drive which started two months ago. The drive will continue for another six months. The money from the drive will be used to buy band uniforms.

Senator Doi Talks To Con-Con Group

State Senator Nelson Doi addressed the Constitutional Convention delegates at their meeting during the activity period last Thursday and offered suggestions on how to begin work on the constitution.

The speaker told the delegates that it is essential that they allow sufficient time for proposals to be introduced, studied, and considered. He added that the delegates themselves should each study the proposals so that they may exercise good judgment in their decisions. He also stressed that it may be well that the group make a study of the Hilo High Student Body in order that they understand the problems and the needs of the school.

Senator Doi recommended that the school have three branches of government so that a check and balance system can be maintained. He cited procedures followed by the State Legislature and suggested that the school adopt some of them.

In addition, he pointed out that publicity in the school paper as well as the Hawaii Tribune-Herald may aid in educating the Student Body and the public

Chess Marathon Planned Dec. 26-30

The Hilo High Chess Club will hold a chess marathon on Dec. 26 from 10 a.m. through Dec. 30 at 2 p.m. at the Hilo Shopping Center mall. It will be a 100 hour contest.

The public is invited to watch as well as encouraged to play chess during this time.

Key Club

The Key Club's December projects include Christmas caroling with the Sub-Deb at the Geriatrics Center and a "Toys for Tots" campaign. The caroling will probably be done on Dec. 22, the last day before Christmas vacation.

about the convention and its decisions. He said that this publicity would also promote interest and participation.

Speech, Debate Workshop Set

The Pacific Speech Association, in conjunction with the Hawaii Speech Teachers Council, will sponsor an island-wide speech and debate workshop tonight from 6 p.m. to 9 p.m., and again tomorrow from 9 a.m. to 12 noon and from 1 to 3 p.m.

This workshop, which will be held in the MPR, is open to both teachers and students, especially those students interested in the art of communication, and teachers teaching speech, history and English.

The main leaders of the workshop will be Mrs. Dianna Evans, head of the speech department at Kamehameha Schools, and Mr. Liberato Viduya, assistant superintendent in Leeward Oahu and once a speech teacher.

For the debate workshop, the current national question "Resolved: That Congress Should Establish Uniform Regulations To Control Criminal Investigation Procedures" will be the top debate issue.

Other topics to be covered are: Debate, the Individual and Society; The Tournament Debate; Analysis of Debate Propositions; Investigation, Research and Recording; Proof through Evidence and Reasoning; Preparing the Case; Debating the Affirmative and Negative; Refutation and Rebuttal; and Evaluating.

The Hawaii Speech Teachers Council is headed by Mrs. Alma Cooper, chairman; Mr. Darrell Keeney of Pahoa High School, vice chairman; Mrs. Cecelia Shinoda of Kalaniana'ole School, secretary; and Mrs. Jean Harada of Hilo Intermediate School, treasurer.

HOW MUCH DO YOU KNOW ABOUT ASTHMA, CHRONIC BRONCHITIS, EMPHYSEMA?

(Continued from Page 1) asthma can be controlled if they are detected in their early stages. . . . Chronic bronchitis is when there is not enough air in the lungs."

Gregg Fujimoto, Junior: "These diseases all deal with the lung. The best cure for these harmful diseases is rest. There might be more cases among women because they have a larger lung capacity."

Dennis Yoshida, Junior: "Emphysema must be a terrible disease because I can't even spell it. Asthma and chronic bronchitis are both respiratory diseases that cause difficulty in breathing."

Mrs. Shizuko Kato, office secretary: "Asthma affects the lungs and makes it very difficult for the children to breathe. It is generally affected by allergy and/or damp climates. I don't think there is any cure for the illness."

"I don't know too much about chronic bronchitis except that it affects the lungs and that it may result in bronchial pneumonia."

"Emphysema is another disease that affects the respiratory organs. I think it is incurable and can cause death."

Mae Serizawa, Junior: "A person stricken with asthma

wheezes a lot and has a very difficult time breathing. I think one is able to outgrow the disease. . . . I don't know much about chronic bronchitis except that one gets sick for a very long time. . . . I'm sorry but I've never heard of emphysema."

Mrs. Kay Paik, finance clerk: "Asthma is a hereditary disease that causes wheezing and makes for very difficult breathing. It seems to run in our family every other generation."

"People stricken with chronic bronchitis cough a lot and are usually bedridden for a long period of time. . . . Emphysema is a disease that causes enlargement of the lungs and may eventually result in death."

Noreen Goto, Junior: "People with asthma cannot breathe. I think you can eventually outgrow the disease. . . . I'm sorry but I've never heard of chronic bronchitis. . . . Emphysema is the enlargement of the lungs and a few people have died from it."

Marylyn Paik, Junior: "Asthma sufferers can't breathe very well and it seems that sulphur fumes from the Volcano affected a few of them recently. Asthma is also hereditary, and after a certain age, it can't be cured

but may be controlled. . . . Chronic bronchitis makes one cough a lot and seems to have the same symptoms as TB. People are bedridden for a long time if stricken with the disease. . . . I'm sorry but I don't know much about emphysema."

Naomi Shiraishi, Junior: "Yes, I have some general idea about respiratory diseases. I think that emphysema is incurable. A person with this disease doesn't live long because he tends to cough a lot. This wears out his heart and his resistance is lowered. Temporary treatments are given through injections and oxygen."

"I believe asthma to be a seasonal illness; certain times of the year seem to have worse effects. Vaporizers are used to relieve the coughing and wheezing. Chronic bronchitis is the congestion and inflammation of the bronchial tubes. If not properly treated, it can lead to pneumonia."

Mr. Frederick Rawe, English teacher: "Well, asthma is a kind of allergy that runs wild. It affects the breathing mechanism. The mucus accumulates so that the breathing is impaired. People have died from this, and often, it comes during the night when you are supposed to be

resting and breathing normally. Then, without realizing it, you have an asthma attack."

"Chronic bronchitis is a severe cough. My roommate last year had it and he came close to a condition of pneumonia. . . . I think emphysema is a skin disease."

Gary Nham, Senior: "Emphysema is a respiratory disease concerned with the inflammation of the lungs. . . . Chronic bronchitis is a recurring cough in the bronchial tract. I had this disease. . . . Asthma is a disease I had also and had a difficult time breathing. . . . I couldn't go to sleep."

Carl Okuyama, Senior: "I can't tell you about emphysema and asthma because I don't know much about them. I did have chronic bronchitis once and slept the whole day. . . . I had penicillin shots every other day; also Pertusson and Vicks 44. If the cough becomes continuous and it gets worse, it eventually gets to be a dry cough and can ruin your lungs."

Mr. James Noda, zoology teacher: "All the diseases are closely related. . . . I know enough about each one to frighten me. Chronic bronchitis literally means constant or contin-

uous coughing. Therefore, a person would have difficulty breathing. The danger of this is that it may develop complications."

"Asthma is a condition where the blood vessels in the lungs constrict or narrow down, thus causing difficulty in breathing. Basically, the blood vessels carry oxygen and when they constrict, the distribution of the oxygen diminishes."

"Emphysema is the condition where the distention of the tissues due to the presence of air causes difficulty in breathing. I haven't had any of these diseases but I have had many students with asthma."

Mr. Stanley Kawano, P.E. teacher: "In my P.E. classes there are many boys who have asthma. Some of them are smart enough to tell me, so they rest for the day; others don't say anything and they get mild attacks and begin to wheeze. Even some of the football boys have asthma, but just a slight case, so they can continue playing. I have some personal friends with severe cases of asthma and they have to restrain themselves from vigorous physical activities. Not only is asthma dangerous, but the cost of medical expenses is really

high. I feel sorry for people with asthma; they suffer from difficulty in sleeping and breathing. As for bronchitis and emphysema, I don't know too much about them."

Pedro Thompson, Senior: "What's that, something to eat? (emphysema) I've never had the pleasure of meeting her (asthma). . . . Well, at least I know bronchitis has something to do with the lungs."

Asthma, Chronic Bronchitis, Emphysema Defined

Asthma is a condition of obstruction of the bronchioles or the smaller air passages that carry air from the windpipe to the lungs. . . . It is an allergic reaction to physical substances—certain pollens, dust or foods, or to emotional stimuli. . . . It is usually characterized by wheezing or a whistling kind of breathing which is caused by an inability to force air out of the lungs. Sometimes its cause cannot be identified; also, it could be hereditary.

Chronic bronchitis is an inflammation of the lining of the bronchial tubes. The irritation

(Continued on Page 6)



This year's Jayvee team consists of: first row (left to right)—Brian Nishimura, Richard Stevens, John Cushnie, Reginald Ishida, Leon Harris, Mariano Burcena. (Back row) Delbert Rosehill, Junito Macabio, Kenneth Sakoda, Gary Ahu, James Cabatbat, Gary Kuikahi. Photo by OH.

Viking Basketball Roster

Akoi, Jay—Senior
 Baldado, Galen—Senior
 De Silva, Timmy—Senior
 Rabang, Wayne—Senior
 Burcena, Mariano—Junior
 Cabatbat, James—Junior
 Carvalho, Mark—Junior
 Espejo, Douglas—Junior
 Harris, Leon—Junior
 Koga, Stanley—Junior
 Kuikahi, Gary—Junior
 Leialoha, Roy—Junior
 Macabio, Junito—Junior
 Rapozo, Ralph—Junior
 Ahu, Gary—Sophomore

Ishida, Reginald—Sophomore
 Moore, Billy—Sophomore
 Nishimura, Brian—Sophomore
 Rosehill, Delbert—Sophomore
 Cushnie, John—Sophomore
 Sakoda, Kenneth—Sophomore
 Stevens, Richard—Sophomore
 Tanimoto, Brian—Sophomore
 Uyeda, Roscoe—Sophomore
Managers
 Higuchi, Clyde—Senior
 Domingo, Rodney—Junior
 Navarro, Gregorio—Junior
 Narimatsu, Curtis—Sophomore
 Segawa, Dennis—Sophomore

Alumni Take Active Part In Sports

The Dec. 2 basketball event between the Vikings and the Alumni proved to be an exciting affair for both the school and the Alumni. Co-chairmen for the event were James Yagi and Kio Hamakawa of the Hilo High Alumni Association.

Working on the arrangements were: tickets, C. F. Tong and John Yuen; finance, Albert Nishimura; facility use, Muggs Kataoka; concession, Tom Yamane; game preparations, Tai On Chock; personal control, John Okino; front table seating, Hardy Hirano; parking, Dr. Harry Urasaki and Edward Murai; announcing team, Kazuma Hisanaga; game physicians, Dr. James Matayoshi and Dr. Francis Wong; refreshments for participants, Wing Kong Chong; lei presentations, Elaine Ogata; intermission program, Roy Ogata; poster contest, Earl Dela Cruz; programs, Mrs. James Kato; radio publicity, Herbert Horiuchi; and publicity, Jack Ouye.

Coaching the teams were: Nobuo Yamauchi for the Alumni team, and Ung Soy "Beans" Afook and manager John Chang for the Viking Old Timers.

Old Timers team were: Richard "Hoss" Akamu, George Apele, Among those on the Viking

Billie "Sach" Brown, Tai On Chock, John Costales, Ernest Diama, William "Wee Willie" Diama, Kio Hamakawa, Charles "Fuchu" Hara, Toshi "Buff" Hayashida, Earl Hirotsu, George Iranon, Bill "Popolo" Kaa, Larry Kahawai, John "Cliff" Keka, Donna Kualii, Taffy Okamura, George Otani, Stanley Pacheco, Paul Pakele, Francis Rodillas, Herbert Segawa, Julio Tomas, Mits Ushijima, Larry Victor, Nobuo Yamauchi and James Yagi.

Girls' Volleyball

The girls' physical education classes are now playing intersquad volleyball with about four to six teams participating per period. The champions of each period will then play each other in sudden death play-offs during the activity periods.

Mrs. Ethel Tsue's class is playing double eliminations, whereas Mr. Kazuma Hisanaga's class is playing a round-robin.

The boys' physical education classes are finishing off their swimming sessions with tests.

Senior Class Week will be observed from Feb. 5-9, 1968, it has been announced.

Rapoza Places 1st In Cross Country

George Rapoza, a Hilo High Senior, placed first in the State cross-country meet held Nov. 24 at the Pali Golf course on Oahu. George won with a time of 10:40.3.

The other two entries from the Vikings team were Harvey Kanasaku and Douglas Walters who placed 22 and 33, respectively.

A total of 130 runners from 20 schools in the State vied for the title.

Usherettes

Under the direction of their adviser, Mrs. Ruby Nakayama, the Usherettes met recently to discuss the style of their new uniforms.

Dues are \$1 for the school year.

How Much Do You Know About Them?

(Continued from Page 5)
 may have been started by another disease such as influenza, infected tonsils, or an allergy. The most common causes of irritation are cigarettes and air pollution.

Emphysema is a disease which causes the lungs to become greatly enlarged. It is believed to be a late effect of chronic infection or irritation of the bronchial tubes. It is progressive and death occurs either from heart failure or an acute episode of infection.

Treatment of Respiratory Diseases

Doctors do not know how to prevent emphysema, but modern medicine can usually slow down its development. Under a doctor's care, most patients can get relief from their attacks of breathlessness. If a man's job does not require heavy physical labor, his doctor will often say that he can continue to work.

As for chronic bronchitis, the discovery of antibiotic drugs has been of tremendous importance

Three Big Games Ahead for Vikings

Coach Al Manliguis's '67-'68 Viking basketball team has a busy schedule ahead for the month of December.

Tonight, the Vikings take on the Kaimuki Bulldogs at the Civic. On Dec. 15, again at the Civic, they challenge the St. Louis Crusaders who will try hard to retain their basketball crown for the third straight year. With three of last year's starters returning, the Crusaders have a very good chance of repeating as champs. Their three returnees are giants Jim Nicholson, Howard Dunam and Larry Frank.

The Vikings' last home game this year will be held on Dec. 22 against the McKinley Tigers.

From Dec. 26-31, the Vikings will be in Honolulu for the annual Punahou Tournament.

Football Coach Praises Managers

Hilo High would not have been the BIFF champions in the 1967 football season without the help of their energetic managers, especially Stanley Kubo, Coach Stan Kawano told "The Viking" staff this week.

Stanley started his managing post last school year, before the summer vacation. In order to be fully equipped for the task, Stanley took a special athletic trainers' course from Crammer Co. during the summer.

"Stanley did more than what was expected of him. He was firm with the boys but always maintained a friendly atmosphere among them," Mr. Kawano remarked.

Also commended were David Matsuda, sophomore, who did a fine job, and Layne Yoshida, junior, who was indispensable as the team's statistician. In addition to these two, there were Byron Tomono and Allen Filoteo, both seniors, who carried out their responsibilities to the fullest.

As Mr. Kawano stated, "These managers were the 'unsung heroes' of our football games."

Meet Our Coach-Counselor

By Sharon Kakesako

As the new counselor in charge of disciplinary problems, and as the veteran coach of the Hilo High Viking basketball team, Mr. Al Manliguis has a two-fold job of keeping youngsters in line—on campus and on the team.

Just as there are school rules that all students must obey, so are there rules in sports that all players must follow. The team boys are disciplined for any infraction of the rules on the court just as are the misbehaving students on campus.

But Mr. Manliguis commented that "the basketball boys are generally no problem at all. The boys want to play and usually will not break the rules. They know that they can be suspended, and even dropped from the team, if the infraction is a serious one. And this goes for players in other sports too."

Before practice starts each season, Mr. Manliguis discusses the rules with the turnouts and tells them what he expects of them in the way of conduct. If anyone feels he cannot live by the code that is set down, he is free to leave.

Mr. Manliguis stresses discipline on the team because, as he put it, "The boys' conduct reflects on the coaching staff, the school, the parents, and the community. Any wrong they do will hurt everybody."

Our basketball coach enters this season (his tenth at Hilo High), with a record of seven BIFF and four State championships behind him. As for his own basketball playing years, Mr. Manliguis was a star player on

Wanted: Manager For Swim Team

Any sophomore girl wishing to manage the Viking swimming team is asked to contact Mr. Charles Okino in PE-2, or Gaylien Matsuo.

The combined Viking boys' and girls' swimming team works out daily from 2:45 to 4 p.m. at the school pool. Those interested in trying out for the team are welcome to do so, announced Mr. Okino.

The first swimming meet is scheduled for Feb. 10, with Honokaa, HPA, St. Joseph, and Hilo High participating. There will be four other meets, and also a State meet to be held in March in Honolulu in which Island finalists will participate.

There are about 30 members on the swimming team.

Vik Eleven Wins

Post-Season Game

The Hilo High Vikings, who won the BIFF Football Championship with a perfect record of eight wins after defeating the Honokaa Dragons early in the second round of play, faced the second place Kohala Cowboys in a post-season game on Thanksgiving Eve at Hooiulu Park.

The game was decided in the first quarter as Bobby Ahu and Jack Sumitani scored to give Hilo an edge over Kohala, which strengthened until the game ended with a final score of 32-7 in favor of the Vikings.



Mr. Al Manliguis

the Hilo High team during the three years he was here as a student. Upon graduation, he received a basketball scholarship to the University of Hawaii where he continued to excel in the sport.

In urging more students to turn out for Viking teams, in all sports, Mr. Manliguis remarked:

"Too often, a youngster feels he is not good enough to make the team. He shouldn't feel this way; he should let the coaches decide. The coaches can see if he has the potential."

He added: "It doesn't hurt to try out. And it's no shame not to be picked . . . If more youngsters would turn out, we would have the best representative team possible."

Alumni Squeak

Thru 53-50 Win

The Hilo High Alumni, coached by Nobu Yamauchi, squeaked by the Hilo High Vikings with a thrilling 53-50 victory Saturday night at the Civic.

The Alumni trailed the Viking cagers by as many as 10 points determined Alumni rallied back and forged ahead by one point in the fourth quarter. But the game by a field goal by Gilbert Tomas. Jaime Cabatu scored in the closing seconds of the insurance basket to secure the victory.

Both teams were tied 23 all at the half.

Neki Kauhi and Raphael Tomas led the winners with 14 points each, and Timmy De Silva scored 12 points for the Vikings.

In the opening game, the Hilo High JV scored a 52-38 victory over the Oldtimers.

Leon Harris and Gary Kuikahi sparked the Vikings, while James Yagi shone for the Oldtimers.

Viv Kodama Chosen

Cheerleader Captain

Vivian Kodama has been selected captain of the Viking cheerleaders for 1967-68. She is also the editor of the Blue and Gold, Senior Class representative, and a member of the Sub-Debs.

Cheerleaders and yell leaders Winona Ravey, Nora Kishimoto, Pauline Abong, Judi Higaki, Lucia Nishikawa, Julius Wery and Marvin Fukuchi are busy planning new routines for the current basketball season.