



A MESSAGE OF THANKSGIVING

Today, as all the world is falling about us, there is much to be grateful for during this season of thanksgiving: our lives, our families, our jobs, our homes, our freedom in this great nation of the United States of America, and much more. But thoughts go to the Savior as I continue my experience upon this earth and I, today, am grateful for His example of service and devotion as depicted in the picture here.

On this last night with the apostles,

it was important that they learn to be humble. They must serve well in their positions of leadership. To serve well, however, He knew that they must be humble and have great love in their hearts.

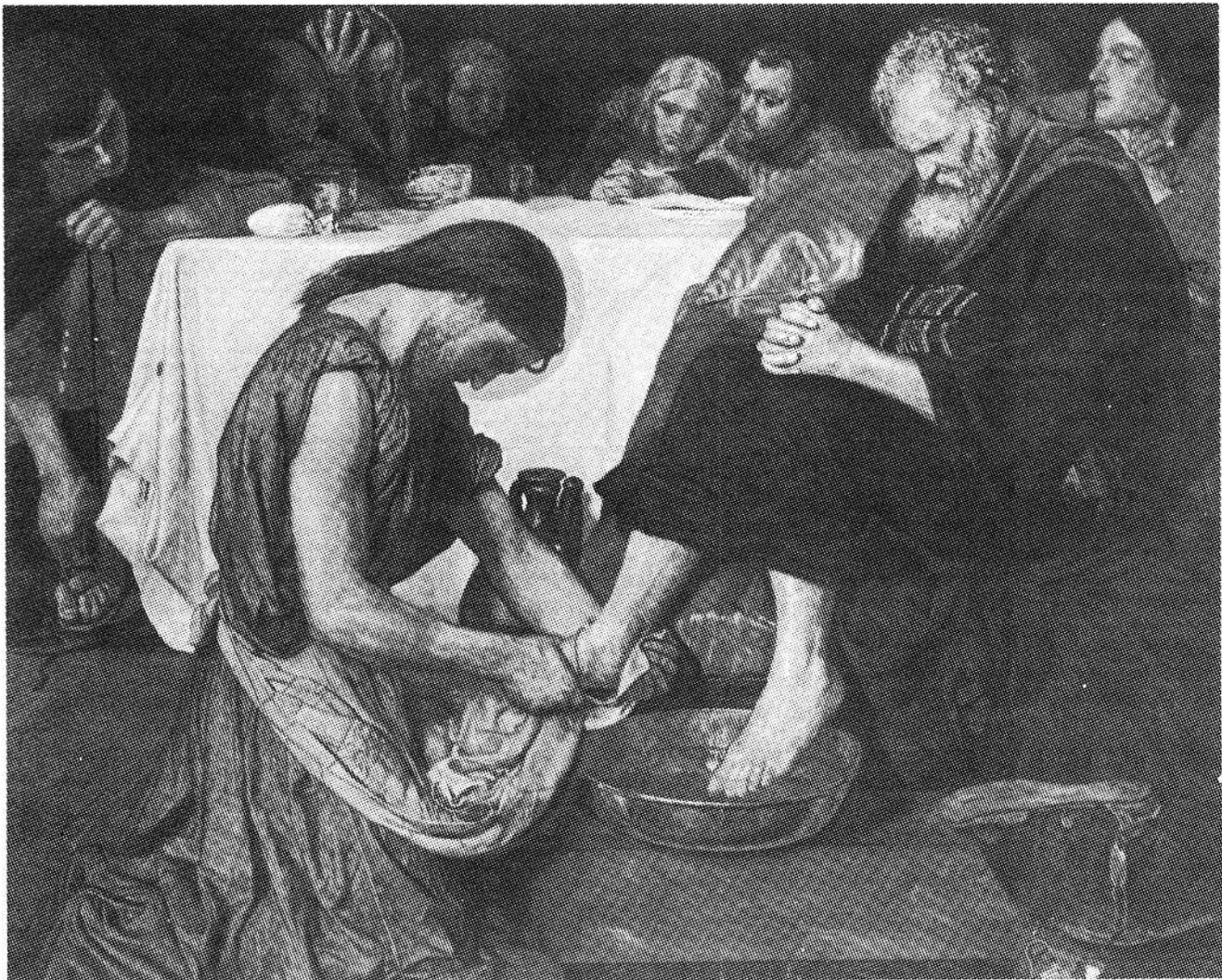
"Seeing their Savior kneel to wash their feet and wipe them with the towel, the apostles were somewhat embarrassed. Some of the twelve as it turns out, were feeling, each in his own heart, greater and more important to Jesus

than some of the others. Jesus used this opportunity to teach that truly great people are willing to serve others.

In this picture, the artist shows Christ and Peter bowed, their countenances seeming to reflect heavy thought. The others, nine depicted here, look on with varied expressions of wonder, dismay, embarrassment, regret, etc.

The effects of this great object lesson that Christ is teaching through His

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“Thanksgiving Thanks”

This week the UPDATE staff interviewed several employees and asked them what they were thankful for. Rather than print the usual things, we thought you might enjoy reading some of the more humorous ones which we received.

Darlene Asuega: “I am thankful for employees who ask me to repeat myself a hundred times a day because the exercise is good for my face.”

Cim Vasconcellos: “I am thankful to be working in an office of full people, that way I don’t have to worry about holding in my stomach.”

Judy Kapu: “Ditto Cim.”

Angie Ke’o: “I am thankful to Newman Lake for giving me a raise.....on his forklift.”

Josie : “I am thankful to David Hannemann...when he’s off that is.”

David Hannemann: “I am thankful to Josie... for making me feel so ‘wanted’ on my days off.”

Sue Pualoa: “I’m thankful for being a Security Dispatcher. Now I know ‘everything’ about ‘everybody.’”

Darlene Siufanua: “I’m thankful for the new Cronis Time Clock System...this way I spend 6 hours a week on time cards rather than a half-hour.”

Magi Keil: “I’m thankful to President Rodgers for leaving David Hannemann in charge while he’s in Japan since David already has a head full of gray hair.”

Gil Obina: “I’m thankful for my gray hair because it keeps everyone from asking me to help them move their furniture around.”

Debbie Au: “I’m thankful for my job as mail girl... it’s taught me great lessons of virtue—‘patience’ with people who never have their mail ready for pick up.”

Josephine Moea’i: “I am thankful to David Hannemann and the Village gang for changing my job description to being a caterer... It’ll help me in my retiring years.”

Luce Magalei: “I’m thankful for all the changes we keep having... that way I never know who my boss really is.”

Mike Foley: “I’m thankful for not having a beeper. I guess after they read this and give me one, I’ll find a way to be thankful about that too.”



Junior Asuega: “I’m thankful for a lot of things. I can’t decide if I’m more thankful for being on Management Team or off... but I’m sure I’ll have more chances to find out... again, and again, and again.”

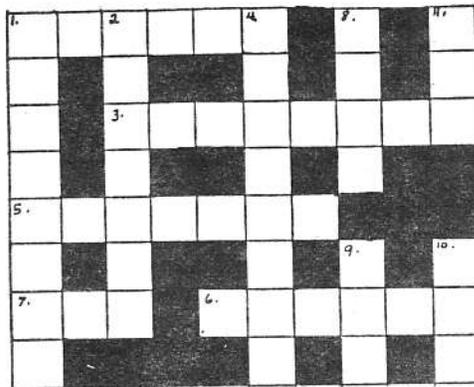
Max Purcell: “I’m sure I’m thankful for something, but like employee lunch, I just can’t quite figure out what it is at the moment.”

Ralph Rodgers: “I’m thankful for Macadamia nut chocolate candies, turkey, fillet, pumpkin pie, shrimp, sushi, ham, mashed potatoes, cranberry sauce, Joan, stir-fry, lobster, chicken McNuggets, raw fish salad, lemon chicken, egg rolls.”

Coffey Paints Employee Gift

Today, each employee of the Polyneesian Cultural Center will receive a special Thanksgiving gift. By 12:00 noon, each secretary or department head will receive enough of these gifts that one will be handed out to each employee. The gift is a print of a water-color scene which was painted by PCC’s own Ken Coffey for this special purpose. The scene depicts ducks swimming in the lagoon near the Fijian and Tahitian villages. There is a strong possibility that the print is the first in a series of prints made for the Center’s employees and will be continued on a regular basis. The print is available only to employees and will not be sold or given to any others, making it a distinctive and more meaningful gift. The original water-color is framed and can be seen behind the receptionist’s desk in the upstairs of the administration building. On behalf of the employees, the UPDATE wishes to thank Ken Coffey for his beautiful painting, and also thank the Special Projects staff for spearheading the project.

Polynesian Puzzler



Across

1. Young Tahitian who acted as Cook’s interpreter after Cook left Tahiti on first voyage.
3. Twining, plaiting, coiling are methods employed in
5. Ancient Hawaiian alii were conspicuous and striking (synonym).
6. What early missionaries called Polynesian heathens.
7.de plume: pen name.

Down

1. Samoan proverb in reference to PCC: E tasi, ‘ae afe: only one but worth a
2. Any substance that gives nourishment. To the uninitiated poi has been described as baby
4. State where native Arkansawyers reside.
8. Polynesian spelling of tattoo.
9. Jack London’s book: On the Makaloa
10.Me Guides answer questions and give directions.
11. The Pacific, Same thing as pidgin: Pasin bilong Pasefika or Pasin bilong ol ailan.

From the
**Employee Relations
Department...**

**Management
Seminar**

On Appraisal Reviews:

Tuesday, December 3, 9:00-10:00am, for all the how-tos, whys, whens, and wherefores of this important facet of supervision. Will allow time for questions and answers and refreshments will be served.

Note from President Rodgers:

Attendance at this seminar is required for vice presidents and managers. Supervisors are welcome.

**Thursday Night
Spectacular
Auditions**

Shine up your Saxophone and warm up those vocal chords!! Auditions for our Thursday Night Spectacular will be held at two different times, so you'll be able to make it to one — Wednesday, Dec. 4, from 7:30—9:30pm, and Saturday, Dec. 7, from 8:30—11:30am. Auditions will be held in the Band Room. A piano and some other musical instruments will be provided. This talent show promises to be as "spectacular" as the old "Thursday Night Special," so come prepared to star in a show that features our own outstanding talent.

Mini—Olympics

While Thanksgiving dinner is in the oven, come and participate in or cheer on the final activities of the Mini-Olympics! Thanksgiving morning, beginning at 6:30am (right after putting the Turkey in the oven), we will hold the field and track events (shotput, discus throw, standing broad jump, 50-yd. dash, 100-yd. dash), followed by relays (wheelbarrow race, 3-legged race, sack race, and water balloon toss), and concluding with a department-vs.-department tug-of-war. We'll then present the winning trophies in plenty of time to let you get home, put the finishing touches on dinner, spend the rest of the day eating and wishing you hadn't eaten so much!

LET'S TALK TURKEY

The Sodium Content of Your Food
Anne C. Marsh, Ruth N. Klippstein, and Sybil D. Kaplan*

Sodium is a mineral element necessary for proper body function. It is involved in maintaining blood volume and cellular osmotic pressure and in transmitting nerve impulses.

Body needs for sodium are not great. Intakes of 1,100 to 3,300 milligrams of sodium per day are considered safe and adequate for the healthy adult by the Food and Nutrition Board of the National Academy of Sciences—National Research Council. Most dietary sodium is found in the form of sodium chloride, the compound we know as table salt, which is 40 percent sodium and 60 percent chloride. One teaspoon of salt contains approximately 2,000 milligrams of sodium. Current estimates of daily sodium intake by individuals are between 2,300 to 6,900 milligrams (about 1 to 3 teaspoons or 6 to 17 grams of salt).

Many Americans consume more sodium than they need. "Nutrition and Your Health—Dietary Guidelines for Americans," published jointly by the Departments of Agriculture and Health, Education, and Welfare in February 1980, suggests that people should "avoid [eating] too much sodium."

Excess sodium in the diet is believed to contribute to high blood pressure or hypertension in some people. Control of body weight and restriction of sodium

intake from foods, drinks, and drugs are among treatments prescribed by physicians to control high blood pressure. Following is a list showing the sodium content (in milligrams) of some commonly-eaten foods:

Milk, whole or fat (1cup).....	122
Instant Choc.Pudding (1/2cup)...	470
Smoked Herring (3oz).....	5,234
Corned Beef (3oz).....	893
Bacon (2 slices).....	274
Ham (3oz).....	1,114
Chicken (1/2 breast).....	69
Frankfurter (1).....	639
Fast Food Chicken (1 piece).....	2,234
Fast Food Fish Sand. (1).....	882
Hamburger (1 jumbo).....	990
Bread (1 slice, white).....	114
Cornflakes (1 cup).....	256
Rice Krispies (1 cup).....	340
Wheaties (1 cup).....	355
Devil's Food Cake (1/12 cake).....	402
Pancake Mix (1 cup).....	2,036
Potato Chips (10 chips).....	200
Stuffing Mix (1 cup).....	1,131
Peanuts, salted (1 cup).....	986
Canned Chicken Soup (1 cup).....	1,107
Canned String Beans (1 cup).....	326
Canned Corn (1 cup).....	671
Teriyaki Sauce (1tbsp.).....	690
Margarine (1tbsp.).....	140

*Marsh is a Nutritionist with the Consumer Nutrition Division, HNIS, USDA; Klippstein is Professor, Division of Nutritional Sciences, Cornell University; and Kaplan is a Cooperative Extension Specialist, University of Rhode Island, Kingston.

**COMMITMENT
TO
EXCELLENCE**

"I owe most everything to football, in which I have spent the greater part of my life. And I have never lost my respect, my admiration or my love for what I consider a great game. And each Sunday, after the battle, one group savors victory, another group lives in the bitterness of defeat. The many hurts seem a small price to have paid for having won, and there is no reason at all that is adequate for having lost. To the winner there is one hundred percent elation, one hundred percent laughter, one hundred percent fun; and to the loser the only thing left for him is a one hundred percent resolution, one hundred percent determination. And it's a game, I think, a great deal like life in that it demands that a man's personal commitment be toward excellence and be toward victory, even though you know that ultimate victory can never be completely won. Yet it must be pursued with all of one's might. And each week there's a new encounter, each year a new challenge. But all of the rings and all of the money and all of the color and all of the display, they linger only in the memory. The spirit, the will to win and the will to excel, these are the things that endure and these are the qualities that are so much more important than any of the events that occasion them. And I'd like to say that the quality of any man's life has got to be a full measure of that man's personal commitment to excellence and to victory, regardless of what field he may be in."

VINCE LOMBARDI

By David Rodgers

During the next few weeks, the Polynesian Cultural Center will go through another of its annual employee cycles. Every year we go through the same cycles as students come and go, some for only a semester or two, others for several years. As a result, the Cultural Center has an unusually high rate of turnover of student employees. This turnover brings with it advantages and disadvantages. One advantage is that with new employees come new motivation and excitement for the job. One disadvantage is that new employees have little knowledge of the workings of the Polynesian Cultural Center, its history, its growth, its people, and its successes. Even many full time employees have only been with us for a relatively short time and they also have little or only a growing knowledge of what the Center has been through and what it stands for. There is, however, a large group of employees who have seen the Cultural Center from early in its inception to now who have a real appreciation of what it has gone through and where it has come from. Kelela Lombards letter to a "friend" in last weeks UPDATE is an example of the feelings which this group of employees have for the Center.

At this time of thanksgiving, we reflect on the first thanksgiving. We visualize it as a time of beginning. The beginning of a new country, the beginning of the thanksgiving tradition, and the beginning of a new way of life and freedom. When we think about those pilgrims, however, we realize that for those who celebrated that first thanksgiving, it was more of a culmination of events, and not a beginning. To them it represented the end of years of hardship, hunger, and even death. In many ways they celebrated it as a final success—they had accomplished what they wanted to and they were happy with their lives. Perhaps they had an idea that the future would get better, but that wasn't their concern. How narrow-minded this view looks now that we can see the big picture of what they were just "beginning."

Here at the Cultural Center, perhaps we are in the same situation. To our limited mind, perhaps we celebrate what 1986 will bring with all its improvements, new innovations, and additions and think that we have arrived. We offer thanks at this time of thanksgiving for what we have and what we have become. We are proud for our success—and rightfully so. But is there a possibility that we are just pilgrims? Are we limiting our sight and not realizing that what we celebrate as a culmination and as a sense of "finally having arrived" is not in reality just a birth into the future?

Perhaps then we need to re-define what the true Thanksgiving spirit really is. It encompasses being thankful for what we have and for what we have accomplished, but it is much more. We look back, give thanks, but then we turn our heads and look into the dimly lit future and realize how incredibly far we have to go. We are not intimidated by the size of what we may become, but we become resolved to work towards that, what ever it is. Perhaps it is not even within our mental capacity for any one of us here to see the possibility of what the Polynesian Cultural Center is to become, but it is certainly our physical responsibility to send it further along its course toward that goal. That is our true Thanksgiving celebration this year and whether we are one semester student canoe guides, or 20 year managers, our vision and responsibility is the same.

Happy Thanksgiving ■

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exemplary service are radiated in each face. John, at the extreme right, peers on interestedly, compassionately. Judas, readily identified by the money bag resting near him on the table, is stooped and lacing his sandals. The Master seems to perceive Judas's thoughts and Judas feels uneasy in His presence. Another at the table is grasping his head as if bewildered and unable to comprehend the foot-washing act.

The two central figures are Jesus and Peter. Particularly vivid is their clothing. The Savior has put on a servant's robe which accents even more strongly the role of servant He now performs. A humbled Peter, with hands folded and head bowed, is touched by the humility and magnanimity of the Lord. Note Peter's distinctive robe,

cloak, and sash."

This scene in its simplicity of service and devotion is profound; and feeling its impact, we are impelled to greater service and dedication in all that He asks of us.

One of the greatest endeavors He asks is that we love one another. As much as we would like to think that this commandment is only meant for Sundays and only in Church, we need to recognize that He expects this same service and devotion to one another at "all" times.

There are many opportunities during the day that we can be in this great service. It humbles me to think that we, here at the Polynesian Cultural Center, are in this service throughout the year... for this we can be thankful. ■

CALENDAR

Monday, December 2

Christmas Tree Lane Contest

Mall-all week

Christmas Tree Lighting

Mall-6:00pm

Beef Broccoli, Shoyu Chicken, rice, mixed vegetables, drink.

Tuesday, December 3

Roast Beef w/ gravy, Deep Fried Mahi, scalloped potatoes, corn, tartar sauce, drink

Wednesday, December 3

ASBYU Forum - Jose De Udaeta

Little Theater-10:30am

Bach - Handel Concert

Aud. 7:30pm

Beef Curry Stew, Teri-Chicken, rice, tossed salad, drink

Thursday, December 5

Bball Whittier College

CAC 7:30pm

Pork Chop Suey, Breaded Pork, rice, tossed salad, drink

Friday, December 6

Ward Night

BYU 1st Stake - Relief Society Closing

Social - Ballroom 9:30pm

Baked Lasagna, Sweet & Sour

Spareribs, rice, garlic bread, mixed vegetables, drink

Wednesday 4th

L.T. Forum 10:30am Jose De Udaeta

AUD 7:30pm Bach—Handel Concert

Roast chicken with gravy, teriyaki

pork, steamed rice, cole slaw salad, drink

Thursday 5th

Mens Basketball CAC 7:30pm

BYU—HC vs. Whittier College

Friday 6th

BYU—HC 1st Stake Relief Society

closing social Billm. 9:30pm

Ward Night

The UPDATE is an employee newspaper of the Polynesian Cultural Center and is issued as a training tool of the administration of the Center. The UPDATE staff consists of:

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The UPDATE is printed by Iava Posala of the PCC Graphics Department.

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