

The Kapi'ō Newspress

Tuesday, April 26, 2005

THE KAPI'OLANI COMMUNITY COLLEGE NEWSWEEKLY

Volume # 38 Issue 28

Med students welcome new Kakaako campus

By Paul Kolbe
NEWS EDITOR

A new \$150 million campus is putting U.H. medical students at the forefront of modern medicine.

The Kakaako based campus, which opened its doors for classes on April 4, will become the permanent home for U.H. medical students, and will house two main facilities: One for medical education, now open, and another for bioscience research, scheduled to be completed in September 2005.

"It's a very nice upgrade, especially after the flood when our classes were fractured and located all over the place," said Misha Cassel, a first year student who said he had classes on different campuses while repairs were underway, and doesn't mind the longer bike ride to the new campus. "The new school is really cutting edge state of the art."

According to Keahi Renaud, a third year student, the designers of the school also took great strides to make the new facilities culturally conscience. Placing signs relevant to Hawaiian history and culture, strategically throughout the buildings and surrounding grounds.

"They really tried to build it as a

cultural continuum (of Hawaii) and imbue it with mana with its symbolism," Renaud said.

The school, named for former Hawaii Governor John A Burn's School, will offer several upgrades from its former home on the U.H. Manoa campus.

"The new building is designed for the way modern medicine is taught," said Interim Director of Public Relations for the school, Anna Powell, explaining that classes will be centered around small tutorial groups, as well as clinical skills. "There will also be a center in the new facility where volunteers act as patients for clinical skills."

Clinical skills are a major part of the school's teaching philosophy. According to the school's Web site, "Problem-Based Learning" from clinical instruction offers several benefits, including economical savings, having students deal with real world situations, and having students interact in the community.

Community interaction is also a major part of the school's mission statement. Claiming approximately 60 percent of practicing physicians in Hawaii are graduates of the MD program, or a residency program, where the school centers its training for Hawaii and the Pacific.



CURRENTLY ON DISPLAY: With over 355 pieces, the Koa Gallery hosts the biggest student art show yet.

U.H. students contribute to genocide awareness

By Paul Kolbe
NEWS EDITOR

The ongoing genocide in the Darfur region of Sudan has prompted student activism nationwide in a campaign named "100 Days of Action." The campaign has been organized by the Genocide Intervention Fund to assist in ending the killings taking place.

Students at U.H. Manoa are contributing to the campaign by sponsoring "Action Week," which is being held from April 25 - April 29 on the U.H. Manoa campus. The week will include an information booth set up in the campus center from 10 a.m. to

2 p.m. and a 1,000-goal letter drive campaign. The letters will be written for participants to sign and then mailed to the political recipient of their choice: President Bush, Secretary of State Condoleezza Rice, and Hawaii senators Neil Abercrombie and Daniel Inouye will be among the choices of recipients.

"The campaign will cover the cost of shipping," said Megan Inada a second year grad-student in the School of Public Health and a campaign sponsor.

Inada and her fellow campaign workers became involved through

INSIDE: Genocide, page 4

Two KCC students recognized for campus and community excellence

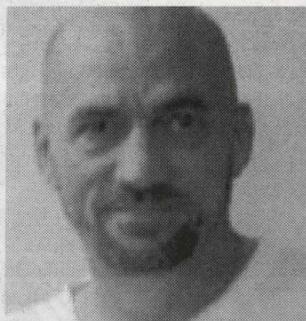
By Clint Kaneoka
EDITOR

Each year, a committee at KCC recognizes two students for their excellence both on and off campus, and for bringing pride to KCC through their leadership and hard work through two awards, the Chancellor's Award and the Charles K. Nakamura Award.

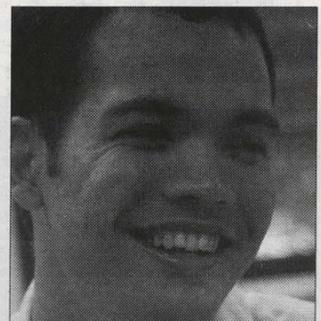
The Chancellor's Award, which recognizes commendable services that bring pride and public recognition to KCC and themselves, has been awarded to Mike Hewitt.

"It's a great honor," said Hewitt. "I've won awards that pay more money, but this one will be on a plaque in the Chancellor's office - that's a real honor."

Hewitt won the award after being nominated based on the large number of services that he has performed in the community and on campus. Cur-



Mike Hewitt



Zachary Ortogero

rently, among other things, Hewitt is a member of Student Congress, 1st Delegate of Student Caucus, a member of the American Cancer Society, and a volunteer tutor for international students.

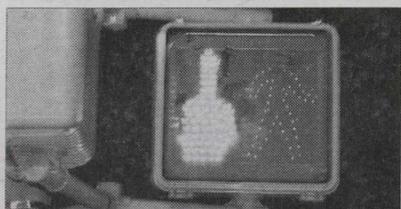
"My time spent helping out in the community and at KCC has been very valuable," said Hewitt. "I am thankful to my mentors, both students and teachers. I have known many people who really care about others - they

are who encouraged me."

The Charles K. Nakamura Award recognizes student accomplishments on campus, and has been awarded to Zachary Ortogero, largely for his work with the e-business program.

Over the past year, the e-business program has worked with Student Congress to put together an Internet campus newsletter called "Kampus

INSIDE: Award, page 4



GOOGLE

Get outta here?

Traffic lights nationwide have recieved an F in efficiency, with a study finding two-thirds of lights are not being monitored or updated.

Full story @ www.usatoday.com



GOOGLE

Now no monkey business.

A SWAT team in Arizona is requesting funding to equip and train a capuchin monkey to carry out missions.

Full story @ www.ap.com



REUTERS

Ooh, that's tender!

A woman in Yangon decided to breast feed Bengal tiger cubs after they were rejected by their natural mother.

Full story @ www.reuters.com



ONION

And the winner is...

Papal Election brings end to worldwide unsupervised-Catholic sin binge.

Full story @ www.theonion.com

EDITORIAL

While Hollywood is battling the new 'film sanitizing' industry, leave it to a Congressman from Texas to pocket profit

Airing April 26 on the American Movie Channel (ACM), "Bleep! Censuring Hollywood" is a documentary exploring the issue of a new entertainment-related industry, which is specializing in editing out questionable content. A week before the airing, a debate ensued. The issue has the potential to unfold an epic-level drama, one that involves Hollywood, the new industry, and politicians. Here are the scores and stats.

Hollywood is about to score a major victory. The "Family Entertainment and Copyrights Act of 2005" is expected to pass the U.S. House of Representatives. Enacting the bill would outlaw all movie downloads over the Internet—giving the American executive branch more leverage in dealing with cyber crime. But as anyone savvy with politics knows there is no such thing as a free lunch.

A Texas representative has attached another bill to the new copyright act, which would flourish a new industry, aptly called "film sanitizers." These sanitizers come in two flavors: a Tivo-like box, which allow users to watch pre-programmed DVD movies with all of the questionable materials edited out. Don't like nudity? Check. Cussing? Check. Bloody and violent scenes? Sure. Just activate the functions via the remote control and even the sounds can be muted.

The other flavor is a special service, which a customer sends in the original DVD, along with a note detailing which scene to be cut out and an expert will seamlessly splice out the unwanted frames. The sanitize shop will mail back the original DVD along with an edited version. Parents could then lock the original in a safe box and watch the edited one with the kids. Don't worry, there is not much to be missed in the edited version, according to the President of Cleanflicks.

(For clarity, the Tivo-like box will be identified as "the sanitize kit"

and the expert service is the "sanitize shop.")

One of the shop owners, Family Flix, promotes that their gadget can edit out scenes that have "sex/nudity, inappropriate attire, gratuitous violence, innuendos/crude humor, profanity, and homosexuality," because "the moral fabric of society—you can see it—is going down hill."

In the preview clip for AMC's to-be-broadcast program, the owners of Family Flix sat in the editing room, figuring out ways to mute the phrase "Oh my God," because it is a taboo "reference to deity."

"They would say 'God' in the movie, like 'Oh my God,' or men tend to say 'Jesus Christ' as a profane use in the movie," said Family Flix's co-owner Sandi Teraci.

Editing without the director's permission is unacceptable, said a producer of the award-winning movie, "Traffic." To him, anyone who provided the kit or the shop, commercially, violated the copyright law.

Not so, according to the Texas politician. His extension to the bill would prevent Tinsel Town from suing both the kit makers and shop owners. The politician said his chief concern is parents too busy to watch over their kids 24-hours a day. What Congress is doing right now, he said, is to provide a digital method of helping parents keeping harmful contents away from their kids—a noble idea.

But profiting from someone else's works is a violation of copyright laws, the producer said. The shop owner jumped in and asked the producer if he would be satisfied if the kit and the expert work for free. Absolutely not, the producer sealed that portion of the debate. The problem with the kit, according to director Steven Soderbergh, who is one of the leaders in the anti-sanitize movement, those special cuts did not have his consent. The danger is



ILLUSTRATION KARI WRIGHT

that kit users would think that their edited versions represented the director's vision. After all, the edited version has his name on the wrapping package and the credit screen.

It is a sport score equivalent of 1-1, a victory with a bitter pill. But it is the elusive politician from Texas who profited the most. Every time anyone speaking the canned line about "giving parents extra help" no one else dares to speak against. No one is willing to risk wearing an anti-family label. When this game is over, the congressman would win new friends in the money making crowd that is Hollywood. He is then credited for giving life support to the new, "film sanitizer" industry. Then in his 2006 campaign for reelection, he would rally himself behind the banner as the "protector of family values," even though he just sold them short on the idea that parents today are getting dumber and dumber to the point that they need extra help in raising kids.

Parents already have the rating system for that. It is obvious not to show a PG-13 movie to an 11-year-old kid. What the Texas congressman, Lamar Smith, did

was to open the gate for all sort of editing for all sort of customers. Don't like black characters? Sure. Jews? Check. A kid can see an entire World War movie without ever hearing the mention of the Holocaust, should that be the case. More to the point: would movies like "Saving Private Ryan," without the first 30 minutes, still be called a movie, or rather an indoctrination?

Movies might be a work of fantasy, but its violence or situations are not beyond the imagination. Giving parents the ready-made tools can be very helpful to them, but very harmful to their children. What is the harm in explaining to them what's going in the world, using movies or any other art forms, as a visual guide?

It is the job of parents to explain to their children that the world is not a gigantic Disney theme park. And haven't today's parents learned from their own parents that whatever their parents kept away, eventually made ways into their hands? You can't shelter your kids forever. Think about that.

The Editorial is co-written by all editors of The Kapiō Newspress.

SPEAK OUT

Are you worry about your grades?

Question and Photos: Vuong Phung, Diane Lee, Jane Wong, and Kari Wright



Yes, I'm trying to get into the nursing program and I have to compete with younger minds.
—Georgiana Ho



No. I'm not taking Math and English, I'm a culinary student. I'm not worried about my grades.
— Robert Longoria



Not this semester. I am taking only one class.
— Aime Teruya



I am always worried about my grades, especially since I am in the honor society. It's worrying me a lot to get the skills from my law 2002 class and we're doing this mock administration hearing and I am worried about it.
— Jeff Nakayama

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WHAT'S WORDS-WORTHY?
 by Jane Wong



Charity benefits everyone?

In the recesses of my memory, I recall several charitable occasions that I participated in when I was in high school. The school, and a Catholic one at that, made their students go out to do charity, or social work to help the less fortunate. We were never told what it really meant to go out and do these "good deeds" other than it was "mandatory" — ask no questions, just do it. And so we did as we were told: to save our own skin. Charity work, however voluntary or involuntary, is sometimes tricky.

I have noticed that humanitarian aid in the form of monetary donations have been taken to new heights almost immediately after the devastating tsunami that hit Asia last December. The outpour of generosity to help those who lost everything in a matter of mere hours is indeed impressive. For monetary donations are the least, and likely, the most we can do for those who escaped the jaws of death only to be left with absolutely no means of survival. The most beautiful thing about charity work is that anyone can do it, there are no prerequisites with one exception — one would have to actually be alive and breathing (no need to be kicking) to be able to do it.

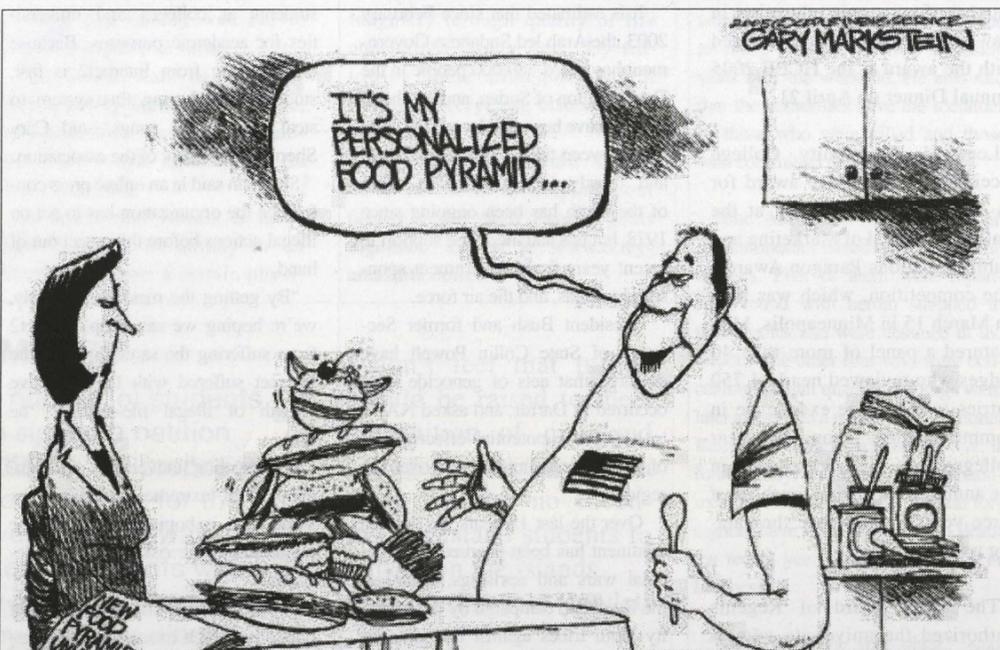
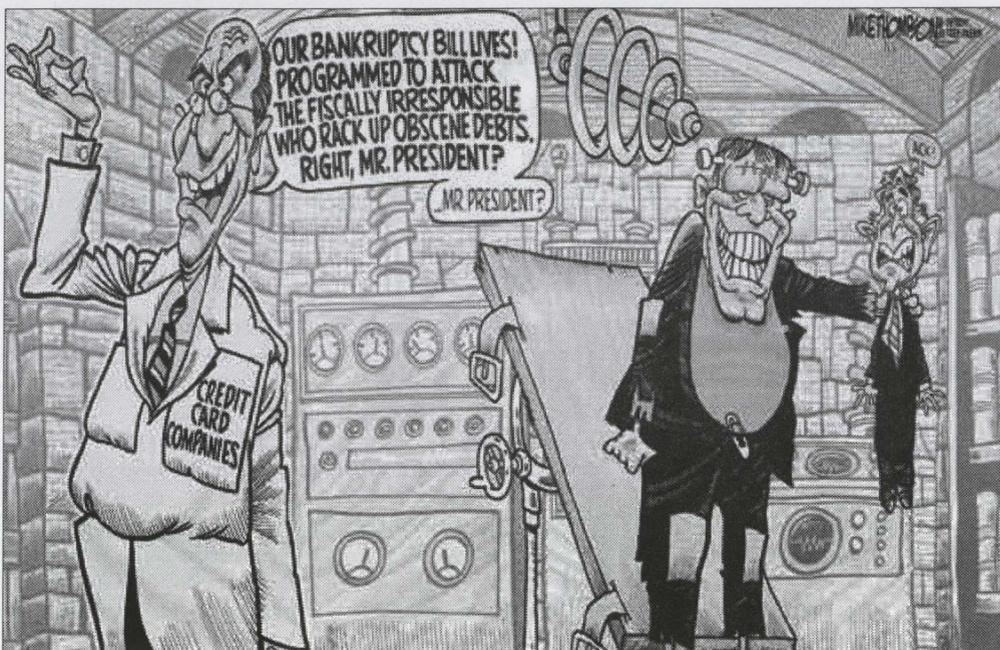
In the recent months I have come across different charitable organizations trying to raise funds for their causes. I don't pay much attention the usual donation boxes placed in strategic locations or volunteers coming up to me for donations. It seems that the boxes and the sometimes pushy representative is no longer an effective method of soliciting funds anymore. Now, they have a small version of a butterfly net in their hands to hold the donations, and they don little fluorescent orange vests — a precaution taken to avoid being run over by oncoming traffic.

I do not have the nerve to question the intentions of these kind souls who have taken time from their hectic schedules to help the less fortunate. It is an act worthy of praise and admiration. They want to help. They want to make a difference. They wave, and smile, in the merciless afternoon heat while most of us seek comfort in an air-

conditioned space. When the light turns red, the volunteers stride up to resting vehicles for donations. Problem is, the light don't remain red for long, the cars don't always obey the lights, and not to mention, wheels move faster than legs. Simply put, vehicles can inflict fatal damages even to the kindest of souls. Some of them continued to walk along the middle of the road even when the light is green! My initial thought was: Wow, these people really bend backwards to help out. And so, I was inclined do what little I could with a humble donation.

But not long after this encounter, I came upon another one, a similar one, on the same street buzzing with heavy traffic. This time it was for a different cause, but the volunteers for this different organization did the same thing that the first one did — zigzagging amongst the endless flow of traffic. And then a third time, for yet another cause and another organization. By then, I felt more annoyed than empathic towards the volunteers, and thought: Good God, someone's gonna get run over one of these days. What then is the purpose of such tactics? Is it to get attention from drivers or to gain sympathy for their cause? Do they not recognize the impending danger that they are putting themselves in? Some of them nonchalantly strut against oncoming traffic with a skip and a laugh in the company of their fellow volunteers completely oblivious to the perils that surround them! Perhaps I should mention that this took place on Kapiolani Boulevard, which according to the Honolulu Advertiser, tops the list of the most dangerous roadways on the island of Oahu.

The question then begs to be asked: if something untoward should befall one of these volunteers, who will take the blame? Should the driver be condemned for running over a person in the midst of conducting good services for the poor and suffering while observing road rules? Are do-gooders void of the responsibility of abiding basic pedestrians' rules? An orange vest is simply an inadequate measure to avoid accidents in the glaring sun, and if organizations continue to allow their volunteers to continue with their dangerous methods of soliciting funds, it is only a matter of time before someone is injured. We all need charity at some point in our lives, and one can only hope that one lives long enough to provide for those in need by not becoming the charitable cause themselves.



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CAMPUS AND
COMMUNITY BRIEFS



PHOTO KAPIO ARCHIVE

University of Hawaii Interim President David McClain has received the Hawaii Council on Economic Education's (HCEE) 2005 Stephen L. Jackstadt Award. The award recognizes an individual for outstanding and sustained support of economic education in Hawaii. McClain was presented with the award at the HCEE 2005 Annual Dinner on April 21.

Leeward Community College received the first place award for its 2004 academic catalog at the National Council of Marketing and Public Relations Paragon Awards. The competition, which was held on March 15 in Minneapolis, MN, featured a panel of more than 40 judges who reviewed nearly 1,750 entries to recognize excellence in communications among two-year colleges. LCC has participated in the annual competition for the past three years to showcase the catalog and the college.

The U.H. Board of Regents authorized the university administration to enter a real estate development agreement for the creation of the Cancer Research Center of Hawaii project on the Kakaako waterfront. The development will be conducted by privately held real estate investment firm Townsend Capital, LLC, who has more than 30 years of experience dealing with the needs of universities throughout the nation.

"The selection of Townsend Capital, LLC is an important milestone toward the university's goal of improving the quality of cancer care, and the volume of cancer research, in our state," said U.H. Interim President David McClain. "I look forward to a timely and successful conclusion of our negotiations for a comprehensive real estate development agreement for the Cancer Research Center of Hawaii's new facilities."

Aja N.M. Reyes, a marine biology student at U.H. Manoa, was awarded the 2005 Morris K. Udall Scholarship. Reyes was one of 80 scholars selected from a pool of 436 applicants from colleges and universities nationwide for the scholarship. The Morris K. Udall Foundation will award each of the 80 merit-based scholarships up to \$5,000 annually.

Genocide:

Continued from page 1

their Public Administrative class, where their teacher gave them a choice between writing a paper, and volunteering their time to the campaign in order to receive their Emergency Response Certificate.

"We were not allowed to raise money on campus," said Inada, adding that in order to raise money on campus a group has to be registered as a non-profit organization.

Instead, Inada and her group registered online with the Genocide Intervention Fund (GIF), and joined the nationwide campaign.

"We're just trying to raise awareness, so everyone who knows (of the genocide) is held accountable," she said.

It is estimated that since February 2003, the Arab led Sudanese Government has killed 380,000 people in the Darfur region of Sudan, and another 3 million have been displaced. The conflict between the Arab Muslim North and mostly Christian native tribes of the south has been ongoing since 1978, but has had increased support in recent years from government sponsored militias, and the air force.

President Bush and former Secretary of State Collin Powell have declared that acts of genocide have occurred in Darfur, and asked NATO to assess the potential effectiveness of an enforced no-fly zone over the region.

Over the last 15 years the African continent has been plagued by genocidal wars and uprisings, including the Rwandan campaign by the majority Hutu tribes against the minority Tutsi tribes that later spread into the Congo. Conservative estimates put the toll of the conflict at 4 million dead and another 1.5 million forced to take refugee status.

For more information on "Action Week" or genocide awareness, contact Sara K. McBride at 391-4559 or log on to www.genocideintervention-fund.org.

Award:

Continued from page 1

Konnections," and has helped in the process of implementing Internet registration.

"It is good knowing that I'm receiving an award commending all the work that I've put in," said Ortogero.

Both of the awards are for \$500, and the winners will be seated in the first row of the KCC graduation on May 12 at 6 p.m. and publicly recognized. The winners are also invited to the Annual Student services Award Luncheon on May 3, where KCC student leaders will be celebrated.

"These are two students who have been quietly working behind the scenes to help improve themselves and the campus in general," said Coordinator of Student Activities George Higa. "It is great to see them recognized for their efforts."

Students sued for illegal downloads

By Brandale Mills
DAILY LOBO (U. NEW MEXICO)

(U-WIRE) The Recording Industry Association of America is suing 405 students at 18 universities for illegally downloading music.

Because of increasing music theft on a high-speed university network called Internet2, the association is taking action by filing copyright infringement lawsuits against students at schools such as Boston University, Carnegie Mellon University and Columbia University.

Internet2 is a network created for students at colleges and universities for academic purposes. Because downloading from Internet2 is fast, students are abusing this system to steal copyrighted songs, said Cary Sherman, president of the association.

Sherman said in an online press conference the organization has to act on illegal actions before things get out of hand.

"By getting the message out early, we're hoping we can keep Internet2 from suffering the same fate that the Internet suffered with the explosive growth of illegal file-sharing," he said.

By targeting universities and students with extreme violations, the association is hoping to educate the public about the risks of illegal file-sharing.

"These lawsuits are getting a lot of publicity, which means that the message will get out far and wide," Sherman said.

The recording association does not profit from fighting copyright infringements, but it claims the money needs to be spent on educating users about downloading and its risks.

The students charged with direct copyright infringement can face a minimum penalty of \$750 per work infringed, he said. Some cases are regularly settled for an average of \$3,500 to \$4,500, Sherman said.

Ella Dewalt, a University of New Mexico student, said she has no remorse for the recording association. She said musicians get a lot of money from consumers who buy CDs.

Sherman said the association has not calculated the losses to the music industry because of file-sharing, but many variables are considered. Everyone from CD manufacturers to background musicians are affected by illegal downloading, he said.

Student Teryn Lamoreux said the association should file suits against providers of the files.

"They shouldn't sue the student if they're downloading and not sharing files. They should go after whoever it is provided by," he said.

The lawsuits will be filed today against the most extensive abusers.

Sherman said students being sued have circulated more than 1.5 million total files, including more than 930,000 songs.



ILLUSTRATION DANA VERKOUTEREN/ASSOCIATED PRESS

Zacarias Moussaoui's guilty plea to six felonies sets up a separate trial to determine whether the sentence should be death or a lesser penalty.

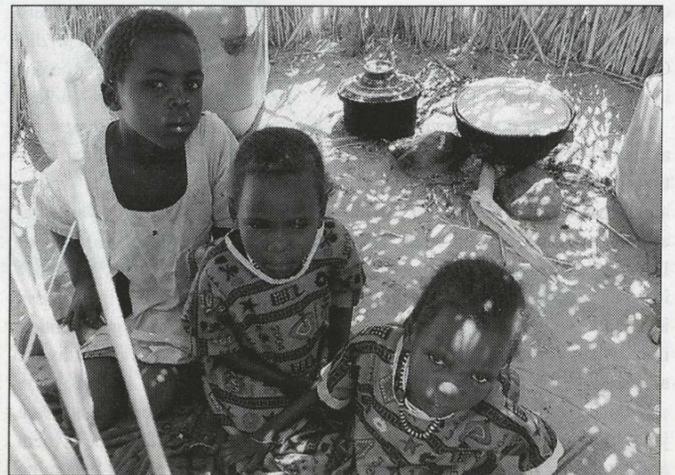


PHOTO BEATRICE MATEGWA/REUTERS

Poor, fearful refugees in Abu Sroug were somber on the day marking the Prophet Muhammad's birthday.



CAPTION STEVEN ERLANGER PHOTO MICHAEL KAMBER FOR THE NEW YORK TIMES

Israel has a chance to qualify for the World Cup for the first time in 35 years, and the legs most responsible belong to a devout Muslim who faces racist taunting.

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Physical fitness is a part of family life

Emmanuel Cournede
CONTRIBUTING WRITER

With a lifetime of work dedicated to improving the lives of others, a Honolulu couple combined their experiences in the fitness industry with parenting skills in an effort to help local families reach their fitness goals.

Eric Yamashita, a competitive bodybuilder and certified personal trainer, whose clientele includes KGMB9 anchor Kim Gennaula-Hagi and other prominent members of the Honolulu community, has successfully revolutionized the direction of the personal training field by offering a variety of family oriented programs such as prenatal and post pregnancy fitness. According to Yamashita, the programs are designed exclusively for family fitness and total body wellness.

Currently a trainer at Gold's Gym Honolulu, Yamashita instructs his clientele on the importance of a healthy family atmosphere as a

crucial aspect for success.

"With all the obesity problems in Hawaii, the focus of my training is really on the family," Yamashita said. "Many island families can benefit from simple lifestyle changes, and I encourage people to start slowly by just getting out and walking, or going to the beach as a family."

With the arrival of a new member to the family, their son Ian, Yamashita and his wife Angela have had to adapt their lifestyles to the fulltime job of parenting.

"I was a gym rat and wanted something that would allow me to be around mothers whom I could help get into shape," Angela Yamashita said.

As a certified instructor for Stroller Strides, a program which helps mothers get into shape through power walking and body toning using strollers, Angela educates mothers on how to live a healthy lifestyle while spending time with their children. This is something Angela said has

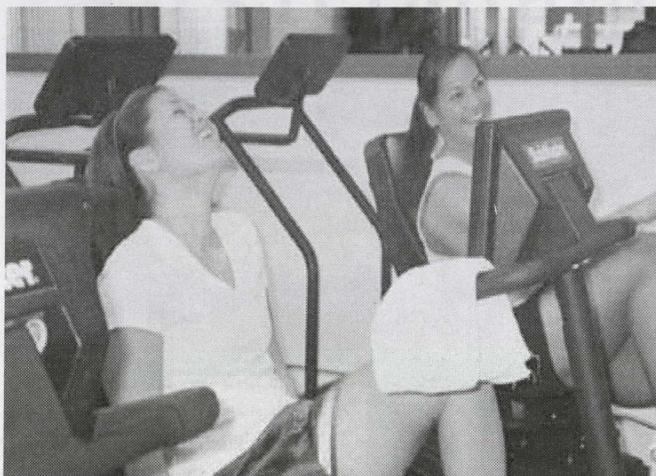


PHOTO: ERIC YAMASHITA

helped to bring their family closer together and has allowed her to stay in competitive form.

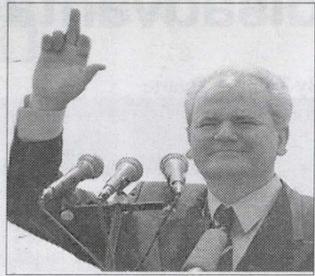
"You never want to get away from a strong family atmosphere, no matter how busy or demanding your work can be," Eric Yamashita said.

He added that fitness is more than trying to be skinny or an attempt to pursue a certain physi-

cal appearance. Fitness is about longevity through quality of life and strong family ties, "By following these principles, you'll find that everything else will fall into place."

For questions on how to get more involved in helping your family reach their fitness goals together, log on to www.eric-yamashita.com.

RECENT SNAPSHOTS OF EVENTS AROUND THE GLOBE



ROTTEN.COM

Fifty bodies of men, women and children were found in the Tigris river South of Baghdad in the town of Suwayra. According to Iraqi authorities, the bodies were badly mutilated. President Jalal Talabani believes that the bodies were of the hostages that were taken from the nearby town of Madain, where Sunni Muslim militants were taking Shia Muslims hostage due to rising tensions between opposing sides over the weekend. He also said that the authorities have the identities of those who were killed and those who committed the crime.

Nine Australians were arrested in the Indonesian island of Bali on drug charges. Five of them were reportedly found with heroin strapped to their bodies and were detained at the airport. The other four who were concealing a small quantity of drugs were later arrested in a nearby hotel. Colonel Bambang Sugiarto said that the five, if found guilty, could face life imprisonment or the death penalty. Several foreigners have been sentenced to death the recent years for drug offences in Indonesia.

"India is in the first place," said Richard Feachem, executive director of the Global Fund to Fight Aids, when he warned of the country's worsening HIV epidemic. According to Feachem, the epidemic is growing so rapidly that if nothing is done about it, millions will die from it. The problem of the widespread HIV epidemic in India is made worse by ignorance and the lack of information about of the disease among the general public, and the unaffordable costs of HIV treatment in India.

In Europe, the trial of former Yugoslav President Slobodan Milosevic was interrupted due to "dangerously high" blood pressure and the risk of a cardio-vascular attack. Milosevic is facing more than 60 charges of war crimes and genocide for his alleged involvement in the Bosnia, Croatia and Kosovo conflict in the 1990s. The trial for the former president has been running for three years and trial proceedings have been interrupted 15 times since he was allowed to defend himself last year.

Star Wars fever is apparent in London's Leicester Square. To launch the premiere of the latest Star Wars film, "Episode 3: Revenge of the Sith," the square will host a day-long celebration on May 16 that will run a six-movie (previous Star Wars movies) marathon which will also be attended by director George Lucas and stars of the movie.

I can't afford increase, single mother on Pell Grant. Already struggling with money now! Please do not increase.

—Michelle Clement

Increasing tuition will bring big problems for those students that are barely making it now with two or three jobs. With high living cost of Hawaii troubling us now, tuition increases will force students to drop out of school.

—Geena Yarbrough

Tuition will kill any chance that lower income kids can actually go to college. How cruel and unthoughtful.

—Chris Bordoy

PRIME NUMBERS

412

The number of students who signed a petition protesting the proposed tuition increase for the University of Hawaii system. Students were also able to submit testimony via the petition.

A tuition increase would put an end to my education!

—Gabriel Apilada

Do you want to kick all of the Hawaii citizens out??

—Farron Maielua

That money better go to pay teachers or lower lab fees or something for the students and not to admin-

istrative salaries. The quality of U.H. is so low already. You are really going to drive everyone away.

—Emily Loda

Increases will make higher education an impossible dream for many who because of income, are already struggling.

—Verna Akina

I don't feel that tuition should be raised to meet the tuition of mainland colleges because then there will be no incentive for island students to remain on the islands.

—Patricia Howlett

Tuition is already expensive! Where does this money go to?

—Chelsea Baldado

I believe that education is really significant for making a great society. Please support students!!

—Naomi Homma

The cost of living in Hawaii is high enough. Tuition increase would be terrible, I'm barely getting by as it is.

—Ashley Naeole

I can't afford to pay my rent if you increase tuition. What have you folks improved? Show us!

—Shannon Oberle

The community college system is really great! As it is now, we can afford to live and go to school. Don't raise our tuition.

—Tammy Holt



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TheBus provides advantages and disadvantages

By Thomas Duarte
CONTRIBUTING WRITER

Catching the bus to KCC can be a good alternative to fighting heavy traffic and searching for parking on campus. Bad traffic is an added inconvenience for students because of the long travel time caused by peak hour traffic and the situation is getting worse. To add to the problems, parking at KCC can sometimes be hard to find and students end up waiting for a long time for a space to become available. Sometimes they are even forced to find street parking.

Riding the bus has many disadvantages such as having to leave early to get to your destination, and sharing a small space with many other commuters, who can at times be rude, and there are times when the buses do not get there at their scheduled time.

"I don't like how the bus drivers seem to not stick to the on-time schedules; sometimes they come early, sometimes they come too late," said KCC student Jonathan Brom.

Many students feel the effects of the buses not coming on time. Sometimes it causes tardiness to class and even in some cases the missing of a class altogether.

"I just missed the bus on my way to school so I had to wait. Eventually, I waited so long that I missed almost half my class," said Vanessa Apilado, a KCC student.

Some who ride the bus do so to avoid the hassle of finding a parking spot, but many students who do not



PHOTO ALOHA-HAWAII

have a vehicle have no other mode of transportation if not for the bus.

"I would rather drive because I wouldn't have to leave real early to get to school or leave late after, but I'm happy to take the bus because I don't have to deal with the traffic," Brom said.

Not having to deal with traffic is one of the many advantages of riding the bus, in addition to extra time to study while students get to their destinations. It also takes away the problem of the lack of parking stalls. Not to mention, by taking the bus, students are actually doing their part to alleviate some of the traffic woes that the city is already dealing with.

For college students who ride the bus, the cost is \$40 for a monthly bus pass or \$2 for every trip with transfers available. For most students who drive to school, paying the fees for the bus may not be worth giving up the comfort of driving to school. A method of getting these students out of their vehicles and on the bus may be to offer an incentive

of some kind, such as having a discounted rate similar to that of some businesses who give their employees vouchers to purchase bus passes.

"On the mainland they have a program for students...they offer a Upass to travel to the university, for people like me, I could use that because I could take it to school and that would be great for me," Brom said.

TheBus has won "America's Best Transit System" twice, first in 1994-1995 and again in 2000-2001. The award is given by the American Public Transportation Association. TheBus consists of 93 routes and about 4,200 stops throughout the island of Oahu and makes approximately 218,000 trips a week which adds up to about 68 million per year. Bus passes are sold on campus at the office of student services in Ohia 101, and bus schedules can be found outside the bookstore. For more information visit TheBus online at www.thebus.org.

Beating Exam Blues

As school winds to a close, it's time to study for finals. If you find finals stressful, here are some helpful hints.

By Desiree Johnston
STAFF WRITER

As April quickly dissolves into May the students of KCC are beginning to feel the strain of final exams. Getting through the last pull before the summer break however, does not have to be as daunting as it may seem. To make it less painful there are some simple suggestions that you may follow to prevent yourself from going insane during this hectic time.

Many students make the mistake of not finding out what exactly is going to be on the exam. They study everything and often focus more on what they don't need and less on what they will be tested on. To avoid doing this, ask your teacher specifically what they will test you on and focus on studying that. Studying anything else is just a waste of time and not beneficial when you have so much to remember for the final.

Another mistake that students often make is waiting until the last minute to study. In other words - Don't procrastinate!

"You should study well in advance so you're not cramming right before the exam," said Andrew Nakano, tutor at KCC's Holomua Center.

It's best to start studying at least two weeks before the test doing some review every day. You will feel more

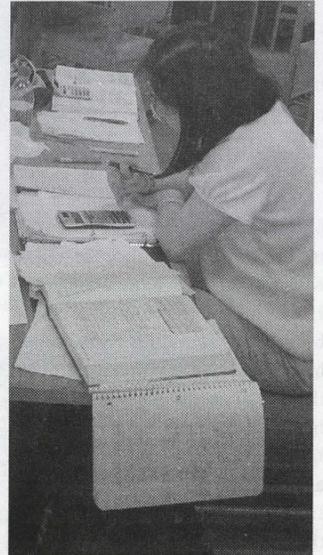


PHOTO KARI WRIGHT

confident about the material and will be better able to determine what you are struggling with and what you need to spend more time on.

"Give yourself a practice test in a test situation," Nakano said. "If you do well you don't have to study anymore and if you don't then keep studying. You should feel confident with the practice test."

If you are having trouble with the material it is a good idea to seek help. Finding a tutor is ideal but if you can't find one available, study sessions are the next best alternative. By studying in groups you

BACKPAGE: Study, page 8

The benefits of meditation and yoga

By Kristen Gaede
CONTRIBUTING WRITER

With the semester coming to an end and the stresses of school and home are combining into one huge knot in your back, there has to be some release. Yoga or meditation could be the stress buster you're looking for.

Stress causes a lot of adverse effects to your body. On a physical level it can cause headaches, skin breakouts, and sleeplessness. On an emotional level you can become moody and abrasive. Most importantly at the end of the semester are the mental effects of stress that can cause forgetfulness, poor judgment, disorganization, and even math errors. None of these side effects are good to add to a very important final exam.

A way to be proactive about the situation is to balance the way your body is reacting to the stress. First you should be aware of what exactly you are stressing out about. Learn to moderate your physical reactions to the stress and live as healthy as you

can. You should eat balanced meals and exercise three to four times a week.

Breathing deep and slowly will bring your heart rate down and relaxation techniques, such as yoga, will reduce your muscle tension. Yoga incorporates the breathing and physical stretching that will prepare your body for the trials and tribulations ahead. Hinduism uses yoga as part of daily life for centuries. Some monks can stay in usually inhospitable weather, like extreme cold temperatures, for hours just with the "mind over matter" attitude.

Marcela Ramose is a student at Kapiolani Community college for a few semesters and the stress really used to get to her.

"I would get severe stomachaches, my face would breakout, and I would forget to do the most important things I needed to do," she said.

After she started doing minor meditation and simple yoga moves she said that her face cleared up and she has no more stomachaches.

"... I breathe really slowly and

usually after about 10 minutes I feel a lot better," Ramos said.

She also likes to meditate before she writes papers or before big exams.

"I think it helps me think," she said.

Kevin Twomey is an apprentice at the Brain Respiration and Wellness Center. "Everyone can benefit from yoga," he said.

Twomey went on to say that there is a lot of extra information in the brain and the extra data is what causes stress. The stress in your mind causes aches and pains in the body because the muscles aren't getting enough oxygen. People can release this excess pressure on the body by doing series of stretches and breathing exercises.

There are many yoga and meditation classes all over the island but you don't have to go to a class to get the benefits of meditation or yoga. Ramos said that she had never been to a yoga class she just bought a book from the Barnes and Noble book store in Kahala Mall. Either way, it's time to fight the stress and rise above it.

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Hawaii State Art Museum interesting and educational

By Kari Wright
 GRAPHICS EDITOR

From its whitewashed Spanish mission style exterior to its eclectic collection of fine Hawaiian art, the Hawaii State Art Museum uniquely mixes both art and history. The Hawaii State Art Museum first opened its doors in 2002. Originally Hawaii's first hotel, the building that proudly stands now looks nothing like it did when it was first constructed in 1872. During World War I, the hotel was transformed into the Army and Navy YMCA. After severe damage from overuse and termites, the historical building was rebuilt to look as it does today. The state of Hawaii purchased the property in 2000 and later chose to dedicate the second floor to the State Foundation on Culture and the Arts' Hawaii State Art Museum.

The museum is split into two sections, one in the west-wing and the other in east. In the entryway to the west-wing, a tremendous Herb Kawainui Kane masterpiece welcomes you: orange from a spouting volcano reflects off of navy blue seas; some of the first Hawaiians seated in a catamaran stare in disbelief at the fiery glory. Sadly this painting, done by the man claimed to be one Hawaii's National Treasures, does not represent the rest of the art that lies beyond in "The Enriched by Diversity" section. Most of these pieces had little appeal and hung limply from the walls like over washed rags. Some of the three-dimensional pieces, although interesting to look at for a moment, held little depth and hardly any insight.

Yet the west-wing's exhibits, sectioned off into two parts, the "Reflect-

ing Hawaii Through Photography" and then "Inner Scapes" displays represent the museum's true treasures. An array of black and white photos of everyday life in Hawaii, done by a variety of artists, seems to have captured the sad, loving, difficult and painful moments of Hawaiians. Furthermore, past the visual timeline of art in Hawaii, the "Inner Scapes" exhibit begins with works that explore the innermost portrayals of what artists perceive, feel and remember about nature. Here the heavy paintings loom off of the white walls, with themes of geology and history, of the physical world melting into the metaphysical, from the mundane to the sublime and the world beyond. A metallic shine, capturing the light itself, mixes down to gray sand. An emerging cloud of red that represents power and solace of the natural world and beyond literally floats off a huge canvas. Then there are the many pieces inspired by Asian culture, from a black and white rendition of a Buddhist waterfall to the finely-textured "Dsui" paper. Scattered throughout are strange sculptures constructed of wood, glass, metal and rock, adding depth and curiosity to their construction.

Set aside a few hours and see for yourself that the Hawaii Art Museum is worth exploring. The Museum is open 10 a.m. to 4 p.m., Tuesday-Saturday.

Admission is free and the Museum is located in the No. 1 Capitol District Building on the corner of S. Hotel and Richards Street. There is public parking within walking distance and many enjoyable restraints in the area. For driving directions or more information, call 808-586-0900.

'CATS' doesn't live up to its reputation

By Diane S.W. Lee
 STAFF WRITER

One of the longest-running musicals to date, Andrew Lloyd Webber's "CATS," returned to the islands once again for a weeklong engagement. As soon as I learned that the Broadway musical "CATS" was coming to town, I immediately jumped at the opportunity to purchase tickets. But with all the hype surrounding the musical, it is difficult to see how it could live up to its reputation.

Sitting in almost the worst seats in the house, my friend and I were miles away from the action on stage. Unlike the two people sitting beside us, both of whom had brought binoculars by the way, we had no choice but to squint our eyes. It was of no use straining our eyes, for nothing had changed, we were still sitting in the balcony section - third to the last row. But all hope was not lost, however, I ended up purchasing the colorful program booklet during the second act to compensate for the misfortune.

The choreography for "CATS" was spectacular, and the movements were very cat-like. Although the performers were visible from afar, I missed out on the simple pleasures of watching performances up close. I could barely distinguish the characters from each other, let alone their facial expressions or the elaborate details of their face paints and fur-like costumes. But every cat had unique individual costumes and make-up, which projected their personalities



PHOTO BOISE STATE UNIVERSITY

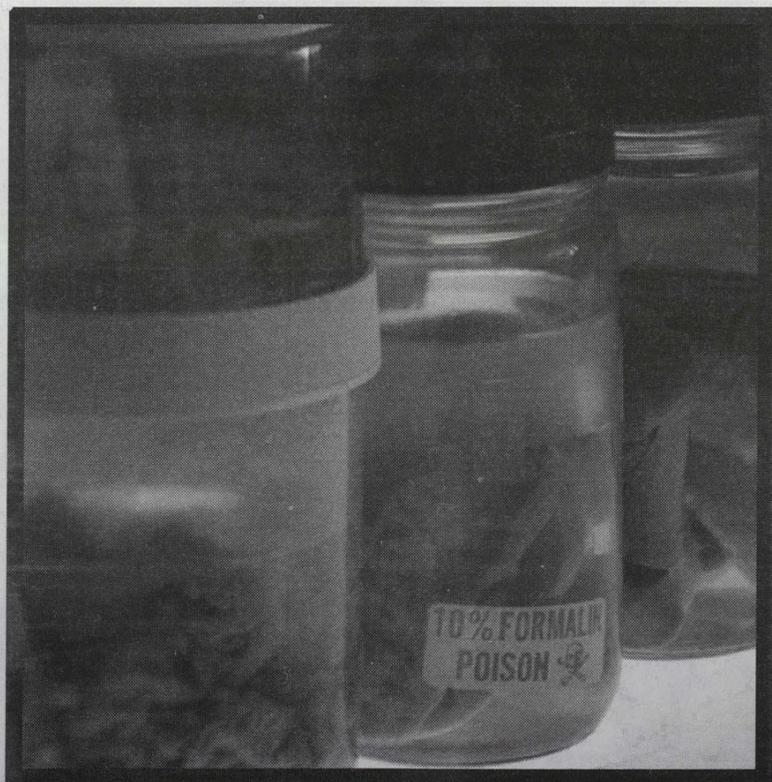
and voices. Rum Tum Tugger, for example, was dressed as a rock star and his personality was reflected off from his costume.

The musical featured different genres of music from rock to jazz. Beyond a doubt, these cats could sing! They had the ability to deliver the highest notes possible, without seeming strained. But there were times when it felt as if I were witnessing a live opera and I couldn't understand a word they were singing. They were howling to the moon, the way real cats behaved. But as the Second Act progressed, the cats got better as more of the main characters took to the stage. "Memories," was without a doubt, the most heartwarming song from the musical and definitely the most understandable when compared to rest. The song will stay with you well after the show is over.

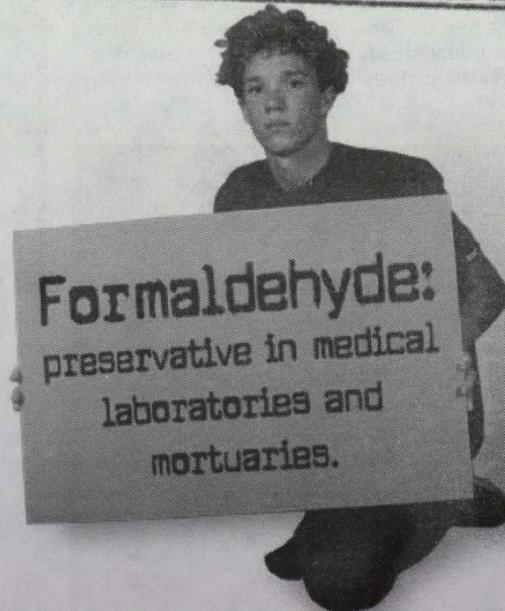
Although the audience was

introduced to many of the characters in Act One, there were none to identify with. With difficulty comprehending what the cats had sung, I had an unclear idea of what the story was about. It seemed that it was about a bunch of cats howling in a junkyard. It wasn't until the end that I actually felt I had a limited understanding of the plot.

Unless you love the furry felines or are willing to spend well over \$50 for good seats, I'd recommend you bring binoculars. Otherwise, purchase the DVD instead for the full "CATS" experience. Perhaps, the show would've been more enjoyable with better seating. Regardless, I hate to admit it, but "CATS" wasn't as memorable as I'd hoped for it to be. Perhaps, older generations would find the musical appealing, but I'd stray away from this bunch of cats.



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Study:*Continued from page 6*

can set up a set schedule, which is a major help if you are a person who lacks a bit of self-discipline.

Make sure you are rested and not hungry before the exam. It will help you focus and be more aware when you are taking the test. Eat a well-balanced meal about an hour before the exam and go to bed early. Do a bit of revision in the morning just checking answers you may be a little unsure of.

Stop studying about an hour before the test. This allows time for you to calm down so you are able to think clearly. When you are done with the exam always proof-read your answers. Often you can determine an answer to a question by the way another question is worded. Being aware of this and acting upon it can greatly improve your scores.

During exams the most important thing to remember is that no matter how stressed you are it will be over before you know it, so the best thing to do is put your nose down and get it done with.

News about French at Kapi'olani Community College:

I. New Beginning French 101-102 intensive course for summer! Students may enroll in either 101 or 102, or both.

French 101: May 23-June 24

French 102: June 27-July 29

Class meets daily from 9-12. Students will use the new textbook, DEBUTS, and view a full-length feature film that accompanies the textbook. The film offers increased focus on culture, real-life situations and up-to-date spoken French. Topics include work situations, family relationships (including dysfunctional ones!), marriage problems, restaurants, fashion, identity, World War II, Québec, Morocco, and Algeria. And, of course, French bread! The film is like a soap opera. Will Camille stop fighting with her mother?

Will she ever want to see her estranged father again? Was her grandfather a traitor? Does Bruno still love her? Will Camille get fired? Will she run off with a Rai musician in Marseille? Is she being dangerously lured to Casablanca? Well, at least "we'll always have Paris."

II. New LLEA 239 WI: Intro to French Literature and Film in Translation (writing intensive).

Fall semester, TuTh 12:05-1:20

This will be taught for the second time this Fall. Students will study classic French literary texts and then see the film version! Sometimes several film versions will be compared. Students must do extensive reading and writing in this course. They will appreciate the influence French literature has had on American cinema and on their own lives. Did you know the film "Cruel Intentions" has French connections? What does Lancelot have in common with Madame Bovary?

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JOB FAIR: April 27, Wednesday

10:00 a.m. to 1:00 p.m.

Cafeteria, 'Ohi'a

Be prepared to approach employers
Dress appropriately
Have your resume in hand
Be prepared to complete applications

Some of the employers are:

Kaiser Permanente	YMCA	Macys
Carlsmith Ball	United Airlines	City Mill
Diagnostic Laboratory Services	Kahala Caterers	Kuakini Hospital
Oceanic Time Warner	PACT	Checker Auto Parts
Shorebird & Ocean House	O'ahu Worklinks	C.S. Wo
Snelling Personnel Services	Zippy's	and more

To learn more about the openings employers will have available, come to the informational table at the entrance to the cafeteria on April 18 and 25, Monday, from 11:00 a.m. to 1:00 p.m. Contact the Job Placement Office, 734-9434, jobs@hawaii.edu for more information.

AN EMPLOYEE'S MARKET

The state is experiencing a surge in the economy which has lowered the unemployment rate. The lowered unemployment rate means there are more job openings than applicants for the many openings with numerous employers. This in turn translates to applicants being able to apply at various businesses and having the pick that suits their needs and wants of the "perfect" job.

If you have wanted to work at a particular business or employer but openings are rare, this is your chance to work up that cover letter and resume and submit it to that company because chances are they are looking for employees. If your current job is not that "perfect" fit and you are thinking about looking for another opportunity, this is the time to do it.

A few of the current openings:

- Office Assistant	full-time Mon-Fri, 8 to 4:30	Crosspointe
- Sales	variable flexible	Bubba Gump
- Student Caller	part-time flexible	UH Foundation
- Assistant Pantry	part-time	Hilton
- Summer Group Leader	30 working days	Hongwanji Mission School

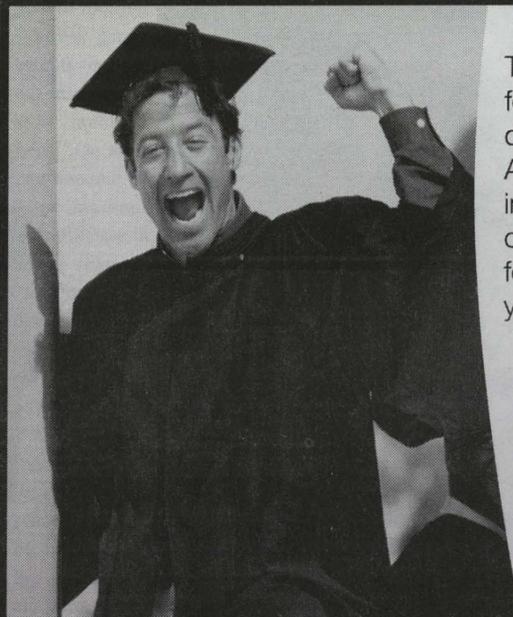
Check out the following websites for current openings:

www.thecampusfleamarket.com – a website by the e-Business students to advertise current openings received by the Job Placement Office, scholarship information, and items for sales.

www.its.sece.hawaii.edu – a website hosted by U.H. Manoa with part-time on and off campus jobs. Use of U.H. username and password necessary for access.

For more information, contact the Job Placement Office at 734-9434 or jobs@hawaii.edu.

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