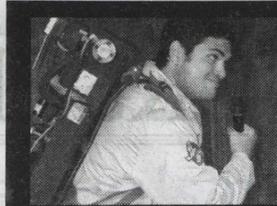


Top six must see YouTube videos: The videos that you must see. They are funny and all around enjoyable.



Perspective page 2



Halloween at KCC: To help students celebrate the holiday season, students were provided with a variety of activities which enhanced this spooky time of the year.

Feature page 7

THE KAPI'OLANI COMMUNITY
COLLEGE STUDENT
NEWSWEEKLY

KAPI'O

Tuesday November 6, 2007 Volume # 43 Issue 11



Chancellor highlights plans for KCC

Chancellor forum may become a monthly event open to all students.

By Christopher Yee
NEWS EDITOR

During a forum coordinated by KCC's student congress, Chancellor Richards gave a presentation that highlighted his plans to reorganize the structure of KCC. He also spoke about his strategic and long-range development plans.

The forum was held Wednesday, Oct. 31.

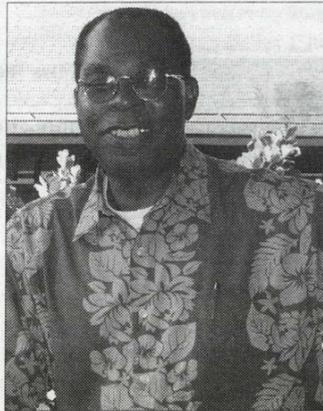
The forum, which Student Congress hopes to hold monthly, outlined the chancellor's plans for KCC's future as well as addressed concerns from the few students in attendance.

In order to reorganize KCC's

academic structure, Chancellor Richards plans to create academic clusters based on the degree programs at KCC. The clusters will help to consolidate services within academic programs as well as to develop pathways to both degrees as well as employment. Programs such as arts and sciences would have their own cluster, while hotel management and culinary arts would fall under a separate hospitality cluster.

In Chancellor Richard's strategic and long-range development plans, there was a large focus on the success of students after they leave the KCC campus. In order to address this, Chancellor Richards focused on what can be done on campus to give students the best tools to work with.

Chancellor Richards also pointed



TARESSA ISHIMI / KAPIO

During the forum Chancellor Richards discussed his plans for KCC as well as his outlook for the campus.

out that KCC sends the most students up to UH Manoa out of all of the UH community colleges. He said that it is important that students who come

from KCC are able to compete with students who are already established at UH Manoa or with other students who are at four-year institutions. Referring to how KCC students have performed at UH Manoa in the past, Richards said, "would you believe they do slightly better?"

Also on the strategic plan is the need for KCC to specialize in a number of programs. KCC's culinary program, which has already garnered international attention, is developing a four-year program. Chancellor Richards pointed out that, much like the culinary program, other academic programs need to be developed in ways that highlight KCC's strengths.

Chancellor Richards also spoke briefly about programs to help students throughout their collegiate career. Financial aid and scholar-

ships are available, of which some are without recipients. The Ka'ie'ie program was also highlighted by Richards, which allows students to attend classes at both KCC and UH Manoa, providing both campuses have accepted the student. Ka'ie'ie also allows students to pay community college level tuition as well as offering the advantage of transferring to UH Manoa as a continuing student, rather than a new student.

In addition to the academic plans he has, Chancellor Richards spoke of the potential for the campus. Developing the land below the Olapa building is a large priority for the campus. That part of campus has long been rumored as the site for a practice hotel to be used by the hospitality program.

BACKPAGE: Richards, page 8

KCC students receive roles in outside production

By Sidney Lewin
STAFF WRITER

All eyes and ears are on Kaori Nishida as she stands on stage auditioning for a role in "Fiddler on the Roof" at the Richardson Theatre at Fort Shafter. She has taken theatre and choir classes at KCC to prepare her for these moments, but she remains nervous.

"I was so scared because the stage is big and I couldn't hear the piano, it was sorta far away," Nishida said.

Nishida is familiar with the stage having performed in "Evita" last spring under the direction of assistant professor Lina Doo.

Doo, who is also the musical director of "Fiddler on the Roof," is part of a group, much like the panel of judges on "American Idol," that decides Nishida's and the other hopeful actors' destiny.

"I'm not as harsh as Simon (Cowell)," Doo said, referring to the "American Idol" icon. "If they make a mistake, that's not held against them. Everyone gets nervous."

Doo said, during musical theatre auditions, she listens for the quality of voice, how strong their musicianship is and if they can carry a tune. She added that it is important that the person auditioning understands their text. She feels that a large aspect of theatre is lost without knowledge of one's spoken words.

Another KCC student, Priscilla Stafford, performed in theatre in Japan while in high school and decided to give acting a try in Hawaii. She performed in "Evita," alongside Nishida in the ensemble. Like Nishida, Stafford auditioned for the cast of "Fiddler on the Roof."

"The first (audition), I was really

nervous, I didn't know the process," Stafford said.

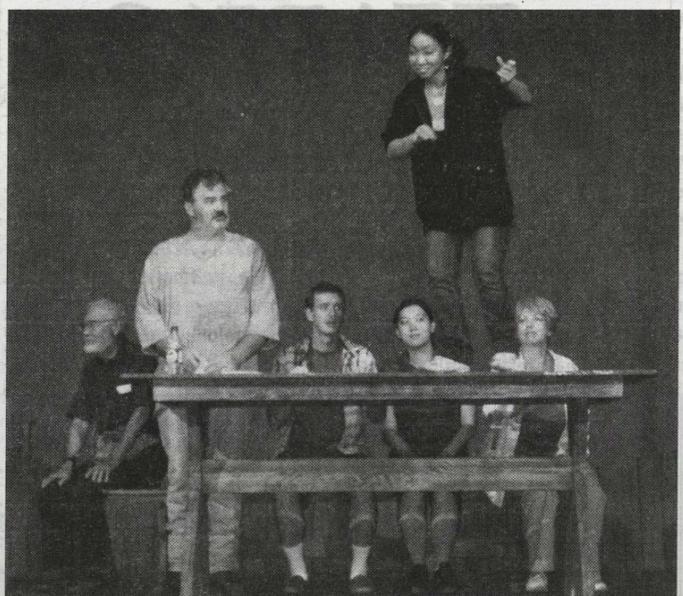
Stafford recommended that students interested in theatre should come to a musical audition prepared, show confidence on stage, and have a song memorized to sing.

Nishida and Stafford have both taken classes from Doo at KCC. Doo said that it is interesting to see what her students have learned in class and how they apply it to productions outside of KCC.

Eleven KCC students auditioned for "Fiddler on the Roof," and all of them were cast. Nishida was cast in the ensemble and Stafford received the principal role as Tzeitel.

"I am hoping this is a reflection of our program (at KCC)," Doo said.

Vanita Rae Smith, director of operations at Richardson Theatre,



KAREN MALONE / KAPIO

The cast of "Fiddler on the Roof" rehearse for its opening. From left to right: Harold Machigashira as Rabbi, Dennis Proulx as Teyve, Richard Bragdon as Motel, Priscilla Stafford as Tzeitel, Shari Lynn as Golde. Standing: Shannon Sasaki as the Fiddler.

FEATURE: Fiddler, page 6



GOOGLE

You didn't see anything!

A man secretly hung his painting in New York's Museum of Modern Art, where it remained undetected for three days.

Full Story @ www.reuters.com



WORLDRECORDACADEMY

What can your ear do?

Former Georgia champion wrestler, Lasha Pataraia, pulled an Mi-8 helicopter 24 yards with his ear breaking the current world record.

Full Story @ www.cnn.com



REUTERS

Sibling rivalry on a new front

A man was found guilty after toxicologist failed to find proof that a spider bite caused him to kidnap and rape a woman.

Full Story @ www.reuters.com



REUTERS

Bad "Dog!"

Bounty hunter, Duane Chapman's show has been indefinitely taken off the air, when a video of him using a racial slur was posted online.

Full Story @ www.reuters.com

THE VIEW WE TAKE

Take time off and unwind with YouTube

The Internet is one of the world's most powerful tools and is also considered the greatest technological advancements in recent history. According to internetworldstats.com, 1.2 billion people use the Internet and the number continues to grow. While some may use the Internet for research and education, many students rely on sites like Myspace, Facebook, and Ebay to help procrastinate from writing that mid term paper. Although these sites may offer some relief

from studying, they are no match against the almighty YouTube.

With an estimated 20 million people that visit YouTube per month, it's no surprise that it ranks as the 3rd most popular Web site on the Internet (behind Yahoo and Google), according to alexa.com, a site which monitors web traffic to other websites.

In July 2006, YouTube announced that 100 million videos were being watched per day on the Web site while simultaneously

24,000 more would be uploaded.

Unfortunately, YouTube may be a bit dangerous if you lack the discipline of knowing when to stop. Watching one video can easily turn into 10 videos—and an hour later, you've watched Esmee Denters entire music video collection. Using only a web cam and an instrumental track, Denters has shown just how famous one can get from YouTube. Her videos have been viewed over eight million times and she has also received a spot on Oprah.

But, for those who want to waste time on YouTube but don't know how to get started, below are six videos that will successfully lower your GPA.

The View We Take is co-written by all the editors of the Kapi'o. We welcome all responses to this subject or any other subject that the campus community feels is important. Address: "Letter to the Editor" kapi'o@hawaii.edu.

EsmeeWorld.com drop!



Esmee Denters

The 19 year old, Dutch singer plans to tour with Justin Timberlake throughout Europe this summer.

Miss Teen USA 2007 - South Carolina answers a question



Miss Teen USA 2007

Britney's got some competition. "... Er, such as."

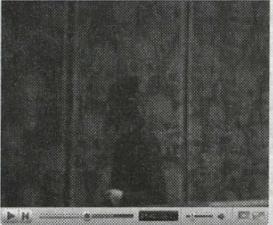
Tetris Master



Tetris Master

Too be this good you need a lot of time on your hands as well as dexterity.

Reverse Graffiti : Ossario : Alexandre Orion



Reverse Graffiti

If only Hawaii graffiti was this nice maybe people would stop complaining.

Destinys Child on 106th & park michelle falls



Destiny Child Falling

The best part of this clip is Kelly Rowland's reaction. Unfortunately, she falls too and so does Beyonce! Watch them all on YouTube.

natalie busts a rap fo sho



Natalie Portman Rap

From the creators of "Lazy Sunday". And if you don't know what that is, you probably study too much.

KAPI'O

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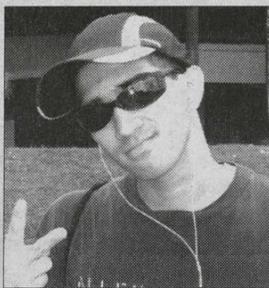
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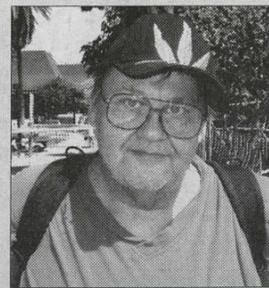
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SPEAKOUT BY ZHI SITU

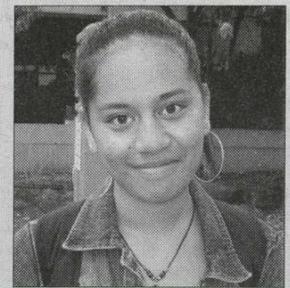
What's your craziest Halloween memory?



Cody Yonamina: "I dressed up as a gangster and went to work at Kahala Zippy's and it was ragging there."



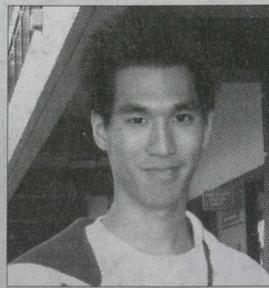
Burt Larson: "When I was 18 me and everyone in our neighborhood got into an egg fight, they even egged the nuns."



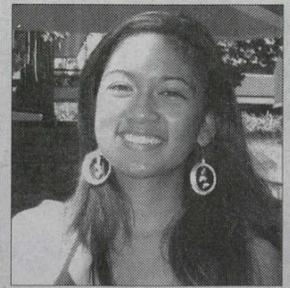
Ana Fo'i Iole Sunia: "I seen a guy with a mask on running naked around the KCC campus."



Tomomi Ito: "I wore a sexy costume with a garter belt and walked around Waikiki bare-foot."



Jason Tom: "I use to trick or treat in my apartment, this guy with a monkey mask on came out and grunted at me and it freaked me out for a while."



Nicky Hyde: "I dressed up as a black cat and went to waikiki and I saw three moke fights that night."

What is knowledge w/o understanding?



THE RELUCTANT MISANTHROPE

By Kimberly Moa

We live in a world that is flooded with information. There is a flurry of knowledge out there – in books, on film. It even travels invisibly through the ethers of cyber space. It is literally at our fingertips.

So why, then, does it seem as if so many know so little? If there really is a store of knowledge available, why haven't we tapped into it? Why do we, as a society, not know how to solve some of the world's most pressing problems – global poverty, the energy crisis? Why didn't people know not to elect Bush Jr. – twice?

What is knowledge if it just sits there? More importantly, how do we access it, integrate it into our own understanding; how do we apply it?

Epistemology is a branch of philosophy that investigates the nature, methods, limits and validity of human knowledge. It is the theory of knowledge that asks: What is knowledge? How is it acquired? And what do we know?

In a recent lecture I attended on Hawaiian epistemology, UH-Hilo assistant professor Manu Aluli Meyer posed the question: What is the difference between knowledge and knowing?

Several variations were elicited from the audience but the general consensus seemed to be that knowledge involves information, or facts, and knowing deals with the application of that information.

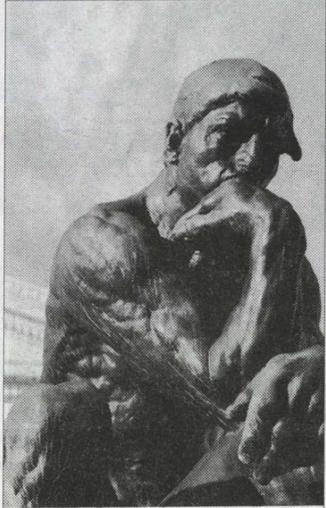
We are taught from an early age to seek out knowledge. We learn that school is important, as is getting good grades and going to college. So, we follow the herd as best we can, and we do so in an educational system that does not support alternative ways of learning or knowing.

The end result is a generation of students who are intelligent on paper: perfect GPA's, excellent standardized test scores, but who lack a greater understanding for the knowledge they have acquired.

When it comes down to it, what we are really seeking in our pursuit of knowledge is status. The addendum after our name; the reaction elicited when we say what Ivy League University we were educated at.

It's a very individualistic view of intelligence and one of the primary reasons why student success rates are especially low amongst indigenous populations.

According to Meyer, as Hawaiians, it is our responsibility to ask ourselves, how will we define our



GOOGLE

Rodin's *The Thinker* is an icon of intellectual thought; a discussion of Hawaiian epistemology is meant to recognize the importance of indigenous ways of knowing and learning.

own intelligence? Furthermore, we need to recognize the validity of our own Hawaiian epistemologies.

In speaking at length about indigenous systems of knowing, Meyer emphasized the importance of instinct, intuition and emotion in measuring intelligence.

Referencing the writings of Ken Wilbur, Meyer explained the idea of the triangulation of meaning, or the integration of the body, mind and soul in the pursuit of knowledge. According to Meyer, understanding involves extending our physical knowing (empiricism) into the wider spaces of consciousness. And while it sounds a little new-age, the crux of the matter is the same. There is a difference between seeing and looking, between listening and hearing, between knowledge and knowing. To know is to understand. It is a notion that our ancestors recognized long ago. The Hawaiian word, 'Ike, means to see, to know; revelation, and it is something that is lacking in modern western ways of thinking.

Epistemology itself has traditionally focused on propositional knowledge or the knowledge-that versus the knowledge-how (also known as descriptive knowledge). For example we know that $2 + 2 = 4$, but our knowledge of addition also involves knowing how to add two numbers together. Knowing about fishing is different from knowing how to fish.

As is true for many of us, we learn by doing, by integrating our personal and traditional values and cultures into a larger framework of understanding. Learning should involve cooperation and shared knowledge rather than competition. Doing so in the context of the natural world

BACKPAGE: Epistemology, page 8

'America's mayor' not fit to be America's presidential glory

By Pat Oldendorf
UWIRE

There's something incredibly terrifying on the horizon for the United States.

No, it's not the looming threat of war with Iran or even the potential to be fighting in Iraq for the next 20 years.

It's the fact that the next President of the United States could be Rudolph Giuliani.

I won't be able to put everything that's so very wrong with Mr. Giuliani in this relatively short column, so I'll include only the topic he's based his campaign on: Sept. 11.

Giuliani was coined "America's mayor" by Oprah Winfrey following that fateful day. Many feel it was his leadership in New York that brought this country together back in September 2001.

However, many people blame him for many of the problems experienced on 9/11.

For one, he decided to put New York City's Office of Emergency Management in World Trade Center Seven. He was warned against this because it was potentially dangerous because it was a terrorist target.

It turned out the World Trade Center (WTC) was a terrorist target, and the office of emergency management was in shambles when it needed to be running operations at Ground Zero.

The office stored large tanks of diesel fuel in the basement of the building for emergency power, and those tanks were later found to be the cause of the intense fires that eventually brought the 47-story building down.

When questioned in May 2007 about his decision to put the office in the WTC complex, Giuliani laughed and claimed Jerome Hauer, who worked under him at that time, made the decision to locate the office there.

The journalist who interviewed Giuliani then produced a copy of a

letter Hauer wrote telling Giuliani to put the office of emergency management in a Brooklyn building because it was safer and more discreet.

Another major problem the first responders experienced that day was ineffective radio communication.

In the 1993 attack on the WTC, firefighters complained the radios they were using were ineffective.

The city had purchased new radios in 2001, but they were recalled in March of that year because firefighters couldn't hear each other. So they were stuck with the old ineffective ones from 1993.

The problem is the city granted a no-bid contract for the radios to Motorola. Maybe if the city had explored other manufacturers more lives would have been saved on 9/11.

Giuliani supporters claim his leadership helped the city progress forward after 9/11.

However, many influential people don't agree.

To quote "the Reverend" Al Sharpton, "[Giuliani] didn't bring us together; our pain brought us together and our decency brought us together. We would have come together if Bozo was mayor."

Many of the firefighters, police officers and other emergency workers also feel Giuliani made himself seem like a hero to advance himself politically. In fact, Giuliani has benefited significantly from 9/11. He was paid millions from speaking fees in the years following the attacks.

Many of those first responders also blame Giuliani and his administration for the negative health effects they, and others who went back to work in Manhattan, have been experiencing.

Giuliani claimed the air around Ground Zero was safe and allowed Wall Street to reopen six days after the attacks.

While Giuliani was making those claims, the United States Geological Survey (USGS) found hundreds of areas contaminated with asbestos from the fallen buildings.

By the end of September, the USGS found that the toxins in the air were comparable to toxins found in drain cleaners. Not only were the emergency workers breathing in those toxins, but so were many who worked in Manhattan.

The city was in no way involved in testing private buildings and passed that burden onto the building owners.

After the attacks, Giuliani took control out of the hands of federal agencies, such as Federal Emergency Management Agency (FEMA), and put the city's Department of Design and Construction in charge of recovery and cleanup.

What in the world does a department of design and construction do you ask? According to New York City's Web site, the department basically runs construction projects that would be considered environmental or other various unusual projects.

While 9/11 is unusual, why was the department that helps regulate the sewage system given the authority to run the operations at Ground Zero?

Maybe FEMA proved they weren't all that capable during Katrina, but I would think they were more qualified to supervise rescue attempts than a city department of design and construction.

The department also didn't enforce the federal government's requirement that all workers wear respirators at Ground Zero.

Former Environmental Protection Agency Director Christie Whitman claimed she tried to enforce the regulation, but was blocked by the Giuliani administration.

Some Giuliani supporters will say those rescue workers were told to wear the respirators but chose not to. Don't blame the workers for not wearing the respirators while their fearless leader was telling the world the air was safe to breathe.

Rudy Giuliani likes to brag about the role he played in the aftermath of 9/11. I guess my point is there's nothing to brag about.

Comic strips



CAMPUS & COMMUNITY BRIEFS

of events around KCC

Registration for KCC begins this week

Students with 36 or more credits were able to register for courses for the spring 2008 term Monday Nov. 5. Registration dates vary based on the total amount of credits a student has earned. Students who would like to review the total amount of credits earned can do so by logging into the MyUH Portal Web site: <https://myuhportal.hawaii.edu> and clicking on "Check Registration Status." Registration can either be done in-person or online. The tuition and fees payment deadline is Dec. 18. Before registering it is recommended that students seek academic advising.

New academic certificate a possibility

The submission of a grant may lead to the creating of a Middle East Studies Academic Development Certificate. The Grant's Development Office, in conjunction with the International Education program is considering the submission of a U.S.E.D title VIA grant to create this certificate. The certificate will be modeled after KCC's Asian and International Studies certificates and will include a two-year program in the Arabic language. Faculty is currently developing a short survey of questions to evaluate students' interest in Middle East courses, programs and study abroad.

Olympia Dukakis cancels UH Manoa dates

Academy award winner Olympia Dukakis who was set to give a public talk and teach classes at UH Manoa this month has cancelled all her dates. Dukakis who was to give a public talk Nov. 16 in the UH Architecture Auditorium and teach a non-credit "Acting Master Class with Olympia Dukakis" on Nov. 17 and 18 has cancelled due to her husband's illness.

Anniversary stamps on sale now

In commemoration of the 100th year anniversary of UH's Women's Campus Club (WCC) on the Manoa campus they are selling 41-cent U.S. postage stamps to raise funds for student projects and scholarships until Nov. 9. The stamps are not available at any U.S. Post Office. Because the WCC is a licensed charity, part of the \$20-a-sheet cost and all additional contributions are tax deductible. The WCC has already sold \$18,000 worth of Centennial stamps since the project first started at the beginning of the spring term. For more information, go to the www.hawaii.edu/wcc Web site.

International students enjoy KCC experience

By Wenmei Li
CONTRIBUTING WRITER

On the picturesque campus of KCC there are many international students who come from different countries, have various cultural backgrounds, and speak different languages.

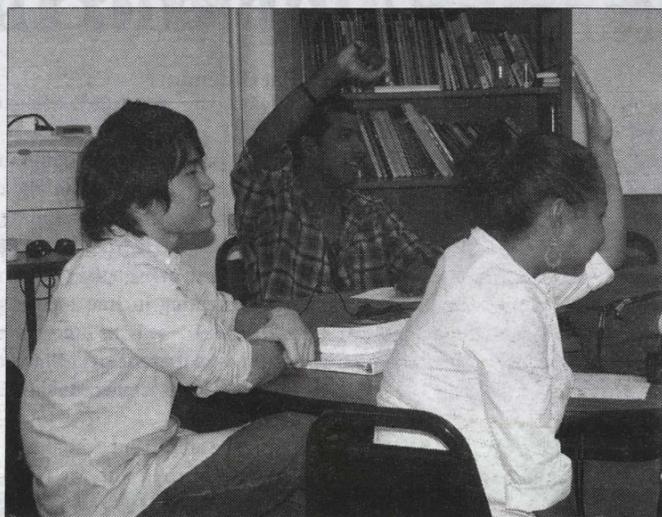
Studying at KCC is a fresh experience for international students who have various opinions on their campus life.

"I am satisfied with KCC, since KCC has an orderly library, a beautiful campus environment, the International Café and cafeteria," said Vanessa Gumoon, a student from Micronesia who came to Hawaii three months ago. "Especially the cafeteria, it is well organized with nice and delicious food. And everyone here is friendly and nice."

Kazu Kawata from Japan, Jae Young Lee from South Korea and Vilivuni Kaufusi from Tonga all enjoy learning English and making new friends on campus.

Ping Gong from China said she is satisfied with the teaching styles that KCC offers. Japanese student Naomi Nakamara is satisfied with the beauty of the KCC campus.

International students are interested in various activities and clubs on campus. Some of them are interested



TARESSA ISHIMI/KAPŪ

Despite some of the problems that international students encounter, many are still content with everything that the KCC campus has to offer.

in making friends, others are interested in the way instructors communicate with students and the unique names of the buildings on campus. Others are interested in experiencing an American college with new teachers and new classmates.

Many international students speak about amazing things they have seen on campus from the style of education and instructors to the amount of international students attending the college. Other international students are amazed that everything was just

the way they expected and hoped before they came to KCC.

Besides these positive experiences, some students feel that there are a couple of things frightening about the campus.

"The thing that KCC doesn't have is enough lights at night [which makes] me scared," Kawata said.

While Lee said, "I cannot speak good English. I feel scared when the communication is not well done."

Faculty and staff also face challenges when working with international students.

"Sometimes, international students come from countries where it is not common to seek counseling and advising services in an educational setting," Mitsuyo Lani Suzuki, international student counselor, said. "This can be a challenge. One of my goals is to help students feel comfortable about seeking assistance from their teachers and counselors when they need help."

Linda Fujikawa, assistant professor and International Café coordinator, said the most challenging aspect of communication is to begin communication. She also said that international students might be reluctant or hesitant to initiate the communication process. Fujikawa developed the International Café as a safe place where everyone can begin to initiate this communication.

"Just say hi. Hi, is a very international greeting today, [which] opens many doors, hearts and minds," Fujikawa said. "Let's each begin this challenge by initiating communication with not only international students but with each other."

The International Café is located in Iliahi 129 and is open to all students, not only international students. For those who would like more information contact Fujikawa at linda@hawaii.edu or log onto www.kcc.hawaii.edu/page/international.html.

Queen's Scholarship recipients honored



COURTESY OF RUSSELL KINNINGHAM

Eleven KCC health science majors were awarded the Queen's Health System Scholarships last week. Recipients were awarded based on full-time enrollment, financial need, and essays reflecting their future plans to serve the Native Hawaiian community in the State of Hawaii.

From left to right: Dr. Gerard Akaka (Queen's Health System), Diane Paloma (Queen's Health System), front row: Junelle Garcia (PTA), Alissa Ebisui (OTA), Lehuani Velasco Kanahale (MEDAS), Sean Yoshitsugu (RAD), Shareen Lehuani-Ho Johnson (RESP), Tami Matsu-moto (RESP), back row: Shana Kanani McEntire (MLT), Cyrus Takenaka (PTA), Chad Mizunaka (PTA), Corey Nonaka (RAD), Pualani Griep (RAD), and Russell Kinningham (Health Sciences Counselor).

MighTy J Band made their presence felt at KCC



TARESSA ISHIMI/KAPŪ

The all-female MighTy J Band came to KCC on Oct. 31 and helped the students to kick off Halloween. (Left to right) Jenn "JRoQ" Wright, Tiki Swan, and Mailani Makainai sang, played guitar and bongos.

Family dinners prove to be essential

Of 16,000 children only 43 percent actually eat dinner daily with members of their family.

By Paige Jinbo
COPY EDITOR

Research has shown that sitting down and having meals with the family have a positive influence on the overall health and well-being of each individual family member as well as the family as a whole.

Unfortunately, for many families enjoying a meal together does not occur as often as it should.

According to a national study conducted by Tufts University, more than 80 percent of parents consider eating dinner with their children very important, but less than 50 percent actually sit down together on a daily basis.

"I really do think that people should spend one moment at the end of day, where they're sitting and having a decent meal and spending time with their spouse or families," said Cheyenne Forbes-Roberts, owner of the meal-prep franchise Dream Dinners.

According to Forbes-Roberts, children benefit the most from family dinners, with improved grades, higher IQ's, greater self-esteem, fewer behavioral and eating disorders, less stress, less depression and risk of suicide, and overall better behavior than their peers.

The primary reason Forbes-Roberts decided to open Dream Dinners was to help take the stress off families



GOOGLE

Studies have shown that families who eat meals together on a regular basis will reap many benefits: lower risk of obesity and diabetes, among others.

when it comes to dinner time so they can enjoy a meal together.

Dream Dinners, located in Niu Valley, is a franchise that enables people to prepare numerous meals for weeks or months in advance.

Dream Dinners provides all the materials needed to assemble a meal. All the ingredients are chopped, prepped and ready-to-go. When clients go into Dream Dinners all they have to do is follow the provided recipe card. Once they finish gathering all the ingredients and products needed to make the meal, they package everything up and move on to make another meal.

Dream Dinners gives customers the opportunity to customize their meals; they're given the ability to take as much or as little of a particular ingredient as they would like.

"We help get people dinner on

the table without all the stress and hassles," Forbes-Roberts said.

According to a Dream Dinners fact sheet, more than half of the dinners eaten by overweight American children are consumed in front of the television. More than 42 percent of dinners eaten at home are in front of the television. People who watch television while eating tend to be unaware of how much they eat, which encourages overeating.

"Kids who eat dinner with their family at least three times a week tend to be happier individuals," Forbes-Roberts said. "Statistics have shown that eating meals as a family lowers obesity and diabetes, among other things."

However, Elise Nakamura, an English major, disagrees with Forbes-Roberts and the statistics. "Come on let's be serious, not sit-

ting down and eating with your family is not going to make that much of a significant difference in an individual. When I was growing up I barely ate dinner with my parents and I'm a happy person and not obese or suffering from diabetes," Nakamura said.

Eating dinner together as a family holds many benefits for the family unit as a whole, also. Benefits include: financial benefits, stronger family bonds, sharing important family values, improved communication and problem-solving skills.

"I definitely think that eating dinner with the family is essential into helping instill characteristics of being a better person," Adam Apo, psychology major, said. "Too many people in our society are not taking an issue like this seriously; too many families are opting for McDonalds and considering that a family meal. That's not acceptable."

The Bureau of Labor Statistics reported that the average American family spends more than \$2,000 per year on dinners away from home, and that 10 percent of those dinners came from McDonalds.

According to Forbes-Roberts, children's food intake is healthier when they eat at home. Children who eat meals with their families consume higher amounts of fruits and vegetables, grains and nutrient-dense food than those who ate separately.

"Eating McDonalds in the car is not a family meal," Forbes-Roberts said. "I make my son eat dinner with me every night and he probably hates it, but something small like this may make all the difference in an individual."

RECENT SNAPSHOTS of national and world events



REUTERS.COM

A man stands on a car along a flooded street in Villahermosa, Mexico. Thousands of people have fled the Mexican city devastated by floods after rising waters burst through sandbag barriers on Nov. 1. On Sunday, Nov. 4 thousands of people were rescued from rooftops in the city as water began to recede. It is estimated that the flooding left 800,000 people homeless. It is estimated that flood levels reached as high as 19 feet.

Musharraf declares emergency rule

Despite pressure from the United States, President Pervez Musharraf of Pakistan declared emergency rule on Saturday, Nov. 3. The imposed state of emergency, according to Musharraf, is due to what he has decided as a rise in extremism and the paralysis of government by judicial interference. Following the announcement, Pakistan has prepared itself for protests against the emergency rule. This is not unlike Musharraf who came into power in a 1999 military coup. His presidency was planned to end on Nov. 15.

Strike looms for Film and TV writers

In Hollywood, the film and television writers prepared Sunday, Nov. 4 for a strike. The Writers Guild of America, which represents roughly 12,000 screenwriters, has called for its members across the United States to stop working as of 12:01 a.m. Monday, Nov. 5. Many shows currently on-air would be affected by a writer's strike. However, the locally filmed series "Lost" has already written a large portion of their shows for next season and would not be affected by the strike.

Pilot of Enola Gay dies

Paul Tibbets, pilot of the bomber that dropped the first atomic bomb on Japan on August 6, 1945, died on Thursday, Nov. 1 at age 92. The bomb killed about 78,000 people. Three days later the United States dropped an atomic bomb on Nagasaki, which led to Japan surrendering on Aug. 15, 1945.

Non-smoking event on and off campus

The nationwide Great American Smoke Out will be on Nov. 15.

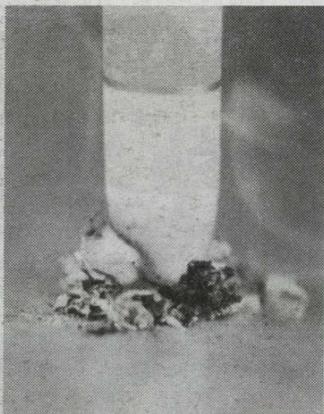
By Thomas Duarte
EDITOR

Thursday, Nov. 15, will be the annual Great American Smoke Out (GASO), a day designed to get smokers to quit. On the day it is hoped that those who do smoke quit for the day and then decide to quit smoking permanently.

To commemorate the day there will be various on campus activities as well as off campus events. A three-venue party and scavenger hunt will be held in Chinatown.

"Students can celebrate our state's smoke-free law while getting to know the hip and happening culture of Honolulu's Culture and Arts district," said Crystal Yamasaki a public relations representative for the Clear the Smoke campaign. "The event will feature a tobacco-free scavenger hunt through three of Honolulu's hottest lounges -- Bar 35, Brasserie Du Vin and Indigo."

According to Yamasaki each



GETTYIMAGES

On Nov. 14 and 15 there will be campus wide events for the GASO. Students will have the opportunity to learn about the event and about smoking and tobacco use.

venue will feature pupus, \$3 drinks, and prizes for the winners of the scavenger hunt. The event is the night before the anniversary of Hawaii's smoke-free law. Yamasaki recommends that for the smoke-free law anniversary students get involved with anti-tobacco organizations or try to get a loved one to quit.

For those interested in on-campus

activities, the KCC campus will be having a variety of events on Nov. 14 and 15 for the GASO. The activities seek to teach students about smoking and what the health risks as well as side effects are from smoking. Students will also have the opportunity to learn about the State of Hawaii smoking law and how it impacts the KCC campus.

Students will be around campus handing out "Tickets" stating "You are smoking in a no smoking zone. Did you know that?" On the tickets will be facts about no smoking zones. There will also be campus wide displays about smoking. The displays will include information about how to quit, smoking facts, as well as the cost of smoking, to name only a few of the many displays.

For more information about the Chinatown event call the Coalition for a Tobacco-Free Hawaii at 946-6851 ext 200 or e-mail diane@tobaccofree-hawaii.org. You can also visit clearthesmoke.org for additional information regarding the smoke-free law anniversary, to receive free promotional items, sign up for the e-newsletter, or chat on the site's blog and forum.

CHINATOWN EVENT

» **What:** Traveling party and scavenger hunt.

» **Where:** The Chinatown/Downtown Culture and Arts district. **Three venues:** Bar 35's Bamboo Bar, Brasserie Du Vin's Cask Room, Indigo's Opium Den

» **When:** Thursday, Nov. 15. 5:30 - 9 p.m.

» **Registration:** At the Chinatown Gateway Park on next to the Hawaii Theatre.

» **Parking:** Available at the Chinatown Gateway (Bethel Street between King and Hotel), Harbor Court (Nimitz Street between Nimitz and King), Marin Tower (Smith Street between Nimitz and King) and Smith-Beretania (between Nuuanu and Smith).

» **More Info:** Visit www.tobaccofreehawaii.org

Story teller Jeff Gere visits KCC

By Matthew Akiyama
PHOTO EDITOR

Everyone in Hawaii loves a good scary story. Most of us know about the faceless ghost in Kahala Mall or of the woman in the white dress on the side of the road. And while many of us have heard these stories, only a few can actually tell them well.

Story teller Jeff Gere along with Lopaka Kapanui co-hosted *100 Candles* at KCC on Friday, Oct. 26.

A Japanese tradition says that if you blow out one out of one hundred candles after each ghost story, when all is dark, you'll see ghosts. Gere and Kapanui kept listeners anxious as they exchanged ghost stories to a crowded Ohia cafeteria at KCC.

Gere is no stranger to the supernatural. While most are content with hearing a spooky tale, Gere is out looking for them. He researches people, places, and traditions in order to understand and tell their stories better. And if that isn't enough, Gere was also born on Halloween. While growing up, Gere always had a wild imagination. He loved to perform in front of others and make up stories. Gere recalls an incident where his

mother burned a shirt that she was ironing because she was intently listening to one of his stories.

Today, Gere focuses on telling scary stories that are derived from Hawaii. "Spooky stories are a part of our culture. The people here have spooky stories, respect spooky stories, and share spooky stories," Gere explained. He also uses these stories to learn more about Hawaii's culture. "It's a privilege that someone who's not Hawaiian can be trusted with these wonderfully bizarre stories. It's a gift to be able to receive them and share them with others," Gere said.

Gere's style sets him apart from other story tellers. He actually transforms himself into the characters by mimicking voices and recreating gestures. For example, during the *100 Candles* story telling, Gere snarled and barked like a dog. Gere is one man playing the role of many others. During Gere's second visit to KCC on Monday Oct. 29, despite a small turnout, Gere still performed with great enthusiasm and energy. KCC student Age Girangaya listened to Gere on Monday although it wasn't his first time hearing the

animated story teller. Girangaya remembered when Gere spoke 10 years ago while at Mcully Recreational Center for summer camp. "He tells stories like he was actually there," Girangaya said. He also listed the reasons he enjoys Gere's style, "His facial

expressions, his voice; he adds so much detail to his stories."

Gere thrives on the fact that Hawaii is filled with so much history and spirituality. He's also amazed by ancient rituals, customs, and traditions that still affect Hawaii today. Through Gere's stories,

people are able to learn a small piece of Hawaii's culture while sitting at the edge of their seats.

For more information about Jeff Gere, his performance dates, audio and video clips of his stories visit www.jeffgere.com.

Fiddler:

Continued from page 1

and also the producer of "Fiddler on the Roof," said that the theatre is a great place for beginners to learn acting. They draw casts from colleges, high schools, from the military and the community who have little to a lot of experience on stage. Smith added that it's a great experience for both the stars and students.

"Fiddler on the Roof" is a musical theatre production with lyrics written by Sheldon Harnick and music by Jerry Bock. According to the Richardson Theatre Web site, "Fiddler on the Roof" is a story is set in the little village of Anatevka. Tevye, a poor dairyman, tries to instill in his five daughters the traditions of his tight-knit Jewish community in the face of a changing society and the growing anti-Semitism of Czarist Russia.

Smith said that "Fiddler on the Roof" is a beautiful script, and it is one that she never becomes tired of. She prefers bad live theatre opposed to a good movie. She adds that during a movie you can sleep halfway through it and it does not affect the actors.

"If I laugh (during live theatre), they give me more," Smith said. "Someone is (performing) for just

"Fiddler on the Roof"

Nov. 15-17, 23-24, 30 and Dec. 1
Curtain at 7:30

Richardson Theatre at Fort
Shafter

Ticket prices:
\$12-15 for children
\$15-20 for adults

me, and I feel special."

Doo said there is nothing like seeing something live. She accounts the experience like taking a CD, of your favorite band, and then seeing them live. "It's a visual, oral, sensory experience, and it makes so much more sense when you do that," Doo said.

Under the direction of CoCo Wiel, musical direction of Doo and choreography by Jennifer Shannon, "Fiddler on the Roof" opens at Richardson Theatre on Nov. 15. The show stars Shari Lynn as Golde and Dennis Proulx as Tevye. Tickets are available for \$12 to \$20. The show is open to the public; however, a valid driver's license or identification is required to get onto Fort Shafter. For more information, call the box office at 438-4480. For a list of upcoming productions and auditions, visit armythetheatre.com.

Note: Kapio Staff Writer Karen Malone is also a cast member of Fiddler on the Roof.

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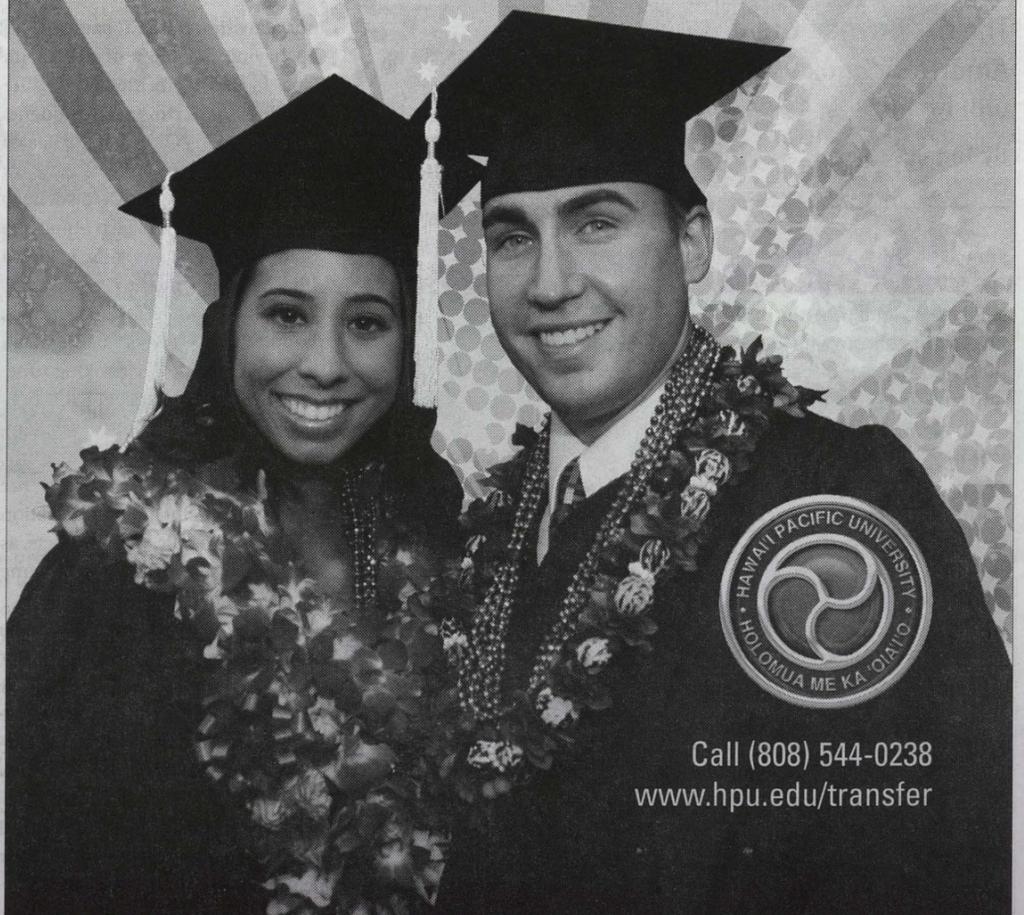
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Halloween at KCC "embodies the spirit"

In order to help KCC's faculty and students celebrate the pumpkin scented, sugar rush induced, wear a mask and see who you can scare half to death holiday season, the Office of Student Activities (OSA) organized a Halloween Costume Contest on Oct. 31 in the Ohia cafeteria.

The contest was divided into three different categories: scariest costume, most original or creative costume, and the people's choice category.

Each winner was awarded a \$100 gift card to Ala Moana Shopping Center, Victoria Ward Center and Windward Mall.

The scariest costume category included four participants, ranging from a classic Dracula to a tuxedo wearing bat wielding pig man. The winner was Gordon Chan who was dressed as a random zombie from the movies. While on stage, Chanspilled his guts through a pouch strapped to his stomach for the audience.

Participants of the most original and creative costume category had to make their costumes. Costumes could not

be store bought. This category included many unique costumes: a ghost buster, a cowboy impersonating Elvis, and Sally from The Nightmare Before Christmas, among many others. The winner of this category was Mark Esperito, whose blue face, giant sword, and cat-like contact lenses impressed the judges.

The people's choice category was a category where the audience got to choose their favorite participant through a show of applause. This category included a reindeer man, horse woman, and the infamous Grim Reaper, to name a few. The winner was Jordan Wada; his school girl outfit, red wig, and ability to fit two hot dogs in his mouth caught the attention of the audience and was met with great enthusiasm from his fellow students.

In keeping with tradition, a few days prior to the costume contest OSA organized the annual 100 Candles Show

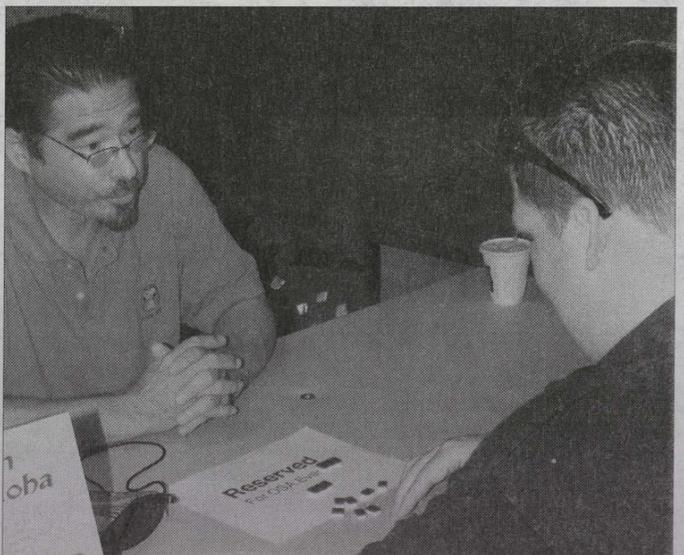
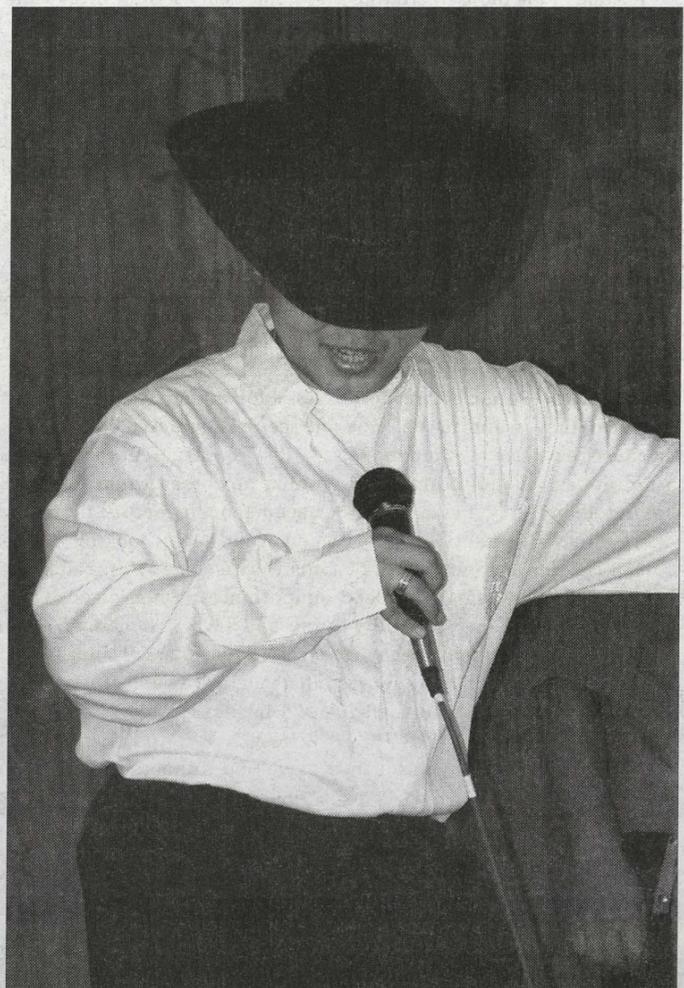


in the Ohia cafeteria. This event featured a variety of local storytellers, including Jeff Gere, who came and shared local stories as well as Japanese scary stories.

Also, during this same week the OSA had its annual Psychic Fair. This fair featured six psychics from Intuitive Entertainment. Using spirits, spiritual guides, tarot cards, and more these psychics were available for two hours providing students with the opportunity to seek advice regarding any subject they were curious or unsure about.

PHOTOS BY TARESSA ISHIMI / KAPĪ'O

(Top right) The winners of the Halloween Costume Contest, Wada, Esperito and Chan, accepted their prizes in the Ohia cafeteria. (Below) Posing for judges are the students and staff members competing for the category of people's choice. (Right) Cowboy Elvis gave students a sampling of his singing in hopes of winning most creative costume. (Bottom left) Student Activities Coordinator George Higa lit candles in preparation for the 100 Candles Show. (Bottom right) Mah-jong tile reader, Jon Twidwell, was one of the psychics featured at the annual KCC Psychic Fair.



BACKPAGE

Forum:

Continued from page 1

Richards also mentioned acquiring and developing the lot between the Diamond Head Theater and Leahi Hospital as well as replacing the temporary buildings of Maile, Mokihana and Mamane all of which have been standing since the 1980s.

Parking was a major concern of the students in attendance. KCC student Marc Thompson, who attended the forum, felt that the lack of parking at the beginning of the semester can be an obstacle for students and has

the potential to cause students to drop courses. Chancellor Richards responded to the issue by pointing out that while there is extra parking offered at the beginning of the semester, it is a difficult issue to approach. He continued to point out that there is a need to balance space as well as maintaining the appearance of the campus, which a large structure or lot could detract from.

The forum brought up many issues that were informative to those in attendance, both of the student body as well as those from Congress. An opinion felt by the students in attendance was the need

for better communication between Student Congress and the student body. "It was kind of depressing," Thompson said, referring to the small audience. Thompson felt that if more students were aware of events like the forum, more voices could be heard.

Richards agreed with Thompson's sentiment, by stating that change can't be made without being addressed first. Richards said there is a tendency for assumptions to be made if opinions are not voiced. "You may not see (change) overnight," Richards said, "but we take your thoughts seriously."

Epistemology:

Continued from page 3

seems more appropriate than filing into a sterilized room, kept awake by the light of a thousand iridescent light bulbs.

It's one of the more frustrating aspects of higher education today: the fact that when you leave, you have a wealth of knowledge, but no skills.

According to Meyer, there is value in vocational training, in the application of knowledge. The beauty of community colleges and trade schools is that they allow for a little more flexibility in the way students learn. Here, we are lucky enough to have a diversity of epistemologies at work. Students are here because they want to be, not because they have over ten thousand dollars in mounting loans telling them they need to get their money's worth.

It wasn't until my junior year of undergrad when I finally understood the importance of education itself, when I finally became passionate about knowing more and trying to understand what I was learning.

This lack of enthusiasm is

something that is not uncommon among students. You study, simply because it's what you do, not because you want to know but because you have to, to get ahead. It's a phenomenon that is not difficult to understand given the rigidity of an educational system that standardizes and quantifies intelligence.

What many of us don't realize is that a large part of intelligence is being able to think outside of the box, outside of a system of established beliefs. According to Plato, knowledge is a subset of which is true and which is believed to be true.

There comes a point in life where the acquisition of knowledge is simply not enough, when you realize knowledge is meaningless without understanding. 'Ike is to see, to know; revelation.

It's a stage of awareness unlike any other; when your eyes become open for the first time and you begin looking rather than just seeing. You realize the importance of what you are learning and how it is connected to every other piece of information that you have ever learned.

The next stage however is finding a way to integrate that newfound understanding into

the way you live your life.

If knowledge is meaningless without understanding, understanding without application is just plain pointless.

After years of being inundated with information and a lack of understanding, it's a tricky thing to do, especially if you're trying to function in a system that does its darndest to keep you from stepping out in the rain and enjoying the storm, or at least takes off points for turning in your homework late, and wet.

I guess it's not so much a little tricky as a continuous battle. But if you can find a way to re-learn what you know, to break the patterns of thinking which we have become so accustomed to, then you'll have reached a level of knowing that transcends any number or letter that anyone tries to give you.

According to Meyer, "Aloha is our intelligence," but, when you really look, you see that knowledge is subjective.

Not only is it up to students to discover their own intellect, but it is also the responsibility of educators to find ways of transmitting knowledge and information in a way that supports a diverse and multicultural way of learning.

INTERNATIONAL EDUCATION WEEK

Nov. 13-16, 2007

@ Kapiolani Community College,



Tuesday, Nov. 13

STUDY ABROAD: Experiences in France
Renee Arnold, 10 a.m. - 1:30 p.m. Ohia Café

INTERNATIONAL PIANO PERFORMANCES
Ann Craig and students, Ohia Café

GLOBAL ENVIRONMENTAL ISSUES
Stuart Scott, 10:45 a.m. - noon Olona 210

FLAMENCO: DANCE AND GUITAR
Noon - 1 p.m. Ohia Cafeteria
Fernand Coriguera & KCC students,
Flamenco Guitarist Ginny Walden,
& performance by De La Isla Flamenco Group

Thursday, Nov. 15

RELIGION'S ROLE IN PALESTINIAN RESISTANCE
Leila Abuzalaf, Palestinian-American
12:15 - 1 p.m. Kalua 201

INTERNATIONAL POLITICS
Olona 201, TBA

International Film
"OUT OF THIS WORLD" (Japan, 2004)
presented by Kalam Fujiwara

Friday, Nov. 16

JAPANESE TEA CEREMONY
Ohia Cafeteria, 9 - 10:30 a.m.

INTERNATIONAL ENNICH
11:00 a.m. - 1 p.m. Ohia Cafeteria
Cultural games, ethnic food booths and more posters
*Pol Sci 120 and IS 103 student

WORLDQUEST, 1 - 4:30 p.m. Ohia Cafeteria
*Also on view in Lama Library all week
ISLAMIC CULTURE IN REFLECTION
Photo Exhibit on loan from CSEAS

Wednesday, Nov. 14

JAPANESE 290 POSTER BOARD
9 a.m. - 3 p.m. Ohia Cafeteria

INTERNATIONAL PIANO PERFORMANCES
Ann Craig and students, 11 - 11:30 a.m. Ohia Café

STUDY ABROAD: Experiences in France
Renee Arnold, 9 a.m. - noon Ohia Café

INTERNATIONAL CAFÉ: Tastes of the World
11 a.m. - 1 p.m. Ilihi 129
Experience the world cultures through cuisine.

*Halo Halo, Filipino sandwich; Kani Kani, Korean noodle; Okonomiyaki, Japanese pizza

ESOL 94 ENVIRONMENTAL ISSUES
Poster Boards, Ohia Cafeteria

DANCES OF CHINA & THE SILK ROAD
Sing Sing Bliss, 1 - 1:30 p.m. Ohia Cafeteria

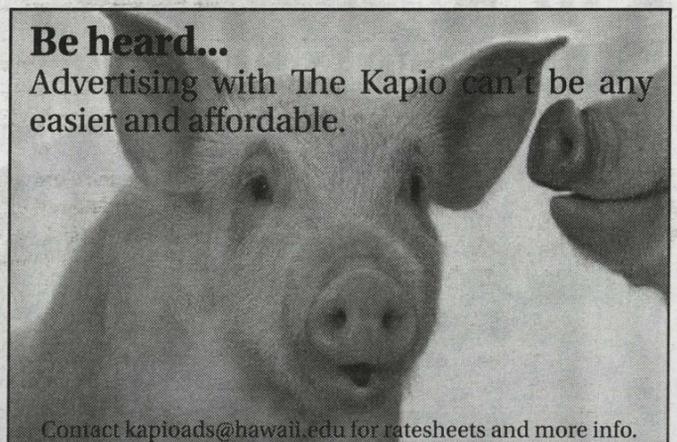
ARABIC CALLIGRAPHY
led by Nawar from Saudi Arabia

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November 6 - 23

		6 - 7		8		9	
		Support Our Troops! The OSA has created a two-day event giving students the opportunity to support U.S. troops, but not necessarily the U.S.'s involvement with Iraq and Afghanistan. Write letters or donate things you think the troops might enjoy! From 10 a.m.- 1 p.m. in the Ohia Cafeteria.		Ohana Craft Fair on the Great Lawn from 9a.m.-2p.m. Bone Marrow Registry from 9 a.m.- 2 p.m. at the Ohia cafeteria		Man of La Mancha opens at Kennedy Theater at UH Manoa, show starts at 8p.m.	
12 VETERAN'S DAY HOLIDAY		13		14		15 Honolulu Brass Quintet, of the Honolulu Symphony, from 11:30a.m.-12:30p.m. on the Great Lawn	
19 Hawaii Opera Theater Concert from 12-1p.m. at the Ohia cafeteria. This concert will be comprised of operatic excerpts and popular show tunes.		20		21 International student Thanksgiving luncheon from 11 a.m.-1 p.m. at the Ka 'Ikena Dining Room. This annual OSA event is restricted to 40 international students on first-come and first-serve basis.		16 World Quest competition at KCC. From 11 a.m.- 1:30 p.m. in the Ohia cafeteria.	
				22 THANKSGIVING HOLIDAY		23 THANKSGIVING HOLIDAY	