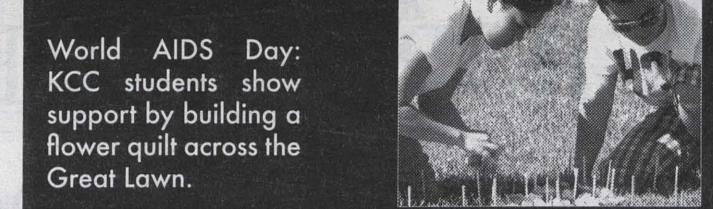




Soccer in Hawaii: The Pan Pacific Championship kicks into gear at the Aloha Stadium.

Perspective page 2



World AIDS Day: KCC students show support by building a flower quilt across the Great Lawn.

Feature page 6



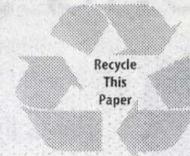
Suicide Prevention: Identifying the problems and getting the help you need.

Health page 7

THE KAPI'OLANI COMMUNITY COLLEGE STUDENT NEWSWEEKLY

KAPI' O

Tuesday December 4, 2007 Volume # 43 Issue 14



Foundation raises money for UH system colleges

Foundation raises and manages money from private donors.

By Paige Jinbo
COPY EDITOR

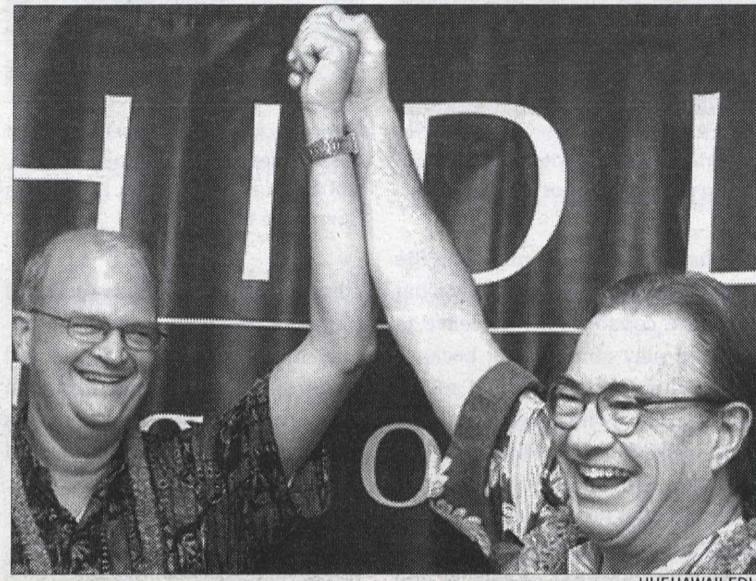
With the state only providing 50 percent of the cost to operate and educate students, the University of Hawaii Foundation (UHF) raises and manages private money for all 10 campuses within the UH system to ensure that students have support to go to school, and that faculty have support to deliver quality education.

"We're like the university's bank, their private bank," said Donna Vuchinich, president and chief executive officer of UHF.

The UHF is a nonprofit organization and is a private, institutionally related corporation that is legally separate from UH, the UH Alumni Association, and all other UH affiliates.

"We are separate because it's private money and otherwise the university has the state money, which is taxpayer money and that comes under a separate body of law," Vuchinich said. "By working separately the donations that come in would become part of the state government, this way the donor has more control over what happens to their money than if it were just going back into the state treasury."

Any donations that the UHF receives come from individuals, corporations or private foundations. The donor is the one who determines the designation of the money. Some donors may choose to donate money to different programs or to the greatest need, like the flooding of UH's Hamilton library.



Among the things happening in UHF was a \$25 million donation to the UH Manoa College of Business Administration, above are Vance Roley and Dean Shidler.

One of the larger donations that the UHF has worked on was Jay Schidler's \$25 million donation to college of business. After his donation, the Board to Regents (BOR) approved of naming that program in Schidler's honor.

The UHF has also worked with Queens Medical Center to allow \$25,000 worth of scholarships to be offered to native Hawaiian students within the health science program.

UHF was created in 1955 by members of the BOR. According to Vuchinich, the BOR were business leaders in the community and they created the foundation because they felt that it was a real opportunity for private dollars to stay invested with the university. The BOR made the first private donation to start the foundation.

Donors are not just limited to giving money; they may also transfer stock or give real-estate, or other types of property.

The UHF is currently raising money to expand KCC's culi-

nary program and to rebuild the Canon Club on top of Diamond Head. After this program is funded and completed, students will not only have the opportunity to receive their AA degree but also receive advance culinary training and get their bachelor's degree, Vuchinich said.

Vuchinich was appointed President of the UHF in June 2004 but has been working to raise money for higher education for over 25 years.

"Donna (Vuchinich) oversees everything; she makes sure that our fiscal is all at best practices to make sure that all our donors are treated well and their designations are being respected," said Margot Schrire, director of communications for the UHF.

This past Saturday, Vuchinich and others from the UHF announced a large gift to HCC, \$3.4 million that will support scholarships and programs at HCC.

BACKPAGE: UHM, page 8

SECE to ease campus employment

SECE Web site offers students with job information and assistance.

By Christopher Yee
NEWS EDITOR

The recently implemented Student Employment and Cooperative Education (SECE) webpage for the UH system (www.hawaii.edu/sece), which includes opportunities at KCC, looks to ease the process for both employers and students looking for work. The SECE program features both on-campus jobs for students to apply for as well as internships and other jobs located beyond UH campus. For all positions, including external jobs, students must meet UH eligibility requirements of six credit hours and a 2.0 GPA in order to receive employment.

Features on the webpage include online timesheets for students and employers already in the system as well as a job search tool for prospective students. The system has been slowly added to since its addition to the human resources department in 2003. The ability for students to record their own hours was added at the end of October.

Job availability at KCC varies as the semester progresses. At the beginning of the semester, there are many job openings that gradually fill up by the semester's conclusion, according to KCC's human resources coordinator Eileen Torigoe. At KCC, one of the largest needs for student employment is for note-takers. Word is spread of the need for note-takers by sending representatives to speak to classes at the beginning of each semester.

"We're trying to better organize student employment," Torigoe said.

She was hopeful that the webpage would help streamline the employment process and experience for students.

The webpage has a simple interface, which is separated into two areas for both employers and student employees. By using the students UH ID and login, students can access their timesheets for the job they hold and also search through the available jobs by campus or type of employment.

"It is easy," Torigoe said. "It's just a matter of getting the word out." In order to spread the word about the SECE program, Torigoe said plans are underway to create information packages regarding student employment that can be distributed at the beginning of every semester.

According to Torigoe, the human resource department's goals are to educate and support student learning. The department educates both employees and employers by holding training sessions regarding systems including the SECE webpage.

"We consider student employment as a part of that support," Torigoe said. Student employment creates the unique opportunity of providing a real work environment that also has the security and support of the UH system.

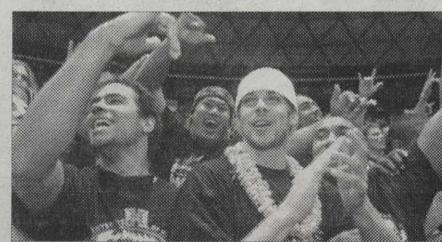
The impact that the SECE webpage will have on student employment will not be known immediately, but hopes are high. The human resources department has plans to add surveys to the service for employees within the system in order to streamline and make additions to the SECE program. Key areas of concern are finding out how students learn about the jobs they hold and what can be done to better the system.



"Cell" bait

A New York state judge is being debouched after he threw 46 people into jail when no one admitted to owning a ringing cell phone.

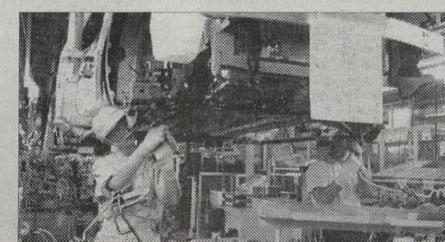
Full Story @ www.foxnews.com



Sugary goodness

The University of Hawaii Warriors will play the Georgia Bulldogs in the Allstate Sugar Bowl. UH is currently undefeated with a 12-0 record.

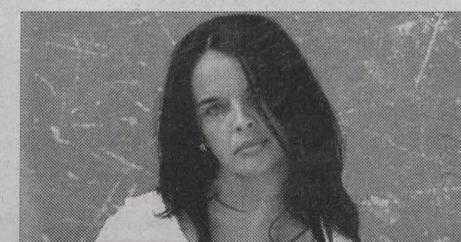
Full Story @ www.foxnews.com



Earning employee of the month!

An employee for Toyota Motor Corp dies after working 106 overtime hours in a single month, compensation will be paid to the widow.

Full Story @ www.reuters.com



Sex sells, for a cause

A prostitute in Chile is auctioning 27 hours of sex to raise money for one of Chile's largest charities. She raised around \$4,000.

Full Story @ www.reuters.com

KAPI'OE PERSPECTIVE

U.S., Japan, and Australia hope to embrace aloha spirit through soccer tournament



Here's the Deal

By Taressa Ishimi

The first Pan Pacific Championship exhibition tournament which will feature Major League Soccer's, MLS, L.A. Galaxy and back to back champions Houston Dynamo, as well as Japanese league cup champions Gamba Osaka, and a Hyundai A-League team from Australia has recently been announced for February 20 and 23. The tournament will include four soccer games, which have been scheduled to be played at Hawaii's own Aloha Stadium. And amongst the more notable players expected to be taking part in the tournament will be England's David Beckham, Hawaii's own Brian Ching, who has also played for the U.S. Men's National team, and Canada's Dwayne De Rosario, who's goal won the Dynamo team their second MLS Cup in a row.

As far as I am concerned this is a good thing for Hawaii. It'll give Hawaii the opportunity to show that we are a soccer supportive state, which can already be seen in the fact that there are players from Hawaii on both the men's and

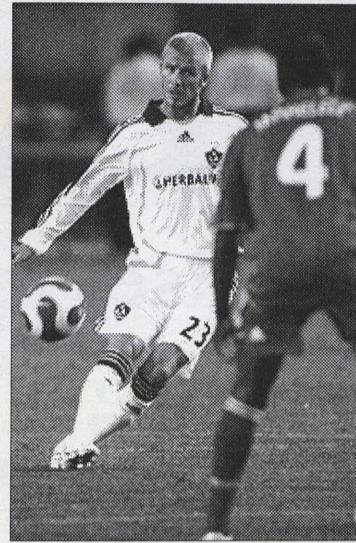


Haleiwa native and Houston Dynamo forward, Brian Ching attended the press conference for the Pan Pacific Championship, along with Lt. Governor Duke Aiona.

women's national teams. To add to this, if the Pan Pacific Championship expands to include more teams, holding an international soccer tournament in Hawaii could prove to be quite beneficial. Soccer is a worldwide sport and fans have been known to travel great distances to support their teams, in other words "if it's good, they will come."

Not to mention if MLS teams are able to regularly prove themselves on an international level, the MLS could gain some of the respect it deserves. One of the problems MLS

has had is the limited market in the U.S. Once some players show what they are capable of, they leave to try and play abroad, and because of the limited popularity of soccer in the U.S., compared to football and basketball, the number players coming out of colleges and high schools, who are interested in professional careers does not always match the number of quality and experienced players leaving. MLS is a good league, but ideally you want as many quality players, whether from college or other countries,



GOOGLE
David Beckham, who spent most of the MLS season with an injured knee, will be one of the main attractions during the tournament.

coming into the league as there are players exiting the league. Hopefully this tournament will remind some of the world that MLS can produce quality players too and it's a decent league in which to spend your career.

The down side of this tournament, at this point is that it is small, the teams playing in it are, to be frank minnows in the world of soccer, so there is the possibility the tournament will not be taken seriously by some. This is essentially a business

PAN PACIFIC CHAMPIONSHIP GAMES SCHEDULE

Wednesday, February 20

6 p.m. - Gamba Osaka vs L.A. Galaxy

8:30 p.m. - Houston Dynamo vs TBD (Australian team)

Saturday, February 23

6 p.m. - Third place match

8:30 p.m. - Pan Pacific Championship Final

move to expand the soccer market in the U.S. and to help U.S. soccer gain some attention in the world. But I honestly believe, given some time and the chance to step up on the soccer tournament ladder, this could prove to be a good step for U.S. soccer as well as for Hawaii.

Regardless, I implore you fans of sport, those who see the possibilities this tournament has, and even those who just want to see David Beckham "bend it" take in a game and decide for yourself. Is Hawaii soccer ready?

For more information visit <http://www.ppchampionship.net>. Tickets go on sale December 2007.

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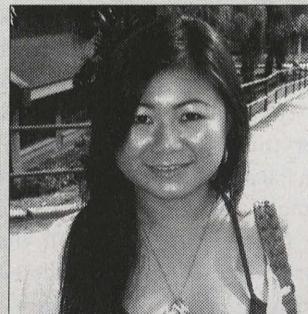
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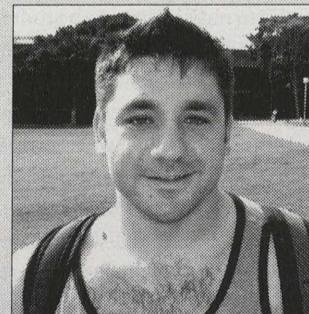
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SPEAKOUT BY ZHI SITU

If you could be one animal what would it be and why?



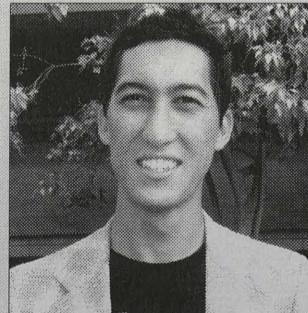
Ting Sing: "I would want to be a rabbit because they are furry and cute."



Kodi Avila: "A eagle because I would have good eye sight, be able to fly and best of all have a birds eye view."



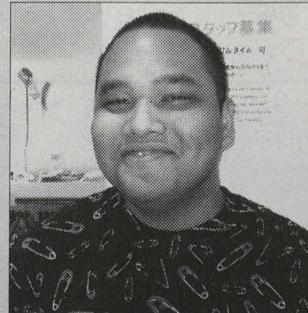
Jamie Gruenwald: "I would like to be a snake because I just like the way they look and I'd be the only snake in Hawaii."



James Unabia: "A unicorn because they are white, sexy, and have a fantastic horn."



Nicolette Johnston: "A bird because I'd fly away to anywhere and also be able to have a higher view of everything below me."



Joshua Yamamoto: "I'd want to be a guerilla because they are crazy and aggressive but also can be mellow and sincere just like me."

Bowl Championship Series, playoff possibilities



NOW THAT I HAVE
YOUR ATTENTION

By Christopher Yee

Welcome to the Bowl Chaos Series. College football has not been without its share of criticisms, particularly those falling upon the Bowl Championship Series (BCS) and its use of polls to decide who plays for the national championship. Since the BCS' inception in 1998, there have been major controversies surrounding the title game.

The logic behind the BCS system is that the top two teams under the BCS scoring system, which is based on a combination of the USA Today's coaches' poll, the Harris poll and strength of schedule which is determined by the BCS computers.

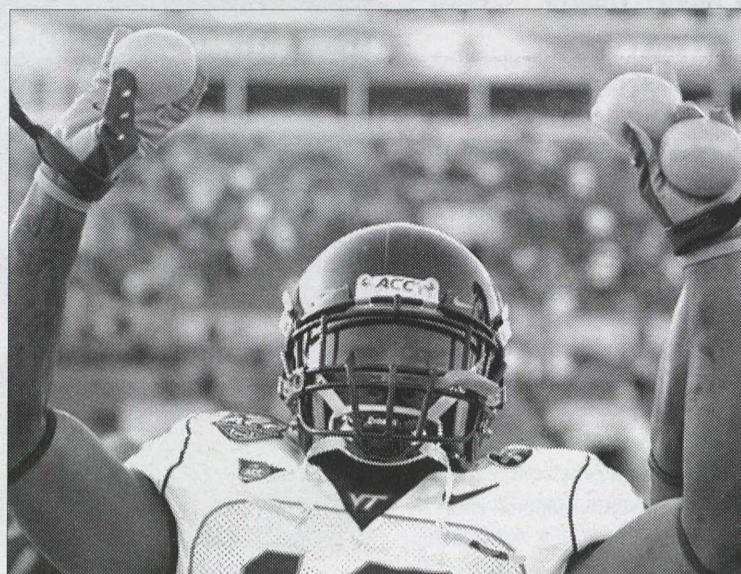
Last year, the one-loss Florida Gators defeated the then undefeated Ohio State Buckeyes for the national championship. Ohio State and Florida were ranked numbers one and two respectively.

But unlike last year, there have been large holes in the BCS system over who should vie for the national championship. In 2003, six schools finished the season with one loss. Of those six teams, three were from the major BCS conferences (Oklahoma, LSU

and USC) and three were from the lesser mid-major conferences (Miami of Ohio, TCU and Boise St.) The three mid-major schools were automatically not included in the title game and subsequently left out of the BCS games, leaving the polls to decide between Oklahoma, LSU and USC. Oklahoma and LSU were chosen to play for the national title while USC was left to play in the Rose Bowl against Michigan.

While selecting Oklahoma over USC was seen to many as a head-scratcher, Oklahoma lost their conference championship to Kansas State. The controversy surrounding the championship was magnified by the fact that both LSU and USC beat their opponents and finished the season with one loss. With the resulting polls following the season, LSU and USC ended up splitting the national championship.

The year after the shared championship, five teams finished undefeated - three teams came from BCS conferences (Oklahoma, USC and Auburn) and two from the mid-majors (Utah and Boise State). Oklahoma ended up squaring up against USC for what could potentially be seen as damage control following last years fumble of the championship game which left Auburn to play in the Sugar Bowl. Again, the BCS ended with multiple teams finishing with identical records,



Corey Gordon, a Virginia Tech linebacker, held up oranges in celebration after beating Boston College, 30-16, and winning a spot in the Orange Bowl.

with USC trouncing Oklahoma and Auburn beating Virginia Tech. Utah also won the BCS game they were invited to, and Boise State won their non-BCS bowl. However, USC was crowned the outright champion.

Which brings us to this year. Starting all the way back with the unlikely upset of Appalachian State over then number five Michigan, this year has been dubbed the "Year of the Upset" or my personal favorite, "The Boise State Effect" which was inspired by Boise State's exhilarating victory over Oklahoma in last year's Fiesta Bowl. This season, teams in the top 25 have been defeated by

lower ranked or unranked opponents 62 times, including the Saturday losses of both number one Missouri and number two West Virginia.

The question mark on Saturday night was who will play for the national championship. It was a given that Ohio State would get the chance after winning the Big-10, being next in line on the polls and finishing the season at 11-1. But who would they play? The potential teams were lined up at the door. Georgia and Kansas were seated at four and five but neither even played in their own conference championship. Conference champions

Virginia Tech, LSU, USC and Oklahoma all finished the season with two losses. One could even throw Hawaii into the mix with their perfect season.

One thing is for sure, a change needs to be made. The BCS was designed to choose a championship game based on a system that was already employed, the polls. Because the fact that polls are based on opinion, there is no absolutely fair way to determine when things get gray like this season has.

The BCS was also created to ensure that the historically strongest conferences (Big 10, Big XII, SEC, ACC, Big East, Pac-10 plus the independent Notre Dame) are poised to have a stronger likelihood of competing for a national championship, leaving mid-majors like the WAC (which Hawaii and Boise State are members of) struggling to make the cut.

The last thing is about money. The BCS offers a huge pay-off for any team that appears in the BCS. The same can be said about many of the bowl games at the end of the year. In fact, this is one thing I like about college football. Because there are 119 schools that compete at the Football Bowl Series (FBS) level, the fact that there are bowl games to look forward to is one of the best parts of the game.

BACKPAGE: BCS, page 8

The trepidation of a New Year and our struggle to meet it



THE
RELUCTANT
MISANTHROPE

By Kimberly Moa

With finals week looming overhead and Christmas Day fast approaching, the first few weeks of December often include anything but holiday cheer.

The last-minute shopping and all-night study sessions that characterize the end of the year, often translate into the culmination of the all too common practice of *procrastination*.

Regarded by many psychologists as a type of avoidance behavior, procrastination is one of many coping mechanisms used to deal with the fear and anxiety associated with starting or completing certain tasks.

Hours spent reorganizing ones computer files or reading the paper (while greatly appreciated by the Kapi'oe staff) would probably be better served studying for exams or grading papers.

Often related to the same impulse control issues associated

with holiday binge eating, drinking and/or spending, procrastination can also be rooted in feelings of self-worth or perfectionism.

For many of us, deadlines are often accompanied by the unconscious fear and avoidance of an evaluation of our abilities by ourselves and others.

It is the same fear and anxiety associated with the mob-mentality so characteristic of the holiday shopping season.

Our perceived need for the latest i-gadget or the most expensive-looking gift, is an example, albeit an exaggerated one, of the irrational and emotionally driven responses of herd behavior in animals.

In the presence of danger, to oneself or one's status, each individual group member reduces risk by moving as close to the center of the group as possible.

While the herd appears to be acting as a unit from the outside, its emergence is really the result of the uncoordinated behavior of self-seeking individuals.

Sociologically speaking, the fear of being perceived as an outsider causes individuals to act in accordance with the group.

We accept the collective unconscious (as Carl Jung described it) with all its stereotypes and prejudices. We follow the heard, in school, work, marriage, etc., to avoid feeling like outsiders. We listen to advertisers telling us what and when to buy, academia what we need to know, and public opinion on who should be allowed to marry or what is a justifiable war.

As social beings the need for acceptance is a powerful one. It is one of the reasons why we are so quick to put each other into boxes. Why we automatically label someone as "gay" or "straight" depending upon our notions of what gender roles are supposed to be.

In doing so we perpetuate a culture of fear and anxiety towards the future. It is the trepidation that causes us to put things off in the first place.

But in the mad rush to start the new year off with a clean slate, it is important to remember exactly what the New Year represents.

It provides us with the opportunity to redefine, not only the way we behave, but how we think about the world and the people around us.

It is an opportunity to turn our eyes away from the shadow puppets on the

wall and step outside of Plato's cave.

It's a difficult thing to do; for many of us it only takes a few weeks to break most of our New Year's resolutions. But in the spirit of starting things anew; in leaving the past behind us, with all its fears and anxieties about who we are and what we are capable of, I encourage all of us to make the resolution anyway.

The worst thing we can do as

human beings is become bystanders in our own lives. To know you can do something and to do nothing is a waste of millions of years of evolution (or if you prefer, our God-given free will). And even if we fail, which we often do, there is merit in the attempt. For what better way to spend your life than striving toward perfection, be it God or enlightenment or something close to either.



Plato's allegory of the cave is used to describe our limited perceptions of the world; once freed from these illusions we are able to see the truth, which ultimately leads to understanding.

Photo: Google

KAPI'OE INSIDE

CAMPUS & COMMUNITY BRIEFS

of events around KCC

KCC Synthesizer Ensemble performs holiday concert Dec. 8

The upcoming "Do You Hear What I Hear?" community concert will include the KCC Synthesizer Ensemble and various United Church of Christ ensemble members among other community instrumentalists. Special guests include former KCC students Christina Young, who will sing "O Holy Night," and Emanuel Aquino, who will accompany the ensemble on piano. Other selections performed by KCC students include "Liberace Santa Claus Medley," featuring Soojin Park and Marina Mitsuta, "White Christmas" performed by Royce Okazaki, as well as "Miss you Most" sung by Mira Secretaria. The concert is scheduled on Saturday, Dec. 8 at 4 p.m. at the United Church of Christ sanctuary, located at 467 North Judd Street. For more information contact Anne Craig Lum at 734-9182.

KCC College Chorus and Guitar Ensemble perform Dec. 9

Under the musical direction of KCC instructors Lina Doo and Stuart Nago, the KCC College Choir and Guitar Ensemble will perform their annual ensemble concert in the Maile Performing Arts Theatre on Dec. 9 at 7 p.m. The concert will include holiday songs such as "Winter Wonderland," "Mele Kalikimaka," as well as "Hallelujah Chorus" from Handel's "Messiah" scored for guitars. A double brass quintet will also accompany the choir in Daniel Pinkham's "Christmas Cantata." Special guest instrumentalists include Leeward Community College instructor David Minasian. For more information, call 734-9748.

HCC to receive large private donation

Honolulu Community College (HCC) has received a \$3.4 million donation from Norman Loui, the co-founder of Hawaiian Rent-All. The donation is the largest private donation ever for a state community college. Loui is a former carpentry student and graduated in 1961 from Honolulu Technical School, now known as HCC. To honor his contribution, the school is renaming its Kapalama Media Conference Center the Norman W. H. Loui Conference Center.

Project fuels hopes and dreams

By Thomas Duarte
EDITOR

Marketing students were challenged with the task to market and advertise an existing company. Four students in the Marketing 160 class choose OM Surf International a surf clothing and accessories company dedicated to selling merchandise and improving the community at large. OM Surf founder Ignacio Fleishour developed the company as a way to improve the world and community through donations to fund projects.

The company's new MySpace page says that, "OM International exists for the purpose of funding world changing projects. Once established, we hope that Project OM will be the main beneficiary of ten percent of the profits from OM International products."

According to group members they want to be a positive influence on communities and help children around the surfing world. The company is currently sponsoring an amateur surfer who will wear and use OM Surf products as well as work with young surfers known as "groms" to spread the OM Surf mantra, which is "change the world."

The project gave the students a chance to have hands on experience in the world of marketing. Along the way the group has seen its fair share of ups and downs, but has continued to strive for their goals. Throughout the semester the group attempted to have events at KCC and at UH as well as surfing events. And although some of the events that they did plan



SURFINGTHEMAG.COM

Sunny Garcia in his first heat of the Reef Hawaiian Pro posting a heat total of 16 points to advance into the next round.

PROJECT MEMBERS

- » **Mikal D. Barchenger II:** Group leader, account manager.
- » **Mark Alsop:** Communicator, and advertising manager.
- » **Jeff Yong:** Project presenter.
- » **Sarah Kim:** Designer.

fell through the group has learned from them and will keep trying.

"We have all learned that plans change and things don't always work out the way you expect them to," group member Mark Alsop said. "It's important to be flexible yet persistent with your goals. As long as we're determined to attain our goals and try to remain positive, we know we will be successful."

Not only did the group learn from the project, now one of the members is co-owner and vice president of OM Surf International. Mikal D. Barchenger has taken the project and made it something bigger and he has plans to improve company awareness. The group is now planning an event at the O-Lounge where they plan to give shirts away for \$10 donations. They also have beach and highway clean-up projects for the future.

For more information about OM Surf International and their events and projects visit their newly created MySpace page at www.myspace.com/omsurf. For students interested in marketing courses contact Susan Dik at dik@hawaii.edu.

Culinary arts students receive scholarships

The KCC Culinary Arts program dominated the fourth annual Tom and Warren Matsuda Scholarship Culinary Competition winning the top three spots. The competition was held Sunday, Nov. 18 at the Sub-Zero/Wolf Honolulu Showroom. Students from all seven culinary programs within the Culinary Institute of the Pacific-Community College system were allowed to apply.

First place winner, Adina Guest received a \$1,000 scholarship and an opportunity to assist Chef Roy Yamaguchi at a charitable event or cooking class on the U.S. mainland.

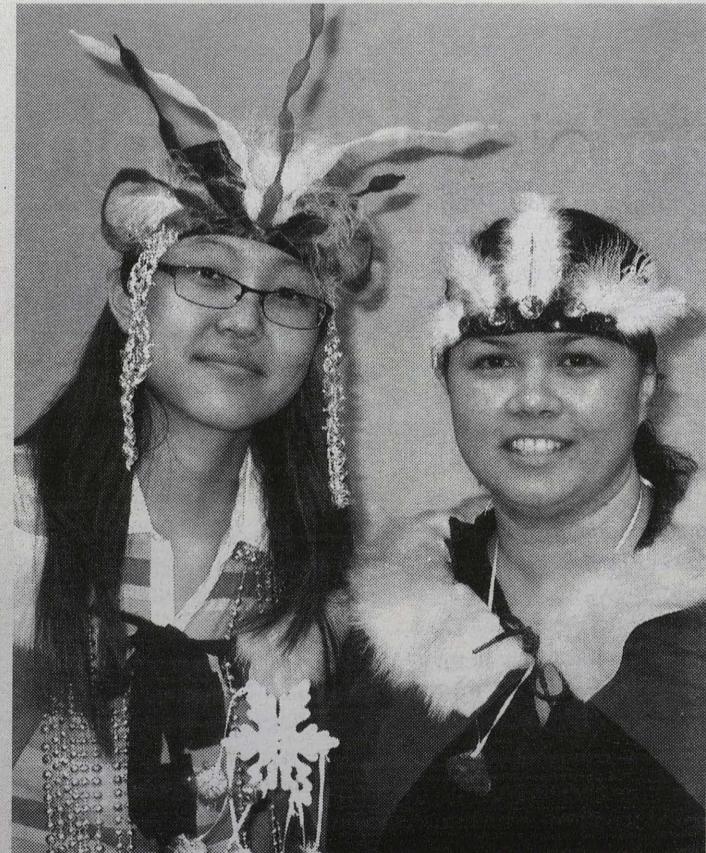
Second place winner, Justin Nip received a \$500 scholarship and third place winner, Ayumu Matsutaka received a \$250 scholarship.

Hawaii chefs Hiroshi Fukui, D.K. Kodama, and Jackie Lau served as the judges for the competition along with Chef Roy Yamaguchi.

Each participant was asked to submit recipes and photos for a three-course meal and the process behind each menu item; a 300 to 500 word personal statement and three letters of recommendation.

The Tom and Warren Matsuda Scholarship fund was established in honor of the father and son chefs who both died in separate incidences. The scholarship fund serves as an inspiration for Hawaii's young chefs while celebrating the accomplishments of the Matsuda father and son.

Students invent cultures



COURTESY OF CARL HEFNER

From left to right: Ashley Le, Caleb Lida, Shelly Alvier, Michael Bomhoff, Silvia Lim, and Janna Pansoy participated in Instructor Carl Hefner's Cultural Anthropology class. Students created and designed their own fictional culture that is adapted to one of the following environments: Tropical Rain Forest, Desert Plains, High Mountains, Pacific Island, Coastal Plains, and the Arctic North. Students dressed in their culture's native clothing, built models of their cities, and developed its economic and political organization.

World AIDS Day @ KCC



PHOTOS BY KIMBERLY MOA / KAPI'OE

KCC students helped create a 'Quilt of Flowers' during this year's KCC Cares World AIDS DAY event, held on Nov. 29 on the Great Lawn. Made with flowers donated by local florists, the giant red ribbon/honu (turtle) was created in remembrance of loved ones who have been lost to AIDS. The 3-day event, organized by the Service-Learning Office and sponsored by the Life Foundation, also featured information about AIDS awareness, testing and prevention, and included a showing of the AIDS Memorial Quilt.

(left) KCC Phi Theta Kappa students Scott Pirscher and Angelica Pinera were some of the students.



(above) Rommel Marcelino, spoke to students about the importance of getting tested; KCC students Victoria Hanahan-Hong and Joshua Courtney created their own flower patch in support of the event.



RECENT SNAPSHOTS of national and world events

British teacher arrested in Sudan

A British national teacher was arrested in Sudan for allowing her seven-year-old students to name a teddy bear "Mohammed" as part of a class project. Gillian Gibbons, was arrested after police received complaints from parents. Under Islamic Sharia law, it is a crime to insult religion and incite hatred. The crime carries a punishment of 40 lashes and up to one-year in jail or a fine. Gibbons was found innocent of inciting hatred but was sentenced to 15 days in jail for insulting religion. Gibbons plans to appeal the decision.

Daredevil icon Evel Knievel dies

Evel Knievel, known for his daring motorcycle stunts, died at the age of 69. He had been suffering from chronic diabetes and idiopathic pulmonary fibrosis for some time. Knievel began his professional stunt career in 1965 when he rode through walls of fire. He was best known for his failed jump across Snake River Canyon in 1978.

Not so bright

Montana resident Michael Allard, was accused of stealing Christmas decorations from the Montana Wreaths and Pink Grizzly Christmas Store. Allard was arrested and charged with felony burglary and misdemeanor theft after store owner, Shane Clouse, recognized the decorations displayed in Allard's yard. According to the Associated Press, investigators said Allard admitted to taking the supplies; however, Allard maintained that he did not break into the store, noting that he found the items abandoned outside.

A typical Saturday night on the streets of Waikiki

Kapi'oe editor rides along the 'beat' with one of HPD's finest.

By Paige L. Jinbo
COPY EDITOR

An hour into Police Officer Windsor Yap's third patrol of the evening, the radio dispatcher comes in over the speaker informing him that there's some type of dispute going on at the Waikiki bar, Kelly O Neil's.

"652, I'm in the area, I'll head down," Yap said in response to the radio dispatcher. Yap makes the next turn on Seaside St. and is waved down by a woman standing outside of the bar.

It's four and a half hours into his shift and Yap has already responded to six cases.

Yap is stationed at the Honolulu Police Department (HPD) District

6, which covers the Waikiki, Ala Wai, Ala Moana and Diamond Head areas.

Yap is always assigned the third watch. Third watch officers are scheduled from 2 to 11 p.m. Police officers normally patrol their district for two hours, sometimes more.

As Yap pulls the car on the side of Kelly O Neil's the woman standing outside of the bar salutes him.

The woman was kicked out of Kelly O Neil's for being a disturbance. The woman said that she felt she was unjustly treated and that there was no reason for her to be kicked out of the bar. The woman's voice begins to rise and Yap explains to her that she needs to calm down.

"I just want to know what my rights are; I think that I can file a civil lawsuit against the bar," the woman said. Soon after she says this, another police officer shows up.

Fifteen minutes later, Yap gets

back into his patrol car and laughs out loud. "The woman was drunk and she just needed someone to vent to," Yap said. "Calls like these never get old."

Yap, who is originally from Malaysia, has been a police officer for a little over three years. A graduate of Mid-Pacific Institute, Yap attended UH-Manoa where he received a political science degree.

As he drives down Kuhio Ave., Yap inputs the license plate information of the car in front of him into the computer that's hooked up to his dashboard.

By inputting the license plate information, Yap is able to see if the car is registered, up-to-date, and whether or not it's stolen.

"While doing patrols, if I'm not responding to radio dispatches, I'm looking out for traffic type cases," Yap said. The most common traffic violations that he deals with are tax and safety expiration of vehicles.

Yap turns onto Liliuokalani St. to get back on the Ala Wai. Just as he makes the turn onto the Ala Wai, the radio dispatcher comes in over the speaker and informs him that there's a bareback male, wearing cut-off pants with slippers at the Marina Towers going through the lockboxes of the apartment complex. Yap switches on the light on top of his car and begins to drive to the location.

According to Police Officer Eddie Croom, the police patrol cars are not as fast as most people think. The car was not necessarily meant for speed, it's meant to keep up with people who are trying to out drive the police officers.

Just before Yap arrives at the Marina Towers, he sees the bareback male crossing the street. Yap pulls over to the side and begins to pursue the man on foot over the Kalakaua bridge. Two other officers show up and follow Yap.

When Yap gets back into the car, he explains that all he did was take down the male's information because he only matched the description of the man who was allegedly searching through the lockboxes.

According to Yap, some days are more hectic than others. Weekends, block parties and holidays are very hectic, Yap said.

Police officers follow a five to nine schedule - five days, nine hour shifts. It used to be a three to twelve schedule - three days, twelve hours. They have no set days off; their schedules rotate every week. Yap prefers the five to nine schedule.

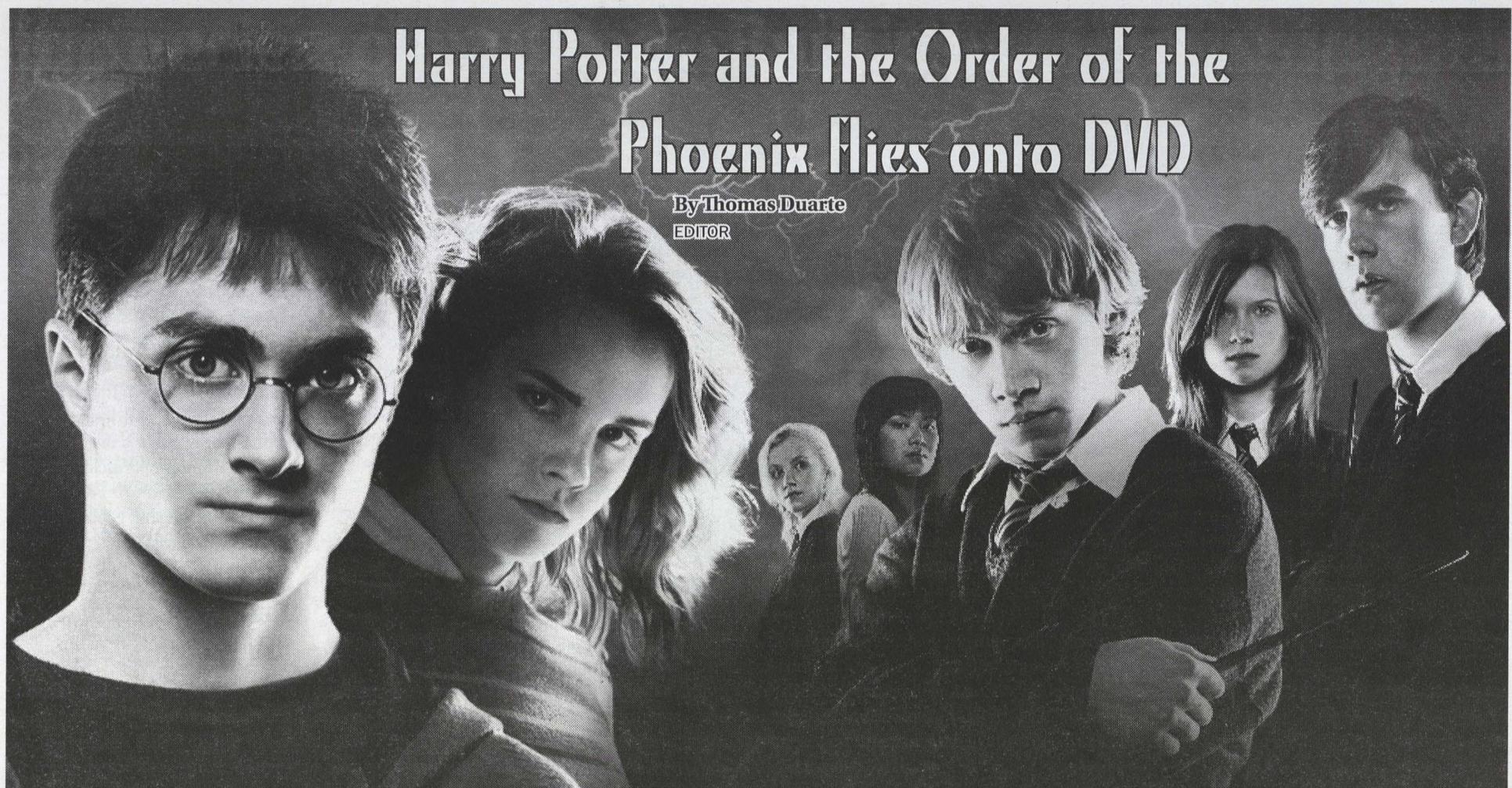
Yap pulls back into the Waikiki substation to refill his water bottle and to take a bathroom break. He then gets back into his patrol car and continues to patrol the district of Waikiki for the next three hours.

KAPI'Ο FEATURE

Harry Potter and the Order of the Phoenix Flies onto DVD

By Thomas Duarte

EDITOR



The highly anticipated fifth installment to the Harry Potter film series will be hitting the DVD shelves Dec. 11. The two-disc special edition comes packed with DVD special features including, additional scenes, The Hidden Secrets of Harry Potter, Trailing Tonks, And the Magic of Editing.

In his fifth year at Hogwarts Harry will face many obstacles and learn much about the mystery that is his life. He will also realize that Voldemort's return may not be the only trouble waiting for him in his return. When he arrives at Hogwarts, he realizes that many doubt his claims of Voldemort's return. He also faces a new Defense Against the Dark Arts teacher who proves to be as evil as anything Harry has faced. But with the dark of his life also comes the light when he learns about the Order of the Phoenix. A group of wizards that include the Weasleys, Professor Lupin and Harry's godfather Sirius

Black. The Order is a group sworn to defeat Voldemort and prove to ministry Voldemort is indeed back and recruiting followers again.

The film adapted from the novel written by J.K. Rowling makes leaps in the story line, which for those who may not have read the novel series find confusing and illogical. Thanks to the DVD extras you may not need to worry about reading the books if you do not want to, although it wouldn't hurt.

The Hidden Secrets of Harry Potter will take you on a journey through all five years at Hogwarts and take a detailed look at many of the mysteries surrounding "the boy who lived." This DVD special feature lasts roughly two hours and has a wealth of information explaining the link between Harry Potter and Lord Voldemort. It also takes an in depth look at questions that may be plaguing movie watchers. Guest appearances

in this extra include Harry Potter experts from the Harry Potter Lexicon Web site as well as producer David Heyman.

Also included in the special features are additional scenes not in the movie and The Magic of Editing. In this special feature follow David Yates and Mark Day as they show how important the editing process is to the final product.

For those interested in behind the scenes footage Trailing Tonks may be for you. Follow actress Natalia Tena (known as Nymphadora Tonks in the film) around the Harry Potter set. She takes you on an intimate tour of the set and also shows off some of her singing skills.

The special edition DVD is a two-disc set and features hours of special features that will give any viewer an interesting and enjoyable look at the movie world of Harry Potter.

Kauai's Roy Powers takes Reef Hawaiian Pro title

By Jenna Goldberg
CONTRIBUTING WRITER

Dawn breaks on the North Shore of Oahu to reveal the biggest swell of the year so far. Nearly every car on Kamehameha Highway has surfboards strapped to the roof, sticking out of windows, and resting in the beds of trucks. Waves curl, barrel, and break along the seven-mile stretch as the top professional surfers in the world head to the small town of Haleiwa to catch some of the biggest waves.

The 25th annual Reef Hawaiian Pro at Haleiwa was the first stop on the Van's Triple Crown of Surfing that broke records and renewed dreams. Sunny Garcia returned to Hawaiian surf after spending time in prison, and Kauai native, Roy Powers took home \$15,000 and the title of Reef Hawaiian Pro 2007 champion.

The three competitions of the Triple Crown give World Qualifying Series (WQS) surfers the last opportunity to qualify for the World

Circuit Tour in 2008.

Each winter, professional surfers from around the globe compete at North Shore bringing in a significant amount of international attention.

A North-West swell brought big waves and strong currents to the Haleiwa contest. This wave break has the strongest currents on the North Shore that force surfers to constantly paddle to maintain position in the lineup, where they can catch the best waves.

To the left of the waves, as seen from the beach, is the "Toilet Bowl." This section has extremely sharp reef blanketed with only one-to-two feet of water. Surfers must be careful, riding waves into the "Toilet Bowl" or getting caught in the impact zone, where powerful waves can throw them into the dangerous reef.

The wave breaking farthest from the beach at Haleiwa is called: avalanche. As the wave breaks it creates a huge wall of white wash that tumbles down the face, resembling an avalanche.



Kauai's Roy Powers claims the 2007 Reef Hawaiian. The surf event was the first of the Van's Triple Crown of Surfing.

The contest format has heats of four surfers competing for 25 minutes. The top two surfers advance to the next round, 16 surfers advance to the quarterfinals and only four surfers move on to the finals.

Maneuvers, style, wave size and barrels all factor into the judges

scores. Waves are judged on a 10 point scale, the best two waves combine to make the final score for each surfer.

The Reef Hawaiian Pro marked the return of local surfer and six-time Triple Crown Champion, Garcia. After spending three

months behind bars and wearing a house arrest anklet for six months, Garcia strapped on his surfboard leash and returned to the event where he holds the record for most titles won.

Three-time world champion, four-time Triple Crown champion, Andy Irons took a heavy fall on the first wave. With a strong current and heavy waves crashing through the line-up, Kauai native, Irons rode the white wash in and paddled back out through the channel. This killed valuable time in the 25 minute heat and wasted energy. Irons fell on the second drop-in attempt, but recovered to win the heat with good wave selection and strong, stylish, surfing maneuvers.

"There are some big waves coming in right now," Irons said. "Definitely riding a bigger board in this heat," referring to his 6'8" surfboard, decorated with sponsor stickers.

The judges looked for surfers charging the wave break on the outside, farthest from the shore.

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Suicides can be prevented through awareness

Heed suicide warning signs and get help as soon as you can.

By Karen Malone
STAFF WRITER

While many people believe that suicide is most prevalent during the holiday season, many health experts and researchers claim it's greatest during the spring. In fact, the holiday season may provide a safety net of sorts to some suicidal individuals. The seasonal decline in suicides seems to correlate with an increase of resources and the enormous amount of generosity available during the holidays, said Dr. Keith Pedro, Department of Adult Mental Health-State of Hawaii forensic program coordinator and KCC lecturer. "There is a certain level of energy that manifests in people making them reach out to others in need." During the season of giving, people tend to donate more clothing and other gifts to the less fortunate. And many people also use the season to volunteer more, such as serving food to the homeless, Pedro added.

Another possible factor for seasonal decline is the vulnerable individuals may be surrounded and protected by family and friends. People often reach out to those living far from their families, inviting them to holiday celebrations and family dinners, Pedro said. However, as people return to their pre-holiday season routines, vulnerable individuals may be left feeling more hopeless and helpless, Pedro explained. "With the decreased support the so called 'holiday blues' kick in for some and it is difficult to overcome the sadness. And while there is no concrete answer, some contemplate ending their lives during the holidays and eventually carry through their plans in the subsequent months such as spring."

Winter versus spring

Although suicide rates are not higher during the holiday season, depression rates are, said Barbara Briscoe, KCC lecturer of human development and psychology. People are at an increased risk for depression for two reasons: shorter daylight hours and holiday stressors, she added. According to John Havey, KCC psychology instructor, "People actually do feel better during sunny months... and they feel a little worse—emotionally not as a good—during the winter months." Some people may even suffer from a worse-case of the winter blahs called seasonal affective disorder (SAD). However, SAD has more severe symptoms, causing greater depression and interrupting the individual's day-to-day functioning. The Hawaii population may



SAVE.ORG

To the surprise of some suicide rates are not higher during the holiday season compared to any other time. In actuality suicide rates are highest during the spring season.

not be as affected by SAD as other populations living in regions with profound seasonal changes, Havey said. Those who do suffer from SAD and are predisposed to another mental health issue, such as clinical depression, may experience even worse symptoms. In severe cases, they may become so lethargic and disoriented they do not have the energy to do anything. Briscoe explained, "It's when they start to feel a little better during the spring when they are at risk. Unfortunately, these folks feel just good enough to actually have the energy to do something about it (their suicidal thoughts)."

In addition, many individuals, who are otherwise mentally healthy, get a little downhearted during the holidays. For instance, the holidays may remind the individual of unhappy memories. "Part of it is...the excitement and hype about the holidays, and it's suppose to be something really important...yet that expectation compared to their memory can be very different," Havey said.

In addition, more family conflicts are common during the holidays because more family members tend to get together. Each family unit has their own situation and challenges, Havey added. "They come together and can't cope." According to Briscoe, the holidays may also be a lonely time for college students or others who do not live near family or who do not have support from friends. And it can especially be difficult if their traditions don't follow the geographic region they live in.

Consequently, some researchers believe the severely depressed person may find themselves surrounded by those affected by the holiday-related depression, Briscoe said. "The depressed individual with suicidal thoughts... has this large, almost social, support of other people feeling down during the holidays." As the holidays end, the severely depressed individuals may feel more alone

Approaching those in crises

Often those thinking of killing themselves show signs, such as losing interest in their hobbies, talking about death, giving away their possessions and ignoring their hygiene. Havey suggested talking to these individuals in a direct yet caring way. And discuss the problem in a private setting, away from groups of people so the individual does not get embarrassed. "You don't want to close the door with them."

According to Pedro, if an individual is having a mental health crisis, offer to seek help together. "If you send them alone, there's no guarantee they'll go." In addition, offer to listen to their problems without offering to solve their problems, Pedro added. "Sometimes the most effective treatment is offering the person your ear."

Havey said the discussion can still be meaningful even if it turns out the individual had not made a suicide plan or had suicidal thoughts. "It's sometimes hard to know if someone is suicidal. It's better to be safe. People have found this out when they saw a change but didn't know if it was a problem or not." Perhaps, the individuals had just started to get depressed or they just needed someone to listen to them, Havey explained.

Getting treatment

Briscoe said most suicides are attributed to untreated depression; however, the good news is

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Suicide Prevention Hotlines:

ACCESS 24-hour Suicide Crises Hotline
808-832-3100

The National Suicide Prevention Lifeline
1-800-273-TALK (8255)

For medical emergencies, call 911

Warning Signs:

Talking about hurting or killing self or others

Seeking access to firearms, pills or other lethal means

Feeling hopeless

Having uncontrollable anger

Acting reckless

Feeling trapped

Increasing alcohol or drug use

Withdrawing from friends, family and society

Feeling anxious or agitated

Sleeping too much or too little

Exhibiting dramatic mood changes

Having no sense of purpose in life

Source: www.samhsa.gov

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KAPI' BACKPAGE

UHF:

Continued from page 1

This donation is the largest private donation that was ever made to a community college. The BOR has authorized that that conference center at HCC to be re-named after the donor. "It's a nice way to recognize individuals who make major investments," Vuchinich said.

Last year UHF received over 36,000 gift transactions and raised about \$63 million. All money that is being raised is all part of UHF's centennial campaign. In total UHF has raised about \$195 million, its contracted goal is \$250 million.

To recognize the contributions that donors make, there are several different donor rec-

ognition societies. The President's Club is an annual donor recognition society. The President's Club has about 2,500 donors who provide \$1,500 or more annually to the UHF. In a few weeks there will be a special reception for those donors where they will be recognized for their investments.

"It's really important to give back and stay active and participate," Vuchinich said. "If students are fortunate enough and benefit from their education they should strive to give back regardless of the amount to support the university whether it's a dollar a year or a month."

For those who would like to make a donation or would like to know more about the foundation visit www.uhf.hawaii.edu.

BCS:

Continued from page 2

But what can be done to decide a champion. There has been a lot of talk about the potential for a playoff system. I don't think an outright playoff is good, there are too many teams for that and football is much more grueling than a sport like basketball which has both the NCAA and NIT tournaments at the end of the year. Also, a playoff might get rid of my beloved bowl games.

Here's what I propose. Keep the bowl games; let the bid process remain largely the same for all those except those BCS eligible. The teams that become BCS eligible will be entered in a eight team playoff where, depending on where each team is eliminated will determine which BCS bowl the teams will get to play

in come January. For me, in order to further avoid controversy, to guarantee a BCS tournament bid, the conference champions from the major schools will be seeded one through six with two at-large bids opening the doors to second place teams or mid-major champions like Hawaii.

At the end of the tournament, there will be a championship game and all the BCS bowl games will be decided as well. This also will take care of a relatively college football free mid-December.

As it stands, the BCS has a lot of flaws and a lot of changes have been made including the addition of a fifth BCS game and allowing mid-major teams to earn automatic at-large bids for finishing in the top 12. Maybe it's a step in the right direction, but we need some clear cut answers in the future.

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Powers:

Continued from page 6

Bigger waves curl at this point with stronger point potential. Surfers, who dropped into the steepest, biggest waves, showing the most commitment, received the bigger scores of the day.

Dean Morrison advanced to the quarter finals with a heat score of 18.40 out of 20 possible points. The Australian pulled into a barrel, rare for Haleiwa, scoring him the only perfect ten of the contest.

Haleiwa local, Sean Moody sat

in the lineup as Morrison dropped in on the big wave.

"I didn't think he'd do it," Moody said. "I don't know if I would have." Moody took second in the heat against Morrison, finishing with 15.16 points.

While young locals advanced to the next round, world titleholders were eliminated.

"I don't know, I'm just getting smashed," Mick Fanning said. Fanning holds the 2007 world title.

Moody and Powers beat world titleholders Irons and Fanning in the quarterfinal. Both Moody and Powers need to perform well in the O'Neil Pro at Sunset Beach to be

invited to the final stop on the Triple Crown, the Pipeline Masters.

Australian, Joel Parkinson, threw powerful cutbacks and pulled through a beautiful barrel to advance throughout the contest. With his plan "to survive" in the final, Parkinson not only survives but conquers, finishing second.

But it was Powers who took home the oversized check. "I'm stoked," Powers said. "Nothing better than being at Haleiwa in the final. It's everything." Powers scored two, nine-point rides to finish with a commanding score of 18.84 and to bring the title home to Kauai.

Suicide prevention:

Continued from page 7

80 percent of depressed individuals can recover relatively quickly if they get proper treatment. According to Pedro, treatment varies from individual to individual; however, studies show that a combination of both psychopharmacotherapy and psychotherapy typically yield the best results. Briscoe noted cognitive therapy, a type of psychotherapy, is particularly helpful

to a depressed individual. "If what you think is hurtful, and if the thoughts are negatively distorted, depression is a common result. The cognitive therapy model puts a significant emphasis on first identifying and then correcting errors in the thinking process." Pedro said some medications take three to four weeks to reach its therapeutic dosage level, and short term psychotherapy may take up to twelve sessions. However, the success of the treatment depends on the individual's motivation, level of commitment and the available support, he added.

KCC's Fall 2007 Dean's List

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