



Find out what's really inside that energy drink that you guzzle down in between classes.

**INSIDE** Looking for a job? The Hawai'i Census Bureau is currently recruiting students to work. **Page 4**



Missed out on International Education Week? See what activities you missed.

# kapi'ō

11.23.09

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Volume 47 • Issue 11

# Unions bracing for **CUTS**

*UHPA hasn't agreed on a new contract, leaving the University to make difficult decisions*

By **Paige L. Jinbo**  
EDITOR-IN-CHIEF

With one union dealing with pay cuts, that started last week, the two remaining state employee unions continue to negotiate with the state to meet halfway on the state financial crisis.

A 7.5 percent pay cut was instituted Nov. 20 for the University of Hawai'i employees within the Hawai'i Government Employees Association.

Last month, HGEA voted for a new two-year contract that included a 7.5 percent decrease in pay, 18 furlough days this fiscal year and 24 furlough days next fiscal year. HGEA is the state's largest public-sector union. HGEA agreed to the contract in hopes to avoid further layoffs. The new contract will save the state \$204 million over two years. Gov. Linda Lingle's administration has projected a \$1 billion deficit through June 2011.

Members of HGEA have received praise for accepting the contract while members of the University of Hawai'i Professional Assembly and United Public Workers have become the subject of much criticism for not coming to an agreement on ratifying their contracts.

On Oct. 8, 86.2 percent of UHPA rejected the University's last, best and final offer. UHPA represents 3,000 faculty members.

"We didn't feel like we were getting a good deal," said Sharon Rowe, KCC professor and board member of UHPA.

The rejected contract would have placed all faculty on paid administrative leave the day after Thanksgiving, week of Christmas, the week of New Year's day and spring break. The contract also called for one payroll lag and a five percent pay cut through 2011. Members of UHPA would also have had to pay \$2,400 more in health care premiums under the new contract.

Rowe said.

However, according to M.R.C. Greenwood, president of the University of Hawai'i system, she and the Board of Regents said that retrenchment wouldn't occur for a year.

"I was really sorry that we weren't able to come to settlements," Greenwood said. "We're continuing to try and see if we can find neutral ground."

UHPA and administrators are in an impasse right now because an agreement hasn't been made. While a new contract must eventually be agreed upon, unlike HGEA where accepting the contract was essential because their contract was to expire, UHPA has an evergreen clause in their contract.

The evergreen clause states that until members of UHPA agree to a new contract, they can operate under the current contract.

If it wasn't for the evergreen clause and UHPA's contract expired, a new contract could be implemented forcefully without going against labor laws.

"Until we agree to a successor contract, our contract will stay in full effect," Rowe said.

According to Greenwood, UHPA not accepting the contract has done nothing to help the \$176 million deficit the University is in.

"Everyone has to understand that a lot of money has been taken out of the budget and we can't do things in the same way,"

Greenwood said.

While all campuses within the UH system are affected, it's

money being cut, 150 faculty members were laid off, classes and programs are also being cut.

"All that's happened to Manoa happened in such bad form," Rowe said. "It was demoralizing to faculty and this whole situation is such a hardship for students."

As enrollment continues to climb at KCC, KCC continues to make a profit. The cuts in programs, faculty, and money that took place at UHM likely won't happen at KCC in the near future.

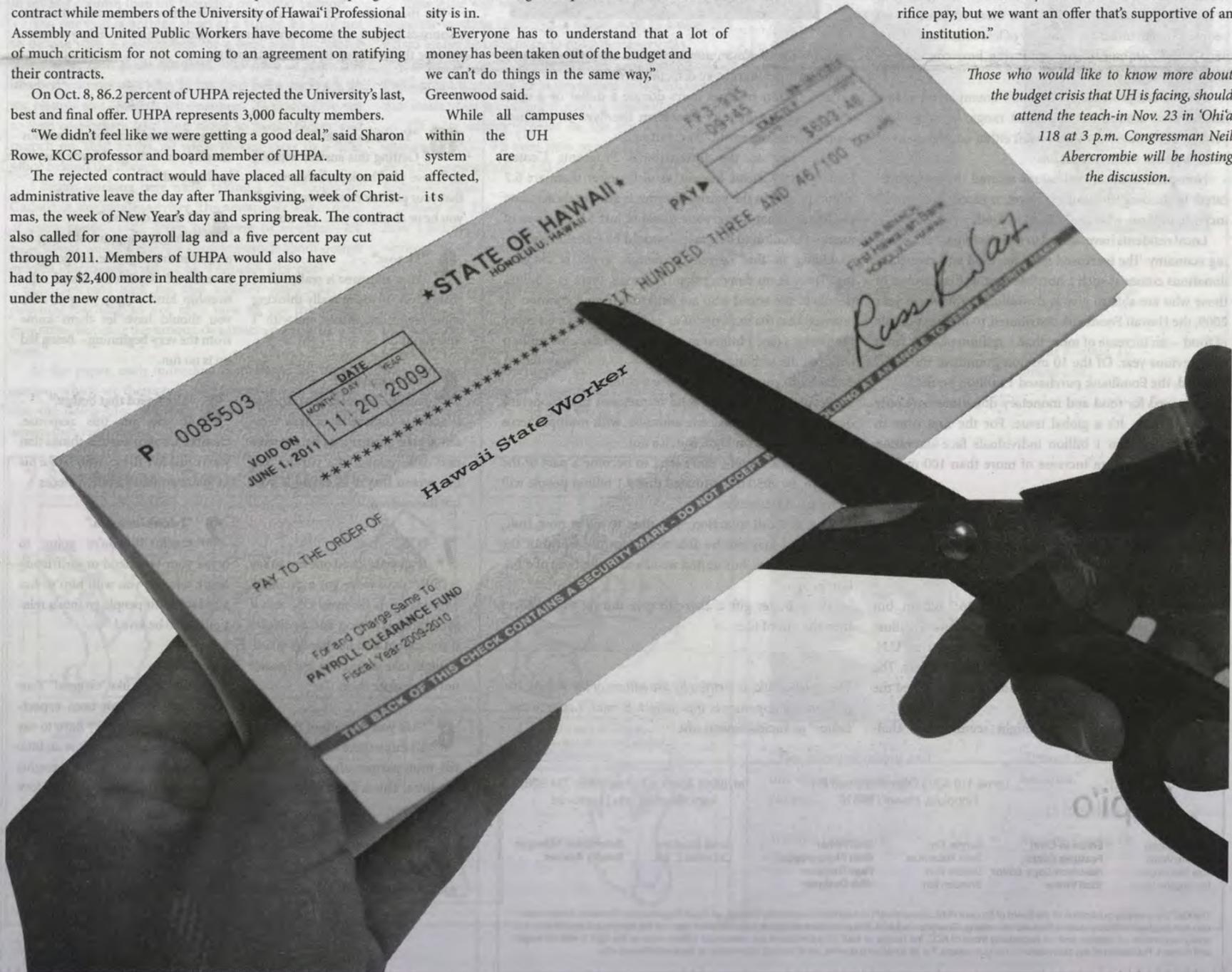
"We do need students to understand that when you take \$176 million out of the budget, sadly and tragically it does change the education of an institution," Greenwood said. "There's a lot of money that was taken out and this is going to be challenging for all of us."

Both the administrators and members of UHPA understand that the rejection of the contract leaves the University to make difficult decisions because money is not being saved and the deficit is not becoming smaller.

UHPA has proposed numerous recommendations to help address the budget shortfall, but those proposals were rejected.

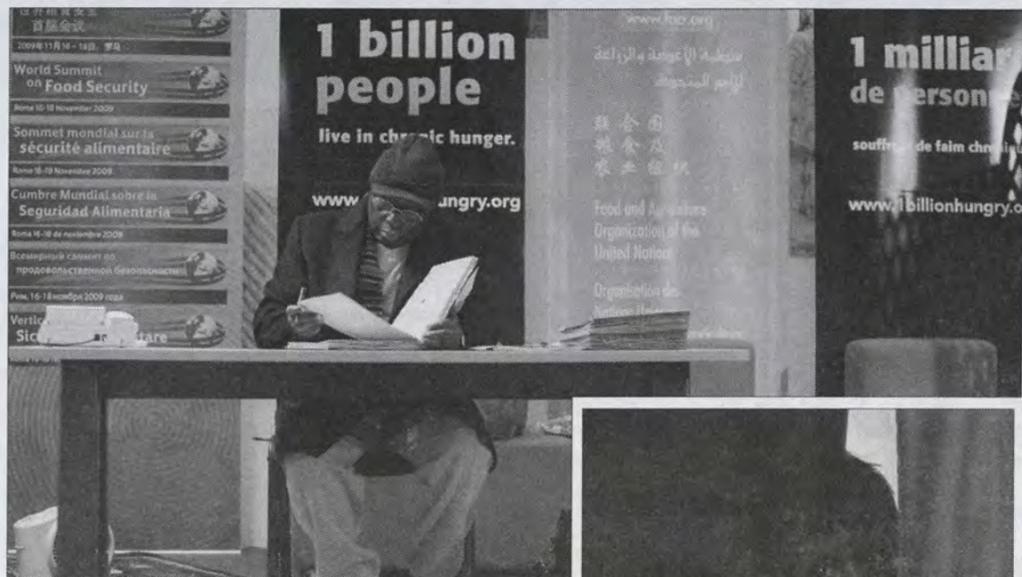
"I like long conversations and I think we need one now," Rowe said. "We'll certainly entertain a new offer and sacrifice pay, but we want an offer that's supportive of an institution."

*Those who would like to know more about the budget crisis that UH is facing, should attend the teach-in Nov. 23 in 'Ohi'a 118 at 3 p.m. Congressman Neil Abercrombie will be hosting the discussion.*



THE VIEW WE TAKE

# Just \$1 can end world hunger



Above: Jacques Diouf, director general of the U.N. Food and Agriculture Organization, participated in the 24-hour strike against world hunger. Each year six million children die of hunger — 17,000 children a day.



The holiday season is upon us.

Although giving back to your local community is welcomed throughout the entire year, it's during the tail-end of the year that organizations push for donations of all sorts.

However, living in such dreary economic times, many will find it hard to loosen the purse strings and give back to the less fortunate. Sadly, this year there are many more people who fall under the category of less fortunate. Members of the community are witnessing how counterproductive are society really is.

For the last few months Hawaii's unemployment rate has hovered around the 7 percent range. Another 14.5 percent of Hawaii's workforce want either employment or more hours at their current job.

Non-profit food organizations around the state dedicated to feeding the hungry have noticed a dramatic increase in those who are in need of food.

Local residents have started to feel the impact of a slowing economy. The increased need for food and monetary donations comes at such a horrible time as the number of those who are able to give is dwindling. In its fiscal year 2009, the Hawaii Foodbank distributed 10 million pounds of food -- an increase of more than 1 million pounds from the previous year. Of the 10 million pounds of food distributed, the Foodbank purchased 1 million pounds.

The need for food and monetary donations isn't only a Hawaii issue. It's a global issue. For the first time in history, more than 1 billion individuals face starvation worldwide. This is an increase of more than 100 million from last year.

To combat the issue, the United Nations launched an online appeal for individual donations to fight hunger. Considering that nations across the globe are tackling economic crises, the U.N. is pleading with the community to donate.

The World Food Programme needs \$6.7 billion, but has only received in \$2.7 billion in donations. To illustrate the vital need for food and show solidarity, U.N. Secretary-General Ban Ki-moon fasted for 24 hours. The Programme needs to raise \$6.7 billion in order to feed the world's hungry.

Feeding 1 billion people might seem like a chal-

lenge, but small donations can make a big difference, said Josette Sheeran, executive director of WFP.

"If a billion Internet users donate a dollar or a euro a week, we can literally transform the lives of a billion people across the world," Sheeran said.

According to the International Programs Center, United State Census Bureau, as of October there are 6.7 billion people in the world. Sherran is absolutely accurate in claiming that if everyone donated just \$1, the lives of many — 1 billion to be exact — would be transformed.

Living in this current economic crisis is challenging. There is no denying that. However, there is 1 billion people in the world who are suffering from starvation. A hotmeal that the majority of us are fortunate to have more than once a day, 1 billion people don't get that. Six million children die of hunger every year — 17,000 every day. A dollar from your pocket can save a child.

People are under the false impression that monetary donations must be obscene amounts, with multiple zeros following the dollar sign. But, it's not.

If we, as a society, don't start to become a part of the solution, by 2050 it's estimated that 9.1 billion people will suffer from starvation.

This is a call to action. The time to act is now. Individually we may not be able to change the world or the economic issues, but united we can save the lives of a billion people.

What better gift is there to give during the holidays than the gift of life?

The view we take is written by the editors of the Kapi'o. We welcome all responses to this subject. E-mail "Letter to the Editor" at [kapio@hawaii.edu](mailto:kapio@hawaii.edu).

## KAP1'0

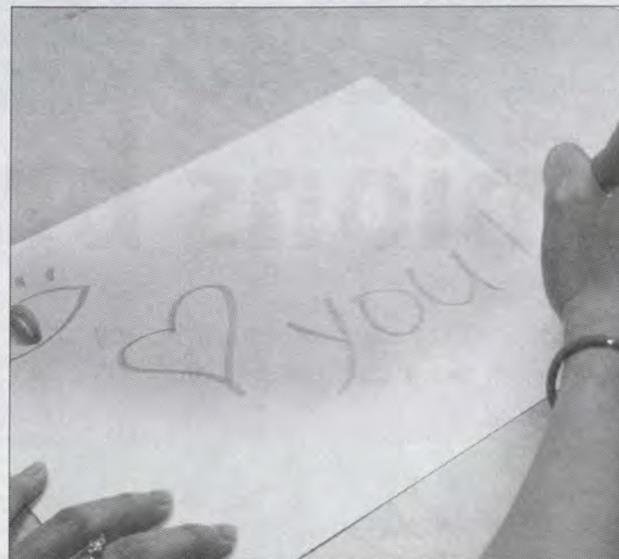


PHOTO ILLUSTRATION BY SEAN NAKAMURA

### I love you, you love me not?

By Joie Nishimoto  
ASSISTANT COPY EDITOR

Being in a relationship can be tough, especially when it comes to saying those three words every lovestruck partner wants to hear — "I love you." But sometimes, it can catch the other person off guard. Other times, people are not as eager to hear those words as you are to say them.

But there's no need to be a jerk about it. Here are the top 10 worst responses to that seven-lettered three-worded phrase, to help you prepare for the next step in your relationship:

10. "You're so sweet." Getting this answer without an "I love you" back probably means that your partner doesn't want to tell you he or she loves you... or not.
9. "I know." Wow, someone is really full of themselves. If you're really thinking about saying this, at least end with "I love you too."
8. "I love me, too." Just like "I know," this response is another indication of how conceited your partner may be. On your next date, remind your partner that the person they're dating is you, not themselves.
7. "OK." If all your loved one has to say is "OK," then we've got a problem. This answer is far from OK. Ask if something is wrong and apologize if you caught him/her off-guard. It might take some time, but be sure not to pressure them.
6. "Are you sure about that?" I'd think twice about what you tell your partner after getting this response. This is just a fight waiting to happen.
5. "Define love." If someone is asking to define what love is to you, he or she may not understand that you are serious about your feelings. Maybe they're having doubts?
4. "I don't do love." What is the point of being in a relationship if you're not going to love them? If you're a casual relationship kind of guy or girl, then you should have let them know from the very beginning — being led on is no fun.
3. "I've heard that before." If you get this response, chances are your partner thinks that you're just like the ex who broke his or her heart into a million pieces.
2. "I don't love you." Ouch. If you're going to break your boyfriend or girlfriend's heart, why are you with him or her anyway? Most people go into a relationship to be loved.
1. "Oh." Oh? More like "oh geez!" Your lover must have not been expecting that at all if all they have to say is "oh." Give your partner a little time to process his or her thoughts — maybe he or she will say they love you too.

Next week's Top 10 will be the Top 10 ways to get in the holiday spirit.

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COMMENTARY

# Parting is such sweet sorrow



CATHERINE TOTH/KAPI'O

The Kapi'o staff is a motley crew of very different personalities, but we all make the perfect blend of co-workers.

By Kristine Wada  
CARE BEAR SPECIALIST

I was planning to write about my cute leather boots and the steadily cooling weather, but tonight, as our Kapi'o family gathered for an early Thanksgiving dinner, I realized that I might have something more important to share in my last column than my thoughts on winter fashion.

Yes, our staff is nothing short of a family. It's hard not to be one with a mother hen for a boss who listens for hours as we dish about our lives, who feeds us pizza and blueberry scones and who, in my case, helps me work on my resume and research job openings. It's impossible not to love co-workers who sing along to Justin Bieber and munch on Thin Mints, all while tucked away in a little office behind the library.

I began working here while taking a class taught by Catherine, our faculty adviser. The newspaper was in need of extra hands—even those belonging to newbies—for page layout, and despite not knowing much about design or even journalism, I signed on. I figured, why not?

The veterans took me and another starter kid in, patiently teaching us not only how to use the design programs, but also the unique dynamics of working as a team.

At the paper, each individual contributes his or her section, which we then read, edit, layout and tie together into the lovely piece of work that you find in our blue newsstands each week.

Tonight is production night. In the spirit of Thanksgiving, we stuffed ourselves with poultry, potatoes and pumpkin cake and then sat around the table and shared what we are thankful for. I considered making a joke about boot weather, but looking around at that circle of co-workers, I realized how truly lucky I am to have found this job.

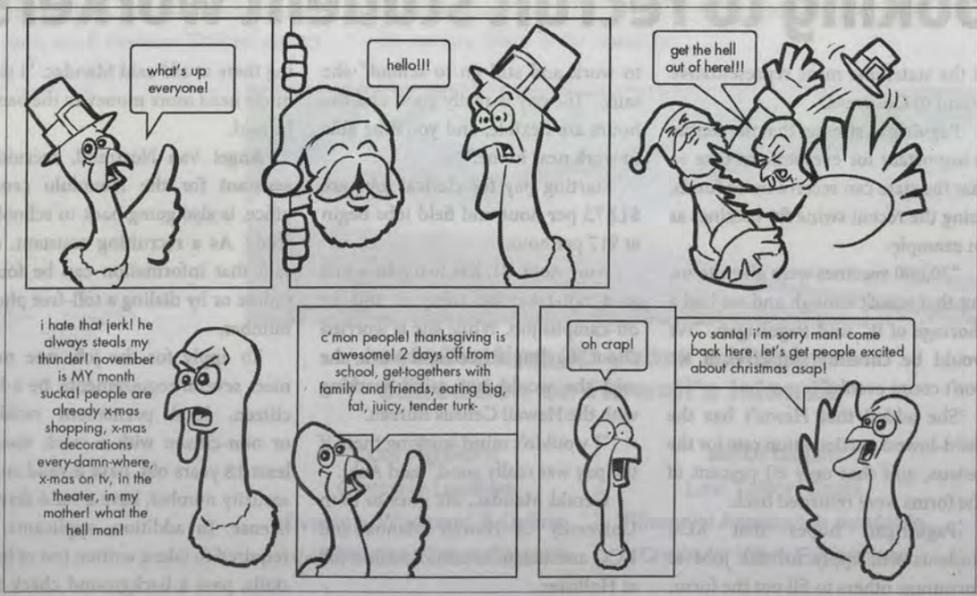
This issue will be my final for the paper: it's my last semester working here, and it saddens me to realize that I'll no longer be coming in to this office every day.

I'll miss our staff cooking competitions, through which I've learned that some of us are skilled in the kitchen and that some of us are skilled at getting relatives to cook for us. I'll miss writing profiles on the inspiring men and women of KCC. I'll even miss production nights, when we're all sipping coffees and Cokes to stay awake between keyboard clicks.

Above all, I'll miss this amazing staff. Nowhere else have I felt such a connection with and love for my co-workers, all of whom are my counterparts. I may not get that tattoo that reads "Kapi'o Forever," but this job will always hold a special place in my heart.

I started at this paper simply to have a part-time job that would fit in with my school schedule, yet my experiences here have completely changed my view of the position. I'm leaving with a respect for the work of journalists, a renewed passion for writing and most importantly, a new family. Sometimes we find love where we least expect it.

## 7 Sketches- Derick Fabian



# CAMPUS VOICES

What do you like on your toast?



"Cheese, tomato, lettuce and a terri patti sandwich."

Ryu Akiyama, 19, business



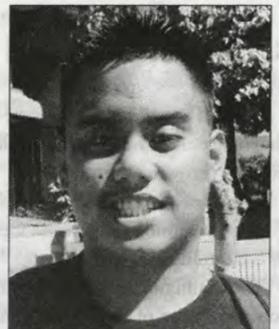
"Peanut butter and jelly."

Catherine Langinbelang, 19, liberal arts



"Peanut butter and strawberry jelly."

Tyffani Guting, 18, liberal arts



"Tuna and lettuce."

Jumar Pantoce, 19, liberal arts



"Two slices of salami and one slice of pepper jack cheese."

William Leather, 18, liberal arts



"Peanut butter, honey and bananas."

Jasmine Knight, 18, undecided

## CAMPUS AND COMMUNITY BRIEFS

of events around KCC

## YO! moves with Ice Cream Social

The Yo! bins for homeless youth will be at the re-scheduled Ice Cream Social in the cafeteria on Monday, Nov. 23 at noon. Bring t-shirts, backpacks, slippers, socks, canned goods, learning supplies, personal hygiene items and towels.

## Learn about a French master artist

David Behlke examines the decade-by-decade progression of French artist Henri Matisse who used unique methods of interpreting reality into a new abstract style of visual art, on Friday, Dec. 4, starting at 3:15 and ending at 5 p.m. in 220 Grille.

## U-PASS Transportation fee approved

The approval of the Student U-PASS Transportation fee was approved by the Board of Regents. The fee will be \$20, and will provide students with unlimited use of the bus pass on all routes.

The agreement was made between the University of Hawai'i at Mānoa and the City and County of Honolulu.

The request for the mandatory fee was created by the Associated Students for the University of Hawai'i (ASUH), and was supported by the vice chancellor for students.

The \$20 fee will be charged to undergrad and graduate students no matter what their credit load may be.

The fee will begin in the spring of 2010.

## Chancellor to hold town hall meeting

Any student who has any questions, problems or concerns regarding KCC are encouraged to voice them at the town hall meeting Nov. 23 from 12 to 2 p.m. in the 'Ohi'a 118. Free snacks and drinks will be provided.

## \$3 million released by Gov. Lingle

Around \$3 million was release by Governor Linda Lingle to improve the energy efficiency to state health centers and Department of Health facilities through the state.

A total of six places will be included in the funding for this project.

The Diamond Head Health Center will get approximately \$1,000 for air conditioning improvements.

The Wailuku Health Center will be using \$268,000 for the construction and design of the air conditioning improvements.

The Lanakila Health Center will receive \$584,000 to insure that the air conditioning system is running top notch.

Department of Health Facilities was allotted \$425,000 to focus on energy efficiency in the Department of Health buildings and facilities throughout the state.

Kamauleule Building (DOH Laboratory) will use \$352,430 for both air conditioning and energy efficiency.

The effort is to support Governor's Hawai'i Clean Energy Initiative, which is the one that focuses on having 70 percent of Hawai'i's energy come from clean sources by 2030.

## First STEM Fair to be held

## Students interested in STEM should attend the STEM Fair

By Keoki Noji  
STAFF SUBMISSION

Students of KCC's Science, Technology, Engineering and Mathematics Program will be holding their first fair, Thursday, Dec. 3 from 10 a.m. to 2 p.m.

The event will feature food, games and prizes.

The event will be filled with educational fun.

Students interested in STEM will have the opportunity to learn about the STEM program. There will be informational booths where people can learn about the different scholarships, internship positions, as well as other available opportunities the program offers.

There will also be demonstrations and displays of the current STEM students' past achievements. STEM students have participated in various competitions across the country and have won top honors. Students have won numerous awards and have defeated teams from very prestigious mainland universities.

At the fair, students will have the chance to see a hydrogen fuel-cell powered remote controlled car and an underwater remotely operated vehicle. Both devices were developed by students.

Some of the games that students will be able to participate in are darts, water-balloon toss, and Portuguese horseshoes. There will also be complimentary popcorn, cotton candy and a doughnut-eating contest.

Although the fair is aimed towards high school and college students looking to major in a science or technology related field, anyone who is interested in STEM is encouraged to attend the fair.

## About the STEM program

The goal of the STEM program is to enhance the quality of instructional and outreach programs at KCC, particularly within the Native Hawaiian



PHOTO COURTESY OF KEOKI NOJI

Students from KCC's Science, Technology, Engineering and Mathematics program participate in activities that promote team building.

## WANT TO KNOW MORE ABOUT STEM?

» Contact Keoki Noji, KCC STEM program marketing director at either 734-9425 or knoji@hawaii.edu. Office located in Koki'o 202

student population. The overall mission of the program is to increase the number of STEM students transferring to four-year degree programs as they prepare for careers in the STEM disciplines.

One unique aspect of the KCC STEM Program is the Associate of Science degree in Natural Science (ASNS) with concentration in Life Science or Physical Science. This two year degree will prepare students to transfer to four-year institutions and provides targeted advising and appropriate course sequencing for efficient transfer of the STEM students.

Students in the STEM Program have constant access to our knowledgeable faculty and staff, as well as state of the art equipment.

The STEM Center, located on the

STEM: See page 12

## Hawaii Census Bureau looking to recruit student workers

## KCC students are eligible for various temporary jobs to distribute U.S. Censusw

By Joie Nishimoto  
ASSISTANT COPY EDITOR

The Hawai'i Census Bureau is looking for people to work during spring 2010 when the U.S. census is distributed.

There's no need to worry about not getting hired – the Hawaii Census Bureau is recruiting thousands of individuals.

According to Marilyn Paguirigan, assistant manager for recruiting, the bureau is providing various temporary jobs, such as enumerators and clerical work.

## WANT TO APPLY?

» Check to make sure you meet the requirements

» Call 1-866-861-2010 to apply.

» Visit [www.2010censusjobs.gov](http://www.2010censusjobs.gov) for more information

Since 1792, the Constitution of the United States has mandated that every 10 years, a 10-question survey is to be distributed across the nation. The purpose of the census is to determine the number of people living in the U.S. The census determines the distribution of the \$300 billion provided by the government. In addition, for every 500,000 people living

in the state, one more representative is sent to Congress.

Paguirigan stresses that the census is important for everyone to take so that the state can receive more funds, using the recent swine flu vaccines as an example.

"30,000 vaccines were given to us, but that wasn't enough and we had a shortage of it," said Paguirigan, "We would be cheating ourselves if we don't count evenly."

She added that Hawai'i has the third-lowest participation rate for the census, and that only 60 percent of the forms were returned back.

Paguirigan hopes that KCC students will apply for the jobs to encourage others to fill out the form.

"Students would be able to apply

to work and still go to school," she said, "The pay is really good and the hours are flexible, and you'll be able to work near home."

Starting pay for clerical jobs are \$12.75 per hour and field jobs begin at \$17 per hour.

Amy Aoki, 21, has two jobs – one as a notetaker on campus, and an off-campus job. While she is worried about juggling school and work, she said she would not mind working with the Hawaii Census Bureau.

"I wouldn't mind working there if the pay was really good," said Aoki.

Gerald Mandac, 20, goes to both University of Hawaii Manoa and KCC and balances school with a job at Hollister.

"I totally would not mind work-

ing there at all," said Mandac. "I definitely need more money in the bank," he said.

Angel Van Nostrand, recruiting assistant for the Honolulu census office, is also going back to school to study. As a recruiting assistant, she said that information can be found online or by dialing a toll-free phone number.

To apply for the job, one must meet several requirements: be a U.S. citizen, legal permanent resident or non-citizen with a work visa, at least 18 years old, have a valid social security number, have a valid driver's license. In addition, applicants are required to take a written test of basic skills, pass a background check and commit to four days of training.

## Energy drinks: the truth within the can



PHOTO ILLUSTRATION BY SEAN NAKAMURA / KAPI'O

Even though energy drinks look good, they aren't exactly the healthiest choice to stay awake. Energy drinks are packed with sugar and contain four times the amount of caffeine as a can of Coke. Opt for less sugary pick-me-ups.

By Sunnie Kim  
STAFF WRITER

With a quick glance, the gloriously decorated can sitting on the cold, icy shelf at the grocery store seems like the solution to a tiring morning. The commercials for these drinks captivate the viewers into believing they will restore energy into an exhausted body. But how accurate are those commercials? The Kapi'o asked Chelsie Kawamura, a registered dietician at Kaiser Permanente, what's the real deal behind energy drinks.

**Kapio: Would you say that energy really do work?**

Kawamura: Energy drinks are designed to provide a physical or mental boost. Although energy drinks may give you a temporary energy boost this "boost" (which may last as long as a few hours) typically results from the large amount of sugar and caffeine these drinks contain. Energy drinks are often very costly and many contain significant calorie levels. Also it contains four times the amount of caffeine compared to that of a 12-ounce can of coke.

**Kapio: What are the main ingredients that are in the energy drinks that give us energy?**

Kawamura: The main ingredients are: caffeine, taurine, glucuronolactone, and B vitamins. They are energy

### STAY AWAKE!

Kick the bad habit to the curb and try these methods of staying awake

- 1. Eat a healthy breakfast.** Carbohydrates and protein will be your best friend if you need energy and endurance. Try whole wheat cereal with a side of yogurt.
- 2. Walk it off.** Sitting in a classroom for hours can be tough, walk around the room and sit back down. It's simple yet effective.
- 3. Say no to sugary snacks.** Instead, try a healthier alternative that will give you lots of energy through out the day.

SOURCE: MedicineNet.com

promoting ingredients thought to improve memory retention and concentration fight fatigue and provide a sense of well-being. Other ingredients such as ginseng, green tea, ginkgo biloba and guarana are often added to energy beverages and may enhance the effects of caffeine.

**Kapio: Are there any ingredients in energy drinks that can be harmful to our bodies?**

Kawamura: Many of these energy

drinks contain high amounts of caffeine and sugar. The acids and sugars in these drinks promote tooth decay, and the sugar contains a lot of extra calories and little other nutritional value. This excess energy is likely to cause weight gain. In addition, the amount of vitamins and minerals you get from an energy drink does not come close to what you would get from eating a diverse range of foods.

**Kapio: Have there been any incidents where energy drinks caused harm to a person's body?**

By itself, massive amounts of caffeine (most common ingredient in energy drinks) can increase your blood pressure and sometimes impair blood flow to your heart. Increased risk of a potential heart problem rises when energy drinks are consumed along with alcohol, when you're dehydrated, or when consumed quickly before a sporting event.

Kawamura added that drinking excess amounts of energy drinks may induce mild to moderate euphoria primarily caused by stimulant properties of caffeine. This can cause a person to develop anxiety, agitation, irritability and insomnia.

Just because the label says "Energy Drink" it doesn't necessarily mean that it'll give you the kind of energy boost you — or your body — need.

## RECENT SNAPSHOTS



AP

UCLA students scream to protest a university Board of Regents committee vote to boost fees over two years at the University of California, Los Angeles campus on Wednesday, Nov. 18. A UCLA Regents committee has approved a 32 percent increase in student fees at University of California campuses, sending the proposal to the full board for review.

## University of California fees to increase

The governing board of the University of California approved a \$2,500 student fee increase Thursday after two days of tense campus protests across the state. The 10-campus system needs a \$913 million increase in state funding next year, in addition to higher student fees.

The 32 percent increase will push the cost of an undergraduate education at California's premier public schools to over \$10,000 a year by next fall, about triple the cost of a decade ago. The fees, the equivalent of tuition, do not include the cost of housing, board and books.

## World's children forgotten killers

Diarrhea and pneumonia kill an estimated 3.5 million kids under 5 each a year globally — more than HIV and malaria combined.

Pneumonia is the biggest killer of children under 5, claiming more than 2 million lives annually or about 20 percent of all child deaths. AIDS, in contrast, accounts for about 2 percent.

Diarrheal diseases, kill 1.5 million kids each year, most under 2 years old. The children die from dehydration, weakened immune systems and malnutrition. The worst cholera outbreak to hit Africa in 15 years killed more than 4,000 people in Zimbabwe last year.

## Group decries three days worth of saturated fat in movie popcorn

Just one popcorn-and-soda combo can match the calorie-and-saturated-fat count of three McDonald's Quarter Pounders and 12 pats of butter, according to the Center for Science in the Public Interest's review of popcorn sold at three national movie chains.

CSPI found that the 20-cup tub of popcorn at Regal theaters packs 1,200 calories and 60 grams of saturated fat, which Hurley said accounts for three days worth of saturated fat. An 11-cup (small) bucket has 670 calories and 34 grams of saturated fat. Those numbers don't account for the "buttery" topping, every tablespoon of which adds another 130 calories.



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# Food with gratitude

By Remington Taum

STAFF WRITER

The holidays can get hectic with all the cooking, planning and spending time prepping food. As a college student, or being away from home, it can be hard work to prepare your own Thanksgiving meal. We have to remember to stop and remember how thankful we are to be living in such a beautiful place and that there are people out there who are around to help out.

There are a few places that are providing a pre-order turkey to-go meal that is partially cooked so you can still have time to spend with the family, relax and not worry about cooking.

Last year Whole Foods sold out of their meals, and it looks like this year they will sell out again.

Just over 100 prepared meals are made; that's just a small peek into all the work people put into preparing these turkey dinners.

Elyse Ditzel of Whole Foods Market, Kahala Mall, shared that they prepare hundreds and hundreds of turkeys, and a lot of people pre-order turkeys.

The turkeys that are available are not only prepared for

you, but a nice added health bonus is that they are fresh, free-range and organic turkeys.

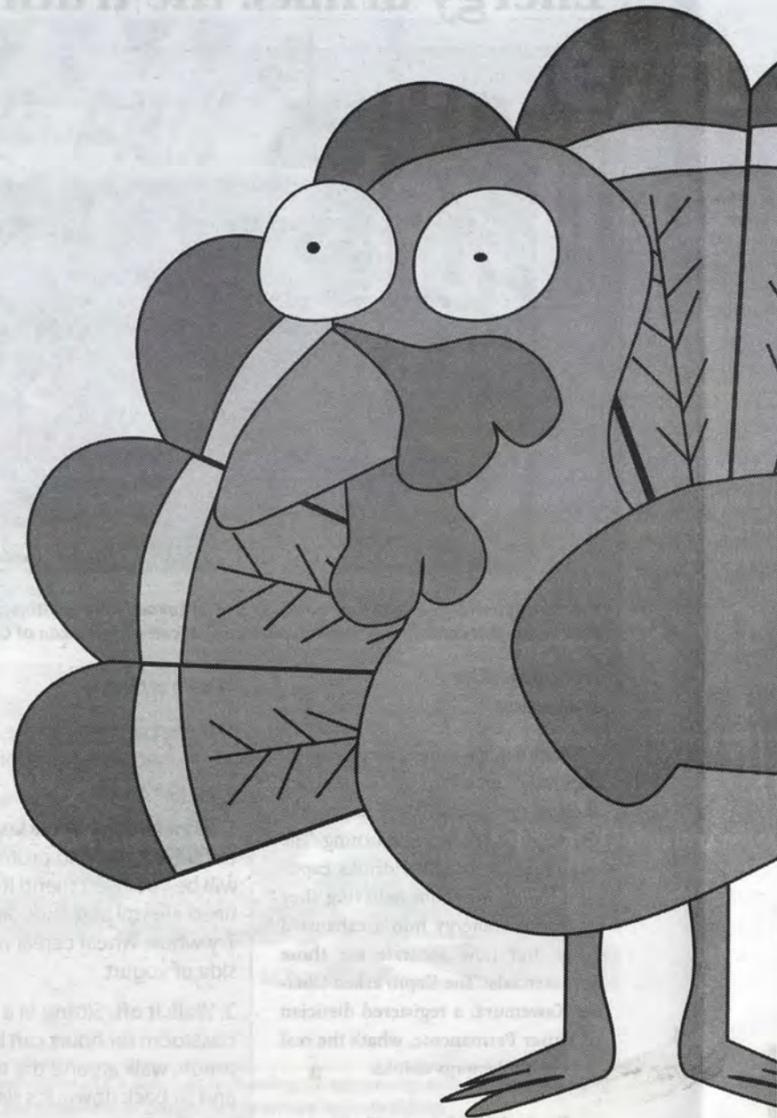
Not only can you order a 10 to 12 pound turkey, but you can also upsize to the ala carte size, which usually goes up in weight by two-pound increments. Every two pounds usually will feed around two more people.

Families who have extra guests, those who are overwhelmed and those who just want to relax and enjoy time with family should call and order the partially prepared turkey dinners.

Whole Foods also provides a variety of meals, including one-person meals, vegan meals and even meals for those with dietary restrictions.

"(We) accommodate to people with dietary restrictions so people can enjoy with their family," Ditzel said.

You don't have to only stick to ordering food during the holidays: if you're in need of a caterer for an office breakfast meeting, or in need of an elegant party planner, have no fear. Whole Foods also has a yearlong catering menu that is available for any occasion.



## Whole Foods

(808) 738-0820  
www.wholefoodsmarket.com

### Turkey Dinner

serves six / \$109.99  
Includes partially-cooked turkey (10 to 12 pounds), traditional stuffing, traditional gravy, mashed potatoes and cranberry sauce. There is an option of upgrading the turkey size.

### Sides Only, No Turkey

\$49.99

### Turkey Meal For One

\$10.99

Includes sliced turkey breast, traditional stuffing, traditional gravy, roasted vegetables, mashed potatoes and cranberry sauce.

### Vegan Meal For One

\$10.99

Includes field roast loaf, vegan mashed potatoes, vegan mushroom gravy, roasted vegetables and cranberry sauce.

Order now through Nov. 22.



REMINGTON TAUM/KAPI'O

## Sheraton Waikiki Resort

(808) 921-4600

### Brunch Buffet at Kai Market

\$49

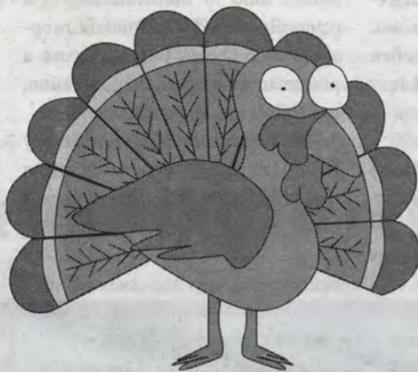
10:30 a.m. to 2:30 p.m.

### Dinner Buffet at Kai Market

\$55

5:00 to 9:30 p.m.

A set menu (\$85) will also be available at Twist at Hanohano



## Foodland Hawai'i Kai

(808) 395-3131

### Turkey Dinner

serves six to eight / \$43.99

Includes mashed potatoes, gravy, stuffing, pumpkin pie, one dozen dinner rolls and cranberry-orange sauce

A ham and prime rib dinner is also available for \$49.99.

Order now through Nov. 25. Dinner pick-ups begin Nov. 25 and Nov. 26.

Available at any Foodland location.

## Safeway Hawai'i Kai

(808) 396-6337

### Turkey Dinner

\$49.99

Includes fully-cooked turkey (10 to 12 pounds), stuffing, creamy mashed potatoes, homestyle turkey gravy, cranberry sauce, eight-inch pumpkin pie and one dozen dinner rolls

Available at any Safeway location.

## Zippy's Kahala

(808) 733-3730

### Whole Turkey Package

serves eight to 10 / \$69.95 plus tax

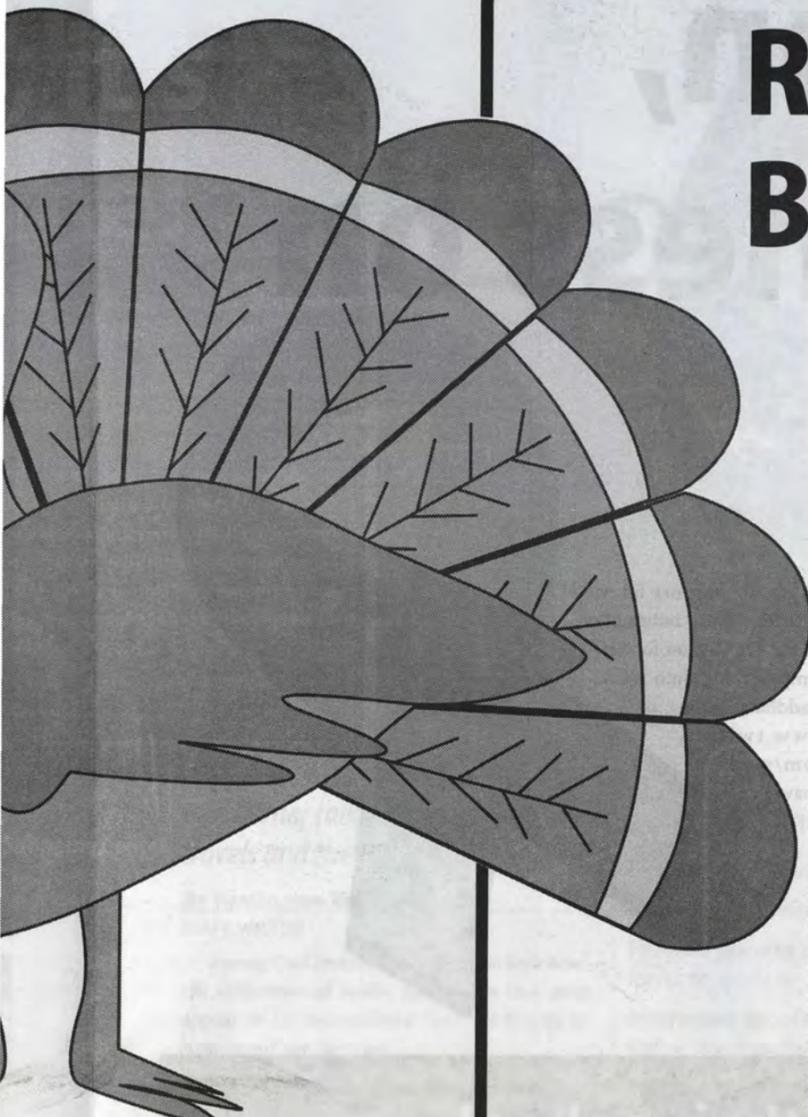
Includes whole roast turkey (10 to 12 pounds), stuffing, real mashed potatoes, poultry gravy, cranberry-pineapple relish and one dozen sweet dinner rolls

### Half Turkey Package

serves four / \$36.95 plus tax

Includes half roast turkey (five to six pounds), stuffing, real mashed potatoes, poultry gravy, cranberry-pineapple relish and six sweet dinner rolls

Order now. Pick-up days are Nov. 25 and Nov. 26.



# Rise and shine, it's Black Friday time!

**By Remington Taum**  
STAFF WRITER

Here we are at that time again in the year when Thanksgiving and Christmas are upon us.

The decorations are being set up for the holidays in homes, malls and restaurants.

Not only are we looking forward to all that holiday hype to live up to itself, but also the atmosphere. The famous Friday after Thanksgiving, Black Friday is creeping up, with those awesome sales we all try to nab before the merchandise runs out.

Throughout the year we try to save up our money for Thanksgiving shopping so we can get our loved ones and friends what they want for Christmas or

birthdays, but sometimes we come across something we want to buy, and bam, all that money we saved up is gone.

So we definitely look for those sales in the stores to get some appropriately priced items that will make people happy.

Also, not having much time and money being in college, it's nice to know that there are some sales we can jump on for the holidays. Though we may have to push through a huge crowd, that's half the fun . . . right?

Join in the holiday spirit, get out your camping gear and get a heads-up on what time some of the big chain stores will be opening up.

**Wal-Mart** (all locations)  
Will stay open the usual 24 hours  
Black Friday sales begin at 5 a.m.

**Macy's** (all locations)  
5 a.m. to 11 p.m.

**Best Buy** (all locations)  
5 a.m. to 10 p.m.

**Target** (all locations)  
5 a.m. to 11 p.m.

**Sears** (all locations)  
4 a.m. to 10 p.m.

**Ala Moana Center**  
6 a.m. to 9 p.m.  
alamoanacenter.com

**Kahala Mall Shopping Center**  
9 a.m. to 9 p.m.  
kahalamallcenter.com

**Whole Foods at Kahala Mall**  
7 a.m. to 10 p.m.

**Nordstrom at Ala Moana Center**  
6 a.m. to 9 p.m.

**Shirokiya at Ala Moana Center**  
6 a.m. to 9 p.m.

**Old Navy at Ala Moana Center and Waikale Center**  
12 a.m. to 12 p.m.  
waikalecenter.com



ALIKA PFALTZGRAFF / KAPI'O

Shoppers can find great deals on electronics at national retail chain Best Buy.



ALIKA PFALTZGRAFF / KAPI'O

Sears on Black Friday can be your one-stop shop for everyone on your gift list.



REMINGTON TAUM / KAPI'O

# Tie a red ribbon, spread awareness on drunk driving

By Joie Nishimoto  
ASSISTANT COPY EDITOR

This holiday season, the Tie One on for Safety campaign is celebrating its 20th anniversary by alerting people statewide the dangers of drinking alcohol and driving.

The campaign, started by Mothers Against Drunk Driving began on Nov. 20 and will continue through the end of the year.

According to Jennifer Dotson, the state's executive director for MADD, the campaign was formerly called the Project Red Ribbon Campaign and was created back in 1986 to influence the public to get involved in the fight against drunk driving.

"Tie One On For Safety ... was created in 1986 to help heighten public attention to drinking and driving during the holiday season," said Dotson. "This program was designed to encourage the public to become actively involved in the fight against drunk driving by tying a red ribbon to a visible place on their vehicle such as the antenna or side mirror."

Every year, MADD distributes 400,000 red ribbons in places such as grocery stores, drug stores and convenience stores. Anyone who wants a ribbon to tie onto their vehicle can pick them up for free at the following locations: 7-Eleven, Caesars Cleaners, Foodland, Longs Drugs, NAPA, Safeway, Tesoro gas station, Times Supermarket and Zippy's.

Dotson said that the campaign targets drivers during the holidays because it's during this time of year when parties are held and alcohol is served. She also mentioned that holiday parties increase the likelihood of there being an increased number of people under the influence on our state's roads and highways.

"Last year, 18 traffic fatalities and injuries occurred during the holiday months of November and December in Hawaii," said Dotson.

11 of those traffic accidents were related to alcohol consumption.

Some students at KCC have had experiences with drunk drivers on the road.

Rhea Mandac, 22, once had to drive a drunk friend home after going to a party last year.

"My friend got super drunk last year and I had to drive her from Pipeline all the way to Pearl City. She was singing in the car while I drove," said Mandac.

Annette Cho, 24, also had a friend who tried to drive home while under the influence, except she was caught by the police.

"I heard a story about one of my friends who got drunk. She was having a really hard time so she was drinking and then she got stopped by the cops," said Cho.

In an article published by the Honolulu Advertiser, it was mentioned that the Honolulu Police Department will activate a Web site

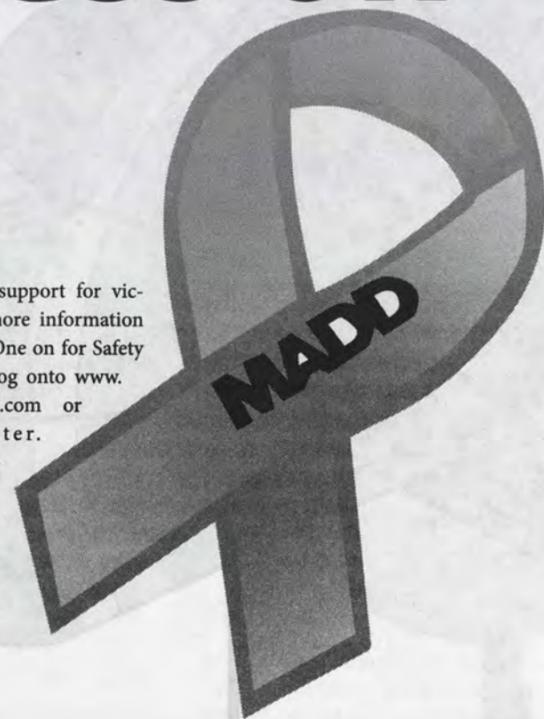
that will show photos and information of people convicted of DUI.

To stay safe during the remainder of the year, Dotson said that all advised that people who decide to drink alcohol should not drive, but find other methods of transportation.

"MADD strongly encourages members of the public who attend holiday events to travel by cab, bus or use a designated driver in order to prevent highway crashes," said Dotson.

MADD strives to stop drunk driving, prevent underage drinking and

to provide support for victims. For more information on the Tie One on for Safety campaign, log onto [www.maddhawaii.com](http://www.maddhawaii.com) or [www.twitter.com/maddhawaii](http://www.twitter.com/maddhawaii).



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### Relief Drive

Here in Hawaii many of us feel the pain of the families who were victims of the horrific tragedies that struck American Samoa and Samoa.

If you would like to help, Phi Theta Kappa at Kapi'olani Community College will be graciously accepting donations on November 23 through November 25. at Ohia 103 A/B and Ohia 104

If these rooms are closed, you may leave your donations in the box outside. We are accepting non-perishable food items, rice, bottled water, clothes, blankets, medical supplies, and monetary donations.

\*We thank you in advance for your kindness and generosity in this time of need.

# Globe trotter



AP

*Carl Hefner talks about studies, travels and the pursuit of happiness*

**By Remington Taum**  
STAFF WRITER

Seeing Carl Hefner's office for the first time, the collection of books and things that may appear to be memorabilia from his travels to Asia, stand out the most.

The interesting thing is that not only has the Department Chair of Social Sciences traveled, but once he talks about things he's experienced and done, it's apparent that this man has been leading a busy and fascinating life.

Hefner has also been selected to be in the 2010 edition of the "Who's Who in America and Who's Who in the World." He is recognized in the directory as one of the world's highest achievers in anthropology.

He has been a teacher of the University of Hawai'i system for 23 years, and even though he didn't see himself teaching, he's happy with where he currently is in his life.

A native of Southern California and fan of the beautiful beaches, Hefner spent much of his younger years growing up in California.

He spent a good amount of time hiking in the Sequoia National Parks and in the California deserts.

A thrill seeker, full of adventure to travel, he rode motorcycles, drove fast cars and even spent some of his teenage years working in the pit-crew for the World Enduro Race Boats.

Hefner was eager talking about his time spent growing up in California and the different things that he experienced in his time there.

Not only did he get to drive fast cars, and boats, but he also really enjoyed the fact that California is big in the music industry. Starting at 12 years old, he has been playing guitar, and continues to play jazz guitar today.

To get him where he is today teaching at KCC, he first experienced college right out of high school. He didn't waste any time before jumping into Orange Coast College, Calif.

After spending one semester at OCC, he went on to spend a semester at California State College before ending up at the University of Hawai'i at Mānoa.

He earned his Bachelor's, Master's, and Ph.D in anthropology, then he felt like he had to buckle down and get serious.

"You need to accomplish your goals. I took

**CARL HEFNER**

**Middle name:** Joseph

**Best memory:** Snow skiing

**Favorite place to spend time:** Any forest or seashore

**Interesting fact:** Over the past 15 years, Hefner has traveled to Southeast Asia

**Life goal:** Pursuit of happiness

as many credits as I could as an undergrad," said Hefner.

Hefner went on to mention that with anthropology being a complex subject, he wanted to add something else to his already busy plate.

He decided to add on film, film being appropriate because when doing field work in the anthropology, you must have photos and documents ready to present.

He got accepted to the Anthropology Film Center in Santa-Fe, New Mexico. It was an intensive, eight-hours-a-day, five-days-a-week job for six months that led Hefner to fall in love with the Southwest.

By getting educated in visual anthropology, Hefner had the chance to travel to Asia and produce his first application of visual anthropology.

Continuing on with filming videos, he had the opportunity to work closely with different kumu hula, creating local programming with 'olelo.

In this experience he got to travel to most of the Hawaiian Islands, and have his work saved in the state archives and be a part of Hawai'i and its rich history.

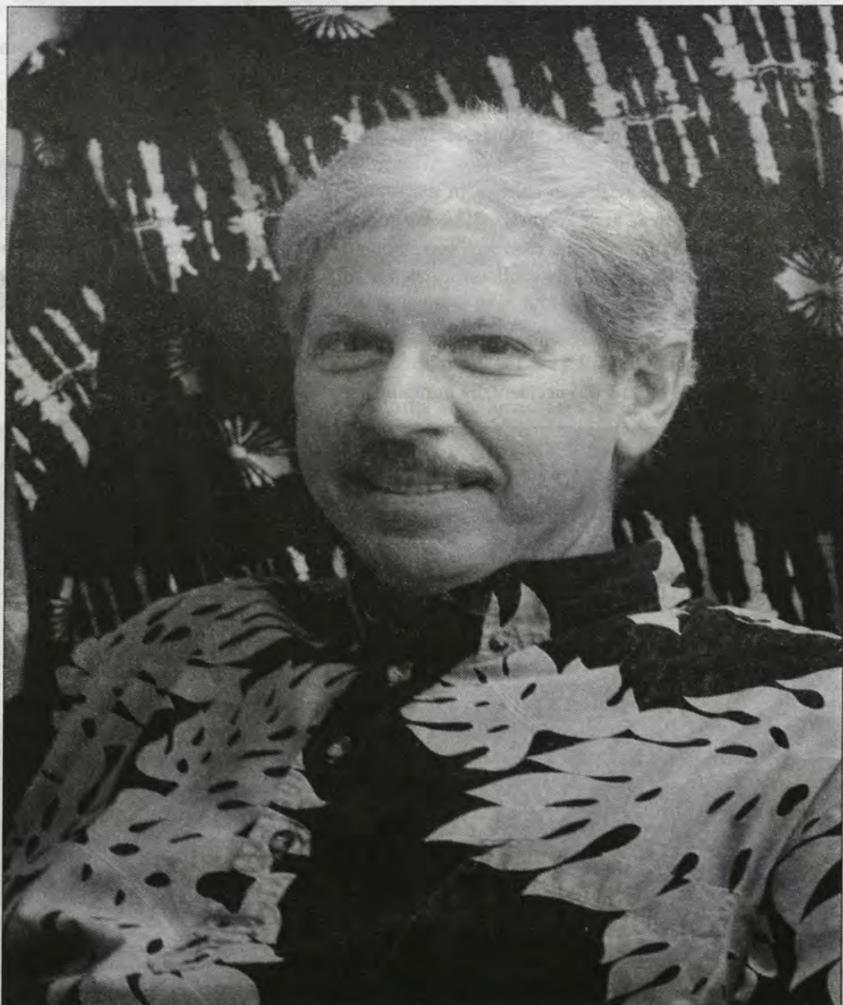
Being part of filming some of the local traditions and keeping the memories alive, Hefner gained a great respect for the culture.

"Two of the most powerful things, we know who we are, (and) respect our traditions," he said.

Something he remembers waiting for is his proposal for a four-year scholarship to the East-West Center, which he eventually ended up winning.

Then his interest in Indonesia was ignited and he spent five years studying the Bahasa language of Indonesia, in which he is fluent in now.

"I talk to all the Indonesian students on



SEAN NAKAMURA/KAPI'O

*Hefner is currently the chair of the social sciences department. He has been teaching within the UH system for 23 years.*

campus," said Hefner.

Hefner then found a job in the University of Hawai'i system as a teacher, and has been teaching for 23 years.

He first began teaching solely Anthropology 150 and 200, but quickly expanded to teaching 210, 215 and so on.

One of his fondest memories of being a teacher was when he was able to take a class of 10 students who were studying the Mekong river, the seventh longest in the world, on a field trip.

He led the class through the seven to eight countries that the river runs through.

Having been able to travel to such amaz-

ing places, Hefner still is content to living in Hawai'i. He also enjoys guest lecturing, and being the President of the East-West Alumni Association Hawai'i chapter.

His co-worker Joseph Overton, Chair of Honda International Center has been working with him for ten years and thinks highly of Hefner.

"He's very well organized . . . an excellent person to work with, (and) very personable," Overton said.

# Various cultures brought to the KCC campus

By Joie Nishimoto  
ASSISTANT COPY EDITOR

Every November, International Education Week is held at KCC, promoting the diversity of various cultures around the world.

I'd never attended an event for International Education Week before since this is my first fall semester at KCC. So as I was walking into the cafeteria last week, I was taken aback at how it was more crowded than usual.

Looking left and right, there were informative booths that educate students and faculty about cultures across the world.

On just Wednesday, Nov. 18 alone, five events were hosted at the cafeteria in the Ohia building: a Samoan dance, a guest speaker from the Peace Corps, "The World of Spanish Language," interactive presentations on our "wonderful world" and "Food and Cultures."

Of the five events that day, the one that was the liveliest was the "Food and Cultures."

Most of the booths related to cultures in the Pacific, such as Japan, Korea, and Polynesia. The Japan-oriented booths were definitely the crowd-pleaser, though. The online quizzes had students challenging friends to beat their score to see how much they've learned at the booths.

It was challenging to walk pass the assembly of students. Every step I took, I was accidentally bumping my

shoulders into someone else. I was wondering, for what reason was this section so crowded?

Then I saw what everyone was eagerly and patiently waiting in line for.

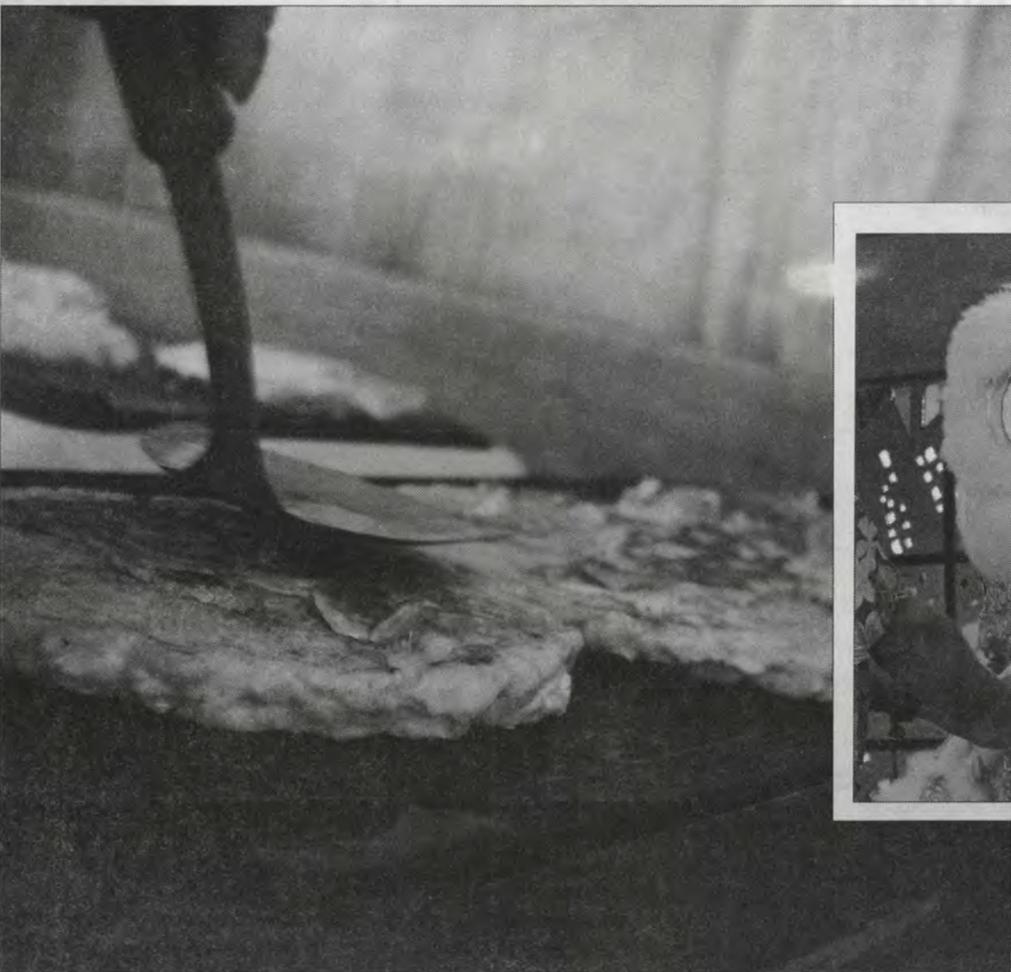
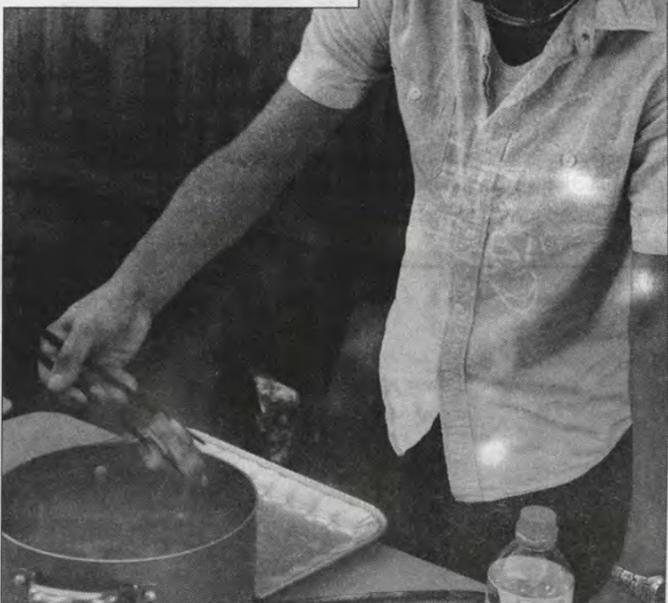
Many students – even teachers – seemed excited to purchase some Japanese dishes called okonomiyaki, a pancake-like meal with vegetables, and takoyaki, fried octopus balls. Cooked and prepared by the International Café, the wait was a little long but definitely worth it.

I found the wait to be not that long because while in line, my eyes drifted to the entertainment near the cafeteria entrance. There were demonstrations on the fashion in Japan, including directions to properly putting on a kimono.

In addition, there was a performance of the butoh, a modern type of dance in Japan.

While the Japanese culture was a popular attraction, other countries in the Pacific were not forgotten. There was information on Korean-Japanese people, Samoa and other Polynesian islands.

I think that is influential that students learn about other world cultures and not just their own. Hawai'i is a beautiful and ethnically diverse place; most of our traditions derive from other cultures. It's interesting to figure out where our favorite food, phrases and actions originate from.

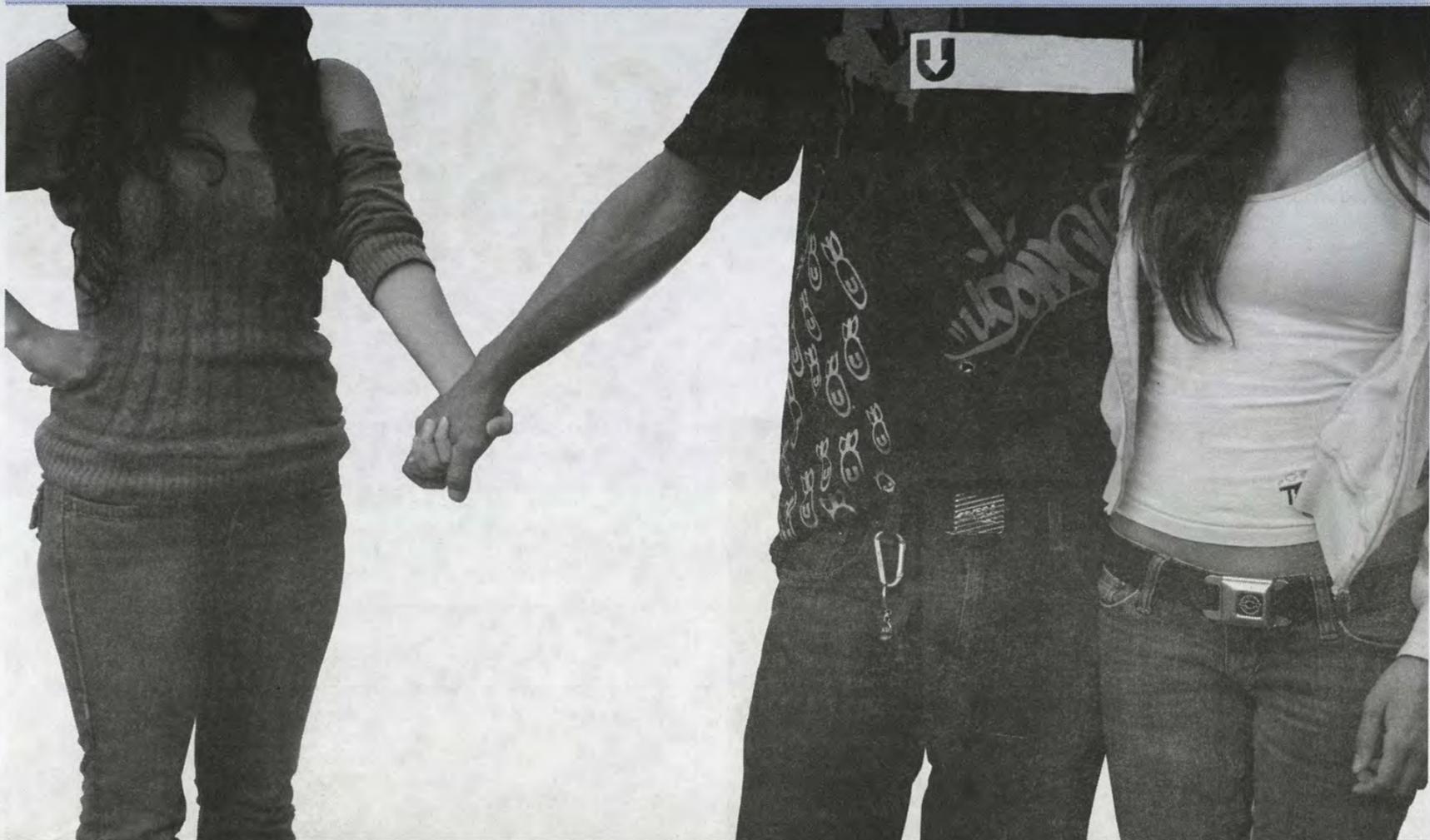


SEAN NAKAMURAKAPI'O

Students from the International Cafe also prepared a Japanese favorite: Okonomiyaki. Okonomiyaki is always hit on the KCC campus. The International Cafe also participates in the International Festival in the spring.

For the ninth year, students and members of the KCC community had a chance to participate in International Education Week. International Education Week attempts to broaden global awareness. IEW is sponsored by the U.S. Department of State, Bureau of Educational and Cultural Affairs and the U.S. Department of Education. Photos from top to bottom: Students of the French club had a table in the 'Ohi'a Cafeteria where complimentary croissants were available. Jared Ishii, 25, liberal arts major, prepares Mongolian stew for students to purchase. Ishii is a student of the International Cafe. Spectators were also treated to a traditional Chinese lion dance.

www.kapio.net



# THAT CHEATIN' HEART

By Remington Taum  
STAFF WRITER

Cheating is something that happens whether or not we expect it — or know it's happening.

There are different interpretations of cheating: making out,

having sex or being physically involved with someone other than your significant other.

But then there's emotional cheating. You may not physically cheat on your partner, but your emotional attachment to someone else isn't being faithful to your boyfriend or girlfriend,

either.

It's confusing sometimes. So when in doubt, ask yourself, "Would you be OK with it?"

Here are two different (and anonymous) takes on cheating by KCC students. You decide.



**HEsaid**

Cheating is what breaks hearts and what breaks relationships. Cheating sometimes can have a big effect on a person, as far as doing drugs, or suicide, or things that can get you into a lot of trouble. Some people can take cheating lightly, meaning not have a big impact mentally or physically in themselves. But most people that do take it hard are the ones that make bad decisions.

The people who tend to be overprotective in their relationship could and can start the whole process of cheating.

Relationships are based on trust; being overprotective just breaks the bond of trust and slowly it will break the trust of the relationship.

We can't handle the bond that comes between us. So when a relationship starts, it's more than just going out, living together, or doing things as one; it's a journey that you and your partner are willing to take.

For example, a relationship is like buying a car. You can't just expect to buy the car then off you go. The car comes with a lot of attachments — and surprises to it. When you buy the car, you have to pay for insurance, safety checks and gas and fix the parts that are broken. There are a lot of things that have to be done before starting that car.

Sometimes people can get carried away when they see their partner with another person. For example, a man's girlfriend with another man or a woman's boyfriend with another woman.

Sometimes men and women can just be friends. It all depends on that trust that is built between the couple.

Examples of not cheating are anything that is related to either work or school-related or an in-depth conversation between friends. Things like these can help build the trust between you and your partner.

Examples of cheating are the obvious ones: anything done physically or mentally that attracts them to interact with one another.

The word "cheat" is a hateful word, and that would be the last thing that anyone would ever expect to happen to them.

Cheating is a very broad term. It means different things to different people.

To me, it's about trust and commitment. If you have committed yourself to one person and are in a relationship you should behave and act as if you are.

I speak with experience. A couple of years ago, I was dating this guy who I really liked. All throughout our relationship he was very loving and kind. All around, he was a pretty nice guy.

However, looking back there were many red flags.

When I was with him, he would sometimes check out other girls or be very flirtatious with his female friends.

I remember once calling him and he said that he was having a barbecue at his house. I could hear two or three girls in the background laughing and giggling, asking if that was his girlfriend on the phone.

He said that it was just he and some friends hanging around the pool. At the time, I did not think of this as "cheating," but it did somewhat bother me. I could not bring it up to him because I did not want to seem clingy or overprotective.

A couple months had passed and I could tell his behavior was changing. He seemed more distant at times but would still say he loved me and would often show affection.

Long story short, our relationship took a turn when I found him at dinner with another girl. And he was rubbing her back.

His explanation: "She needed someone to talk to and I was just trying to help by giving her a massage."

At the time I did not want to believe that was cheating. But the more I thought about it, the more I was convinced I did not want to be with a person like this. From that moment on I did not feel the same way about him as I did before.

Our relationship eventually ended and I moved on. Looking back I believe all those signs were forms of cheating. There are many different ways someone can cheat on a person they are involved with.

Having sex with someone other than your boyfriend or girlfriend is not the only way. If you are in a relationship and are putting up with a person who cheats on you, my advice is to move on. There are plenty of other people out there. Once a cheater always a cheater, as they say.



**SHEsaid**

**STEM:**

Continued from page 4

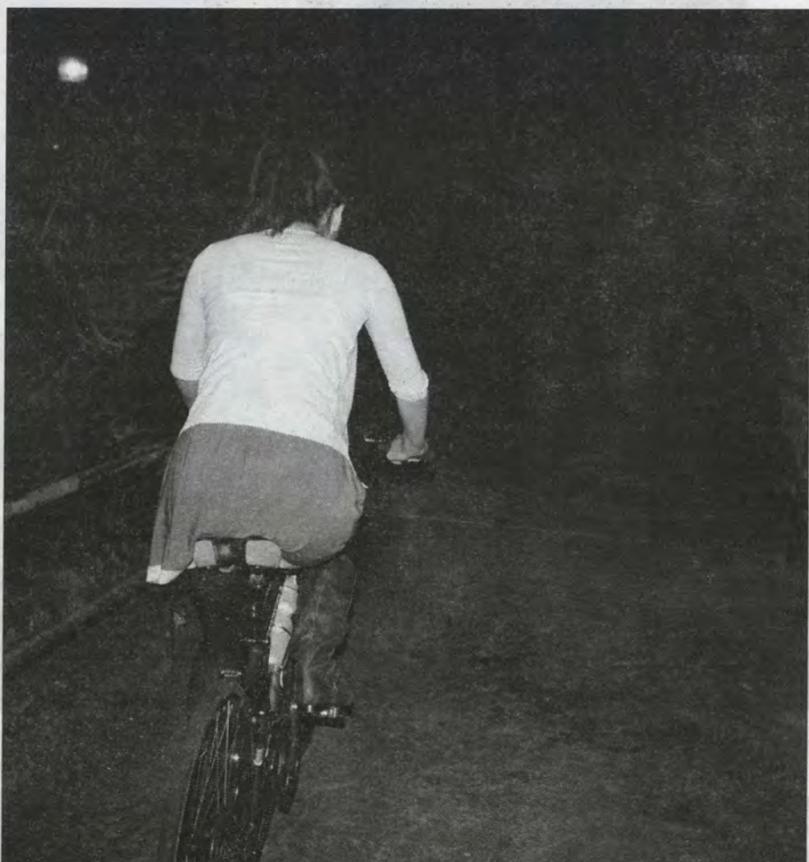
KCC campus, offers peer-mentoring services, tutoring, tablet PC and desktop computer support, as well as other educational resources for all STEM students.

The program also provides its students with numerous funding opportunities, helping to ease much of the financial burden typically associated

with attending college.

*If you would like to learn more about the funding opportunities available, or would like to learn more about the fair, please contact the KCC STEM Program by phone at 808-734-9425 or by email at stemkcc@gmail.com.*

**Night rider**



SEAN NAKAMURA / KAPI'O

*Although the campus is more or less empty at 9 p.m. a student can still be seen riding around the campus, enjoying the new moon and all the beauty that KCC has to offer in the twilight hours.*

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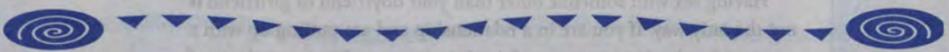
**KCC's Faculty-Student Relations Committee is accepting nominations for two Excellence in Teaching Awards:**

- UH Board of Regents award for full-time faculty, including counselors, librarians and instructional media specialists
- KCC award for Excellence in Teaching for faculty lecturers

**Completed nomination forms are to be submitted to the Office of the Chancellor in Ilima 214 by Friday, December 4, 2009.**

NOMINATION FORMS AVAILABLE AT THE:

- Library (Lama)
- KCC Bookstore ('Ohi'a 1st floor)
- Office of Student Activities ('Ohi'a 101)
- Phi Theta Kappa Office ('Ohi'a 103 A/B)
- Office of the Chancellor ('Ilima 214)
- Kekaulike Student Center ('Ilima 101)



**Vote for your Favorite Teacher!**

Nomination Form: Excellence in Teaching Awards

Kapi'olani Community College will recommend two faculty members for two University of Hawai'i Board of Regents' Excellence in Teaching Awards:

- UH Board of Regents award for full-time faculty, including counselors, librarians and instructional media specialists
- KCC award for Excellence in Teaching for faculty lecturers

Name of Nominee \_\_\_\_\_  
Last First

Briefly explain why you are nominating this person (attach separate paper if more space is needed):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

At least 3 KCC students and/or faculty members are required for the nomination to be valid (attach separate paper if more names are collected):

Name (Student/Faculty) UH ID # Date

1. \_\_\_\_\_  
1. \_\_\_\_\_  
1. \_\_\_\_\_

Submit form to the Office of the Chancellor in 'Ilima 214 by the end of the day on Friday, December 4, 2009.

**Faculty members are prohibited from soliciting their own nominations.**