HIKING TRAILS:
Hike your way around the Island | 14

Famous Faces
"Hawai'i Five-0s" Alex O'Loughlin gives us a sneak peek about himself and about filming in the "Aloha State."

Photo Essay
Go ahead, keep looking

Hiking For Beginners
No bumps, no bruises. Tips to keep it safe on the trails

Gadgets
Keep your hikes exciting with these apps

Quick Cookin'
Who said you need an oven and stove to cook?
Kaʻimiloa
GET YOUR COPY TODAY

poetry & prose by
kimberly kahaloua,
mallorie papin,
vinecent van der gouwe,
michelle wedermeyer,
pansy ii,
jessamine nino,
josefin w.

art by
lori fukumura,
leone papaliil,
jeremiah skurtu,
rhys stanchfield,
quingshan yu.

Kaʻimiloa
An Unbelievable Day

Free copies available in Kahikoluamea, the Hoʻokele Center, the offices of Kapiʻo, the Lama Library, and the lobby of Kalia. Online version at http://kap.io/kaimiloa-2013. A publication of the Kapiʻolani Community College Board of Student Publications.
Segue into a new future

Aloha everyone,

For the last year or so, the Kapi'o News has gone through several major changes; from the Kapio Newspress to the Kapi'o News, from printing a weekly issue to primarily being an online news source. But the Kapi'o has made it, and we're back!

My journey with the Kapi'o has brought many fun-filled memories along with some long hours of helping with layout and copy-editing, and of course bonding with co-workers. The most valuable thing that came out of this adventure, the thing that means the most to me, is building quality relationships with people. I hope that each Kapi'o staffer in years to come has the wonderful opportunity of making new friends and meeting new people.

Now, we finally bring the third issue of the Kapi'o Magazine. This issue sums up what it's like to be a college student—a time in our lives that should be full of adventure. As college students, we have opportunities to be young and to travel, to do the things we want to do now while having the freedom and chance to find out who we are. Go ahead, study abroad, rock climb, take a cruise to Alaska, or watch a theater production at every theater on the island. Wherever and whatever it may be, now is the time.

Of course this magazine wouldn't be possible without the help of previous Kapi'o staff and advisers, KapCC staff, and people who have made an impact at the Kapi'o.

Catherine Toth navigated the Kapi'o, taught her ways and shared her life lessons with each staffer and with people who walked into the office. She made the Kapi'o Magazine happen. During the rough patch of transitioning, Tino Valdez helped to set us on the right track. And of course, our most recent, previous Editor-in-Chief, Joie Nishimoto, a phenomenal writer who always shared her tips and tricks of AP Style and endless writing knowledge. Thank you to Nix Kinney and Alika Pfaltzgraff, who are no longer with the Kapi'o, but have contributed content in this issue and countless memorable times at the office.

Students, faculty, staff, and community, please share with us your thoughts! You can find us online at: Kap.io, @KapioNews, and on Facebook, or send us an email: kapio@hawaii.edu.

Mahalo!
FEATURES

09 Photo Essay
Austin Dolan
Relax your mind, and flow into an adventure through our photographer's eyes. This collection of surfing photos might just get you motivated to pick up a surfboard and ride the waves.

13 Hiking Trails
Austin Dolan
If you’re heading to Kailua’s Maunawili Falls, taking on the many stairs of Koko Head, or looking for a hike leading to waterfalls or fresh water pools, we’ve got you covered.

14 Your Guide To Staying Safe On The Trails
Chayne Toyama
Hiking is a great way to get your exercise and be one with nature, but still has its risks. Aaron Lowe, O‘ahu Trail and Access specialist, shares tips to help you avoid potential dangers.

15 Essential Outdoor Apps
Alika Pfaltzgraff
Some say you can’t connect to nature with technology. Think again. We’ve compiled some apps that might come in handy while you’re trekking away.

16 Quick Cookin’
Kapilō Staff
Us college kids have it tough. Who has time to cook? As long as you’ve got a rice cooker, you can make fancy food too.

19 The Art of Kākau
Alika Pfaltzgraff
Experience and appreciate the art and craft of tattooing in Honolulu Museum’s "Tattoo Honolulu" exhibit.

20 Fall Fashion Kickoff
Remington Taum
Take it to the streets, and get your fashion inspirations from your fellow college classmates.

24 A Time for Kiho‘alu
Alika Pfaltzgraff
Celebrate the sounds of the the kiho‘alu as Kapi‘olani Park celebrates the 30th anniversary of the slack key guitar festival.

25 Pop-ups Making Restaurants Unique
Nix Kinney
The popularity of pop-up restaurants — restaurants that are only in business once in awhile — is an exciting experience for foodies and start-up chefs that don’t quite have all the resources to have a permanent place for dining.

LIFESTYLE

19 The Art of Kākau
Alika Pfaltzgraff
Experience and appreciate the art and craft of tattooing in Honolulu Museum's "Tattoo Honolulu" exhibit.

20 Fall Fashion Kickoff
Remington Taum
Take it to the streets, and get your fashion inspirations from your fellow college classmates.

24 A Time for Kiho‘alu
Alika Pfaltzgraff
Celebrate the sounds of the the kiho‘alu as Kapi‘olani Park celebrates the 30th anniversary of the slack key guitar festival.

25 Pop-ups Making Restaurants Unique
Nix Kinney
The popularity of pop-up restaurants — restaurants that are only in business once in awhile — is an exciting experience for foodies and start-up chefs that don’t quite have all the resources to have a permanent place for dining.
26
No Life Like a Cake Life
Lyle Amine
A journalism major finds her passion in making cakes, not making news. Read about how Kristin Kato's A Cake Life blossomed into the award-winning business.

HEALTH & FITNESS
27
Center Yourself With A Strong Core
Remington Taum
The Kapio interviewed Gilad Janklowicz, fitness personality for "Bodies in Motion," for key points on keeping your core strong this upcoming season.

28
Climb Your Way To The Top
Antonina Javier
Do you have a passion for getting outside and working out? Check out the Volcanic Rock Gym in Kaka'ako and expand your athletic skills.

ACTIVITIES
30
Ready, Set, Pau Hana Time
Remington Taum
If you're under 21, don't worry. We've got some places and good deals you can scoop up this summer.

32
Magic In The Deep Sea
Nix Kinney
Be it summer vacation or winter break, there's no inopportune moment to holiday with Disney. She shares her experience on board the Disney Magic.

34
When Movies Aren't Enough
David Herman
Interested in learning more about theatre on Oahu? We've got a list of the best places to check out and which shows you'll want to see this upcoming season.
Meet the STAFF

Antonina Javier
Staff Writer

Chayne Toyama
Assistant Editor

David Herman
Staff Writer

Devin Takahashi
Staff Writer

Dusty Behner
Staff Writer

Hanul Seo
Staff Writer

Mika Yogi
Layout Designer

Melissa Lum
Intern/Layout Designer Editor

CONTRIBUTORS

A lika Pfaltzgraf
Staff Photographer/Writer

Nix Kinney
Staff Writer

Joie Nishimoto
Editor-in-Chief

Lyle Amine
Staff Photographer
Tuesday farmer’s market draws crowds

By Remington Taum
Photo by Chayne Toyama

During the summer of 2012, Kapi‘olani Community College’s parking lot C turned in the pilot area for the Tuesday Farmer’s Market. The Hawai‘i Farm Bureau Federation helped to put on this local market.

A main concern with the Tuesday farmer’s market was the use of the parking lot during school hours, since the market would start at 4 p.m. During summer, the market took up part of lot C, blocking off parking stalls. But this concern was quickly fixed.

Kacey Robello, HFBF farmer’s market manager, explained that as the fall semester started, the market was moved to the main area behind the bus stop on Diamond Head Road, in the grassy area.

“(The new) area creates a very nice atmosphere,” Robello said. “I think it’s going to go really good.”

Although the first Tuesday of the fall 2012 semester the market was a little crazy, the market drew in a lot of students and faculty. She shared that the market is a good place for those on campus to find places to eat during the evening.

“It’s something we’ll try to continue,” she said.

HFBF bureau is trying to keep the farmer’s market smaller than the Saturday market at KapCC.

Those interested in checking out the Tuesday farmer’s market can expect to find all local products, nurseries, food vendors, and a lot of produce. Some specialties at this market include whole farm cucumbers shaped like hearts and stars, sugar bananas and meet and talk to farmers.

Community, students, faculty and staff are more than welcome to come down and browse the market.

KapCC’s faculty represent in prestigious conference

By Remington Taum

Among 12 community colleges chosen nationwide, KapCC’s own instructors have been chosen to participate in a project supported by National Endowment for the Humanities (NEH) and the American Historical Association (AHA).

Brian Cassity, associate professor, and Kelli Nakamura, instructor, both in the arts and humanities department at KapCC were chosen to be apart of the 24-faculty member group from community colleges like, Irvine Valley College, Del Mar College and more.

This is also the second NEH Bridging Cultures grant KCC has in 2012, according to Cassity. He had the opportunity to be a team leader of the KCC team in the “Bridging Cultures to Form a Nation” conference.

“I feel fortunate to be able to represent our college at both of these prestigious national conferences,” Cassity wrote in an email correspondence.

Like Cassity, representing KapCC, Nakamura has goals for her participation in the conference.

“My desire to participate in these institutes is driven by the goal to learn new ways of teaching American history that incorporates racial and ethnic history within the context of global connections,” she said.

“And intercultural contact to improve student engagement, success, and learning within a high quality instructional environment.”

Nakamura has also received other grants, like the University of Hawai‘i Women’s Club $3,400 grant for classroom technology, including clickers, wireless printers and a DVD/VCR combination set.

The AHA Bridging Cultures at Community Colleges project that Cassity and Nakamura are involved in, is a three-year project to revise or create US history courses. Their work that enhances the teaching of the United States in the world, particularly focusing on the Atlantic and Pacific regions, according to the AHA website.

The first meeting was a week-long gathering, starting January 3 at Huntington Library in San Marino, Calif.

“We truly appreciate the opportunity to learn from renowned scholars in their respective fields to enhance our American history survey courses,” Nakamura said.

When the group moves in to second year, they will travel to the Library of Congress, and lastly, to New York City for the AHA conference, and will share any findings and sum-up the three-year process.

“I am incredibly grateful for the support and encouragement provided by Dean Charles Sasaki, my colleague Brian Cassity, and Grants Development Specialist Brandon Marc Higa that made our application successful,” Nakamura said.
Campus VOICES

What is your favorite smart phone application?

Kai Bashir, 25
Liberal Arts
WhatsApp
“It’s for free texting, sending pictures and you can share songs with your friends.”

Ritma, Joseph, 20
Liberal Arts
Pandora
“I can search any artist, it saves time searching for single songs.”

Stephen Ansley, 24
Liberal Arts
Google Maps
“You can get directions to places and links to reviews.”

Cody Jeyejo, 18
Liberal Arts
Go SMS Pro
“You can send emojis along with messages since my phone couldn’t before this app.”

Brennen Cunningham, 22
NREM:
Surf News Network
“Surf News Network, I can check the tides and swell of town and north shore at a glance.”

Ashley Murayama, 19
Nursing
Instagram
“It’s a fun way to interact with other people and see their hobbies through photos.”

Kylee Church, 19
Science
Waze
“It gives up to date info around the community about car accidents, traffic congestion, or DUI checkpoints posted by other people.”

Young Chun, 22
Accounting
KakaoTalk
“It’s a messenger that’s free and used by a lot of Korean international students to communicate.”
SUMMER SURFING ADVENTURES

By Austin Dolan

You may have interpreted this summer of inconsistent swells as a loss, with few southerly swells escalating head high.

Others took the opportunity of idyllic swell directions and often, stormy winds as an advantage to sample different wave crafts and pursue surfing different breaks that would accent the inconsistent conditions.

These discoverers of the summer were the optimists who looked past a full parking lot on a two-foot day at Bowls, or didn’t hesitate to paddle out to an empty peak 100 yards down from where they normally surfed.

These adventurers paddled out on the rare overhead day with the long board stashed under the house for some added excitement.

The days were longer, which left more time to investigate the rumored secret spot or plan the much needed dawn patrol. Those who explored were rewarded.

These photos were inspired by the watermen and women of O‘ahu and in the hope to capture images of their stoke.

All photos by Austin Dolan
TAKE YOUR ADVENTURES OUTSIDE

By Austin Dolan

There are many places on O'ahu good for hiking; whether you're a novice hiker, or someone who likes cliffs and crazy excursions. If you're heading to Kailua's Maunawili Falls, taking on the many stairs of Koko Head, or looking for a hike leading to water falls or fresh water pools, we've got you covered. But, remember to bring any gear your hike might require. Here's a list of places that range from easy to hard. Enjoy!

All photos by Austin Dolan

**Slipper Trails**

Rain or shine trails, these are pet-friendly and can be completed in about an hour or less.

**Trail: Lanikai, Pillbox**

Intensity: 2

Bring: Sunscreen, camera, hat, water.

Distance: 1.4 miles

Location: Lanikai, Kailua. Drive past Kailua Beach and enter Lanikai loop via Aalapapa Drive. Turn right on Ka'elepulu Drive and park along the golf course. You will find the trail marker on the left side of the road.

Look for: The Mokulua Islands

**Trail: Makapu'u Lighthouse**

Intensity: 2

Bring: Sunscreen, camera, hat, water

Distance: 2 miles

Location: Kalaniana'ole Highway around the bend from Makapu'u Beach, with free public parking. This is an easier one with a paved trail.

Look for: Whales between February and April.

**Waterfalls and Fresh Water Pools**

**Trail: Mānoa Falls**

Intensity: 2

Bring: Mosquito repellent, water, mud shoes, camera, hiking stick.

Distance: 0.9 miles

Location: 3860 Mānoa Road. $5 parking is available at the Rainbow's End Snack Shop.

Look for: Bamboo forests

**Trail: Judd Ginger Pool**

Intensity: 3

Bring: Mosquito repellent, water, mud shoes, camera, hiking stick.

Distance: 1 mile

Location: From Waikīkī head West on the H-1 to the Pali Highway. Drive north for 2.5 miles and take a right onto Nu'uanu Pali Drive. Pass the first bridge and pull off before the second. There you will find the Judd Trail marker.

Look for: Be cautious of wild-pigs and rinse off before you enter the water.

**Intense Trails**

Take into consideration that some of these trails listed include rope climbing, shifty rocks and steep sections.

**Trail: Olomana, Three Peaks**

Intensity: 5

Bring: Phone, rope, knife, gloves, sunscreen, water, hiking shoes.

Distance: 5 Miles

Location: Olomana, Kailua. 770 Auloa Road. Driving over the Pali from Waikīkī, take a right onto Auloa Road before passing Castle Medical Center and park on the side of the road before the bridge crossing the Maunawili stream. Then, take a short walk down the road and you'll find the trailhead. You'll pass a friendly security guard who can help you on your way.

Look for: Loose rocks, panoramic views of Kailua, Enchanted Lakes, Ko'olau Mountains.

**Trail: Ka'au Crater Hike**

Intensity: 4

Distance: Seven miles, 2,500 ft. summit

Location: Pāliolo, Honolulu. Drive down 10th Avenue, turn right on Wai'ānu'ū Road and park at the end of the road beside the private driveway.

Look for: Pigs and hunters, views of the East side, Honolulu, the rarely seen Ka'au Crater.
YOUR GUIDE TO STAYING SAFE ON THE TRAILS

By Chayne Toyama

Ah, the great outdoors. Don’t you just love the fresh mountain breeze and the wind in your hair caressing your face just as you reach the top of Diamond Head trail?

Hiking is a great way to get your exercise and be one with nature. But like everything else, hiking does have its dangers.

To avoid potential risk factors, the Kapi’o interviewed Aaron Lowe, the 45-year-old O‘ahu Trail and Access Specialist. Although Lowe is originally from the California Bay area, he still knows the ins and outs of Hawai‘i because he has more than 20 years of experience in his field.

1. What kinds of things should/shouldn’t you take on a hike?
Water is a must-have. Each person should have at least two liters of water and more if it’s a hot day. Bring along your cell phone as well because not only are they good for updating your Facebook, GPS satellites can find your location if there is ever an emergency. Some sort of backpack also comes in handy that way you can keep your hands free — especially if you’re klutzy like me.

In your bag, you should have a whistle and a brightly colored article to attract rescuers’ attention, sunscreen, mosquito repellent, a flashlight, food and a first aid kit.

As for clothing, layer it up. Exposed skin is just asking to be burnt like a lobster.

Do not bring any valuables! Don’t even leave them in your car because trails are a target for theft. If you don’t need it, leave it at home.

2. What are some basic safety tips?
Inform someone of your plans: trail name, location and what time you plan to return. Hike with a partner, use the buddy system. Get information about the trail ahead of time so there’s no surprises. Check the weather conditions, especially since the weather changes dramatically in Hawai‘i, and watch the time. Plan to finish your hike while it’s still daytime so you don’t get lost in the dark. Beat the heat by drinking water. It’s easy to get dehydrated in Hawai‘i’s humid weather.

If there’s an emergency, don’t stall; call 911. You also need to stay visible — use your bright colored article, whistle, or flashlight — and do not leave the trail. Rescuers can find you faster if you stay in one location. If the location you’re at doesn’t have cell phone reception, send somebody to find help — that’s what your buddies are for.

3. What are some good trails?
There are many trails here on O‘ahu and they all range in difficulty.

Beginners should start with the Makiki Valley Loop, Mānalaha-Makiki Valley-Kaneohe, Mānoa Falls, Kamananai Valley Road, and the Kulana‘ahane trails.
For centuries, man has retreated to the wilderness in hopes of eschewing the modern trappings of their time. Whatever technological advancement was currently plaguing society could be forgotten in Mother Nature’s verdant bosom. With today’s ubiquity of cell phones however, digitization seeks to reinvent itself into our lives, leaving no one unscathed. Given our culture’s merciless acquiescence to smart phones, we might as well embrace it.

Here are five outdoor apps that may be useful in your venture into the wilderness:

**What Knot To Do (Free)**
Ever wish you could tie a Boom Hitch? How about a Gat/Poncin-Half Hitch? Not so warlike? Well, just because you weren’t in the Boy Scouts doesn’t mean you can’t become the Master Knotter you so desperately am to be. Featuring more than 70 knots of varying degrees of quality and difficulty, you’ll surely be able to string together the right knot for the right situation. The knots are even separated into categories, including bends, hitched, and loops. Plus, nothing impresses women more than being able to tie a Blood Loop Dropper Knot.

**Classic Camping Cookbook (Free)**
This app is an absolute necessity amongst the food-centric. Yarl types who value quality, tried and true, despite their surroundings. List the foods in your possession, cooking equipment, and environment, and you’ll be suggested the most succulent meal possible for your options. You will never have to suffer through a sub-two star dining experience again.

**Star Walk (2.99)**
This app provides an augmented reality for those travelling by constellation. Its Star Spotter feature enables real-time motion tracking that tells you which stars you are looking at, as well as the ability to find any star in our solar system. It also has the ability to track satellites, so you can know whether or not the CIA is still spying on you.

**Google Translate (Free)**
If you’re hiking in another country and lose your bearings, this app will help when pressed to ask for directions by your significant other. It translates 57 different spoken word languages into text and vice versa, providing an unparalleled bridge between worlds. And if nothing else, you’ll be able to say “where the f*** am I?” in 50 different languages.

**Survival Guide (Free)**
If stranded or lost in unfamiliar terrain, Survival Guide provides a number of techniques for surviving in the almighty wilderness. The app acts as an impromptu survivor’s handbook, breaking down which plants are medicinal, which are poisonous and which are hallucinatory (not DEA approved). It’s filled with remedies for ailments and pictures of disgusting infections to help you identify what you’ve been afflicted with. And when on the brink of giving up, it has pictures of Bear Grylls drinking his urine (strictly for motivational purposes).
QUICK COOKIN'

By Kapi'o Staff

Calling all college students! Eating the same things over and over again can get dull. With all that studying and going to school, we don’t have all the time in the world to be cooking and whipping up a quick meal is all we have time for. So, with that being said, the Kapi‘o staffers took on a cooking mission of seeing what can be cooked in a rice cooker, that is not rice. Come to find out, most of our concoctions we chose cooked quicker than expected. Check out our list of rice cooker recipes, grab yourself a rice cooker and start experimenting.

Greek Yogurt Cake

Ingredients
1 cup flour
¼ teaspoon salt
1 teaspoon baking powder
4 eggs (whites and yolks separate)
½ cup sugar
1/3 cup vegetable oil
½ vanilla extract
1 (7 oz.) low-fat plain Greek yogurt or another spoonable yogurt. You may also choose a flavored yogurt. The fruit chunks don’t make much of a difference in the consistency of the recipe.
3 bowls (for ingredients)

Grease the rice cooker bowl with vegetable oil or butter.

In a bowl, sift together the flour, salt and baking powder. Set aside.
Crack the eggs and separate the yolks from the whites. Whisk the egg whites until they are white and fluffy. Add ½ of the sugar and whisk. As the meringue starts to become glossy, add in the rest of the sugar and continue to whisk. Stop whisking when the meringue is firm and silky-glossy. The tip should gently fall from the whisk if you lift it up.
Add the egg yolks and whisk gently to mix.
Take another bowl and whisk the Greek yogurt to soften. Add the oil and vanilla extract to the yogurt and continue to whisk gently until a creamy mixture.
Mix ½ of the yogurt mixture into the egg white meringue, fold gently and let it rest.
Add the flour into the meringue. Using a wooden spoon, gently add ½ of the flour mix into the meringue. Then add the rest and fold gently until there aren’t lumps of flour. Do not over-mix.
Pour the batter into the rice cooker and tap the side of the bowl to release air bubbles.
Depending on your rice cooker, make sure you press cook, steam or multi-cook. If your rice cooker usually gets really hot, only cook for about 10 to 20 minutes. Be sure to check the batter along the way to avoid burns. If your rice cooker heats at a normal temperature, press cook twice, for 40 minutes.
When done flip gently on a plate and let it cool.
Optional: Add yogurt as a topping to give it more flavor and pizzazz.

Spaghetti

1 lb pasta
2 ½ cups water
26 oz marinara sauce or just normal spaghetti sauce (Francesco Rinaldi Tomato & Basil is great)
Ground beef or sausage (optional)

This, aside from rice, is probably one of the quickest and easiest things to make using your rice cooker. You’ll start by pouring the water in the pot, then the pasta and close the lid. Wait about 10 minutes and stir. Total cook time will be about 15 to 20 minutes. Pour noodles into a bowl and then add the sauce. Stir and it’s ready to eat.

Photo By Lyle Anine

Photo By Hanul Seo
Rice Cooker Chocolate Chip Cookies

Dry ingredients
1 ½ cup flour
1 teaspoon baking soda
1 teaspoon cinnamon
½ cup oatmeal (optional)
Any amount of chocolate chips (Ghiradelli Semi-Sweet Chocolate chips work great)

Wet ingredients
1 teaspoon vanilla extract
¼ cup butter
1 cup sugar (or ½ cup)
2 eggs (I used Organic Valley, Large Brown Eggs)
3 tablespoons oil
(You can also substitute butter or another kind of oil)

Separate the dry and wet ingredients into two different bowls.
Mix in the dry ingredients into the wet ones. Then fold in the chocolate chips. You can also add these as when you put the dough into the rice cooker bowl. Remember to have a whisk. This will help the butter mix smoothly. Grease your rice pot before dropping in your dough.

Next, use the spoon to scoop out dough, enough to fill a tablespoon and place it in the cooker. Be prepared to flip each cookie. Cook one at a time to avoid making a giant chocolate chip cookie. If you want smaller cookies, scoop out dough the size of a US dollar and two can be cooked at once.

Press cook just one time, monitor the cookie and it’ll be done in about 15 minutes. If your rice cooker tends to get hot, press cook and check a few minutes later, then flip the cookie over and cook on warm.

If you want to go for some decoration or a nice looking cookie, take a toothpick and dip it into the chocolate chips as it’s cooking and marble the chips. When the cookie is done, it’ll be more visually appealing with a swirl of chocolate chips.

Let cool and enjoy.

Macaroni & Cheese

2 cups pasta (macaroni noodles, or any shape of your choice)
1 ½ cups chicken stock (or water)
1 teaspoon salt
1 cup whole milk
1 ½ cups cheese (you can use any type of cheese or blend you prefer)

Prepare to spend no more than 10 minutes prepping, and 30 to 40 minutes letting the macaroni cook.

Then, pour the macaroni, chicken stock (or water) in the rice cooker and cook for 15 minutes. Next, add the milk and cheese and cook for another 15 to 20 minutes, while stirring every few minutes.

However, each rice cooker has different settings and cooks at different heats. Know your cooker. If it cooks at a higher heat, cook for a shorter amount of time, and stir more frequently.

Lastly, serve your meal. You can add veggies or meats if you prefer.
KAPI‘O IS ONLINE

With new content daily, Kapi‘o online is your source for KapCC news, opinion, and features, with gorgeous photography, reviews of the latest movies and plays, student voices, and quirky top tens. Point your web-browser to http://kap.io and be informed.
Tattooing has become one of the most ubiquitous cultural forces in the world today, as varied in significance as it is in perception, the act of indelibly etching words or pictures into flesh is undoubtedly spiritually and culturally significant. Especially so in Hawai'i, where the hodgepodge of religious and ideological backgrounds is extremely apparent on a day to day basis. The Honolulu Museum of Art recognizes this, and examines the historical and contemporary usage of tattoos with their latest exhibition entitled Tattoo Honolulu.

The showcase aims to highlight the unique cultural profundity of ancient Hawaiian tattooing, and examine it against the current island trends. Of course given the diversity inherent in the islands, cultures and traditions often intersect with each other, resulting in stunning hybrids that evoke unusually interesting emotions.

Tattooing in and of itself is a coveted artform, with some apprentices taking years before finally mastering the craft. Contemporary society has moved towards a much more accepting attitude towards tattoos, and as such, they are being utilized by the average person far more frequently than in the past.

Exhibit is dense, drawing upon the ancient and contemporary in equal amount, highlighting the pros and cons of both. Of course, there is a plethora of tribes and races that practiced this art form before it was in vogue, and many traditional purists still prefer the old methodologies. Contrary to popular belief, it is said that getting tattoos "tapped" on is less painful than receiving the needle.
Effortless outfits, hot fashion for year-round style, bags and shoes all at every price you can imagine—sound dreamy?

It’s possible to be a college student and still dress it up every day and add flare to your daily fashion choices. Outfits don’t have to cost you hundreds of dollars to be considered red-hot fashion.

It’s easier than you think to step up your wardrobe without putting a strain on your wallet. Sometimes all it takes is some shopping around to find the place that will get your the luxe look of beauty or bohemian flow that you’re looking for.

So forget about those old “facts” of black being the most slimming color, or stripes make you look wide. Welcome the solid hues that are just as slimming, and add a solid color to your stripes to break it up.

Throw on a show-stopping necklace to take people’s attention away from your jeans or shirt, or a flowy top to look more romantic.

There are no limits, so bring out your inner fashionista.

The Kapi’o staff went out on a spree to show you what’s hot on the streets for fashion, and some places you can get some steal deals for your next closet revamp.
Left:
Rather than wearing a miniskirt, Serena Forvilly, 18, wears an hombre maxi skirt with a basic white camisole or tube top. This will quickly change your outfit from nightclub attire, and instead give off a classy, casual appearance. Complete this look by adding a stylish white with tan lining satchel purse. If you're looking to add more sparkle, put on an oval pendant necklace.

Her hombre skirt was found at Forever 21, and you can find a basic white camisole at a store like Sears or Forever 21. She's carrying a bag from T.J. Maxx and shoes by O’Neal.

Top:
Destiny Baker, 20, chose to rock a short sleeve button up shirt versus a long sleeve button up shirt with a pair of black skinny jeans and loafers styled for women. Her clothing came from American Apparel with loafers by Clarks.

Hayley Hughes, 22, University of Hawai‘i at Mānoa communications major

Instead of wearing hip-hugger shorts with a long flowy shirt over it, put them in the back of your closet and bring out the high-waisted bottoms from back in the day. These are back on the streets of fashion. Polish up the outfit like Hughes with a light peach top and a tan sweater.

Hughes is wearing clothing from American Apparel with flat T-strap sandals from Urban Outfitters.
This saucy burgundy romper is from Forever 21 where you can find dresses for $20 and even T-shirts for as low as $5. Britnee Lau, 23, paired her romper with a sleek belt around her waist.

Her shoes are by Sanuk and professional looking Vintage Dooney and Bourke purse.

The nerdy chic, stylish boxy dress and black-rimmed vintage cat eye glasses make this outfit the cream of the crop. With light makeup and going for the red lips, take this outfit out for a night out on the town. Emily Elizabeth got her shoes from Miu Miu, stockings from Nordstrom and glasses by Tom Ford. Though Miu Miu might be a little tough on the wallet, check out Forever 21, or even Spiral Girl for some similar cheap finds.
A simple white off-the-shoulder blouse with a long necklace is an easy way to dress up your daily outfit. Coupling the top with a cute pair of cut off light denim shorts and some Moocasins by Minnetonka keeps this look at the top of my fashion list. Sasha Asada, 26, is wearing shirt, shorts and necklace from Spiral Girl, and earrings from Forever 21.

The Fedora hat, gaining popularity, will make your look and be the finishing touch. Jenny Abes, 24, wore her black tank top with some distressed light denim jeans and studded flats. Her vintage Disney and Bourke satchel bag keeps her things safe. Her mixed natch outfit ranges from a few money brands like Forever 21 and DIY jeans if you're looking for a pair of shoes like Abes, check out any Forever 21 or Aldo Accessories stores to find a steal deal.
By Alika Pfaltzgraff

Every year for the past 29 years, Kapi'olani Park has served as a showcase for an art form near and dear to Hawaiians known as Kiho'alu, or slack-key guitar. The festival is a celebration of the beautiful craft, which has been with the Hawaiian people for more than a century. This year marks the festival's 30th anniversary.

Milton Lau founded the event in 1982, and started out with nothing more than a passion for Kiho'alu and a reverence for shared knowledge. Gabby Pahinui, who is widely regarded as the founding father of slack-key guitar, served as the main inspiration for Lau's dream.

Pahinui's untimely passing in 1980 was the catalyst for Lau to start the festival in his honor in hopes of acknowledging him along with several of his revered contemporaries, such as Sonny Chillingworth and Raymond Kane.

Lau has since watched slack-key guitar blossom into the beautiful and widely praised expression of Hawaiian Soul that it is today. Every year since its inception, it has managed to attract local and foreign audiences alike, drawing interest from a myriad of backgrounds. They have even performed at the Smithsonian Music festival in Washington D.C., and as far as Tokyo.

The consensus theory on the origination of Kiho'alu dates back to the Spanish who arrived with their horses and guitars. Back then, mele (music) was more to the Hawaiians than a pastime, it was a way of life woven into their everyday life, as important as hula and storytelling.

When Hawaiians were introduced to the guitar on the Kohala coast of the Big Island, almost two centuries ago, they embraced the instrument and added their own personal twist on their style of play, which mirrors their confident, laid-back disposition.

The Kiho'alu festival is a testament to the staying power of this profound art, and its expanding regional appreciation means that it is not going to slow down anytime soon. In a modern era where listless pop songs dominate the airwaves, discerning listeners will find solace in the strings of simplicity. A soothing melodic wave of serenity washes over, a momentary reprieve from the muted melancholy of everyday life.

Erin Lau, the daughter of Milton, grew up around the festival, and has watched it thrive beyond expectations. The first festival took place in 1982 at the Waimanalo Pavilion, and managed to attract thousands of ardent fans. With the turnout being far greater than anticipated, Lau decided to make it an annual event. The festival has since expanded to the outer islands, to Kaua'i, Maui, and Hawai'i Nui.

This year's festival will feature luminaries of the craft, such as Dennis Kamakahi, George Kuo, Makana and many more.
By Nix Kinney

Because of the nature of the Pig and the Lady, I was able to pull its creator, Andrew Le, out from behind a cutting board and onto a grassy knoll at the KCC farmer's market. Our interview overlooked his patrons, standing in line for his food and feasting at his tables. He waved at his regulars from our perch and answered the occasional question from his staff. This is Le's zone and I'm but a thief, stealing his time and his hands from his food and his presence from his craft.

The Pig and the Lady is Le's popup restaurant, a mobile endeavor to bring food to the people in ways that are both cost-efficient and fun. From farmers' markets to specialized, one-day-only events that are the epitome of its genre, popups have been making its way into the priorities of foodies everywhere.

And that's how I was first introduced to Le's cuisine. The Whole Ox, a host to the Pa'i'ai Pa'ina, where five local chefs came together under its borrowed roof to share their talents and showcase the flavors of pa'i'ai, a forerunner of poi, which is often sweeter, thicker and can be kept longer than poi. When Le's riddled and marinated pa'i'ai and taro stem ceviche circulated the room, heaven opened up for me and I cried.

And with each pop-up, a new menu is drafted, bringing unique dishes to the forefront of edible indulgence. The ensemble of eaters becomes a gourmet focus group, expressing their approval with a chorus of smack­-ing lips and requests for seconds.

But this ephemeral model of feeding people is not without its trials. “You need to be a little off in the head,” confessed Le, “There's so much work to set up and break down. You only have one chance to get the food out there.”

Yet he does it, multiple times a week at various farmers markets, creating cuisine with homemade noodles and produce derived straight from fellow vendors. And when the opportunity arises, he pops up at various local restaurants with a more elaborate menu that enables him to get more creative and flaunt his technique.

And much like the way he switches between pidgin and Standard English, Le takes the Pig and the Lady between these two varied food experiences with such ease that it's difficult to pinpoint just when the swap took place. In the end, unabashed deliciousness takes over and that line between dining fine and fine dining becomes irrelevant.

While he relishes in all that being a pop­-up restaurateur offers him, he still enacted a metaphorical romance for the moment he met the location of his dreams. Their eyes would lock, sparks would fly and the Pig and the Lady would settle down to feed a community.

“We want a space,” Le said, “but we're not in any rush.”
No Life Like
A CAKE LIFE

By Lyle Anine

Imagine this: you’ve just gotten your bachelor’s degree and are ready to get some real-world career experience. You get a great job, but you later find your dream career isn’t what you want to do anymore.

According to the Wall Street Journal, the most repeated claim regarding career change is that the average U.S. worker will go through seven career changes in a lifetime. So what do you do when your dream job wasn’t what you expected?

You could always start your own business. But that’s pretty risky. It requires money, hardwork, dedication and a little bit of faith.

Kristin Kato had enough of it to turn her hobby of cakemaking into a business.

The 29-year-old, a Roosevelt High School alumna, went from studying law to cakemaking.

After graduating from the University of Oregon in 2006 with a bachelor’s in journalism, Kato came back to Hawai’i to continue her pursuit of becoming a lawyer. She got a job as a paralegal to gain experience in law, but found that she didn’t like it as much as she thought she would.

So in July 2009, she started A Cake Life. She didn’t let her journalism and law experience go to waste, though – it helped to develop her contracts with her clients.

And in three years, her business flourished and won weddingwire.com’s Bride’s Choice Awards for wedding cakes in 2011 and 2012.

On Her Typical Schedule
“(My) schedule varies. Each cake is custom made for each client. (On) Monday to Thursday (I consult) with clients that made reservations. Friday through Sunday is for making cakes and buying supplies. Half of my time I spend on my computer doing contracts, sending contracts to clients and emailing.”

On Her Proudest Achievements
“(Winning) the last two years’ Wedding Wire Best Choice. Wedding Wire is an online wedding resource where clients rate their experiences with wedding vendors. In the first year we were in business, we did 60 weddings and 30 birthdays. And now in (we’re in) our third year in business, we now do (more than) 300 cake orders a year.

On The Challenges Of Starting A Business
“Starting your own business is harder than working any job. You face lots of challenges that you have to overcome. You have to stay committed to making your business a success. Success won’t come overnight – you have to work hard for it. Doing lots of research in your target market is important, (and) seeing who is in your industry and what they provide. As a business owner, believe in your product and service you provide.”
Sometimes the most troublesome area to keep in shape is the stomach, coupled with the dream or thought or what it would be like to have that flat and chiseled stomach. The abdominal area – the core of your body – is an important part of your body and a vital place to keep strong.

Gilad Janklowicz, fitness professional and instructor in “Bodies in Motion with Gilad,” said it was important to develop a strong core.

“She is your energy foundation,” Janklowicz said. “The stronger the core, the more you can do.”

In Janklowicz’s “Lord of the Abs,” a new DVD series on a core-based workout, users can learn and participate in many ab-strengthening and full-body workouts. There are also workouts targeting specific muscles like upper abs or obliques.

“It’s not like we’re working just the abs (in “Lord of the Abs”), we’re doing the whole body,” said Janklowicz.

He said a strong core helps the skeletal structure, lower back and spine. The stronger the core muscles are, the stronger your lower back will become, and less stress will be put on the spine.

“Every movement you do that is functional involves your core,” Janklowicz said.

The core is like a transverse of energy from the lower to upper body and to the extremities. The core has everything to do with keeping the body stable for a strong foundation.

These workouts in his DVD target the abdominals but whole body as well, while working out, the whole picture must be understood, said Janklowicz.

There are floor exercises to strengthen the abs, but there are a variety of exercises to do while standing – like with a heavy ball.

“People think of the abs, or go and they think about crunches,” he said. “That’s the traditional exercise to strengthen your abs.”

Hitting the gym is great to be healthy, but going to the gym and lifting weights without being aware of the body and how it works can cause injuries.

The muscles work in a very specific way, and working them in the proper way gives the best benefit.

Working out and keeping the abdominals strong is one thing, but diet plays an important part in the bodies overall state of health.

“In general, don’t drink your calories,” said Ross Akiyama, fitness manager at 24 Hour Fitness.

Try to avoid processed foods, which are high in refined carbohydrates and sugar. Do not fear though, the foods to fill your body with to keep a healthy diet include vegetables, lean meats, some fruits, nuts and or seeds, he explained.

It takes some research and time to figure out and control your diet.

More importantly, form. Keeping the correct form when working out is one of the most important things, explained Janklowicz.

If at any point during the workout your form starts to slack, stop and take a break. If the body is feeling too tired, it doesn’t help to over train, which can lead to injury.

There’s a fine line between working the muscle and working the joints. Working and using the muscle, or the true range of motion is ideal in working out.

To exercise and to make muscles stronger, muscles must stay in the true range of motion, and in proper form.
CLIMB YOUR WAY TO THE TOP

By Antonina Javier

It’s not hard to figure out why Hawai‘i is one of the most popular travel destinations. Hawai‘i has many different activities that appeal to different crowds. There is surfing, hiking, site seeing, snorkeling, kayaking and scuba diving, the list goes on and on.

However, when most people think about Hawai‘i, rock climbing does not typically come to mind.

I lived on O‘ahu for a year and a half before I learned that we had a rock gym here. The truth is, the current climbing community in Hawai‘i is quite small. That is not to say that people haven’t been climbing in Hawai‘i, and that the community is not growing.

The development of certain routes, routes such as Makapu‘u Point started in the 1980’s. Unfortunately, due to climbing injuries suffered on State owned land, many popular routes have been closed with the penalty of heavy fines if found on them. Faced with the possibility of legal trouble, many climbers have now turned to a type of climbing called bouldering.

Bouldering is a style of climbing where a climber does not use ropes or a harness while on their routes. Typically while bouldering, a climber does not exceed 25-feet. This sounds dangerous yes, but as long as you have and use the proper equipment, bouldering can be a fun and challenging activity.

Whether you are new to bouldering, want a place to practice, or looking to get some help with technique, you can find climber and gym owner Justin Ridgely at his gym located in the Kaka‘ako area.

Ridgely opened the Volcanic Rock Gym in March 2010 in Waipio. In May, the location of the gym was moved to 432 Keawe St., in Honolulu.

Inside the gym you can find seven, 12-foot wall of varying degree, and because half the sport is falling, the floors beneath the walls are coated with a thick layer of rubber for a fairly safe landing.

When I walked into the gym for the first time, I felt so overwhelmed. There were people scaling all over the walls. Jumping, also known as “dyno-ing,” to the top, going left, going right, some people were even upside down.

And there I was, holding my rental shoes, staring with my mouth open, wondering if I should even attempt to get on the wall. There were countless routes marked by different colored tape. At the start of each route was a white tape labeled with a quirky, clever name, and climbing difficulty. It wasn’t hard to make a friend. I have found that while in the gym, only half your time is used climbing, the other half is resting, recuperating, and chatting with other climbers. With a little encouragement from my newly found friends, I strapped on my shoes, got on the wall, and that is all she wrote. I was hooked, and at times completely obsessed.
BOULDERING OUTDOORS:
Some thrill seeking climbers enjoy taking the challenge of bouldering outside of the gym and onto the course, unforgiving surface of island rock. It’s not hard to see why outdoor climbing is alluring.

Outdoor climbing requires ambition, headstrong endurance, strength, and skill. Who wouldn’t want to claim these traits? Let it be known that outdoor climbing is no joke.

According to the British Journal of Sports Medicine, it was found by Dr. Llewellyn, that 50 percent of climbers suffer from at least one injury caused by outdoor climbing in a year.

When I went climbing outdoors for the first time, I had no idea what I was getting myself into. At the time I was just fairly acquainted with the sport of indoor climbing. Going outdoors put my body into sensory overload. Rules and techniques utilized indoors did not apply outside of the gym. It was real rock that I was grasping for. Sharp, slicing merciless rock that was not shaped for the purpose of holding. Four feet below was a rocky ground that was no more forgiving than the structure I clung to.

It’s important to know what your physical limits are before attempting to climb outside. It is also essential that you think about what you are about to get yourself into. The nature of the sport is demanding and laborious, and injuries are a given. It’s a group activity, but understand that you climb at your own risk.

Get a grip on gear. Now that you know where to practice and how to climb, it’s time to get your own gear. Unfortunately in Hawai’i we have very limited options for in-store purchases.

A very popular and dependable place to get gear is at Climb Aloha. Climb Aloha is a small in-house shop dedicated solely to climbing supplies located at 2241 Noah St. in Honolulu.

Inside the overwhelmingly full room is gear stored from the most basic climbing necessities to multiple confusingly elaborate tools. Inside you will find either Michael or Sumi Richardson waiting to help you get fitted with the right shoes, and explain why those shoes need to be uncomfortably tight.

It’s a good place to go if you like to match with your friends. Many climbers get their shoes here, including myself. And more than once I have seen climbers at the gym sporting the same pair of inside green LA Sportiva shoes that I own.

You can also try Soul Trex, an outdoor apparel and equipment store located in Kaneohe. For climbers, they offer a wide array of gear great for beginners such as shoes, chalk bags, chalk, and even helmets.

Climbing embodies different things for everyone. For some, it’s the work out, for others it’s the thrill. What drives me to climb is the feeling I get after accomplishing a difficult route. After each time in the gym I get a little bit further, and hold on a little longer, I can feel myself growing and getting better.

I am a stronger climber today than I was yesterday. I encourage, no, I dare you to explore what rock climbing will constitute for you. You now know where to climb, and how to get gear, the only thing left is to chalk up and go for it.

GYM INFORMATION:
Volcanic Rock Gym
432 Keaw St.
Honolulu, HI 96813
volcanicrockgym.blogspot.com

HOURS:
All Week 12pm – 10pm
Day Pass- $5
Month Pass- $60
READY, SET, PAU HANA TIME

By Remington Taum

Being a college student is tough on the bank account: we have to pay tuition, bills, rent, food.

Not only do some students have school to worry about, but they also have to work to make ends meet. It’s exhausting.

Students deserve a break. It’s always a nice treat to find some cheap eats and drinks after a long day.

Daily Happy Hours: 4 to 7 p.m., 8 to 11 p.m.
T&L (Tacos & Aloha) Tuesdays, 4 to 8 p.m.

Happy hour prices:
Drinks: Starting at $3 to $9, offering well cocktails, specialty drinks and wines.
Food: $5

Regular hours:
Sunday to Saturday: 11 a.m. to 1 a.m.
NFL Sundays: 7 a.m. to 1 a.m.
Ages: Under 21 until 4 p.m.
4 p.m. to closing: 21 and older.

Atmosphere: A casual place to hang out after work or school with a group of friends. Dress casual or fancy it up, and head on over to Mai Tai Bar and listen to some live entertainment. It’s a little hard to hear people talk over the music, and finding a seat might be a challenge, but it’s an awesome place to unwind and chill.

Parking: Ala Moana Center, Macy’s side, upper level 3.
Best times to go: Any daily happy hour during the week. But, if you’re looking for a more relaxing time to catch up with friends and talk, go during the afternoon.

Even if you’re not 21 yet, don’t worry. We’ve got some places and good deals you can swoop up this year. And remember, you don’t always have to get alcoholic drinks when you go out— you can order a smoothie or a virgin drink, and just enjoy the atmosphere with friends.

Yardhouse - $5
228 Lewers St.
Honolulu, HI 96815
(808) 327-5273

Daily Happy Hours:
Monday - Friday: 2-5:30 p.m.
Sunday - Wednesday: 1-10 p.m. - 1 a.m.

Regular hours:
Sunday - Thursday: 11 a.m. - 1:30 a.m.
Friday and Saturday: 11 a.m. - 1:45 a.m.
Ages: All ages

Atmosphere: A fun open-air restaurant complete with entertainment and open all day. Great place to go if you’re feeling like looking out at the well-known Waikiki Beach, or even just listening to some local entertainment, head on over to Lulu’s.

Best times to go: The Yardhouse has proven to be somewhere that is great to be at during any hour. However, if you do want to avoid any crowds, Friday nights have been picked.
The Shack Hawai‘i - $-
397 Kalakaua St.
Honolulu, HI 96815
Daily Happy Hours: Tuesdays: 3 to 7 p.m.
Wednesday to Monday: 4 to 6 p.m.
Monday to Sunday: Themed nights start at 6 p.m., well-coosing
Regular hours: 10:30 a.m. to 2 a.m.
Ages: 21 and older after 11 p.m.
Atmosphere: A casual place where you can watch a football game with friends and have a party. This place is a good place to grab some drinks and be comfortable in some shorts, T-shirt and slippers. At night it gets a little rowdy, but during the day it’s more relaxed and a nice place to look out at the marina.
Parking: In the Safeway, Longs Drugs Store and McDonald’s parking lot.
Best times to go: Weekdays are usually better. If you’re looking for a more relaxing time, but nightlife is when it gets a bit busier.

Tiki’s Grill & Bar - $-$
2630 Kalakaua Ave.
Honolulu, HI 96815
(808) 393-6454
Daily Happy Hours: 2 to 5 p.m.
Regular hours: Monday to Sunday: 10:30 a.m. to 2 a.m.
Ages: All ages
Atmosphere: An open-air restaurant, restaurant goers have the option to sit on the lanai or inside. Either way, it’s a great place to watch the sunset or enjoy the afternoon sun. Located in Waikiki, Tiki’s attracts many tourists, but this is a family-friendly place to hang out and have a great time.
Best times to go: Thursdays, or at the beginning or halfway through happy hour to avoid a bustling crowd.
Parking: Free three-hour validation at the Aston Waikiki Beach Hotel.

Wahoo’s Fish Taco (Kalaha) - $-$
4614 Kalakaua Ave.
Honolulu, HI 96815
(808) 737-9292
Daily Happy Hours: Thursday through Monday: 3 to 7 p.m.
Tuesday and Wednesday: All day
Regular hours: Monday to Friday: 11 to 2 a.m.,
Saturday and Sunday: 11 to 2 a.m.
Ages: All ages
Atmosphere: Loud, place to party, but friendly enough to bring kids and teens to have a good time. Be ready to laugh and enjoy yourself. Taco Tuesday’s at Wahoo’s offers $2 tacos, $2 pina coladas and live entertainment from 6:30 to 9:30 p.m.
Best times to go: If you don’t mind busy, head over on a Tuesday or Wednesday, when kids eat free and happy hour is all night.
Parking: Tiny parking lot behind McDonald’s, but you can also park on the street or in Kahala Mall near Long Drug.

Gyo-ko-ku, Waikiki S
207 Leawalu St.
Honolulu, HI 96815
(808) 926-2399
Daily Happy Hours: Monday to Sunday: 11 a.m. to 3 p.m.
Regular Hours: Monday to Sunday: 11:30 a.m. to 11:30 p.m.
Ages: All ages
Atmosphere: There are different Gyo-ko-ku locations on the island, but if you’re looking for a party-like vibe and a place to have a fun Friday night with friends, head over to the Waikiki restaurant. It means, what beats cooking your own meat to your personal living? The prices for food and drinks are hard to beat.
Best times to go: Want to celebrate or be around a lot of people? Go anytime after 9:30 p.m. Make those reservations thought, it gets busy fast. If you want a quieter environment, during the day is a moment. Also, every day is Karate night & live music special from 9:30 to closing.
Parking: Pan ahead for street parking.

Lulu’s Waikiki - $-
1442 Kalakaua Ave.
Honolulu, HI 96815
(808) 929-8092
Daily Happy Hours: 3 to 5 p.m.
Regular hours: 7 to 4 a.m.
Ages: All ages, but after 10 p.m. preference of 21 and older, but families coming in with younger children OK.
Atmosphere: A fun open-air restaurant complete with entertainment and open all day. Great place to go if you’re feeling like looking out at the well-known Waikiki beach, or even just listening to some local entertainment, head over to Lulu’s.
Best times to go: Mondays is Industry Night, offering 50 percent off everything. While you’re waiting for your food, you can enjoy some fresh air and a view of Diamond Head and Waikiki Beach.
Parking: You can find some meter parking at the end of Kalakaua Avenue closer to the aquarium. After 6 p.m. that parking area is free.

Dave and Buster’s - $-$
1442 Kalakaua Ave.
Honolulu, HI 96815
(808) 569-2215
Daily Happy Hours: Monday to Friday: 4:30 to 7 p.m.
Sunday to Thursday: 10 p.m. to closing
Regular hours: Monday, Tuesday, Thursday and Sunday: 11 a.m. to 1 a.m.
Wednesday, Friday and Saturday: 11 a.m. to 2 a.m.
Ages: Under 21 must be with someone 25 and older. Wednesday have a curfew for minors at 10 p.m.
Atmosphere: Bring your family for a night of fun and games, or head up to the rooftop later with some friends. Taco Tuesday’s is a great day to save some money and get $1 tacos. It gets pretty busy at night, so be ready for a crowd.
Best times to go: Avoid crowds by going during the afternoon. Ready to party? Wednesday is the day. Roof-top music and half-price cocktails and games.
Parking: Ward or TJ Maxx parking structure, across the street by Pier 1 Imports in unreserved stalls.
MAGIC IN THE DEEP BLUE SEA

By Nix Kinney

Be it summer vacation or winter break, there’s no opportune moment to holiday with Disney. The happiest place on earth has been floating joy across the seas since 1998 when The Walt Disney Company launched its first cruise ship, the Disney Magic. Nearly 15 years later and the famous conglomerate has since quadrupled its oceanic influence with four main vessels that port from nearly every corner of the world.

And true to Disney form, passengers are greeted and treated with the very same magic that makes a visit to any of its earth-bound theme parks or resorts more enchanting than anywhere else imaginable. Except, on a Disney cruise, that whimsy doesn’t just happen around you, it happens to you, and in a continuous, omnipresent way that epitomizes both Disney and Vacation Here’s why.

The moment you step foot on ship, all food is free. On my most recent Disney cruise experience, our cruise director left us with one, lingering freedom: “If you see it, eat it.” And every passenger on board indulged in a wide circulation of feasts that never repeated itself throughout our seven-night sojourn to Alaska.

Room service waits on every hand and foot, delivering anything from soup and sandwiches to Mickey Mouse ice cream bars, the latter of which my family repeatedly ordered as midnight snacks to top off every wonderful day at sea. There are secret late-night desert parties held at random locations on board, and one’s curiosity can’t be satiated without the taste of bonbons, macaroons and truffles eaten surreptitiously in the dark.

And yet, in a strange plot of design, the most memorable part of the dining experience is in the relationships that are formed with the wait staff. Each party is met for every meal by the same assistant and head server. Through these repeat encounters, dining needs become easily anticipated and friendships are inevitably fostered. Of course, a day hosted by Walt would be incomplete without Disney characters, and they all make scheduled and impromptu appearances throughout the cruise. It’s not uncommon to have Peter Pan sporadically dash across the length of the ship or a princess doing a photo shoot by the grand staircase. Such characters populate the vessel so that they begin to feel like fellow guests, albeit, significantly more popular than the guy next door.

DCL has also recently introduced the Wave Phone, temporary personal cellular devices to use while at sea, and it’s a lifesaver once you sail away from the ever-present reception of shore. Two years ago, before the Wave Phones, we were obligated to search for our separated family members by foot or leave notes on each other’s door. The portable phones made impromptu planning passengers are greeted and treated with the very same magic that makes a visit to any of its earth-bound theme parks or resorts more enchanting than anywhere else imaginable.
possible, and our stateroom white boards were instead filled with cartoon drawings and secret messages.

Before or after dinner, depending on when your party is scheduled, there are live and free on-board performances to enjoy. The Disney Magic and the Disney Wonder boast an award-winning show entitled “Disney Dreams – An Enchanted Classic,” which brings together snippets of many classic Disney films to tell a tale about the power of “faith, trust and pixie dust…” a quote passengers come to live by.

Cinema, also, is an accessible friend. On the top deck, a giant screen runs feature films near the pool, and stateroom TVs continuously loop a plethora of movie channels available any hour. There are also two theaters on board that play newly released movies throughout the day. I was even privileged to participate in the worldwide midnight premiere of Brave while in Alaskan seas.

For a complete list of daily activities, anticipate - and cherish - your Navigator. The Navigator is like your daily mail, slipped under your door at night so that you return from the evening’s adventures to find a four-sided leaflet containing all the shipboard activities planned for the following day. Events range from Disney karaoke, cooking classes, dance parties, magic shows, comedic performances, wine, beer and more tastings, game shows, deck parties, barbecues and off-shore excursions when permissible.

But if vacation means an absence of schedule, then there’s always the option to relax in one of the many pools on board (in fact, the Disney Fantasy has, count ’em, eight). There’s something peculiar about swimming on a ship in the middle of the sea, but this becomes doubly confounding once you learn that Disney desalinizes the ocean water it floats on to stock its collection of pools.

Which brings forth the issue of the many ecological steps that the cruise line is taking to be as green as Tink. The air-conditioning system on board generates over 280 tons of water per day and DCL cleverly uses this liquid surplus to wash the decks and clean your sheets. Old cooking oil is recycled into biodiesel to supply energy needs on land, and Disney was the first cruise line to finish its hulls with a non-toxic coating to reduce surface resistance in the water.

Embarking on the Disney Cruise Line is a vacation, adventure and experience all in one, transforming even the most austere landlubber into a seafarer, young at heart. By the last day, a bittersweet parting awaits, leaving all with the reluctance to leave the ship, and yet, the gratefulness to have experienced it. However, rest assured in the secret satisfaction of knowing that happiness is, at the very least, buoyant.
WHEN MOVIES AREN’T ENOUGH

By David Herman
All photos by David Herman

For such a small state, Hawai’i has an amazing-ly rich and diverse selection of local theatres

to choose from. If you’re tired of spending
another weekend’s evening out at the mov-ies, there is a wide selection of live and local
performances to choose from. If your tastes are
opera, musical theatre, local productions or
straight (non-musical) plays, there is a theatre
out there catering to your needs.

Not sure where to go? Read through our list
of theatres and take your pick.

Diamond Head Theatre
DHT specializes in Broadway productions and produces six shows
every season. They are located across the street from Kapi’olani
Community College.
2013-2014 Season
“Cabaret” – Sept. 27 to Oct. 13
“Elf” – Dec. 6 to 22
“Stepping Out” – Jan. 31 to Feb. 16, 2014
“Show Boat” – March 28 to April 13, 2014
“Catch Me If You Can” – May 23 to June 8, 2014
“Spamalot” – July 18 to Aug. 3, 2014

Hawai’i Opera Theatre
HOT is the primary source of opera on O’ahu. They put out three
productions every year at the Neil Blaisdell Center; Concert Hall.
2013-2014 Season
“Turandot” – Oct. 11 to Oct. 15
“Carmina Burana/Pagliacci” – March 28 to April 1, 2014
“The Mikado” – June 13 to June 22, 2014

Kennedy Theatre
Kennedy Theatre is the University of Hawai’i at Mānoa’s campus
theatre, featuring the work and performances of theatre and dance stu-dents.
The number and type of production varies from season to season. Their
productions consist of mainstage productions and Earle Ernst Lab
Theatre productions.
2013-2014 Mainstage Season
“Big Love” – Sept. 27 to Oct. 6
“Annual Dance Concert: Dance Sampler” – Nov. 15 to 24
“Lady Mu and the Yang Family General” – Feb. 21 to March 2
“The Very Persistent Gappers of Frip” – April 11 to 20, 2014

2013-2014, The Earle Ernst Lab Theatre Season
“The Wild Party” – Oct. 23 to 27
“Very Still & Hard to See” – March 12 to March 16, 2014
“Spring Footholds” – April 23 to 27, 2014

Hawai’i Theatre for Youth
HYT specializes in theatre aimed at children K-12, touring with several
of their productions statewide every year. HYT’s O’ahu performances
are at St. Andrew’s Cathedral in downtown Honolulu.
2013-2014 Season
“A Korean Cinderella” – Aug. 23 to Sept. 21
“Lono’s Journey” – Oct. 18 to Nov. 9
“Nothing is the Same” – Nov. 29 to Dec. 14,
“Icarus Fights the Minotaur” – Feb. 21 to March 8, 2014
“Peter Rabbit & the Garden” – Feb. 22 to March 8, 2014
“Grinds: The Story of Food in Hawai’i” – April 4 to May 10, 2014

Ohia Productions
Ohia Productions is the creation of late local playwright Lisa Matsuo-
 moto, specializing in family friendly Hawai’i themed plays and musicals.
Their season consists of a production at Hawai’i Theatre located down-
town and a touring preschool and elementary school season.
2013-2014 Hawai’i Theatre Season
“I Wish…Wishing Tales from Around the World” – Sept. 17 to 22,
2013-2014 Oahu Preschool & Elementary Schools Touring Season
“I Wish…Wishing Tales from Around the World” – Sept. 23 to Dec. 20
“Legends of the Pacific” – Feb. 13 to May 16, 2014

Hawai’i Shakespeare Festival
The Hawai’i Shakespeare Festival specializes in the works of William
Shakespeare. With the completion of its 12th season, all of Shakes-
peare’s plays will have been completed. All shows are performed at The
Arts at Mark’s Garage in Downtown Honolulu.
2013 Season
“Troilus and Cressida” – July 19 to 28,
“Timon of Athens” – Aug. 9 to 18
“As You Like It” – Aug. 23 to Sept. 2
'Mānoa Valley Theatre
MVT specializes in Off-Broadway productions and produces six shows every season. They are located in Mānoa next to Mānoa Marketplace. 2013-2014 Season
“The Toxic Avenger” – Sept. 12 to Sept. 29
“Chinglish” – Nov. 14 to Dec. 1
“The Odd Couple (Female Version)” – January 16 to February 2, 2014
“Rent” – March 13 to March 30, 2014
“Clyborne Park” – May 22 to June 8, 2014
“Smokey Joe’s Café” – July 3 to July 20, 2014

Paliku Theatre
Paliku Theatre produces one musical every season, renting out to other companies for the remainder of the year. Paliku Theatre may be found on the Windward Community College Campus. 2013 Production
“Les Miserables” – Sept. 20 to Oct. 27

The Actors’ Group
TAG specializes in straight plays, in an intimate theatre setting, producing eight shows in the upcoming season. TAG can be found across the street from the Dole Cannery Regal Cinemas. 2013-2014 Season
“Outage” – August 9 to Sept. 1
“Young Playwrights Festival” – Sept. 5 to 8
“The Heiress” – Oct. 11 to Nov. 3
“Hollywood Arms” – Dec. 6 to 29
“RED” – March 28 to April 20, 2014
“Glengarry Glen Ross” – May 23 to June 15, 2014

Kumu Kahua Theatre
KKT specializes in locally written plays. Their season consists of five productions at their downtown theatre. 2013-2014 Season
“Will the Real Charlie Chan Please Stand Up?” – Aug. 22 to Sept. 22
“Mo a Mo‘i” – Jan. 23 to Feb. 23, 2014
“Cockadoodledoo” – March 27 to April 27, 2014
“Koi, Like the Fish” – May 28 to June 29, 2014
Hawai'i Five-O’s O’Loughlin:
I get to do fun ‘boy stuff’ and play with guns

By Remington Taum

On a hot sunny day, during a lunch break on set, I sat down with “Hawai‘i Five-0” actor, Alex O’Loughlin, who’s starred in the CBS drama, “Moonlight,” “The Back-Up Plan” and “August Rush.”

O’Loughlin now has taken on the role of Lieutenant Commander Steve McGarrett. After participating in a play at nine years old, he was hooked on acting.

Not until his late teens did O’Loughlin pursue acting. He first went to Los Angeles when he was 21, and through the last 15 years he’s worked to build his career. A character himself, O’Loughlin sat down with me to talk about himself, his acting and of course, “Hawai‘i Five-0.”

RT: What’s your favorite car?
AO: My favorite car? Ah man, good question. I’ll probably have to go with an old hard top GTO. Like a ‘67. Those old GTO’s are beautiful. You know the one they have in “xXx”? At the end of “xXx”, he drives the purple one with a machine gun on the roof... Maybe I’m making the Machine Gun part up.

RT: If you could be any animal, what would you be?
AO: I would be a honey badger, because according to the Guinness Book of World Records they’re the most fearsome animal in the whole animal kingdom. They’re badass.

RT: What’s it like playing, I guess recreating a show made years before?
AO: It’s a very different show. Today’s “Hawaii Five-0” to the old “Hawaii Five-0...” Not only have the times changed, but television has changed a lot. Back in the day, the old Five-0, they didn’t have special effects. Today’s audiences have so many expectations when they watch television, there’s a certain level of visual effect, there’s a certain level of stunt, there’s a certain level of everything that they expect to see, because that’s the way everybody does it now...it’s like there’s a formula we have to follow for people to continue to tune in. We get to tell all of these great stories, these Hawaiian stories.

Jack Lord...he was a man with out a past, a kind of ghost figure, nobody knew anything about him. Where as the Steve McGarrett that I play, in the first scene in the pilot when he’s escorting Antoin Hess out of Korea you are learning who he is, what he does, where he comes from, that he’s a Navy Seal...in the teaser of the pilot you already have a vast amount of information about our protagonist.

It plunges you as an audience member, into knowing and hopefully caring about that character, not just about the cop stuff. The way they did it was really smart (the killing of McGarrett’s father), immediately you’re thinking, oh my god, who is this guy, what a tragedy, you’re invested immediately. The set-up is very different.

RT: What would you say is the most rewarding part of you job?
AO: I have a really great job. I have a lot of fun. I get to tell stories, which is what I love to do most. I get to work with a great group of guys and I get to do fun boy stuff and play with guns. The most rewarding thing about my job though, is being able to reach people in a way that’s outside of the industry.

If I do a bunch of work and become a person of public interest on some level then I can hopefully use that to generate care in other areas that might be based in community service or philanthropy. I think that’s the most important part of my job as an actor – a way I get to give back.

RT: How did you end up in the acting industry? Did you plan to do this or did it just kind of happen?
AO: I’ll never forget the first experience of walking out on the stage,
the audience was there in front of me but I couldn’t see them cause of the footlights. But immediately I knew I could tell them a story....I had that first subjective experience of being a guide and from then I always loved it but I didn’t pursue it till years later.

It was one of my friends who enlightened me to the fact that I was an actor, and I had to do something about it. I think what he meant was that I was a show off. I started at the bottom doing some really basic classes, doing some background extra’s work and from there began the slow progression.

I ended up getting a commercial or two, and then I got into a really good drama school and I did my three years, got my degree. I started on the stage, did a couple of movies and moved to Hollywood.

**RT:** What would you say for those who are looking to become an actor? What would you suggest to them, the process in it, if they have to put in a lot of time, what they should do?

**AO:** From the beginning of my career, I’ve always been ready to have everything taken away. If you go to Hollywood to “climb the greasy pole,” and you’ve got a dream of how it’s gonna be, you need to let go of that dream immediately because it’s not going to be like that. I’m not saying it’s gonna be worse, it’s just a really tricky business. It’s very competitive.

The two main things I’ve always done is constantly be ready for it all to be taken away, and be OK with that. And be OK with tomorrow, having to do something different and let all this go. Especially in Hollywood, if you’re doing all the right things, going to good classes, you’ve got a good agent, you’re in the run and you’re getting into rooms and nailing auditions...you have to be doing that.

Hollywood is a meritocracy, like when you go to the deli, you have to wait for your number to be called, when they call your number you’ll have your chance to buy your pig so you’d better be ready, you know? I moved to LA 10 years ago, I’ve seen a lot of people come and go. At first when I went there...I was really nervous, there weren’t a lot of Australians there. Now, everyone’s there, everyone wants to be working as an actor, and making a living because it beats working. It’s about commitment, dedication, ambition, drive, tenacity...it’s about a million things. If you’ve gotta do it, go do it. Just be realistic.

**RT:** Who are some of the most influential people in your life?

**AO:** My mom is one. And like the other influential people in my life it’s because of what she’s overcome. But there’s certain men, one of them is sitting next to me right here (O’Loughlin’s agent), who I’ve know and grown with over the years, whose honor is true.

The people that I look to in my life for inspiration are people that do things for other people, are people that, for whom their main priorities are, love, respect and integrity, like my lady, Malia. They’re the ones I’ve surrounded myself with. They’re the ones I hold in deepest admiration. I cut the others loose.

**RT:** What’s it like filming a majority of things here in Hawai’i? How’s it different from being LA or different parts of the world?

**AO:** Hawai’i is a very special place. There’s an aloha here that’s not necessarily on any other film set you’ve worked on, but it’s more than that.

Working on this land, having this particular earth under our feet when we tell these stories, about these Hawaiian people. And to be considered a (albeit peripheral) part of the community is something I’m extremely proud of. It’s very different here from anywhere else in the world. There’s a lot of power here, a lot of mana, and a lot of history. There’s also a lot of spiritual activity. You have to come and experience it. All that great stuff is the background of this TV show.

Hawai’i plays the fifth and probably most important character of the task force. It’s me Danno, Kono, Chin and Hawai’i. We couldn’t do it anywhere else.

**RT:** What is the most exciting thing, that’s different, maybe more action, that you’re excited for viewers to see?

**AO:** I’m always excited for viewers to tune in and see new Five-0. New Five-0 is always new cool stuff; gadgets, guns, cars, action, big waves.

**RT:** So if you could be any superhero, who would it be?

**AO:** I had an answer for this... Superman, but that’s the obvious one. He does everything man. But I’m sure there’s someone else... Ironman’s pretty rad... No, I gotta say superman. I love Wolverine, but, superman flys.
EAT YOUR VEGGIES