

## Expand body and mind through dance

By Remington Taum

STAFF WRITER

On Mondays, Wednesdays and Fridays the bass resonates from the white chapel at KCC, occasionally creeping into the lower end of campus. Between the breaths in music, the soft pitter-patter of outstretched tiptoes can be heard gently landing in unison on the hardwood floors.

For more than 20 years, KCC has offered a dance program. Karen Masaki, started the program with modern dance and later developed a ballet course. Masaki left KCC in the late '80s and the ballet course was cut in 1993, but was revived again by current philosophy and ballet instructor, Sharon Rowe, who began teaching

the course in 2002.

The dance class options have flourished throughout the years; the classes offered range from traditional (hula kahiko) and modern (hula 'auana) hula, to ballet I and II.

Both ballet and modern dance are available at the beginning level, and any students interested in taking these classes do not need previous experience. Next in line are the ballet II and modern dance II courses; both are still in the trial stages.

Not only does the dance program provide different class options for students, but also, if the class is taken, students benefit in both body and mind, explained Rowe.

All dance classes are three-credit courses and most can be repeated for



KYLE DURIGAN/KAP'Ō

*In ballet students will develop strength, balance, grace and coordination. KCC offers a variety of dance programs including modern and traditional hula, as well as ballet and modern dance. It gives students the opportunity to be creative.*

up to six credits. For dance majors, the courses are transferrable to universities and help to support students in nursing, sports medicine, psychology, music and performing arts.

The program helps to add diver-

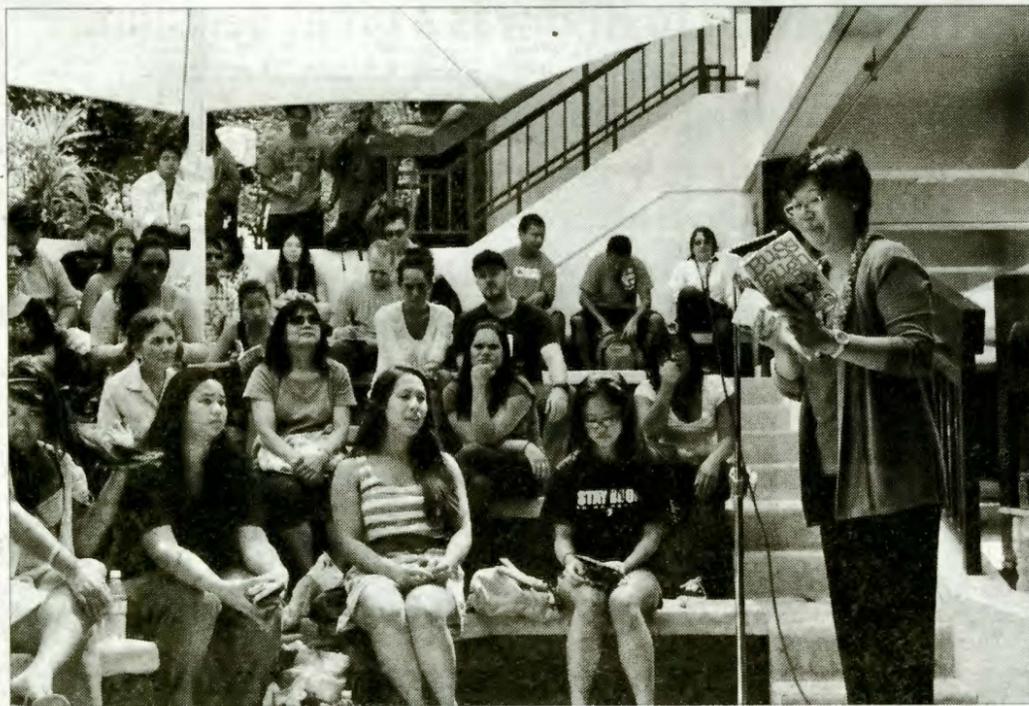
sity to the variety of courses offered at KCC.

"It complements both theater and music, and supports the training these courses give students who aspire to perform," Rowe said.

Rowe had the opportunity to work with modern dance instructor Merium Wisnosky and Sandra Perez. In the past, Wisnosky, Perez and

**DANCE:** See page 3

## Pidgin appreciation



RIE MIYOSHI/KAP'Ō

*Students and faculty members gathered in the new Kahikoluamea Center outdoor amphitheater to listen to readings from "Buss Laugh." Master of Ceremonies Ann Inoshita (far right) introduced the many different authors of the stand-up poetry book to read their works. Lee Tonouchi, Davin Kubota, Robert Phan, Kenneth Quilantang and Christine Manarpaac were present to give a live interpretation of their poems. "Buss Laugh" is Tonouchi's attempt to have Pidgin recognized as the national language of the Hawaiian peoples.*

## Efforts of military friendliness rewarded

By Paige L. Jinbo

ASSISTANT ADVISER

For the second consecutive year, KCC has been nationally recognized for its efforts in aiding students in the military. This semester, KCC accepted its second Military-Friendly award.

"It's important to have this award because we have a lot of people enlisted and lots of veterans coming back to college," said Carol Hoshiko, dean of community relations and continuing education. "This recognition lets them know they can feel comfortable coming here."

For 10 years, KCC has had a contract with the Navy to offer specific culinary classes for Navy students. Since then, this institution has been designated as a Service Members Opportunities College for the Navy. Not only do the classes — Food Service Administration and Galley Watch Captain — provide extra training for

those in the Navy, but the SOC designation allows their college transcripts to be recognized at any other SOC institution in the country.

Both classes are four-week courses that meet every day from 8 a.m. to 3:30 p.m. The Food Service Administration course teaches students record keeping, cost control and how to formulate a menu. Galley Watch Captain enhances the students' cooking abilities.

"I've learned 10 times more from this class (Galley Watch Captain) than I did in the Navy," said Jeremy Domagalski, KCC student.

However, the decade-long relationship with the Navy isn't the only factor that makes KCC a military-friendly school.

According to Sharon Rota, KCC veterans counselor, KCC met all the

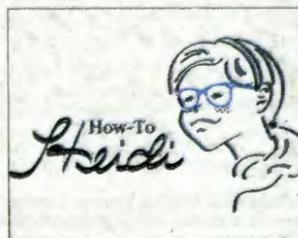
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Kapi'o staff member shares her mother's traditional Japanese karaage, soup and stir fry recipes.



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Interested in Veganism? This week's How-to-Heidi gives you a crash course in three steps.

# Slow Foods dedicated to transforming food policies

By Alike Pfaltzgraff  
STAFF PHOTOGRAPHER

The Kapi'olani Community College sect of Slow Food USA is currently fundraising for the opportunity to attend a Slow Food Conference being held in Terra Madre and Salon Del Gusto in Turino, Italy, beginning Oct. 21-25.

The fundraising goal is \$2,500, and the group has already managed to accumulate more than half of that selling products made with 100 percent local ingredients. The Hawai'i Farm Bureau has also helped tremendously, as it offered a coveted spot at

the Kapi'olani Farmers Market one weekend. The group also fundraised at Slow Art Friday in Chinatown last week.

During the course of the fundraiser, Slow Food has utilized ingredients from Big Island milk supplier Naked Cow Dairy, sugar from Maui Sugar and lemons and limes grown and donated by Wailea agriculture.

Slow Food is dedicated to transforming archaic food policy and re-enforcing safe production for humans, plants and animals.

Terra Madre is a yearly international conference in which sustain-

able food producers, farmers, cooks, educators and activists from around the world convene to disseminate stories and traditions and engage in heady discourse over small-scale agriculture.

KCC's club president Gina Snyder and vice president San Shoppell were two of the eight delegates elected to represent O'ahu in the conference. Shoppell is one of the charter members of the Slow Food KCC Club, which was founded in Spring 2008.

"I am very passionate about the movement and its philosophies - good, clean, fair food for all," said

Shoppell.

A self-professed culinarian, she said she believes that understanding the impact the industry has on the earth's resources is of the utmost importance.

"Change is upon us," Shoppell said. "Green and sustainability aren't passing fads but trends. Consumers are educated and seeking more knowledge."

Snyder, who will be making her fourth trip to Italy, intends to graduate in Spring 2011 with an AS in Culinary and Pastry Arts. Initially, she joined Slow Food Club because

eating green, locally produced food with likeminded people appealed to her.

"Since becoming president of the club in 2009, I have expanded on that sentiment and now feel strongly that Slow Food embodies a very necessary mentality about food, agriculture, resources and community that can take us into the future in a more sustainable and positive way," she said.

For more details about the organization, visit the Web site [slowfoodusa.org](http://slowfoodusa.org).

## CAMPUS AND COMMUNITY BRIEFS of events around KCC

### Apply for the Freeman Japan program

The Freeman Foundation Community College Program is accepting applications for the Spring 2011 JAPAN program. Freeman Foundation Scholarships are awarded each semester, providing financial support for 10 full-time students within the University of Hawai'i community college system.

Those awarded the scholarship are required to take 12 credit hours during the first semester of the program. During this semester, students engage in an intensive, content-based, second-language program that will allow them an opportunity to study in Japan if completed successfully.

The two-semester program covers round-trip airfare from Honolulu, tuition, housing and most meals at both Kapi'olani Community College and in Japan. In addition, the student will receive a stipend while abroad.

The deadline to apply for the Freeman Scholarship is Oct. 22.

For more information visit [kcc.hawaii.edu/object/freeman.html](http://kcc.hawaii.edu/object/freeman.html).

### We Value Hawai'i invites youth to attend

We Value Hawai'i is an all-day, all-ages event that is happening at Fresh Café on October 25. The event will bring together artists, students and politicians alike to engage in open discussions concerning important issues in Hawai'i. Making use of art and music to draw the youth of the islands together, We Value Hawai'i will focus on topics such as public education, tourism, the future of the arts and civil unions.

In addition to discussions, there will be art installations, workshops, activity booths and music from Black Square, Big Mox, Deep Throat, Narwhal, Stephen Agustin, Youth Speaks HI and The Jump Offs.

The event is free and all ages until 8 p.m., whence forth there will be a \$5 donation at the door.

For more information visit [wevaluehawaii.com](http://wevaluehawaii.com).

### KCC's ecology club welcome students

Interested in hiking and community work? The ecology club, which started last spring semester, works to inspire and educate students in the sciences of the environment and ecology through engaging in community-based projects.

Some of the projects and activities the club participates in include fundraising, plant restoration, beach cleanups and hiking.

Those who join the ecology club will also go on a trip to the Big Island every semester. Through being part of the club, students can experience personal growth, be part of an environmental effort that aims to make a difference in the community and facilitate personal growth.

Students who are curious about joining or want to inquire about the ecology club, they can e-mail [ecologyclubatkcc@gmail.com](mailto:ecologyclubatkcc@gmail.com).



## "Transferring to HPU was a great decision..."

HPU accepted almost all of my credits while other colleges did not. From the moment I registered, I felt as though my education was just as important to HPU as it was to me. The advising staff was always available whenever I had questions about classes and my educational goals. This gave me a sense of security, knowing that someone was there to help guide me. The faculty were always available too; I could meet with them whenever I needed advice. I'm glad I chose HPU, and that I'm graduating with my Bachelor's degree from such a great place!"

— Lorrie Kim, Travel Industry Management, Class of 2008

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## Dance:

Continued from page 1

Rowe have put together end-of-the-year presentations to showcase their students' work and hope to start this up again.

Rowe encourages students to attend class all week and to come to class regardless of their level of experience. Learning by doing and continuing to work consistently are the only ways the benefits will be noticeable.

"I feel like a gardener, planting seeds at the beginning of the semester, watering and weeding a garden every day," Rowe said about her classes.

Her students are required to keep a log, which provides them the opportunity to reflect and allows her to offer individual instruction as well as encouragement. She also has her students watch a ballet performance and research the history of ballet. It is a sufficient way to show students that like hula, ballet is a story-telling art, knowing where the story came from and where it's gone.

Similar to Rowe, Wisknosky has students perform a self-evaluation every day. And critiques, which are given while the students are dancing, are applicable to every student.

In these modern dance courses, which are declared as an American art form, students carry a sense of freedom, which allows them to get creative. Different movements are explored as well as the basic principles of the body.

"Dance is challenging on many different levels," Wisknosky said. "People discover things personally, which is what (arts and) humanities do."

## Military:

Continued from page 1

According to Sharon Rota, KCC veterans counselor, KCC met all the standards that were used to determine how effectively the school provided for military students. From individual student services to the number of distant learning classes available, KCC surpassed expectations.

Out of the 10-campuses within the University of Hawaii, KCC and UH West Oahu were the only two that were recognized as military friendly. The award was given by the National Academy Advisory Board. Out of 7,000 colleges in the nation, 1,220 institutions were awarded and KCC made the Top 50.

"It's outstanding and really an honor to have this award," Rota said. "It really does us proud."

Since the population of military students is increasing quickly — enrollment of military students has jumped from 180 last semester to 327 — Rota is looking into different services that KCC can provide to stu-

dents from the military. She expects enrollment for veterans to increase significantly over the next few years. Rota attributes this to many coming home from deployment and the recent educational benefits. The Post 9/11 Chapter gives military students who were on active duty during the Sept. 11 terror attacks full tuition, a stipend for books and housing allowance.

"With this new chapter, I'm not surprised the population has mushroomed," she said.

To continue to accommodate to this growing number, Rota has been researching the services others colleges offer. She's found that some colleges have clubs and centers specifically for veterans. While having a club or a center isn't completely out of the question, a conversation among faculty and administrators would be necessary to determine if these types of support networks would be beneficial.

"We're just looking for ways to serve them better," Rota added. "They serve our country, and this is our way of thanking and welcoming them."

However, it may be awhile before any programs or services are expanded. According to Edwin Timoteo, KCC's military and government coordinator, training funds for the military programs are getting smaller.

"We have to wait and see what happens after the economy gets better," Timoteo said. "We just have to continue doing what we do."

### CAMPUS AND COMMUNITY BRIEFS of events around KCC

#### Café to host event that promotes peace

On Tuesday, Sept. 21, students from KCC's International Café will be putting together an event for United Nations Peace Day, or formally known as International Day of Peace.

The event will take place on the Great Lawn beginning at 6 p.m. The UN Peace Day event follows the International Café's theme of peace.

The goal is to attract many young people around the globe to take a stand for world peace.

According to Linda Fujikawa, co-founder and assistant professor Japanese, beginning at noon, students of the International Café will be accepting messages of peace from anyone who would like to contribute to a peace pole that will be located near the Lama library.

A movie titled "Gate" will then be shown in 'Ohia 108 beginning 6 p.m. Fujikawa hopes that students will attend or will write messages to spread concern for world peace.

"May peace prevail on earth, (will be) written on the pole in both Japanese and English," said Fujikawa. "It's an awareness."

#### Instructor recognized for his contributions

KCC culinary instructor Frank Leake was inducted into The American Academy of Chefs (AAC) along with 22 other chefs by the American Culinary Federation (ACF).

A 1974 graduate of the Culinary Institute of America, Leake has been teaching at KCC since 1989 and is an active member for the Chefs de Cuisine Association of Hawai'i Honolulu. He has been published in several magazines and is the author of "Coaching Culinary Champions."

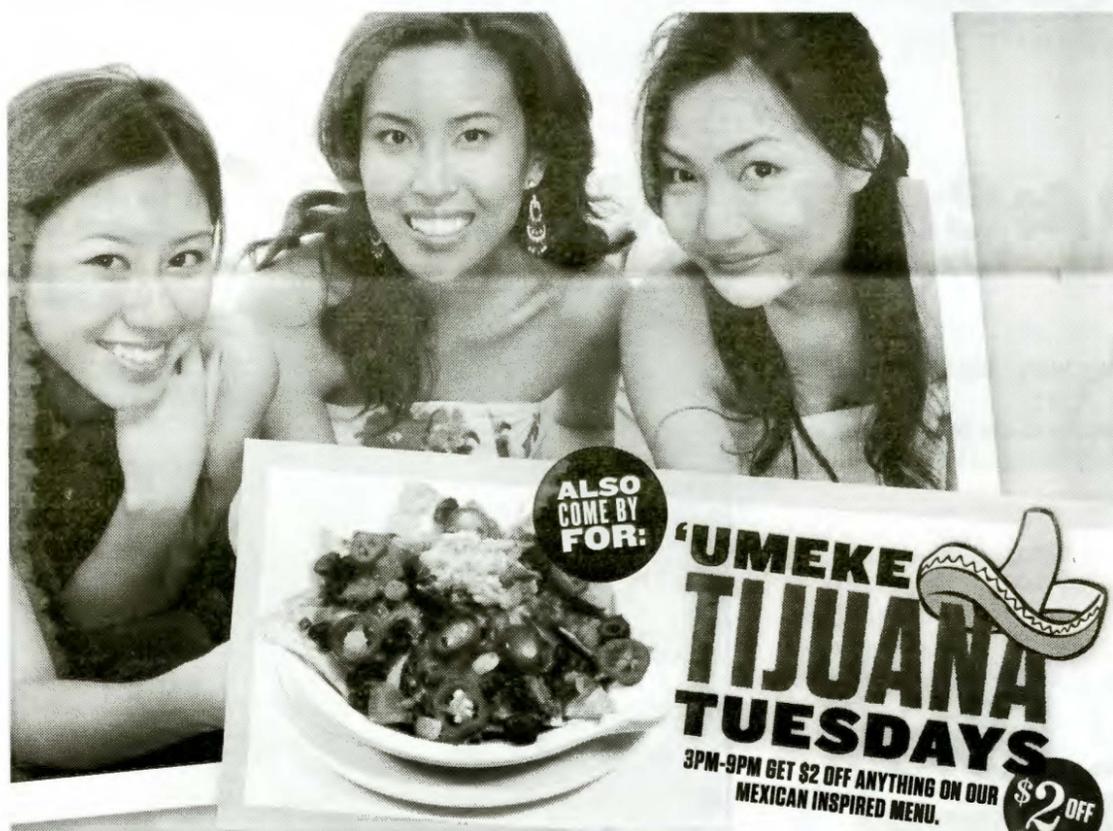
From being a former department chair of culinary arts, Leake moved on to become the special assistant to the provost for the Culinary Institute of the Pacific, which is still in the early stages of planning.

To be a qualified member of the AAC, chefs must be an ACF certified chef for two years, be a member of the ACF for at least 10 consecutive years and attended regional conferences or national events.

In addition to these requirements, chefs must have been in the culinary profession for at least 15 years and must have served as an executive chef at a full-service restaurant for 10 of the 15 years.

According to ACFchefs.org, the AAC recognizes those who have contributed to the culinary profession and the ACF.

Currently, there are about 850 members of the AAC, while the ACF is comprised of more than 22,000 members.



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## The search: Most contentful engine

Search

Feelin' Lucky

By Sean Nakamura  
PHOTO EDITOR

The Internet holds millions upon billions of information to utilize. However, it would be impossible to sort through all that information single-handedly, let alone typing in the proper address in the browser address bar.

That is why there are search engines to help users find links to the information that they need. Without search engines, users of the Internet would never be able to access any specific information, with the exception of Internet engineers.

Five popular and well-known search engines – Google, Bing, Yahoo, Lycos, and Ask – have been tested to see which one delivers the most useful links. The search topic: Kapi'o Newspress.

### Bing

A new search engine that started not too recently, Bing is the successor to the hotmail/live engine that Microsoft created prior. A new sight for eyes, Bing offers a picture of interest, daily if not weekly. The font and layout seem familiar, yet new. Bing delivered four links that directed to the Kapi'o website, but was followed up by links that either cited the Kapi'o or directed to unrelated links.

### Lycos

Thumbnail screenshots are accompanied by the search results, with a sentence or two of the description. The results show two links on the top that directly tie into the Kapi'o's website followed by a few sites that cite the Kapi'o. The rest were just links to other college newspapers.

### Google

One of the most trusted and frequented search engines worldwide, Google delivered quality links. One of the first results that popped up was a link that connected directly to the Kapi'o website. It also listed roughly the most recent articles that were published on the website in chronological order from newest to oldest – top to bottom.

### Yahoo

Following up behind Google, is Yahoo. Yahoo is an old popular favorite for many users; in fact they came out a year before Google did. Unlike the majority of search engines that column their results and align sites on the left; this one is aligned in the center. However its results were four links that directed to the Kapi'o website and the rest were links to sites that cited the Kapi'o or were unrelated.

### Ask

Known for its usefulness for allowing the user to just input a question into the search bar, this engine doesn't seem to do much for keyword searching. Ask, offered three links, which led directly to the Kapi'o website. The rest were linked to sites that were completely unrelated to the Kapi'o in terms of news content.

# Mama's homemade recipes

By Mahoro Kusunoki  
SOCIAL MEDIA SPECIALIST

It's been eight years since I left my mom's place and started to live my own life. When I first left, I carried a lot of loneliness when I left mom.

Mothers tend to put their children before them, and my mom is no exception. She always put my brother and me first, but I didn't realize that until I left home. She did all the domestic work, such as cleaning up, laundry, taking care of the cats and dealing with all the household budgets ... with zero complaints.

I will never be like her. (I don't think I have all the characteristics to be a mother.)

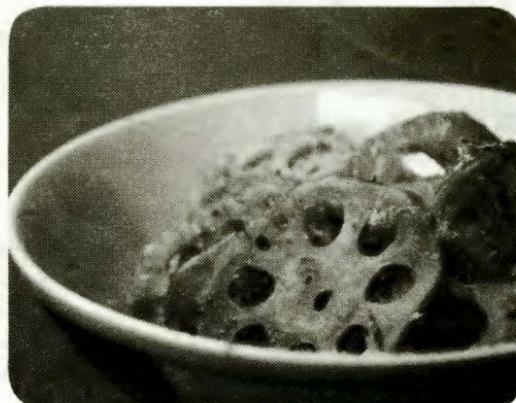
But what I most miss being with her is eating her food. To be honest, I was not the best daughter and didn't cook much when I was living with her. Now, living by myself, I have started to reach out to her and try to cook the same recipes that she always made for me when I was growing up.

Though it's very simple, now it's my turn to share the recipes she gave me. These are some recipes for students who live away from home. And for those of you who still live with mom, you can also cook these and let your mom have a free moment.



**Omisoshiru (miso soup)**  
1/3 package of tofu  
1/3 package of fried tofu  
(any fillings you like in the fridge)  
1 tsp. dashi (soup stock powder)  
1 1/2 tbsp. miso

Instructions:  
1. Boil 2 cups of water in the pan.  
2. Add dashi and fillings.  
3. Add sliced tofu and fried tofu in the soup.  
4. Turn off the stove and add miso little by little, letting it dissolve in the soup.  
5. Turn on the stove again if it's cold.



**Renkon No Kimpira (fried lotus root)**  
1/4 lotus root (You can get one in frozen section if you want to)  
1 tsp. sesame oil (If it's not available, use vegetable oil in place of it)  
1 tsp. sugar  
1 tsp. dashi (soup stock powder)  
1 tbsp. sake or mirin  
1 tsp. oyster sauce  
1 tbsp. soy sauce  
1 dried bonito

Instructions:  
1. Slice the lotus root into thin slices and soak it in water. Leave it five minutes, drain the water.  
2. Put the sesame oil into heated pan.  
3. Mix the fried lotus and all the ingredients together and adjust the seasoning for taste.  
4. Add the dried bonito at the end.



**Karaage (fried chicken)**  
2 blocks of chicken thigh  
2 tbsp. soy sauce  
1 tbsp. sake  
2 tsp. grated ginger  
potato starch  
vegetable oil

Instructions:  
1. Cut chicken into bite-sized chunks and put them into a Ziploc bag.  
2. Add soy sauce, sake and grated ginger and leave it in the bag for 10 minutes (if chicken's not soaked, add more soy sauce and sake) and drain.  
3. Put potato starch in the bowl and put the chicken into it.  
4. Deep fry the chicken.

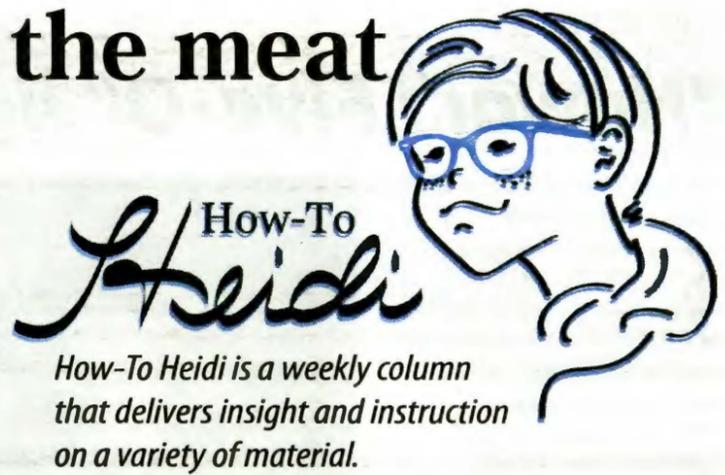
# Golly gee, we're giving up the meat

By **How-To Heidi**  
STAFF WRITER

High-cholesterol got you down? Poultry keeping you up at night? Dairy giving you the runs? Fear not, the compassion in Heidi runs deep.

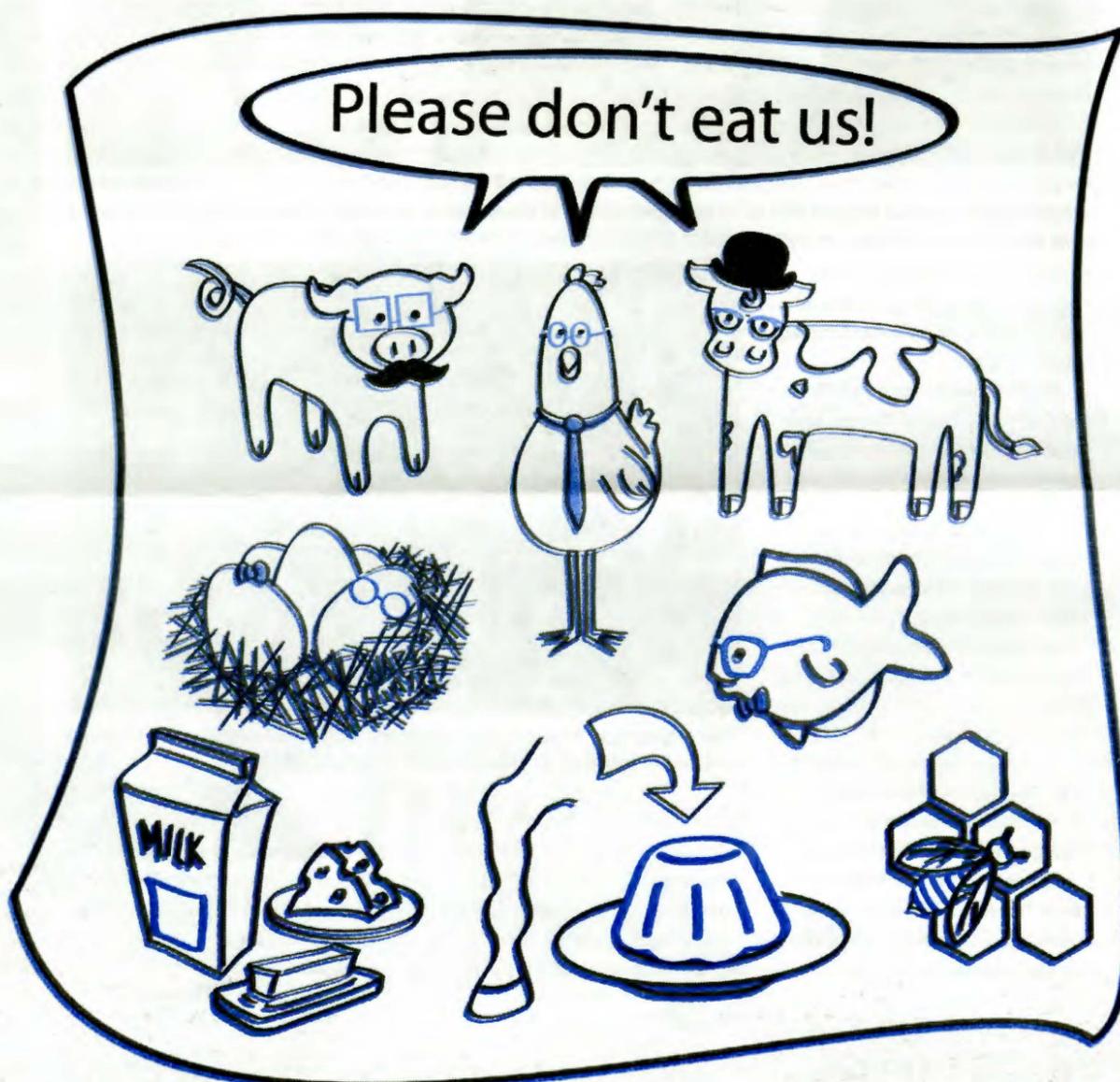
No matter what your ailment, be it lactose intolerance or a crippling sense of empathy, veganism may hold the cure. For dedicated carnivores, the mere suggestion of a breakfast without bacon or a cake without cream may rouse a certain level of offense, and understandably so. After all, can a brunch still be considered a brunch if there are no eggs on the table?

And with absolute fervor, Heidi says JA. Meat and dairy dependence is just a mindset of the times, a mere habit reinforced by convenience. As easy as it would be to continue on the tangent of why, my expertise is in the specialization of how. If you have the curiosity to explore the vegan wilderness, then strap on your jungle helmet, throw a salute to the wind and prepare to feast on the flipside.



## 1. Know what not to eat.

The only way to properly take on a challenge is to know the rules of the game. A vegan is defined by a diet that abstains from any kind of meat, dairy or animal byproduct. If Layman were an artist his list would look like this:



Although this may translate as a lonely dish with a dry salad on top, the true possibilities are staggering. We rely on less than 20 plant species to provide more than 90 percent of our food while there remain more than 20,000 other edible plants at our disposal. This leaves at least 19,980 other possibilities for dinner.

You may need to get into the habit of reading labels on prepackaged foods. A easy tip is to check the cholesterol. Cholesterol is not found in any plant-based products, so any hint of it means that the item is not vegan friendly.

## 2. Ensure a balanced diet.

Without animal products to provide certain key nutrients, a vegan will have to supplement these necessities through alternate means. Though you may be giving up meat, this doesn't mean you are also giving up protein. Nuts, seeds, grains, whole grains and soy products all contain loads of protein so that you can still eat like a vegan while maintaining muscles like a carnivore.

Consume leafy green vegetables like broccoli, arugula and collard greens to obtain calcium, chill out in the sunshine to fill up with vitamin D and garnish your meals with flaxseeds and walnuts for iron. B12 is a tricky vitamin to acquire, so seek out fortified foods such as certain brands of rice or soymilk and breakfast cereals. While you're chasing the dream of a well-balanced diet, go ahead and pop in a multi-vitamin to cover all your bases. Remember, if you eat correctly then you're bound to hit a grand slam.

## 3. Be aware of alternatives and substitutions.

Going vegan doesn't mean you have to miss out on cuisine. In fact, a vegan diet can be the catalyst that introduces you to new and delicious options you would never have explored otherwise.

When it comes to meat and dairy substitutions, the options are endless. Milk is easily replaced by rice, nut or soymilk; applesauce or mashed bananas can stand in for eggs in baked goods; and butter can be phased out with vegan margarine. There are also a plethora of vegan products that imitate meat, ranging from veggie deli slices and Boca burgers to the quintessential faux turkey Tofurkey.

But there are other alternative food sources that can truly complement a vegan's palate. While most people know tofu to be a vegan's hot date, there are still a number of flings to be had with seitan, tempeh, couscous and quinoa. These are exotic trysts that are sure to sustain. So go ahead and take up an animal-friendly affair. Live long and prosper.

If you have any How-To suggestions that you'd like Heidi to explore, please e-mail her at [HowToHeidi@gmail.com](mailto:HowToHeidi@gmail.com).

THE VIEW WE TAKE

# "Hawai'i Five-0" lights up the screen in Waikiki

About 5,000 eager fans crowded Waikiki on Monday, Sept. 13 for Sunset on the Beach's screening of the new CBS television show, "Hawaii Five-0." Stars from the remake of this classic walked down the red carpet as police and security personnel escorted them.

The crowd was made up of former stars from the original series, relatives of those who worked on the original set and many longtime fans of the original, which ran 12 seasons from 1968 to 1980.

Fans screamed for their favorite cast members from the popular Hawaii-based CBS drama. The cast of this remake is made up by a younger group of actors than the original such as, "Lost" veteran Daniel Dae Kim, Alex O'Loughlin, Taryn Manning, Scott Caan and Grace Park.

But how often is Hawai'i accurately depicted in the media?

Film and television production teams who want to base their next big film or show in the islands should stay true to the culture of Hawaii.

"Hawaii Five-0" is currently one of two shows being shot in Hawaii. The Honolulu Star-Advertiser reported in early September that ABC began shooting its new medical drama called "Off the Map" in late August. It also reported that the state estimates its film and TV industry to set a record high this year, possibly as much as \$347 million in production spending.

A review of the "Hawaii Five-0" pilot by TGIF told its readers "viewers shouldn't rely on the new show for driving directions. I didn't know the way to the Honolulu waterfront was through Ford Island."

The Disney movie "Lilo & Stitch," released in 2002, accurately depicted the rural areas of Kaua'i. The local accent, Pidgwin, is consistent through some of the characters,



RIE MIYOSHI/KAPI'O

Alex O'Loughlin, star of "Hawaii Five-0," is swamped by fans of all ages as he gets ready to watch the screening of the pilot episode. The CBS drama was premiered at Waikiki's Sunset on the Beach on Sept. 13.

and even some of the characters are voiced over by local actors and actresses who can make the language sound natural.

There also seems to be a lack of local talent in "Hawaii Five-0," with the exception of one man, whose character resembled a stereotypical local who excessively used the word "haole." However, it was recently announced that Kelly Hu has signed on to do a few episodes of this action-packed show.

No matter the location, a city or town under the spotlight will be portrayed in a way to get tourists to visit (to do what? Come here?): MTV's "Jersey Shore" depicts the party life of the region; The CW's "Gossip Girl" makes the Upper East Side of New York more glamorous than it actually is; and "90210" follows a group of teens who deal with high school drama in one of California's most well-known area codes.



The University of Hawai'i's brass band and cheerleading squad perform the famous "Hawaii Five-0" theme song before the screening.

When "Hawaii Five-0" premieres on Monday, Sept. 20 at 9 p.m. on CBS, local residents should take note and examine the differences in Hawaii's society and be aware of what is truly local and what is a parody.

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).



Other stars of the show at the premiere included, from top, Daniel Dae Kim, Grace Park and Scott Caan. The show will premiere on CBS on Monday at 9 p.m.

## CAMPUS VOICES: If Hawai'i had a pro football team, what would you name it?



"Rainbows. They should take it back old school."

Trevor Luke, 21, culinary arts



"Oma'oma'o, the Hawaiian word for green."

Alex Foster, 27, dietetics



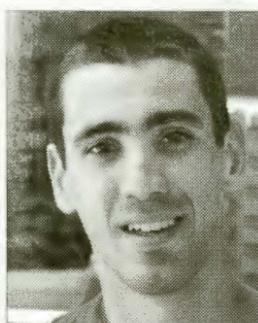
"Rainbow Warriors. I wish UH didn't change the name."

Bryson Yuen, 19, liberal arts



"Na Ali'i. It means The Chiefs."

Becky Gilbert, culinary pastry, 21



"Green Warriors, green's my favorite color."

Francisco Olivera, 24, business



"Hawaiian Rainbows, because I really like rainbows."

Joelle Lee, 18, liberal arts



KAPI'O ARCHIVE PHOTO

Students dancing at the end of the semester Spring performance. Get involved with student activities and have fun.

## Student involvement cures all

By Trevor Latorre  
COPY EDITOR

This is my second year at Kapi'olani Community College. It has been, so far, a long, frustrating road – winding, dropping and climbing. Last year was probably something a lot of first-year KCC students can relate to: two Fs, one Incomplete and feeling detached from the college experience.

I would wake up – sometimes not when I didn't feel like it – and drive the 15 some-odd miles from Aiea to KCC, meander into class five minutes late, take notes while daydreaming about the cute girl two seats away and leave campus shortly thereafter. Somehow I had been able to remain at an arms length away for two entire semesters; I fell victim to one of the perils of our beautiful commuter campus.

"This isn't really college. Next year I'll transfer to a better school and then I'll be in real college," I'd said to myself.

Well, sometime last May I realized that I didn't have the option of applying to any of my dream schools. I didn't have enough credits, my GPA put me on academic probation and there wasn't a teacher on campus that would have written me a letter of recommendation. Moreover, I hadn't made a single friend. I was stuck.

So I decided KCC was my begin-

ning, KCC is my beginning. Next semester would be different; I would commit entirely or not at all.

Fast forward a few months to October. I'm a writer and copy editor for the school newspaper, representative for the Board of Student Publications and taking six classes. I've learned KCC has a plethora of opportunities waiting for students willing to show a little initiative. There's no reason to feel left out of the mix without a say in the matter.

With KCC at-large elections right around the corner take the first step and make your voice heard by picking up a ballot at the Kahikoluamea Center or out in front of the cafeteria. While you're at it, ask about how you can get involved with the many opportunities on campus, be they Student Activities, Student Congress – didn't know we had one huh? – or any of the many clubs on campus.

"So what's it all mean?" you ask. "I didn't pick this issue up to hear you whine about how horrible your life was or your most recent exploits."

I've met some of the most amazing people through my ventures into the KCC matrix, made a few friends, have learned so much more about being a writer and am no longer on the verge of depression.

Whatever your decision, make sure you're passionate about it.

Because in the end, if you're not happy doing what your doing, then what's the point.

The Student Activities department at KCC hosts most of the social events that happen here on campus. They are always looking for new ways to get students together. Otherwise, you can make the trek up to 'Iliahi 126 and ask the front desk for a calendar of events – also available in front of the KCC bookstore – or contact Keith Kashiwada at kashiwad@hawaii.edu and (808) 734-9576

The Associated Students of Kapi'olani Community College (ASKCC) has been the sole student representation on campus for 20 years. Kalani Fujiwara is the new student congress student advisor and is looking for volunteers who are passionate about putting themselves out there. You can each reach Fujiwara either in his office in 'Iliahi 124, through email at kalanif@hawaii.edu or by phone at (808) 734-9741.

The Phi Theta Kappa International Society was first established in 1918 and focuses primarily on establishing a sense of community among high-achieving students. Phi Theta Kappa has chapters in all 50 states, including one right here on campus. For information on how to get involved contact Alpha Kappa Psi at (808) 734-9370.

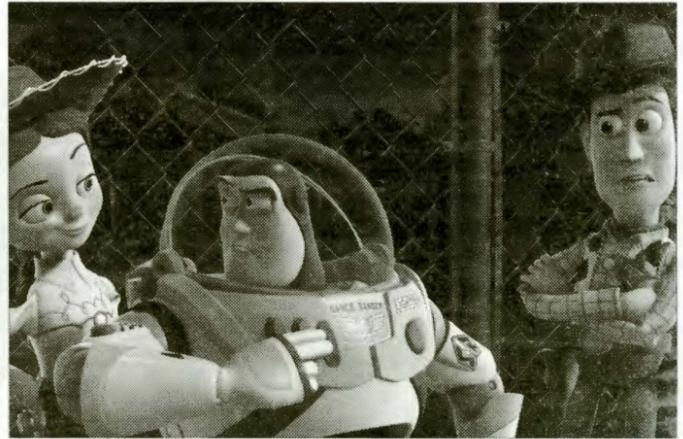
## Gather 'round for some ice cream



ALIKA PFALTZGRAFF/KAPI'O

Nancy Okada (left) helps serve the students ice cream at this month's Ice Cream Social. Flavors included: Rocky Road, Rainbow Sherbert, Blueberry Vanilla and Chocolate. Herds of students came out to receive a free cup of ice cream. The Ice Cream Social is hosted by the Office of Student Activities. All ice cream is provided by Meadow Gold Dairies.

## kapi'o TOP 10



PIXAR STUDIO

## Best Pixar movies

By Alika Pfaltzgraff  
STAFF PHOTOGRAPHER

The animation juggernaut that is Pixar Studios has managed to churn out mindful children's movies year after year, offering lush visuals and deftly crafted personalities that transcend age/gender/species. Although Pixar hasn't been around for the duration of most other heavyweights, they've managed to build a strong following by producing quality content on a consistent basis. With Monsters Inc. 2 slated for a 2011 release, now seems as good a time as ever to review the studio's 15-year résumé.

10. **Cars** Venturing dangerously close to Dreamworks territory, with haphazardly contrived characters, Cars relies too heavily on aesthetics, while eschewing the heart that makes Pixar what it is.
9. **A Bug's Life** Admittedly, it's been awhile since I watched A Bug's Life, but the impact it had on my childhood can't be understated. I'm still hesitant to burn ants with magnifying lenses to this day.
8. **Toy Story 2** I recall a vague sense of disappointment after watching this film, which is notable only when taking into consideration the fact that I pretty much liked any animated film I watched at that point.
7. **The Incredibles** This is the point in my life where I overcame my too cool for school phase and reveled in the lighthearted triumph of a film market to kids. Pixar made posturing uncool.
6. **Toy Story 3** I was incredulous as anyone about this film, given the fact that the first sequel marked a considerable drop in quality from the first one. Thankfully, this exceeded all expectations, making Toy Story arguably one of the best trilogies in animation.
5. **Ratatouille** Pixar serves up a delectable delicacy that was stewed from the heart, fed to the brain and quenched the soul.
4. **WALL-E** This film prognosticates a future where human gluten is so far eerily accurate. That a film can sustain my attention with such a minimal amount of dialogue is a feat in and of itself.
3. **UP** Painfully vibrant, this film is a visual work of art. Bonus points for being the most depressing animated film since The Brave Little Toaster.
2. **Monsters Inc.** Aside from the amazing pace, and the dynamic chemistry of John Goodman + Billy Crystal, Monsters Inc. managed to expand upon a well known folklore in ways that only Pixar could adequately pull off.
1. **Toy Story** The one that set everything in motion, the original Toy Story consumed the better part of my adolescence in ways that no movie had up to that point. It's the barometer by which every subsequent film has been measured – a lofty laurel that has rightfully been earned.

Next week we will share our Top 10 instruments we wish we could play. If you have a suggestion for a future Top 10 list, e-mail us at kapi'o@hawaii.edu

365

FREE\*

DAYS

OF HEALTH

If you're between 19 and 24, live on Oahu, and meet a few other eligibility requirements,<sup>†</sup> you may qualify for the Bridge Program, our \$0 premium health plan. Pay for care only when you need it, and know you're protected. To learn more, call 432-5919 or visit [kp.org/365](http://kp.org/365).

\*Monthly premiums are waived, but copayments or coinsurance (certain percentage of the cost) may apply during visits.

<sup>†</sup>To qualify, you must currently be without health care coverage, not be eligible for employer- or government-sponsored health plans, and meet certain financial eligibility requirements.

KAISER PERMANENTE  thrive