

KA MANA'O

THE THOUGHT

Winter 2014

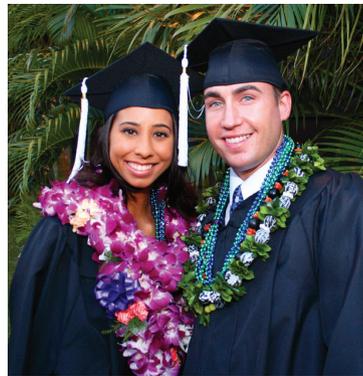
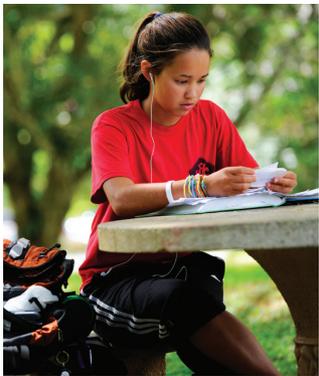
**Intimate Partner
Violence** Pg. 30

Friendzone Pg. 18

Good to be
Single

Pg. 20





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Online at

Facebook.com/kamanaoleeward Twitter@Ka_Manao
www.leeward.hawaii.edu/kamanao Instagram@Ka_Manao



Winter 2014 Staff

Cara Ahn
Photographer

Daiana Aponte
Writer

RJ Fernandez
Designer

Jayna Gionson
Designer

Kaeli Giron
Illustrator

Christina Guanzon
Designer

Alicia Keanu
Designer

Nalani Mataia
Designer

Melany McAngus
Photographer

Kristine Mina
Writer | Photographer

Elijah Qalo
Photographer

Jordan Randolph
Photographer

Alex Sabalbuero
Writer

Marcel Saragena
Photographer

Keahi Selhorst
Writer

Ryan Sims
Writer

Trina Sisomvang
Illustrator

Coe Snyder
Writer

Russell Tolentino
Illustrator

Amanda Wheaton
Writer

Stanley Lee
Adviser

Tyla Smith
Editor

Joel Gaspar
Creative Director

Jasmine Bautista | Chance Nakazato
Associate Editors

Nathanel Jaramillo
Copy Editor

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Editor's Note



College isn't the number one place in the world for people to find their forever mates but it definitely has a strong dating scene. People are looking for love—for a connection that transcends the stars. But love is simply not enough; a relationship based purely on love is certain to fall apart.

This issue of Ka Mana'o explores some of the many different aspects of love, from being single to finding that forever love online. It dives into the dark realms of intimate partner violence and explains the complications that come with being friendzoned.

If there is one thing that most people crave, it is the connection to other people. It

could be through friendship, romance and even hate.

People stumble through life seeking each other. The idea that love is blind is actually true. In an interview with Leeward psychology professor Dalybeth Reasoner, she explained how part of the brain functions as a baby-making device. In the first six to nine months of a relationship, it will actually shut down all warning signals that would usually be there. So when friends say, "Hey, that dude's a jerk," and you're like, "You just don't see in him what I do," that's due to the brain pumping chemical cocktails that produce a high similar to cocaine.

Yes, love is a drug and drugs can be very bad.

People end up staying in toxic relationships because they love the person. Women (and men) stay in abusive relationships because believe that what is happening is love. Or that if they love them enough, the other person might eventually stop their hurtful behavior. The best thing to remember when in any relationship is the friendship test. But instead of asking if that person is your best friend, ask if you would let your best friend treat you the way he or she is treating you.

Trust and communication skills is what really keeps a healthy relationship going. Or you can have a cat.



WINTER 2014 MIXED Plate



LEPIDOPTEROPHOBIA: THE FEAR OF BUTTERFLIES

While butterflies and moths are very similar to each other, there are no definitive characteristics that separate the two. The major difference is that moths are nocturnal (awake at night) and butterflies are diurnal (awake during the day).

Some moths and butterflies consume blood. They can be seen swarming around the corpses of dead animals. The madrilennial butterfly drinks blood from dead animals. The vampire moth drinks blood from living creatures by drilling their hook and barb-lined tongue into its victim's skin.

During the 1600s, Ireland made the white butterfly illegal to kill. This was because they believed that a white butterfly carries the soul of a dead child.

When emerging from the chrysalis for the first time, a butterfly is unable to fly. By tracking pheromones, the zebra longwing butterfly will find a suitable mate while it's still trapped in the chrysalis. When it emerges, the male butterfly mates with the female butterfly while she is still vulnerable.

Apple iPhone

So the new iPhone is here and, of course, we are excited. Sure, it's got the larger screen and the improved HD camera. And yes, you can now take video in slow motion or use the time-lapse feature to speed things up. But how much does it cost?

Two-year contracts made mobile devices more affordable through subsidies paid by carriers looking to grow market share. Recently though, phone companies are increasingly moving to a different business model that excludes these practices for other, more profitable ones.

Carriers like AT&T Inc. and Verizon Communications Inc. have begun lease and buyback programs for all new phone activations. Be sure to have someone breakdown and compare the costs between these new plans before sticking with another two-year option. After talking to a local representative at AT&T, a lease will cost an additional \$30 per month for at least 18 months to upgrade to the new iPhone 6.

Mobile plans are not hard to find and there are more options than ever before. Be sure to shop around to get the best deal. Think you'll be back in a couple of years? Yeah, me too.



Comic Sans was first created in 1995 by Microsoft font designer Vincent Connare. Like the name suggests, it was inspired by comics — "Watchmen" and "The Dark Knight Rises." It was originally intended to be the font for "Microsoft Bob," a software created for a younger audience. Eventually, Comic Sans rose to popularity — appearing on signs, newsletters, and just about any other branded merchandise. In fact, it has become so popular, Comic Sans has gained its fair share of infamy. In 2010, Time Magazine listed Comic Sans as "perhaps the worst font of all time." The animosity surrounding this font is in its misuse. Usage in a professional setting has been considered "distasteful" and "amateur" due to its comical appearance. Today, Comic Sans is more criticized than loved. Parody sites like Bancomicsans.com and Comicsanscriminal.com exist to mock the font. So when is it appropriate to use Comic Sans? There's a difference between an essay and a child's birthday invitation.



M&MS

Many great inventions and discoveries resulted from periods of war. For example, the Kleenex facial tissues, sun lamps, and tea bags all owed their inventions to war. According to Laura Schumm, a writer for "Hungry History" on History.com, the widely adored M&M's candy is one such creation.

In 1932, Forrest Mars Sr. moved to England where he began manufacturing the Mars bar for troops in the Spanish Civil War. Mars encountered soldiers who were eating small chocolate beads covered in a hard sugar shell. Inspired by this product, Mars hoped to create something similar that would resist melting in high temperatures.

Returning to the United States, Mars teamed up with Bruce Murrie, son of Hershey executive William Murrie. With World War II raging in Europe and the prospect of chocolate and sugar shortages, this partnership ensured Mars a stable supply to produce his new candy. Murrie was given a 20 percent stake in the new product, and thus the candy was named M&M's to represent its creators, Mars and Murrie.



MARIJUANA

Used for medical purposes to treat pain and depression. Often used on patients who suffer from cancer, HIV, glaucoma, and nerve pain.

According to the Mayo Clinic Proceedings, a person has a 9 percent risk of being addicted.

Marijuana has never killed anyone from overdose. "A smoker would theoretically have to consume nearly 1,500 pounds of marijuana within about fifteen minutes to induce a lethal response," Judge Francis L. Young of the US Department of Justice Drug Enforcement Agency ruled in 1988.

Side effects include dizziness, drowsiness, short-term memory loss and inability to safely operate a motor vehicle.

Medical use of marijuana is legal in 23 states and DC. Recreational use is legal in two states but users must be over 21.



ALCOHOL

No medical use

According to the Mayo Clinic Proceedings, there is a 15 percent risk of being addicted.

According to the US Centers of Disease Control and Prevention (CDC), alcohol has led to 88,000 deaths from 2006 to 2010 and shortened the lives of people on average by 30 years.

Short-term side effects include impaired judgement, drowsiness, slurred speech, headaches, vomiting, diarrhea, and alcohol poisoning. Long-term side effects include liver damage, increase heart disease, cancer, and nerve damage. Alcohol is one of the leading causes to family and relationship problems.

Legal all over the world. Must be 21 to purchase and consume in the U.S.



TOBACCO

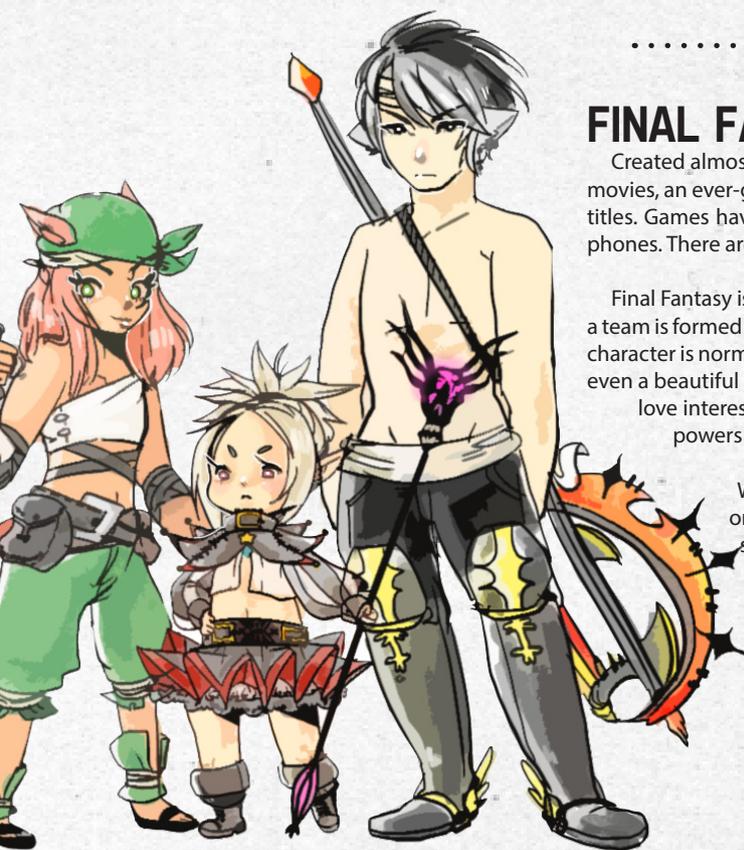
No medical use

According to the Mayo Clinic Proceedings, there is a 32 percent risk of being addicted.

According to the CDC, cigarettes are the leading cause of preventable death in the U.S., causing around 480,000 deaths each year. Second-hand smoke causes 41,000 of those deaths.

Side effects include increased risk of cancer, heart disease and shortening of life. It harms every organ in the body. Secondhand and third-hand smoke are harmful to those around the smoker.

Legal all over the world. Citizens in the U.S. must be 18 to purchase and consume.



FINAL FANTASY

Created almost 27 years ago, the Final Fantasy franchise is still going strong. There are several movies, an ever-growing fan base and what seems to be a constantly expanding library of game titles. Games have been released on every major console since 1987 and now includes smartphones. There are 15 core games in the series with the latest installment being Final Fantasy XV.

Final Fantasy is a role-playing game or—as the cool kids call it—RPG. As humanity's last hope, a team is formed to save the world from evil and every game has a slightly different evil. The main character is normally man-pretty Gackt Camui. He is the face of hope. He teaches us that one day, even a beautiful boy can save the world, with abs and a giant sword. He is teamed up with lady-love interest who uses magic, a big guy with a big gun, a mysterious playboy with demon powers and the animal character used for furry fanservice.

When playing Final Fantasy the player picks a four-person team. It's great, until one of them dies and everything falls apart. The team plays through a series of scenarios fighting random monsters in the wilderness, dungeons and other arenas. Peace is restored with a bittersweet ending. Except for VII. No one is sure how that ended.

Japan Circle

By: Ka Mana'o Staff // Photos by: Jordan Randolph



Justin Powell joined Japan Circle and found life skills he wasn't expecting.

Japan Circle is a Leeward Community College club which Powell, a current student, was the president of for a couple of semesters.

"Being a member of the Japan circle as a student allowed me to more pro-actively pursue my own interests in terms of learning about Japanese culture and how to interact with different personalities. As a person, the Japan Circle allowed me to develop my own skills in terms of leadership," said Powell.

Consisting of approximately 40 members, Japan Circle meets every other Wednesday in BE-105. This club is open to all students, alumni, faculty and staff.

"First year when I started, (it) was more (of a) social club, when students went hiking, eating out, beaches. I felt that was nothing Japanese about it," said club adviser Kazuko Nakamitsu.

"We start(ed) to include cultural aspects. It was more Japanese, more (of a) learning experience for the students, but the students learn the most from the students from Japan."

Although there may be language barriers, Japan Circle and the visiting Japanese students share a reciprocal relationship. Club members learn how to communicate better with visiting Japanese students while the visiting students learn more about American culture.

"The best part is just meeting the Japanese students. Last year, it wasn't as mixed. Just getting to know the actual Japanese guys coming over here," said member Cale Higa.

The club holds social events where members attend cultural workshops and outings to Japanese sites around the island.

"You do get to learn a little bit about their lifestyle and mostly their language. ... and then bits and pieces of their society," said Powell.

Last year, they participated in Leeward's International Education Week by hosting Taiko drum performances put on by students from

the Pacific Buddhist Academy.

"We do get a positive input from the students. They do seem to enjoy it, they do seem to have fun. We're always open to feedback from students in the club. We do want students to join us if they're interested in Japan," said Powell.

Japan and Hawaii have a close relationship. Students who wish to broaden their knowledge and understanding of this culture will find Japan Circle to be enlightening.



What's interesting about them?

- Cultural aspect mixed with language
- Promote in the group and outside around Leeward
- Working with international students
- Interesting fact about the name: Circle is a term meaning "Club" by students in Japan.



Gay Straight Alliance

BY: CHANCE NAKAZATO // PHOTO BY: JORDAN RANDOLPH

Since the year 2012, Leeward Community College has not had a Gay-Straight Alliance. However, different faculty, staff and students are hoping to revive it as a registered independent student organization.

Within the University of Hawaii system is a program called the LGBTI (Lesbian, Gay, Bisexual, Transgender and Intersex) student services. This program, like the Gay-Straight Alliance, strives to provide a safe, inclusive and fair environment for all UH students, regardless of their gender identity and sexual orientation.

Lexer Chou, the Student Life coordinator at Leeward remembers GSA was quite active on and off campus before it died out.

"When I came, there was a GSA... they threw 'Coming Out Day' which was in October. I know it was on hiatus for, I think, two years until active students wanted to bring it back. ... At that time, student government wanted to start support groups and again different student organizations for different communities. So they started Reaching Out, a domestic violence awareness support group, they started the Student Veterans of America and then they kind of reignited GSA," said Chou.

If GSA were to be revived, it would not only provide a safer and more accepting environment but an invaluable support system for those who are LGBTI. Chou explained that a GSA on campus would give students a time and place to feel safe and understood.

"What we want on campus is an LGBTI center but that's hard to do at a community college ... and so we need things like clubs ... to be on campus. ... There won't be a physical place but at least there's a time

and a place that they know they can always go to," said Chou.

As Leeward's LGBTI commissioners, Chou and her colleague Rae Watanabe work to create equitable resources for LGBTI students on campus. But what they really want is a GSA and that would require more student participation.

"How do we create equitable resources and facilities, you know having a family restroom instead of just a gender restroom stuff like that. So that's what comes out of our commission and then it's our role, Rae and I as the commissioners to kind of have these discussions on campus. So her and I have talked about like you know 'we want to start a GSA, but we have no students right now to do it,'" said Chou.

Leeward student Giovanni Canapino feels there should be a more inclusive group on campus like a SGLBTQ (Straight, Gay, Lesbian, Bisexual, Transgender and Queer) alliance, that will extend to all sexual orientations.

"I believe a SGLBT alliance could serve as a useful place to diversify people's acceptance of others... I believe that a group like this could provide students a good, safe place to meet and meeting people of different sexualities will help everyone feel more secure in their own choices and open them up more... If alliances were more prominent throughout all communities; understanding would be much better and the discrimination of the past could disappear." said Canapino.

Those looking to help revive GSA on campus students should contact Lexer Chou at achou@hawaii.edu or visit the Student Life office for more information.



DAVID LASSNER

UH PRESIDENT MEETS WITH LEeward STUDENT GOVERNMENT

By: Ryan Sims | Photo courtesy of UH

Leeward Community College's student government recently sat down with David Lassner, the new president of the University of Hawaii system. At Leeward, Lassner was approached with a variety of questions by the student government.

"I really appreciated Lassner showing up personally to represent the UH administration," said student government vice president Heather Gottshall. "It's nice to actually meet face-to-face. He seemed really personable and his answers to our questions were honest and reasonable."

Asked about his new role and what makes the University of Hawaii of



Hawaii unique, Lassner said, "The UH system is a special place, unlike universities in other states such as California where the colleges are separated and have their own system, such as a UC system, a community college system, etc. Hawaii has all its colleges under one system."

Lassner explained that that means:

- It is easier to transfer from one college to another
- It is more effective and sufficient
- The system runs more smoothly and more organized

When asked about what he envisions the UH system to be in the future, Lassner gave four main points of what he wants to achieve and how he wants to achieve it. The four points that Lassner brought up were:

- Educate more students.
- Improve economic development and generate other sources of revenue
- Focus on faculties
- Improve business practices

Lassner discussed the rail system currently being constructed. Leeward Community College, Honolulu Community College and UH West Oahu will eventually have stops on the system.

"My expectations for the rail system would be to hopefully get cars out of the road and to connect most UH campuses together. Most students have trouble getting to their campuses, thus I hope that the rail system gives them a greater transportation opportunity."

Student government members brought up the issue of having only one road to enter and exit the Leeward campus. Unfortunately, Lassner stated that due to various setbacks and obstacles, a second road cannot be done but there is a possibility of a utility/service road to be built in the future.

To improve on students' education, Lassner said that "education needs to be more accessible to students." To allow for easier access to higher education, a number of propositions have been discussed such as the possibility of letting community colleges grant four-year degrees. With this comes the incentives for students to stay in school.

Lassner said that "graduation rate (is) an utmost importance" and that he will work to create policies that give students incentives to stay in school, working with student tuitions and making college more affordable—whether it be Hawaii residents or nonresidents.

Improving economic development and generating other economic outlets is also a priority to Lassner. He stated that the local economy has only a few economic resources: tourism and defense spending. Lassner wants to create a research department, such as research departments at Stanford and Harvard, within the UH system to help generate other revenue sources.

To improve on students' education, Lassner said that "education needs to be more accessible to students."

Improving facilities is another major area Lassner hopes to achieve. In recent years, Lassner stated that repairs of facility buildings from Manoa and other campuses

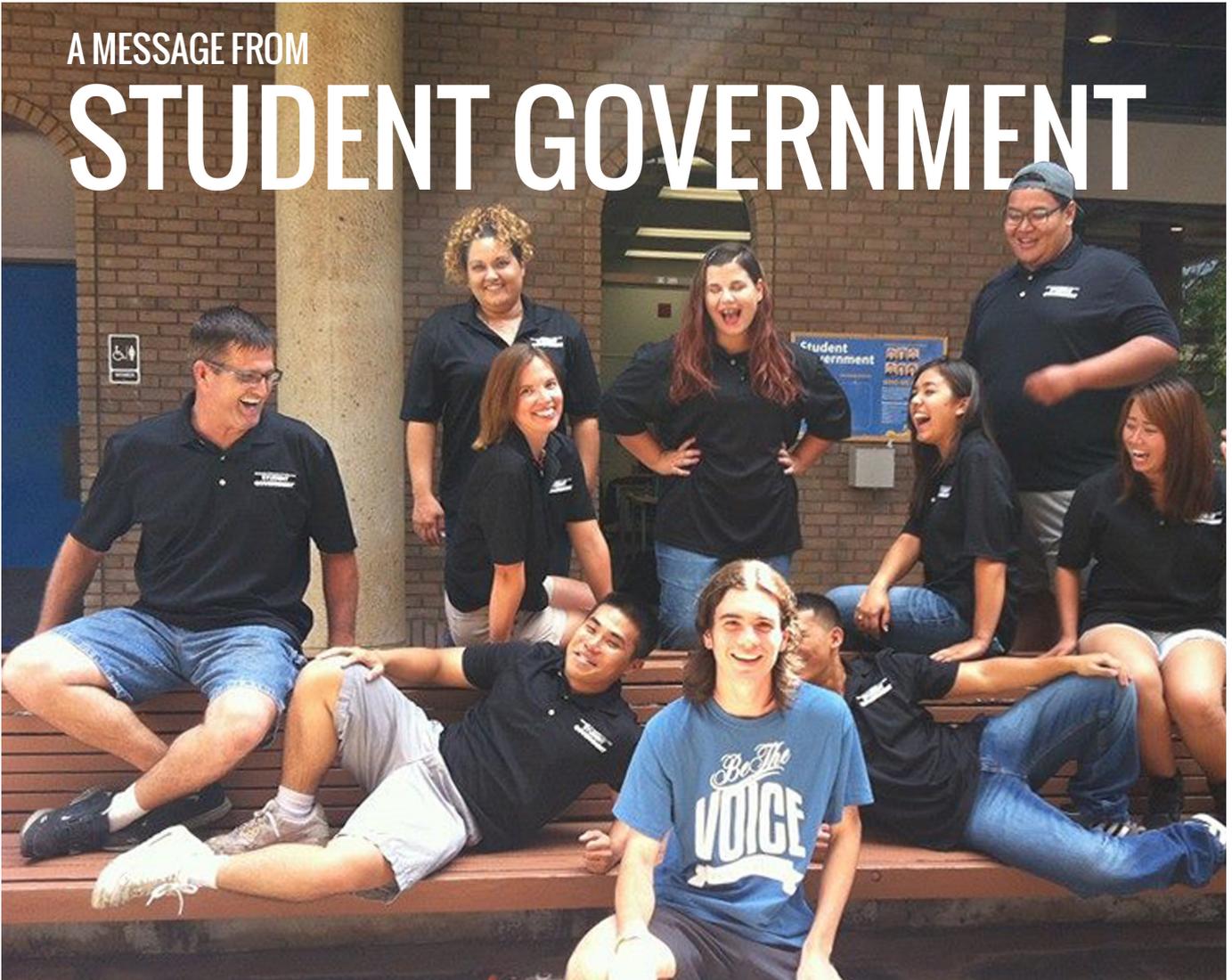
totaled \$400 million. Lassner wants to modernize facilities to accommodate students thereby reducing repair costs.

Lastly, Lassner hopes to improve and reinvent the business practices. Much of the revenue generated to fund the UH system is from tourism and state funds. Lassner hopes to change this by focusing on philanthropy, leveraging the land, increasing relationships with out-of-state students and residents and increasing the influence of Native Hawaiian culture.

"Having the opportunity to sit and discuss Leeward Community College's current and future affairs with President Lassner was a fulfilling experience," said student government secretary Tyler Del Rosario. "Now, I have a better understanding of his role as the head of the entire UH system and his goals for what lies ahead for all the campuses."

A MESSAGE FROM

STUDENT GOVERNMENT



Starting with this Fall 2014 semester, Leeward CC's Student Government consists of a batch of fresh faces to the faculty and campus community. Student Government is comprised of ten students: President Trong Dang, Vice President Heather Gottshall, Treasurer and Wai`anae Senator Robert Hetzel, Secretary Tyler Del Rosario, and Senators Alexander Neuman, Timothy Sunia, Phung Nguyen, Kristin Tamanaha, Suzanne Pohlman, and Kaitlyn Bonn.

The most common question that we, the Senators, receive is asking what SG is. Simply put, we are intermediaries between the students and faculty. If there is a change that one thinks should be made, it gets brought to us as fellow students. We review, discuss and facilitate, should the change be feasible.

Every Leeward CC Student Government has set goals and this year is no different. We have selected three issues to focus on. This year, we are focusing on improving Wai`anae campus resources and access, providing healthy food options for students, and spreading the word about the designated smoking areas.

The focus on the improvement of the Wai`anae campus is currently on getting a nurse out to the campus. The Wai`anae students pay the same fees as Pearl City students but many have no means to access the health care that we have here at the main campus. We are also including the Wai`anae campus in our healthy food options goal.

This second goal is fairly straightforward. Currently, if you want to purchase food on campus, you have three options: cafeteria, food truck or the hot dog vendor. The cafeteria is pricey and the healthier selections are more expensive. Food trucks are usually unhealthy, often selling very dense, very greasy foods. Our wellness committee is striving to heighten food awareness and bring farmers markets to campus, facilitating the local economy and encouraging students to eat healthy.

Finally, we have our committee striving to spread the word about the Designated Smoking Areas or DSAs. Leeward has its own campus policy that differs from the federal policy of students and faculty having to smoke 20 feet from all buildings. The campus police states that you can only smoke in one of the 7 DSAs. However, many students still smoke and vape wherever they desire. This poses health risks to other students, both in the long and short term. DSA maps have been posted on every bulletin board. If you would like one of your own, feel free to ask at the Student Government office. This policy was adopted by Leeward for the health of the students and faculty and it is an expansion on the federal law requirement of a 20-foot minimum distance from buildings and entrances. For more information, please go to <http://www.leeward.hawaii.edu/smoking>.



Share your Instagram photos!



The next Student Showcase section in 'Ka Mana'o will feature your Instagram photos. Show off the hip, fun photos you're taking on your phone.

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Campus Voices

“Now that the Leeward Theatre has celebrated its 40th year, what is one thing that you have learned while being a part of the Theatre program?”



**MANUEL
CABRAL**

For myself personally, I really feel like the arts are extremely important for every young person's education. I feel privileged as chancellor... and to hopefully have people recognize its value, and to appreciate the fact that as a campus we have a theatre."



**PAUL
KUEHN**

It required me to step up and really be involved with the theater during this interim time when there was no manager. And when the new manager came on board, Kemuel, my wife and I both volunteered at the shows... We wanted to show our support and we just fell in love with it...It's like the jewel in my crown because I have learned so much and it's been so much fun.



**LEHUA
SIMON**

You should always follow your impulse to create...When I'm with these kids I feel like I can do anything, and people should feel like they can do anything and just go for it and find the place that allows you to do anything, that's what I love about the theater it's that place.



**JOHNATHAN
REYN**

You get to meet a huge group of people... the hardest working people I've ever met in my entire life to be able to commit and to be a part of the show and make it the best show possible... And I'm just amazed at how talented and hard working everybody is.



**SHAWN
THOMPSON**

No one knows commitment as much as anyone who performs, anybody from singing, acting or dancing. You know what work is and how to really establish your own personality... But the biggest thing is commitment.

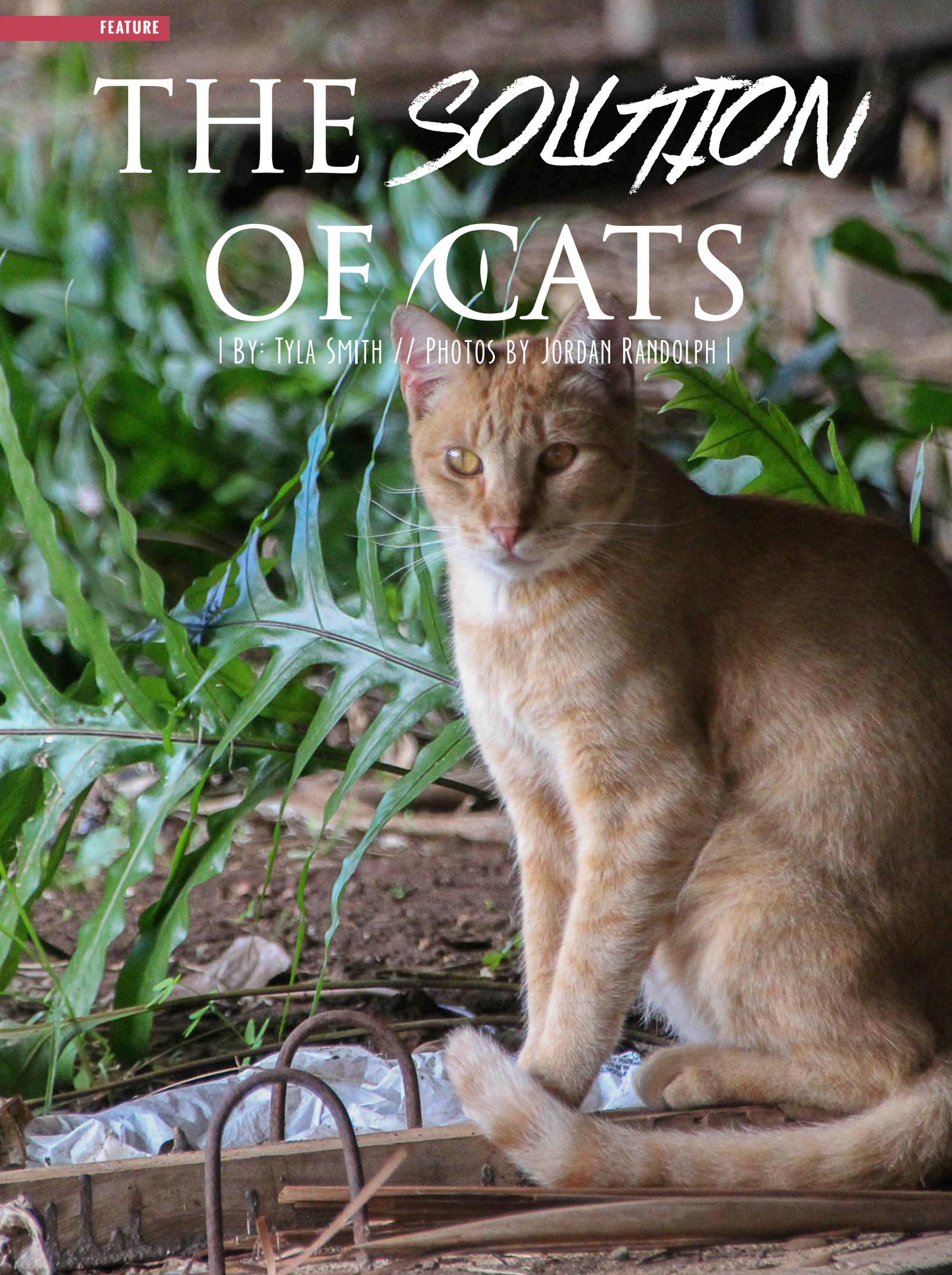
*Compiled by Cara Ahn,
Melany McAngus, Chance Nakazato,
Jordan Randolph and Marcel Saragena*



FEATURE

THE SOLUTION OF CATS

| BY: TYLA SMITH // PHOTOS BY JORDAN RANDOLPH |



Leeward Community College does not have a large cat problem, there are a few feral cats that roam the outside edges of the campus ground. These cats are taken care of by different staff members who have been volunteered to take on the title of Feral Cat Caregiver by administration. These individuals use their own funds to feed, spay, and neuter the cat population.

“The colonies on campus that have all of their of cats fixed, spayed or neutered the population is stable. And those colony cats keep other feral cats away from the territory... If there are any new cats they get chased off. So our campus on the whole is very stable right now,” said one of the Feral Cat Caregivers.

Since it's the job of the FCC's to manage the colonies so that they have the least amount of impact on the campus, the FCC's prefer to remain anonymous so they can carry out their responsibilities with little attention. Currently there are about 30 cats in different parts of the campus.

“Comparatively to Manoa, I've heard that just one of their colonies there is like 60. I mean, we appreciate the administration being supportive of our efforts. We're just trying to keep it under control and we have,” said the FCC.

The administration has been supportive, signing into policy May 2014 Leeward's Animals on Campus Policy. The policy details what should be done with any wild, feral, or domesticated animal and outlines the jobs of the FCC. The policy is extended towards wild chickens, to pigs, to the feral cat population that is overseen by the FCCs.

“The administration came up with the idea for the animal policy because the cats were starting to pose problems in different parts of the campus. And even though unofficially these colonies have existed for a number of years it has required the administration to intervene and actually come up with something more official,” said the FCC.

According to Colleen Okada who works with Hawai'i Cat Friends, an organization that offers reduced price spay and neuter clinics twice a month, euthanizing feral cats doesn't work.”

Catch and kill was (and still is in many states) the traditional method used by animal control for many years prior to TNRM. Worldwide, it has been shown that catch and kill is only a temporary solution and only leads to a phenomenon known as the “vacuum effect”. The vacuum effect is where cats from adjoining areas move in and the cats left behind continue to breed and repopulate the are,” said Okada.

Since feral cats establish territories based on food and shelter, removing those cats from the area would just attract more cats. It is much

more beneficial to trap, neuter, and release the cats into the area to keep the cat population down.

“Cats are found in neighborhoods all across the island and they will continue to live and breed in areas whether they are cared for or not. Not feeding is also not the answer despite what many people think. Chaminade banned feeding on their campus about a year ago and they still have cats – and now lots of kittens – on their campus,” said Colleen Okada with Hawai'i Cat Friends.

“The goal is to get everybody trapped and fixed,” said the FCC.

The FCC became involved with the cats on campus over ten years ago when they ran into a pregnant cat on campus. After the cat had her litter, she and her three kittens were sterilized. One of them still survives today.

Even though it is tempting to feed these ferals cats please don't do that, because it creates new areas where they think they are going to be fed. Part of creating the animal policy was about trying to keep, care for these cats responsibly but also try and keep them where they wouldn't be interfering with operations of campus activities. For awhile there were a lot of problems with them having events in our courtyard with people running into cat poop all over the place. And that doesn't happen as much anymore because we moved the feed stations,” said the FCC.

It is important to remember that these cats are feral, wild, and will never be domesticated felines. The FCC who has been taking care of them stated that only about three in one colony will permit physical contact and that took five to six years.

To further control the cat population on Oahu, students can start by getting their cats spayed and neutered, and humanely trapping ferals before taking them Humane Society, Joey's Feline Friends, or Cat Friends. There is also a mobile spay and neuter clinic called The Big Fix that travels all over Oahu.

“Communities that embrace a trap, neuter, release, and manage (TNRM) program would see an improvement in their neighborhoods. One, no more kittens. Two, a quieter neighborhood because fixing cats will eliminate the behaviors associated with mating (roaming, yowling, spraying, fighting.) And three, a stable, healthy colony that will naturally decrease in size over time,” said Okada.



CATFRIENDS



Please visit <http://www.hicatfriends.org> for more information, to make a donation, or get involved.

CatFriends is a spay and neuter clinic that provides low cost fixing for cats in their reduced clinic they hold twice a month, they charge \$15 per feral cat. Last year they fixed over 3,200 cats.

“CatFriends was started by a group of people who believed that the senseless killing of healthy, homeless and abandoned cats was not the answer to the “feral cat problem”. Instead, they felt that employing Trap, Neuter, Release (TNR) methodology was a more humane approach to decreasing the cat population,” said Okada.

According to Okada the non-profit organization also helps with cat colony caregivers to help provide education and resources to help support their TNR program. They also adopt and foster kittens that are found. Adoptions are done on Saturdays at the Beretania Petco from 10 a.m. - 2 p.m. and Sundays at Kapolei Petco from 11 a.m. - 3 p.m.

“Of course we can always use more funds but we also need manpower — volunteers to work the clinics and volunteers to go out into the community to help with trapping and fixing. Nationally, over 70 percent of cats turned into shelters are euthanized. Catch and kill has been the norm for many years and has not curbed the cat population at all. We need to stop these old practices and recognize that it is ineffective,” said Okada.

Joey's Feline Friends is a no-kill shelter located in Kaneohe that adopts out of Petco in Pearl City. It was started in 1997 by Tedra Villaroz and since then has provided help for approximately 3,500 cats, shelter for 3,000 cats, and finds forever homes for about 300 cats per year.

“At Joey's Feline Friends we spay and neuter, we do the TNR program, (and) we are also very known for taking animals off the street that are handicapped,” said volunteer coordinator for JFF Athena Robello.

Throughout the year JFF has between 200 and 300 cats at their shelter. Throughout the years they have provided care for terminally ill cats, assist in rescues, and help those seeking information on cats who may need special care or have behavioral problems.

JFF runs purely on volunteers and donations. They are always on the look out for both. Volunteers work to help clean and socialize with the cats at the shelter or can foster kittens at home before they are put up for adoption.

According to their news section on Petfinder.com JFF is running into the problem of finding previously adopted cats either abandoned, turned into the Humane Society, or passed onto someone (and eventually trickling to them) else every week. This is putting a strain on JFF who already owes \$12,000 in vet bills. All the cats at JFF are given a microchip that is linked back to the shelter so if cats are dropped off they hopefully will not be lost forever.

Robello also works with The Big Fix which has partnered with JFF before and helped facilitate reduced spay and neuter clinics. Many of the shelters on island work together to help benefit all the furry creatures on Hawai'i.

JOEY'S FELINE FRIENDS



Please visit <http://www.joeysfelinefriends.com> for more information, to make a donation, or get involved.



By Russell Tolentino

PP DD

ATCALL

EXPECTATIONS



REALITY



By Trina Sisomvang

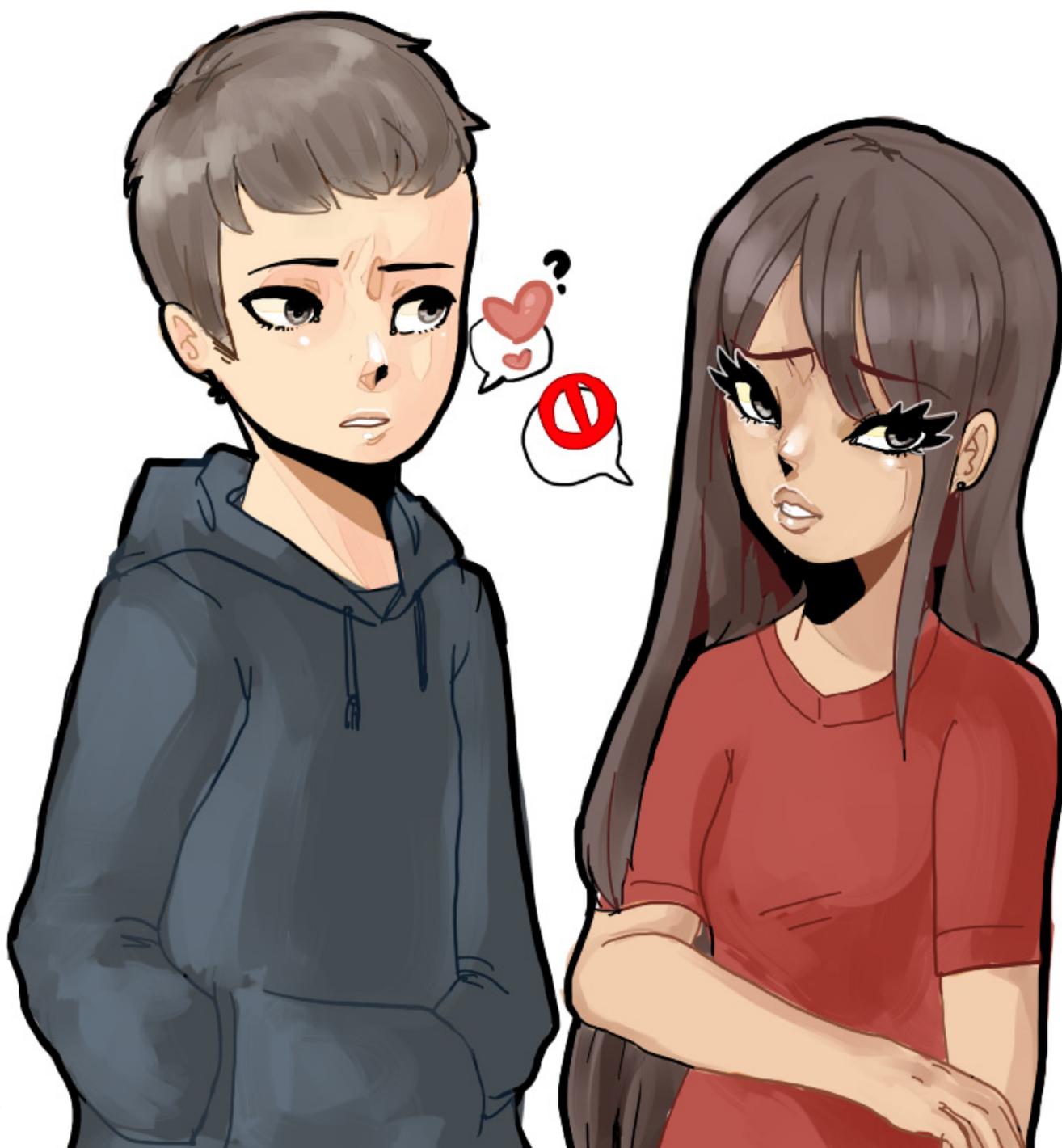


By Kaeli Giron



the
FRIEND
ZONE

By Coe Snyder | Illustration: Trina Sisomvang



People consider the friend zone to be an unfair place. They feel entitled to have their feeling reciprocated, and if they aren't, are left with a feeling that life is unfair. If you can get past the feeling that you need to be with a specific person, you can reap the benefits of the "Friend zone."

"The friend zone is the zone that you are only strictly going to be friends," said Leeward CC student Peter Pia. "There is no relationship... There is no chance of having a relationship. You are stuck with being just friends."

Types of friend zones

There are three main categories when it comes to relationships. They are the girlfriend or boyfriend zone, the friend zone, and the brother or sister zone. "The brother zone..." explained Pia, is where "there is no hope of ever going up into the boyfriend and girlfriend zone."

Pia stated that if you are in the brother or sister zone, people may ask your love interest, "Hey is that your boyfriend?" and they're going to say "no, that is my brother." That is the brother zone. It's the relationship you never want to be in, if you want to eventually have a romantic relationship.

Being put in the friend zone

Some people believe that if they get rejected, (or reject a friend,) the friendship is over. Leeward student Chevelle Glipa-dos Santos believes that if you get rejected, you should still remain as friends. "If they're your friend, then aren't they just always your friend?" It doesn't make sense to stop being friends, just because one person "likes" the other.

People who are put in the friend zone against their will agree that the friend zone is "Horrible, because it's one sided feelings..." Leeward CC student Bruce Rojas said that if you get put in this position, don't obsess over the one person you can't have. "At that moment, you're hurt," but if you let the pain control you, you're "going to miss another opportunity." If you are able to move on, "you'll find another thing that could possibly be better."

Leeward CC student Sheldon Carreiro agreed that "It is harsh, because sometimes you think you're dating a person when you go out with them," but they think you two are just going out as friends.

Putting people in the friend zone

One of the many aspects of relationships are that some people friend zone everyone, because they are already in a happy relationship.

UH West Oahu student, and Leeward CC alum, Sharie Quibilan explained that she often puts people in the friend zone because she is taken. "I feel like some guys maybe feel like they're being led on." Quibilan said that if a person continuously tries to pursue her, she'll "probably have to stop talking to that person... unfortunately."

It's not only guys that get friend zoned. Pia has "Sadly sister zoned a friend." He said "There was no attraction." It was "the thought of her, only as a friend... A really, really close friend, like she was a sister." Ultimately, there was nothing that would "bring up sparks."

"It's not like I am intentionally doing this. It just happens." Pia said sometimes you like a person, but you feel no attraction to them. It is possible this will change over time, but sadly it's not always going to happen. As your friendship grows, you become someone the other person doesn't want to lose in their life. "They don't want to ruin the friendship," so it never goes any further than being platonic.

Regardless of the name, it is not a requirement to be considered a friend before you get put into the friend zone. Leeward student Trong Dang said "it can be a situation where you don't really know that person... They're interested in you, but you don't want to go out with them." In these situations, they get put into the friend zone, as in, "I can

be your friend," but nothing more.

Sometimes, a person will reveal their feelings for you, and won't stop. This can force you to end a relationship, or at the very least, reevaluate it. "I didn't talk to her for a while... She was my friend for a really long time, and then it kind of really kind of got creepy and then I stopped talking to her... She was my best friend. Now, we're just friends," said Leeward CC student Chevelle Santos.

Living in the friend zone

Regardless of popular belief, Leeward student Jordan Daluz believes the friend zone is a good thing. He believes it's being "surrounded by people who are happy to see you."

Getting friend zoned can be a great opportunity. When somebody gets friend zoned, and they embrace it, "The relationship grows stronger friendship wise. Because you're not really talking about stuff you would do in a relationship." Pia said that as a friend, you both have an option to be like, "Oh my gosh. vent, vent, vent." As a friend, "You'll always be there. So you're like the comfort buddy of that person, whoever vents to you."

Being in the friend zone, "It's not such a bad thing. Because when you get friendzoned, you are actually there for the person." Pi knows first hand that "No matter what, you are the person they call when they need somebody."

If you like someone, and they are in a relationship with another person, "You just have to embrace it. Just embrace it, just move on." Pia said you should not react in a negative way. "It will turn her off. In a way that says "This person will never be there for me, when I really need it the most."

Getting out

It's a common fantasy to be in a romantic, loving relationship with your best friend. It's not always going to happen, but there may come a time where mutual feelings do develop. When that happens, "The person will actually think of you as more," and sparks might fly. Pia believes "You just need to find that right moment... Relationships are just moments, and that's what causes love... It's Raports. That you talk to each other, and it's on an emotional basis."

As an example, Pia said a friend of his got out of the friend zone, but only after a series of events. His friend "Just kept talking to her... He changed his personality, changed his clothes. He got a truck, so he was actually able to take her places." With those changes "she saw a new person. When she saw a new person, that's the person that she fell in love with."

Another person who went from friend zone to boyfriend or girlfriend zone is Trong Dang, a Leeward CC student. "I'm not gonna give you the sappy story. Just try your best, you know, don't give up, don't get discouraged, keep pushing forward... just because she shoots you down once first doesn't mean that you can not try again."

Advice

There are many beliefs about becoming more than just friends with a person. "Don't be afraid to go after what you want, but there's always a certain limit. especially when it comes to the other person's feelings." said Leeward CC Student Jerika Dacucyucy

As for advice that Pia wants everyone to know, "Never give up on the person you really truly love. Allow yourself to fall. And eventually when you get back up, you'll be a better person. And stronger."



GOOD
TO BE

SINGL

BY CHANCE NAKAZATO | PHOTOS: MELANY MCANGUS

11





It's never easy when a relationship ends. Whether the breakup was mutual or one-sided, it can turn the world upside down, sparking all sorts of emotions. In spite of this, being single does provide benefits to life that were inaccessible when that guy or gal was the number one priority.

"I've really had time to just focus on myself ... I graduated college so now I'm just trying to focus on a career ... being in a relationship is not a bad thing," said Leeward Community College graduate Cherine Fernandez. "When you're in a relationship, you need to rely on somebody else and you need to make time. But when you're single, you don't have to worry about that."

Twenty-year-old Jazmin Pagan has been single for two years now and finds being single to be a lot less stressful.

"You have (fewer) things to worry about, I would think," Pagan said.

Freedom is a popular benefit to being single. No more checking in with someone about where you are, what you're doing and who you're doing it with.

"I can say after being in a long-term relationship, being single was weird at first but as time passed, I was able to study harder and work without having to worry about tending to somebody else's needs," Fer-

nandez said.

"Enjoy your freedom while it lasts, once it's gone it's gone," Pagan advised.

However, Pagan does miss the security of a relationship.

"I guess you have protection. For a female...single guys, they hit on you and you have your boyfriend and he can protect you from whatever's happening," Pagan said.

Often times, relationships involve putting opportunities like travel and new careers aside. Being single lets people consider how these opportunities affect their future.

"I'm not saying it's good to be single your entire life but we go through moments of life where being single is perfect for us to grow as individuals," Fernandez said.

Being in a relationship doesn't stop at the girl or guy. It often extends to their immediate family, friends and even pets. It's likely that there's someone in that circle who doesn't approve of the relationship.

Leeward student Rawlinson Sausal feels that when it comes to relationships, outside perspectives shouldn't matter, but it is still good to keep them in mind.



"It's up to the person—or the people—that's going to start the relationship. It's not the parents' decision, although they can advise because they have the experience and they can see from other perspectives first hand. But if you guys feel something for each other go for it, but you know there might be consequences." Sausal said.

Ronson Dagdag, who also attends Leeward, explained what he would do if he encountered family resistance while in a relationship.

"I would want to try to get to know them better and explain to them why I want to be with their daughter," he said.

If one just got out of a relationship or they just want to stay single, intimidating parents, irritating best friends and overly possessive pets are no longer an issue.

Relationships are expensive. Another popular benefit to the single lifestyle is more money. All the dining out, gifts (for both the significant other and their family), vacations or adventures add up to a significant amount of cash.

"It really helps out because if I don't have a girlfriend then I could just stay at home and eat leftovers and save money like that. But if I had a

girlfriend, she would want to go out sometimes ... I would want to pay for both of us," Dagdag said.

Time spent to create something can be seen as more meaningful.

"Well you do want to spend for the girl cause you want to impress her and aside from that... I don't know, for me I usually make things for presents, for birthdays rather than buying it. The point is like, if you guys wanna eat out, I prefer cooking it and stuff and just casual picnic stuff, rather than going to an expensive restaurant," said Sausal

Whether someone just got out of a serious relationship or hasn't been in one, being single can be the best thing in the world. One may want that

significant other to spend the rest of one's life with but working on oneself first may be the better option.

"You should always keep looking; never give up. You should always be out there looking for someone, even though if you don't want one right now it should always be good to look around," said Dagdag.

"Enjoy your freedom while it lasts, once it's gone it's gone," Pagan advised.



LET'S
TALK
ABOUT

SEX

BY TYLA SMITH
ILLUSTRATION BY JOEL CASPAR



Sex. It is an impulse on almost every college student's mind. It's fun when it is consensual, empowering when it is done right, and etched in the human brain to do it.

The conversation about sex usually goes one of two ways. For men it is something that must be done to prove their masculinity while for women it is something painful to be avoided. For most sex is one of the last things ever (never) discussed at the dinner table. Sex was something learned from romance novels, grandma's soap operas, and bad babysitters.

Recently schools have been working to eliminate abstinence only programs and replace them with real sex education classes. Some studies suggest children as young as 10 need the sex talk.

It has been researched by many different universities, like Yale and Columbia, that abstinence programs lead to a higher risk of sexually transmitted diseases and unwanted pregnancies.

The idea behind abstinence-only sex ed is to make young people fear sex so that they won't have it, but according to Leeward Community College psychology professor Dalybeth Reasoner, humans start to explore their bodies around the ages of 12 or 13. At this age men need to ejaculate one to three times a day. "We found that teenage girls that got a vibrator were less likely to engage in risky sexual behavior as adolescents," Reasoner said.

"An orgasm a day keeps the psychologist away," Reasoner said.

Yet sex is taboo, especially among women whose bodies are used to sell sex but not enjoy it. Girls are told that sex is going to be painful. They will be deflowered as this mythical wall that covers their purity is removed by a penis. The hymen actually is a very thin layer of elastic membrane that sits right outside the vagina or just inside it. This will tear and can bleed if the partner doesn't use enough lubricant or is too rough the first time—but it never vanishes.

Girls are taught that they lose a part of themselves when they have sex. Men are taught to expect a girl to bleed the first time—not to try and relax her or lubricate enough so she doesn't. Be well educated so when the time comes, it will be enjoyable.

Pleasing the Man

When it comes to sex women are judged on how few men they have slept with, and how good they are at giving a blowjob. The criteria that women are told are to make sure the man is pleased, that he will just always want sex, and it is their duty to give it to him.

"The need to please the other (men), really comes from a long time (ago.) We didn't have any power and we were the property and were owned. Men owned women and they could really do as they please (with us), and our offspring. And if you were out of favor with them you could be ostracized and your offspring wouldn't survive. You really wanted to be favored, and you couldn't just take care of yourself. (There was no) "I'm going to work and be a single mom," be more independent—that wasn't an option. So there was fear," Reasoner said.

She explained that women's brains are wired to read emotions similar to a lie detector. They can sense a change in tone, and have

"No one should ever feel pressured into having sex."

sensitivity to nonverbal cues. "If we are upsetting them it could cost us our lives. So if we are not pleasing them sexually, they could very easily get rid of us and move onto another," Reasoner said.

According to Reasoner humans are not monogamous — only five percent of mammals actually are. "You have five wives, you're with all of them, you take care of the offspring more likely to survive. But if one woman is not pleasing you sexually, them and their offspring get the worst food. So that desire is really primal in us to survive and our offspring (to) survive," Reasoner said.

That isn't to say that humans can not be monogamous. There are plenty of people who have been with, and loved, the same person until they died. On an evolutionary standpoint it just illustrates how ingrained it is in women to be the pleaser. Even to fake an orgasm.

"So women are more likely to have an orgasm with men who are attractive— no matter if they love them or not. It just increases more for her — if they are a good lover that helps — generally they just want those genes. And they are unconsciously wired to get impregnated," said Reasoner.

Reasoner says that there is a theory that if a woman orgasms within a minute of intercourse there will be a vacuum effect that sucks up the semen and up the chance for procreation.

"Faking orgasms kind of came because men are also wired to know that. And so if you don't have an orgasm they take it very personally. Like you don't want my seed, and you're probably cheating on me with someone else. And so the lack of orgasm is a red alert . . . So women who are cheating tend to fake, and also women who don't want, of course, them(selves) to be hurt," Reasoner said.

Sex, It's Healthy With Consent

The key word is consensual. Consensual sex is when both partners enthusiastically say yes, which is why picking up intoxicated women (or men) from a bar with the goal of sleeping with them is a big no-no. It can often times lead to rape which by definition is non-consensual sex.

Consensual sex can offer a lot of health benefits. A study at Wilkes University found that college students who had sex once or twice a week had higher levels of a certain antibody that helps boost the immune system.

After sex men tend to sleep better. Reasoner says this is not true for women. However, consensual sex can decrease anxiety, lower blood pressure, and lower the risk of heart attacks.

The double-standard of men needing to prove their masculinity by having multiple ladies, and women being told to keep their legs closed, severely hurts our culture. Women who have taken the virginity pledge and held out till marriage found they were repulsed by their own bodies and didn't enjoy the experience. If a person is uncomfortable about sex before marriage it isn't going to magically disappear afterwards.

No one should ever feel pressured into having sex. Our world is made up of millions of different people with different sexualities, comfort levels, and personalities, which is what makes it beautiful. No one should feel pressured to be something they are not. Men and women should not be shoved into their individual boxes that dictates how they act in the bedroom.

A lack of talking about sex but displaying it everywhere on television and advertisements is that peoples no longer practice, or know, what safe and consensual sex is. For example, at a friend's bachelorette party, a male stripper was hired who found picking up women by their necks and dry humping them was appropriate. He believed this was a sexual act that all women wanted. There was genuinely confusion when we told him we didn't like that. It is terrifying to think that he thought what we were doing was abnormal.

More dancing, less choking.

Kinky sex is absolutely fine but a big thing underlined in that community is consensuality. There needs to be an open, happy, discussion between two adults about what they like and don't.

Sex is a road to discovering yourself and partner. It's label shouldn't be dirty..

ONLINE DATING THE STRUGGLE IS REAL

By: Jasmine Bautista

Photos: Elisha Qalo



What began with a simple invitation to coffee is now being approached in a different way. Now all it takes is the click of a mouse. For years, people have turned to online dating as an alternative. Recently, mobile apps like Tinder have gone above and beyond, using GPS to make meeting up easier. However, due to the stigma around online dating caused by fake profiles and ulterior motives, many people are put off by the endless possibilities.

The people who have online dated usually get mixed results, much like traditional dating. The only difference is that it started with a personalized profile and three matches.

» IT JUST HAPPENED

Contrary to the popular belief that online dating is used by people strictly looking for relationships, sometimes relationships just happens.

For UH West Oahu student Ken Murdock, it happened while he was on several sites, including chat room-based website Chatango, Skype and IMVU, a multiplayer online world (MMOW). What started off as casual soon became a relationship after he found himself developing emotional attachments.

"I have only ever had online relationships because it demands that the relationship be on a level that is not physical but more intellectual and emotional," said Murdock. "Sometimes it can be hard because you can't be sure exactly what the other person is feeling unless you are next to them."

Like Murdock, past Leeward student Sophia Almeida has been in a similar situation. In her case, she met someone on Meebo.com, an instant messaging site.

"I found him on a chat room for Scorpios and the funny thing is he's actually a Cancer. So that's how we met, (it) was me asking when his birthday was and that just made me laugh so much," said Almeida. "We still talk to this day but it's not a relationship anymore."

» AN ARTIFICIAL INTERACTION

Most people turn away from online dating because of people's tendency to lie behind the computer screen. According to a study done by researchers from Cornell University and Michigan State University, 80 percent of online daters lie about their height, age and weight.

"I honestly think it's because of the MTV show 'Catfish,'" said Almeida. "Not everyone is like that. Honestly, some people know it's fake. They just keep going."

"Catfish" is a show on MTV that explores the reality behind online dating by getting couples to meet for the first time. Most don't end up being the people they say they are. "Anyone can pretend to be someone online. I think that's why a lot of people use the Internet because of how anonymous it can be. It's never going to stop," said Almeida.

Joel Gomez, a Leeward student, used the Web to find a relationship. He decided to try online dating due to his busy schedule and his "horrible experience of traditional dating."

"I never really saw it as a last resort but as just another alternative. For me, I'm not into the club scene, the bar scene—I don't really like drinking—so going to those places (was not) really an option for me," said Gomez.

Gomez has been unsuccessful so far, having tried OkCupid and PlentyOfFish. However, he has admitted that chatting online has been convenient. "For me, I was chatting with someone, while I was doing call work for my job. Communicating in between that just feels awesome. Even though our schedules don't work out, at least we can chat a lot. That kinda fills that emotional tie. So I guess with people who are professionally minded and as much as they want to, but they don't have the time, but they still have that emotional yearning, the digital path is just a way for them to satisfy that," he said. "Once everything's settled and once they reach that mutual agreement, they can be built over just that digital interaction and maybe they could actually change those priori-

ties and maybe somehow, get together."

However, some online relationships come with the struggle of distance. "I believe that people have negative associations with online dating because it may not seem real but instead it seems more artificial. Usually, in cases where someone is in a relationship with someone who is far away, there is a lack of any physical contact and sexual activity within the relationship," said Murdock.

Aditi Paul, author of a recently published article, "Is Online Better Than Offline for Meeting Partners? Depends: Are You Looking to Marry or to Date?" found that online couples were more likely to break up than those offline. That made 32 percent of online breakups and 23 percent to offline couples.

"For me, it was, honestly, such a struggle. Both parties have to be willing and, in my situation, it was just too difficult to keep up with each other's lives or even remember small things about each other," said Almeida. "It can work but only if it's an equal amount of trying and making it work."

For Almeida, she realized that long-distance relationships aren't for her. "I don't think I'd ever try long-distance again because it's just hard to understand how people feel when you can't see their face or be with them."

Although Gomez does think it is possible to find love online, he believes that it is not possible to build a relationship purely through online interaction. In fact, he sees the interaction as only "just a portion of it."

"With online, you're most likely just seeing what's the best of them, because they take the time to think before they're typing out the words and they're not just saying things out loud," said Gomez. "They're probably using the best pictures of them versus in person, where you see their mannerisms, their habits, their smells, and how they speak."

» A HAPPY ENDING

For alumni SherriAnn Wakui, online dating is exactly what she needed. "When I first heard about online dating from friends, I was scared," said Wakui. "You never know if they are not honest about themselves meaning they are in a relationship but separated or still married but are looking for secret lovers or they are psycho or stalkers."

Wakui decided to try her luck on PlentyOfFish, where she met a few guys — from single fathers to "average-looking guys looking for supermodel girlfriends." None of them were a potential match. Upon a recommendation from a friend, she tried the free trial on Match.com. Again, despite multiple dates, there never seemed to be anybody she was interested in.

» UNTIL SHE MET ONE

"One night, I checked my PlentyOfFish and there was this guy who said we had things in common even though my profile was not shown. He (said he) would like to talk more online sometime so everyday we did talk for an hour," Wakui said.

Coincidentally, he was also on Match.com.

"For about a month, back and forth, this person and I would talk online. He would ask for my picture but I was holding back on posting it online because I was not ready to show who I was. Because I wanted to know more about this person before meeting him. The weird thing was both online sites was the same exact person,"

It was not until the two finally agreed to swap photos that a relationship began to blossom. Upon finding out they had a lot in common, phone calls and dates became frequent. He was even introduced to Wakui's son, despite being originally hesitant of her status as a single parent.

As of July 16, 2014, the couple has made five years and are even looking to the possibility of marriage.



» BE HOPEFUL

With the use of online dating steadily on the rise, the positivity has followed. A 2005 study done by the Pew Research Center revealed that 29 percent of people believed that “people who use online dating sites are desperate.” Eight years later, that number decreased to 21 percent.

In fact, that same study revealed that 59 percent of people believed that “online dating is a good way to meet people,” compared to only the 44 percent that agreed in 2005. After all, online dating allows for the possibility of finding “the one” among a wider range of people. The accessibility of instant messaging also makes getting to know someone easier. “You get to pick and choose who you get to spend time on,” said Almeida. “You get a sneak peek of what they like, what music they listen to so actually on the date, you can just talk about those things. It’s like the icebreaker was made for you already.”

When asked if online dating is taking over the traditional route, Almeida disagreed. “It’s never going to go anywhere unless everyone stops leaving their house forever. You meet lots of people everyday. The chances of you going out with one of them can be very likely,” she said.

“Online dating is almost as equivalent to try and meet someone at a club,” said Gomez. “You’re basically judging people by their looks.”

Traditional dating still continues to thrive but the chances of actually going on a date with someone they met online is 66 percent. Of those people, 23 percent have even taken that date further, successfully entering a long-term relationship.

“Even though I haven’t been successful in it, I think online dating could get more successful if people who were more serious about it (took) the time to read people’s profiles and not just fool around on it. Until then, it’s sort of a sketchy method of meeting someone but it’s not too far off from regular dating,” said Gomez.

TOP 5 ONLINE DATING SITES

1. Match
2. PlentyOfFish
3. Zoosk
4. OkCupid
5. EHarmony





FEATURE

INTIMATE PARTNER VIOLENCE

By: Tyla Smith | Photos by: Melany McAngus



For Mary* intimate partner violence (IPV) was a cycle of cruelty cleverly disguised as love.

A former Leeward Community College student and president of Leeward's Reaching Out Club, Mary never thought that she would be in an abusive relationship. Something that happens to 20 people every minute according to the National Intimate Partner and Sexual Violence Survey.

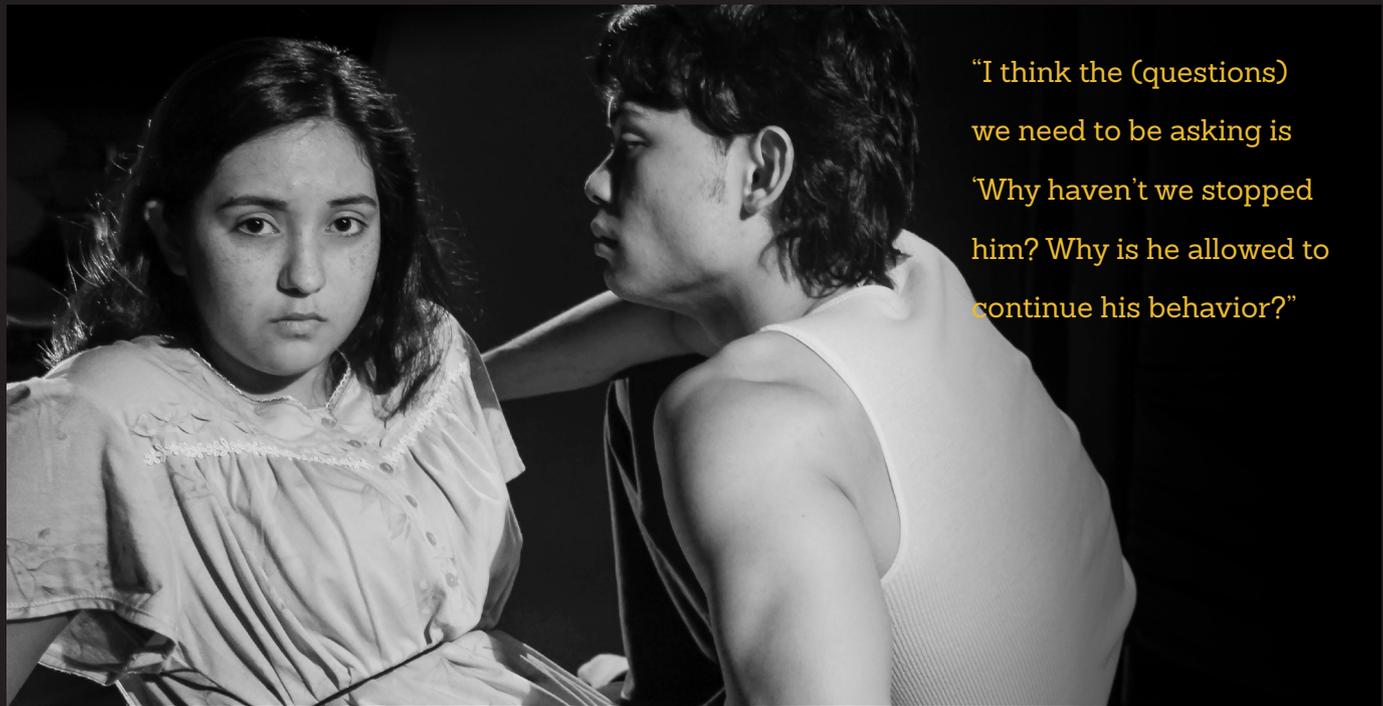
"Many years later, I realized that I had such a low self-esteem that the essence of me was almost stripped away. The hunger to be accepted and loved was so strong that I compromised everything so that person would not leave me. I was slowly isolated from my family and friends. My (then) husband would tell me that he wants to know where I go and with whom because he loved me so much. He claimed that he was concerned and did not trust anyone.

"I felt like the luckiest woman alive to have such a loving, caring husband. Then he started to get verbally abusive. It was like a circle we

would argue and fight. Then he would apologize, buy me things, take me out. A few weeks would go by and it would start over again. It escalated to physical abuse and when he started to hit the kids that's when something just broke inside of me. I went to a domestic violence shelter with my kids," said Mary.

Statistics show that one in every four women will experience intimate partner violence or domestic violence at least once in her life. According to Safe Horizon, the largest victims' service agency in the country, the biggest risk of being in an IPV relationship is between the ages of 20 and 24. At Leeward, faculty and staff have been working hard to provide an open environment where students can feel safe and empowered to get out of an IPV situation.

"There has been some students who write in their classrooms and maybe ... their English or psychology professor feels uncomfortable so they get in touch with a counselor and we make the connection there. Whereas in the past, maybe if it was disclosed in class, the teacher may or may not have ... ignored it because they just don't want to go there.



"I think the (questions) we need to be asking is 'Why haven't we stopped him? Why is he allowed to continue his behavior?'"

I've been getting more phone calls from faculty and staff before this saying, "there is something that has to be done but I don't know how to talk to this student," said Leeward counselor and Love Pono member Laurie Libarios.

Love Pono is a group based at Leeward made up of faculty, staff and students. Headed by Lexer Chou, they work together to fight the prevalent threat of IPV.

"Have you ever seen a really cheesy kung fu movie where you've got the guy standing in the middle and there is a circle of ten people all waiting to beat you up and they just wait patiently with one going in one at a time? Domestic violence is the complete opposite. They're all coming at you at the same time. The emotional violence, the isolation, the physical violence, the intimidation, the threats, the jealousy—it is all happening at the same time for a lot of women," said the trainer and technical assistant director of the Hawai'i State Coalition

of Domestic Violence Michelle Rocca.

IPV is a systematic approach where one person in a relationship tries to destroy the sense of self and well-being of their partner to gain or maintain power and dominance in the relationship.

"The majority of us are a part of the committee because we have a passion to advocate for survivors and to really bring awareness about IPV. I think one of the big things for Love Pono is we used to be called the Domestic Violence Awareness Committee, which it can have a stigma and kind of a negative connotation to it ... individuals who are going through a situation won't feel comfortable coming because it is just so blatantly out there," said Chou.

On Oct. 3, the group held a faculty and staff workshop run by Cindy Spencer, the Vice President of Community Organizing and Education Domestic Violence Action Center. The

four-and-a-half-hour course taught what and how domestic violence and intimate partner violence work and how to respond correctly to a situation. According to Chou, the group used to be extremely event heavy but they have decided to go a different route and has been working to redefine and rebrand who they are.

"Just because there is an awareness month, it should be all the time. There should be a presence all the time," said Chou.

According to Libarios, professors would try to talk to students but there was always confusion. They were not sure if they should call the police or security. It was unknown who the authority was for intimate partner violence situations. The past dean of student services would often assess the situation and help decide what action needs to be taken next.

"I think it is always important for the professor to approach the student on it (and ask

'what is this?' Sometimes it could have been a fleeting moment in their writing ... Other times, it is super serious, they just wrote the tip of the iceberg ... We need to know, the people, the helpers, the first responders—we need to know what the nature of it is. What they shouldn't do is say 'go to the counseling office now and go talk to them.' That puts the student in such an awkward position. There needs to be a triage of helping," said Libarios.

Libarios and counselor Ann Dorado were the ones to start the Reaching Out Club for students who are either survivors or currently going through an IPV relationship. The club would meet once a month and students could come to a safe environment and talk.

"We know that students aren't going to necessarily come to meetings, come talk to us. We can try to reach them through indirect manners. ... There are three or four of us that don't mind having our information out there so if students want to come and talk they can. So again, we each individually work with a lot of students. In the last five years I've worked with, I probably worked with seven students that were either currently in the situation or were survivors," said Chou.

Some of the indirect ways they have reached out to students is through pull-tabs in the bathrooms. The former president of the Reaching Out Club, a survivor, put her email address on it and students would email her. "I guess I wanted to give something back, perhaps help someone and let them know that there are options and resources available. No one should have to live in an abusive relationship," said Mary.

Now that Love Pono has changed their name, students can feel comfortable taking a pull-tab home with them and contacting the group if they do need help.

"Just because they talk to us doesn't mean they're going to necessarily leave their situation but (it helps) if they know that they have resources. A lot of times, it is financial too. So I have, on two occasions, talked to financial aid about making some exceptions. ... A lot of it is GPA related, so if a student is currently in an abusive situation—and literally every day has to fend for her life—tries to escape and becomes homeless, well her grades are probably going to slip. So I have a couple of students in that realm," said Chou.

INTIMATE PARTNER VIOLENCE IS A COMPLICATED SITUATION

"We went through many years of therapy and rebuilding my self-esteem. I realized that no one has the right to treat another person with verbal, physical and mental abuse. No one deserves it, earns it, ask for it nor wants it.

The road was long and difficult but my spiritual faith in God helped me and my kids heal. I spent many years as a single parent discovering who I am, what I like and what makes me happy," said Mary.

IPV comes in all forms ranging from emotional abuse to battery and can end in a woman's death. According to Safe Horizon, one in three women's homicides in the U.S. was committed by her intimate partner. It is the third leading cause of homelessness among families in the United States. Most DV or IPV incidents are never reported.

"It's really a combination of everything but the nonphysical stuff is so subtle that it is hard for women to see it sometimes," said Libarios. She explained that sometimes men do not see themselves as abusive because they are not hitting their partner. "It is so dangerous, that building up to the hitting. ... (What) I see is the physical but the nonphysical was going on long, long before. That's the hard part. All the violence before the actual hit happens so a lot of times, by the time I see them, it is at the physical point but it starts with the words, the control," said Libarios.

Victim-blaming is a large problem when it comes to IPV. It keeps survivors from seeking help, and they end up blaming themselves for the situation that they are in.

"All of us, we operate from myths about DV because we live in a society that, unfortunately, has a lot of myths, myths that are perpetuated in our daily lives, especially if we haven't experienced it ourselves," said Rocca.

Some of the myths Rocca mentioned are that women are just as violent as men in the relationships. There are more unknown male victims. That women are able to leave and just don't, or that they are participating in the violence.

"So the first thing people say is 'how come you didn't leave sooner?' Like oh my goodness, how could (they)? And I know what that feels like because I've had people ask me that in my unhealthy relationship. 'Why couldn't you leave sooner?' You don't know. You don't know how scary it is to be in that because, again, it is just the whole mind control," Chou said.

One of the reasons Chou became active with Love Pono was to determine if she was in a possible IPV relationship. In hers, there was no physical abuse. She wants to help students recognize the red flags.

"Nobody chooses an abusive person on purpose. A lot of the times, the relationships start out so good, so romantic and as the relationship progresses, that is when we start to see controlling and abusive dynamics. So it is more about recognizing when your relationship has become controlling and knowing how to seek help," said Rocca.

Some red flags to look for are extreme jealousy and possessiveness, being isolated from friends and family, control over places you want to go and the use of physical violence. IPV is never the fault of the victim.

"I think the (questions) we need to be asking is 'Why haven't we stopped him? Why is he allowed to continue his behavior? There are so many reasons why it is not that easy to leave an abusive relationship. Instead of spinning ourselves in circles trying to figure that out, we really, as a society, need to just ask that question 'Why haven't we been able to stop him?'" said Rocca.

THERE IS ALWAYS HOPE

"When you hear the words 'domestic violence,' the average person is going to be fearful of it. It's scary. You don't want to go there with that person who is (in) pain or is in need. The first step is always, to me, educating yourself on what it is," said Libarios.

One of the ways to stay out of a possible IPV relationship, according to Libarios, is to have a conversation early on in the relationship of why a partner might be requiring or asking certain things from you.

"It could turn into something huge—snowball into something—later ... 'Why are you telling me to work out?' Those kinds kind of things could be totally innocent. ... She needs to communicate (with) him and have that conversation. 'What are you getting at?'" said Libarios.

If a student does find themselves in an IPV relationship, they are encouraged to seek help.

"It may seem dismal ... but there is always hope. It is so deep, domestic violence, I don't want it to seem so simplistic. It's just that there is always hope, there is so many success stories. The voices in your mind will keep you from moving and making change, but there is a lot of success stories that they (survivors) can look forward to," said Libarios.

"I have been in a healthy loving relationship for fourteen years with my present husband. Together we have raised the children God has entrusted us into young men," said Mary.

Many advocacy groups on Oahu and the other islands continue working to end violence against women in Hawaii. While there are men who end up in IPV relationships, the majority of the victims are women. According to Rocca, men are offered the exact same services as women who need help.

*Mary is not the real name of the student she asked to remain anonymous.



NEW YEAR'S RESOLUTIONS

By: Daiana Aponte | Photo by Cara Ahn



Every year 50 percent of Americans set new years resolutions and out of that 50 percent 156 million fail.

By the end of January a third will have broken their resolution, and by July more than half will have failed. Setters usually plan with the best intentions to be successful, however their strategies are not always useful.

The most common reasons for failed resolutions are that they're unrealistic, the setter lacks financial stability, doesn't know to achieve it, or is not fully committing. Whether it is a change in wardrobe or opening a new business, no resolution will be successful if the setter doesn't have the right tools or mindset.

"I made a resolution this year...to get at least all A's or B's for this year and I'm hoping I'll be able to do it," said Leeward student Abigail Thurman.

There are a couple of approaches and methods setters should understand that can help them be successful.

Most resolutions are goals and changes the setter would like to benefit from, but sometimes they can be unrealistic. Traveling around the world within the new year may seem very exciting but it would cost a lot of money and time, making it almost impossible. Instead, it would be a good idea to rationalize. Maybe change the resolution to traveling to two new

places within the new year. A new years resolution should be challenging, but also possible.

Financial stability also plays a role in the success of a resolution. Some goals require an investment to be made. Before making the decision to pursue anything it is important that the setter be financially ready. Without the worry of financial struggle the resolution becomes much easier to accomplish. If the resolution is to buy a new car, it will become much more realistic and also a much smoother process if the setter has the stable ability to purchase it.

Many setters simply don't know how. Before getting committed to something, do the research. It is important to understand how to

"I think people start with the best intentions and the right motivation to complete their weight loss resolutions. Slow results often discourage and hurt their motivation."

approach a goal and how to reach it. For example, one of the most common new years resolutions is to lose weight, but rarely do people fulfill it. Not understanding what kind of foods to eat or what exercises to do will have a big impact on the success.

"I think people start with the best intentions and the right motivation to complete their weight loss resolutions. Slow results

often discourage and hurt their motivation. Temptations of food and daily life contribute, making it really hard to accomplish one's goals," said fitness instructor and personal trainer Terry Hallums.

Being and staying committed to your resolutions is crucial, and all of these factors can affect that.

"Yeah I've had new years resolutions before but I didn't put enough effort into fulfilling it. I'm lazy. It sounded like a good idea and [that] I should do it but then I just forgot about it, I guess. It's not a big deal so I don't feel obligated to do it. I guess it depends on your self determination or motivation," said UH Manoa student Sha'tres Ahnee.

Commitment is the core to success in many things. Without the commitment a New Year's resolution may become very difficult to fulfill. Setters must be sure to set a goal and stick to it. It is more difficult for some than others but it is one of the key differences between

those who succeed and those who fail at their resolutions.

"I think it's important for people to have a new years resolution because it gives them something to work for, some kind of goal that makes them a better person. [Those who have resolutions but keep failing] try harder" Leeward student Aaron Bamba shared.



IM LEE SPORTS

By Tyla Smith | Photo by Elisha Qalo

How has this semester with IMLee Sports been going?

Lisiti Tino, IM Lee Sports: This semester for IMLeesSports has been hectic but fun. First time doing our own leagues so we had to deal with everything from meetings with players to aiding them on the field when injured or (refereeing) them. We were with the players from start to finish with all the games. Even the other campuses as well such as Honolulu and Kapiolani.

What are some of the highlights?

Some highlights were seeing crazy plays being made, strategy of game and friendship that you know will last longer than the leagues; most of the students that played with each other did not meet one another until this league.

Who has been dominating the competition this year?

No one has been dominating, its actually been spread out. Honolulu won dodgeball, Leeward took basketball and Kapiolani won flag. Volleyball got cancelled because of low turnout but soccer has yet to start.

What new stuff has been added to IMLee Sports this semester?

Everything has been new to the league because we started it this semester (ourselves) but one thing for sure is the equipment. Lexer Chou (head of Student Life) did a great job getting the gear we needed thanks to research from our team. You should check out our football gear. We are legit.

Why do students join IMLee Sports?

We did surveys on why they joined and the answers varied from wanting to be active, meet new people or because they like the sport they were involved with. I guess it helps them be a part of something.

Why should students join IMLee Sports?

It's a great opportunity to stay involved with school activities. We not only make sure they are safe and having fun but they can pick up leader roles because, depending on what role they take, it can require them to take on more responsibility. We don't just let anyone play. ... They must have a 2.0 GPA and this is for all campuses. ... I feel that when players don't meet grades and they want to play, it helps motivate them to make better grades so they can join the following semester.

What are some of the games played so far? Are there any games more popular than others?

So far, for the league, we had (a) dodgeball tournament, flag football league, basketball tournament, and soccer league. On campus, we offered, just to our students, (a) field day which was ultimate frisbee and dodgeball, then we had volleyball and soccer. Sports on campus is different from leagues because leagues are more competitive. We don't require GPA for campus sports because it's more for fun, while the league is slightly more competitive but also fun. You don't need experience to play in both programs, just a good attitude and ... be a student.

Football and basketball are definitely the most popular, we almost had a team from each campus for basketball but we did have a team from every campus for football.

What campuses have you played against or plan to play against?

We played against Honolulu CC, Kapiolani CC, and West Oahu. Next semester Windward is planning to join our league.

What are you excited about for next semester?

We are excited to keep the program going. It's definitely not the same from when we first started.

The COSTCO DIET

BY KEAHI SELHORST

Only three food groups exist for college students: Top Ramen, cereal, and coffee. Although most students might want to improve this diet, they have little knowledge of how to do it. The Costco Diet is an idea that eating healthy can be done without spending too much.

According to Karen Lisa Borders, a contributor at Body-Building.com, "Healthy eating will not only ensure a maintained physique but also healthy insides for disease prevention."

The Costco Diet includes a variety of items. If you don't like a particular item, feel free to experiment with different flavors and create meals that are unique and truly your own.

GROCERY LIST

Breakfast Items:

- Organic Eggs or Kirkland Signature Real Egg
- Coach's Oats Whole Grain Oatmeal
- Natures Path Organic Chia Plus Coconut Chia Granola cereal, or
- Flax Plus Pumpkin Flax Granola
- Kirkland Signature Organic Lowfat Milk or
- Silk Vanilla Soymilk or
- Silk Coconut Milk

Lunch and Dinner Items:

- Alpine Fresh Brussels Sprouts
- Fish (Frozen or Fresh)
- Boneless Skinless Chicken (Frozen or Refrigerated)
- TruRoots Organic Whole Grain Quinoa
- Fresh'n'Quick Spinach
- California Heirloom Garlic
- Organic Sweet Baby Peas
- Baby Carrots
- Onions



First, start with the items that we can set and forget. Quinoa has become increasingly popular within the past two years and is best known as a whole-grain superfood high in protein. Various journals and online publications list it as one of the "Top 10 Superfoods" to eat on a regular basis. Quinoa is also a decent source of fiber, Vitamin E and zinc that helps lower the risk of diabetes and heart disease. Just like rice, Quinoa is rather bland which makes it perfect as a starch substitute or you can mix it up with onions, garlic, diced cucumbers, and lemon juice for a delicious salad. For now, just throw everything in the cooker and press the button. A four-pound bag of the grain should be less than \$20, which will last up to two months for frequent intake.

BREAKFAST

This protein pancake is good for anytime of day. Grab three eggs and mix in a bowl. Stir in cup oatmeal. Pour mix into a preheated skillet coated with coconut oil. Treat it like a pancake and pour into an 8- to 10-inch skillet, covering the bottom completely. Pancake should be firm within two minutes. Flip and remove from heat. Serve.

While this is not a normal pancake, it is delicious and nutritious and can be consumed in a similar manner. Don't ruin it by using cheap artificial sweeteners. Lightly spread some honey or natural fruit preserve to liven up the palate.

**Starting off the day with a solid breakfast in your belly will help you maintain focus and trudge through the day. Eating a healthy breakfast every morning can also help keep the weight off. A 2003 study in the American Journal of Epidemiology showed that people who skip breakfast are more than times more likely to be overweight than those who take a morning meal.*

**Chia is perfect for adding to cereals, smoothies, and yogurt, chia is packed full of protein, fiber, antioxidants, and omega-3 fatty acids. Always consult your trusted medical professional for advice.*

VEGETABLES

Brussels sprouts are in the same family as cabbage and broccoli. These vegetables are not only low in calories but are packed full of things the body needs like vitamin C, K, A and most of the B complex.

Wash and cut the bottom off first. This removes the least tasty section and allows the leaves to separate easier. Cut each head into quarters and place them into a square or rectangular cake pan. Cake pans work perfectly because they are deeper than cookie sheets and this will help later when mixing and stirring. Place the sprouts in the pan, grab the coconut oil and apply a thin coating over the entire pan. Depending on your particular Costco, the price per bag should be about \$5.

Virgin coconut oil is widely accepted in the wellness community as an excellent oil that can be included to any healthy diet. One teaspoon is more than you'll need for a large pan. It may take some restraint if you are not yet familiar with this particular oil. The benefits of coconut oil far outweigh the detriments so just spoil yourself on this one product and spend the \$26.

With sprouts laced in oil, grab the seasoning of choice and spread liberally. Feel free to utilize your freshly ground sea salt or other seasonings from the list. Mix it up and shake the pan to help spread and level the sprouts before you throw it into the oven. Cook time is 30 to 45 minutes but stop midway to check, mix and add more salt or seasoning if necessary. The goal is to make the dish dark and crispy on the edges but warm and soft inside to compliment the spices. Many new chefs find that just these two dishes (Quinoa and Sprouts) are satisfactory for a healthy snack or meal.

**According to the United States Department of Agriculture, vegetables should make up half of your lunch and dinner plate. Vegetables and fruits are nutrient rich and low in calories. This combination makes them ideal for dieters and those looking to optimize their health. You should be cooking twice as much fruits and vegetables than grains or proteins.*

Grab two handfuls of baby carrots, wash thoroughly and place into a medium pot to steam. The goal is to cook the carrots enough to soften them but not so much that you degrade the nutritional value. When served with another vegetable dish, the two should be enough for four to six hearty servings. While one bag is enough for two weeks, it can last a month if you are only eating it twice weekly. Try sprinkling cinnamon for a treat; it really brings out the sweetness of these delicious roots.

Sauteed onions add flavor and texture to our plates when things get bland or monotonous. Cut an onion in half and place it flat on your cutting board for easier dicing. Add to peas, spinach and carrots for an additional layer of taste.

To ensure that all dishes are completed at or near the same time, begin preparing the chicken next. There should be about four or five pieces in each sealed bag. Simply cut open the bag, drain any liquid and place into a greased skillet.

The frozen peas from Costco are simple to make. Wash off your sweet peas in a strainer, place into a microwave safe dish and heat. You can leave it in the microwave until the food is ready to serve. Two cups should be good enough for four servings and more can be prepared if needed.

PROTEIN

Heat the pan to medium-high heat before adding one tablespoon of coconut oil. Add minced garlic to the hot oil to really bring out the flavor. Four to 6 cloves should be sufficient for an entire bag of chicken. Depending on your preference, you may want to use more or less garlic. Since garlic becomes bitter when burnt, allow it to brown, but don't overdo it.

Place the cut side down on the sizzling pan. This side typically takes more time to cook and will soak up more garlic flavor. Add salt and pepper to taste. Place a cover on your pan and allow to cook for 7-10 minutes. Flip the chicken adding more salt and pepper before covering again for another 7-10 minutes. Chicken must be cooked thoroughly to avoid any salmonella contamination so flip again if necessary.

**If you are preparing fish in this style, you should be cutting the cook time in half. Add some lemon or lime juice to contrast the flavors. Your tastebuds will appreciate it.*

Spinach is quick to cook and will shrink down. Take two to three large handfuls, rinse, dry and place into a pan on medium heat and cover. The spinach will wilt and condense. It should still retain its bright color.



STREETLIGHT CADENCE

By Chance Nakazato | Photos by: Cara Ahn

“We want to tell people stories and entertain them and give them something to look forward to”

Streetlight Cadence began in the busy streets of Waikiki featuring alternative indie folk pop and unconventional instrumentation, attracting people of all ages to appreciate their music on and off the streets.

Coming from similar yet different musical backgrounds, Streetlight Cadence consists of four members: violinist Jonathon Franklin, cellist Brian Webb, accordionist Jesse Shiroma and guitarist Chaz Umamoto. Each member is a vocalist as well.

“I feel like one really big thing our band of fers is sort of upbeat, indie, alternative vibe

that you can't really get here in Hawaii. I feel like we're offering, pretty globally, a different kind of vibe,” Webb said.

Although this group of college graduates started out playing on the streets, they have grown to love and appreciate what the experience has taught them.

“You know, like we started on the sidewalks, we're still there and it really helped us start off humble. We weren't shooting for like 'oh we wanna be these megastars like it started off with 'guys we need money to buy groceries or we're going to starve.' So the mentality just

stuck with us and it instilled this sense of humility within us.” Shiroma said.

Umamoto explained how busking taught the group humility and how much they have grown together.

“One of the things that I've learned working with this band, is that there's no room for comfort zones, you know there's no room for desire for luxury, or expectation for the rewards. I've been playing music around town for like maybe the last 8 years and with these guys especially, we start on the streets we play on the streets and it's very humbling.” Umamoto said.

While playing on the streets isn't ideal for profit, Franklin believes that performing on sidewalks is more about the experience and making connections rather than making money.

“Sometimes people give us money, and sometimes they don't and that's okay because, we genuinely enjoy sharing what we do, and sometimes people like to share back and it makes this whole experience a little more. It's a friendly thing; we make friends this way.” Franklin said.

Each member was brought up playing classical music, but they are not restricted to it when it comes to the genres and instruments that they play. From Motown meets Bob Marley to their own instrumental arrangements of Lady Gaga, Streetlight Cadence blends a variety of music to create their own unique sound.

“You know you might have someone who listens to like the most obscure music, and say 'oh I like this' and you might have an older gentlemen say 'I like this'. Just because of the marriage between the types of instruments we use as well as the style of music we present you know there's a lot of intersection that makes a difference.” Umamoto said.

In addition to two successful mainland tours, Streetlight Cadence has recorded three albums: “Thinking of You,” “After the War,” and





“I feel like one really big thing our band offers is sort of upbeat, indie, alternative vibe that you can’t really get here in Hawaii.”
 - Brian Webb

the Na Hoku Alternative Album of the Year, “Just A Dream ~ Amanda Frazier.” They also won first place in the following competitions: The 2013 Hawaii Pacific University Talent Show, The Republik’s Battle of the Bands, Hard Rock Honolulu’s Battle of the Bands, and placed 13th out of 10,000 entries in Hard Rock Rising: The Global Battle of the Bands 2014.

As their following continues to grow, fans have compared Streetlight Cadence to bands like Mumford and Sons, The Beatles, and One Direction.

“It’s cool that there’s something about us that people see as young, and they like our energy. I like being able to give people that kind of energy, I like to make old people feel young, and I like to make young people feel interested you know.” Webb said.

Yet with all this success, Streetlight Cadence continues to grace the sidewalks of Waikiki, giving out CDs and sharing their music with anyone willing to listen.

“I never thought that playing on the sidewalks was going to be a passion, like something I loved doing. But we slowly got better and better at it, and now I’m excited to go play on the sidewalk in front of total strangers... I never thought that this would be so fulfilling.” Franklin said

Although sharing their music is their main goal, they still enjoy forming relationships

with their fans, maintaining a good balance between professionalism and vulnerability.

To do this, the band tries to show that they are not afraid to have fun.

“We offer them this crazy story of four bozo’s I mean, if you look at a lot of these big bands, if its not footage or videos or pictures of them on a stage or like ‘look at us on our private jet’, or you know, like if you look at our Facebook you’d find videos of us jumping out of trees on swings while playing instruments upside down. You’ll find a video of Jon playing music while on a bicycle. ...We want to tell people stories, and like you know entertain them and give them something to look forward to.” Shiroma said

Streetlight Cadence has come a long way from performing on the streets of Waikiki, and each member had some advice for any and all aspiring musicians or bands.

“Don’t feel like you have to sell yourself out to like a manager, quote on quote or anyone who’s been in the music scene for like a period of time to get anywhere. If you’re determined and you have the ambition and the creative drive you can go as far as you want or you can get pretty far just on your own.” Shiroma said

Umamoto stressed the fact that there is no limit to what one can learn. “If you’re making your own path, you know you’re relying on what you’re capable of especially like that’s what music is you know... Every single thing

you can learn about songwriting, lyrics, you know studying other types of music anything you can use to better what you have in your holster, you know your bullets, the better off you are.”

Franklin stated that doing something out of passion and not money is much more rewarding.

“Do something because you love it. A lot of people spend their lives making money so that they can vacation doing something that they love. Alternatively, you could make absolutely nothing doing what you love and you might enjoy it more...”

Contact Information

Chaz Umamoto
 (808) 382-3451
chazumamoto@gmail.com
www.streetlightcadence.com
www.youtube.com/user/streetlightcadence
www.twitter.com/streetlighthi
www.reverbNation.com/streetlightcadence
www.facebook.com/streetlightcadence



Fall in Love

With

Food

Recipes & Photos By:
Kristine Mina

Gingered Kabocha Soup with Toasted Pecan Cream



INGREDIENTS

Yield 6 servings

- 1 medium kabocha squash 3-4 pounds, halved and seeded
- 2 teaspoon olive oil
- ½ cup pecans
- 1 tablespoons unsalted butter
- 1 medium onion, ½ inch dice
- 1 cup, leek, white part only, ½ inch dice
- 1 tablespoon ginger, fine chopped
- 3 cups chicken stock
- 1 cup unsweetened coconut milk
- ½ cup chilled heavy cream
- 2 teaspoons fresh lemon juice
- Salt and Cayenne pepper to taste

METHOD

Preheat the oven to 350 F.
Brush squash's flesh side with olive oil.
Set them cut side down on a baking sheet.
Bake squash until tender (1 hour to 1 hour, 15 minutes).
Remove from the oven and chill until cool enough to handle.
Scrape flesh with a spoon into a large bowl; discard skin.

On a baking sheet, toast pecans for about eight minutes, or until slightly browned and fragrant.
Remove from the oven, transfer onto a plate and let cool.

In a medium pot, melt the butter.
Toss in onion, leeks, and ginger.
Cook over medium heat for 5 to 6 minutes or until onion looks clear or translucent.
Add squash and chicken stock, cover and simmer for 20 minutes.
Stir occasionally.
Uncover pot and continue cooking for 10 minutes or until squash becomes fall-apart tender.
Remove from heat and stir in coconut milk.

In a food processor, or a blender, pulse cooled toasted pecans until finely chopped.
In a bowl, beat the heavy cream until soft peaks form.
Fold in fine chopped pecans and about ½ a teaspoon of olive oil.
Season with cayenne pepper and salt.
Adjust to desired taste.

Puree the soup in a blender in batches.
Return to pot and keep warm.
Stir in lemon juice.
Season with salt.

Ladle soup into bowls.
Top soup with about a kitchen spoonful (2 ounces) of pecan cream.
Serve with slices of toasted garlic and herb bread if desired.





Strawberry Persimmon Crumble

INGREDIENTS

Servings: 6

2 cups strawberries, hulled, med diced

2 cups persimmons, peeled, hulled, med diced

2½ cups granulated sugar

Mix all ingredients in a bowl and portion into ramekins evenly.

METHOD

Heat the oven to 350 F.

Rub ingredients together by hand until crumbs form.

Sprinkle crumbs over strawberry-persimmon mixture.

Bake at 350 F for about 40 minutes or until crumbs turn golden brown.

Optional:

Serve warm with a scoop of cinnamon ice cream.

CRUMB TOPPING

8 oz. All-purpose flour

2.5 oz. granulated sugar

2 oz. brown sugar

¼ Teaspoon salt

½ Teaspoons ground cinnamon

1 stick (4oz) butter

Optional: Add ¼ cup chopped nuts or rolled oats



Hot Cinnamon Pumpkin Latte

INGREDIENTS

Servings: 4

1 cup pumpkin puree

4 cups whole milk

$\frac{1}{4}$ cup granulated sugar

1 teaspoon ground cinnamon

1 tablespoon vanilla extract

PUMPKIN PUREE

Preheat the oven to 350 F.

Brush pumpkin's flesh side with olive oil.

Set them cut side down on a baking sheet pan.

Bake squash till tender (1hr -1hr 15mins)

Remove from the oven and chill till cool enough to handle.

Scrape flesh with a spoon into a large bowl; discard skin.

Pulse pumpkin in a blender stirring in about a cup of milk until smooth.

Combine the rest of the milk, pumpkin puree, sugar, cinnamon, and vanilla in a large saucepan over medium heat. Whisk occasionally and mix well. Bring to a simmer but do not boil.

Portion latte into cups and add whipped cream on top.

Sprinkle cinnamon over whipped cream and serve.





Fashion

Then vs Now



60s to 70s

The 60s were the decade where fashion norms began to change, inspired by social movements. It was the decade dominated by youth culture, wanting to break away from the traditions set by their parents. Trends in the 60s included “modernism,” a subculture of British youth fashion that grew popular throughout the world. Mod fashion reflected youth lifestyle, from listening to bands like The Beatles to going to all-night clubs. What used to be conservative clothing evolved into vibrant colors and bold prints. Men no longer wore traditional colored suits but tight-fitting ones with geometric patterns. Women started wearing miniskirts and dresses that went above the knee. By the late 60s, the hippie movement gradually began to take over. These styles were inspired by earthy, non-Western cultures like Native American. Popular pieces included headbands, tie-dye prints and flowing garments.

The hippie style continued throughout the early 70s, where almost everyone sported bell bottoms and whimsical patterns. In fact, the 70s was the most iconic decade of all, where anyone could wear anything they wanted. However, when the mid-70s rolled in, styles started to tone down. Suits were in—track suits, leisure suits, pant suits, jumpsuits. By the time it came into the late 70s, clothes began to get baggy. It was fashionable to show skin. That meant strapless clothing and men wearing unbuttoned shirts.

Model (above): Corey Crail

Models (below): Kayla Williams and Brandon Dela Cruz



80s

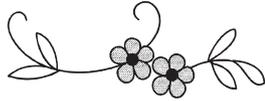
Compared to the 70s, the early 80s wasn't as bright. People began to experiment with neutral colors, showing off the different shades of brown, tan and orange. It was also the era where more women began to experiment with formal attire. Blazers and knee-length skirts were a must-have in the workplace. Bright colors made a comeback in the mid 80s. Neon and sequins were especially popular. Every outfit had to be accompanied by either sunglasses, hoop earrings or bangles. This was also the time where activewear dominated. This meant all the men sported Nikes and their favorite teams on a T-shirt. What started from the 70s and lasted throughout the 80s was punk fashion. This is where the stereotypical image of mohawks, ripped jeans and leather jackets came in.



Comeback Trends

60s

Shift Dresses • Peter Pan Collars
Mini Skirts • Floral Patterns

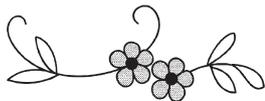


70s

High-Waisted Pants • Floppy Hat
Platform Shoes • Maxi Dresses

80s

Denim Jackets • Acid Wash Jeans
Jelly Shoes • White Sneakers



90s

Babydoll Dresses • Flannels
Crop Tops • Overalls



90s

From the punk fashion in the 80s came grunge. While grunge is a subgenre of alternative rock, the style revolved around messy, unkempt clothing, flannels being the staple piece. Thrift shopping became a way to achieve grunge look. Vintage was in. Styles from 70s and 80s were revived, due to teenagers rummaging through their parents' closets. From oversized sweaters to tying your flannel around your waist, these styles carried their way to the 2000s.



Models: John Husser and Darian Kealialo



Fashion is like the seasons. It's always changing — from creating new trends to reviving the oldies, it's never permanent. Color was one of them. Since the 60s, we've seen colors go in and out of style, now color is everywhere. In fact, one of the newer trends is rocking the all-white look. Whether you follow this year's hottest trend or draw your fashion inspiration from any decade, it's never too late to experiment with your style.





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ELISHA QALO 



Love yourself by: Jordan Randolph

Society's opinion grabs hold
Controlling us, telling us what we should do
We try to fight it, but we have to fold
Still learning that validation comes from you
Easier said than done
When the world has so much hate
They say you're too skinny or you weigh a ton
Used to it, you wonder if the words are your fate
We all want to be in society's clique
Hoping, if we hold our breath and count to three
Maybe, just maybe we'll be picked
We need to stop this pattern, let yourself free

Poetry

Baseball by: Gensen Rabacal

He takes so many things for granted. He thinks of nothing when he journeys out into the night. He doesn't know that his mother cries as he prepares to make his departure or the empty house and aloneness that will take his place. Or even the response she longs for when she asks -"when will you return, if ever?"

He doesn't know the tears that fall from her eyes or that she hits the table when he doesn't show the slightest gratitude for decades of sacrifice or for the prayers she repeats to keep him from getting hit by a car, or getting his heart broken.

How she longs for one more night, one more hour with him.
How she wishes she could stop him from leaving the driveway.
Oh, just another minute. But what can she do?
He has made up his mind. He will not look back--
over his shoulders. He is his own man.

And though she knew this day would come. There was never a good time for her heart to accept God's will. I must be strong, she remembers saying as the last second draws near. All power she ever had is drained away. Her heart breaks in two.

A forced smile comes to her face as he says his final goodbye. He moves to embrace her, but she pulls away, at first, feeling her heart swell into a lump the size of a baseball, his favorite sport.

She says one last prayer and a drop of peace finally comforts her, for she had placed God in his heart to take with him wherever he should go.

He will return one day soon, she hopes, and she says a hardly audible amen. When they embrace, she can't help but look into the eyes of a boy he once was. Now the boy is a tall slender man, ready and waiting to see the world.



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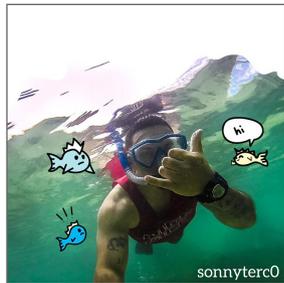
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