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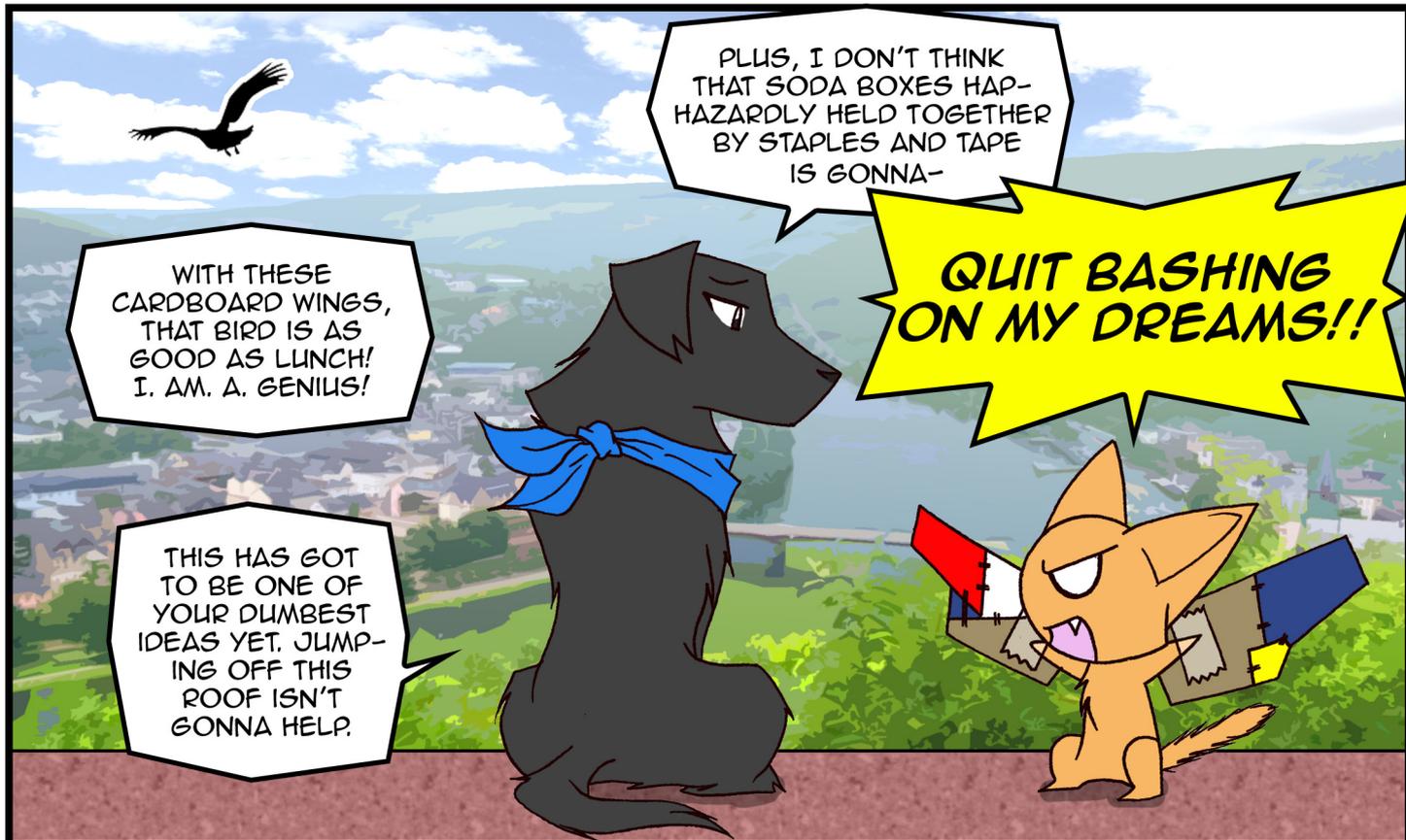


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Cover

Take fun seriously this summer! Our Seriously Fun issue highlights fun-filled activities around town —

things to do with friends, things to do solo, and activities off the beaten path. Have a safe and awesome summer! Photos by Matthew Hirata.

Ka Mana'o Staff

Editor: Leimaile Guerrero. **Writers:** Leilani Ahina, Keokola Akina, Michael Connolly, Bonnie Dabney, Liana Firme, Nalei Halemano, Jessie McGeary, Martinea Trippett.

Photographers: Jasmine Calaro, Cara Caneso-Bonilla, Austin Coen, Matthew Hirata. **Creative Director:** Joel Gaspar. **Layout Designers:** Jayna Gionson, Irene Ilalio, Gabriel Lennon, Zachary Pigott. **Illustrator:** Wilem Viloria. **Advertising:** Karlo Diego. **Copy editor:** Ryan Yamura. **Adviser:** Stanley Lee, stanley@hawaii.edu

Leeward Community College, University of Hawai'i
96-045 Ala 'Ike, AD-220A
Pearl City, Hawai'i 96782
(808) 455-0250 || www.leeward.hawaii.edu/kamanao
[Facebook.com/kamanao.leeward](https://www.facebook.com/kamanao.leeward) || [Twitter.com/Ka_Manao](https://twitter.com/Ka_Manao)

About

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STUDENT GOVERNMENT SUMMER MESSAGE

Greetings once again fellow Leeward CC students! This semester has flown by rather quickly, but there is a lot that we have accomplished. Some of the things that have kept us busy are the first University of Hawai'i Sustainability Summit, Relay For Life, Speak Week, and we also held elections for the new incoming Student Government.

UH Sustainability Summit - Student representatives from each UH campus were able to gather to discuss how we will encourage sustainability at each of our campuses. The student reps decided to create a system wide student sustainability committee, which will help unify all campuses with sustainability. If you are interested in this student committee, please contact Laura Blakeslee at laura26@hawaii.edu, or Raymond Banda at rbanda@hawaii.edu.

On Saturday April 13 Student Life members participated in Relay For Life at Mānoa, which is an event that helps raise monies and awareness for cancer research. The American Cancer Society Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to Celebrate the lives of people who have battled cancer, Remember loved ones lost, and Fight Back against the disease. At Relay, teams of people camp out at a local high school, park or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event. Because cancer never sleeps, Relays are overnight events up to 24 hours in length. For more information about a Relay For Life near you, or if you're interested in participating in the next one,



please visit relayforlife.org. It was a very exciting and memorable experience for us all. As a team we raised a total of \$1646, which will be donated to the American Cancer Society. We want to say a huge thank you to those of you who were kind enough to donate!!

During the month of April Speak Week took place, which was sponsored by Student Activity Board and Student Government. The week focused on Sexual Assault and Domestic Violence. At our monthly tabling event we decided a great way to create awareness for domestic violence was to role play some scenarios that were examples of unhealthy relationships, which can lead to domestic

violence, and is also common in college relationships. With the help from some students who attend acting classes on campus we created two different scenarios, which addressed different controlling abuse by different genders. At each of our tabling events we try to go by a theme of what is being observed for that month, so if you have any suggestions we would love to hear them! Come and stop by the Student Government office and chat with us about any ideas.

Thank you to all the student body that had taken the time to vote in our Student Government elections that was held in April, and a HUGE thanks to the outgoing SG members Liz Bennett, Tracey Imper, Van Hill, Joanna Dingle, and Laura Blakeslee. All your hard work was greatly appreciated and you will be missed! We wish you the best of luck on your future endeavors.

Until next time, we hope you have a great summer and we will see you in the Fall! Aloha!

Contact: leewardsg-l@lists.hawaii.edu, [Facebook.com/LeewardSG](https://www.facebook.com/LeewardSG)

Staff Spotlight: What was the most serious fun you've ever had?



Martinea Trippett: *The most serious fun I ever had was when I was a designated driver for a few friends. We went to a club, and everyone started buying drinks. People were getting so intoxicated, they started dropping dollars accidentally. I just happened to find \$35 on the ground.*



Austin Coen: *The most serious fun I've ever had, was at the Laie beach house summer parties. Six bedrooms, two jet skis, one beachfront hammock and coolers loaded with beverages. What more could one ask for?*



Michael Connolly: *My most serious fun was rock climbing for the first time near Makapu'u Lighthouse. I'm not going to lie it was scary, yet exhilarating because it made me grow through challenge! The best part was knowing I accomplished what I set out to do and the adrenaline rush was amazing. Shortly after climbing my friends and I stopped by Side Street Inn for drinks with pupus.*



From left: Chelsie Galasa, Dj Akeo, Natalia Domingo, Moses Magno

LOOKING BACK AT LEEWARD WAI'ANAE

Writer: Leilani Ahina

Anxiousness, excitement, and nervousness are just a few emotions running through the minds of students completing their first year of college and those who are graduating. At Leeward Community College Wai'anae, both freshmen and those in the class of 2013 shared their college experiences.

For Moses Magno, he's excited about graduating on May 10. Magno will be transferring to the University of Hawai'i-West O'ahu where he will pursue a bachelor's degree in education with a concentration on elementary education.

"I enjoyed my experience at Leeward CC Wai'anae. The faculty and staff treated me like 'ohana. I enjoyed my time here," Magno stated. He will also continue his academic journey to pursue his master's degree in curriculum and instruction, and eventually a PhD in educational administration.

Natalia Domingo will be transferring to

UH Mānoa to major in occupational therapy. Domingo enjoyed her experience at Leeward because her instructors have a laid back teaching style that she has used throughout her time at Leeward. Domingo will also be applying for part-time jobs as an educational assistant in the Department of Education system.

Some freshmen began college thinking it would be all about studying, homework, exams, and midterms, but college has also been about making friends and memories that will last a lifetime.

"I really enjoyed my first year of college, although there were days that I was like, 'ugh, I just want to go home and be on Tumblr all day,' and 'meh, how do you do college?'" said freshman Dj Akeo. "I'm sure we've all had those days, and still do."

Akeo thought that his first year at Leeward CC was interesting. "I was such an introvert when I first attended classes, but

after awhile I learned that I didn't need to be so guarded," Akeo said. "Everyone was nice and open to conversation, the staff was so nice and very helpful, and the classes were cozy. I just really liked how social college felt to me."

When it came to the difficulty of college work, Akeo felt it was a bit challenging but still manageable. Fellow high school classmate and current freshmen Chelsie Galasa loves college and the fact that she is able to set her own schedule and take classes that she wants.

When asked what she thought about her first year at Leeward, Galasa stated, "I loved it, I made new friends and even found some old ones." Galasa also thought that her first year of college was pretty fair, not too hard or too easy.

Photo courtesy of Scott Kuraoka

CAMPUS VOICES

By - Jordan Paguirigan and Cara Caneso-Bonilla

Q - What are your summer plans?



Kuulei Canencia

A - "I plan on going to San Francisco and Oregon with some of my favorite people. Also, I hope to work to get money, get a beach body, and become tanned."



Brandee Heder

"I usually travel during summer vacation and this year I'm going to Las Vegas with my best friend. It's going to be lots of fun!"



Kupono Elmore

"Over summer I'm going to work so that I can get money to travel to New York and the Big Island."

Q - Name one song that reminds you of summer.



Daniel Oroyan

A - "The song that reminds me of summer is 'Rainbow Connection' because it's my high school graduation song."

Describe your perfect summer.



Nissi Taylan

"My perfect summer consists of cruising with my crew, long drives across the island, going to raves, DJing at events, making new friends, eating a lot of food, spending time with my family, and making people laugh."

What are your summer plans?



Vincent Gutosky

"My plans for this summer is to cruise, go to raves, meet new people, and make a lot of memories. I also plan to eat a lot of sushi."



SEXUAL ASSAULT AWARENESS

Writer: Jessie McGeary | Photographer: Joel Gaspar | Infographic by Jayna Gionson

Sexual assaults may be one of the most traumatic experiences that someone can endure. After being abused, mistreated, taken advantage of and tossed on the side like an old toy, it is insane to think anyone could manage to go on living life as if everything is OK. Many victims turn to vices or self-harm due to the psychological effects an assault may have on them.

Stephanie Carranza is an enthusiastic and dedicated student here at Leeward Community College. But despite her bubbly and proactive personality, she battles the trauma of being sexually assaulted.

Before she was 18 she had been assaulted by three different perpetrators on multiple occasions. The first instance occurred before she was even 10-years-old by a close family friend. Several years later, a family member of another close family friend even had the audacity to give her \$20 after sexually assaulting her. There was also another incident with one of her boyfriend's friends at a party.

Statistics by the Rape, Abuse & Incest National Network states that two-thirds of assaults will be committed by someone known to the victim and 54 percent of sex-

ual assaults are not reported to the police. True to those statistics, Carranza had known and trusted two of her three assailants and had not pressed charges against any of them. Perhaps reports are not made because of the shame victims have to endure, or the fear of any legal action. In Carranza's case, it was purely to avoid the pain of having to speak in public and in front of a court and being forced to recite and relive every horrible moment of the experience.

"We need to raise awareness because it's not something that's going to go away. A lot of people don't want to have to deal with or hear about it, but it happens every day," explained Carranza, who shared her experiences in April during Sexual Assault Awareness Month. "If it happened to you, you'd want people to talk about it."

There are support groups, organizations, and trained professionals on the campus and in the community dedicated to supporting victims of sexual assault and spreading the word about this important issue.

The effects of rape and sexual assault proved to make victims 13 times more susceptible to alcohol use and 26 times more susceptible to drug use. Although Carranza may be an involved and vibrant student

now, this was not always the case. Her experiences led her to have serious trust and insecurity issues within relationships. Carranza recalls being addicted to ecstasy for two years, dropping multiple pills a night as an outlet to escape all that she had been through. She also became very self-conscious and battled anorexia and body dysmorphic disorder, never thinking she was "pretty or skinny enough" and "not worthy" of someone actually loving her.

Being sexually assaulted does not only affect the victim though, but also everyone that cares about them. Carranza's boyfriend and parents are both fully aware of the incidents, but do not like to talk about them. However, "talking about it is one of the bigger steps in the recovery process," Carranza explained.

She also stressed the fact that more than anything, people who have experienced these types of things don't always need expert advice, but more so just someone who will listen and try to understand. Instead of feeling sorry for or pitying a victim of sexual abuse, Carranza suggests you just offer as much support as possible.

"Be there for someone and try not to take the way that you feel and think about it too

Sexual Assault Awareness

BY THE NUMBERS



20 to 25% of college women will become victims of completed or attempted rape



9 in 10 college women knew their sexual assault offender



12% of rapes were reported to law enforcement by college women



3% of college men survived attempted rape



Alcohol is the most common date rape drug



IT'S TIME ... TO TALK ABOUT IT!
Talk early, talk often. Prevent sexual violence.



207,754
Victims annually



Perpetrators are:
99% are men
60% are Caucasians



Every 2 minutes, someone is assaulted



54% of sexual assaults are not reported to the police



97% of rapists will never spend a day in jail

Effects of Rape



3x more depression



4x more suicide



13x more alcohol use



26x more drug use



6x more traumatic stress disorder

Sources

<http://www.oneinfourusa.org/statistics.php>

<http://www.rainn.org/statistics>

<http://www.nsvrc.org/saam>

much. When they talk, just understand that it's not just one person but so many other people," she said.

Despite Carranza's experiences, she explained that there are many cases that are more heartbreaking than hers and although raising awareness in students and parents cannot guarantee that it won't happen, it can greatly cut the chances.

She feels that her experiences have shaped her and made her the strong woman that she is today. To continue supporting and reaching out to other victims of sexual abuse, Carranza is currently working towards her bachelor's degree in women's studies and wants to become a psychiatrist for children that have been sexually abused. She knows from personal experience that

she may not be able to heal them completely, but understands the importance of supporting and helping guide them toward a healthy lifestyle instead of letting them turn to vices or suicide for escape. She encourages everyone, whether they are a victim or ally to be strong and speak out.



LOUNGE LIFE

Writer: Jessie McGeary | Photographer: Matthew Hirata

You've seen them gathered around the tables or couches when you enter the student lounge, but it's easy to see that they aren't hunched over textbooks. Instead they are doing something far more interesting, but what exactly is it?

One of the largest groups you may see crowded together in the lounge is actually playing a competitive strategy trading card game called Magic. Reflective of the huge group that can sometimes occupy multiple tables with the game, some of the players have formed an official registered student organization with Leeward Community College, called "The Gathering." The headmen behind this group are president Matt Johnson and vice president Noah Ollice, who have been playing the game for over a decade. Their group presently has around 17-20 members that meet up regularly on Mondays, Wednesdays, and Fridays in lounge.

Surprisingly, a lot of the players in this group did not know each other before meeting up at Leeward. A majority of the players joined the group when they walked past and noticed other players. Leeward isn't the only venue these players go to play though. According to a few of the members, the game is played in tournaments, at home, casually, "or even drunk!" The game is played internationally and despite it being one of the oldest trading card games it still has a pretty large following.

In this game, players are spellcasters and aim to be the last player standing. The players develop their strategies using card combinations and reactions to the moves their opponents make. Players build their own decks depending on the stance they want to take, so the decks can sometimes even directly reflect the players' personalities. One player of a game in progress explained that there isn't one card that is better than all the others.



"It's all about the synergy and how the cards work together," he said.

The Gathering is currently working on a fundraiser to raise money to buy cards so that more people can play for free. One player commented that cards can range in price from two cents to a few hundred dollars. Although it can be an expensive hobby, this group is very enthusiastic and passionate about the game.

Besides Magic, some clusters of students in the lounge are playing Yu-Gi-Oh! or Vanguard; two other trading card games. Both of these other games have anime and manga counterparts and a wide range of international fans. Vanguard is the newest of these three games, being released in English only last year, according to one of the players.

Across the lounge, another group is going head to head on the big screens in Super Smash Brothers Brawl. This game offers the

chance to battle it out between all the beloved Nintendo characters in various familiar game settings.

Devoted Brawl fan Andrew Hernandez is just one of the many players that join in on the fantastic battles that take place in the lounge. He is part of a competitive Brawl group called Gasm that was formed when a group of about 12 people met up everyday just to play the game. Hernandez brings in his own wii and controllers so that anyone can join in the game at the Student Lounge if they want to and although he has known many of the other players since high school, the game has brought together many new people and friends.

Although the widespread monthly tournaments for Super Smash Brothers Brawl have dwindled down to appearing once every few months, these players still have a passion for the game and continue to battle it out in the lounge.

HAWAII JOURNEY



Writer: Bonnie Dabney | Illustrator: Joel Gaspar

Hawai'i was where I got out of the military, my last stop. I wasn't ready to get out, but I was flung out into Hawai'i on my own with no idea what I was going to do. My husband was still deployed, and I was alone in a strange foreign place away from home. I was adjusting from a regimented lifestyle that had all kinds of crazy rules. You could only be friends with people within your job rank spectrum. Hygiene was incredibly specific in a fastidious sort of way. Drug use was prohibited, except alcohol and nicotine, which were consumed excessively, of course. You arrived at work at the same time every morning, exercised with your coworkers, and hung out with them in your free time after work. It was almost like a strange nuclear family.

To make matters worse, this close incredibly organized family I had been removed from was at odds with the local population. That family I'd been a member of had come in, taken over their land, put up fences, and been arrogant and militant about it. I was still incredibly loyal to the family I was estranged from, and suspicious of anyone not a part of it.

Amidst all of this I started attending Leeward Community College. I didn't fit in at all. I was incredibly white, obviously from the mainland, and I had no idea how to assimilate into society. Most of the friends I made at the beginning of my college experience were retired military, veterans, or dependents. I had a grand total of one friend that was local, and even she was an Army brat.

I kept to my safe little group for the first semester, but in the second, I took a creative writing class and my social circle began to expand. I also took macro economics with professor Gholam Khaleghi, and began thinking about majoring in economics. The work was similar to my job in the military, and I

realized I was good at it. I made friends that weren't associated with the military and I decided to sign up for Ka Mana'o. I began writing for Ka Mana'o during the summer 2012 semester. My first article was an interview with an Leeward Community College student that was running for city council. He didn't win the election, but it was exciting to learn more about local politics in O'ahu.

In the fall, I took world religion with Kristine Walters and visited a Buddhist temple in Pearl City, and a Hare Krishna temple near the Pali. I was becoming more tolerant and more open to life in Hawai'i, and was starting to realize that I really liked it here. I was making more friends, and my last semester here, I've been way more involved on campus, attending veterans events, plays, acting out of scene for student

I was becoming more tolerant and more open to life in Hawai'i, and was starting to realize that I really liked it here.

government's Domestic Awareness Month, and participating in Leeward CC's student fitness club afterschool. It was strange when I real-

ized I'd found a place in this community. I couldn't even guess how it had happened until I sat down to write this article.

When I got it all down on paper, I could see it clearly. I could see how and why I came to love living here. I was proud to have gotten my driver's license here, to have that crazy colorful little I.D. in my purse. I liked spam musubi, chicken katsu, kalua pork, mac salad, POG, and Aloha Maid drinks. I didn't mispronounce things as often, and most importantly, I didn't want to leave anymore. I've realized how much I am going to miss this place. I'm glad I got to experience it for a little while at least. So I send out a warm mahalo to you Hawai'i, especially to Leeward, it's been nice hanging out with y'all.

Our staff bids Bonnie Dabney a fond aloha as she transfers to a university in California.

SWIMMING CHALLENGE

Do you want to feel better, look great, gain strength and enjoy while doing it? Try this challenge!

Writer: Michael Connolly | Photographer: Austin Coen

One way to enhance your appearance and physical abilities is by completing this Swimming Challenge twice a week over the summer. This challenge is to motivate all levels of swimmers and encourage regular exercise. The more exertion you put into the challenge the quicker your times improve. A watch is required to time yourself and keep track of your times. You may do the described strokes in any order but complete all strokes as fast as possible. If needed, you may rest.

1. **Backstroke-** Starting position will have you floating on your back. Keep your body aligned with the surface of the water. Propel forward with leg kicks and rotate your arms above your head in quick succession. Ensure that you pull the water beneath you to increase your speed. Do 50 strokes.

2. **Front Crawl-** This is your basic freestyle stroke. Many swimmers use it in freestyle competition because it provides the most speed. It is a rather simple stroke and it requires you to keep a straight body. Begin kicking hard and bring one arm over your head driving it downward scooping water and repeat with your other arm in succession. You will need to take your breathes in rhythm with your strokes. Do 100 strokes.

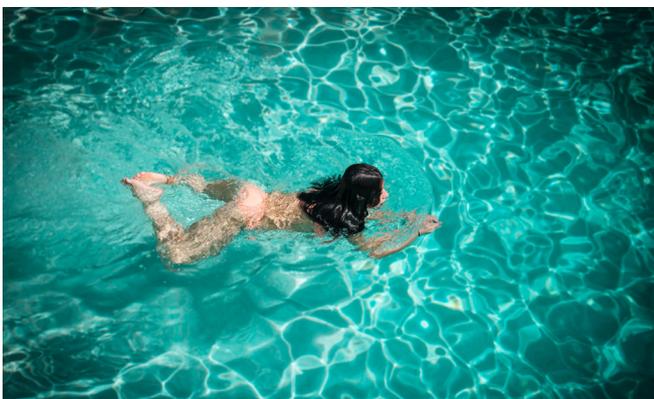




TIPS

- *Less Rest = Better Times
- *Go Harder = Improvements
- *Cheating = A Lesser You!
- *Be honest and accurate about your times

3. **Breaststroke**- My favorite stroke, it requires you to use a frog-style kick and your stroke will start at your breastplate. Then bring your hands straight ahead in line with your spine. Next you will use a sweeping motion outward toward your hips trapping water with your hands to propel you forward. Do 50 strokes.



4. **Sidestroke**- It requires only one arm and holds vital importance because it can be used to rescue someone. Starting position will have you floating on your side. Reach in front of you with your submerged arm, trap water with your hand and pull yourself forward while lightly scissor kicking to help you glide forward in the water. Do 30 strokes each side.



Model: Kiana Dela Cruz

FOOD CHALLENGES

Writer: Austin Coen

Photographers: Austin Coen & Joel Gaspar

How much food can you handle? We thought we could handle a lot until we tackled some of the famous food challenges on the island.

There are more challenges such as The Larry, a \$11+ shave ice at Shimazu Store in Liliha. But we ran out of stomach room for that one.

This summer, take on these if you dare. And send us your photos of what you defeated or what food defeated you. We'll post it online at www.leeward.hawaii.edu/kamanao



MAC DADDY PANCAKE CHALLENGE

The Challenge: Eat three 14-inch pancakes topped with either blueberries, walnuts and chocolate chunks, pineapple, coconut and macadamia nuts, or cinnamon streusel with vanilla glaze at Mac 24/7.

- **Time Limit:** 90 Minutes
- **People:** 1
- **Prize:** Pancakes are free, winners receive an official shirt and photo on the wall of fame and website.
- **Rules:** You have 90 minutes to complete the challenge and may not leave your seat.
- **The Facts:** Mac 24/7, located in the Hilton Waikiki Prince Kuhio Hotel, is home to the famous Mac-Daddy pancake challenge as seen on "Man vs. Food." One would assume that they are in for a menu loaded with quickly prepared breakfast foods as opposed to an upscale dining experience. Although this was just my assumption Mac 24/7 has been awarded with Top 5 "Best Hotel Restaurant" in Honolulu Magazine (January 2009) and "Best Late-Night Eats" in Best of Honolulu 2008.



The Experience: Parking in Waikiki will never be something to get excited about, but with validation, the Prince Kuhio Hotel offers a cheap \$3 rate for three hours. Instantly as you enter the dining and bar area, the persona of an upscale New York City ambiance comes to mind. Heather, our mature yet spunky waitress, takes our order and then immediately flips her tone and physical expression.

"You are doing the Mac-Daddy Pancake challenge? Great! Let me show you the wall of fame as you are going against a ratio of about 30 winners to 240-plus losers," she explained.

This wall of fame is not as small or big as you would think, but the success rate can torment the ego. Alas my order is made. Hot and wild blueberries with vanilla glaze. With my back facing the kitchen, a chef sneakily rolls a cart behind my chair. My friend directly in front of me dilates his pupils and drops his bottom jaw. There was only one meaning for this, and the built up anxiety had finally caught up to the back of my esophagus. The order was ready and Heather was at attention with her handy watch. It was 10:50 a.m., and the bright garden view outside of the dining area beamed with energy.

"Ouch! Geez! Why so hot?"

These were the initial words uttered as I began to shove strategically-sliced pancake triangles down the back of my esophagus. The roof of my mouth was burnt. It was too late. Makes me wish I remembered our waitress' tip of separating the pancakes between plates in hopes of cooling them off. Slowly but surely I polish the first of three 14-inch pancakes.

The overwhelming flavor of blueberries, fluffy, mouth-melting pancakes and vanilla glaze hits my mouth at full speed. Honestly this pancake would have been the greatest plain pancake that I have ever tasted. The type of dough, flour or ingredients was definitely exotic in taste. I'm no connoisseur of pancakes but I will guarantee the reader that Mac 24/7 is the place to be at all hours of the day, whether it's a heavy feeling for munchies or just the exotic breakfast experience.

Now back to the challenge, I notice that there is just under an hour left. The pancake appears to be getting bigger as I am only one and a half of three pancakes down. The coffee, orange juice and water all aid to my need for flavor change, as the pancakes begin to lose flavor and texture. Now the clock

has passed over the hour mark and I'm repugnantly nauseated. Heather comes over to cheer me on, but little to her knowledge, my friends have already folded me a white flag symbolizing defeat. The Mac-Daddy Challenge ends and I'm just happy to hold down what was once two pounds of thick doughy flapjack heaven.

Heather's tips to winning

Most challenge winners ate everything before the one hour limit. "So eat fast and don't ponder your plate."

As bad as you think you might want water, stay away from it. The pancakes will expand within your stomach

The pancakes are fresh off the griddle so use extra plates to separate pieces and cool them off. "A burnt mouth will only set your backwards."

Change up the flavor as past winners have used orange juice, coconut syrup, bacon and even ketchup to bring the appetite back.

You may not leave the restaurant but some competitors find it helpful to walk around and even do some yoga stretches to calm the digestive tract.

FAIL





BLAZIN' WINGS CHALLENGE



The Challenge: 12 blazin' hot wings

- **Time Limit:** 6 minutes
- **Rules:** no water, no napkins, no leaving your seat
- **People:** 1
- **The Facts:** Buffalo Wild Wings' chicken wings are never frozen. Serving up so many fresh wings isn't easy, but greatness never is. The boneless wings are 100% white meat chicken. Years of perfecting sauces and seasonings go a long way when ranging from sweet bbq to mango habanero spice. Currently located in Waikiki, a second location is coming to Pearl Highlands Center this summer.

The Experience: Ka Mana'o staffer Joel Gaspar thought he could handle the heat. He left in a pool of tears.

Q: What did you do to prepare for the blazin' hot wings challenge ?

A: The day prior I went through about 6 glasses of water, in order to detox the body of caffeine abuse. Other than that I love hot food, so bring it on.

Q: What part of the pre-challenge rules stuck out to you the most ?

A: The time limit barely scared me. Then she brought out the wings and went on to let me know that there will be no liquids, napkins or breaks in between the challenge. The 12 smothered wings appeared to be drowning in "Blazin' Sauce."

Q: Did you even read the waiver

form given to you before the challenge began ?

A: A staff member would always bring his homemade habanero/ghost chili pepper salsa. So all in all I felt conditioned for such a challenge.

Q: Initial thoughts after your first wing ?

A: Well, after the first wing ... actually it felt like Satan was having a rave on the walls of my cheeks as well as my tender outer lips.

Q: Did you complete the challenge? And if not, where did you finish and what held you from completion ?

A: Dude I only made four out of the 12 wings and it was pathetic to say the least. Every damn chicken breast or wing doubled in heat, and I was mentally beat. My confi-

dence broke after the first wing

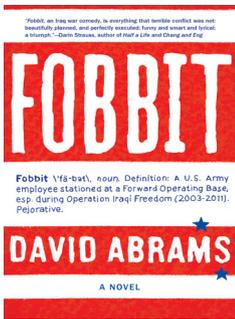
Q: Is there any advice you could give to future challengers ?

A: Is there a limit to the advice I could give you? But I would say swallow whole pieces without chewing them in hopes of not spreading the blazin' burn.



SUMMER READING GUIDE

Writer: Bonnie Dabney



FOBBIT

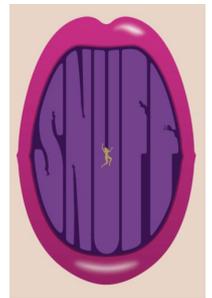
By: David Abrams

Fobbit is a satirical look at deployments during Operation Iraqi Freedom. The author was a public affairs officer and used his personal experiences to pen this fictional account. It is set on a Forward Operating Base in Baghdad and bounces back and forth between the daily lives of the infantry men sent out on patrol and the soldiers within the walls of the FOB that are tasked with writing news articles about what the infantry men encounter on their missions. This book chronicles the humor and misery of being deployed, the tedious bureaucratic madness that the public affairs soldiers experienced, and the crazy situations the infantry guys got into while on patrols. Funny and insightful, this book is the perfect read for anyone who has ever wondered what a deployment nowadays is really like.

SNUFF

By: Chuck Palahniuk

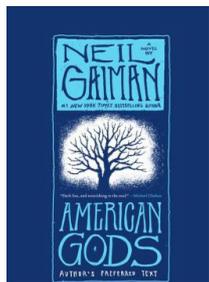
Once again Chuck Palahniuk shocks and entertains with this deliciously sarcastic look at the porn industry. A washed up female porn star is trying to get her one last hurrah with the largest gang bang in history. This intrepid woman realizes she may die in the undertaking, but she wants to be remembered. The story is told from the perspectives of three men participating in the film, and the talent wrangler who is organizing the whole event. This novel explores gender stereotypes and the repercussions of getting involved in the pornographic industry. As per Palahniuk style, there are tons of fascinating little factoids and witty catch phrases that will stick with the reader long after they have put this novel down.



AMERICAN GODS

By: Neil Gaiman

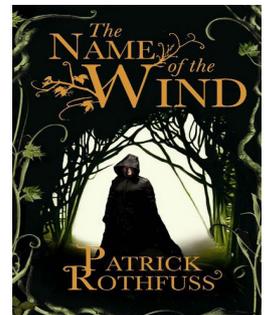
This novel tangles with the idea of what belief in America really means. It's part road trip part mythology. Its protagonist navigates the silent battle between the old gods people brought with them to America and the new ones they discovered when they arrived. The story defines what America is, a great melting pot of cultures and beliefs, and asks what happens when people abandon the old gods. Do they just go away, or do they linger on, living amongst us. These once powerful figures are left with no recourse because everyone simply forgot them. It's fascinating, philosophical, and yet a wonderfully pleasant read.



NAME OF THE WIND

By: Patrick Rothfuss

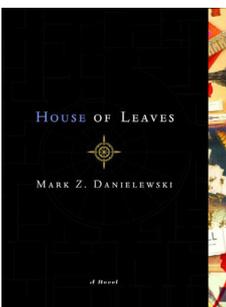
This fantasy novel is more than your average fantasy novel. It's an epic story that is guilt free fun reading. I say guilt free because strewn throughout this book and its follow up A Wise Man's Fear are little tidbits from literature, philosophy, and pop culture. It's set in a fantasy version of Europe during the Renaissance, but it doesn't follow the power plays of the nobility like Game of Thrones does. It focuses on a fairly normal young man who is thrust into the spotlight by circumstances. The characters are rich and funny and the story is riveting. Even if fantasy isn't usually your bag, this book is worth a second look.



HOUSE OF LEAVES

By: Mark Z. Danielewski

Read this one with the lights on. This is hands down one of the creepiest books I've ever read. The format is incredibly unique, part pseudo-documentary, part movie critique, and part descent into madness. A man finds his crazy old neighbor's manuscript when he passes away and starts trying to piece it together. The manuscript is a movie critique of a documentary. The catch is that the old man was blind, and the documentary is incredibly creepy. As the man continues piecing the manuscript together his sanity slowly begins to unravel. The novel switches back and forth between the critique, the description of the documentary itself, and the man's notes on the manuscript. It's artfully done and stylistically inventive. Don't read it after dark unless you plan on investing in a night light.



HOMESTERS GUIDE TO LIFE

Writer: Jessie McGeary

* * * *

There are those that spend their free time scaling the ever captivating mountains, those that rip around turns at full speed in their sports cars, or those that thrive in the night scene and go out to clubs or parties routinely. And then there are those of us who are too lazy to get out or rather just enjoy the comfort of being at home. But with so much time on your hands at home, what is there to do with it?

What you do obviously depends on your own personal interests. Whether you want to learn something new, make something out of everyday household supplies, reorganize, go through old memories or just sleep for a while, there is always something you can do.

Q-Tips

For some people, boredom arouses a creative side that doesn't usually get the chance to shine. If you're the type with this intuition then take it and turn it into something super crafty and innovative. You don't need a lot of fancy art supplies or a specific tools to start an art project. In fact, you can find countless possibilities with whatever household items you have laying around. One idea is making a pointillist style painting out of Q-Tips. All you need is some Q-Tips, any type of paint you have laying around, and something to paint on. This kind of project offers complete freedom, and you don't have to limit yourself to paint but can use pens, markers, sharpies, or even crayons. The idea is to create a picture out of dots or varying sizes and colors.

Make French toast

Everyone's heard of eating out of boredom, but instead why not actually cook and make something you haven't tried before? Before you pull out a hot pocket and simply push a few buttons on a microwave, look up a simple recipe for a fancy meal or try some cute snack time ideas. A super quick and easy example of this is French toast kabobs. Simply whip up a few slices of your favorite french toast, cut them into little squares,

shove a barbeque skewer through them and accessorize! Add some chunks of fresh fruit such as bananas or strawberries and a sprinkle of powdered sugar or fry up some sausage and bacon and serve with a syrupy dipping sauce. This recipe is completely customizable so you can add on anything you want to go with your new spruced up breakfast!

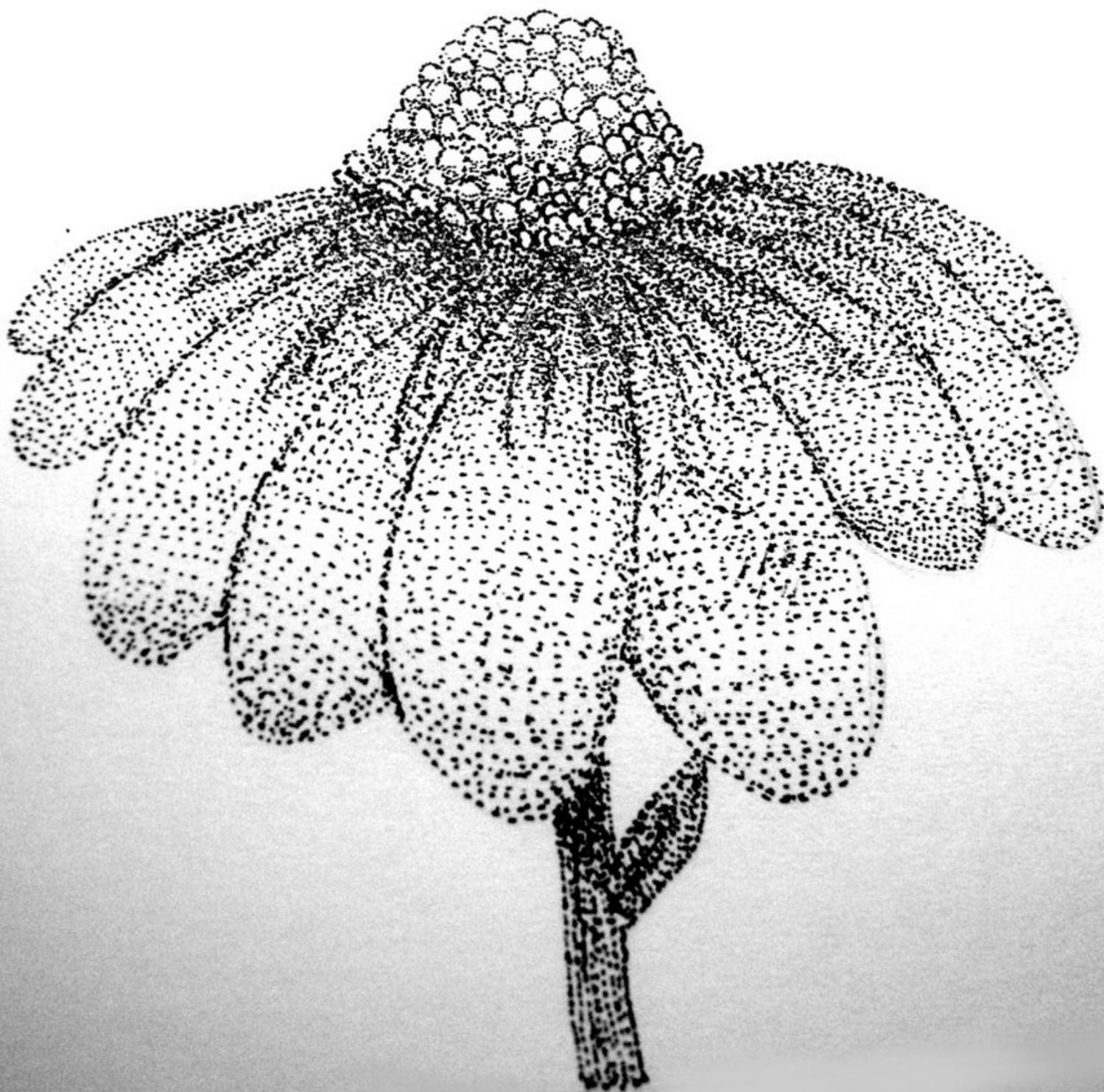
Clean

Aside from all these fun crafty types of things people find to do at home, there is also the rare but possibly most productive type of homester — those that clean. Many people may not find cleaning and organizing to be the most exciting thing to do, but there are definitely ways to make it fun and even profitable. While you are sorting through your old clothes or knick knacks, why not put out a sign and have a yard sale? All this requires is a table or something to set out your old stuff on, some petty cash for change, and a chair to sit back and watch the mess that built up storage become someone's treasure. This is a really easy way to sort through and get rid of some of the things that you don't need anymore or were creating clutter and make a little extra money for yourself. As far as advertising, you could be as simple as a sign by your mailbox or community and social media postings. Don't want people around your house or having to deal with the setup? Look into websites where you can sell your stuff like Ebay or Etsy, and do everything straight from your living room.

Instead of wasting another minute on Facebook or sitting at home wondering what you could possibly do with all your free time, try finding something to do around your house that you will enjoy. Who knows, you may end up with a new masterpiece to show off or the start of a new vacation fund!.

Image courtesy of deviantart.com

“This kind of project offers complete freedom, and you don’t have to limit yourself to paint but can use pens, markers, sharpies, or even crayons. The idea is to create a picture out of dots or varying sizes and colors.”



UNCONVENTIONAL FUN

Compiled by: Leimaile Guerrero, Martinea Trippett, Austin Coen

Summer doesn't need to be the same routine you do every weekend. Try something new like a sport, a new restaurant, or meet new people. Worried about money? There's things to do that won't break your wallet. Step out of your comfort zone, explore the island, and you'll make this a summer to remember.



Savers

College is a time of free spirits and sporadic events. That is why you should take your friends to any Savers thrift store located in Waipahu and Kalihi. Your task: take a friend of the opposite sex and set a budget for thrift clothes shopping. Take this friend around the store and agree on something they would like. I challenge you to find that vintage T-shirt, aloha shirt, khaki pants, jacket and wear it to Leeward Community College in the fall semester.

50th State Fair

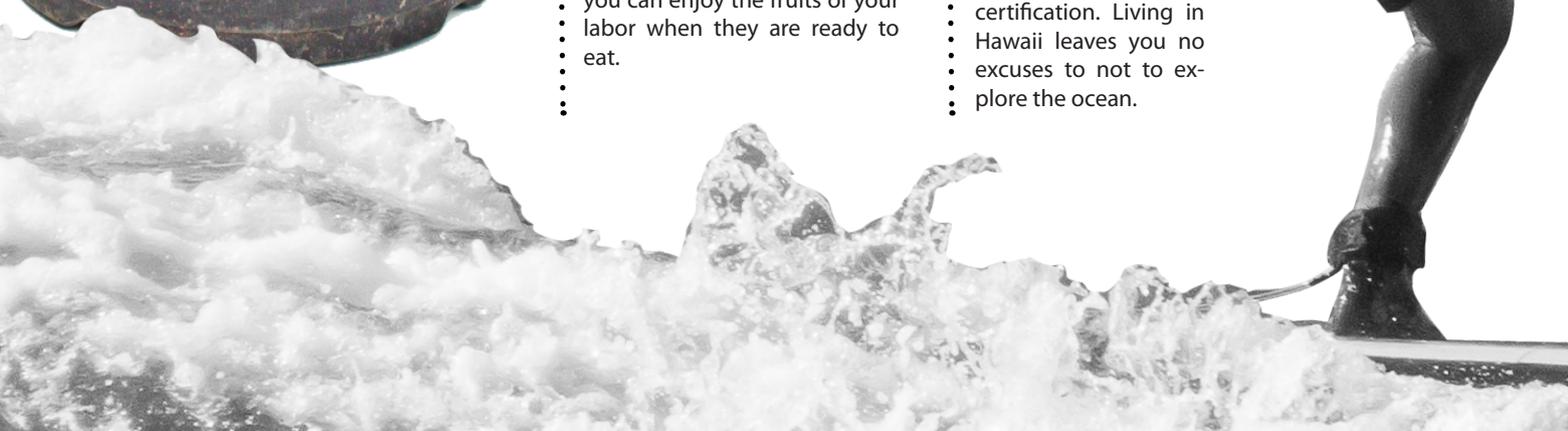
Starts May 24 and runs every weekend until June 30 at Aloha Stadium. There are rides, games, food, and entertainment. More at www.ekfernandez.com

Grow a plant

Plant a seed and watch it grow. Summer is the perfect time for growing a variety of vegetables and fruits. Tomatoes and herbs for example are easy to grow even in an apartment. Not only do they reward you daily with their progress, but you can enjoy the fruits of your labor when they are ready to eat.

Get scuba certified

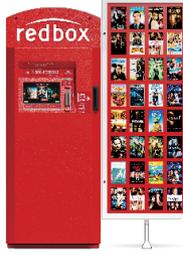
Take advantage of the calm ocean conditions and dive in. Most scuba diving courses last about a month and allow you a lifetime certification. Living in Hawaii leaves you no excuses to not to explore the ocean.



MeetUp.com

No, it's not a dating site. MeetUp.com is a site where people with similar interests can join a group and plan activities together! Speak another language? There's a group for that! Love hiking? There's a group for that! Looking to socialize and hit up the best parties in town? Yes,, there's a group for that! With no limit to how many groups you can join, and the option to start one of your own, MeetUp.com is a sure way to fill up your summer with new people and experiences.

Redbox



houses a Redbox DVD rental machine. You pay for the \$1/night rental fee and then have a friend split the costs for a few popcorn packs and last but not least, a fat bag of arare. Enjoy!

This sure beats driving to the theatre (gas money), paying (\$10) for a movie and possibly falling for the buttery box of popcorn delight (\$7+). Go to any Foodland or supermarket that

Yelp!

Chances are you're already familiar with Yelp! if you've ever searched for reviews on a local business. But did you know Yelp! also hosts various events which are often open to the public, and always a great time? Under the "events" section of the site, you'll find a list of community events, some of which include funky acronyms like "UYE", "IYE", and "CMYE". These all indicate Yelp Events! A "UYE" is an "Unofficial Yelp Event", which is an event hosted by a regular Yelp user. These events are usually centered around food and friends, but can also include shopping groups to try new stores or charity events. Much like MeetUp.com, anyone with a Yelp! account

is free to host a UYE of their own. "I" (Intern) and "CM" (Community Manager) Yelp events are put on by Yelp employees, and usually have a guestlist, but don't worry, all you need to do is make a (free) account, drop some local business knowledge by writing reviews, and all events are open to you.



CorePower Yoga

Do you like free trials? Curious about a yoga class? CorePower Yoga located ground level of Kahala Mall may broaden your options. The studio offers a free week trial of its classes. There are classes for all ability levels, from beginner to hot yoga to yoga with weights. More online at www.corepoweryoga.com

Bay of Dreams

Learn how to stand-up paddle for free. Yes, you read that correctly – make your way to Pokai Bay and get acquainted with George Kaliilikane, the man responsible for teaching thousands of paddleboard newbies the proper form to have fun in the sun enjoying this aquatic pass-time. Uncle George, as everyone calls him, is out there spreading the knowledge every chance he can get, and keeps everyone informed of the lesson schedule via his Facebook page (facebook.com/bayofdreams). His motivation for giving free lessons? Well, that's a story best told by the man himself, so check out his Facebook and make it a priority to visit him this summer.

DO A DAILY CHALLENGE

Pick a duration of a week or month to set a daily goal, and accomplish it. Think outside the box! It could be something as easy as a photo challenge, experiencing something new every day, work out daily or meet someone new. Not only will you enrich your life, but you will have a summer to remember forever.

Matthew Hirata photo





Writer: Martinea Trippett | Illustrator: Wilem Vilorio

PRE-GAMING

Always know The Plan

Always know where your group is going, at what times, with whom, and what time you're all heading home. This may sound like a party damper, but trust me, you'll want to have points of orientation for when someone goes M.I.A. a phone is lost, a fight breaks out, or any other crisis occurs. Make sure phones are charged, numbers are exchanged, and everyone is informed to ensure a great time.

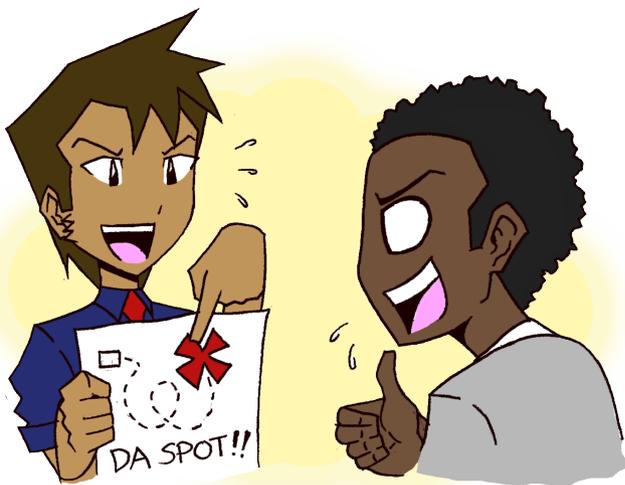
Make sure you get to the party!

Pre-gaming is a great idea; it's cheaper than buying drinks out on the town, you can make your own preferred mixes, and you get to catch up with friends before your DD (designated driver) smartly and safely brings you to your party destination! However, keep in mind that the pre part of pre-gaming is

the most important! Don't overdo it and miss the whole shebang! Give yourself a limit on how many drinks you're planning to have throughout the night if you're drinking, and include the pre-game beverages. Again, this may sound like some major policing in the party department, but you'll miss out on all of the memory making if you K.O. before you step foot out the door.

Have a plan B

In the words of Forest Gump, "Sh*t happens." Have a plan B for when it does. Be able to find an alternate ride home (for everyone, not just yourself) and be prepared to stop, assess the situation, and get out with your crew if necessary.





BATTLE BUDDIES

NEVER leave a battle buddy behind

Seriously. NEVER. You and your buddy have agreed to go in and get out together, and that kind of pact should never be forsaken! With all of the crazy stories people tell about getting separated and having Willy Wonka-esque adventures, it can be difficult to de-glamorize a night of crazy solo partying, take the battle buddy pact seriously — a battle buddy should be someone who will keep an eye on your drink when you head to the bathroom, stop you when you're too messed up for another round, and see that you get home safely.

Know your buddy

This may sound silly, but make sure you actually know who your buddy is before you decide to get all ride or die with them. That new co-worker who seems like a wild time? Not your buddy. The clean-cut classmate from high school turned club rat? Not your buddy. Your buddy should be someone tried and true, someone who you've already been out with in a group setting. They need to have proven their level headedness and resourceful nature when the going gets tough and decisions need to be made. This is someone you should feel completely safe with — just think about the worst-case scenario and whom you'd want by your side to work through it.

Know when to get a new buddy

We're not always the best judges of character; it's okay to ditch a sketchy battle buddy and find a better (preferably the best) one! If your current battle buddy is great at hyping you up to go out, then disappears when you get to your party destination, you'll want to shop around for someone a little more reliable. Remember, you should both have the understanding that you're taking care of each other when you go out. At the very least your buddy needs to be able to assure that you get home safely. They can't do that if they're nowhere to be found! Other buddy no-go's include taking and posting unsavory pictures of you on ANY social media sites without your knowledge, refusing to help you if you are too inebriated, or only keeping you around until a preferred opportunity comes along.

RECOVERY

Clear your schedule

Going to work or class hungover is NOT a good look. Make sure that if you plan to go rage face the night before, you have no pressing matters to attend to the day after. Keeping a tally of drinks while you're out will help keep some change in one pocket and move one coin to the other every time you have a drink. There are also bracelets designed to keep track of how many glasses of water you've had and available online www.chelseacharles.com. Whatever helps to prevent a hangover is strongly advised, but making sure the whole world doesn't know you're hurting the next day is important as well.

Know your hangover comforts

If having a big, fat, greasy meal for breakfast the next day makes you feel better — get one! If you can't stomach the smell of dairy products the next day — avoid them! Do whatever it is that makes you feel better the next day, even if that means sleeping the day away (you cleared your schedule for that, remember?). Regardless of what your day-after rituals include, make sure lots of water is included — hydration is the key to hangover salvation!

Take notes for next time

Take note of how you're feeling if you do get a hangover. Do you have a pounding headache? Not being able to eat anything without throwing up? Not remembering if you actually had fun or not? Chances are, as much fun as you had the night before, it wasn't worth a day of misery. Think about what you'd do differently if you had the chance, and the next time you decide to go out, make it an even better experience by reining in the urge to overindulge. Let your battle buddy know of your plans or drink limit. Listen to the plan beforehand to see if the locations your group is going to suit your limits, and don't feel pressured to keep pace with anyone!



BROADEN YOUR FOOD PALATE

Text & photos by // Joel Gaspar & Martinea Trippett

There are hundreds of eateries across the island and many offer unique dishes that are worth trying. Our food spots cover a diverse range of old and new restaurants, some are hole-in-the-wall and some are ethnic. Never had Indian or Middle Eastern food? We have recommendations for those. Looking for Latin cuisine in Wai'anae? We found one for you. Eat something new this summer and broaden your food palate.



//Andy's Subs and Smoothies

Want to know what angels in heaven eat? With a staggering five-star standard rating on Yelp, this place is one for the memory books. Weather you're vegetarian, vegan or a straight up T-Rex, you have a place here. Andy's ahi avocado melt with papaya sauce is a unique and perfect marriage of contrasting flavors and ingredients that is bound to create a flavor parade in your mouth. With one of the most diverse mix of sandwiches, ranging from roast beef, pastrami, turkey to veggie, you will never grow tired of this place.



//Makoto Sushi

With a plethora of sushi joints littered across town, it's kind of hard to find a place to gravitate to. Enter Makoto Sushi, a dainty-sized hole-in-the wall sushi shop with cheap mammoth portions and an incredibly tantalizing signature taste. Every order you get will come prepared by an artist. Reminiscent of that of an abstract expressionist, its sushi is a color splash of vibrant colors that is decadently composed and glazed with Makoto Sushi's signature sauces. Its ahi roll was a marvel for the eyes and enough to make a 230-pound grown man tap towards his last roll.

//Monkeypod Kitchen

Ko Olina's newest dining experience, Monkeypod Kitchen, is something that has to be tried at least once. Open for lunch and dinner, Monkeypod's philosophy is to keep everything as fresh and local as possible – a philosophy that emanates from the food and staff (both of which are awesome). The Hamakua wild mushroom pizza is my recommendation for a delicious non-tomato based pizza; just like all their pizzas, it's made from scratch and cooked in Monkeypod's very own pizza oven (which was made in Italy and handpicked by the chef!). The fresh fish tacos pack a mighty citrus flavor, thanks to the fresh lime that comes with every order — highlighting the fresh salsa and avocado cream sauce. The fresh gnocchi is uh-ma-zing; little melt-in-your-mouth pillows of potato flour pasta sit on a bed of tomato coulis, local chard, sautéed mushrooms, and chevre cheese — a DEFINITE must-try if you've never had gnocchi before. Monkeypod also boasts a range of handcrafted cocktails, which are half-priced (along with most pizzas and appetizers) during daily happy hours. Their top-selling cocktail is its take on the classic mai tai — served with a lilikoi foam and pineapple slice — it's easy to taste why this is their top seller! Desserts include a variety of house made pies, gelato, and sorbet — all of which are a great way to end your meal. The staff is all wonderfully educated on the food and drink — just ask if you have questions about anything, and be prepared for some gastronomic knowledge to be dropped on you. Monkeypod is a name that will be rolling off my tongue in recommendation for a long time, and after your first visit you'll understand why.





//The Fat Greek

Greek restaurants aren't a dime a dozen here on this island. One of the very rare places here is the Fat Greek. Walking into the Fat Greek you'll automatically be engulfed in a very intimate and earthy ambience. It's a very chill yet classy atmosphere. Their menu is very robust and diverse, ranging from dishes like mousaka, a Greek lasagna layered with ground lamb and beef marinara sauce with grilled eggplant to the hefty \$66 Kings Platter, a massive plate decked with chicken, fish, lamb souvlaki meat, gyros, falafel, shawarma, garlic shrimp, pita bread, tzatziki and house hot sauces. Finish it off with some baklava, a famous Greek desert and you'll feel like you've been transported into a foreign country.



//Himalayan Kitchen

If you're not familiar with Himalayan or Indian food in general, I would definitely recommend Himalayan Kitchen. Servers are knowledgeable about food preparation and flavor profiles, and were quick to recommend some dishes according to our tastes. The chicken bhuna was one recommended dish – bursting with savory flavors, I'd recommend this dish for those who are afraid of too much heat, although all dishes can be made to whatever heat level you prefer. The fish madras was our other dish, which we ordered with a medium spice level. Again bursting with flavor, this dish was great with the garlic naan bread and garlic cilantro sauce that came with our order. If one of your orders gets too hot for you, a rose lassi will even things out — made with yogurt and rose water, this drink is the perfect pairing for any spicy dish. Dessert includes a house made ice cream, which can be enjoyed while watching the live belly dancing that goes on every first and third Sundays at 7 p.m. Himalayan Kitchen is BYOB friendly, and provides a bottle opener for wine bottles. I'll definitely be back, and would encourage others to find a reason to drop in.



//The Whole Ox

Like beef? Do you like your burgers, thick, juicy, and free range? Well, the Whole Ox Deli will give you a feast that will tickle your taste buds, soothe your appetite and ease your conscience. As a newly established eatery, this restaurant is reeling in the customers under the umbrella of the newly revamped Kaka'ako. With a progressive movement on sustainability, local and organic eating, the cooks and chefs at Whole Ox have made it a point to make your meal as fresh, fulfilling, and oh so flavorful. The thick and voluptuous dry aged burger covered in cheddar and decked with Whole Ox's signature sauces will glisten under the sunlight and will leave you salivating before your first bite.

//Coquitos

Coquito's is one of the few non-fast food restaurants in Wai'anae, and while it left me wanting a little more as far as taste and overall experience, hopefully they'll be around for a long while to grow and improve. Serving a mix of Latin food, Coquito's is run by a pastry chef turned restaurateur. The décor is decidedly casual, with two lovebirds greeting you at the door, and small tables filling the indoor dining space. The empanadas come four to a plate, and quite honestly, left me disappointed — while delivered piping hot to the table, the thick cornmeal crust on each empanada was flavorless and a little tough to chew; the shredded beef filling inside was under seasoned, but somewhat saved by the delicious fresh salsa that was served on the side (don't be afraid to ask for more). Entrees include sandwiches and other typical Latin fare, such as pasteles and mofongo. The mofongo is definitely my recommendation for any first-timers who don't want to leave disappointed; heavily seasoned with garlic and butter, the mofongo (mashed plantains) can be served with several different choices of protein including shrimp, steak, and chicken (a vegetarian option is also available). It comes with a salad and your choice of two side dishes — I opted for the tostones (twice-fried plantains) and gandule rice. The tostones were a little bit of overkill, since my main dish also included plantains, and it would have been nice to have had recommendations from our waitress as to what would best compliment the entree. The gandule rice was flavorful, with pieces of bacon found throughout. The mofongo itself was heavily seasoned, and had a texture like overcooked stuffing — I'm not familiar with mofongo, so I'm unsure if that is what it typically is like, however it wasn't unpleasant or dry, just firm to the bite and starchy. The chicken that topped the mofongo was, unfortunately overcooked and dry, a problem I remedied with some more of that salsa from the empanadas. For dessert, I would highly recommend the tres leches cake, a popular cake made with three kinds of milk, which are absorbed by the cake. Served cold with a strawberry on top, the cake was the highlight of the meal. Sweet and crumbly with the milk, this cake is perfect for the upcoming summer months. Would I recommend Coquito's? Yes. However I would also encourage patrons to voice their opinions to help with fine-tuning of seasonings and preparation — especially if you're familiar with Latin fare!

.....



//Da Falafel King

SHAWARMA. That's why! Fluffy, chewy pita-like bread filled with meat, vegetables, and creamy sauces, cozily wrapped up in a foil catchall for stray ingredients as you chow down. If you eat in, which I'd advise at least once, your order comes with an array of side dishes, which include hummus, pickled vegetables, and couscous salad among other things. Vegetarian options are easily available, and while the restaurant itself is quite small, the staff more than makes up for it with their attentive ways and big smiles. The Turkish coffee is a great way to end your meal; served with a small dish of sugar and two tiny cups, the coffee has a rich taste, and is delicious with or without sugar. If you get claustrophobic, you should probably opt for take-out, but eating in is definitely the way to go if you're looking to share a close conversation with friends and enjoy some awesome food.



//Andy's Subs & Smoothies
2904 E Mānoa Rd
Honolulu, HI 96822
(808) 988-6161

//Da Falafel King
2239 S King St
Honolulu, HI 96826
(808) 949-2239

//Himalayan Kitchen
1137 11th Ave
Honolulu, HI 96816
(808) 735-1122

//Monkeypod Kitchen
92-1048 Olani St
Kapolei, HI 96707
(808) 380-4086

//Coquitos
85-773 Farrington Hwy
Wai'anae, HI 96792
(808) 888-4082

//The Fat Greek
3040 Wai'ālae Ave
Honolulu, HI 96816
(808) 734-0404

//Makoto Sushi
850 Kamehameha Hwy
Pearl City, HI 96782
(808) 455-1399

//The Whole Ox
327 Keawe St
Honolulu, HI 96813
(808) 699-6328

Cook It Yourself

Writer and photographer: Martinea Trippett

COCONUT CRUSTED CHICKEN

Ingredients:

- 4 boneless, skinless chicken breasts
- 4 eggs
- 4 cups all purpose flour
- 1 package sweetened coconut flakes
- Salt
- Pepper
- Olive oil

Heat enough oil to coat the bottom of a skillet over medium-low heat. While skillet is heating, place chicken in a plastic gallon bag and flatten with a wooden mallet or meat tenderizer until about ¼ inch thickness. Season with salt and pepper, and fry until ¾ done-ness. Remove from pan, and set aside to cool.

In a medium mixing bowl, whisk together eggs and set aside. In another mixing bowl, add flour and season with salt and pepper – set aside. In one final bowl, pour sweetened coconut flakes. One by

one, coat chicken in seasoned flour (being sure to shake off all excess flour before moving on), then in egg (again shaking off excess), and finally in coconut flakes – coating completely. Turn skillet up to medium heat, and add more olive oil for finishing chicken – about 4 tablespoons. Fry chicken, without crowding pan, until coconut has browned and chicken is cooked through completely. Remove from pan, let sit for five minutes, and enjoy with cranberry almond salad.

Makes 4 servings.





CHOCONANA POPSICLES

This simple recipe is great for leftover bananas and is very forgiving, so experiment with different flavors and add-ins!

Ingredients:

- Two large bananas (the more ripe, the better)
- 3 tbsp peanut butter
- 1 tbsp cocoa powder

In a food processor, blend all ingredients together until all chunks are gone and a pudding consistency is achieved. Pour mixture into popsicle molds, and freeze overnight. Release popsicles from molds and enjoy!

CRANBERRY ALMOND SALAD (WITH MUSTARD VINAIGRETTE)

A quick and simple salad to go with your Coconut Crusted Chicken.

Ingredients:

- ¼ cup dried cranberries
- ¼ cup salted almonds
- 1 package of your favorite salad mix, or
- 3 cups romaine lettuce, washed and ripped into manageable pieces

Mustard Vinaigrette Dressing:

- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 1 tsp whole grain mustard, such as Grey Poupon

Put vinegar and mustard in a small mixing bowl. While whisking vigorously, add in olive oil in a slow stream, until all ingredients are combined and set aside. Put salad ingredients in a large mixing bowl or serving container, add vinaigrette, and gently toss until dressing is evenly dispersed. Serve immediately.

Makes about 4 servings.





Campus Fashion

Photos by Liana Firme



ROBERT GUMAPAC

Where do you usually buy your clothes?

I buy my clothes from the echo store I think it costs \$40-\$50.

Where do you think are hot spots on campus?

Good place for students to hang out is LeewardCC cafe

MARY-ANNE T. MCMILLIN

Where do you usually buy your clothes?

I usually buy my clothes from Forever 21, Jeans Warehouse, Brandy Melville, American Eagle.

RYAN CLARK

Where do you usually buy your clothes?

I usually buy my clothes from Macy's.

Where do you think are hot spots on campus?

I think a fun students place is the study rooms in the library.

ARIANA MAKINI

Where do you usually buy your clothes?

Colorful shirts from Ross, neon lace under shirts from Wet Seal, green watch and slippers on sale from Payless. Earrings from Claire's

Where do you think are hot spots on campus?

I'd have to say in front of the Learning Commons is a hot spot for students and most events on campus are held there.

MATTHEW TABIOS

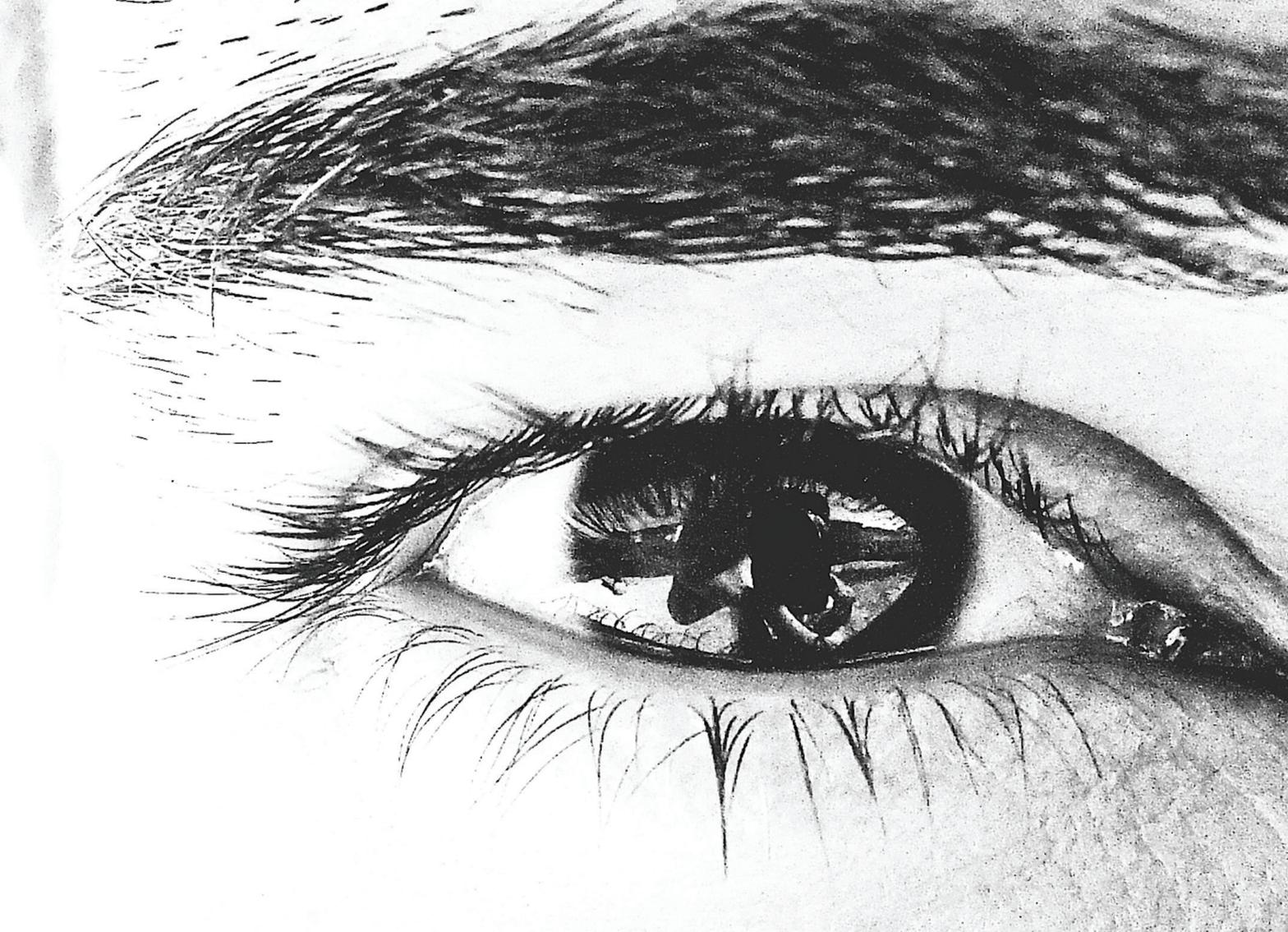
Where do you usually buy your clothes?

I get my shirts from Razor Sports in Pearlridge. My jeans are from A/X

SAVANNAH BELISLE







student
SHOWCASE



@MEJORES FLORES



@MATTHIRATA



@IVIOMI

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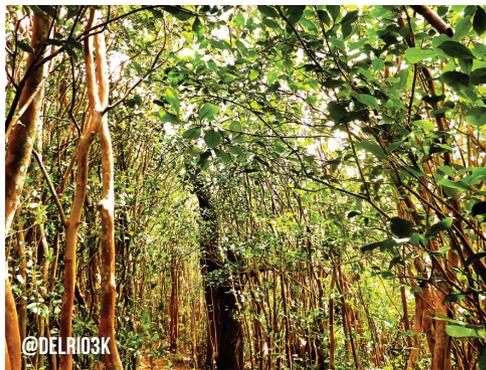
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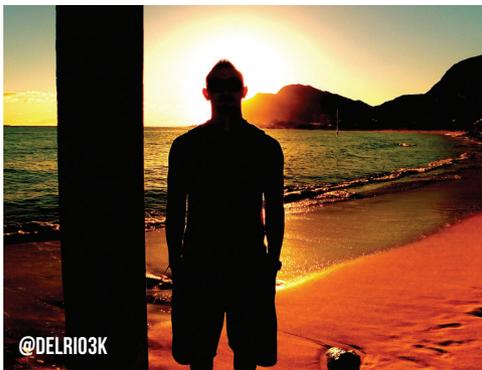
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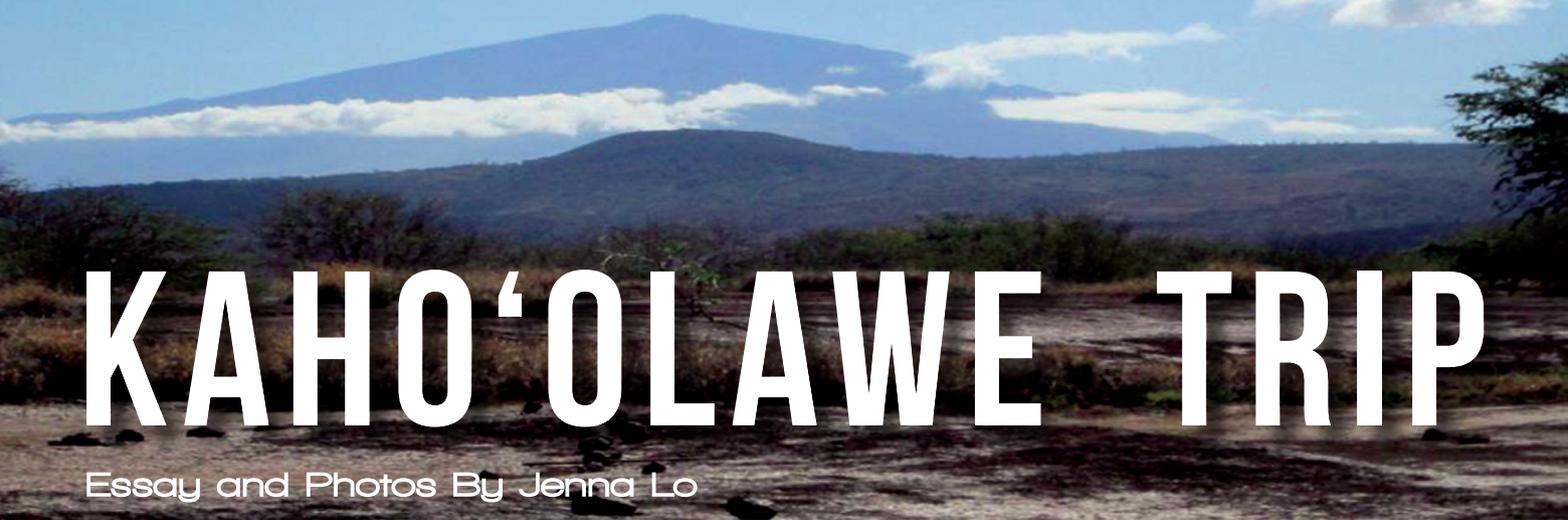
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KAHO'OLAWE TRIP

Essay and Photos By Jenna Lo

As a Native Hawaiian born and raised in Hawai'i, little did I know that in the year 2012 would turn out to be the most edifying year for me to learn about my heritage. I met influential people that would contribute to my journey of growth as well as an experience to a place where I would have never thought I would venture to.

I decided to become more serious about finding a way to learn about my Native Hawaiian heritage. I've always wanted to indulge myself with more knowledge but didn't have the means to and didn't know where to start. So I decided to seek out, to see if there was a Hawaiian Club at Leeward Community College by asking my counselor, Joy Lane, and various other people at the Halau. I found out that there was, and its name is Kahiau Hawaiian Club. After being informed that there was one, I joined the club as an official member and little did I know but it was the beginning of my endeavor of going to the island of Kaho'olawe.

While I was growing up, there were always these other islands I heard about and wanted to see, but as keiki I always knew that only certain privileged people were able to go to them. Kaho'olawe was one of them. I thought by the time I made enough connections with people, I would probably be old because many people who told me about these places were in their thirties when they went to these islands. As I became more involved in the club by attending meetings, activities, and through email, I soon discovered that following summer Kahiau would be able to travel to it! It was very exciting news to hear as a newbie member of the club being told I was going to be fortunate to accompany everyone. The news was very shocking and I was humbled and very grateful to be one of the participants that would be able to attend.

Scheduled from August 6 to August 9, 2012, the huaka'i the members of Kahiau Hawaiian Club and I went to the Honolulu International Airport where we were whisked away on an airplane to the island of Maui. Shortly after our arrival to Kahului Airport on Maui, we gathered all of our belongings from the baggage claim, came together, and prepared ourselves mentally and physically to hop on a boat and sail to Kaho'olawe. A total of 20 members were completely ecstatic to experience whatever this island had to offer, and we were all in!

As we boarded the vans to leave the airport and go to the boat harbor, my na'au started to toss and turn. The realization of my life long mission to go to this island that not many people have ever set foot on was soon to be off my check list. The closer we were, the more I felt great anticipation and gratefulness that this was really happening to me. Zooming through the waters on a huge boat thirty-five feet long and forty feet high with twenty plus people accompanying me, I felt the thrill of more excitement the closer we approached the island. I couldn't wait until we landed; I thought to myself, "How would the island look

like?", "Are we going to be able to see the whole island?" "Are we going to see any artifacts or archeological petroglyphs?" Wanting to capture every moment of the experience I pulled out my camera to document my journey. I was steadily taking massive amounts of pictures just because I knew that possibly this might be the only time I would be able to. Regardless of being warned not to, I did it anyway.

The boat neared its way closer to the bay where we would all jump off and work together as a team to unload our supplies and luggage. Closer and closer we journeyed on, and sooner than I knew it, we had arrived! I exclaimed to my other club members, "I can't believe we're actually here! This is so crazy!" To the island that has captured me, the island of Kanaloa (the god of creation), the island which so many know of as Kaho'olawe. As we hopped off the enormous boat, I tried my best to avoid being drenched with water, and luckily I did. After we came together to help the rest of the club members off, we were then driven up to the base camp of Kaho'olawe Island Reserve Commission (KIRC). We quickly reviewed the island rules and regulations and then we got dropped off, placed our belongings in cabins, and took an island tour.

I was amazed despite all of its tragedy for more than 25 years of being bombed by the U.S. military that there was still so much beauty that encompassed the island. As the wind hit my face and as I sat in the back of the pickup truck with the rest of my club members, we headed up to one of the many refurbished heiaus. I sat there silently embracing every little aspect of its beauty from the rich blue sky, to the nearby neighbor islands popping out of the clouds nearby, and the vibrant winds sailing through the emptiness.

Many times I catch myself even till this day thinking about my kupuna (elders), the steps that they took as people to secure their culture, sustain their land, and how it is my kuleana (responsibility) as a Hawaiian to know this history and continue that knowledge to my generation and the generations after. As we approached our destination at the heiau as protocol began I could feel the essence of this island creeping into my soul and I knew in that moment that its presence would never leave me. In some way I viewed this island as a symbol of my people, the Hawaiians, and their persistence.

Even though throughout time we have been plagued with disease, colonization, and the haole (foreigners) presence, we still persist, resist, demand to stand strong, and carry on together. This island represented much more to me that just an island I came with a club from college to do some volunteer work on. Kaho'olawe taught me something far greater than any text that I could read from a textbook. The experience of going to this island, seeing the destruction first hand, and being able to be a part of resurrecting it back to its akua (god like) state was unexplainable.

Boarding the white, red dirt stained trucks we all thought we were going back to our cabins when suddenly we took a turn and began on another dirt path. I asked Ku'i, the KIRC Native Hawaiian Specialist and Advisor, "Where are we going?" He then proceeded to take us to yet another heiau and said, "I have another treat for you guys." Every he'eiau different from the other, each for different purposes, but all for Kanaloa (the god of the ocean, a healer god, and the close companion of Kane, the god of creation). Some of the club members that were more in touch with their religion and culture prayed to the gods and offered gifts of wai (water), mele (song), oli (chanting), shells, and lei. I did not fully adhere to the Hawaiian religion myself. I stood there honored to witness my club members to let me view this personal time with their god. I stood there with my hands opened and to the side, quiet, as this is a very personal thing to witness and respectfully prayed as well. I thought to myself, "I wish I knew my 'Ōlelo Hawai'i (native tongue of Hawaiian), I wish I was taught this sooner, I wish I knew what was happening..."

Many emotions whirled inside my head about my path in which I was to choose. As a Native Hawaiian I find this struggle of distinguishing my Hawaiian side of myself. From the Westerner side, of being a Kanaka Maoli (Native Hawaiian descendant) and being a U.S. citizen. This was one of those times, of I should know these procedures, of praying to Kanaloa and I should know the rituals. Unfortunately, in this moment I did not as my culture throughout time has experienced what is known as a cultural bomb. This had been dropped upon Hawaiians and enviably left me here in this situation, completely oblivious to this thing that once was common but not so common anymore as I stood here unknowingly how to act.

The next day, was day two of our stay and we were headed down to the shoreline to help terminate non-native plants in the wetlands in order for the native plants of the island to flourish. Before the military wrongfully took over the island, for target practice, Kaho'olawe was a flourishing island with many species of plants and marine life that called it their home. That day was a long and hot one, but every ke'awe tree that we shredded up and every non-native seed that we demolished felt like we were one step closer in returning that place to its original state before the haole presence. When it was time to pack up and head back I thought to myself, "I want to stay longer; I'm not even tired yet." Even the others wanted to continue their work as well but since the vehicles provided weren't ours that was not possible. Ku'i, reassured and mentioned to us that, "... tomorrow would be another day and that we all would be able to help the island then." Taking reassurance in his wise words we all listened and continued to gather our things and position ourselves back into the trucks.

Later that day, Ku'i took us to the Navigators Chair as it was properly named as many things that are Hawaiian are. The Hawaiians had names for everything down to even the different types of winds for different areas. The Navigators Chair was at the highest point of the island that mysteriously had almost a three hundred and fifty degree angle view. Ku' informed us that back in the old days when Hawai'i used navigation that Kaho'olawe was used to help train future navigators. Kane (male) would come and spend months here and learn the constellations, wind patterns, observe, and learn in order to navigate to far distance islands like Tahiti. As he continued to explain to us more about this island I thought it was truly mind blowing that you could literally turn almost all the way around and view the space around it. This spot was one the many wonders about this beautiful place. There was even a chair, or so it seemed like to me, hence the name "Navigators Chair" and I sat upon it and took in the vastness of the land. There were two other islands that surrounded the island which were Maui and Lāna'i that laid gallantly by each other sides. On O'ahu the vision of two other islands would never be possible but somehow this sight satisfied me. In that moment to think that these islands were so close was beyond any concept I could grasp at the time. On a good day on my island if you were at Sandy Beach or if you hiked up by the Makapu'u Lighthouse you could vaguely make out Moloka'i so to me this was gratifying.

On our third and final day of work the destination seemed much more challenging than the previous day. The KIRC crew took us up to a more elevated part of the island to clear out ke'awe trees from a huge platform. As we approached the site to begin our work, all of our eyes widened as these trees looked monstrous with huge thorns coming out of their branches and there was even some on their stumps. As I stared upon the ke'awe, or more so they stared upon me, I had to admit I felt scared. There's not much in this world that frightens me, but they looked like daggers ready to slice me up with just one mere caress. Fortunately, we had sufficient gear and tools to use that day. During part of the time we were up there I got to help doing a task less strenuous. I assisted one of the "uncles" with laying down some of the irrigation tubing around the area.



KAHO‘OLAWE TRIP CONTINUED

These tubes distributed water from the nearby water towers to supplement the land around it. The workers kept track of the tubes by digitally marking them with a tracking device so that the workers would know where the tubing was placed from satellites in outer space.

That day Ku‘i decided to show us some of the destruction that the island had endured from being bombed on for many years from the military. He took us to an end of the island not far from base camp that formerly a bomb had been dropped. It was shocking to witness the after effects of it, a gigantic hole in the ground as big as a building. The whole time on the island we saw ordinance remains, erosion, and sediment run off but this all in itself was something else. Hurt at the deceitfulness of the haole presence that still remained here. Anger swelled up inside me as I saw this tragedy and as Ku‘i continued to talk it seemed like his words only made it worse. In fact as I remember I was barely listening to what he was saying. It was one of those moments where you could hear but you did not listen for the sheer disgust of something that consumed your thoughts. I was hurt, hurt for this island, hurt for my people, hurt for I could do nothing of this because this was a part of the past that this had already happened.

Our final day was spent with cleaning, enjoying one another’s company, and waiting for the boat to come get us to take us back to Maui. I could tell as time passed that we were all reminiscing about our stay there and what we were going to take back to our own island of O‘ahu about how the island had touched our lives. Each of us with our own story and our own personal experiences but in some way we were all intertwined forever to Kaho‘olawe and each other. I will always be grateful of the lessons that Kaho‘olawe has taught me and how it played a role in my continuous journey of discovering my past. Being on Kaho‘olawe reassured me, and instilled in me a trait of perseverance thus when thinking about it enticing me to always stay focused, continue to evolve, learn, and strive for the betterment of myself. I want to be a contributor of positive change for my Native Hawaiian people and change for myself in discovering my Native Hawaiian ancestry and culture. Regardless of who you are as an individual, you are a representation of much more than yourself. I think of who I am, who are my ‘ohana (family), who are my Kupuna (elders), the experiences that I’ve been through, where I come from, and from all of this encompasses me. This positive change I can always look back on and accredit Kaho‘olawe to.



BACKYARD CRUISING

By Kelii Mento

Growing up I was surround by music, from family occasions to friendly get togethers. Music is a great passion in my life. I believe that everyone needs music in their lives. Believe it or not, in history, music was a way of communication. In Hawaiian culture the beat of drums decide the fate of the village. The drums were like warnings and told other villages of war or peace. Music has long been in history and will never stop. Can you see the world today, without music?

At age 8, I started to learn how to play ukulele. Ever since then, I just loved to play and sing. Music to me is like a stress reliever. When ever I get mad or sad, the best thing for me to do it just listen to music. Today, everywhere you go there is something evolved with music. For example, the movies, a sports game, or even the shopping mall. Music has a great influence on our personalities as well of our emotions. Just like there is all types of genres, like are different types of emotions.

My music started in beautiful Kapolei. I was around 13 years of age when me and my family first moved to Hawaiian homestead in Kapolei. I also had to switch schools and started to attend Kapolei Middle. I met many new friends and found out that some of them share the same interest as me. It wasn't too long until, I started to bring my ukulele to school and play music. I had many people come to me and join in with singing songs, we laugh and overall have a good time.

Music doesn't create violence, but builds character. Music can make new friends and a great time. When I started to play my music at lunch during school, strangers came and sat down near me. All they did was just wanted to listen to me play my ukulele and sing. I admit, it was pretty cool to make new friends and see different music they had to offer.

My music came from local Hawaiian artist and people from the islands. Being from the islands, we are known for our backyard BBQ's. So I decide to make my first backyard BBQ. My parents were very pleased and bought food for my friends. We had the BBQ cooking the food and the ice cooling the drinks. But the sole purpose for the BBQ, was to play music. The night was young and dinner was Ono'. After dinner I was thinking in my head "Now it's time to play," me and my friends started to set-up our instruments. There we are, me and a group of my friends playing nice Hawaiian music. No worries, no stress and just friends having a great time.

Music gives inspiration, love, and a great overall feeling. It soothes the soul and adds comfort to the body. Music is universal in any culture and offers you happiness. So never forget those backyard jam sessions and get togethers. Music anything is possible.



AND MY HEART SAID!

By Darline Dowles

What if I say to you that I have a heart of passion that runs deeper than the Marianas Trench? To you my love, it just means that you have a depth that would surely satisfy ones deepest desire for a needed thirst quench! And so why is it that I seek to understand what seems to be heartfelt? As your heart of hearts, it just means that that your mind is not capable of understanding or comprehending what is heartfelt! And so could it be that I am just an individual torn between the two, and is just not totally in tune with their operation of independence? Perhaps! But more importantly, you have come to arrive in this very moment by your own admissions and revelations thru past experiences, lessons learned, and the desire for self-expression! So is it that I have come to this very time in space with an open-mind allowing my heart to just be as it was intended to be? It is your heart you have reclaimed from within...! A heart of passion! A heart of compassion! A heart of caring! A heart for sharing! A heart so fearless! A heart so cherished! A heart to bestill! A heart fulfilled! Yet, Greatest of All...! A heart revealed!

IN THE SHADOW OF DEPRESSION

By Jacob Martin

A shadow holds me and hugs me from behind, her arms draped loosely around my shoulders, like a garland of blackened flowers refusing to wither completely.

She hangs there, never leaving, and strokes my cheek with soft touches. And she steals kisses when no one is looking. Every day, I wake up to her embrace, refusing to let me go.

At night in the dark and solace of my bed she traces her fingers around my eyes and lips. With my tears she paints the lines on my face that etch every frown and worry into my being.

Quietly into my ears she whispers, "Admit it, you're ugly and empty." She drowns out my thoughts, constantly whispering, while all I can do is agree and listen.

She grows ever heavier with each passing day and to no one will I speak of her loving weight pressing down on my shoulders, on my chest, and on my neck. I wear the whole of my life as the shadow on my back.

FOR EMILY

By Patrick Gallardo

Oh my lord
Sweet angel of love, with what force
Of all that is holy weight have you
Burdened my heart.
It is my undying affection for the day
That our lips may meet that keeps my
Blood warm, still.
That you may open your arms and
Reveal the tender interiors of your
Sweet heart to mine.
Your skin of the purest sugar.
Your hair of the richest, creamy chocolates.
Your lips of the most tender cherries.
And sweet princess,
Your eyes of the most beauty and
Dazzle that is the milky way.
Lay your love unto me.

To submit your creative works, contact kamanaoleeward@gmail.com





Latin band Voz a Voz performs in the Leeward Theatre. *Photo by Matthew Hirata.*



The annual Ka Mole O Nā Pua Festival celebrates sustainability. *Photo by Matthew Hirata.*



Pottery class students sell their creations in front of the Learning Commons. *Photo by Matthew Hirata.*



Ka Mole O Nā Pua Festival includes music, food, educational activities, and crafts. *Photo by Matthew Hirata.*



Job Prep Services' annual Career, College and Job Fair was held on April 11. *Photo by Cara Caneso-Bonilla.*



The Career, College and Job Fair features employers looking to hire and local colleges. *Photo by Cara Caneso-Bonilla.*

KA MANA'O STUDENT PUBLICATION

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