PART-TIME PAYCHECK.

FULL-TIME PRESTIGE.

GoANG.com ▶ 1-800-TO-GO-ANG
Hawai‘i Pacific University
PREVIEW DAY

Saturday, January 14
9:00 a.m.
Windward Hawai‘i Loa Campus
RSVP Requested

Academic Programs • Career Services • Financial Aid
Housing • Transfer Programs • Scholarships • Athletics
Cheer • Dance • Band • Student Life • Parent Session

Office of Admissions
(808) 544-0238 • www.hpu.edu/previewday
INSIDE

6- Learning Commons
New look coming to Leeward

8- Help is here
Psychologist on campus

9- Tuition increase
Prices going up in UH system

10- Intramural sports
Students take to the court

12- Queen of the night
Pageant for vampires

14- 40 years later
Journey continues for Kaneshiro

15- Campus Voices
What’s your favorite food?

16- The Pearl
Five-star dining from students

20- Farmers’ markets
Fresh finds and grinds

26- Meals on wheels
Eating out at food trucks

29- The Cleanse
Drink is more than a diet

30- Recipes
Easy dishes to whip up

32- FITTED
Latest trends for men

38- Netflix
Film picks

40- Student Showcase
Artwork, photography, poetry

46- Travel
Sights from California

49- Touch this
Apps are a tap away

50- Puzzles
Sudoku, word puzzles
Dragon fruits are grown in Hawaii, Asia, South and Central America. A type of cactus, the inside flesh has the taste and texture similar of pear and kiwi — photo by Leimaile Guerrero

Ka Mana’o is the student publication of Leeward Community College. Ka Mana’o is published quarterly, funded by student fees and advertising, and administered by the Board of Student Communications. Editorial content reflects views only of Ka Mana’o staff and not of BOSC, students, faculty, and staff of Leeward Community College. Ka Mana’o welcomes students interested in being staff members, as well as submissions of creative works. Ka Mana’o reserves the right to edit for length and content. Publication is not guaranteed.

All content published in Ka Mana’o and its Web site may not be reprinted or republished in any form without permission. Copies of Ka Mana’o are available at newsstands throughout campus or in room AD-220A.

Copyright 2011 Board of Student Communications.
There have been rumors and after the big move that happened over Thanksgiving break, it is finally happening.

By fall of 2012, Leeward Community College students will have a Learning Commons, complete with an Internet cafe, comfortable seating, and all their academic services in one place. The Learning Commons will occupy the first and second floor of the current library building. Housed inside will be the library, Learning Resource Center, Testing Center, Writing Center and KI office, which provides services to students with documented disabilities.

The library, KI and LRC, Writing Center moved to temporary locations over the break to make way for work on the Learning Commons.

This project didn’t start overnight, of course. It started in 2006 with a trip to the mainland that was taken to see what was new and innovative on college campuses on the west coast. It turns out the Learning Commons was a new way to utilize space better and to offer a broad range of services in one place. Leeward Community College received close to a million dollars for renovations.

“It’s like a food court, except it’s us,” explains head librarian Chris Matz.

What changes should students expect to see after the unveiling of the new commons? On the first floor, the technology center will include a computer lab and Testing Center, with plenty of room for overflow. On the second floor, there will be an Internet cafe, plenty of comfortable seating, the Writing Center, LRC, as well as the library’s circulation desk. The KI office will also be enlarged, with an entrance that will be located on the front of the building. The third floor will house the library.

For the current semester, the library’s services will be located on the third floor. While the transition may be a little rough at first, the results will be well worth it.

“What they want is for students to stick around for a while and they will be here for a while because all the things they need are nearby,” states Matz.

The Learning Commons will still offer all of the same services and feature some improvements. Leeward will be the first library in the University of Hawaii system to offer Kindles and iPads to check out. There is plenty to look forward to in fall 2012. Matz assures students that “the Learning Commons doesn’t mean anything is going away. What it does mean is that a lot of things will be coming together.”

If students would like more information about the renovations, there is a link that can keep students and faculty updated: http://lcc.hawaii.libguides.com/learningcommons2012.
PSYCHOLOGIST HERE TO HELP
SESSIONS FREE TO STUDENTS

Writer: Suzette Farnum
Photographer: Paul Topp

Leeward Community College now offers even more resources to help the student body with any counseling services they may need. Dr. Annie Rohr, a psychologist, was recently added in the counseling department to help students with concerns other than academics.

Although college counselors are often willing to help students with issues other than academics, the student body now has access to Rohr. She is qualified and able to help students with depression, anxiety, stress, adjustment issues, and even relationship problems. Rohr is able to see a student for up to eight sessions at no cost. If a student requires more intensive services, she can refer a student to them.

She advised that if a student is stuck on a problem and can’t see clearly, someone who is objective and professionally trained can help one gain clarity on the issue. While some students may feel they can handle their own problems and deal with them, Rohr pointed out some problems are “bigger than you can handle.”

Rohr grew up in Palolo Valley and attended Chaminade University. After graduating from there, she continued her education at Argosy University and received her doctorate in psychology two years ago. She is a licensed psychologist in Washington and a clinical psychology postdoc working on her Hawaii licensure. She is also a licensed marriage and family therapist.

Appointments can be made by calling 455-0516.

PHI THETA KAPPA OPENS OPPORTUNITIES

Writer: Suzette Farnum

At any given time, approximately 600 students at Leeward Community College are eligible for membership in the Phi Theta Kappa Honor Society, but surprisingly only a few have taken advantage of the benefits of this club.

Any student carrying at least a 3.5 grade point average and have taken at least 12 credits can reap the benefits available through membership in PTK. Membership allows eligibility to scholarship opportunities and even access to writing contests for scholarship monies.

“Membership in Phi Theta Kappa opens doors. It looks good on a resume, and on scholarship and job applications,” said Steve Laycock, the faculty advisor for PTK. “Phi Theta Kappa membership is recognized globally as an indication of consummate academic achievement.”

Grades aren’t the only thing that is emphasized in this club. The club organized a recent food drive held on the library concourse. Events such as the food drive allow members to connect with each other and reach out and help others in the community.

“It provides a venue for the development of leadership skills that will serve members well throughout their lives and enables members to give back to their communities, their society, their environment and their world through service,” Laycock said.

Students eligible for membership will receive an e-mail. More information is at http://emedia.leeward.hawaii.edu/studentlife/group/ptk.

Award winners

The Hawaiian and Foreign Language Discipline at Leeward Community College sponsors an annual essay contest which promotes language learning in addition to providing an opportunity for students to showcase their talent and knowledge gained in a written format. The contest is held each spring and below are the winners from spring 2011. Contact Yumiko Asai-Lim (Japanese) asailim@hawaii.edu and Tara Rojas (Spanish) tmuramot@hawaii.edu for information on this spring’s contest.


Speech awards (Fall 2011)

Language arts (Spring 2011)
Hawaiian (Ka ‘Umeke Ke’eo)—‘Olelo Hawai‘i: Jettney Vegas, $200. ‘Olelo Haole: Tammy Smith, $200.

Xtreme Youth Writing Award—Jennifer Fuchikami.
TUITION INCREASES THROUGH 2017
PRICES TO RISE AT ALL UH SYSTEM CAMPUSES

Tuition at all University of Hawai‘i campuses will increase starting in the upcoming 2012-13 academic year and will continue to increase through 2016-17.

Current resident tuition at all UH system community colleges is $97 per credit. It will be $101 per credit starting in fall 2012, $106 in 2013-14, $114 in 2014-15, $122 in 2015-16 and $130 in 2016-17.

The UH system cited severe cutbacks in state appropriations for the increases. UH officials encouraged all students to apply for financial aid.

Resident full-time tuition at UH Manoa will increase from $4,200 to $4,332 per semester starting in fall 2012.

Linda K. Johnsrud, UH executive vice president of academic affairs, spoke at a tuition hearing held at Leeward on Sept. 22, 2011. She noted that even with the increases, resident tuition at the community colleges will be similar to resident tuition at community colleges on the west coast.

Johnsrud said UH recognizes the higher demand for a college education (enrollment has continued to increase over the years), but does not believe the tuition increase will detour students from this path. Based on statistics from past increases, higher tuition rates did not show a drop in student enrollment.

—Leimaile Guerrero contributed to this report.

TEXTING SERVICE TO SEND CAMPUS REMINDERS

Leeward Community College is offering a text messaging service to send reminders to students, faculty and staff. Those who subscribe will receive texts about registration and payment deadlines and campus events. Those who have appointments with counselors will also receive texts about the upcoming meeting.

The service is free, but rates may apply depending on cell phone carrier and plan. One can unsubscribe at any time. To sign up, visit http://emedia.leeward.hawaii.edu/mystudentlife

This service is separate from the University of Hawaii Alert system that sends texts when there are emergencies.

www.leeward.hawaii.edu/kamanao
The start of intramural sports has provided Leeward students with a healthy way to stay in shape, compete in high-level competitive sports, and a way to meet new and interesting students.

Some of the sports offered last fall were volleyball, basketball, flag football, and indoor soccer. Leeward students formed their own teams to compete in volleyball on campus and in the latter sports in the intramural league held at University of Hawaii at Manoa. Leeward teams not only challenged UH students, but students from other community colleges like Honolulu and Kapiolani.

“Having the opportunity to participate in flag football was a valuable learning experience because we had the opportunity to work as a team,” said Kendrick Simmons, captain of the LeeWarriors. Both of Leeward’s flag football teams advanced to the playoffs. “We realized whether its flag football or professional football, it takes hard work and determination to succeed. This is a valuable program and I hope that everyone takes full advantage of this great opportunity.”

There is the option to play men’s, women’s or coed for all sports. Spring sports to be held at Leeward will be tennis (singles and doubles) and volleyball. Sports to be held at Manoa are coed basketball, soccer and softball. All games at Manoa are in the evenings and Leeward’s Student Life office pays for each team’s entry fee.

Leeward teams have been a force to reckon with. The Black Flag team entered the flag football playoffs undefeated. The basketball team made it to the championship game of its division but came up just short of the title, losing 41-37 to a tough team from Manoa.

“As a team we faced many challenges through different opponents,” said team captain Karlo Rarogol. “We achieved and fell short of what we wanted to accomplish but gained the motivation and strength through team mates, either by motivation of words or peoples actions. We could not have had a better basketball season.”

The Lyons team of Potoi Falaniko, Leotina Ises, Baby Faalogo and Adam Wertin won the championship for intramural volleyball on campus.

“The sports program allows me to have lots of exercise during the week, making new friends, and having fun at the same time,” Robert Gumapac, who played for LeeWarriors. “It’s also a good learning experience to learn new things or teaching people new things, but just having a good time is what counts. You just have one life, so make the best of it.”

Spring sports information at www.leeward.hawaii.edu/studentlife or by contacting leeintramurals@gmail.com.
Robert Gumapac sets the ball during an intramural match while Mohammed Abrahim and Louis Olinentu watch at Klum Gym — photo by Ethan Hubbard.

Greg Ching brings the ball up the court during the championship game at Klum Gym.
QUEEN OF THE NIGHT
TYANES CROWNED MISS VAMP

Writer: Chloe Richie

Vampires. Whatever image the word brings to your head: the classic Count Dracula, Edward Cullen’s sullen face, or a cheesy Halloween costume, there’s no doubt that there’s plenty of public interest in these blood drinking terrors. There’s been Vampire themed books, movies, television shows, and now … a beauty pageant.

The second annual Miss Vamp beauty contest, hosted by DJ and radio host Nocturna, was held at the Hawaii Theatre on Oct. 15, 2011. The event was promoted as “like a traditional beauty pageant, but with a darker edge. Contestants are judged on their unique physical and inner beauty”, according to DJ Nocturna’s advertisement in the Aloha Update. The 15 contestants where judged on a talent piece, as well as an introduction section, a Q&A segment, and a “moon bathing,” or lingerie segment.

The contestant crowned Vampire Queen that night was Tara Tyanes, an actress and student at Leeward Community College. She sewed her dress in the college’s theatre and said the pageant was a blur. Though she didn’t think it would happen, Tyanes shed a tear when she won. Bright, friendly and hilarious, Tyanes was more than happy to describe her experience at the pageant for Ka Mana’o.

Is this your first beauty pageant? Yes, it was. I have been going to Nocturna events for a number of years, and I was in the audience of the first pageant, because my best friend was in the first (show). Nocturna approached me to see if I would be interested in in being in the pageant this year, because she remembered me from last years pageant. I thought it would be fun. I just did it for fun.

Did you expect you’d win? I thought I had a good running. I was confident. I thought I could win. If not first place, then maybe runner up, or maybe one of the other standings.

How did you prepare? Well, for the month leading up to the pageant, I hand sewed my talent dress, the red-velvet, Elizabethan-style gown with the black tulle collar, and I did all of that down in the costume shop here at (leeward) in my free time. So, instead of working on the shows that were going on at the time, which I would have made money for, I used my time that wasn’t part of school down in the costume shop, slaving away. I had so many pricks on my fingers, bleeding on my costume, and I was like ‘no!!’

Did you need to perform any pieces? I sing classically, and I used a song I learned from my voice instructor here for a year, Marilyn Kim, she’s retired now, but I learned an Italian aria from the 16th century in her class.

I haven’t seen any videos of my talent performance, but I think it was really well received. People told me they liked it a lot, and I was like ‘oh, OK, good.’ All I remember was going on stage, and being like ‘oh, OK, move your hands, don’t look too nervous, oh no, my voice is shaking, look at the audience, smile! Now look sad.’ (Laughs.) In my head I’m thinking that. I went on stage, and then I went off. The whole pageant is kind of a blur.

Continues on page 47
JOURNEY CONTINUES 40 YEARS LATER
KANESHIRO STARTED COLLEGE IN 1971

Writer: Suzette Farnum
Photographer: Levi Viloria

It has been a long time coming, but this past fall, 58-year old Teri Kaneshiro finished her Associates of Arts Degree in Teaching at Leeward Community College.

Kaneshiro’s journey began 40 years ago in the fall of 1971 when Leeward was only two years old. A graduate of Waipahu High School, she came to Leeward because her high school counselors only encouraged the straight-A students to go to the University of Hawaii. At that time, she explained that no one else was really encouraged to go to college, but her friends decided to attend Leeward since it was close. She followed.

“I was the first person in my entire family to ever attend college,” Kaneshiro said.

After a year of classes, she had enough credits to transfer to UH so she made the leap. When she got to UH, she found that the class sizes and the lack of personal attention were overwhelming and she dropped out.

From there, her life took her to Minnesota where she worked for Northwest Airlines. She got married, had three kids, and although she still had a dream to attend college, it was just not feasible at that point in her life. Kaneshiro had however taken a few courses over the years, but it wasn’t until she retired from Northwest in 2009 that she considered returning to college.

“After 34 years in a job working with people I wanted to continue helping people and decided to try teaching,” said Kaneshiro, who moved back in 1978 when a Northwest position opened in Hawaii.

Kaneshiro started slowly by taking only one course just to get her feet wet. It was a struggle at first to adapt to the rigors of studying and she had to read and re-read her coursework. Luckily, she was able to recover the credits from her initial college years, so it was not as long of a process to finish her degree as she feared. She was a full-time student in her last two semesters.

“They had to dig way back in the attic to find those records,” she joked.

Kaneshiro said her oldest son, Justin, 33, has been her biggest inspiration. She said he struggled in school, but set goals for himself. He played baseball in college and eventually finished his master’s degree.

Kaneshiro said she may take a short break or maybe take a few online classes this spring, but don’t be surprised if you see her strolling along the Manoa campus in the future.
WHAT IS YOUR FAVORITE FOOD?

Photos by Chelsey Dale and Levi Viloria

Sheena Turalva
Italian foods such as spinach ravioli or shrimp fettucine alfredo.

Stacie Kajikawa
I like eating rice. I can eat rice plain, without anything else.

Jaron Guitang
Kim chee fried rice because fried rice is from China and kim chee is from Korea. It's a mixture of cultures.

Briana Kuni
Grilled cheese and muffins are my favorite thing to eat because grilled cheese is really easy to make and muffins are yummy.

Devin Fontanilla
A McChurger — a chicken sandwich in between a double cheeseburger— because it’s cheap and it’s better than a Big Mac.

Yuri Motoyama
Pepperoni pizza because I like meat and cheese.
On a recent visit to The Pearl, the staff summed up its cuisine and students in one special phrase. “Where our students are tough, but our chicken isn’t,” explained chef instructor Ian Riseley.

And the students who work at The Pearl, Leeward Community College’s fine-dining restaurant that is operated by culinary-program students, can be very tough.

During lunch service, Daylene Chinaka was at the stove preparing a cilantro- and sesame-crusted mahi mahi fillet while her half of her leg was wrapped in a cast.

“Being in the culinary program has brought me many opportunities,” she said.

Nearby, Jose Aviles was preparing and plating a warm walnut crusted goat cheese salad with fresh beets and arugula. Aviles served in the U.S. Navy for 30 years and is now in Leeward’s culinary program.

“I always loved the kitchen,” Aviles said. “The U.S. Navy gave me great opportunities to sample the culture and ethnic foods of the world. So, I wanted to learn to cook and I am happy I came (here). The chef instructors are great.”

The Pearl is located on the second floor of the Campus Center and operated by chef instructors and students of the culinary program. The Pearl has been open to the public for 20 years and was last remodeled in 2005. The restaurant has a beautiful setting of warm comfort, with stunning views of Pearl Harbor and Diamond Head. The menu, which includes appetizers, main entrées, and desserts, changes every two weeks and is organized by the students.

Continues on page 19
The Pearl is operated by chef instructors and culinary program students. (Left to right starting on opposite page) Daylene Chinaka and Peter Kaheo prepare desserts. Emma Bello prepares for service. Chef Michael Scully talks with Jana Smysor. Jose Aviles presents a dish during lunch service.
(Top): Peter Kaheo prepares to serve desserts at The Pearl.
(Opposite page, top to bottom): Slow cooked corned beef brisket with coconut soubise and taro two ways was on The Pearl’s menu. Desserts were Hawaiian chocolate lava cake with raspberry coulis and chocolate phyllo, along with caramelized pineapple with homemade cinnamon ice cream and deep fried sweet bread French toast.
The Pearl offers everyone the opportunity to enjoy five-star quality fine dining at a reasonable cost, about $25 for three courses. That was certainly noticed when The Honolulu Star-Advertiser recognized The Pearl as the ‘Ilima Critics’ Choice Award in its listing of top island restaurants.

“The Pearl is the best kept secret on campus for lunch,” said chef instructor Riseley. Riseley’s courses prepare students for a real-world experience in dining. Courses include contemporary cuisine and front of the house service and hospitality.

But before the culinary students can start working at The Pearl, there are requirements that must be completed. They must complete coursework focusing on culinary fundamentals, sanitation and food safety.

The Pearl has a huge kitchen for the culinary students to prepare, cook, and garnish all their dishes. The main line set-up is similar to the La Mer restaurant at the Halekulani hotel. The students work together in the kitchen to keep all entrées organized and have deep knowledge of the necessary skills needed to plate the perfect dish. They have a great appreciation for The Pearl and the learning experience that comes from hands-on service within the restaurant.

“The culinary program is a wonderful program,” said Keith Lewis, a culinary student. “The chefs are seasoned and it makes me more confident as a student in the culinary program.”

Menus can be viewed online at www.leeward.hawaii.edu/thepearl.
Farmers Markets
By Leimaile Guerrero
Waking up to a crisp morning and exploring the farmers’ market is an invigorating experience that will peak your senses. Open markets are the original grocery store where people would gather to trade and barter goods.

Today it is still one of the best places to get freshly grown local products that are easy on the wallet and used by master chefs across the state. Larger markets have a vast array of vendors ranging from food and produce to crafters, baked goods and estheticians. There are over 50 farmers’ markets on Oahu, over a dozen are located on the Leeward side of the island.

There is a common misconception that eating healthy is expensive. Farmers’ markets are a great alternative to fancy over priced grocers. Consumers are able to deal directly with the growers and cut out the middlemen. This results in lower prices and fresher products while connecting people directly to their food sources.

Johnna Davis, a Leeward Community College student, has shopped farmers’ markets and prefers to eat healthy foods while on a budget. She believes eating healthy is important because “when you eat healthy, you give your body the nutrients it needs to be happy and stay alive and well. Whereas if you don’t eat healthy your body ends up lacking the nutrients it needs and can cause major problems down the road that can bring a large amount of pain and discomfort.” Davis described her market experiences positively and said, “I enjoyed having all my options right there in front of me.”

Larger farmers markets are not only limited to fruits and vegetables. Shoppers will likely find fresh eggs, jellies, pickled vegetables, honey, meats, freshly baked goods, smoothies, acai bowls, flowers, food and unique crafts. Kapiolani Community College even has a live abalone vendor. Talking directly with the vendors also helps people learn the best way to utilize their products and tips to make better meals.

Continues on next page
FOOD SAFETY

Some people are scared of the open markets and tend to question the quality and safety standards of fruits, vegetables, and other goods sold there. What they may not know are that Hawaii’s farmers’ markets need to acquire permits and follow guidelines provided by the U.S. Department of Agriculture and Food and Drug Administration. Certain food vendors may also hold permits showing that they meet the food safety standards and will display them proudly. If a market fails to meet all of the standards, their permits can be suspended or revoked. Although not all vendors carry these permits, consumers can rest as ease knowing that the sellers are still required to meet the standards of the farmers’ market itself.

Most bakers and food vendors are also mindful of food allergies and special diets. Food conscious people can ask direct questions about ingredients, production areas, and methods used in the making of their items. Several vendors incorporate special methods to produce unique products such as sprout wheat breads. Organic- and gluten-free breads can also be found at most bakers booths. Other vendors sell honey harvested from their own bees and flowers. Some of the honey farmers from North Shore Goodies use their honey to make delectable products such as coconut peanut butter. A baker who frequents the Mililani Farmers’ Market on Sundays offers a wide variety of delicious deserts. She uses cocoa harvested from the Big Island to make her own chocolate used in her cakes, pies and brownies. Like many other vendors, her products can be found around town in local coffee shops and health food stores, but at much higher rates. Samples are often offered allowing people to experience first hand the amazing flavor of their fresh goods.

Although there are a lot of quality products at the farmers’ markets, most of the vendors are small businesses that cannot meet the larger demands of a supermarket or large-scale companies. These farmers are environmentally conscious and many utilize natural organic growing methods that results in better tasting food. They are often specialty growers for many high-end restaurants.

TOP CHEFS, MRS. OBAMA

What many people may not know is that top chefs such as Alan Wong and Roy Taniguchi prefer locally grown products and deal directly with many of the vendors at the open markets. They understand the quality and flavor difference of fresh food and prefer to use the best quality ingredients for their restaurants.

Corporate chef of Roy’s restaurants, Jackie Lau, says “it’s to our advantage to support local products and farmers because it will help our local economy.” Roy’s has six locations in Hawaii and 25 locations on the mainland, Japan and Guam.

Lau explains local farmers as a key component to the economy and sustainability. She also pointed out the difference of taste. Food that is grown and produced on local farms, then delivered to farmers markets or grocery
From previous page

stores will undoubtedly taste fresher than food flown to Hawaii from over 3,000 miles away.

“(It’s) one of the things Roy is really passionate about, using as much local products as possible,” Lau said. She hopes to see more grocers carrying products from local farms. If more people were to buy local products, the high costs would come down and be more affordable for everyone.

The first lady Michelle Obama is also a huge supporter of eating fresh foods and recently took a tour of Ma’o Farms in Wai‘anae. Ma’o Farms is an organic farm — with a team of volunteers and interns — that educates the public on the importance of working closely with the land. The farm’s five main goals focus on educating out-of-school youth, sustainable economic development, agriculture, health and the Hawaiian culture.

Obama visited the farm in November to learn more and exchange ideas with its interns. The first lady believes that many Americans today eat foods that are not fresh, processed and disguised with added salts, sugars and fats. She believes that modifying eating habits to healthier choices will change the world. Obama pointed out that industrialized agriculture companies use large trucks, vehicles and planes to transport our foods long distances.

Continues on next page

Photo captions
(From top left, clockwise)—Dragon fruits can be found at local farmers’ markets. It has the taste and texture similar to pear and kiwi.

Shallots and soursop.

North Shore Goodies produces and sells honey. It also uses its own honey in baked goods.

The farmers’ market on Kapaa, Kauai — all photos by Leimaile Guerrero
The transportation process consumes mass amounts of fossil fuels, pollutes the planet and contributes to global warming.

Investing in local farmers and becoming more environmentally conscious can lead to a better future. It is the perfect step for anyone looking to learn more about what they eat. One can get to know farmers, learn how food is produced and enjoy great deals.

**More online**
**Hawaii farmers’ markets**  

**Obama at Ma’o Farms**  
www.nonstophonolulu.com/blogs/michelle-obama-visits-mao-organic-farms

---

**Why organic?**

**Packed with nutrients**
Organic foods — grown without pesticides, fertilizers, genetically modified organisms — are higher in nutritional value. The methods used in growing help produce 50 percent more vitamins, minerals, enzymes and micronutrients.

**Nothing harmful**
Pesticides and herbicides are made to kill living things. Why would you want to eat them? Synthetic fertilizers are also toxic and harmful to humans and environment.

**Not as expensive as you think**
Shopping at farmers’ markets make organic foods more affordable.

**No more mad cows**
Cattle farmers that have fed organic feed to their animals have never had an incidence of bovine spongiform encephalopathy, or mad cow disease.

**It tastes better**
Recent study from University of Washington showed that organically grown food tastes better.

*Photo: Variety of carrots on Kauai — photo by Leimaiile Guerrero*
1. Ewa Beach Community Park
91-955 North Rd.
Fridays 9 a.m. to 10 a.m.

2. Halawa District Park
99-795 Iwaiwa Street
Fridays 7 a.m. to 8 a.m.

3. Haleiwa Farmers’ Market
Kam Hwy. & Joseph P. Leong Bypass
Sundays 9 a.m. to 1 p.m.

4. Kapolei Community Park
91-1049 Kamaaha Loop
Sundays 7 a.m. to 8:30 a.m.

5. Mahiku Farmers’ Market
Momilani Community Center
715 Hoomoana St.
Fridays 3 p.m. to 7 p.m.

6. Makeke Kapolei
Kapolei High School
91-5007 Kapolei Parkway
Thursdays 3 p.m. to 6 p.m.

7. Mililani District Park
94-1150 Lanikuhana Ave.
Tuesdays 11:45 a.m. to 12:30 p.m.

8. North Shore Country Market
Sunset Beach Elementary
59-360 Kamehameha Hwy.
Saturdays 8 a.m. to 2 p.m.

9. Pokai Bay Beach Park
85-037 Pokai Bay Road
Fridays 11 a.m. to 11:45 a.m.

10. Royal Kunia Park-n-Ride
Kupana Loop & Kupohi Street
Sundays 9:30 a.m. to 11 a.m.

11. Salt Lake Municipal Lot
5337 Likini Street
Saturdays 11:15 a.m. to noon

12. Mililani Farmers’ Market
Mililani High School
95-1200 Meheula Parkway
Sundays 8 a.m. to noon

13. Wahiawa District Park
North Cane & California Ave.
Tuesdays 10 a.m. to 11 a.m.

14. Waialua Farmers’ Market
Waialua Sugar Mill
Saturdays 8:30 a.m. to noon

15. Waianae Farmers’ Market
Waianae High School
85-251 Farrington Hwy.
Saturdays 8:30 a.m. to 11:30 a.m.

16. Waiau District Park
98-1650 Kaahumanu Street
Tuesdays 6:30 a.m. to 7:30 a.m.

17. Waikiele Community Park
94-870 Lumaiaina Street
Sundays 11:30 a.m. to 12:30 p.m.

Day or night, you’ll find them on streets and empty lots all over the island. There you’ll find plates of food that are familiar and gourmet — from fried rice and plate lunches, to a new spin on comfort foods like fried musubi, banana split lumpia, and tacos stuffed with kalbi, tofu and kim chee.

There are hundreds of food trucks and lunch wagons operating across the island, and many are the latest in a wave of mobile eateries that has brought food, lattes, and cupcakes onto streets where people live and work. Some trucks operate in one location — like the garlic shrimp trucks on the North Shore — while others roam across the island with an array of Mexican-meets-Asian tacos and desserts.

Many trucks use social media sites like Facebook and Twitter to tell the public their daily location and offerings. One truck might be in one location for a few hours before driving off to another location. Social media has also allowed customers to tell their friends about particular trucks, in turn building a fan base.

**COST, CONVENIENCE**

On a typical day, Adrian Cebillo will make three to four stops in the Mapuna area near the airport. Cebillo drives one of the lunch wagons for Elena’s, the Filipino restaurant that’s been operating for over 30 years. By hitting up several locations, Cebillo makes it convenient for customers to get restaurant-quality food right outside their workplace for about $6 a plate.

“We make the food every day in the morning,” he said. “We’re offering restaurant-type meals and making it affordable to them.”

One of the attractions of food trucks is the cost and quality of the food. Many are operated by people with food industry experience.

“For me it’s the quality of the ingredients,” said Amy Fox, who wants to operate her own food truck. “I find that some of the food trucks that I go to are the ones that most support the local economy. And I love that I always walk away stuffed, having not spent a lot of money and knowing that the money I did spend didn’t go to the glitz and glamour of a restaurant but instead went to those making the food.”

Mehealani Benito said the quality of the food and prices has her returning to her favorite trucks like Fairycakes, Local Stop, Hawai’i’s Fried Musubi, Xtreme Taco and Café Truck.

“I like to try and help out small businesses out as much as I can,” she said.

**BEHIND THE WHEEL**

While a menu offering red velvet whoopee pies, chocolate mocha cupcakes, lemon bars and Reese’s cake may sound fun and delicious, Fairycakes is ultimately still a business. Making good food will bring customers back, but general manager Pei Chan and her business partners also have to consider staffing issues, accounting, controlling costs, and having a plan to what the business will look like in the short and long term. Fairycakes does its baking in a commercial kitchen before loading products onto its food truck.

*Continues on next page*
Before launching Fairycakes, its owners (one comes from an extensive baking background) did some research on the local market. They found many trucks offering plate lunches and shrimp. After coming across many specialty food trucks offering their unique spin on food on the mainland, they decided their truck would focus on desserts.

“We thought we wanted to offer cupcakes and that was the thing to do,” said Chan. “We decided the last minute we didn’t want to limit to cupcakes. Cupcakes are only one kind of dessert so we’re a cakery. We’re a dessert truck and open the door to offer all kinds of dessert.”

That innovativeness had readers in NonstopHonolulu.com choosing it as best creative sweet treats.

“We’re constantly doing new research and developing products,” Chen said. “We have core basic products, but almost every month, every other week, we come up with something new.”

When Fairycakes first started, it used social media to spread the word about itself. It also benefitted from participating in the Eat the Street events that round up 15-20 food trucks in one location. Eat the Street has made stops in Mililani and Kapolei, and Fairycakes has visited Mililani, Kapolei, and Nanakuli.

“The goal was we wanted to create a whole following on social media,” Chen said. “It grew from there. Ten people, each tells two and it explodes.”

More on Eat the Street at www.streetgrindz.com/eatthestreet.

Photo captions
Page 26—One can find crepes filled with strawberries and Nutella at Eat the Street.
Page 27—Camille’s on Wheels serves up fusion tacos and homemade desserts, and the truck roams Windward Oahu. Hokulani’s cupcakes can be found at its three storefronts on the island and its mobile location.

This page, top to bottom—Local favorites hit the deep fryer at Hawaii’s Fried Musubis. Vendors at the Eat the Street offer lattes, Hungarian pastry from Zsoli’s Chimney Cakes and tacos from Xtreme Tacos.
WRITE DOWN WHAT YOU EAT

According to a study by the International Journal of Behavioral Nutrition and Physical Activity, monitoring what you’re eating (and/or your physical activity) can help with weight loss.

However, even if you don’t have any weight to lose, keeping a food diary can also get your nutrition in check. Writing down what you eat makes you “conscious and aware of what you’re eating,” said Tamara Moniz, a personal trainer at 24 Hour Fitness’ downtown location. She said the purpose of a food diary determines how accurate your calorie intake is since even dressing and ketchup also have calories. Furthermore, liquid intake is also relevant because water contributes to the burning of fat. The type of food, amount of the food and the time of consumption are the basics of a food diary.

“When people do this, they usually realize how little or how much they eat, or how bad or good their diet is compared to what their perception of their diet previously was,” Moniz said.

Besides keeping a tally of how many and how regularly you grab a snack, food journals can also give you, or a third party, an estimate on which foods are the main contributors to your diet.

“I can see what their typical diet is now and how we can alter it and not really change, but substitute certain things for healthier options,” Moniz said.

Even if one doesn’t know much about nutrition, Moniz said a food diary makes a person aware of foods they are eating, especially when it is seen visually on paper.

“We generally know that ice cream is not the best for you, potato chips or pizza, burgers and French fries,” she said. “Even if you do a food diary just for yourself, you get more conscious and aware of what you’re eating.”

— By Dwight Relente

MORE THAN A DIET
MASTER CLEANSE BRINGS NEW VIEW ON FOOD

Writer and photographer: Missy Trippett

Several weeks into the semester, I decided to try the Master Cleanse for the second time in my life. I had first attempted the cleanse in high school. Having been told about it by a family friend, I wanted to reap the many benefits the cleanse claims to offer: jaw-dropping weight loss, improved mood, energy levels, and complexion being just a few.

I gave up on the third day.

Now, a few years older and my will power just a bit stronger, I wanted to see if I could push past my previous “record” and see if any of the claims could hold water.

I also became interested in what others thought of the cleanse. Did people think of the cleanse as just another fad diet, or were they open to the ideas and drastic changes the cleanse, better known as the Lemonade Diet, has to offer?

I began looking for answers by asking what I had thought would be an easy to answer question: What is the Lemonade Diet?

“Isn’t it like, um ... the lemonade one with like, lemons and sugar or something like that?... Maybe you would just hmm ... I would think you would just drink like, a lot of lemonade for like two days or...,” Kiani Mesa, a 21-year-old Leeward student, continued on.

I began to realize that, despite being boost into the public eye by its astonishing weight loss numbers and affiliation with such celebrities as Beyonce and Jared Leto, the Lemonade Diet is still shrouded in mystery for many.

Continues on page 47
Japanese Cheesecake
Adapted from Divascancook.com
Photos and Recipes by Missy Trippett

Ingredients:
- 8 oz cream cheese (softened, room temperature)
- 1/4 cup whole milk
- 1/2 cup powdered sugar, divided
- 1/4 cup corn starch
- 3 eggs, separated
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon cream of tartar
- Baking sheet
- 2-3 cups boiling water (to make the water bath)

Directions:
Preheat oven to 350°
Butter a 9” cake pan, set aside.

In a large mixing bowl, beat softened cream cheese until smooth. Add milk and continue beating. Sift in half of the powdered sugar and all the corn starch, mix until combined. Add the egg yolks and lemon juice, mix well.

In a separate bowl, beat egg whites until foamy. Do NOT over beat. Sift in remaining powdered sugar and cream of tartar, beat on medium speed until high peaks form.

Gently fold egg white mixture into cream cheese mixture with a spatula, just until combined. Pour batter into prepared cake pan.

Place cake pan onto a baking sheet. Pour boiling water into baking sheet (not cake pan). Bake for 35 minutes, top of cake should turn golden brown.

Turn off the oven and prop door open to cool. Serve plain or with topping of your choice.
**Spicy Sweet Potato Fries**

**Ingredients:**
- 4 large sweet potatoes, cut into wedges
- 1 tbsp chili powder
- 1 tsp cumin
- ½ tsp salt
- ½ tsp sugar
- ½ tsp garlic powder
- ¼ red pepper flakes
- ¼ cup cilantro, chopped
- ¼ cup olive oil

**Directions:**
- Preheat oven to 425°.
- In a medium mixing bowl, combine spices and olive oil. Toss potatoes in olive oil and spices to coat. Spread coated potatoes in a single layer on a foil lined baking sheet.
- Bake fries in oven for 10 minutes. After 10 minutes, turn fries over and continue cooking for about 12 minutes.
- Serve with Southwestern Chicken Burgers.

---

**Southwestern Chicken Burgers**

**Ingredients**
- 1 lb ground chicken
- 2 eggs
- 3 slices good quality white bread, torn into ½ inch chunks
- 1 can black beans, rinsed and drained
- 1 can sweet corn, drained
- 1 medium onion, diced
- 1 medium tomato, diced
- 3 tbsp Worcestershire sauce
- ½ teaspoon cumin
- ¼ cup cilantro, chopped
- 1 teaspoon honey
- Sea salt
- Pepper
- Olive oil

**Directions:**
- In a medium mixing bowl, season ground chicken with salt and pepper. Add remaining ingredients and mix until just combined, taking care not to over mix. Let chicken mixture set for two minutes.
- Heat enough olive oil to coat the bottom of a frying pan over medium heat. Form burgers out of chicken mixture, using about 3 tbsp of mix per patty. Cook burgers in pan, four at a time, about three minutes each side or until cooked through.
- Serve burgers with Spicy Sweet Potato Fries.
Kickin’ it at the skate while wearing FITTED never looked so good

By Maisha Abbott

Photographer: Brandon Pudiquet
S’meta
Assistant Photographer: Liz
Models: Bryson Polo-Lewis
Tryvelle Hernandez
Micah Kamaunu-Kuhia
Ethan Thornton
Spirit Sooga
Location: Piliiaau Park (Wai’anae)

Clothing provided by: FITTED Hawaii
1438 Kona St., Suite B. Honolulu, 96814
Mon.–Sat. 11 a.m. to 7 p.m.
Sun. 11 a.m. to 5 p.m.
942-3100 // www.fittedhawaii.com
Bryson: Red FITTED logo T-shirt, jeans
Tryvelle (Top left): Ignorance Pack (Coup D'état) T-shirt, jeans (own), Vans shoes.
Micah (Top right): FITTED T-shirt, Kamehameha symbol green snapback hat, jeans (own), Vans shoes.
Ethan (Bottom left): Green FITTED T-shirt, Kamehameha gray/black/red snapback hat.
Micah (Bottom right): Slaps Wind blue/gold slapback hat.
Ethan (Bottom left): White Island Boys No Ka ‘Oi T-shirt, chain (own), jeans (own).
Spirit: Red long-sleeve Islanders #50 shirt, Slaps Wind blue/gold snapback hat.
With not a whole lot going on with Netflix now — unless you count their stock dropping quite a bit ever since their plan split — I figured I’d just skip ahead and get straight to the point. Here are some five movies that are worth checking out from Netflix’s current Instant Streaming selection.

Food Inc.
This is an interesting documentary. Even with its bias, let’s face it, all documentaries have some bias, it’s a very informative film. It’s been on Netflix for some time, and I highly suggest taking a look if you’re at all curious about what you put in your mouth on a daily basis.

“The way we eat has changed more in the last 50 years than it has in the previous 10,000,” is how “Food Inc.” opens. Really, it’s not that surprising. Things change exponentially now, in science, entertainment. Food isn’t an exception. But is all this change a good thing? Do you really know what you’re eating? How it got there? Would you still eat it if you knew? That’s something that this documentary asks.

There are three main parts to this film. The first is about meat (mainly chicken “farming”, beef, and pork). The second is grains and vegetables (mainly corn and soy beans). The third is about the economics and legal power major food companies have.

While the documentary does have bias and slight persuasion (face it, almost all documentaries do), it is a very informative piece. I already knew quite a bit about how nearly everything we eat now is made from corn, but I wasn’t sure why or how — statistics such as 30 percent of America’s land is reserved for corn farming.

While the film is very educational, it hasn’t really changed my eating habits very much. I used to only go to McDonalds if I had no other choice, but now I never eat there. The information in the documentary often times gets me angry at the industry and how far lost we’ve become. I wish there was more to be done, but with its convenience and efficiency, it doesn’t look like it’s going to change. And the “solutions” the film suggests I think are not enough. The film also seems partially biased. Whether you agree with the overall message of the film or not, it is worth checking out just for the information.
Red State

Kevin Smith has been under a lot of fire over the past few years. I tried not to pay much attention to it, but I did see “Cop Out.” And after that movie, I really had no hope for Smith in his post View Askew Universe (“Jay and Silent Bob” films). But Kevin Smith decided to go in a new direction after that atrocious “Cop Out” (I can’t stress enough how much I hated “Cop Out”). Claiming that “Red State” would be a horror film, I was intrigued. But Smith’s decision to self-distribute the film made it impossible for me to see it in theatres, as the film would not be released in Hawaii. While it’s not exactly a “horror” film, it is definitely a scary premise. Take the Westboro Baptists Church, the church who goes around protesting military and homosexual funerals, homosexual marriages, and basically anything else that’s against their beliefs, give them machine guns and take it from simple protesting to terrorist acts. The result is pretty damn intense.

What’s so great about the film is that I was not able to tell where it was going at any given point. It has a great set up that just makes you despise the villains, the Five Point Church, and has magnificent performances by Melissa Leo and Michael Parks that are worth the watch by themselves. Parks is easily one of the best villains of this year. It’s definitely not a film for everyone, but if you want to see a film that’s against the norm of today’s mainstream film, give it a shot.

13 Assassins

Takashi Miike is one of the most prolific and successful working Japanese directors. Quentin Tarantino calls him one of the greatest directors living today. Guillermo Del Toro (Director of “Pan’s Labyrinth” and “Hellboy 1 & 2”) calls Miike “The ultimate anarchist/artist, [he] paints disturbing and enduring landscapes with blood. His own and others.” Miike is responsible for films such as “Audition” and “Ichi The Killer.” While “13 Assassins” has a lot of Miike’s signature grotesque, it’s a very traditional film. It’s a nonsense Samurai film. It also made my top 10 films of 2010. It’s damn near a modern Samurai film. It also made my top 10 day masterpiece. It’s also one of the few who actually had faith in it, being the only draw back to the film is that its run time is just a little long. That and maybe some people may find it to be a little dated (being made in 1980 and all). But if you love to laugh, give it a shot.

Black Snake Moan

When “Footloose” was ready to hit theatres, I was actually pretty confident it would be a good movie. As with most remakes, people were automatically writing off the film as crap before it even came out. I was one of the few who actually had faith in it, because I knew Craig Brewer would be able to have the sensibilities to pull it off. Who’s Craig Brewer? Well, that’s why I’m suggesting “Black Snake Moan.” He also directed “Hustle and Flow,” but that isn’t on Netflix’s Instant Streaming. One thing about movies like this one that I love is the odd, non-romantic relationship. Samuel L. Jackson and Christina Ricci have one incredibly odd relationship in this film, but it’s one that develops endearingly throughout the film. It’s an odd film to say the least, but Brewer makes it work. I also appreciate the note the film ends on. It’s not “happily ever after”, but it does suggest things are heading in the right direction.

The Blues Brothers

This is a classic comedy. Along with “Animal House,” it’s one of those films that is a must see for anyone who loves to laugh. Dan Aykroyd and Jim Belushi are at the top of their game as two brothers who are “On a mission from God” to save the Catholic home that they grew up in. The movie is ridiculous to levels beyond absurd. It doesn’t apologize for its silliness either. It knows exactly what it is and just rides with it.

It’s also got two of the most memorable car chases ever filmed: one where they drive through a mall and one with the largest cop car pile-ups in history. Plus the music throughout the film is actually pretty damn good. You could call it a musical comedy. I’d say the only draw back to the film is that its run time is just a little long. That and maybe some people may find it to be a little dated (being made in 1980 and all). But if you love to laugh, give it a shot.
“Chloie” By JAMISON HAUSSMAN
India ink, watercolor and Prismacolor markers

“From The Kitchen” By J. JAY WEST
Cast recycled paper, coconut fiber and acrylics on a used oven broiler pan, 14.5” x 13”
Reproduction of Vladimir Kush By JADINE HIRCHAG
Oil on canvas

By JAMISON HAUSSMAN
Acrylic on white Vans shoes
"I and the Village" By JASMINE HIRCHAG

It was my masterpiece for paint class and was originally done by Marc Chagall
NOW THAT YOU’RE GONE

When I Was Born
You Were So Happy When You Held Me In Your Arms
When I Took My First Steps
You Guided Me To Make Sure I Wouldn’t Fall
When I Went To School
You Waited Until I Got Home
Each Time I Spent With You
I’d Learn More About Life
And How I Should Be When I Grow Up
We Started Spending Less Time Together
I Wondered What Was Wrong
Mom Told Me You’d Be OK
So I Left For School Feeling Weird That Day
I Got Called Out Of Class
But I Was Thinking Why
Then We Arrived At This Place
I Looked Around To See Everyone Sad
I Tried To Find You But You Weren’t There
Someone Held My Hand, So I Followed
We Entered A Room And There You Were
I Realized Where I Was Now
The Smell Of Medicine, The Sound Of Machines
I Looked At YouSadly
Mom Lied When She Said You’d Be OK
You Were Lying There So Pale, So Sick
Things Sticking In You And A Mask You Wore
I Wanted To Hug You, Say I Love You
But Someone Pulled Me Away
I Looked Up And Said,
“What’s Happening To Him!”
And It Was Mom, Who Said,
“Papa Going Now, He Going Sleep.”
Tears Ran Down Her Face As She Said It
I Was So Young Then, Not Even In The 1st Grade
But Now That I’m All Grown Up, I Still Remember
Cause You Guided Me
When I Got My License
You Smiled When
I Fell In Love
And Now Papa
You’ll Watch Me Graduate This Year
Even Though Now That You’re Gone

Poem By RACHELLE DUREG
To showcase your creative work, contact stanleyl@hawaii.edu
Nature comes as a gift from God that is abundant and kind,
It can also be destructive as well as a state of mind.
Nature is obvious for those with sight;
It also comes to those who see in the night.
Nature is not here only for those with eyes;
It is available to all who are wise.
Nature is visible in touch, smell and sound,
It is many things so it is easily found.

Nature is there to feel and touch,
It is through this sense we see so much.
Nature is there in the mountain we climb,
If only means we should enjoy the time.
Nature gives us a chance to walk in the sand;
It is an example that allows us to enjoy the land.
Nature is found in short and tall grass;
It is these things that are given in mass.
Nature cools or destroys in the form of wind,
It is gentle or hard and that we must contend.
Nature is when we feel the sunshine;
It is this in which God tells all is fine.

Nature brings sounds that are beauty to the ear;
It is these we hope will not disappear.
Nature is morning with singing from the birds;
It is this that gives music though we don’t know the words.
Nature lets us hear the stream and river in which water flows;
It is this sound that brings pleasure when it snows.
Nature is the ocean we can hear through the wave,
It is this that everyone should crave.
Nature gives lightening that comes with thunder;
It is through this that God allows us to wonder.

Nature comes in another way that is smell;
It is one more sense that tells all is well.
Nature gives a fragrant when it rains;
It is through this that the earth retains.
Nature can even be an odor that comes with the fog,
It is clean and being replaced with the smog.
Nature in its greatest splendor gives us flowers;
It is through this that God reveals his powers.
Nature is God’s grand design;

If, therefore, can be seen by those who are blind.

Poem By SAZZA SELF
Photo #1: Pismo Beach Pier. The town of Pismo Beach is located in the southern part of San Luis Obispo County. This funky little town has a sort of “retro” vibe and the main street to the beach is lined with shops, restaurants and bars all lit up with neon lights and signs.

Photo #2: Sunset at Pismo Beach. Pismo Beach is also a popular spot for surfers, but don’t forget to bring a wetsuit.

Photo #3: The Solvang Antique Center is another example of the Old World architecture you can see in the small town of Solvang in Santa Barbara County.

Photo #4: An old-fashioned windmill in the town of Solvang. There are five of these old windmills throughout the town. The town, which still has the look of an old European village, was built in 1911 by Danish immigrants.

Photo #5: The Neptune Pool at Hearst Castle is San Simeon. The centerpiece of the pool was the actual facade of an ancient Roman temple which Hearst purchased and shipped to California from Italy.

CALIFORNIA

Photos by Paul Topp
Not knowing too much about a cleanse, like the Lemonade Diet, is definitely an issue for anyone looking to try it. Many people don’t realize that taking on the Lemonade Diet means ceasing all ingestion and digestion of solid food for the duration of the cleanse, up to 40 days in some cases!

Ariana Lemisio, a 21-year-old Leeward student who has had some experience with the cleanse, described the elixir meant to supply your body with enough calories to get through the day, while working it’s magic as detoxifying and purifying.

“The Lemonade Diet is a 10 to 14 day cleanse (that) cleanses out the toxins in your body and helps you lose weight. The lemonade drink consists of water, fresh lemons, grade B maple syrup, and cayenne pepper.”

GETS RID OF TOXINS

A strong interest in natural medicines and remedies led Stanley Burroughs to create the Master Cleanse. He believed the cleanse was an effective and necessary process to undergo in order to “dissolve and eliminate toxins and congestion that have formed in any part of the body.” He also believed in giving your digestive tract a “rest” from the constant breaking down and expelling of food waste.

Now, some of you may be thinking about the consequences of Burroughs’ theory on “resting” the digestive tract. If you’re not eating, you’re not digesting, and if you’re not digesting, you’re not... well... you know what.

Don’t worry; he’s thought of that.

For a thorough removal of waste, Lemisio mentioned an often omitted part of the cleanse. She added, “people could also do the salt water flush while being on the lemonade diet.”

The salt water flush or “bath” as Burroughs calls it in his book, The Master Cleanser with Special Needs and Problems, consists of warm water and sea salt. The flush is meant to rinse and rid the digestive tract of any waste while you are on the cleanse, and believe me — it’s thorough.

Can’t-leave-the-house thorough, that is if you can find the ratio of sea salt to water that is right for your body. If you are unable to find that balance, the laxative tea method of expulsion may be the better choice for you, as it was for my brother, Marlon Luna, who has actually completed the cleanse.

“I tried the salt water flush and, basically after drinking gallons of salt water, it didn’t flush me out. So I said, ‘OK, I’ll try the laxative tea.’ It worked because after days of being on (the cleanse) you’re not eating anything solid, so how do you have a movement? It’s a part of the plan, you cleanse in the day and you flush at night,” Luna said.

Because of my daily schedule of school and work, I ended up shirking the “removal” part of the cleanse, but by my second day, I was already seeing results.

RESULTS, CRAVINGS

I definitely noticed that I looked physically slimmer. I also felt lighter, and I’m not just talking about my weight. I felt strangely tranquil. I no longer longed for my usual steak entrée, carbs, and a glass of wine. I felt... I don’t know, content?

I definitely noticed that I looked physically slimmer. I also felt lighter, and I’m not just talking about my weight. I felt strangely tranquil. I no longer longed for my usual steak entrée, carbs, and a glass of wine. I felt... I don’t know, content?

I definitely noticed that I looked physically slimmer. I also felt lighter, and I’m not just talking about my weight. I felt strangely tranquil. I no longer longed for my usual steak entrée, carbs, and a glass of wine. I felt... I don’t know, content?

“Do you have any advice for future Miss Vamp contestants?”

I think you should have a theme. I think you should have a good idea about what you want to portray. Have a theme, go with it, dedicate yourself.

“Is there anything half ass, excuse my speech. I really mean it.”

“Can’t-leave-the-house thorough, that is if you can find the ratio of sea salt to water that is right for your body. If you are unable to find that balance, the laxative tea method of expulsion may be the better choice for you, as it was for my brother, Marlon Luna, who has actually completed the cleanse.”

“I tried the salt water flush and, basically after drinking gallons of salt water, it didn’t flush me out. So I said, ‘OK, I’ll try the laxative tea.’ It worked because after days of being on (the cleanse) you’re not eating anything solid, so how do you have a movement? It’s a part of the plan, you cleanse in the day and you flush at night,” Luna said.

Because of my daily schedule of school and work, I ended up shirking the “removal” part of the cleanse, but by my second day, I was already seeing results.

RESULTS, CRAVINGS

I definitely noticed that I looked physically slimmer. I also felt lighter, and I’m not just talking about my weight. I felt strangely tranquil. I no longer longed for my usual steak entrée, carbs, and a glass of wine. I felt... I don’t know, content?

“Do you have any advice for future Miss Vamp contestants?”

I think you should have a theme. I think you should have a good idea about what you want to portray. Have a theme, go with it, dedicate yourself.

“Is there anything half ass, excuse my speech. I really mean it.”

“Can’t-leave-the-house thorough, that is if you can find the ratio of sea salt to water that is right for your body. If you are unable to find that balance, the laxative tea method of expulsion may be the better choice for you, as it was for my brother, Marlon Luna, who has actually completed the cleanse.”

“I tried the salt water flush and, basically after drinking gallons of salt water, it didn’t flush me out. So I said, ‘OK, I’ll try the laxative tea.’ It worked because after days of being on (the cleanse) you’re not eating anything solid, so how do you have a movement? It’s a part of the plan, you cleanse in the day and you flush at night,” Luna said.

Because of my daily schedule of school and work, I ended up shirking the “removal” part of the cleanse, but by my second day, I was already seeing results.

RESULTS, CRAVINGS

I definitely noticed that I looked physically slimmer. I also felt lighter, and I’m not just talking about my weight. I felt strangely tranquil. I no longer longed for my usual steak entrée, carbs, and a glass of wine. I felt... I don’t know, content?

“Do you have any advice for future Miss Vamp contestants?”

I think you should have a theme. I think you should have a good idea about what you want to portray. Have a theme, go with it, dedicate yourself.

“Is there anything half ass, excuse my speech. I really mean it.”

“Can’t-leave-the-house thorough, that is if you can find the ratio of sea salt to water that is right for your body. If you are unable to find that balance, the laxative tea method of expulsion may be the better choice for you, as it was for my brother, Marlon Luna, who has actually completed the cleanse.”

“I tried the salt water flush and, basically after drinking gallons of salt water, it didn’t flush me out. So I said, ‘OK, I’ll try the laxative tea.’ It worked because after days of being on (the cleanse) you’re not eating anything solid, so how do you have a movement? It’s a part of the plan, you cleanse in the day and you flush at night,” Luna said.

Because of my daily schedule of school and work, I ended up shirking the “removal” part of the cleanse, but by my second day, I was already seeing results.

RESULTS, CRAVINGS

I definitely noticed that I looked physically slimmer. I also felt lighter, and I’m not just talking about my weight. I felt strangely tranquil. I no longer longed for my usual steak entrée, carbs, and a glass of wine. I felt... I don’t know, content?

“Do you have any advice for future Miss Vamp contestants?”

I think you should have a theme. I think you should have a good idea about what you want to portray. Have a theme, go with it, dedicate yourself.

“Is there anything half ass, excuse my speech. I really mean it.”

“Can’t-leave-the-house thorough, that is if you can find the ratio of sea salt to water that is right for your body. If you are unable to find that balance, the laxative tea method of expulsion may be the better choice for you, as it was for my brother, Marlon Luna, who has actually completed the cleanse.”

“I tried the salt water flush and, basically after drinking gallons of salt water, it didn’t flush me out. So I said, ‘OK, I’ll try the laxative tea.’ It worked because after days of being on (the cleanse) you’re not eating anything solid, so how do you have a movement? It’s a part of the plan, you cleanse in the day and you flush at night,” Luna said.

Because of my daily schedule of school and work, I ended up shirking the “removal” part of the cleanse, but by my second day, I was already seeing results.

RESULTS, CRAVINGS

I definitely noticed that I looked physically slimmer. I also felt lighter, and I’m not just talking about my weight. I felt strangely tranquil. I no longer longed for my usual steak entrée, carbs, and a glass of wine. I felt... I don’t know, content?
I realized I was really only ever hunters and hobbies to keep myself busy. I was tamed by my rekindling of old interests and hobbies to keep myself busy. The cravings were eventually turned down with no problem. I began to anticipate the end.

You may be surprised to hear that I would do the cleanse again. Drinking nothing but lemonade for almost a week changed the way I saw food. I appreciated its value more, both in how much we need food and how long we can go without it, yet still miss the comfort it provides. I learned that I have much more will power than I thought I had. I rediscovered old interests that I let fall to the wayside.

Mesa concluded, “I think it’s interesting, like it. Especially if it’s meant for detoxifying your body and changing your lifestyle and eating habits, I think it’s really healthy.”

Added my brother: “It was really interesting because it changes how you look at food. You see all of the food we’re engorging ourselves with, and it makes you think ‘Why am I eating all of this?’ It changes your perception and relationship with food,” Marlon Luna.

THE CONCLUSION

The end. It would come for me sooner than I expected.

When I woke up on the fifth day, I felt the now familiar squeeze of hunger on my stomach and figured it was about time for my first drink. I opened my eyes, stood up, and promptly fell back down. The end.

I think there is one key reason as to why my body reacted the way it did while I was on the cleanse. As Lemisio pointed out, “With this diet, people are to drink the lemonade mixture and not eat. I did not want to stick with that because I feel that I have to eat. I have 12 hour days almost all week, so I cannot only drink the lemonade drink.

My life as a student was my ultimate undoing. Waking up at 5 a.m. and staying up until 10 p.m. didn’t mesh with the minimum six glasses of lemonade requirement. Lemisio suggests, “For people with long days as I have, it is possible for them to only drink the lemonade drink, but it should be two days worth of the lemonade so that it will give you the energy you need.”

I would recommend speaking with a physician before you decide to start.

Mesa also voiced concerns over another aspect of the cleanse. “The salt water flush, I don’t really trust. I don’t know if I feel comfortable retaining that much salt in my body. (Taking) in that much salt in a day, I would be afraid of water retention or making my ankles swell. I would want to consult a doctor, I’d want to make sure it’s healthy to do that.”

Luna, having completed the Master Cleanse once before, was confident in the safety of the cleanse saying, “I say it’s worth the experience for the sheer fact that it’s something a lot of people will never do. Think about it, for some people, if they go more than a few hours without eating they feel like that have to eat. I think it’s good for people to try to free themselves from the mindset that they have to be like cows to a feeding trough.”

You might be surprised to hear that I would do the cleanse again. Drinking nothing but lemonade for almost a week changed the way I saw food. I appreciated its value more, both in how much we need food and how long we can go without it, yet still miss the comfort it provides. I learned that I have much more will power than I thought I had. I rediscovered old interests that I let fall to the wayside.

Mesa concluded, “I think it’s interesting, like it. Especially if it’s meant for detoxifying your body and changing your lifestyle and eating habits, I think it’s really healthy.”

Added my brother: “It was really interesting because it changes how you look at food. You see all of the food we’re engorging ourselves with, and it makes you think ‘Why am I eating all of this?’ It changes your perception and relationship with food.”

All in all, the Lemonade Diet is what you make of it. As I mentioned, you should probably consult your doctor first. That being said, it seems that the more you stick to the guidelines provided by Burroughs, the more insight you’ll gain into yourself and your personal relationship with food. Those who adopt the Lemonade Diet as a means of quick weight loss won’t be disappointed, but they may miss out on deeper lessons the cleanse offers.
Within the last few years, there has been an explosion of smartphone usage. With the introduction of the iPhone in 2007, it has opened the doors to a technological phenomenon called apps. What is an app you say? An app is software that can be used on the Internet, computer, phone or mobile device. Since their introduction, apps have been used to keep us up to date with the latest news or play games. Whether it is global, local or simple status updates on Facebook they provide a fun and entertaining way to pass the time. Let’s take a look at what many students at Leeward Community College are using.

**Words with Friends**  
(Developer: Zynga Inc. iPhone/Droid) Free version and paid version

Remember that old board game called Scrabble? Well, it’s back with an addicting, digital twist. Most of the old rules from the original board game are still used. One big plus is the ability to play with friends that also have the app installed onto their mobile device. You can connect via Facebook, Twitter or simply look up buddies via username. Two people can battle it out in a never ending strategy board game to see who has the best vocabulary.

**Instagram**  
(Developer: Burban Inc. iPhone) Free

Do you like taking photos with your camera phone? Like vintage? Like social networking and sharing photos? Instagram is your app. Paying homage to the old Kodak Instamatic and Polaroid camera days, Instagram is a free and incredibly streamlined app that allows you to take photos, apply filters and share it on various social networking sites such as Facebook, Twitter and Tumblr. Photos look vintage and it makes any dull photo look down right gnarly.

**Netflix**  
(Developer: Netflix Inc. iPhone/Droid) Free app purchase (monthly paid subscription)

Jumped on the Netflix bandwagon yet? Netflix is a service that offers both on-demand video streaming through the Internet, and a flat-rate online video rental. Think of it this way, $8 per month gets you unlimited TV and movies available to watch whenever you want. Its library is the biggest you’ll find on the Internet and it’s fully legal. Netflix also allows users the capabilities to watch movies and TV shows on your television set, game consoles, the Internet, and on your phone. Please be aware that Internet is required for live streaming on your phone.

**Facebook**  
(Developer: Facebook Inc. iPhone/Droid) Free

Still one of the leading social networking sites, the Facebook app allows most of the functions as the full Web version. It is slimmed down with a more functional and simplistic look. Users can easily browse and share photos, updates statuses and check into locations on the go.

**Pulse**  
(Developer: Alphonso Labs Inc. iPhone) Free

Like getting the latest breaking news on your smartphone, but have way to many apps for it? Pulse takes many of today’s leading news and online publications and unites them together under one roof. With a clean, easy, engaging and functional design, it allows you to customize and organize your news by using tabs, separating your favorite sports, entertainment and local news in its own little categories.

**Writer’s Pick**  
**Evernote**  
(Developer: Evernote. iPhone) Free

Evernote is ideal for students and one of the easiest, robust, and organized notetaking apps. It has a front-page notepad with a full fledged formatting toolbar reminiscent to Microsoft Word’s interface. It is great for putting together class outlines and study guides. It also has easy options such as audio recording (for lectures), and camera snapshots. Evernote is also compatible with Microsoft Word, PowerPoint, PDFs and QuickTime files. So if your professors have syllabi or study guides, simply download it and open it up on Evernote, and you can study your heart away.
Puzzles

**Pathem**

*The path word puzzle*

**How to Play:**
Spell the phrase in the grid above it, writing each unique letter only once. The correct solution will spell the complete phrase along a single continuous spelling path that moves horizontally, vertically and diagonally. Fill the grid from square to square - revisiting letters as needed to complete the spelling path in order. Each letter will appear only once in the grid.

*Walmart Stores*

Difficulty ★★★★★ (60pts)

“Freeze”

visit www.Pathem.com

---

*Pathem*

*The path word puzzle*

**How to Play:**
Spell the phrase in the grid above it, writing each unique letter only once. The correct solution will spell the complete phrase along a single continuous spelling path that moves horizontally, vertically and diagonally. Fill the grid from square to square - revisiting letters as needed to complete the spelling path in order. Each letter will appear only once in the grid.

*Whole Foods, TX*

Difficulty ★★★★★ (20pts)

“Freeze”

visit www.Pathem.com

---

**Sudoku**

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Answers online at www.leeward.hawaii.edu/kamanao

---

**GIRLY NAILS**

MON TO THURS SPECIALS!

Spa Pedicure & Manicure $30
Acrylics $20
10% OFF with Student & Military ID
NOW TO APRIL 1, 2012

Specializing in...
spa manicure & pedicure, acrylics, gels & waxing

Lee Town Center • 94-216 Farrington Hwy, Suite B2-104 • Waipahu 96797
Phone: 680-9300 • Hours: Mon-Sat 9 am-7 pm, Sun 10 am-5 pm
Ka Mana’o

Follow us on Facebook.com/kamanao.leeward and visit us online at www.leeward.hawaii.edu/kamanao

Ka Mana’o

We’re looking for students who would like to join our staff. We'd also like submissions of your work, including creative writing, poetry and artwork, as well.

For more information contact: stanleyl@lcc.hawaii.edu or visit room AD220

THE CLEAN WATER SERIES

RISE UP

HA WAI I

A COLLABORATIVE EFFORT FOR charity: water

Nearly 1 Billion people in the world do not have access to clean drinking water. WE CAN CHANGE THIS.

Follow us on Facebook for updates & involvement
RISEUPHAWAII.ORG