



Your guide to Summer 2012

Students, as you are preparing to ace your final exams for the end of the spring semester, don't pretend that you haven't been planning your summer since the first day of school.

No matter what your plans are, whether it be lounging on the beach or traveling across the country, summer is a time to relax for three months - unless you have summer school to attend to, to which I apologize, but at least you'll be ahead of the game or all caught up once the next semester begins.

The Kapi'o staff has compiled lists of suggestions, places to visit, things to do, among others in this special wrap just for you.

From everyone at the Kapi'o, have a safe, happy and productive summer!

- Joie Nishimoto, editor-in-chief

Follow us on the Web:



kapiolnewspress.com
facebook.com/kapio
twitter.com/KapioNewspress
youtube.com/thekapio

Local favorite a good place to eat

By Jocelyn Nystrom

CONTRIBUTING WRITER

Driving into Rainbow Drive-In, a fast food eatery dubbed a Hawaiian local favorite, wafts of comfort food entices hungry stomachs.

Located a few miles out of Wai-kiki on Kapahulu Avenue, Rainbow Drive-In offers classic Hawaiian-style plate lunches such as loco moco and shoyu chicken. Using fresh, local ingredients, it's easy to see why this drive-in attracts loyal families, starved surfers and students on a budget.

Rainbow's has been serving the island of O'ahu since 1961, dishing out 1,200 to 1,500 plates per day, more than 400,000 plates a year. Rainbow distinguishes itself with its signature brown gravy, made in house from scratch.

Rainbow's gravy is smothered on the majority of the drive-in's dishes, emulating the cozy post-meal feeling after a Thanksgiving dinner.

Jim Gusukuma, one of the inherited owners, divulges some of Rainbow's gravy ingredients, including a tomato base, dried shrimp, crushed ginger, dried seaweed, curry, garlic, salt, Worcestershire sauce, and onions, but left out its secret spice. The 300 gallons of gravy made weekly demonstrates the popularity of this tasty sauce.

Rainbow's bright sign will capture your attention, but the food will keep you coming back.

Entrees come with a meat dish, mac salad, two scoops of rice, and a light side of green cabbage. Rainbow's loco moco is a local favorite

for \$3.95 a bowl and \$7 a plate.

Food lovers have everything to gain and not much to lose with this dish. What is a loco moco? It's a high carb, high protein meal with sticky white rice, gravy and a hamburger patty with two eggs made to order on top. Traditionally, the eggs are made over easy, so that yoke penetrates through the rest of the ingredients. Some foodies add ketchup, while others add hot sauce to spice it up. Rainbow's loco moco melts in your mouth, enhances your taste buds as tastes of the mixture of sweet, if you add ketchup and salty satisfy your pallet. Rating: 5 out of 5.

Rainbow's barbecue pork plate runs for \$7.25 and will satisfy your sweet tooth as well as your need for protein, as you bite into this chewy but tender meat. Rating: 5 out of 5.

Rainbow's boneless chicken with gravy for \$7 is equally satisfying, but be careful of slices of fatty chunks on the meat and some dryness.

Rating: 3 out of 5.

Rainbow's chili and rice bowl is a popular dish and best seller among locals, especially for the price - \$3.95. It has diced tomatoes, diced and dehydrated onions, hamburger, kidney beans, garlic, tomato puree, cayenne pepper, salt, chili pepper, Worcestershire sauce and flour. The rice was perfectly done with the right amount of moisture, but the tomato base overwhelmed the chili making it sweeter than saltier. If you like sweet chili, I'd rate Rainbow's chili 5 out of 5. For my taste buds, I give it 3 out of 5 stars.



CHAYNE TOYAMA/KAPI'O

Rainbow Drive-In, located blocks away from KCC, is a popular destination for locals and tourists alike, who crave a good plate lunch. Prices range from \$3 to \$7, and the barbecue pork plate is a popular item on Rainbow's menu.

The staff was friendly, helpful and welcoming and called out our order by name. The drive-in welcomes and displays a family oriented environment where tourists, local and kids dine together in close but comfortable proximity.

You don't have to worry about eating or talking quietly. Some customers enjoy intermingling or having light-hearted conversation 'ohana, family style. It is the family style atmosphere that makes Rainbows uniquely Hawaiian. That is another essential part of this award-winning drive-in. Everything needed

to dine is available within a few steps. Many dine at the drive-in, but just as many take their food to go, as tables and parking are limited. Rainbow makes a beach picnic easy and possible with its styrofoam containers, plastic utensils and boxed plates. After eating off this menu, you'll probably be up for a nap afterwards once the heavy ingredients of comfort food settle in.

Rainbow awaits you for your next craving on a budget.

RAINBOW DRIVE-IN

3308 Kanaina Ave
Honolulu, HI 96815

Website: rainbowdrivein.com

Hours: Monday to Sunday from 7 a.m. to 9 p.m.

Price: \$

Gift Cards: Available for \$10 and up.

All events are provided by Alika P!

By Alika Pfaltzgraff

STAFF PHOTOGRAPHER/WRITER

Living in Hawai'i, you get accustomed to perpetual sunshine and sandy beaches year around, but access time is usually limited to the weekend, which sometimes just isn't enough.

Now that summer is almost here, its time to break out the sun-screen and towels and hit the road. Of course, when you get your fill of the beach, there are plenty of other things to do when the surf is low.

There are numerous hikes on the island, and even more hiking blogs to help guide you towards the hike best suited for your needs.

After exploring as much of the island as possible, there are still plenty of festive events over the three-month period to keep you entertained.

Here's a list of some of the activities going down in Summer 2012.

June 15 to 18: Maui Film Festival

Location: Four Seasons in Lahaina

Description: The four day film festival attracts some of the world's most recognizable celebrities and films for a marathon of high quality films.

May 12: Harlem Globetrotters

Location: Neal Blaisdell Arena

Description: To the surprise of many, including myself, The Harlem Globetrotters still exists. Even more than that, they've been touring for the past 30 years, and will be making their rounds in Hawai'i.

May 4: Spring Showcase

Location: Neal Blaisdell Exhibition Hall

Description: Last year's Expo featured more than 200 Food Vendors with perfect gifts beautifully and expertly handcrafted crafts.

The event also features live entertainment by Hawai'i's talented singers, dancers, musicians, magicians and hula babies.

July 8: 50th Hawai'i State Farm Fair

Location: Kualoa Beach Park

Description: Kualoa will host a family fun weekend featuring educational activities, and locally grown food samples. The event will feature live entertainment, including a livestock exhibit by the students of 4-H. Pony rides and a petting zoo are available for the keiki. A plant sale and farmer's market will also be going on. On site parking is free.

April 22: Hawai'i Ocean Expo

Location: Neal Blaisdell Exhibition Hall's Pikake room

Description: Everyone thinks they make the best poke out of their friends, but here's your chance to prove you make the best on the island. Bring your skills to the table at the annual Poke Contest, hosted this year by Chef Reno Henriques at the Hawai'i Ocean Expo. In addition to the poke contest there are numerous aquatic activities to keep the average sponger more than occupied.

Students prepare for graduation

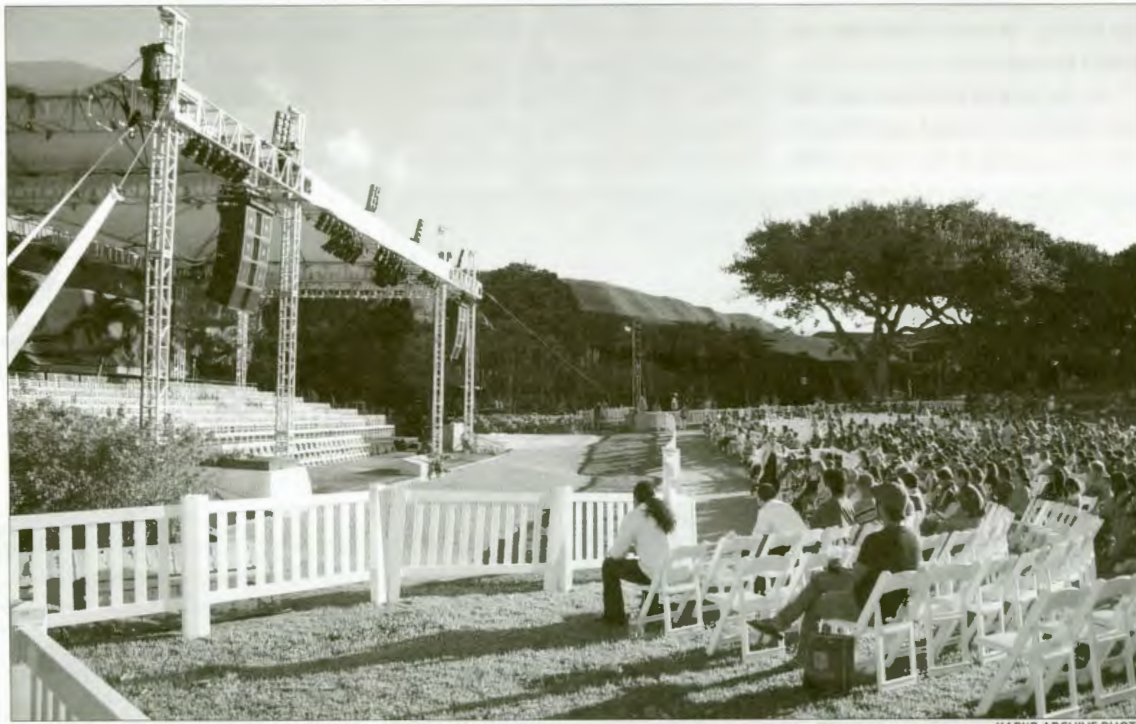
By Alike Pfaltzgraff
STAFF PHOTOGRAPHER

As graduation looms ever nearer, anticipation is beginning to grow within the student body who are undoubtedly eager to step out into the real world.

This can be a confusing time for some, when students are thrust out into the upper echelons of education institutions, eschewing the small, comfortable classroom sizes afforded by community colleges, and into the daunting 300-seat lecture halls that shroud Mānoa.

It's also a time for reflection for others who will be transferring to major universities. Of course, Mānoa isn't the only destination for Kapi'olani Community College graduates, as there are several other colleges in the state that are always accepting students. In the UH system, there is the West O'ahu campus and the Hilo campus.

There are other options for those who wish to look beyond the University of Hawai'i system as well, such as HPU, which offers campuses in both Kāne'ohe and Honolulu. There's also the slowly proliferating University of Phoenix, which has residence in



KAPI'O ARCHIVE PHOTO

The UH system comprises a total of 10 campuses that span across the islands, with roughly 60,000 students enrolled.

Honolulu as well as Kapolei.

Then there is Chaminade, which shares estate with St. Louis High School, and is best known for its yearly participation in the NCAA Men's Basketball Maui Invitational, which pits Chaminade against the top competition in the nation. It is

the only tournament in the country that allows Division II teams to play against Division I teams.

The UH system comprises a total of ten campuses spanning six Hawaiian islands, making it the largest collegiate educational system in the state with roughly 60,000 students regis-

tered islandwide. According to the school's website, when last measured in 2011, an estimated 9,023 students were enrolled last fall at KCC alone, with a roughly equal split in gender attendance.

Of the 6,000 graduate students going to school, roughly 90 of them

will be earning their masters, and less than 10 will receive their doctorates.

Some see graduating as an exhilarating step in the right direction.

"I am so excited to start taking class at Mānoa," said 22-year-old art student Shanon Kurasawa. "I've been there a couple times and it's just huge."

Others are not so enthusiastic.

"I'm not sure if I'm ready for the workload," said 25-year-old Kawika Kahiapo, a liberal arts major. "My friends have told me about how much they have to do and it's a little intimidating, but I think I will manage."

KCC's commencement ceremony will be held May 11 at 6 p.m. on the Great Lawn.

In order to walk, graduating students must fill out a commencement application form online and turn it in by April 27 at 4 p.m. at the Office of Student Activities in 'Iliahi 126.

These forms are vital, as they will help the public speaker to pronounce your name as accurately as possible. Prospective students must return to the Office of Student Affairs after May 7 to pick up their name cards, which will be needed to enter the cafe on commencement day.

Accreditation draws near

By Joie Nishimoto
EDITOR-IN-CHIEF

Six years have gone by and now, Kapi'olani Community College is preparing for its upcoming accreditation.

Bob Franco, director of Institutional Effectiveness and KCC accreditation liaison to the Accrediting Commission for Community and Junior Colleges of the Western Association of Schools and Colleges (ACCJC-WASC), said an evaluation team comprised of members from ACCJC-WASC will visit KCC from Oct. 15 to Oct. 18.

Several reviews are required in order for the campus to be accredited: annual report, annual fiscal report, midterm report in the third year, a comprehensive self study, visit to the campus.

During the three-day visit, the

evaluation team will also ask faculty and students for their input.

"Everyone's (faculty) on call," Franco said. "There's a strong possibility that they'll go to (places on campus like) the cafeteria and pull students aside and ask them the open-ended questions. I think the ACCJC really tries to get input from students."

Emi Akiyama, 29, said she would not mind if she was asked by the ACCJC-WASC her thoughts about the campus.

"I think KCC is a really good school," she said, "so yes, I would (like to talk to them)."

Accreditation is imperative for all colleges and universities as it assures the public, as well as other organizations that the institution has met standards appropriate to higher education and as the necessary resources

to accomplish its purposes stated in the evaluation.

Without an accredited status, the institution can lose out on getting financial aid and Title IV grants, which Franco said can affect students.

"You really need to have a good standing to get federal funds and grants," he said. "If you lose your accreditation - I don't think that will happen to us - it affects federal financial aid for students."

Akiyama, a culinary student, said she pays for school through scholarships, financial aid and from out of her own pocket.

"I think it is important that KCC is in good standing," she said.

In addition, accreditation also means that students' credits can transfer to another campus, Franco

ACCREDITATION: See page 10

Testing center ready for finals rush

By Alike Pfaltzgraff
STAFF PHOTOGRAPHER

As another semester comes to pass, students and teachers alike unite in palpable dread as everyone prepares for the final tests of the year. Many of these tests are taken in Kapi'olani Community College's one and only testing center.

Every student knows that a trip to the center will forever affect their academic career for better or worse - hopefully better - but scheduling a test has taken some time in recent semesters.

In order to facilitate as many students as possible in as efficient a manner as possible, they have made several adjustments to their facilities.

On the bright side, a lot more students are enrolled in online courses,

which eases the strain placed upon the building.

"I think they are doing a really great job of keeping everything in order," said KCC freshman Tyler Kanemori.

Located in the Lama library in Lama 101, the testing center offers much more than just a place for students to take exams. When they're not busy with finals, proctors in the center are giving out English comprehension placement tests for international students, as well as language placement tests for those trying to get into certain language levels.

Of course most students know this place for administering wireless Internet access - a very important

TESTING: See page 10

INDEX

| | |
|-------------|--------------|
| Summer | 1, 2, 11, 12 |
| Campus news | 4 |
| Finals tips | 6 |
| Editorial | 8 |
| Column | 9 |
| Top 10 | 9 |



5

Before you pick up that Pixy Stix, you might want to think about the impact sugar has on the body.



6

Finals are forthcoming, so we've compiled a list of tips to help with your time management.

KCC culinary ready for competition

By Alike Pfaltzgraff
STAFF PHOTOGRAPHER

Kapi'olani Community College has come to be regarded over the years as one of the finest educational institutions in Hawai'i, with its highly touted nursing program and venerable alumni. Its most visible attribute, however, has to be the culinary program, with its technical prowess earning its students a spot in the nationals in years past, and will once again compete locally in the future.

Attracting hundreds of students a semester, the culinary program puts students to work through rigorous preparation and intensive study,

paving the way for future generations of chefs across the island and country.

Just two years ago, they beat out dozens of teams in a regional competition and got to compete nationally against some of the best culinary programs in the nation. Earlier this year they managed to earn a silver medal from the American Culinary Federation's Western Region Student Team Championship in Reno under the tutelage of chefs Grant Sato and David Brown.

At the end of this year, they will once again vie for top honors against other programs in the state during

the American Culinary Federation's Professional/Student show. At the very same show in 2010, 14 students from the KCC program received Best in Show awards.

The American Culinary Federation was established in 1929 and is the most widely recognized professional organization for chefs and cooks in North America. It also hosts the culinary competitions in Orlando.

"In culinary competition, you're being tested against a certain standard, rather than other chefs," said David Brown, culinary instructor. "If every chef cooked a sub-par dish, none of them will be awarded any-

thing. In essence, you're really competing with yourself."

At the end of the year, KCC will be judged alongside five other culinary programs in the state, including two programs on the Big Island, Maui, and another from Kaua'i.

Brown has been with the culinary program for almost four years and has steered his students well over the course of his tenure. His expertise lies in confectionery dishes, creating exotic and delicate desserts.

When asked about the growing trend towards the utilization of local foods, Brown suggested that the program is trying to implement more

locally based ingredients.

As of now, Hawai'i gets roughly 85 percent of its food from the mainland, but the program hopes to reverse this reliance by cultivating sustainable local agriculture. The culinary programs currently utilize the herb and vegetable gardens that grow right on campus in some of their meals.

"With the volume required, however, it is sometimes not economically feasible to use them," Brown said.

He hopes that will change in the future, with the implementation of vegetable and fruit garden on campus.

Phone system on campus improved

By Remington Taum
COPY EDITOR

During Christmas break, Kapi'olani Community College updated its phone systems by installing a voice-over Internet protocol (VoIP) system. Even though the update happened months ago, the planning for newer technology started several years ago.

At KCC alone, there were 500 to 600 phones installed, said Jesse Andow, IT specialist.

The system continues to be run by Hawaiian Telcom.

The new system is a bit simpler than the previous in regards to the wiring and phones installed around campus. Since the buildings are older, there were more wires to deal with when installing the old system, the new one simplifies the process, only requiring one wiring set.

Having been transferred onto one network system, the campus Internet should not be affected because of the increased network bandwidth, according to Andow.

The change to the VoIP system was system wide and happened on all University of Hawai'i campuses. The update was done at the system level and included all community colleges. UH Mānoa, however, is still in its conversion period from the traditional phone system to the updated.

This newer system is easier to install compared to the traditional phone system, which involves buying a separate jack for each of the phones and computers. There were data jacks already installed in the rooms, some already with network connections on campus.

"(The) phone data and computer data are on one network," Andow

said.

On the new phone systems, when the extension is punched in, the name assigned to that number appears, and the caller will know who they are calling. The database information was inputted from the old phone system.

In similarity with the old phones, to dial a number outside KCC the process is still the same.

Some new features that the VoIP phones have include newer phones, a new display and several different little features users can program or manually perform.

"The biggest difference for a lot of people is the display," Andow said.

There are perks to the newer phone systems. It's easier to move the phones around physically and no longer requires moving pairs of wires and reconnect certain things after they are moved. Users now have the option to use speakerphone, caller ID and plug the phone into a computer if there are no network jacks.

Steve Harris, Maida Kamber Center for Career Exploration, Transfer and Graduation counselor, said he likes the new phones.

"(Previously) the vacation message, you could program ending date and time and it would automatically roll back to normal (when you return)," Harris said. "This one you have to do it manually."

Though there have been some difficulties along the way with the new system, the new phones are seen as a new addition on campus.

"The phones look nice," Harris said. "It is nice to see the phone number."

When the phone base was being

VOIP: See page 10

Hawaii NATIONAL GUARD
NATIONALGUARD.com

LIVE FOR THE MOMENT

Moments happen when a sharp mind, an able body, and the desire to serve are in the right place at the right time. The National Guard will prepare you for that moment, and put you where you need to be. Live the greatest moment of your life, and maybe provide someone else with theirs.

- Money for college
- Training in one of 200 career fields
- Service in the community and country

Contact your representative today or go to NATIONALGUARD.com for more details.

Text GOGUARD to 80850

kapi'o
newspress

Joie Nishimoto
Remington Taum
Chayne Toyama
Nix Kinney

Editor-in-Chief
Copy Editor
Assistant Copy Editor
Staff Writer

Alike Pfaltzgraff
Lyle Amine
Austin Dolan
Lissa Hardberger
Krystal Aleta

Staff Photographer/Writer
Staff Photographer
Staff Photographer
Staff Photographer
Staff Photographer

4303 Diamond Head Rd., 'Iliahi 112
Honolulu, Hawai'i 96816

Jennifer Lazariuk
Janell Nakahara

Interface Designer
Advertising Manager

Keith Kashiwada

Faculty Adviser

Tel: (808) 734.9166 | Fax: (808) 734.9287
kapi'o@hawaii.edu | kapi'newspress.com

Cut back on sugar, eat whole foods

By Remington Taum

COPY EDITOR

Whether it's chocolate, a bag of candy or a Pepsi, all contain the same ingredient – sugar.

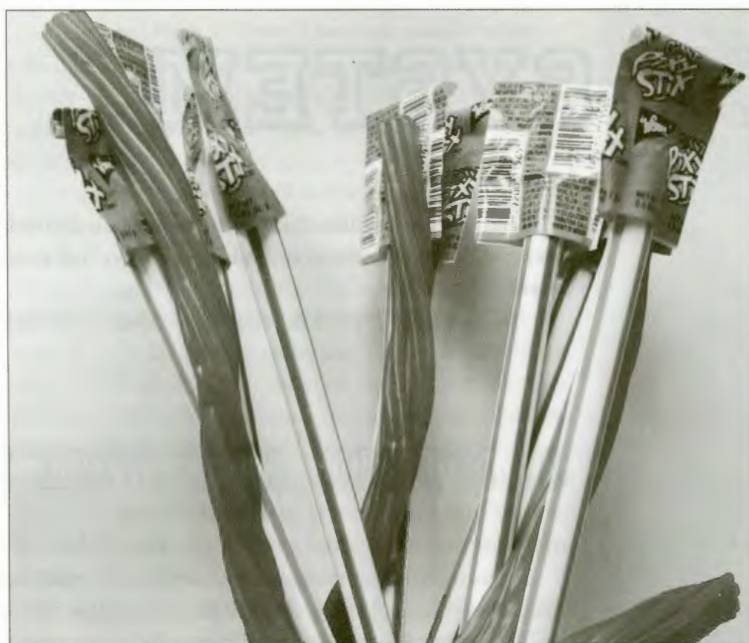
It doesn't take a health junkie to tell you that sugar dominates most foods that we consume.

"I think we're programmed to like sweet things," said Ross Akiyama, fitness manager at 24 Hour Fitness in Hawai'i Kai. "All the foods we have, have sugar."

Sugar can create all kinds of health problems with overconsumption. Chemically, sugar sparks the rewards center in the brain, said Akiyama.

Sugar is highly addictive and can be equaled out to a drug addict's addiction to any type of drug.

Sugar addiction and tolerance go hand in hand. Once somebody gets into the cycle of consuming sugar, like a drug, the body needs higher amounts of sugar to trigger the same pleasure feelings.



AUSTIN DOLAN/KAPIO

Consumption of too much sugar can result in obesity and diabetes, said Ross Akiyama, a fitness manager at 24 Hour Fitness. Cutting back on sugar should be gradual and Akiyama suggests not to give up on it all at once.

Effects of sugar on the body mainly affect it negatively whether

it's processed sugar or a sugar alternative. When the body senses some-

thing sweet then it releases insulin. The more sugar consumed, more insulin is released to accommodate the sugar in the body.

With too much sugar in the body, people become obese and develop diabetes, Akiyama said.

Cutting back on sugar is different. Sometimes it's best to slowly reduce the amount of sugar consumed, if someone is interested in eating a cleaner, less sugary diet.

"I wouldn't say to go cold turkey," Akiyama said.

Though some people do react differently to any cutback on sugar, people can get grumpy if they don't have sugar.

One of the first steps in cutting out sugar would be to consume more natural sugars from fruits and whole wheats.

And to hold back on the processed sugars, the kind of sugar found in energy drinks and sodas.

The consumer should then read

the labels on foods they are purchasing and try to stay away from anything that includes corn syrup, sucrose and high fructose corn syrup.

Also, ingredients that have food coloring signal that food may not be "real" food.

"Mainly go to a whole foods diet," Akiyama said. "Cut out carbohydrates (and) look out for food intake."

Consumers need to be sure they are not getting their majority of the caloric intake from carbs.

"If you're eating a sweet potato, it spikes blood sugar levels and (the body) releases insulin," Akiyama said.

Eating protein and fats help to slow the process of carbs into the intestines.

When fats are taken away, the food tastes like cardboard, Akiyama said. Then, sugar is added to get the taste back.

SUGAR: See page 10



LETTERS

TO THE EDITOR

As loyal column readers the staff at the Kapio would like to know more from you.

How are we doing?
Questions?
Concerns?
Suggestions

What can we do for you?

PHONE: 808-734-9166
EMAIL: KAPIO@HAWAII.EDU

**CALL
FOR
WRITERS**



Do you have a passion for writing?

WRITE FOR THE KAPIO!

Submit your work today to:

KAPIO@HAWAII.EDU



HawaiiJobEngine.com
When Can You Start?

HawaiiJobEngine.com
a Job Website exclusive
to Hawaii

- Create an account on HawaiiJobEngine.com to instantly join a lottery for a career makeover and an IPAD!
- Jobs across all islands and industries!
- Video Interviews, Cover Letter Tools, State-of-the-art resume builder (includes pdf download option)
- See our TV ad: <http://goo.gl/UNg1M>
- See us on KHON2 News: <http://goo.gl/Ei2PG>

For contest terms & conditions please visit us at hawaiijobengine.com

SECRETS FOR A SUCCESSFUL STUDY SYSTEM

By Jocelyn Nystrom
CONTRIBUTING WRITER

Entering college students can find their established set of study skills to be inadequate. College life tends to ebb and flow as the work load has its peak increments and limited declines.

Studying can be difficult for even the most disciplined students, but with the right developed routines, it can become an enjoyable experience that creates a sense of reward and accomplishment.

Here are five secrets to developing successful study habits.

1. MINIMIZE DISTRACTIONS

If you want to maximize your GPA potential, you must do everything within your ability to ensure school is your top priority. If that means disabling your Facebook, Twitter, or "Farmville" account, so be it. Let's face it, your investment of time in these technologies will derail you from your academic focus. However, investing in your education will pay incalculable dividends for your future. As one of my instructors humorously advises, "forget your boyfriend, forget your girlfriend. now is the time to work for your future." If you are someone who is easily distracted, ditch your cell phone at home before coming to class, thereby eliminating the opportunity to be vulner-

able to well-meaning friends and unanswered voicemails. It doesn't matter how hard you work, it matters how much you get done. It's not too late in these final weeks of school to implement this strategy.



2. KEEP A CALENDAR. AND FOLLOW IT.

Block out times for each assignment or subject and designate those time slots to studying or getting work done. According to goal-setting-guide.com, the more goal-setters utilize a prioritized list, the greater the chances that their to-do's will be accomplished. Effectively tracking your routine and fine-tuning your regimen will keep motivation flowing. If you say to yourself, "I'll do it tomorrow," do it today. Think of each hour as being precious and spend it wisely.



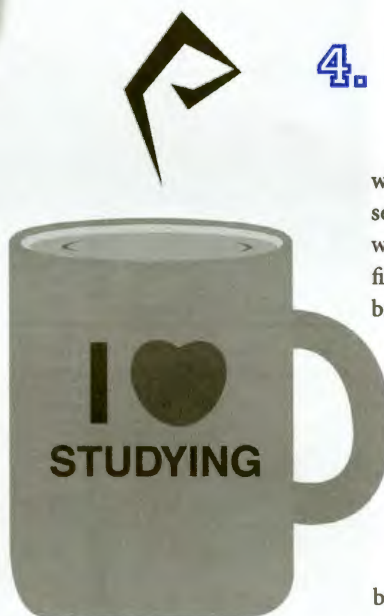
3. MUSIC AND THE BRAIN

Listen to classical music while studying. Do what helps you focus best. According to sciencedaily, classical music activates different pathways in the brain, enhancing mood levels and increasing concentration and attentiveness. Some students find it relaxing and soothing. For others, it blocks out background noises or reduces thought distractions. Create an educational oasis for yourself and utilize this musical therapy resource.



4. MIX IT UP

Don't stay in one spot. Venture out of your comfort zone and seek out places where you feel most comfortable. A quiet coffee shop patio with access to wifi, a secluded beach, or an internet cafe. Lets face it, college can become mundane and wearing. If you find yourself going through the motions with a loss of enthusiasm, find something that will inspire you to care. Sometimes, a change of scenery or a break from one subject to the next can do just that.



5. GET A STUDY BUDDY

Study buddies can be lifesavers to many. They can motivate study sessions and bring a sense of fun and camaraderie. Seek out those who are excited about learning and are interested in the subject matter. Do what you have to do to hold each other accountable and keep each other energized. When one is weak, the other is strong.

FINAL WORDS

Keep your tunnel vision in regards to focusing on work but understand the broader picture of your future goals. While in the midst of your daily grind, it may seem as if college is a spinning wheel and you are the hamster. In hindsight, you'll realize in the scheme life, college was a blip on the screen of your life-long journey.

With anything, if you want to be the best at something, you have to work harder than anyone else. This includes your study habits. You may come to realize and appreciate the rewards of an effective study regimen when you ace your next exam. Remember, time will pass, make sure you will too.

College is a marathon.
Finish strong.

Ali'i history woven together in feather cloak

By Remington Taum
COPY EDITOR

Imagine if ali'i, or Hawaiian chiefs, of the old were still walking around today with carefully tied together bird feathers creating a beautiful cape and cloak draped over their shoulders and down their backs.

These capes are such amazing works of art, that having the opportunity to view them at the Bishop Museum is quite the luxury.

And being able to show the modern generation what the ancestors of this culture used to adorn themselves with.

The Hawaiian feather cape, or ahu'ula was made for those of higher ranking in the Hawaiian society. They are usually associated with the ali'i class.

"Gods who walked among men (ali'i)," said Kai Markell, compliance manager for the Office of Hawaiian Affairs, in an email.

It was believed that the longer the capes were, those would be for the higher ranking alii since they took more birds, skill and were valued more, Markell said.

In great explanation of the ahu'ula, Markell said the capes were literally an ahu (altar) on the shoulders of the sacred ali'i.

The capes themselves are special items and to make one, required much skill and effort.

In making the capes, certain colors and patterns went into designing it, each meaning something different.

Red was typically the color that represented higher status, not only in Hawaiian history, but also in different parts of the world, according to Betty Lou Kam, director of cultural collections at the Bishop Museum for 32 years.

Thus, when the capes were made, red was often the color found in the capes. The red feathers were carefully plucked from i'iwi birds.

Yellow feathers were less common than the red, but birds in Hawai'i were not usually yellow.

Those making the capes sought feathers from the mamo and o'o birds. These birds were not yellow, but black, they had yellow feathers in a few specific spot.

"Under the tail and on wing, at the cut off of the birds' leg," said Kam.

"Because yellow feathers were so treasured and rare, it seems that cloaks and capes in yellow may have been highly regarded."

Gathering materials to create the cloak, feathers were obtained by the bird catchers, who were specialists (kia manu) that could use the bird snares.

Birds were trapped by a sticky sap that was placed on the tree branches, the bird catchers knew all about the birds, their rest places, bird calls and molting periods.

The feathers were a tribute during the time of the Makahiki, a time of rest and celebration. The feathers were collected and presented as gifts to the chiefs, like taxes in a sense, Markell explained.

Quantities of feathers could also be built up over time. The plant that was used to make the netting support was olonā, which became the cordage for the cloak.

Harvesting and cultivating the olonā was a timely process, but then just making the plant fibers into thousands of feet of cordage for the cloak tacked on more time, making the whole process very lengthy.

"I believe this is a long, long process," Kam said. "Perhaps years of work, but we don't know for sure."

Hundreds and thousands of feathers were needed to make only one cloak, and were tied into the netting very close together to form the surface of the cloak.



PHOTO COURTESY OF THE BISHOP MUSEUM

An estimated 450,000 feathers were used for Kamehameha's cloak. The mamo and the o'o birds provided around five to six feathers each, which estimates to have been about 90,000 birds to make the cloak. Feathers were never wasted. This cloak is available for viewing at the Bishop Museum.

The bird catchers would make careful use of the feathers. In obtaining the yellow feathers only few were removed at a time. This allowed the birds to produce feathers in the future.

Aside from the o'o and mamo birds producing the yellow feathers and then being released, the i'iwi birds, the ones producing red feathers provided more feathers and it often was difficult for them to recover from this. They were still put to use, and were not wasted.

The beautiful capes and cloaks were made with care and were symbols of power and social standing in the Hawaiian society.

Markell also shared an important ʻōlelo noeau, or wise saying.

"Maka'ala ke kanaka kahea manu (A man who calls birds should always be alert)."

He also went on to explain that the meaning of this ʻōlelo no'eau means that the bird catchers, or the kanaka kahea manu, imitated the birds calls to attract them near and only

pluck out a small amount of feathers let them go. Once the bird catcher called the bird, he had to be alert to catch the birds quickly.

In other words, when someone wishes to succeed they must be alert to opportunities that to should come about.

Benihana boasts entertainment, good meal

By Remington Taum
COPY EDITOR

Crowds of people can be found swarming in and out of the popular restaurant, Benihana, typical for a Friday night in Waikiki. Benihana is located in the Hilton Hawaiian Village hotel.

My boyfriend and I approached the busy restaurant after walking a ways from our parking spot. Parking at the Hilton cost around \$30 the last time we were there, this time, we parked by the dock behind Red Lobster. The Pay-to-Park was only \$1 an hour, and probably the cheapest you'll find in Waikiki.

As we were escorted to our seats, I observed people of all ethnicities enjoying food at each table laughing and having a great time together.

It was my turn to experience Benihana for the first time. I had heard about it for years in songs and from family and friends.

"Is the grill on?" a tourist next to me asked.

The couple was visiting from California.

"I hope it's on, well it should be on," the waiter said as he hovered his hand over the grill, laughed and walked away.

I found English on the menu and ordered the Hibachi chicken.

"Hi, I'm Jerry, oh no, I'm Tom," our waiter Tom said, as he laughed at his own reference to the cartoon "Tom and Jerry."

The chef poured some kind of oil onto the grill and the sizzling started. Tom continued to chop and twirl his spatula around and throw it behind his back. I was somewhat relieved he wasn't throwing any knives around.



REMINGTON TAUM/KAPI'O

Laughter erupted from the table as our chef placed out five onion rings and called them "Hawai'i Five-O."

He quickly stacked the onions to make the shape of a mountain, added water, creating steam and pointed a laser making the illusion of a volcano.

The onions were laid out in five rings on the grill.

"This is 'Hawai'i Five-O,'" Tom shouted.

This guy knows how to keep a group of people laughing. With his humorous jokes, tossing around spatulas and egg yolks, our chef was top-notch entertainment, which helped to make up for some of those pricey \$40 dishes.

Chefs at other tables were even dimming the lights above their table and tossing around what looked like salt and pepper

shakers with blue and red lights on them, creating a light show.

The room got smoky and filled with the smell of cooking butter on the grill. My stomach started grumbling.

For at least 20 minutes you are fed appetizers and offered drinks. Shrimp, zucchini, fried and white rice fill your plate before your entree. The zucchini, onions and shrimp tasted as if they were steamed and lightly buttered that it had a sweet buttery taste, but not too overwhelming.

A choice of three sauces to dip our shrimp and veggies added a strong flavor of peanut, something spicy, and one that was ginger based. The veggies were cooked so flavorfully, the sauce was almost not needed.

Finally, the entrees were placed on the grill, several steaks and my hibachi chicken.

There were some tricks, but getting the food to the hungry customers was the main focus now.

The loud sizzling filled my ears, and the aroma of cooked meat danced through the air. I couldn't wait to dig into the chicken and really

start eating.

The chicken was moist, tender and cooked with perfection. Sadly, our chef bid us farewell after the entrees were cooked and gave one last twirl of his spatula.

After a night of much eating and comedic entertainment, the final bill was pricey, about \$70, but the family style, humorous and appetizing atmosphere made it worth it.

Next time, I'd like to try another dish, maybe one that would require a bit more creativity on the chefs side, and see what kind of jokes the chef can come up with.

THE VIEW WE TAKE

Obama on tour, urges Congress to lower college loan interest rates

With college tuition continuing to go up, President Obama is feeling the pressure of the topic as he makes his way through several campuses across the nation for his college tour.

According to an article in last week's Chicago Tribune, more than 7 million students who need to take out new loans to pay for tuition this upcoming school year will face a doubling in student loan interest rates under the Stafford loan program.

Unless Congress votes to keep the current rates of 3.4 percent in place.

Previously, students paid 6.8 percent interest rates on subsidized loans, but in 2007 the White House lowered the rate to 3.4 percent. That rate is set to expire July 1, and Obama is asking for Congress to extend that provision.

According to the White House, if interest rates are doubled, the average college student would end up with an additional \$1,000 in debt per year.

Finaid.org, a financial aid information website, reported the average college tuition is rising at nearly three times the rate of inflation. Although college campuses across the nation are also suffering with the current economic crisis, students should not have to suffer with debt before they even enter the workforce.

At the community college level, many students juggle part-time jobs with maintaining a full-time status as a student. How students do that whilst keeping their grades in good standing shows their dedication to succeed.

Obama said in last week's weekly address that the average American has more student loan debt than credit card debt, which has resulted in some low-income families to not consider higher education at all.

"(Higher education) is an economic imperative that every family must be able to afford," Obama said.

Obama will be campaigning this

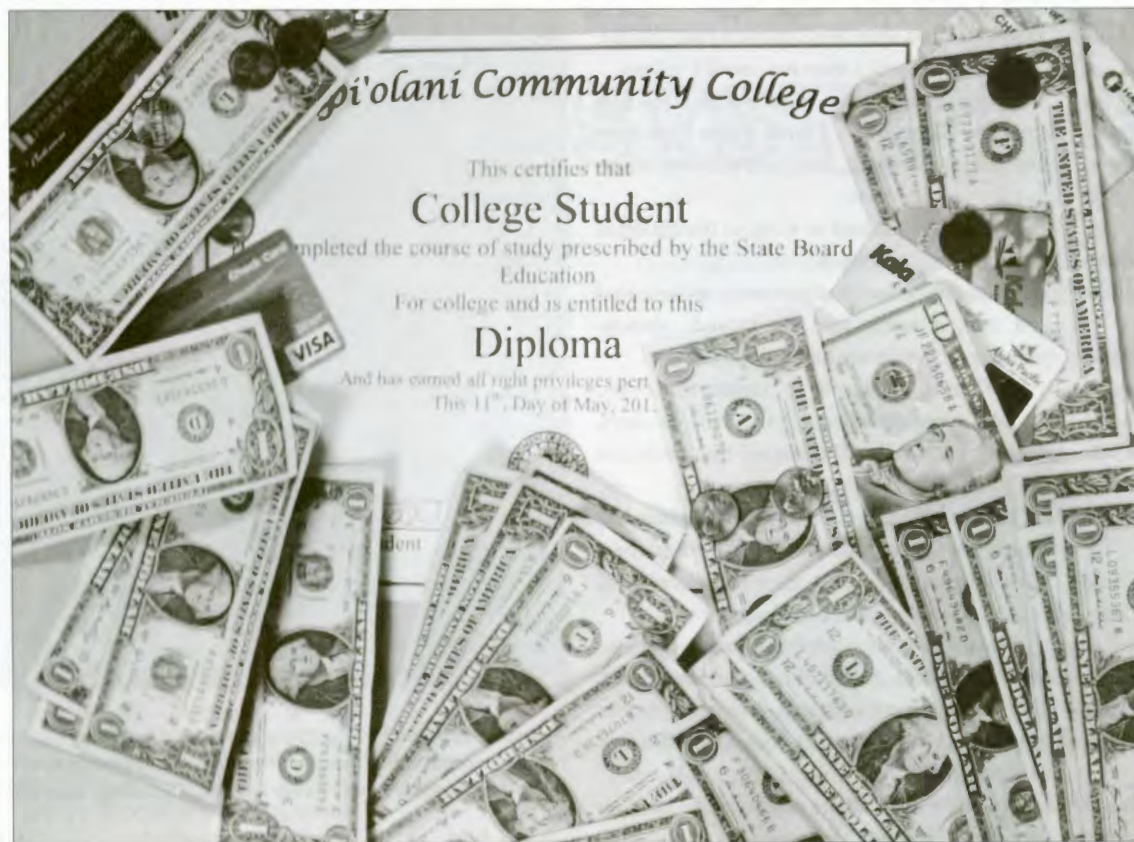


PHOTO ILLUSTRATION BY REMINGTON TAUM/KAPI'O

President Obama is asking Congress to extend a provision that would allow college students to pay only 3.4 percent interest in subsidized loans. Previously, students paid 6.8 percent interest before the White House lowered the rates.

for a few weeks to pressure the White House into extending the provision, which included a visit to NBC's "Late Night with Jimmy Fallon" Tuesday, April 24.

He told the late-night talk show host it took him and his wife Michelle a decade to pay off his student loans.

"For the first 10 years of our marriage, we were still paying stuff off," he said, "even when we were supposed to be saving for (daughters) Malia and Sasha."

On a local scale, tuition across all of the 10 UH campuses is expected to increase within the span of five years beginning this fall.

Community colleges will encounter \$60 increases, while Mānoa students will see their tuition raise as much as \$132 by the end of the tuition schedule, which will end in 2017.

And as a result of an \$86 million budget cut, Linda Johnsrud, executive vice president for academic affairs and provost for the UH system, said in a hearing in October that conserving dollars is a priority for the school.

Johnsrud, who led the hearing at the University of Hawai'i at Mānoa Campus Center ballroom, said that the proposed tuition would still be below the national average for most schools.

"The proposed tuition increases are very modest compared to our peer institutions nationwide," she said. "That said, we realize any increase presents a challenge. We plan to clearly show every student a pathway to graduation in four years, or even less if they want to take summer classes and work hard in the short term for the long-term gain, and we urge students to consider

doing this."

Obama said in his 2012 State of the Union address states need to make higher education a priority.

"States also need to do their part, by making higher education a higher priority in their budgets," he said. "And colleges and universities have to do their part by working to keep costs down."

With tuition continuing to rise, there is an added pressure for students to graduate within four years.

Although Kapi'olani Community College is a commuter campus with people coming and going and balancing schoolwork with part-time work, students should begin to think about using their time in school effectively. The longer students take to get their degree, the more money they will be investing to pay tuition.

Obama warned higher education institutions in his State of the Union

address that they have to do their part to keep tuition affordable.

"The point is, it's possible," Obama said. "So let me put colleges and universities on notice: If you can't stop tuition from going up, the funding you get from taxpayers will go down."

The UH system has helped to alleviate the daunting thought of paying a lot of money for summer sessions by reducing the tuition for summer courses at the community colleges to \$248.

As Obama said, pursuing higher education should not be a luxury. Attending a college should be a privilege that every American has. In this slumping economy, college graduates have the power to drive the country out of this crisis. In addition, a study by Georgetown University's Center on Education and the Workforce found the average worker with a bachelor's degree earned 84 percent more than someone with a high school diploma in his or her lifetime.

Pursuing a degree is a smart investment, but to dig out of debt is a challenge. And at the very least, we have a president who is listening to our concerns and has already implemented some measures to help us, including the American Opportunity Tax Credit.

Changing the interest rates of subsidized federal loans back to nearly 7 percent is not.

To change the interest rate of subsidized federal loans back to nearly 7 percent is exactly the opposite of what Obama has strived during this campaign. Unemployment for Americans with a college degree, he said, is about half the national average.

The view we take is written by the editors of the Kapi'o. We welcome all responses to this subject.

Email "Letter to the Editor" at kapi'o@hawaii.edu.

CAMPUS VOICES: What are your plans this summer?

"Go home and go beach."

Ashley Yagi, 19,
culinary arts



"(I'll) work and go visit home, to visit New York."

Bryan Staubitzer, 21,
emergency medical technician



"Go beach, (I like to) tan and body board."

Traci Oba, 20,
sonography



"Taking a trip to Washington to see my dad, and summer school, and just taking care of my daughter"

Marvin Moore, 30,
physical therapy



"(I'm) going back to Maui, going back to spend time with my family."

James Balicao, 21,
travel and tourism



"Working more, full-time for my Vegas trip. I'm turning 21."

Evelyn Mamuad, 21,
surgical technology

Today's technology hits hard



ILLUSTRATION BY LYLE AMINE/KAPI'O

Technology has introduced so many new aspects to our lives. Whether it's little kids walking around with an iPad or iPhone 4 around their neck, making credit card payments online or registering for classes, technology has an impact on our every day lives. Try to incorporate meaningful face-to-face communication with someone in your life every day.

By Remington Taum
COPY EDITOR

The world we live in now is full of the ever-evolving technology. Apple keeps coming out with new products, especially iPhones and iPads.

It used to be CD players. You know, Sony Walkmans and boom-boxes. Remember those?

Now there's Pandora and using iPhones as an MP3 player. Do people still use portable CD players?

Face-to-face communication has since then taken a turn, sometimes towards the deep end. While most things should require personal interaction with someone, like payments and searching for school information, a lot of that is being converted to an online format.

The positive is that it provides students with 24-hour access to get things done and not have to worry about the administration office closing or spending extra time to walk down to the financial aid office.

The downfall, on the other hand, is that not all students are familiar with online access and some tasks are just so important that they should be dealt with using face-to-face communication.

Also, sometimes not everyone is comfortable with providing their credit or debit card or even address online, because of possible security issues, even though this is done a lot of the time when ordering things online or filling out applications.

Regarding the conversion of all school-related applications going completely online, I think it could end up being difficult. Don't get me wrong, online applications are great to help students who take all of their classes online and for those who work a lot.

But everything online will bring about problems and a lot of questioning.

Another thing is that not all students have constant Internet access, or let alone access to a computer. Yes, it is possible to go to school and use those computers. But students end up having to go to school anyway, then physically stopping by the office or wherever they need to complete a task works also. Although we are in the age of technology, especially with iPhones and the accessibility video conferencing, not everyone has the skill set to be doing everything online. Not just because, but by choice. Maybe they prefer the physical and personal touch to communication.

Online courses require the usage of the computer and online programs, although some classes instruct for students to physically come to class still take place online.

Some math classes have the option with the textbook to access MyMathLab. This is a program in which students can do their homework submit quizzes at any time, 24/7. This can be quite difficult trying to figure out how to input numbers and symbols like multiplication and division. And 10 to the x power? How is that written? It takes some figuring out and really taking time to look through the site.

After all, shouldn't you solve math with a pencil and paper?

Some courses should still be conducted in person and homework still be turned in by the usual handing it in after or when class starts.

Converting majority of the applications and processes online will perhaps cause quite a hassle due to Internet connection failure, difficulties in having computer access and the lack of human communication.

I'd like to think that people still have the need and skills to be able to communicate properly and efficiently with coworkers, or even a significant

other. There are just too many things available online now.

Dating websites have been popping up left and right: dating sites for Christians, match.com, and even locally, honolulu-singles.com. It's getting crazy. What ever happened to just meeting someone in class? or at work?

Despite being able to find everything online, an article posted by the University of Nevada at Reno explained that the because of the lack of face-to-face communication due to emails, discussion groups and chat rooms, feelings of loneliness and alienation are likely.

The article even mentioned that a small number of marriage breakups were due to the Internet.

I just find it interesting that with the increase in Internet usage, younger kids, even at the age of five, are playing on iPads and carrying around an iPhone 4.

Last semester I taught young adults and little kids at a modeling and talent agency about acting, modeling and how to keep a positive self-esteem level. The latter of the groups I taught had kids ages five to 10.

Through my eyes as a college student and teacher, I saw that five-year-olds grow up too fast, and are heavily influenced by the Internet. It's interesting to see the effects of media on little kids. When I was growing up, I didn't watch nearly as much TV as they do now, let alone watch any of those reality shows.

What is seen as a reality show now, is definitely not true to form reality.

There is too much access to the technology we carry around on a daily basis with us, regardless of age. Having the option open for students to have access to online, but also physically communicating with people, keeps the communication doors open and efficient.

kapi'o TOP 10



ILLUSTRATION BY AUSTIN DOLAN / KAPI'O

Make use of your textbook

By Chayne Toyama
ASSISTANT COPY EDITOR

It's the end of the semester and you have a bunch of textbooks that you can no longer use and for one reason or another you can't sell them back to the bookstore. Selling them online is too humbug due to shipping. So what do you do with them? Here's a list of kooky and creative ideas to spark your imagination.

10. Play fetch with your dog

Textbooks are flat objects, making it easy to throw around. Use it as a toy for your dog. They'll be more than happy to play with you and once you're bored, they can shred up the book.

9. Door stopper

The heavier or hard-covered textbooks make the perfect door stopper. Just throw it by your door on a windy day. Or you could throw it at your open door in attempt to close it, getting that annoying roommate away from you.

8. Balance a table

Ever get irritated when the table you are sitting at is wobbly? A simple fix would be to stick your textbook under its leg. Problem solved.

7. Make stars

If you cut the pages into strips, you can fold them into stars. From there you can either string them together for a graduation lei, or put a bunch of them in a glass jar to give as a gift.

6. Paperweight

The smaller textbooks can be used as paperweights to keep your documents from flying all over the place. This way, your desk can be a little more organized.

5. Confetti decoration

Send your textbooks through a paper shredder. Then you can gather up the shreds and use them as party decorations. Or you can incorporate them in your gift wrapping like Easter grass.

4. A ninja star

Textbooks are an excellent line of self-defense. You can bonk someone on the head for a wise crack or you can whip it like a ninja star. Either way, you'll leave a mark.

3. Origami

Turn the rectangle pages into square ones and you can create beautiful origami. The pictures and text on the pages will be a nice decorative aspect of your artwork. See how many different types you can make.

2. Start a fire

In the summer, it's tradition to spend a lot of time outdoors, celebrating the break from school in Hawaii's tropical weather. Why not burn your textbook to start a hibachi? You have to burn paper anyways to get the coals lit so reduce, reuse, and recycle your boring old book.

1. Toilet paper

You always run out of toilet paper at the worst possible moments. Leave your old textbook in the bathroom as Plan B. Try not to leave one of those glossy finished books because it might not absorb the fluids as well. By leaving your textbook in the bathroom, you can also use it as reading material to aid those long moments of pain. When you go camping, you can bring some pages with you as well. It'll fit in your bag better than a giant roll of toilet paper, and it's better than returning to camp with one sleeve of your shirt missing.

Accreditation:

Continued from page 3

said. Accredited institutions are able to recognize and accept transfer credits.

Franco said he's noticed accreditation standards have risen in recent years.

"It's a very rigorous evaluation," he said. "The standards have gotten very high due to (federal) pressures."

In the first decade of the new millennium, the government stressed student learning outcomes. Under the Obama administration, there has been an added pressure to degree completion.

There's also a public pressure as a result of "sky-rocketing" tuition, Franco said.

"From the public perspective," he said, "college is really expensive. Students consume too much debt and don't get a job after getting their degree."

Despite these pressures, Franco is confident that Kapi'olani Community College will have no problem getting reaccruited, however, there is always room for improvement.

"We're not in any danger (of not getting reaccruited)," Franco said, "but we really can do better on student engagement."

This semester, Franco enlisted help from New Media Arts (NMA) students to promote Kapi'olani Engagement, Learning and Achievement (KALE). NMA students made a variety of posters that will be posted in every classroom. These posters, Franco said, will educate students how student engagement, achievement and learning interact and affect each other.

"Students need to see (college) as a priority," he said. "Even though they may be busy, they need to prioritize and focus on getting a degree," as well as work with their professors and manage time wisely."

system level, the possible additions are not finalized.

"(They) are just doing research, to see if it's what they want," Andow said.

Some faculty think the phones don't need any more improvement.

"I think the phones are just fine," Kawehi Sellers, hospitality and tourism instructor wrote in an email. "Really, when it comes down to it, we need to be available to our students, peers and community."

VoIP:

Continued from page 4

created, what appeared on the screen depended if a department is being called or if the caller is trying to reach a faculty or staff members personal office phone.

Though a new phone system was just installed, there has been some discussion of additional capabilities of new add-ons, Andow said.

Because the change happened at

Testing:

Continued from page 3

function in its own right.

David Cabatu works as an education specialist and helps to oversee the work flow during the busier months. He said the testing center has been doing its best to accommodate the rush.

"Two years ago it was crazy busy, but since then we've managed to make several adjustments that have really helped to expedite the process," he said.

One of those adjustments he mentioned is the utilization of extra rooms, stocking them with extra laptops and computers. There are 24 computers in the main room, and

several backup ones can be brought out when needed.

Second-year nursing student Lauren Howard confirmed that things were a little hectic in the past.

"Last year I had a calculus exam and had to wait 45 minutes," she said, "but this semester they've been really quick."

These small augmentations have already managed to reduce wait times to roughly 30 minutes at the most.

Cabatu said convenience is the primary advantage students are granted when they are taking tests at the center.

"They can schedule their tests at a time which fits into their lives," he said. "That way they don't have to stress any more than necessary."

The long wait times could possi-

bly be attributed to the high rate of enrollment, a number that seems to rise with each passing season. The center also caters to other community colleges, including the Honolulu, Windward and Leeward campuses.

Once inside the testing room, students must adhere to several rules, including no food or drink, no talking to other students, and prohibited use of cell-phones.

The most important thing for students to remember is to bring photo identification with them, as no test may be administered without them. They should also know the instructor and course for which they are taking the exam for.

For more information, visit <http://www2.hawaii.edu/~kcctest/policy.html>.

Sugar:

Continued from page 5

"Everyone is super scared of fat and that's why people get fat," Akiyama said.

There are a variety of foods that contain good fats: almonds, walnuts, seeds, avocados. Omega 3s, available sometimes as capsules, are also ways to get their good fats.

Whether it's sugar from a fruit, from candy, or even an artificial sweetener, sugar is sugar in the body. Once it gets into the blood stream, it will behave the same way, regardless of where it came from.

"Corn syrup is no different than table sugar," Akiyama said.

In addition, brown and white sugar are the same thing, only the white sugar is more processed.

Although there are negative effects of sugar on the body, sugar, or glucose is needed to help our brains function, said Cynthia Kahalewale, nutrition lecturer at KCC.

"Glucose is primary fuel for the brain, we need it," she said. "Generally people that don't eat breakfast, they don't perform as well in the morning."

All forms of sugar, are carbohydrates and convert to glucose in the body, Kahalewale explained.

As students are on the go in the morning for early classes, Kahalewale suggested having something as simple as a muffin or some cereal

with soy milk to eat quickly in the morning, items they are more "grab and go."

Eating breakfast will help students to be fully alert, she said.



I WORK. I PLAY. AND I SAVED ON A CAR THAT HELPS ME DO BOTH.

The Best In Class Alumni & Student Discount¹ is the best discount from any car company for college and graduate students, or recent college grads like me. And now it can help you save too — hundreds, even thousands, on a new Chevrolet², Buick or GMC. I found a vehicle that helps me do it all...now it's your turn.



2012 Chevrolet Camaro (discount example)

| | |
|--|-------------|
| Camaro 1LS starting at | \$24,180.00 |
| MSRP of Camaro 1LT as shown ³ | \$26,180.00 |
| Preferred Pricing ³ | \$25,618.37 |
| Your Discount | \$ 561.63 |

Save even more by combining your discount with most current incentives.



find your ride at bestinclassdiscount.com

find us on 

1) Eligible participants for the Best In Class Alumni & Student Discount include college students (from any two- or four-year school), recent graduates who have graduated no more than two years ago, and current nursing school and graduate students. 2) Excludes Chevrolet Camaro ZL1 and Volt. 3) Tax, title, license, dealer fees and optional equipment extra. See dealer for details.

The marks of General Motors, its divisions, slogans, emblems, vehicle model names, vehicle body designs and other marks appearing in this advertisement are the trademarks and/or service marks of General Motors, its subsidiaries, affiliates or licensors. ©2012 General Motors. Buckle up, America!

Must-see summer blockbusters

By Joie Nishimoto

EDITOR-IN-CHIEF

After five months of studying, writing papers, group presentations and cup after cup of coffee and Red Bull, summer has finally arrived.

And so have the year's most anticipated films. So far, 2012 has released some pretty epic films, from "The Hunger Games," "21 Jump Street" and "Dr. Seuss' The Lorax," to name a few.

Write these dates down, as you won't want to miss any of these movies. You might even want to see the film in the theatres more than once.

MAY

May 4: "The Avengers"

Some of Marvel's biggest superheroes – the Hulk, Iron Man, Thor, Captain America, Black Widow and Hawkeye – team up to save the Earth.

May 25: "Men in Black III"

Will Smith reprises his role as Agent J in the third installment of "Men in Black." This time, Smith travels back in time to stop an alien from changing history.

JUNE

June 1: "Snow White and the Seven Huntsmen"

"Twilight" star Kristen Stewart takes on an iconic fairytale character with an edge.

June 22: "Brave"

The latest in Pixar's repertoire comes "Brave," a story about a princess who defies a custom that brings chaos to her kingdom.

JULY

July 3: "The Amazing Spider-Man"

Years after Tobey Maguire put on that familiar red-and-blue suit, Andrew Garfield has some shoes to fill. Fans who follow the comics will be pleased to see Gwen Stacy, portrayed by Emma Stone.

July 20: "The Dark Knight Rises"

Director Christopher Nolan puts together an ensemble cast, with Christian Bale, Morgan Freeman and Michael Caine reprising their roles as Batman, Lucius Fox and Alfred, respectively. Fans of Nolan's "Inception" will also see Joseph Gordon-Levitt, Tom Hardy and Marion Cotillard in the film.

AUGUST

Aug. 3: "The Bourne Legacy" – The first film in the "Bourne" franchise without Matt Damon.

Aug. 17: "The Expendables 2"

Liam Hemsworth, Bruce Willis, Arnold Schwarzenegger, Sylvester Stallone, Jet Li and Chuck Norris. Need I say more?



Keep your brain active this summer with apps

By Jennifer Lazariuk

INTERFACE DESIGNER



1) "Draw Something"

Platform: iPhone and Android
Price: Free

A game that defines itself. Choose a word from the 3 given to you and let the fun begin.



2) "Words with Friends"

Platform: iPhone and Android
Price: Free

Just like "Scrabble," it can be quite hard sometimes but it is still very addicting. Definitely will build up your vocabulary.



3) "Tiny Tower"

Platform: iPhone and Android
Price: Free

Management skills come into play. Make sure you balance your tower with the right people and what jobs they're good at.



4) "Slice It"

Platform: iPhone and Android
Price: 99 cents for iPhone / Free for Android

"Slice It" requires you to slice each portion so that they are all equal length but thankfully there is no time limit to rush you. Geometry plays a big part in this game.



5) "Trainyard"

Platform: iPhone
Price: \$2.99

With 100 puzzles, this game is probably one of the most difficult but definitely worth the money. Unlike other puzzle games that get boring after a while, this will keep you hooked! Lead the trains into the correct trainyard without messing up.



6) "Geared"

Platform: iPhone and Android
Price: Free

Are puzzle games your forte? There are many different combinations for every level so the possibilities are endless.

Upcoming anticipated video games for all platforms

By Jennifer Lazariuk

INTERFACE DESIGNER

1) "Lollipop Chainsaw"

Date of Release: June 12

Platform: Playstation 3 and Xbox 360

"Lollipop Chainsaw" is the un-deadly story of sweet and killer zombie-hunter Juliet Starling and her quest to uncover the root of a colossal zombie outbreak. With her wickedly awesome chainsaw in hand, Juliet slices, dices and splits her way through hordes of the undead. She soon realizes the horde is only the opening act to a festival of zombie rock lords determined to kill the chainsaw-wielding cheerleader.



2) "Guild Wars 2"

Date of release: June 26

Platform: PC

A full 250 years after the original Guild Wars, massive upheavals, cataclysms, and globe-spanning events have changed the world of Tyria. Human civilization is in decline. Other races are rising up, taking control over large portions of the world. The balance of power has shifted and the dragons have awoken.

3) "Diablo 3"

Date of release: May 5

Platform: PC

Two decades have passed since the demonic lords, Diablo, Mephisto, and Baal, set out across the world of Sanctuary on a vicious rampage, twisting humanity to their unholy will.



