

The Kapi'o

Tuesday, April 3, 2007

THE KAPI'OLANI COMMUNITY COLLEGE NEWSWEEKLY

Volume # 42 Issue 10

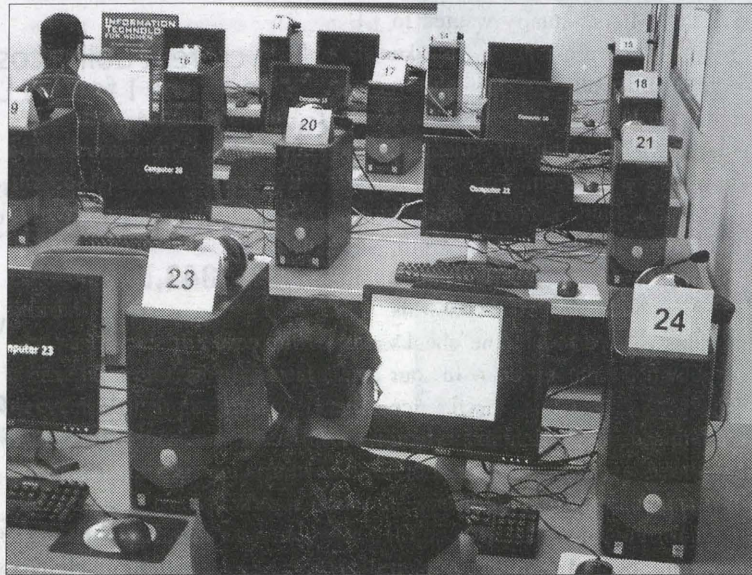
Changes to placement policies

Changes allow students to use past test scores for their registration.

By Thomas Duarte
EDITOR

Two changes to course placement policies are in effect for KCC and all University of Hawaii system colleges. The first, which began on April 1 for KCC, is students may retake the COMPASS placement test after waiting 60 days as opposed to 120 days. According to Vice Chancellor of Academic Affairs Louise Pagotto the waiting period has been adjusted due to changes to the database system. Previously the system could not store more than one placement score per student for the semester (120 days). The new Banner system allows for more storage thus enabling the college to shorten the wait period.

"Students who take the test prior to the start of the semester and don't do well, or as well as they had hoped, can wait 60 days and take the test again in time to register for courses offered in the next semester," Pagotto said. "We would advise students to brush up on their math or English during those 60 days so that they can improve their placement when they retest." She also noted that KCC does offer "Brush Up" courses conducted through Holomua located in Iliahi 231.



MATT AKIYAMA / THE KAPO

The COMPASS Testing Center is located in Iliahi 127-128 and is also used for online course testing as well as proctored examinations.

The second change to admissions policy is that KCC will now accept SAT and ACT English scores in place of COMPASS testing. Students who gain a score of 550 or higher on the Critical Reading section of the SAT and 550 or higher on the Writing section of the SAT will qualify for ENG 100. The college will also accept students who score 24 or higher on the English/Writing section of the ACT and 24 or higher in the Reading section of the ACT. Students who do not have sufficient SAT or ACT scores will have to take the COMPASS placement exam.

"If students have taken the SAT or ACT tests and are enrolling at KCC for the first time, they can have their test scores sent here and if they meet

the ENG 100 cut off, they will be placed into ENG 100 on the basis of their SATs or ACTs," Pagotto said. "They will not have to do COMPASS. If students are currently enrolled at KCC and have not taken the COMPASS test and have not taken an English class, they, too, can ask to have their SAT or ACT scores sent to KCC."

For more information about the COMPASS test and the Testing Center visit the KCC Web site at kcc.hawaii.edu and click on the admissions link then click the placement testing information or COMPASS placement tests links. The Testing Center is located in Iliahi 127-128 you can call them at 734-9144 or email them at kcctest@hawaii.edu

Students will host on campus recycling drive

Staff, faculty and students can donate their HI5 products on campus.

By Thomas Duarte
EDITOR

Students in the eBus program will be hosting a HI5 recycling drive on campus April 12 from 11:30 a.m. - 1:30 p.m. in front of the Ohi'a Cafeteria. The drive is part of class work for the eBus program where students create a project to work with community organizations. This semester one of the groups has chosen to work with Aloha United Way (AUW) and create awareness about recycling as well as AUW and the work that they do.

"We are trying to promote recycling on campus," eBus student Naomi Kubo said. "We want the students to start using the (recycling) bins on campus. Our goal is to raise \$500 worth of cans to donate to Aloha United Way."

Recycling bins for HI5 recyclables are located across campus and there are two large white recycling bins located in parking lot C for paper products and HI5 products. According to Kubo she feels recycling is important for the KCC community as well as the community at large to help the environment.

"Earth day is coming up soon (April 22) and we want to get students to start taking their part for the environment. Also by doing that (recycling) at our event they will also be helping Aloha United Way and their 64 partner agencies," she said.

This project allows students to have hands on business experience by giving them control of the project. The students work each aspect of the project on their own including planning, networking and much more.

"We learn a lot about planning and all the red-tape that you have to go through to make things happen," Kubo said. "Also in the end we are going to have to present to our class about the process and outcome of our event, so we will be developing our presentation skills."

The HI5 recycling event will be on April 12 from 11:30 a.m. - 1:30 p.m. it will be held inside and outside of the Ohi'a Cafeteria. During the drive students will be able to bring their HI5 recyclables to the front of the cafeteria to be donated. Also on the inside of the cafeteria 102.7 Da Bomb will provide entertainment and give students a chance to win prize packs from the station and learn about AUW.

For more information about recycling visit the cities recycling Web site at opala.org. For information about Aloha United Way visit their Web site at auw.org.

Graduation: long road for student

Karen Malone
STAFF WRITER

KCC student Reiko Yamagiwa will march to the sound of "Pomp and Circumstance" on May 11. She expects to have completed the requirements for an A.S. degree in accounting. However, when Yamagiwa began her first accounting class, she thought it was too hard, and thought about changing her major. She stressed that her instructor, Kimberley Yoro, was very consistent and helpful. Yoro explained the material using examples from the business world, Yamagiwa said. "I was very

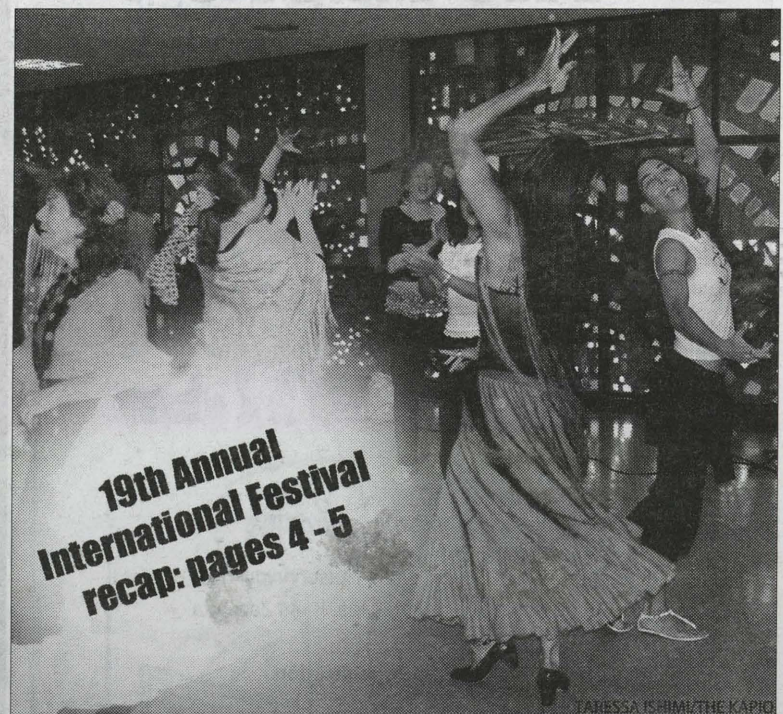
happy to take my first accounting class with her."

Yamagiwa, whose primary language is Japanese, said that learning in an English environment was the most challenging part of college for her. She said it took longer for her to take notes and to understand what she was reading. To overcome her obstacles, Yamagiwa said that she set modest goals for herself. Once she reached those goals, she pushed herself even further. She also found support through many of her fellow classmates, her instructors and her academic counselor.

Yamagiwa's mother will travel

from Ibaraki, Japan for the graduation ceremony. After a two-week visit with her mother, Yamagiwa plans to enter Hawaii's work force. Yamagiwa said she had applied for Optional Practical Training (OPT) through the U.S. Citizenship and Immigration Service. If the OPT is granted, she will be eligible to work in the U.S. for a year as long as the job is directly related to her major. Yamagiwa hopes to work at a Certified Public Accountant firm, which provides many different services such as book keeping and tax returns.

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TAKESHA ISHIMOTO / THE KAPO



PILOT PUBLICITY.COM

Girls Gone Hungry?

Founder of "Girls Gone Wild," Joe Francis plans to open a restaurant chain in Mexico's Cabo San Lucas and Cancun in mid summer.

Full Story @ www.cnn.com

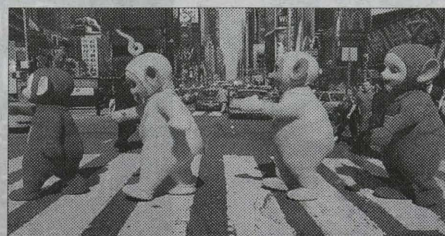


TEXASSPORTS.COM

Phelps wins more gold in Australia

At the swimming world championships, in Melbourne, US swimmer Michael Phelps won seven gold medals and set 5 world records.

Full Story @ www.sportsillustrated.com

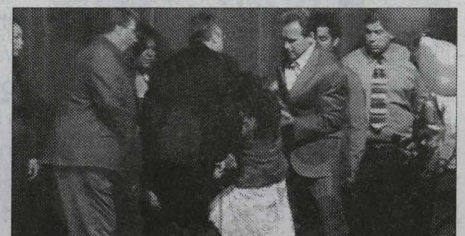


CNN.COM

Teletubbies come to America

Po, Laa-Laa, Dipsy, and Tinky Winky took a walk down 6th avenue in New York City, during their first visit to the USA.

Full Story @ www.cnn.com



NBC

A hero on and off the screen!

Governor Arnold Schwarzenegger came to the aid of two highschool teenagers who fainted during his speech.

Full Story @ www.nbc.com

THE VIEW WE TAKE

Let aides testify to the public

UWIRE

THE LARIAT (BAYLOR U.)

When serious questions of wrongdoing are asked in Washington, answers shouldn't be given behind closed doors, and they shouldn't be given off the record.

Congress has been given an ultimatum by President Bush that tip-toes the line of the ridiculous. Bush is insisting that Karl Rove and other officials subpoenaed in the investigation of the firing of eight federal prosecutors only answer Congress's questions in private, off the record and not under oath.

Sen. Arlen Specter, R-Pa., has proposed a compromise that may make some observers happy. He says the officials don't necessarily have to be questioned under oath, but could instead simply be questioned in public. While this isn't a perfect solution, it is another option.

The very fact that Bush doesn't want his officials to be questioned under oath and without a transcript raises a multitude of issues. By making such an issue out of the situation, Bush has cast serious doubt upon the innocence of those involved. His side-stepping has caused observers to begin thinking the aides must have done something wrong or there wouldn't be a problem with them testifying.

The House and Senate Judiciary



The very fact that Bush doesn't want his officials to be questioned under oath and without transcript raises a multitude of issues.

Committees are trying to get to the bottom of why the Justice Department fired the prosecutors. Critics say the firings were politically motivated by the administration wanting to punish the attorneys for not supporting Bush's priorities and pressuring the attorneys to speed up corruption cases involving Republican figures.

The public deserves to know what role administration aides played in deciding the fate of the prosecutors.

Attorney General Alberto Gonzales has been at the center of the questioning. His former chief of staff, Kyle Sampson, has testified that Gonzales, along with former

White House counsel Harriet Miers, were "deeply involved" in the decision. Some sources have said that Miers actually wanted to fire all federal prosecutors to make room for Bush allies. This is clearly contrary to statements Gonzales made earlier saying that he had no knowledge or role in the firings.

Congressional witnesses are required by law to tell the truth. Keeping testimonies on record is essential to making sure this happens -- it's part of the checks and balances we enjoy in our democracy. Bush's interference in the congressional proceedings is highly suspicious to say the least. It's yet another case of the administration taking a matter of transparency and turning it into a political issue.

With questions circling, the requests made by Congress should be granted. Gonzales is already on the hot seat and at this point, it's just a question of who will join him there.

Those asked to testify should submit willingly or risk being marked as a chess piece in the administration's unethical attempts to tip the balances of our courts in its favor.

The Kapi'o welcomes all responses to this subject. Address: "Letter to the Editor," kapio@hawaii.edu

Compiled by The Kapi'o

The Iraq War: By the numbers

- The current dollar cost of the war as of Sunday April 1 for the U.S. :

\$413,445,319,285

- The current dollar cost of the war as of Sunday April 1 for the State of Hawaii :

\$1,336,843,354

- What could be done with that money for the U.S.:

Award 20,043,059 students four-year scholarships at public universities

or

Build 3,722,714 public housing units

- What could be done with that money for the State of Hawaii:

Award 64,807 students four-year scholarships at public universities.

or

Build 12,037 public housing units.

These figures come from the nationalpriorities.org Cost of War calculator which is set to reach \$456 billion on September 30, 2007. According to the Web site the calculator can be reset due to changes in allocations of funding. These numbers show what could be done with the amount of money being spent on the war. They also show what the country could do if the money was reduced. If the money was reduced there would still be enough money to make changes that could benefit all. Nationalpriorities.org has many other databases about the impact of federal spending policies for the U.S., individual states and cities. Their goals include educating and training citizens on the federal budget and the impact of the budget on individuals. According to their Web site they are a non-partisan group and do not support any political candidate or party.

- March 19 marked four years in Iraq:

3253 American soldiers killed during the war

3114 Killed after "Mission Accomplished" (5/1/03)

2792 Killed after the capture of Saddam (12/13/03)

24314 wounded during the war

82 American Soldiers killed in the Month of March 07

5 Killed in the first two days of April 07

These numbers are the latest from icasualties.org, they show the true cost of war. According to the Web site they have the names of the dead soldiers and details of when, where and how the soldiers died. Along with coalition deaths the site also has a listing of Iraqi Security Forces members who have died.

Benjamin Franklin said, "the definition of insanity is doing the same thing over and over and expecting different results."

The Kapi'o

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Stolen childhoods are a problem for all

By Paige Jinbo
STAFF WRITER

Around the world there are about 250,000 children being turned into child soldiers. Half of that number belongs to the population of Africa. Children as young as eight years old are becoming fighters, sex slaves, spies, and being used as human shields.

If you're like me something like this is surreal; I can't even begin to wrap my head around an issue as big as this. These children are being stolen from their childhood to fight in a war that's not even theirs. But, more importantly they're just children. It's horrific to even think about the possibility that this could be happening in the same world that I live in. It's even more horrendous to think that it's not just a possibility that something like this is happening, it's a fact.

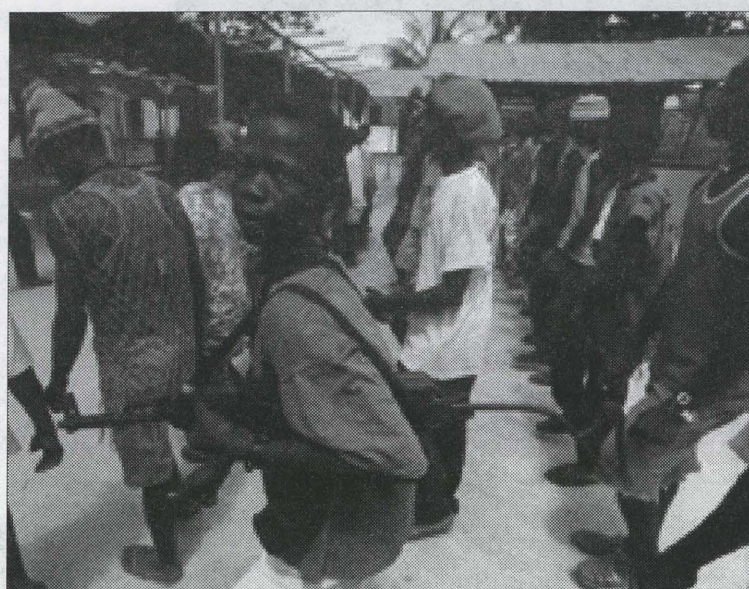
According to the Cable Network News (CNN) many of these children are drugged and brainwashed into going out into a field or village and fighting. These children are being taught how to use guns and are sometimes forced to kill friends and family to ensure their own safety. Many of them do these things without ques-

tion and don't protest. At their age they're easy to manipulate because their morals and values aren't fully formed. Some of these children are either kidnapped or recruited after seeing their parents slaughtered. Some may also go voluntarily as the best hope for survival.

Anyone who has seen the movie "Blood Diamond" catches a glimpse of what these children soldiers look like and how they are manipulated. It's an intense thing to witness. Just seeing a child holding a gun is bloodcurdling to me.

It seems that so many people in America are wrapped up in the current war that we're engaged in that they don't see the other issues in the world. I understand fully that it is our country at war but does that belittle the rest of the world's issues? As one of the wealthiest countries in the world shouldn't we be doing something to help?

On Jan. 2, a ribbon-cutting ceremony was held for Oprah Winfrey's Leadership Academy for Girls in South Africa. Not long after she did an interview on Anderson Cooper 360 addressing the harsh criticism that she was receiving for opening this school. Many people were



POMEROI

Blood diamonds have been used to fund rebel movements and have been used to pay for arms used during wars in Angola, the Democratic Republic of Congo (DRC), Liberia and Sierra Leone.

saying that she should have built a school like the one she built in South Africa for the children of America. I think that Oprah should be applauded and given a standing ovation for what she has accomplished. Firstly, Oprah can do whatever she wants with her money; it's HER money. Secondly, we are one of the wealthiest countries in the world; we should be able to

build schools like the one Oprah built without any help from Oprah.

Among the 250,000 children who are being turned into child soldiers 40 percent are girls. The Leadership Academy for Girls is giving many of them the opportunity to live a better life outside the one that they know too well.

I understand that the majority of

us don't have millions on top of millions of dollars at our disposal to do something as extravagant as building a school. But it's not about doing something enormous. As college students, we're questing for a higher knowledge on top of what we already know. Part of that higher knowledge is to be aware that an issue like these exists. I believe that knowledge is the greatest power that an individual can have as long as they know where and how to apply it.

For those who are saying: "This doesn't affect me and my life so I'm not going to worry about it. Even if I did care what can one person do?" This person wouldn't be wrong because this doesn't affect you directly. But, one of these children who are being brainwashed and drugged to become tools of war could have quite possibly found the cure to AIDS or could have won a Nobel Peace Prize. All it takes is one person to make a difference; awareness is key.

We're stunting the growth of the next generation if we as a society do not become more conscious of these types of issues.

For those who would like to learn more or want to help go to: www.UNICEF.org or www.WorldVision.org.

U.S. empire going way of the Romans

Shazia Haq
U-WIRE

Historians point to 476 A.D. as the fall of the Roman Empire, but Romans then probably had no idea.

The average Roman resident, enamored in epic battles of conquest and glory, was perhaps too consumed by spectacles of gladiators and military clout to fathom the superpower's loss of grandeur.

It's unbelievable, really, to imagine how an empire that served as the reigning crown jewel of the West, that encompassed the heights of art, music, Christianity, culture and beauty, would eventually amount into little more than a beautiful vacation spot - a mass of ruins and relics that merely pointed to hints of a glorious past.

After Romulus Augustus illegitimately assumed power in 475, Roman rule existed for another 200 years. But Rome would never regain the extent of its glory.

Like the awe-inspiring Assyrians, Greeks, Ottomans and Persians before them, the empire eventually took a final bow and a humbling tumble down. Almost 1,500 years later, all historical signs point to another superpower on its decline. Most citizens there, however, are not blind to the signs.

The United States has been the world's reigning superpower since the end of the Cold War close to 20 years ago, but prior to that, the tussle between the United States and the Soviet Union existed for half a century. Since World War II, however, the United States has always been the leader of the Western world. But in the past 10 years, signs of lagging American power, misdirected foreign diplomacy and the wrong priori-

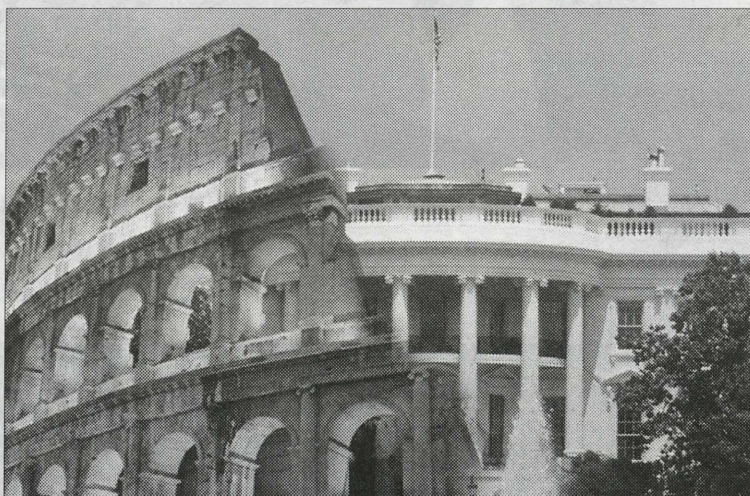


ILLUSTRATION BY TARESSA ISHIMI

ties have led to its declining influence.

Rome fell for many reasons - a lack of public health, gradual urban decay, a lack of basic infrastructure and surging unemployment - but its primary reasons were political corruption and massive military spending. The United States is not far behind.

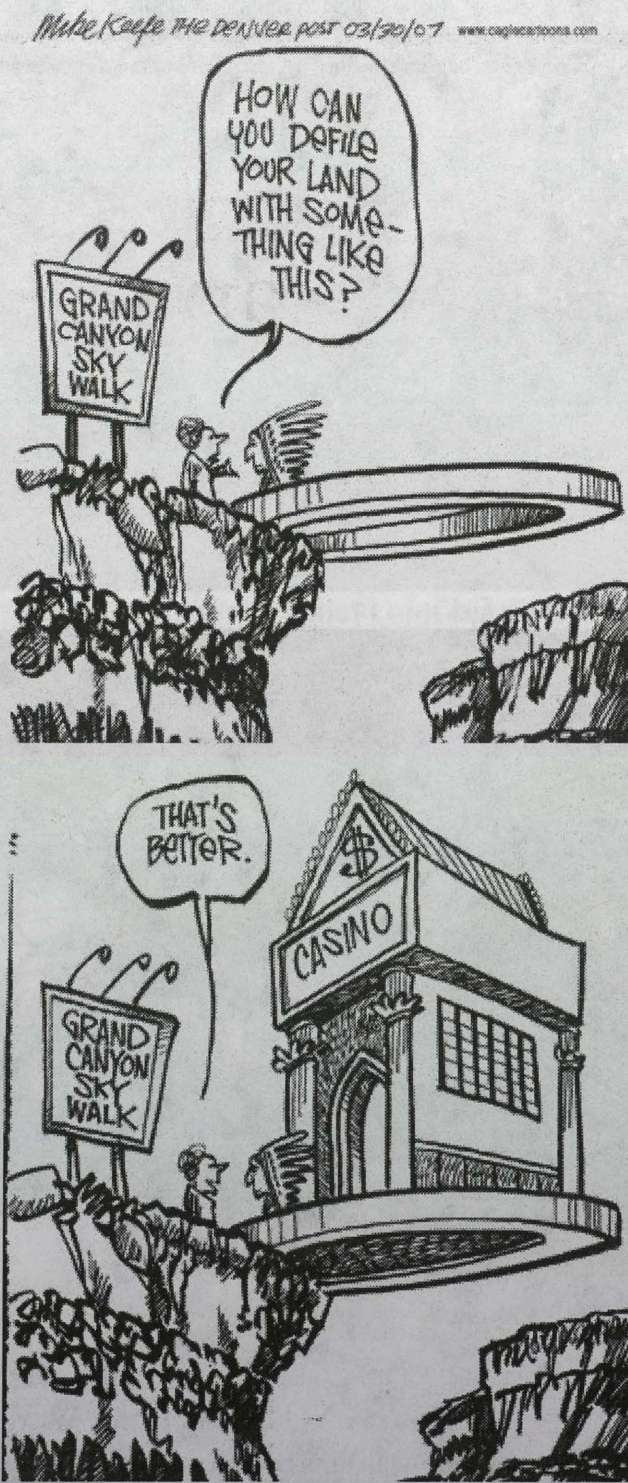
Empires and superpowers are successful based primarily on their influence and legitimacy. A country's military signifies force and strength, which is a means of enforcing the law, not dictating the orders. Today, with a proposed military budget of more than \$500 billion, a conflict living on its last breaths, lagging health care and a fraudulent attorney general, the government's priorities are withering away.

Empires don't fall like a house of cards; they erode. Slowly, painfully, wheezing until death is near and everyone around knows it.

It's convenient and half-baked to make blanket comparisons between Rome and the United States or Iraq and Vietnam without specifically discussing

its disparities, but the truth is, the present is nothing but a shadow of the past. History is cyclical, and while the specifics differ, the overlying generalities will always remain the same. The situations that humans faced a thousand years ago will perpetually repeat themselves. The conflicts of war and famine, drought and destruction, lagging resources and conquest, surges and insurgencies, shocks and awes will never cease to exist as long as nation-states and humans do. Nothing gold can stay, and all things must go.

The late Romans looked to the Roman gods as obsolete and inconvenient. The United States government looks to the issues of moral obligation as a hassle. While the U.S. is not going anywhere, what's slowly departing is its legitimacy and influence. Too much has gone wrong, too much time has passed. There is nothing to be alarmed at, it's just a fact of history blindingly grudging along. As the Walrus said in Alice in Wonderland, "The time has come ? perhaps things will become worse and then better."



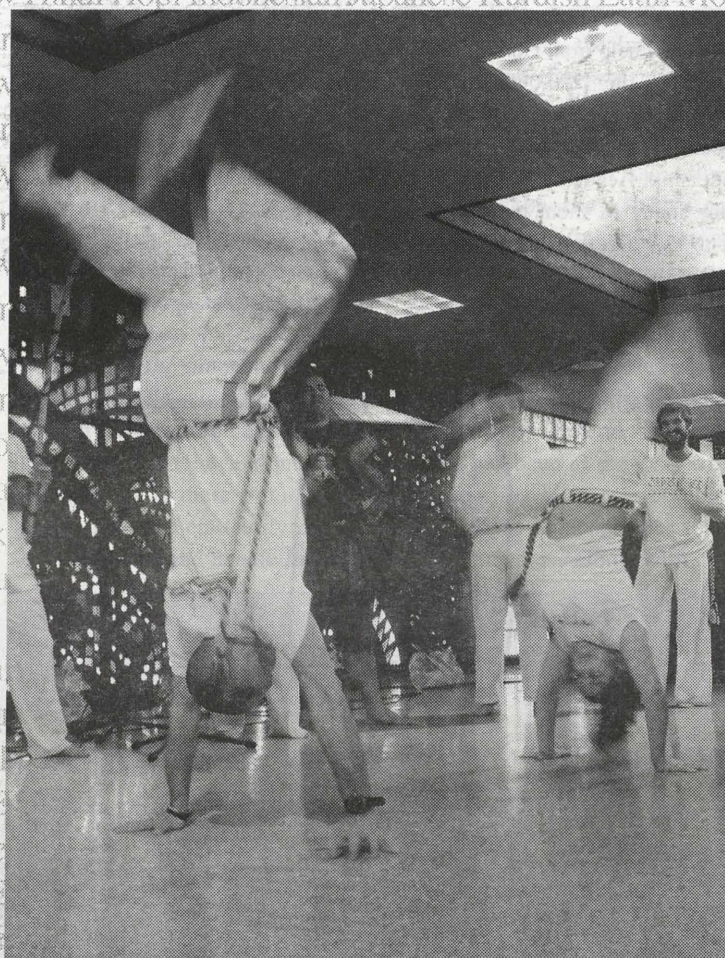
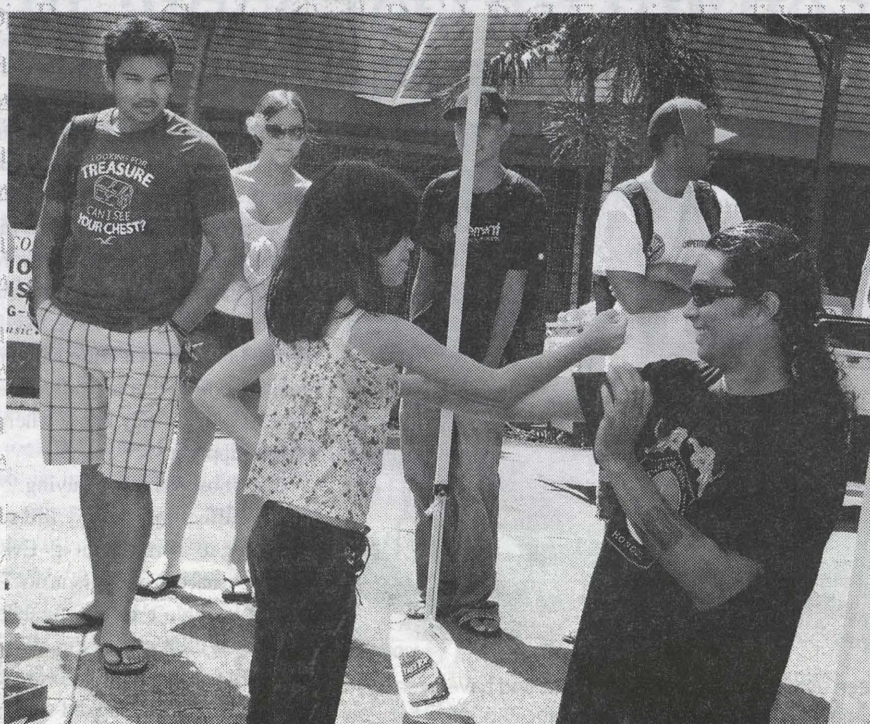
International

LEGACY

Recapping the Internatio

Photos and layout
by Matt Akiyama
and Taressa Ishimi

The International Festival recap the people and their cultures that during the four-day event. Students taste, smell, touch, hear and see around the globe. The festival features speakers, chefs and much more.



The Kapio onal Festival

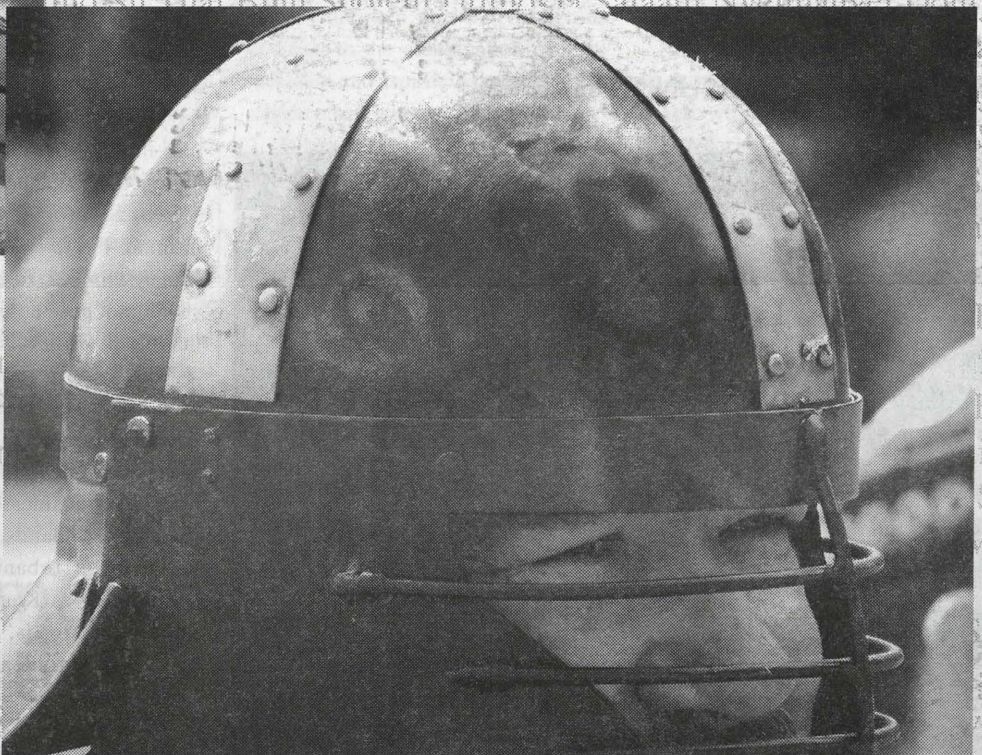
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Budget issues face UH Manoa libraries

UH flagship campus library weighed down with budget issues.

By Liana Hofschneider
STAFF WRITER

Several weeks ago University of Hawaii faculty members, staff and students began circulating petitions in response to an alleged decision made in the UH Manoa Chancellor's office not to fully fund the shortfall in the library to the tune of \$1.5 million.

"I believe there is misinformation," said Denis Konan, interim Chancellor at the UH Manoa campus. "It is simply untrue that the library budget has declined," Konan continued.

Letters signed by at least 24 department chairs, directors, man-

agers including an administrative staff from the Dean's office were forwarded to Konan expressing their concern and pointed out the concerns raised by the Western Accreditation of Schools and Colleges (WASC) accrediting team in its 1999 report. The report indicated that "significant short and long-term damage" has been done to the research collections. And diminishing what "one would expect of a research library of a university with the programmatic scope of UHM," the report further stated.

"The library's budget has grown disproportionately and I increased their budget by \$500 thousand for collections, over \$100 thousand for Sinclair renovations, and about \$90 thousand to support 24-hour access to Sinclair," Konan said.

BACKPAGE: Flagship, page 8

CAMPUS & COMMUNITY BRIEFS OF EVENTS AROUND KCC



MATT AKIYAMA/THE KAPO

Amongst the many things happening on the KCC campus include the on going library renovations.

Lama Library closed

The Lama Library will be closed through Sunday, April 8 due to renovation work. The Lama Library will reopen on Monday, April 9 and will have limited services available. The entrance to the library will be on the second floor loading dock area located at behind the building. Services that will be unavailable will include group study rooms, the reference book collection, access to microforms and the Lama 101 computer lab.

KCC Ohana Golf Tournament

The first KCC Ohana Golf tournament will be held on Friday, April 20 at the Pearl Country Club located in Aiea. KCC faculty, staff, students as well as KCC retirees are invited to sign up for one of 40 spots in the tournament. The cost to participate is \$65 for non-students and \$30 for students. Application forms are available at the Office of Student

Activities at Ohia 101 and will be accepted until April 10.

Alpha Kappa Psi Honored

KCC's Alpha Kappa Psi chapter of the international honor society of Phi Theta Kappa has been honored with several awards. Alpha Kappa Psi was named a distinguished chapter of the Pacific region as well as earning hallmark awards for leadership and service. The chapter earned several other awards including awards for advisor Candy Branson and chapter officer Scott Pirschner.

April's Ice Cream Social

The fourth ice cream social of the semester will be held on Tuesday, April 10 from 11:30 a.m. until 12:30 p.m. at the Ohia Cafeteria. Basic flavors of chocolate and strawberry will be joined by specialty ice cream flavors of coconut mac nut and pineapple. Ice cream will be served until the flavors run out.

Superferry to begin service

By Neil Holifield
STAFF WRITER

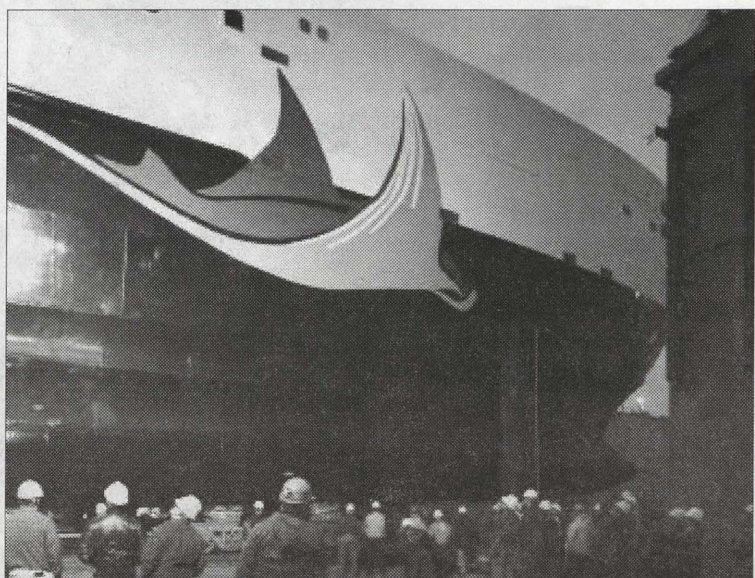
When students finish the spring semester at KCC, Hawaii's first inter-island ferry is scheduled to begin operating out of Oahu. The Superferry, designed to hold 866 passengers and approximately 300 vehicles is due to begin service in July. Only one ferry will begin service this year, the next will begin operation in 2009.

Created as an alternative to air travel, the Superferry offers the opportunity to visit the neighbor islands via the ocean and allows for transportation of motor vehicles and other objects that are more difficult to travel with by air. However, the new ferry has seen opposition and concerns regarding the ocean and outer island's environment, vehicle traffic and its impact on inter-island travel.

The Superferry was designed and built by Austal USA, a ferry builder located in Mobile, Alabama. The according to the Austal Web site the ferry's catamaran design is much like that of the ancient Hawaiian's double hulled canoes. Designed with safety and environmental well being in mind, the ferry uses a jet propulsion system instead of propellers that should not pose a threat to migrating humpback whales.

This new ferry is seen by some as a potential threat to the outer island's quiet way of life. "This ferry would be opening many more doors for business to operate on the smaller islands, and with business comes urbanization. On an island such as Kauai, where there are one lane roads, it could become a major problem," Kekepania Yoshida said.

In anticipation of the concern over traffic on the neighbor islands, Hawaii Superferry has conducted traffic studies and adjusted the ferry's schedule to help minimize congestion. The ferry's ports also have



HAWAII SUPERFERRY.COM

The Hawaii Superferry will hold passengers as well as vehicles during interisland service. The interisland service is set to begin in July.

large staging areas for vehicles to wait prior to boarding.

Growing concerns over unwanted species infecting the local crops specific to each island has prompted the Superferry to issue a statement giving precautions to what each passenger should do to prevent the spread of unwanted species. In support of the ferry, lawmakers blocked a bill that would require the operators to perform an environmental impact statement.

The inside of the Superferry is designed much like many modern cruise ships. With amenities such as movies and video games, the ship has something for everyone. "I think they should let us run fishing lines off the stern of the boat, cuz some of the biggest fish in the world live in between Oahu and Molokai," KCC student Noa Polupolu said.

Surfboards, bicycles and mopeds are also going to be allowed on the ferry for an additional fee.

The Patsy Sumie Saiki Award

For best short story by a University of Hawaii student

First Prize \$1000

Second Prize \$250

Third Prize \$100

-All enrolled students are eligible.

-The story must in some way reflect Hawaii's history, culture, or traditions.

-No longer than 7,000 words.

-Limit of 3 stories per entrant.

Contest deadline: Friday, April 6, 2007.
Winners will be announced April 27, 2007.

Entries should have a cover page with the writer's name (which should not appear in the manuscript), address, telephone number, student ID number, and name of story. Stories should be typed and double-spaced.

Send to:
Gary Pak
Director of Creative Writing
c/o English Department, Kuy 402
UH-Manoa
1733 Donaghoo Road
Honolulu, HI 96822

Please note
"Saiki Award Entry" on outside of envelope.

Staying healthy during cold season

Kimberly Moa
STAFF WRITER

Ah-choo! It's that time of year again. Germs everywhere! A weak immune system can be the busy college student's worst enemy. However KCC students need not worry, there are a number of ways that you can reduce your risk of getting sick.

And if you have already caught the bug, never fear, The University Health Services Manoa (UHSM) offers a wide range of services that are available to KCC students, faculty and staff members.

In the meantime, here is some information on a few common illnesses and a few tips that can help you to stay healthy during this cold/flu season.

Common Colds

Respiratory viruses that typically grow in nasal cells usually cause the common cold. The average person will contract one to two colds a year.

Symptoms may include a runny nose, sneezing, sore throat, red eyes, cough, headache, body aches and fatigue and can last between five to ten days. The first three days of infection are the most contagious.

"The best thing you can do for a cold is to rest and drink plenty of fluids," pharmacist Stephen Chock said. Eating three well balanced meals a day will also help to enhanced immune function. Foods high in vitamin C and antioxidants, such as fresh fruits and vegetables are powerful immune system boosters.



KIMBERLY MOA / THE KAPIO

Your local pharmacy has a wealth of medicine and information. Ask the pharmacist if you are unsure of what over the counter drugs you should take.

Garlic, cayenne peppers, green tea, mushrooms, and even the old adage of chicken soup have all been researched in various trials and are reported as being helpful in both preventing and fighting off sickness.

According to Chock, taking vitamin C (250-500mg) or vitamin supplements may also be helpful. There are also a number of immune boosting herbs, which, if taken at the onset of a cold, may shorten the duration and/or decrease the severity of symptoms.

Studies have shown that Echinacea purpurea has been effective in adult trials for this purpose. However, there is no clear evidence of its benefit to children, and while side effects were infrequent, rashes have been reported in some trials involving children. Chock recommends not taking Echinacea throughout the duration of a cold as it is only a temporary remedy.

Zinc lozenges might also be helpful if taken in the very early stages in the cold cycle as well as the increas-

UNIVERSITY HEALTH SERVICES MANOA

Location: 1710 East-West Road near the Kennedy Theater at UH Manoa.
Clinic hours: Monday – Friday, 8:30 a.m.-12 p.m., 12:30 – 4 p.m.;
Wednesdays, 8:30 a.m. -12p.m., 1:30 p.m.- 4 p.m.

Reception desk hours: Monday – Friday, 7:45 a.m. – 4:30 p.m. No appointments are necessary for the general medical clinic but are advised for specialty clinics.

For more information call health services at 956-8965 or visit the UHSM Web site at <http://www2.hawaii.edu/shs/>.

ingly popular multi-vitamin herbal supplement, Airborne.

Over-the-counter medications can also reduce some of the symptoms associated with the common cold. Acetaminophen (Tylenol) or ibuprofen can be taken for fever, body aches, or headaches; decongestants for runny nose and cough suppressants may also help students make it through classes without being too much of a distraction.

If you are under 20 years of age, it is advised to not take aspirin because of an increased risk for Reye's Syndrome. Reye's Syndrome is an extremely rare but dangerous reaction to the combination of viral infection and aspirin that can occur in children and young adults.

When taking any medication, it is important not to over-medicate. Many cold/flu preparations contain more than the necessary dosage and treat more than one symptom.

There is no cure for the common cold. Only time and a working immune system will get rid of an infection.

The Flu

The flu, or influenza, is a highly contagious, often seasonal, viral infection.

Symptoms may include fever, chills, headaches, cough, body aches and fatigue that can last anywhere from a few days to two weeks.

Like the common cold, there is no cure for the flu and the viral strains that cause the flu change from year to year. However, the flu can be prevented to a large extent by an annual flu vaccine.

Getting a flu shot will not prevent you from contracting colds and other flu-like illnesses. However, vaccination may lessen symptoms and provide you with some protection against more serious complications. Those with severe allergies to eggs should not receive the flu vaccine.

If you get the flu, drink plenty of fluids and get a lot of rest. Also check with your doctor for antiviral prescription medications for the treatment of flu.

Some cold viruses and illnesses such as the flu typically involve high fevers. A Fever is a sign that your body is fighting an infection. Normal body temperature is 98.6 F (37 C). Slight elevations in body temperature are usually not significant, however if you have a fever

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Anti-war rally and protest march mark 'National Day of Protest'

Kimberly Moa
STAFF WRITER

In case you were lost in a fog of green beer, the rat-tat-tat of drums, the voice over the bullhorn leading the crowd in a refrain of chants, it was not a St. Patrick's Day parade.

It was the sound of resistance; the sounds heard as more than 300 protestors marched down Ala Moana Blvd. late in the afternoon on Sat. March 17 as part of a nationwide anti-war demonstration.

The event, organized by local chapters of World Can't Wait and Not In Our Name, united local demonstrators with tens of thousands from across the country to the Pentagon in the fourth annual National Day of Protest.

At a rally held before the protest march, representatives from co-sponsoring organizations touted messages of opposition against injustice and for a better world.

Carolyn Hadfield of World Can't Wait expressed a call to, "bring protest up and over to resistance."

Keynote speakers at the rally included, Lt. Ehren Watada's father,

Bob Watada, his attorney Eric Seitz, and a representative from the Hawaii delegation to the first Anti-US Bases conference in Quito, Ecuador.

When asked about the event, Alan from the Filipino student organization Anakbayan-Hawaii said, "This war is not going to stop itself, it's going to take people standing up and saying, No! We don't want it!" In the spirit of the event he continued, "Stand up, fight the power!"

That spirit of resistance was also apparent in the march itself. Toward the front of the procession a rolling prison cell held young protestors dressed as Bush and Cheney. "Guilty of war crimes," read their cage.

A contingent of black-hooded detainees dressed in orange jumpsuits followed close behind in protest of the use of torture along with wagons, strollers, skateboards and wheelchairs carrying some of the many individuals and groups represented at the event.

While the rallying issue was the war in Iraq (the weekend marked the fourth anniversary of the war) protestors of all ages and walks of life represented a melting pot of issues

from the demilitarization of Hawaii to the reproductive rights of women.

Following the demonstration, marchers returned to the park for a concert featuring African drummers, several local poets and performances by Black Square and Mass Dissent.

An information tent with tables and literature from various peace and justice groups in the community was set up near the rally area.

Among the groups represented at the event were Veterans for Peace, Iraq Veterans Against the War, the Revolutionary Communist Party of Hawaii, Progressive Democrats of Hawaii, KAHEA Environmental Alliance, and a number of religious organizations spreading the message of non-violence.

"It's heartening to see people stand up for what they believe in, and speak with their hearts," KCC graduate Aulani Johnson said. "In just respect, the event might be entitled 'A Rally for Peace' without the use of words like 'anti.' Peace is universal."

For more information about future events and how to get involved with them visit notinourname.net or worldcantwait.org.

HELP NEEDED

Healthy Women Aged 19 to 30

Do you enjoy helping others and making a difference in someone's life?

Would you like to make someone's dream come true?

Be an egg donor and help a couple become a family.

- Genuine desire to help
- Healthy non-smoker

Women of all ethnic backgrounds are needed.

\$5,000.00 compensation for this special gift.

For more information, please call 536-8801.

Pacific Connection Fertility Services, Inc.

The Kapi'eo BACKPAGE

Graduate:

Continued from page 1

According to the Office of Student Activities coordinator Dr. George Higa, he anticipates 250-300 graduates will participate in the May 11 commencement. Last year, over 4000 guests attended the yearly event to see a friend or family member walk across the stage. Higa noted that every parking space on the KCC campus was taken. Accordingly, he suggested that guests come early to find parking, as well as to secure seating. According to Higa 1500 chairs will be placed on the great lawn. He added that guests are allowed to sit on the grass and around the lawn's perimeter.

On the day of the ceremony, graduating students will meet at the cafeteria located in the Ohia building at 5 p.m., according to the KCC Web site. Once there, the graduates

should check in at the registration desk. The Web site indicated that they should check their name card, which indicates how their name will be read during the ceremony. In addition, graduates will receive instructions on the evening's proceedings. Because the graduates are required to remain in the cafeteria until commencement begins, they will need to bring their caps and gowns with them. During the wait, graduates may snack on refreshments, provided by KCC, as well as chat with their fellow graduates. However, guests are not allowed inside the cafeteria due to the limited space.

According to Higa a photographer will take candid photos before the commencement, as well as take photos of the graduates receiving their diplomas. At a later date, the graduates will have the opportunity to purchase photos through the photographer's Web site, he added.

Healthy:

Continued from page 7

over 104 F (39 C), or if a fever is accompanied by severe pain, nausea, vomiting, shortness of breath, colored/bloody sputum, a productive cough or chest pain it is recommended to seek the services of a medical health-care professional.

Strep Throat

A sore throat is also another common complaint associated with the cold season. It is usually caused by a viral infection, but occasionally by a bacterium known as streptococcus, which can cause 'strep throat'.

In the past, penicillin-type antibiotics have been prescribed to treat streptococcal infection. However overuse of antibiotics may lead to the development of resistant strains of bacteria and are not usually prescribed for the treatment of minor infections.

Extremely severe cases of streptococcal infection can sometimes spread to the kidneys and cause permanent damage, in which case antibiotics are recommended.

Typically, the majority of sore

throats heal without treatment in a week. There are a variety of over-the-counter remedies that may help to relieve discomfort whilst the body is fighting off the infection. Oral analgesic lozenges containing benzocaine and/or menthol are the most common. Herbal supplements such as licorice and slippery elm are also helpful but these supplements should not be taken for extended periods of time.

Most importantly, to avoid infection, students should practice preventive measures and good hygiene. Limit your contact with those infected and avoid spreading the illness to others. Use disposable tissues, wash your hands frequently and keep them away from your eyes, nose, and mouth. Cover your mouth when you sneeze or cough.

Finally, maintaining a healthy lifestyle is the best way to avoid sickness. Getting the proper amounts of sleep, exercise and nutrition will help you to maintain a healthy immune system.

A minimum of 20 minutes of exercise three times a week makes the body healthier. Getting enough rest and eating right will help maintain and replenish energy levels.

Limiting health risk factors including smoking, substance abuse, obesity, inactivity, and chronic stress will reduce your risk of getting sick this season.

If all else fails, The UHSM is staffed by physicians, nurses and specialized professionals who can assist you with a wide range of symptoms. UHSM offers walk-in medical care, physical examinations, allergy shots, immunizations, clinical laboratory services and a pharmacy. KCC students are charged a \$15 eligibility fee at the first visit per semester.

UHSM offers several medical services and programs including a women's health clinic and several specialty clinics that are available to UH students, faculty and staff.

Additional services include STD/ HIV testing and treatment, physical therapy and rehabilitation, sports medicine, dermatology, nutritional counseling, therapeutic massage, orthopedics, and mental health counseling.

The health education division also offers a variety of education services including, student training, employment and volunteer opportunities.

The Academy of American Poets Prize (\$100)

All students on any campus in the UH system are eligible.

Include:

TEN POEMS maximum

No more than TWENTY PAGES TOTAL

Entries should have a cover page with the writer's name, address, telephone number, student ID number, and title of poem(s).

Manuscripts should be typed.

CONTEST DEADLINE: FRIDAY, APRIL 6, 2007.

Send to:

Gary Pak

Director of Creative Writing

c/o Department of English

University of Hawai'i at Mānoa

1733 Donaghoo Road

Honolulu, HI 96822

Please note on outside of envelope: "Academy of American Poets Prize."

Winners will be announced on Friday, April 27, 2007.

Flagship:

Continued from page 6

Paula Mochida, the interim Associate University Librarian, referring to the \$500 thousand said, "It does not represent any specific collection. It went into the general allocation for the library that covers salaries, materials, and operating expenditures."

Mochida also said that the \$100 thousand for renovation was for the "Student Success Center," a partnership with several student services programs and the library.

The letters stated that the suspension of the contract for the purchase of monographs was one of the research areas that would be affected by the budget cut. The monograph is a scholarly book or essays on a certain subject or a group of related subjects, usually written by one person. It is a one-time non-serial publication, which differs from serial publications such as magazines, journals and newspapers.

"The university promised to reallocate funds and restore the library's ability to build its collection. The library's purchase of monographs was ranked by the Association for Research Libraries at 32nd (2000) and 51st (2001) among American research libraries," the letter stated. In 2005, the library's ARL rating fell drastically and was ranked at 79.

Several university students shared their experience that the online materials compensate for the hands-on materials. However, ordering books from another campus or even out-of-state could take as long as two weeks. Therefore, the waiting period could impact students ability to produce work. Thus, student performance could be compromised.

"To begin with, the library is not supplying adequate materials and should be the last place to be cutting

the budget," Nicole Sterman, UH Manoa student said. She added that cutback should probably best be done with the football coach salary.

Jim Bayman who is a professor at UH Manoa and teaches anthropology said that the situation with the library is like "skating on thin ice." He also shared that he has utilized the UH inter-library loan system and that it has been helpful.

A staff member at the Kapiolani Community College library shared that KCC provides and lends more books from its collection to most of the UH campuses as compared to the number of books KCC borrows from the other campuses.

The group of letters reiterated that the impact on the decision to cut the library budget would mean that the library would not receive 6,000 plus monographs from major academic publishers that normally would be acquired from January to June 2007. There would be no new publication for the first half of 2007. And for many subject areas, few, if any, books can be ordered as a result of the cut in the librarians' book funds. Further, if a future budget allocation remains the same, inflation and other expenses would ultimately require the library to reduce its acquisition budget up to 18 percent.

"The library is reviewing subscriptions to journals and is revising the book approval plan for next year. No decision at this time," Mochida said.

Mochida said that in order to cover the cost of subscription to journals that increase in price by about a margin of 8-10 percent annually, the library initially reduced the bindery budget, the public and staff computer support budget, staff hiring, and reduce book order allocation by approximately \$600 thousand.

"It is normally \$1.9 million," Mochida said.

Pei Wen Hsu, a second year student

at UH Manoa said, "Books are very limited because collection is already limited so I felt that cutting down the budget more would impact my ability to have resources available to me."

In the "Operating and Capital Improvements Program Budget Request for the 2007-2009 Fiscal Biennium" submitted by UH President David McClain on Oct. 3, 2006 to Georgina Kawamura, Director of Finance, House Speaker Calvin Say and Senate President Robert Bunda, lists two items for the UH Manoa: Maintain Library Collections totaling \$2.5 million and Library Infrastructure in the amount of \$90 thousand.

"It is one of our fastest growing units. Our biennium budget includes a significant increase for the library. We hope to receive support," Konan said.

Mochida shared that the library is realigning its budget to increase electronic access to information and the delivery of information to the desktop. Its primary focus is on student services and outreach services.

She further added that the library administration is also reviewing its specifications for approval plans in order to be as selective as possible and as accountable to their scholars as possible.

Currently, the budget submission by UH is under consideration at the legislature. If the legislature and the governor approve the budget, this would provide a significant increase to the library's budget and also provide for additional positions in the library.

The budget for the library for fiscal year 2005-2006 was about \$13.4 million and \$14.2 million for fiscal year 2006 - 2007. The \$500 thousand was included in the fiscal year 2006 - 2007, which was not originally allocated. The library started 2006 - 2007 with a \$1.5 million shortfall.

14TH ANNUAL KOA AWARD

Recipient: Reiko Brandon

Some of her work, including
Selected Works and Then and Now,
will be on display in the Koa Gallery
March 7 - April 12, 2007

Mon. - Fri. 10 a.m. - 4 p.m.

Sat. 10 a.m. - 2 p.m.

Admission is free and the gallery is open to the public.

Koa Award recognition dinner
will be on April 5.

For ticket information call:
the gallery 734-9374
Jennifer Hee 734-9570