

INSIDE

Look for the list of upcomming concerts playing at venues scattered throughout the islands.

Volume 50 · Issue 3 www.kapionewspress.com 1.31.11

Opportunities abound for new LLL chair

By Iiwileo Pacarro

STAFF WRITER

Kapi'olani Community lege's new department chair for the Language, Linguistic and Literature department, David "Kawika" Napoleon, has been a teacher at KCC for the past 18 years.

But he almost failed to even go to college after graduating from high school

Napoleon, born and raised in Palolo, is the son of Joseph "Nappy' and Wainona Napoleon. But his grandmother took him in as a child and raised him.

It was his grandmother who was insistent upon him continuing his education after he graduated from Maryknoll.

She conspired with his mother to get him to college against the wishes of his father, who was set on having him enter the work force as soon as he graduated.

"I was not supposed to go to college," Napoleon said. "In fact it was my grandma that wanted me to go to college. She is the one that pushed for me to continue my schooling."

His mother and grandmother literally pushed and pulled him to college

One morning in August 1987 his mother woke him up and put him on a plane. They flew to Hilo, where she enrolled him in classes at the University of Hawai'i at Hilo.

Since she was leaving on the last flight out to return to O'ahu, she went to a church to find him a place to

As soon as the service was let out a family who lived a quarter mile from the school offered him a room

In 1991 he earned his bachelor's degree in Hawaiian Language and Culture at UH-Hilo. Right away, he started teaching at KCC.

"Everything in my life, somehow, set itself up," Napoleon said.

"If someone were to ask me how I got to where I am, I would not have an answer for them. Doors were opened and opportunities turned up when I

On Jan. 3, Napoleon was one of three new chairs welcomed to the KCC administration.



Language, Literature and Linguistics department chair David "Kawika" Napoleon recounts his own college experience and many accomplishments through the years. Driven by his grandmother's wishes and passion for canoe padding, Napoleon fulfilled his goal of completing college and now assists students and faculty as the new department chair.

These new leaders assist students with problems in classes and guide teachers in developing their curriculum. They work in the background so that students can learn in class.

The department chairs switch out every two years to let all the staff have a chance at the administrative side to working in education.

Even though he just started his

new job Napoleon has been kept busy in helping teachers and students set up for the new semester.

NAPOLEON: See page 3

UH Board of Regents canvas campus wellness

By Trevor Latorre

COPY EDITOR

On Jan, 21, a University of Hawai'i Board of Regents committee - the allencompassing body of government that deals with system-level issues asked three representatives from each of the 10 UH campuses to present on their college experience.

The students represented the three tiers of student engagement: the Board of Student Publications, Board of Student Activities and Associated Students of Kapi'olani Community College Student Congress.

The meeting, which was orga-

nized and facilitated by the associate vice president for student affairs Karen Lee, presented a rarity for both the campuses and administrators.

Administrators feel that it is an anomaly to have all campus representatives and administrators in one place at one time and saw this as a new initiative to boost communication on both sides.

"In the past, the BOR would go to each campus to talk with the students," said Mona Lee, the vice chancellor of student affairs at KCC.

"This was an attempt to bring that back ... to establish rapport."

The BOR committee held the meeting so that it could get direct student input, canvas the student morale and ascertain whether students are benefiting from the funds appropriated to them by the state legislature, student fees and UH system.

The committee hopes to reestablish contact and face-to-face engagement with students and the campuses and was experimenting with a new

Kalani Fujiwara, a professor at KCC and ASKCC student congress faculty adviser, said that the student representatives astonished him.

"I'm sure the board was impressed," Fujiwara said. "Hopefully, there will be more meetings like this."

Aaron Cornelison, the student congress representative, was glad to see the BOR listening to the student

Often, students may feel marginalized, and he said the committee hearing was a testament of the exact opposite.

"Well, I think it was pretty good," Cornelison said.

"Considering the fact that it's been so long since the BOR held a committee hearing, it's a step in the right direction."

Lee also added that the student representatives were "eloquent, loquacious and articulate" in their presentations to the BOR.

Administrators and faculty are always looking for students to step up to the challenge and fill the disconnect between students and faculty.

For more information on how to engage your campus and get involved at KCC, contact Kalani Fujiwara at kalanif@hawaii.edu.

INDEX Campus news Calendar 4 Concerts Editorial 6 Column Top 10



Two students from the STEM program have been accepted to work with



Chinese Cultural Plaza will bring in their New Year with a traditional Lion Dance

CAMPUS AND COMMUNITY BRIEFS

of events around KCC

BOSP looking for student submissions

The Board of Student Publications (BSOP) is accepting artwork and stories to be published in its upcoming journals, Ka 'I'iwi Polena, Le'ahi and Ka'imiloa. ESOL 101, ENG 22 and ENG 100 submissions that are chosen will publish their work in the Le'ahi Journal. Hawai'i-based submissions will be showcased in Ka 'I'iwi Polena while non-Hawai'i art and writings will be exhibited in Ka'imiloa.

E-mail submissions to Kapiʻo (kapio@hawaii.edu) or drop it off at the mailbox labeled "Submissions" in Kalia 101. Art submissions should be taken to the Kapiʻo office (Lama 119). In addition, the BOSP is looking for students to help serve as board members, student editors and help with the BSOP Web site. For more information, contact Catherine Toth at ctoth@hawaii.edu or visit kccbosp.blogspot.com.

Wo Learning Champions seeks nominations

This year the Wo Learning Champions are recognizing people from the seven community colleges across the state that have achieved excellence in teaching or enriching the communities around them. They are looking for nominees for their Innovation Award and their Community Building Award. If you or someone you know has initiated an innovative way of teaching in the past five years, they are up for considerations for the Innovation Award. If you know of an event that has brought your community together and has introduced community building, they are eligible for the Community Building Award. For more information on the awards and submissions go to wolc.hawaii.edu/WoGen7

健康な日本人男性?

何世代にもわたり、人々は治験に参加することに よって新薬の試験に協力してきました。あなたに もそれが可能です。

新薬に関する治験8235-787への参加資格 を得るには、以下の条件を満たす必要が あります:

- •年齢20~50歳の日本人男性-日本で 出生レ、日本以外の国での居住年数 が5年未満であること
- ・概ね健康であること(非喫煙者また は喫煙量の少ない方が優先されます)
- •1ヵ月のあいだに、Covance社で3泊4日 の入院(3回)と外来来院(1回)が可 能であること

すべての治験に関連する検査費用は無料です。 また、参加者には、最高2500ドルの報酬が支払 われます

ご協力いただけますか? ありがとうございます! 今すぐ877-708-7092に電話するか、77982にALOHAと テキスト送信、あるいはTestWithTheBest.com にア クセスしてください。

COVANCE

One Waterfront Plaza, 500 Ala Moana Blvd., Ste., 400 Honolulu, HI 96813



JOIE NISHIMOTO/KAPI'O

James Bynes (left) and Liem Nguyen (right) of the STEM program were accepted into the National Aeronautics and Space Administration's National Community College Aerospace Scholars program. They are of two of 230 accepted nationwide.

Students to embark on competitive NASA program

By Joie Nishimoto

EDITOR-IN-CHIEF

Kapi'olani Community College's Science, Technology, Engineering and Mathematics (STEM) program is adding to the center's already growing list of accomplished students.

Two of KCC's STEM students, 20-year-old Liem Nguyen and 27-year-old James Bynes, have been accepted into the National Aeronautics and Space Administration's National Community College Aerospace Scholars program.

According to Nguyen, a mechanical engineering major, the NCAS program lasts one semester and ends in May. The program, funded by NASA's Exploration Systems Mission Directorate, allows college students interested in science, math, technology and engineering to get a glimpse of career possibilities.

The two will stay here at KCC but work on the project online, which involves communicating with engineers and working on Web-based activities.

Bynes, an electrical engineering major, said that of 300 students nationwide, he and Nguyen are two of 230 students who were accepted. Just before the Fall 2010 semester ended, both Bynes and Nguyen were informed of their results via e-mail by the headquarters of the NCAS program.

"I thought I had a one-out-of-ahundred chance," Bynes said. "When I found out, I was surprised, like, 'What?"

Nguyen felt a little more optimistic about their chances.

"I actually thought it was 50/50," he said. "The program itself sounds intense."

Nguyen added that people would look at the coursework and be scared off by it.

"I heard from Nari (Okui, undergraduate research coordinator), and she said that they've been doing this program for years but no one's ever signed up," he said.

Nguyen said the application process was fairly simple – application form, references and letters of recommendation were required – and thinks students interested should try to apply for this program.

"There seems to be a lack of participation," he said. "Don't be discouraged by the complexity of the project."

The program is competitive, said Bynes. If they do well, Bynes and Nguyen may have the opportunity to travel to the Johnson Space Center in Houston, Tex., or the Jet Propulsion Laboratory in Pasadena, Calif.

Nguyen said the project consists of online assignments that involve designing a rover mission to and from Mars. The work is right in line of their field of study: Nguyen's designing of the rover falls into mechanical engineering; Bynes' programming falls into electrical engineering.

In addition, Bynes said that getting a rover to travel to and from

Mars had not been done before.

"So far, they've only been able to do it on the moon," he said. "I mean, there's been research on it, but it isn't expected to happen until 2013."

Although they are not actually going to build a rover, Nguyen thinks this program will help NASA to get input from college students.

"I think they want to involve the community," Nguyen said. "They want to see if college students have any ideas."

The online coursework began Jan. 25, but prior to that, both students researched by reading books about Mars and books related to the physics of the planet.

By the time the project began, both students learned that lifespans of rovers on Mars are short due to extremely cold conditions.

"There's an emphasis on being punctual," Nguyen said.

He explained that one mission failed because different measurements were used, resulting in the orbit being too close to Mars.

"They spend millions of dollars on research, but they can learn from the blueprints and start over," Bynes said.

Bynes and Nguyen hope to put in their best effort in order to go to one of the NASA sites.

"We'll do our best," Bynes said.
"We want to put out satisfactory work. I'm ready to go into this field."



Trevor Latorre liwileo Pacarro Editor-in-Chief Copy Editor Staff Writer Sean Nakamura Rie Miyoshi Alika Pfaltzgraff Photo Editor Staff Photographer Staff Photographer/Writer Mai Oseto Janell Nakahara Brandon Tom

Lama 119 4303 Diamond Head Rd.

Honolulu, Hawai'i 96816

Graphic Designer Advertising Mangaer Web Designer Kim Baxter Catherine E. Toth Adviser Faculty Adviser

Tel: (808) 734.9167 | Fax: (808) 734.9287

kapio@hawaii.edu | kapio.net

The Kapi'o is a weekly publication of the Board of Student Publications (BoSP) at Kapi'olani Community College, an Equal Opportunity/Affirmative Action institution. Funding is provided by student fees and advertising. Circulation is 2,500. This publication reflects the opinions and views of the editors and writers who are solely responsible for content, and not necessarily those of KCC, the faculty, or staff. All submissions are welcomed. Editors reserve the right to edit for length and content. Publication of any submission is not guaranteed. For all advertising queries, send contact information to kapicads@hawaii.edu.

Napoleon:

Continued from page 1

Aside from being a teacher, Napoleon paddles canoe for the club 'Anueanue, which is a club started by his father Joseph Napoleon.

Napoleon started paddling at a very young age.

He even started up a Hoe Wa'a class at KCC.

Students with a Hawaiian 101 prerequisite can take the class and use it as a Hawaiian studies credit class.

Next week, we will meet up with Collette Higgins the new Department Chair of the Arts and Humanities Department.

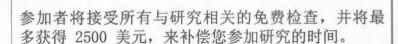


您是健康的中国男性吗?

很多健康男性已经参加过临床调查研究,帮助我们研究药物试验。您也可以帮助我们。

要具备涉及8235-787研究药物的研究资格,您必须是:

- 中国男子,年龄 20 至 50
 岁——必须出生于中国大陆、台湾或香港,并且在国外生活时间少于 5 年
- 总体上身体健康(轻度吸烟者或不吸烟者优先)
- 愿意来 Covance 三次,每次需要留宿 3 晚 / 4 天,每次在一个月期间内有一次门诊访视



您能提供帮助?太棒了! 今天就拨打 808-441-6320, 发送短信 ALOHA 至 77982 或访问 TestWithTheBest.com。

COVANCE.

One Waterfront Plaza, 500 Ala Moana Blvd., Ste., 400, Honolulu, HI 96813



EGG DONORS NEEDED

Compassionate, caring 19-30 yr old women needed to enhance the lives of couples struggling with infertility. Compensation begins at \$5,000. To learn how you can be responsible for a happy ending, visit us at www.ConceptionsCenter.com

Calendar of Events

Monday

National Brandy Alexander Day

"Brandy Alexander is a sweet, brandy-based cocktail that became popular during the early 20th century. It was created at the wedding of Princess Mary and Lord Lascelles in London in 1922. The Brandy Alexander originates from an earlier, gin-based cocktail called simply an "Alexander." It is sometimes confused with a drink called "Panama," which is made with light crème de cacao, instead of the dark crème de cacao used for the Brandy Alexander."

Tuesday

National Freedom Day

Celebrates freedom from slavery, and recognizes America as a symbol of freedom

Wednesday

Groundhog Day

Celebrated in the U.S. each year on February 2nd. In weather lore, if a groundhog emerges from its burrow on this day and fails to see its shadow because the weather is cloudy, winter will soon end. If the groundhog sees its shadow, it will return into its burrow, and the winter will continue for 6 more weeks.

Thursday

The Day the Music Died Day

Commemorates the untimely death of singers Buddy Holly, Richie Valens and the Big Bopper. These three Rock singers died in an airplane crash on Feb. 3, 1959. at the height of their popularity.

Friday

Homemade Soup Day

Soup is a food that is made by combining ingredients such as meat and vegetables with stock, juice, water or another liquid. Hot soups are additionally characterized by boiling solid ingredients in liquids until the flavor is extracted, forming a broth. Soup is often very nutritious.

Saturday

National Chocolate Fondue Day

Fondue is a communal dish shared at the table in an earthenware pot (caquelon) over a small burner (rechaud). The term is derived from the French verb fondre (to melt), in the past participle fondu (melted).

Diners use forks to dip bits of food (often pound cake) into the warm semi-liquid chocolate sauce. Heat is supplied by a wick or gel alcohol burner, or a tealight.

Dessert fondue recipes began appearing in the 1960s. Slices of fruit or pastry are dipped in a caquelon of melted chocolate. Other dessert fondues can include coconut, honey, caramel and marshmallow."

Sunday

National Nutella Day

Nutella is more than just a chocolaty hazelnut spread, it is a way of life.

From childhood memories to oozing hot crepes, from breakfasts on vacation to free-spooning sessions on the couch, Nutella is prominent in the memories of many children and grown-up children as well.

In 2007, we gave Nutella its own holiday, and this year we're continuing the tradition.

Buon appetito! KCC celebrates food of Italy

By Rie Miyoshi and Sean Nakamura KAPI'O STAFF

The 'Öhi'a cafeteria staff and workers kicked off the New Year with an Italian-themed day for their lunch lineup on Thursday, Jan. 27. The cafeteria carried out a few themes last semester featuring Japanese and German food.

Entering the cafeteria, classical concert music was heard as red, white and green paper streams were seen lining the ceiling. Small decorations like a wine bottle and two wine glasses contributed tenderly to the theme of Italy in the cafeteria.

The theme featured a wide variety of Italian food to choose from like pastas, risotto (rice dish), paninis (sandwiches), and dolce (des-

At the pasta corner, one could choose between penne or linguini pasta and accompany it with a sauce: marinara (tomato sauce), alfredo (parmesan cream), primavera (alfredo with vegetables) and bolognese (meat sauce).

On the special-order corner of the cafeteria, choices like chicken pesto with risotto could be ordered or an Italian sausage sandwich.

The Italian food featured focused on two main ingredients: garlic and olive oil.

The cafeteria plans to continue bringing in different types foods from all over the world to students by hosting a theme of food once a







Starting off the New Year, the 'Ohi'a cafeteria featured Italian food as one of their series of introducting different foods from all over the world once a month. Various selections of antipastos, pastas, risottos, panninis, and dolce were offered to students to

Upcoming concerts in Hawai'i Healthy Caucasian Man? for your listening pleasures

By Alika Pfaltzgraff

STAFF PHOTOGRAPHER

So far, 2011 has been christened by unlikely bands at unusual venues - a trend that looks to continue for the next couple of months.

Most note-worthy among the slew of musicians that have rolled through in January is alternative-metal band Tool. Fronted by wine-wheeling singer Maynard James Keenen, the dispossessed quintet played to a soldout crowd at the Neal S. Blaisdell Arena, marking their third appearance in the islands.

Here's a look at what's coming up for the rest of the first quarter.

Feb. 2 Performing: Cat Power Venue: Aloha Tower

Chan Marshall's love-hate relationship with the limelight has endured ten plus years of degradation. She's currently working on her seventh-studio album, and will play her first show in Hawai'i with help from local promotional group BAMP.

Feb. 10 Performing: Matt & Kim Venue: Aloha Tower

The inseparable indie duo makes its first appearance in Honolulu with an intimate performance just in time for Valentine's Day.

Feb. 18 Performing: Deftones Venue: Aloha Tower

The last time Deftones was in Hawai'i, it recorded a concert on the Big Island for the Music in High Places series, arranging intimate acoustic performances along the sandy shores of Mauna Loa beach. The band is currently in the midst of its "Diamond Eyes" tour, in promotion of its album.

Feb. 24 and 25 Performing: Elton John Venue: MACC

Sir Elton John has been booked for an exclusive engagement at the Maui Arts Culture Center, returning after last years highly venerated performance at Blaisdell. Log on to mauiarts.org for ticket information.

Performing: Nas & Damien Marley Venue: Kaka'ako Waterfront

The duo has been touring in celebration of their second collaborative album, "Distant Relatives." The couplet will stop off on the Big Island, as well as Maui before making its way over to O'ahu's Kaka'ako Waterfront.

Performing: Hall & Oates Venue: Blaisdell Arena

Closing out the first quarter is a band of more critical and commercial success than just about any contemporary outfit. Just be prepared to shell out \$70 for decent tickets.

Generations of men and have helped test investigational medications by participating in clinical research studies. You could help too.

To qualify for research study 8225-259 involving an investigational medication you must be:

- A Caucasian man age 20 to 45
- · Generally healthy (light smokers or non-smokers preferred)
- Willing to stay at Covance for 4 days/3 nights and make 1 outpatient visit



Participants will receive all study-related exams at no cost and compensation up to \$1000 for time and participation.

Think you can help? Great! Then call 877-708-6681, text ALOHA to 77982 or visit TestWithTheBest.com today.

ONE WATERFRONT PLAZA, 500 ALA MOANA BLVD., STE., 400 HONOLULU, HI 96813

Lion dance: More than a blessing



SEAN NAKAMURA /KAPI'O

Various lion dance groups commence dancing to the ensemble of drums, cymbals and gongs as fireworks pop at the Chinese Cultural Plaza.

By Sean Nakamura

PHOTO EDITOR

It's a symbol of good luck, it's a way to chase away evil spirits, it's a way to bring in prosperity and fortune to people, but most of all it's a tradition that has been practiced for hundreds of generations.

It was said that every Lunar New Year, a wild and evil creature, called the Nian monster because its cries that sounded like "nian nian nian," would emerge and destroy villagers' crops. On one year, villagers got together and created a huge head out of bamboo strips and fashioned it with colored paper followed by triangular pieces of colored cloth layered over each other to create a long garment, which was large enough to cover two men.

The villagers would imitate the creature's movements by raising and lowering the head and body of the homemade entity. When the Nian monster arrived, the villagers would emerge with their homemade monster followed by a tenor of drums, cymbals, the crashing of pots and pans, and more. The Nian monster, surprised and terrified, ran away and was never to be seen before.

Thus, the lion was born.

Every year, lion dances are executed to bring in good luck by performing a Choy Chang, which is a form of a blessing to bring good luck to an area and chase away evil spirits. This weekend, the traditional lion dances will be performed once again at Chinese New Year's celebrations all over Hawai'i, most notably in Chinatown and Ala Moana.

However, lion dancing isn't just a blessing. It evolved into extravagant performances and eventually a form of competition. Lion dance performances tend to tell a story about a certain moral or how something came to be.

The lion dance poles performance, for example, is about a journey of a lion scaling the mountains in search for the flower of immortality. But when he finds it, he feels remorseful and climbs back down to await punishment.

Scaling the mountain is dangerous for both the lion in the story and the masters performing in the lion. Performers stand, jump, dance, swerve and swing on tall poles ranging from five to 10 feet in height. It takes hours of practice to understand and enact the per-

formance. It teaches both the audience and performers that climbing this "mountain" is not an easy task and comes with great risks. But hard work and dedication may just get you there.

To catch sight of a poles performance, take a look at the Wah Ngai Lion Dance Association's performances coming up this week for Chinese New Year's.



SEAN NAKAMURA /KAPI'O

Above: A lion stares at the camera while searching for food (money) in the crowd to feast upon.

Left: Ryan Chang and Reg Wong of the Wah Ngai Lion Dance Assocation perform the poles exhibition at the Chinese Cultural Plaza in Chinatown.



SEAN NAKAMURA /KAPI'O

A child from the crowd feeds a lion money at the Chinese Cultural Plaza in Chinatown.

WAH NGAI LION DANCE ASSOCIATION EVENTS:

Feb. 3: 5:30 p.m., Ala Moana Center Stage, Pole Jumping Exhibition

Feb. 4: 5:30 p.m., Ala Moana Center Stage, Martial Arts Demonstration

Feb. 4: 7 p.m., Aloha Towers, Pole Jumping Exhibition, Choy Chang, *tentative*

THE VIEW WE TAKE

New teacher firearms bill sparks conflict of interest in universities

Following a few recent school shootings in the United States, a Nebraska senator is proposing a new law that may turn the table on gun violence.

State Senator Mark Christensen introduced the bill on Tuesday, Jan. 18, just two weeks after an Omaha high school senior killed an assistant principal and wounded a principal before killing himself, according to The Washington Post.

Christensen told The Christian Science Monitor that allowing teachers and administrators to carry concealed weapons will act as a deterrent.

"If you have a kid come in to shoot a teacher ... or other kids, it's best to have somebody that can take care of the situation," Christensen said to The Christian Science Monitor.

Teachers and administrators are not the police. Their job description does not say to have access to firing bullets at a troubled shooter; their job is to educate the youth.

By allowing these people to hold weapons, teachers and administrators present a bad image to the students. Students should be able to look up to their mentors with respect and comfort, not fear.

Having guns on campus also does not protect everyone. If anything, it produces more danger.

While proponents seem to suppose that these people will be responsible, mistakes are unavoidable and can happen.

If Christensen's proposal gets the green light from two-thirds of the school board, the bill will also affect colleges and universities in the state, according to ABC Nebraska TV. The Christian Science Monitor reported that currently, Utah is the only state that has a law that allows concealed weapons on public campuses. In addition, according to the National Conference of State Legislatures, 24



Due to recent shootings, schools in certain states are considering letting teachers take a stand against gun vioence. Nebraska State Senator Mark Christensen presents a bill that lets teachers carry concealed weapons in classrooms for protection. Teachers would have to attend classes to properly handle firearms.

states prohibit concealed weapons on campuses, while 23 states leave that decision to higher education institutions.

Nebraska adds to the growing number of states in the U.S. to consider allowing weapons in schools. PBS News Hour reported that New Hampshire, Wyoming, Utah and Montana are also deliberating laws that would lessen the restrictions on carrying weapons at public facilities, such as schools and the state capitol.

Although gun possession has for a long time been an issue up to debate, allowing school instructors

and administrators an entitlement to bear arms can be detrimental to any state's education system and should not be allowed.

Jody Clements, independent school district superintendent for Kilgore, Tex., told KYTX News that there is a possibility of "students getting angry, students getting upset (and) students finding guns that teachers are supposed to have put in place somewhere."

A teacher may carelessly place his or her gun in the drawer in a desk while he or she goes out to grab lunch. Or just like a pickpocket stealing a wallet, a troubled student could easily snatch a weapon hanging on a holster when a teacher is not looking.

In order to possess a gun, one must get proper licensing and training. This process of getting all teachers and administrators properly licensed will be not only time consuming, but costly, and it will take away from time instructors could spend teaching.

If government officials want to push for more safety in schools, they should consider proposing nonviolent tactics, such as adding more

security guards on campuses or introducing safety checks and metal detectors.

Allowing guns and other types of weapons on campus is not making school a safer place. It's adding more danger to an already dangerous world.

The view we take is written by the editors of the Kapi'o. We welcome all responses to this subject. E-mail "Letter to the Editor" at kapio@ hawaii.edu.

CAMPUSVOICES: If you could date anyone, who would you date?



"Colt Brennan. He's cute, plus I like football players."

Jade Deuz, 21, communication/Japanese



"A good cook, so I wouldn't need to

Kevin Guard, 20, culinary



"Allen Iverson. He would teach me how to play basketball."

Wakako Kuninaka, 20, liberal arts



"Angelina Jolie, because she's my type. She seems and acts nice."

Gavin Ono, 22, liberal arts/music



"Mark Wahlberg, because he's hot."

Pua Kaunanoe, 19, communication



"Myself, beceause we'd agree on everything and never get into fights."

Kimo Preis-Carpenter, 19, psychology

Trenta overdose experiment



PHOTO ILLUSTRATION BY RIE MIYOSHI

The new Starbucks cup size, the Trenta, is monstrously sized and can hold 31 ounces of your favorite Starbucks drink.

By Sean Nakamura

PHOTO EDITOR

Two weeks ago, Starbucks announced it was going to be releasing a new cup size to its lineup, the Trenta, which holds 31 ounces – that's about 11 more than what was formerly the largest size, the Venti.

When hearing about it, then seeing it on youtube.com featured in a talk show discussing the size and health concerns of the new cup size, my editor-in-chief turned and looked at me with wide-glaring eyes. I could only translate two words out of her look: "Guinea Pig!"

To my misfortune, I'm not a coffee enthusiast and I have not drunk anything recently that was loaded with high concentrations of caffeine. In fact, the last time I had a cup of coffee was two months ago, and the last time I had an energy drink like a Red Bull was at least eight months ago.

Admittedly, I don't take caffeine quite well. If provoked when inundated with a high amount of caffeine in my system, I turn into a hysterically laughing psychopath. Which is why, if the situation ever requires me to drink large amounts of caffeine, I like to do it alone.

Starbucks has officially released the new 31-ounce Trenta cup in stores. On Tuesday, Jan. 25, I officially endured my first Trenta experience.

At 10 a.m.: I arrived at the Kahala Mall Starbucks to purchase – after being cornered by my editor and adviser to partake in this inhumane experiment – the demonically sized cup with regular iced coffee and milk, along with a few drinks for my coworkers and friends.

At 12 p.m.: I had a meeting to attend, in which I got together with my staff to discuss future plans.

At 12:05 p.m.: I commenced quaffing the 31 ounces of iced coffee



SEAN NAKAMURA /KAPI'O

Starbucks' new Trenta (left) is 11 ounces bigger than the 20-ounce Venti (right).

and discussed issues and ideas with my coworkers. As I drank more and more, I began to feel a bit jittery and became more attentive to my surroundings.

At 12:25 p.m.: I had completed consuming 31 ounces of coffee and began to laugh hysterically like a maniac. I also began to notice my speech and articulation speeding up while talking. Coworkers began to get irritated.

At 12:30 p.m.: I was completely shunned and ignored by everybody on staff, including my editor and adviser who were the ones who knew I couldn't handle caffeine and forced me into this experiment. I felt a bit betrayed to tell the truth.

At 12:45 p.m.: It was time for me to attend my next class, so I packed my bags and walked to class. There I met up with my classmates and gave them a hearty greeting, which of course they found that a bit too not-so-Sean like.

Going over my usual class participation habits, I answered nearly every single question my teacher asked to the class.

Around 3 p.m.: In another class, a class I recently had not been able to give my full undivided attention to, I found myself completely active and attentive to what was going on in the classroom.

Much to my surprise, I had not crashed or even felt a tinge of being sleepy. I wondered when I would crash after the heavy caffeine dose and energy surge.

Would I say that by drinking this gigantically sized cup of coffee has helped me get through the day without dozing off? Yes, most definitely. Would I drink this again? Absolutely not, getting all jittery and acting like a kid after gobbling mountains of candy on a sugar rush is not fun for me. Especially when my friends start running away from me.

Not to mention, 31 ounces of coffee within 20 minutes? That's a lot in a short amount of time in my opinion. I had that feeling like I was stuffed, but it was all liquid.

And to my dear editor and adviser: beware. I'm about to getcha back.

kapi'o



Al

NBA hoops hype

By Alika Pfaltzgraff

STAFF PHOTOGRAPHER

We're almost midway through the NBA season, which means it's time to reflect upon just how wrong the preseason speculation was. Of course, the big buzz centered around the Miami Heat's three musketeers, but big-time trades took place between many teams on the verge of greatness; some of them are working out better than others.

Here's a list of the best teams in the NBA.

10 Utah Jazz

Although they've got a very solid cast of characters in Utah, they lack leadership and seem to regress every May. Their postseason success will be largely dependent upon Deron Williams. Will he take advantage of the opportunity to justify his hype?

Oklahoma City Thunder

League-leading scorer Kevin Durant has helped to position his team in the top tier of the West. Unfortunately, the Thunder are still in the second tier of the Western elite and will have to prove themselves come playoff time.

Atlanta Hawks

Atlanta still remains indecisive as to what type of team it wants to be, but regardless of that ambivalence, the Hawks haven't lost more than two games in a row since November and remain likely candidates for an Eastern top-four seed.

Chicago Bulls

The young guns of the league – Derrick Rose and company – have been proven that they can run with the best of 'em. Expect them to wreck havoc in the second round.

Miami Heat

The most controversial team in the league is finally living up to the hype, though I'm still doubtful of the superstars' ability to co-exist in high-pressure situations.

Dallas Mavericks

Though they remain the best road team in the league, Dirk Nowitzki is getting old, and Dallas has yet to prove themselves during elimination rounds. It's now or never for Mark Cuban and Co.

Orlando Magic

They're the dark horse of the league and coming off one of the best trades in recent memory. A showdown with Boston or Miami in the Eastern Conference Finals seems eminent.

3 L.A Lakers

Kobe's in the twilight of his career, and Pau Gasol is on the brink of mediocrity, but if anyone can rally a team together, it's Phil Jackson.

Boston Celtics

The aging trio is facing its last best shot at another title. It's a pretty damn good shot, though, considering the Celtics are now deeper than ever.

San Antonio Spurs

The Spurs are riding an addled Tim Duncan, and coach Gregg Popovich's gimmicks are growing transparent, but the chemistry is undeniable and they're still one of the best defensive teams in the NBA, which is a vital attribute come May.

The Top 10 is a weekly feature for the Kapi'o.

Next week, we will list the Top 10 ways to be a superhero.

GET NOTICED...ADVERTISE WITH THE

KAPIO@HAWAII.EDU

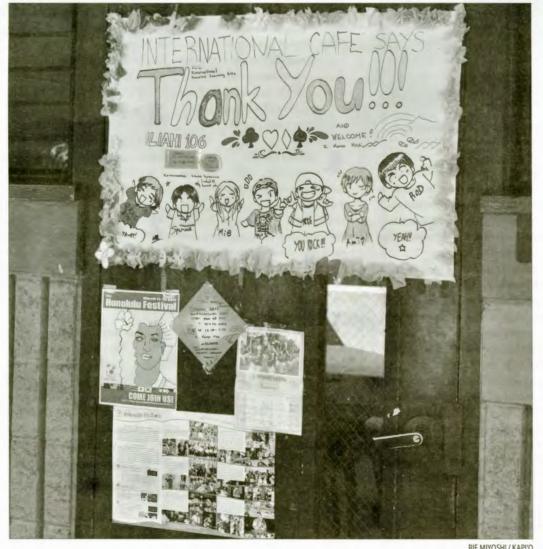
PHONE: 808-734-9166

Blood drive seeks donors



Blood Drive volunteers Jennifer Lee (left), Anne Klingshirn (middle) and Jamie Shibata (right), pose behind the sign-up booth for first the KCC blood drive of the year. There are three blood drives per semester scheduled for Feb. 7, Feb. 28 and April 11. There is an eight-week interval wait period after each time a person gives blood.

International Café opens



The International Café officially opened on Jan. 25. They will be meeting in room 'lliahi 106 every Tuesday from 10 a.m. to noon and every Wednesday from 12:15 p.m. to 3 p.m. until the end of the semester. The International Café is advised by Linda Fujikawa. For more information, e-mail her at lindaf@hawaii.edu.

健康な日系1世~3世ですか?

何世代にもわたり、人々は治験に参加することに よって新薬の試験に協力してきました。あなたに もそれが可能です。

新薬に関する治験8236-697のコホート3と4へ の参加資格を得るには、以下の条件を満たす 必要があります:

- 年齢が20~65歳の日系1世~3世
- 概ね健康であること(服薬を日 常必要としない方)
- ・ 非喫煙者または喫煙量の少ない 方が優先されます
- と外来来院(7回)が可能なこと



すべての治験に関連する検査費用は無料です。また、参 加者には、最高3750ドルの報酬が支払われます。

ご協力いただけますか? ありがとうございます! 今すぐ877-708-7092に電話するか、77982にALOHAとテキ スト送信、あるいはTestWithTheBest.com にアクセスレ

COVANCE

One Waterfront Plaza, 500 Ala Moana Blvd., Ste., 400 Honolulu, HI 96813