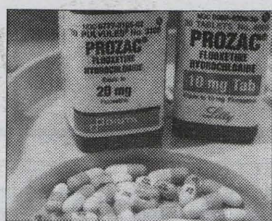
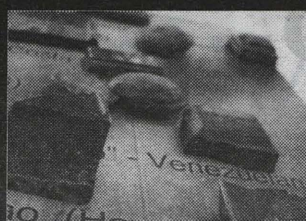


**In your cupboard or in your purse:** Prescription medications are too easy to get.



Inside page 5

**A little taste of chocolate:** Learn about an item that has played a role in romance and history.



Leisure page 6

**Kung Hee Fat Choy:** Ring in the new year in a more traditional Asian fashion.



Leisure page 7

THE KAPI'OLANI COMMUNITY  
COLLEGE STUDENT  
NEWSWEEKLY

# KAPI'O

Tuesday, February 12, 2008 Volume # 44 Issue 4



## KCC student clubs gather during a one-day information fair in Ohia

Members representing four KCC student clubs provided information to prospective members.

By Karen Malone  
COPY EDITOR

Student club day offers a one-stop shop for those looking to join a club. On Feb. 4 several student club representatives were on hand in the Ohia Cafeteria to share information about their respective club.

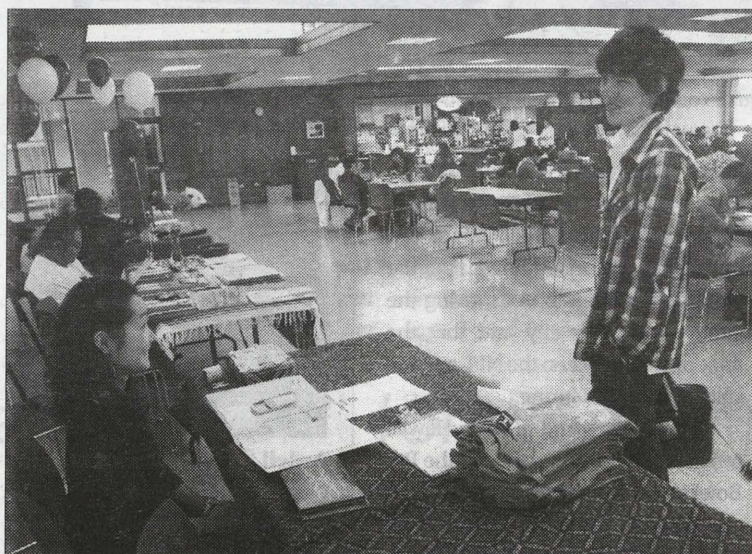
### Spanish Club

Among the various club members, Spanish Club vice-present Bradley Duvall enthusiastically explained the club's benefits to nearly every person who walked past his table.

"We're going to bend them like Beckham," Duvall said with a smile. "We're going to have all kinds of events—sports, outdoor events, surfing, dancing."

According to Linde Keil, Spanish club adviser, the members have the opportunity to practice the Spanish language while participating in activities they enjoy doing.

"If a student then decides to surf in Costa Rica, he already knows the vocabulary for surfing activities." The club members also invited guest speakers, such as Tagalo and Ilokano instructor Clemon Montero, who discussed "The Legacy of the Spanish Culture and the Traditions of the Philippines." "Religion, clothing, language, food, music—all these cultural elements were introduced by the Spaniards and have survived since 1521," Keil said. "Our students of Spanish were amazed these traditions survived for so long and how similar the tra-



MATTHEW AKIYAMA/KAPI'O

Tomomi Ito, International Club president, provided information to potential new members during the student club day event.

ditions in Spain and the Philippines are." The Spanish club accommodates all levels, from beginners to the advanced. "Students don't have to speak Spanish to join," Keil said. "They will learn that. Everybody is welcome who is interested in the Spanish culture." The Spanish Club meets every Monday from noon to 12:50 p.m. in Olapa 212.

### Students of Hospitality Industry Management (SHIMA)

The Spanish Club was just one of the four clubs represented during student club day. KCC student Laura Leach, the vice-president of SHIMA, decorated her table with blue and white balloons and offered chocolates to her visitors. SHIMA helps students, who are interested in tourism, culinary and hospitality, network with those in the hospitality industry, according to Leach. Members meet area resource managers, observe experts in the field and tour area facilities, such as the Hyatt.

BACKPAGE: Club Day, page 8

## Honors classes help students succeed

Honors Curriculum Program: Opening doors of endless opportunities.

By Bih Yuan Tan  
STAFF WRITER

If you are a student who seeks to challenge yourself academically, consider being involved in the Honors Curriculum Program. This enrichment program is specifically designed to promote academic growth in college students. "It gives students an opportunity to develop their scholarly potential," Candy Branson, honors education coordinator, said. "A small percentage of students actually take the time to work with the faculty and create a course. But for those who do, it shows their commitment and willingness to take the extra step. It shows a little more initiative."

Upon the completion of 12 or more credits and the acquirement of a cumulative grade point average of 3.5 or higher, qualifying students receive a letter inviting them to join the honors program. Online applications can also be found on the KCC Web site. The application should be submitted at least one semester prior to participation in honors courses.

Honors courses are writing intensive, requiring a minimum of 16-pages of written assignments. The intensive writing further helps students develop effective writing skills because of the additional practice and constructive criticism.

Honor students may choose to take honors courses in one of three ways: They can take a course designated as an honors course, modify a regular course to fit the honors course requirements or participate in an honors independent study. Honors courses, which are held specifically for participants of the Honors Cur-



GOOGLE

Honors recipients will receive special recognition during the graduation ceremony and on their transcripts.

riculum Program, provide a more vigorous studying environment. The modification of a regular course, on the other hand, is more tailored to the student. To do so, the student and instructor must create an honors component in addition to the regular work that is required for the existing course. Students should be able to master additional honors competencies that are chosen from the course catalogue upon the completion of the course. "The honors competencies that are chosen are dependent on the students and faculty participants," Branson said. "For every student, it will be different, but that's the beauty of it." With the exception of foundation courses, most courses can be converted into an honors course. Lastly, the honors independent study allows a more personalized study by offering students the opportunity to explore a specific subject more in-depth. This option allows the students to improve their independent study skills with ample assistance from the instructor.

BACKPAGE: Honors, page 8

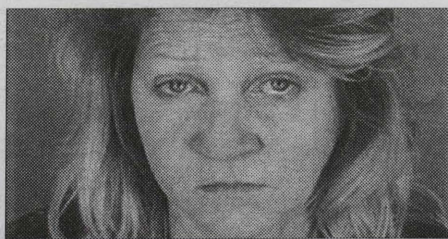
### CLUB CONTACT INFORMATION:

**Spanish Club Adviser:**  
**Dr. Linde Keil**  
734-9731  
linde@hawaii.edu

**International Club Adviser:**  
**Lani Suzuki**  
734-9228  
suzukimi@hawaii.edu

**SHIMA Acting President:**  
**Laura Leach**  
lmedrano@hawaii.edu

**ASL Club Vice President:**  
**Kenneth Chau**  
kchau@hawaii.edu



LOCAL6

### Well, as long as the beer is safe

After stopping a woman for drunk driving, a cop noticed that she had put a seatbelt around her beer, but not her one year old.

Full Story @ [www.wjxx.com](http://www.wjxx.com)

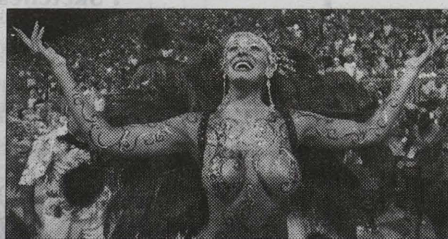


GOOGLE

### The ultimate remote control

When a man threatened to blow up half a city by remote control police declared a state of emergency, not realizing he was holding a tv remote.

Full Story @ [www.reuters.com](http://www.reuters.com)

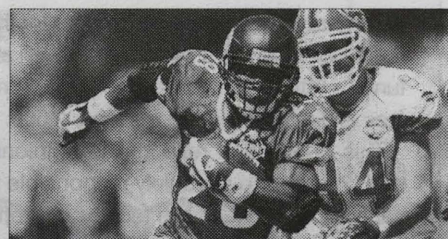


GOOGLE

### A few nips and a few tucks

Brazilian carnival dancer Angela Bismarchi, 36, is having her 42nd plastic surgery, she is five shy of the world record of 47.

Full Story @ [www.ap.com](http://www.ap.com)



ESPN

### NFC faces off against AFC

At the 2008 NFL Pro Bowl, the NFC were led by running back Adrian Peterson's 16 carries for 129 yards. The NFC beat the AFC 42-30.

Full Story @ [www.espn.com](http://www.espn.com)



# KAPI'O PERSPECTIVE

## THE VIEW WE TAKE

### Keeping Pro Bowl in Hawaii a must

Next year, the NFL will celebrate the 30th Pro Bowl played at Aloha Stadium. And it may be the last played in Hawaii.

Currently, Aloha Stadium holds the NFL's contract to host the all-star game through 2009, when it is set to expire. The Pro Bowl has been played at Aloha Stadium since 1980 and has since become synonymous with the lush tropical paradise that Hawaii offers. Before 1980, the game had been played at other mainland cities, most notably at the Los Angeles Memorial Coliseum.

The Pro Bowl has a big economical impact of Hawaii. It adds an estimated \$30 million to the economy in addition to the \$3 million generated from tax revenue. However, in order to host the game, the state pays the NFL about \$4 million.

Hawaii's continued hosting of the Pro Bowl has come under fire in recent years as the issues with Aloha Stadium's upkeep and stability have become the topic of nationwide debate, particularly being highlighted following June Jones' departure from the UH football program.

Other states have sought to host the game, including Florida, which has boasted a similar climate at a shorter travel distance. To many of the returning players, travel distance has been a complaint about playing in Hawaii.

The NFL has also considered taking the game overseas, to help showcase the sport to international audiences. This past year, England hosted a regular season game

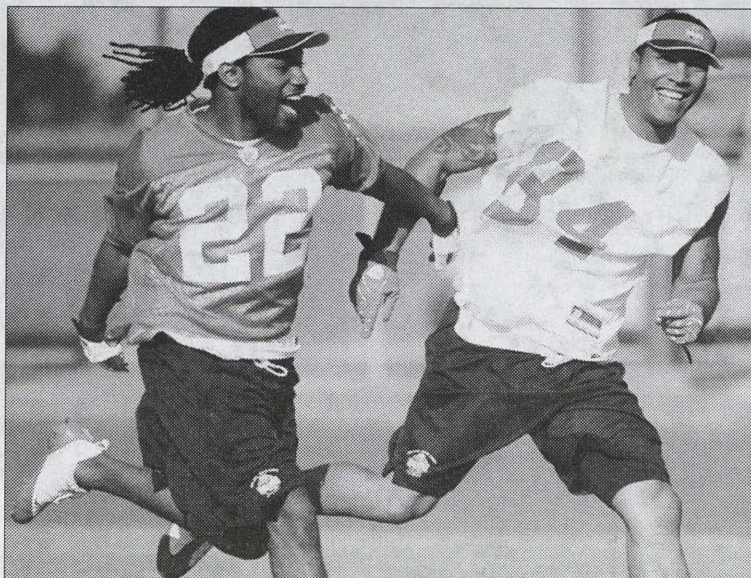


PHOTO BY KIRBY LEE FOR NFL.COM

Cincinnati Bengals receiver T.J. Houshmandzadeh (84), right, is defended by New England Patriots cornerback Asante Samuel (22) during AFC practice for the Pro Bowl at Kapolei High School.

between the New York Giants and the Miami Dolphins. Next year, the England game will return as will a game played in Canada. Other nations in consideration for showcase games have included Japan, Australia and China.

But it isn't as if Hawaii has only been in recent danger of losing the Pro Bowl. The contract between the NFL and state of Hawaii was set so that the NFL had the option of relocating the game at any time prior to the 2008 season. A relocation of the Pro Bowl would then extend the contract with Hawaii until 2010. However, the Pro Bowl never relocated and the NFL opted to continue the game in Hawaii until the contract expires in 2009.

In recent years, NFL commissioner

Roger Goodell has been extremely supportive of the game being played in Hawaii. He maintained that the NFL has no intention of moving the game to another city and that the relationship between the NFL and the state of Hawaii is strong.

There are some things Hawaii officials can do to ensure that the Pro Bowl stays. For one, they can address the stadium's reliability and size. Built in 1975, the Aloha Stadium is in disrepair; and it needs to be completely renovated or demolished and rebuilt. With the long-debate surrounding the rust on the Aloha Stadium, officials from the state, NFL and UH have all voiced opinions about safety to both the players and the fans in attendance. Potential ideas have included the demolition of Aloha Stadium and the sale of the land it takes up. Profits from the sale could be used towards building a new stadium further from Honolulu that would make better use of land as well as provide safety and technological upgrades.

Whether the NFL continues the Pro Bowl's legacy in Hawaii is yet to be seen, but it is certain that change needs to occur now. Aloha Stadium has been in the center of controversy for too long. Perhaps it is time to say our goodbyes to the centerpiece of Halawa and look forward to new potential in a new facility.

*The View We Take is co-written by all the editors of the Kapi'o. We welcome all responses to this subject or any other subject that the campus community feels is important. Address: "Letter to the Editor" kapi'o@hawaii.edu.*

# KAPI'O

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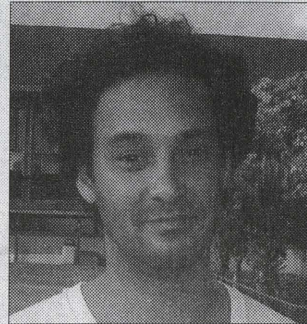
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## SPEAKOUT BY MATTHEW AKIYAMA

If you could rename Valentines Day, what would you name it and Why?



**Alex Lum:** "Your Soul Day. Because when finding love it's about your soul."



**Daniel Fuji:** "Lover's Day. Because that's what it should be about."



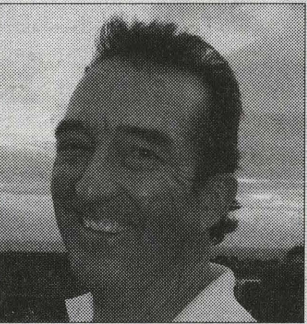
**Ardell (Kong Arong):** "Chocolate Day. Because that's the best day to give chocolate."



**Laycie-Ann Tobosa:** "Day of Fraud. Because it's just another excuse for businesses to make money."



**Will J:** "Another Day for Consumerism. Because that's what it is."



**Chef Henry:** "Get Lucky Day. Because it's the best chance of getting lucky."

## Something on your mind?

The Kapi'o welcomes guest editorials from all Kapi'olani Community College students, faculty or staff.

If you would like to submit a guest editorial contact the Kapi'o adviser, Dustin McDunn at 734-9120 or via e-mail at mcdunn@hawaii.edu.

For letters to the editor address: "Letter to the Editor" and e-mail to kapi'o@hawaii.edu.

### 7 Sketches - By Derick Fabian





## Procrastination getting the best of you?



Untitled

By Matthew Akiyama

I love to procrastinate and I get better at it everyday. I practice a lot by watching tv, surfing the net, and hanging out with friends. I wait until the very last minute to write papers or study for exams; and my grades have been a reflection of that. All night cram sessions with a Red Bull buzz have plagued my college career.

I encourage myself to buckle down and start on homework assignments early but "Friends" is on tv so it will have to wait. When using the Internet to research papers, it begins with checking my e-mail, adding comments to friends on Myspace, and it ends with me watching 'Breakdancing Baby' on YouTube.



GOOGLE

My procrastinating has gotten so bad I've tried different study methods to minimize the distractions. I've studied at the mall, the library and school. I've locked myself in my room, turned off my cell phone, and hid the tv remote. All these methods have worked the first couple of times but have since faded away. As soon as I become comfortable with my surroundings, I tend to play and not study.

I've realized the only times I actually study is when the deadline is the next day. Only then do I feel an urge to cram as much information in my head. But, unfortunately, by then it's too late. Frustrated and tired, I'm lucky to pass the exam.

Studying has always been the last of my priorities. I've gotten by doing the bare minimum, but now it's finally caught up with me. I had the opportunity to intern for a graphic design company but needed a resume to apply. I put off writing it and missed the deadline by one day. I began to wonder how many similar opportunities I've lost due to my lack of responsibility. Perhaps it all started with my lack of focus towards school and studying.

A friend suggested that I should set goals for myself. He's said it's helped him accomplish better grades. I think I'll give it shot but we'll see how long it lasts before that method fades away.

### The Freeman Foundation

KOREA Program for Summer & Fall 2008  
Deadline: March 21, 2008

Ten Freeman scholarships are awarded each semester. The scholarships support students in any field of study to participate in a two-semester program. The first semester will consist of 12 credits in an intensive content-based Korean language program at Kapi'olani Community College, followed by a semester at Kyunpook University in Korea.

#### Eligibility and Criteria:

- \* have a cumulative GPA of 3.0
- \* No knowledge of target language is required. (No more than college level 101 in the target language)
- \* be a full-time or part-time (9 or more credits) in one of the community colleges in the UH system.
- \* be a U.S. citizen at the time of application.

For further information about the scholarship and application materials, please visit <http://www.kcc.hawaii.edu/object/freeman.html> or contact Ken Kiyohara at the Honda International Center (734-9824 / Kiyohara@hawaii.edu).

## "Random Texter Man" (or Woman) is out there and it could be you



Here's the Deal

By Taressa Ishimi

My inspiration for this column came to me by chance. Now I am sure that many, if not all of us, have heard of calling the wrong number. It happens when someone calls you looking for someone else because they mixed up a few digits, or had the wrong phone number all together. But recently I came across an update on this old trend-the wrong text.

After a few confusing and clarifying texts with an unknown number and messenger I came to the realization that I was texting with a complete stranger, and if I had just gone along with the conversation, it would of gotten personal and perhaps gone down a dark road, sharing secrets and gossip causing friction between myself and a few unknowns.

I can only imagine how uncomfortable it must have felt for the texter, especially since when people text each other they begin with conversations rather than introductions. I think that this occurrence is an example of how the times are changing through technology and how problems are keeping up.

So, my question to you is should there be a predetermined textiquette? Textiquette is a type of etiquette that is expected when texting others. For example, introduce yourself when texting a new number for the first time.



GOOGLE

With text messaging becoming a regular form of communication the next logical step seems to be a new form of etiquette.

"Hey Lucy it's Ethel, lmao omg you'll never guess what I just heard!" It just seems safer than, "Omg I just heard about your BF and that little slut from his workplace!"

Or, perhaps, add more than just an introduction text if you have never contacted this phone number before. It is, by far, more personal and establishes with the number holder that "hey I have your number and guess what I am not afraid to use it."

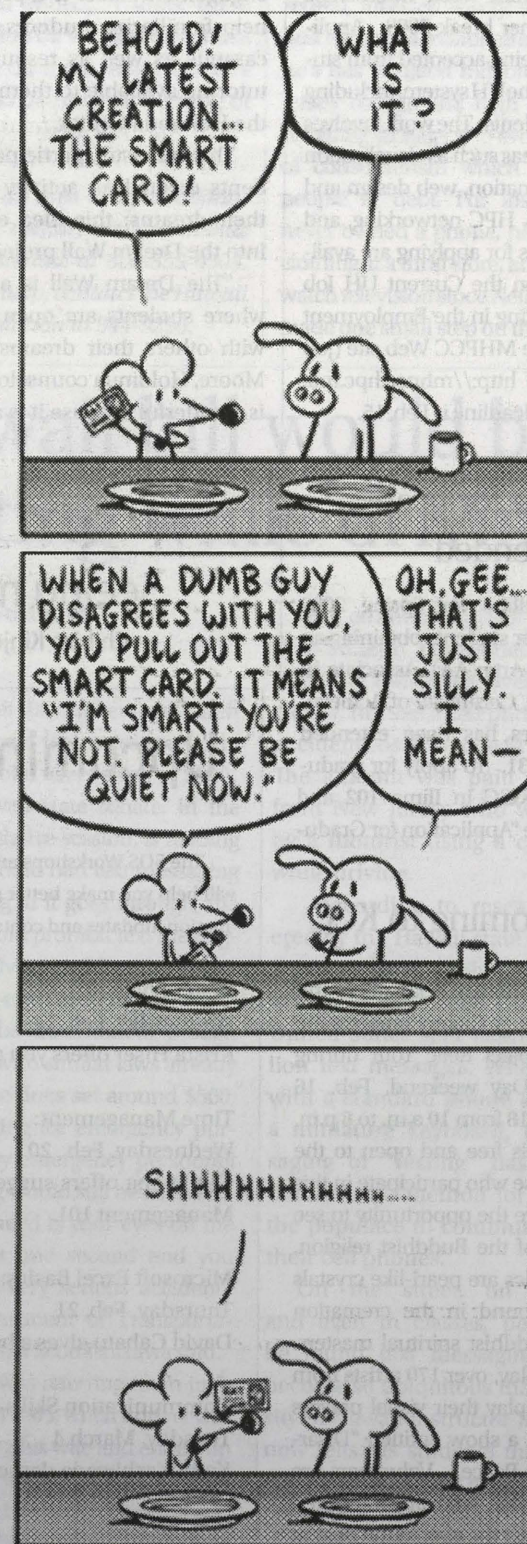
Maybe I am just being silly and this is actually a rare occurrence. Or, perhaps, and this intrigues me, there is a random texter out there somewhere. Someone who texts

girls at random asking them "Hey long time no talk, can I ask you a personal question?" After all, "Random Texter Man" (or Woman) only needs to give you a common name to gain your confidence.

I know, I know, I am starting to sound like an after school special, or maybe even the plot for "One Missed Call," and by now I am sure you get my point. "Random Texter Man" (or Woman) is out there and OMG LMAO, with a simple slip of the finger it could be you!

So, have you checked you text message inbox lately? Muah ha ha ha ha! (Thunder and lightning in the background).

## Pearls Before Swine





## CAMPUS & COMMUNITY BRIEFS

of events around KCC



KAREN MALONE/KAPU

During a Filipino cultural event at KCC, UH-Manoa students from the Timpuyog Club performed a blessing ritual. They also modeled traditional and contemporary clothing from the Philippines, as shown above.

## Internships in Maui

The Maui High Performance Computing Center is seeking applications for nine-week internships during summer break 2008. Applications are being accepted from students across the UH system, including graduate students. The work involves support in areas such as visualization and 3-D animation, web design and maintenance, HPC networking, and more. Details for applying are available online in the Current UH Job Openings listing in the Employment section of the MHPCC Web site (job UH27749): <http://mhpcc.hpc.mil>. Application deadline is Feb. 15.

## Deadline for graduation extended

The deadline for Spring 2008 graduation for students obtaining an Associate in Arts (AA), Associate in Science (AS), Certificate of Achievement degrees has been extended until March 31. To apply for graduation, visit KISC in Ilima 102 and complete the "Application for Graduation" form.

## Relics coming to KCC

The Lama library, Koa Gallery and the Art Treasury Gallery presents the Maitreya Project Relic Tour during President's Day weekend, Feb. 16 through the 18 from 10 a.m. to 8 p.m. The exhibit is free and open to the public. Those who participate in this tour will have the opportunity to see holy relics of the Buddhist religion. The holy relics are pearl-like crystals that were found in the cremation ashes of Buddhist spiritual masters. Also on display, over 170 artists from Italy will display their visual prayers for peace in a show entitled "Disarmament for Peace." Volunteers are needed. Those who are interested should contact the circulation desk at the library or go to the Koa Gallery.

# Holomua students create a wall of dreams

The Dream Wall is a permanent reminder of one's dreams and goals.

By Jayme Sumida  
STAFF WRITER

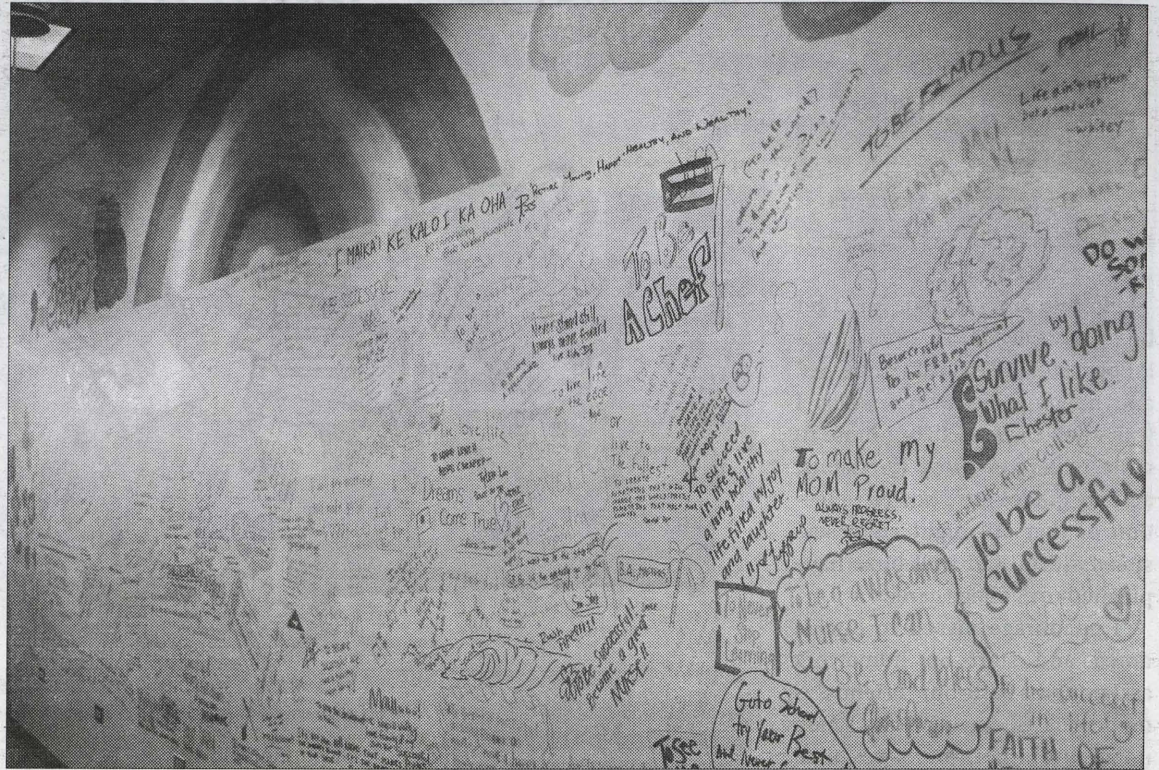
In 1963, Dr. Martin Luther King, Jr. presented an uplifting and encouraging speech that promoted the dreams and hopes he had for himself, the community and the nation. His voice had the power to motivate and amaze thousands of people all over the world. Although his short life was heartbreaking, he was one of the most intelligent and inspiring leaders in American history.

Just in time to celebrate the Dr. Martin Luther King, Jr. holiday, Holomua students and staff completed the Dream Wall project. One of the center's ordinary white walls was transformed into a vivid wall of rainbows, butterflies and flowers. Students and faculty expressed their creativity through words or images, which signified their own personal goals.

The Dream Wall project evolved from an engagement mixer program at the Holomua Center. An engagement mixer is a program to help familiarize students with the campus as well as resources and tutoring available to them through the Holomua Center.

This semester, participating students created an activity to share their dreams; this idea expanded into the Dream Wall project.

"The Dream Wall is a concept where students are open to share with others their dreams" Sharoh Moore, Holomua counselor said. "It is wonderful because it is a positive



MATTHEW AKIYAMA/KAPU

Located in the Holomua Center, The Dream Wall project evolved from an engagement-mixer program. Students came up with the idea to share their dreams with others. Anyone may stop by the center to add his or her dreams to the wall.

activity which help students commit to the dreams they have shared."

KCC Hawaiian language instructor Kawika Napoleon blessed the wall during a ceremony, Jan. 24.

"During the ceremony a student also volunteered to read part of King's speech that brought promise to the entire project," Moore said.

Many students and faculty came to experience and partake in the ceremony, which also gave them the opportunity to express their dreams.

"Seeing my dreams on the wall reminds me all the time about my goals," Chihiro Kinjo, KCC student, said. The words and other visual reminders have a strong affect in

helping people achieve their goals, Kinjo added.

Although the Holomua Center will be remodeled over the summer, the wall will still be on display. Ashleeann Rowe feels that she is part of a group of students who are motivated to reach their goals.

"You feel connected with the rest of your peers who wrote on the wall, Rowe said. "It is good to know that other people around you are on the same level."

Rowe suggested that other students should participate by writing on the Dream Wall. By listing their dreams and by looking at other people's dreams, they can

experience positive energy, as well as encouragement, she said.

According to Holomua secretary, Sheila Rhodes, "Anyone is still welcome to add their dreams on the dream wall." She believes the wall is intended to obtain positive reactions from its contributors.

"Your determination to accomplish your dreams are strong because it is like writing etched in stone; it is permanent," Rhodes said.

The Holomua Center is located in Iliahi 231. For information regarding the services offered at the center, e-mail [holomua@hawaii.edu](mailto:holomua@hawaii.edu) or call 734-9343.



Seeing my dreams on the wall reminds me all the time about my goals.

— Chihiro Kinjo, Student

## Upcoming SOS workshops

The SOS Workshops are free and open to all KCC students. Topics covered will help you make better grades and make it through college. For more information, updates and contact information - <http://library.kcc.hawaii.edu/SOS>.

Better Spelling:	Lama 116 (Library)
Wednesday, Feb. 13	12:15 — 1:15 p.m.
Krista Hiser offers you a few helpful ways to improve your spelling.	
Time Management:	Lama 116 (Library)
Wednesday, Feb. 20	12:15 — 1:15 p.m.
Guy Inaba offers suggestions to help better manage your time. Life Management 101.	
Microsoft Excel Basics:	Iliahi 126 (Cybernesia)
Thursday, Feb. 21	12:15 — 1:15 p.m.
David Cabatu gives a basic introduction to Microsoft Excel Basics.	
Communication Skills (video):	Lama 116 (Library)
Tuesday, March 4	1:45 — 2:45 p.m.
Keith Kashiwada demonstrates effective communication skills.	

## Great Museums of the United States

Study Tour to California: June 5 - 14, 2008

This 10-days, 9-nights art study tour provides a rare opportunity to study the art and architecture through visiting art museums and private art collections located in the state of California. Participants will experience a blend of scholarship, history and culture of California. The class will meet before and after the trip for slide lectures and final presentations.

**Informational meeting:** Feb. 15 9 a.m., Koa 204

**Payment Deadline:** March 22

**Approximate cost:** (\$2,800 based on 25 students) + 3 credits  
KCC registration fee for Art 269

### The cost includes:

- Round-trip airfare
- Hotel accommodations
- Breakfast (except of day of arrival)
- Dinner (except on day of departure)
- Ground transportation to and from all included activities
- Medical and accident insurance
- Comprehensive city tours led by licensed local guides
- Museum visits and Museum admissions

For more information e-mail Kloe Kang, [kloe@hawaii.edu](mailto:kloe@hawaii.edu) or call 734-9384.



# Prozac nation: Prescriptions easily obtained

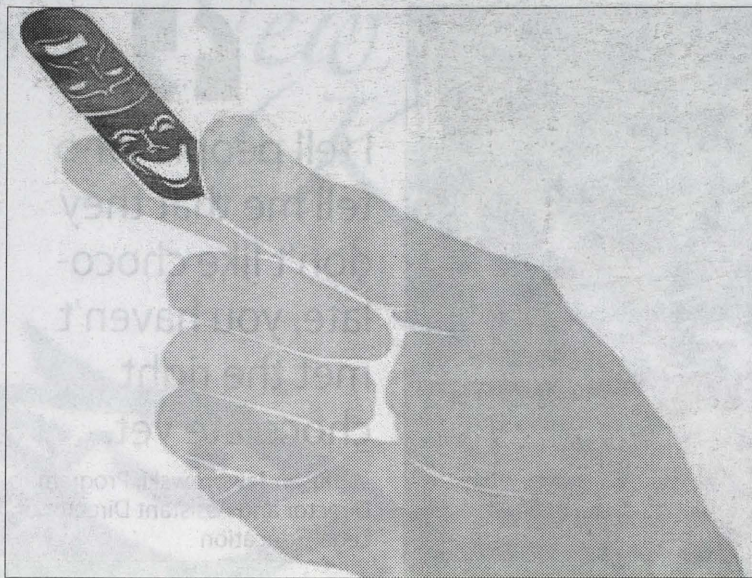
Doctors sometimes prescribe medications without knowing a patient's full medical history.

By Krista Whang  
STAFF WRITER

Percocet, Riddlin, Vicodin, Prozac—these are just a few of the many prescription drugs used to treat various medical conditions. However, prescriptions drugs like these are often used for recreational purposes. And, under the right conditions, these drugs can be deadly. On New Year's Day, 19-year-old Californian Jared Seader died of an overdose of Oxycontin. On Jan. 22, rising star Heath Ledger died after taking a combination of painkillers, sleeping pills and anti-anxiety medicine.

"Kids need to know that these drugs, if not prescribed to them, are just as bad as anything else" Jennifer Stevijk, a mother of two, said. Stevijk, who works at Tripler Hospital, added, "I found out one day that my son, who was 15, took some Valiums from our cabinet. I drug tested him, and it came up positive. We took him straight down to the emergency room and had a long talk about it. I think it scared him enough that he won't be trying that again."

Over the last decade or so, prescription abuse has gained popularity mainly because prescription



Commonly prescribed medications, such as Percocet and Prozac, are often used as a recreational drug.

drugs are so accessible. "They're so easy to obtain," said Barb Peterson, a psychiatric nurse at the University of Detroit's Medical Center. "People can go to their doctors and get them or even buy them off the Internet." Melissa Brusfold, a trauma surgeon at the same hospital, agreed. "Some people steal them from pharmacies or even bring them in from foreign countries to sell them. I even knew a guy who bought a doctor's prescription pad off of him." There is a variety of other ways to obtain prescription pills for recreational use. People sometimes make up a fake illness to obtain a prescription from a doctor or buy unused prescriptions from others.

Some doctors are partially to blame for the prescription abuse. "Prescription drugs are the frontlines of western medicine, and they shouldn't be. A lot of these problems, such as sleep disorders, anxiety, depression, can be solved through natural remedies or a change in routine, but doctors just don't want to put the time in," Peterson said. "Some doctors just prescribe them because they're a quick fix. It's the easiest way for the patients' problems to go away. Also, some doctor's have a certain quota of patients that they must see, and it would take more time to discuss every patient's problem in depth and put them on a natural routine or medication that could help them."

Although some doctors may be lax with prescriptions, others, like Brusfold, are very strict. "I check each patient's history in order to make sure that they have not been prescribed any type of narcotic drugs recently, and that I am the only doctor who is prescribing the narcotics. If not, I won't give them the pills, no matter how much they may want them," Brusfold added.

According to College student Jacqueline Moore, many college students use prescription drugs like Adderall or Riddlin to pull all-night study sessions. "They don't think it's bad because they are legitimate prescription pills. It's one thing to say, 'I'm addicted to cocaine or heroine'... there's a reputation attached to that. But if you say 'I like Percocets,' no one is going to think anything of it."

However, according to Peterson, these types of prescriptions are medically necessary for some individuals. "For cancer patients and those with serious illnesses, it really helps them to have these drugs available," Peterson said. Brusfold agreed and added, "I think these drugs need to be available for those who really do need them. Doctors just need to be more discerning of who they give them out to."

To find an area drug rehabilitation center, contact the Nationwide Addiction hotline at 800-559-9503. For further help, contact the Hawaii Drug Foundation at 944-9296.

## RECENT SNAPSHOTS of national and world events

### College Students may communicate too much with parents

College students have a different relationship with their parents than past generations, Dr. Jeanna Mastrodicasa, assistant vice president of student affairs at the University of Florida, told reporters. She attributed this change to the increase of cell phone ownership. During her research, Mastrodicasa found that 95 percent of University of Florida students owned a cell phone. And, on average, students and parents communicate at least once a day, discussing the students' academic success and social life. In fact many parents are solving their adult child's simple, everyday problems. Mastrodicasa believes this could hurt the students' personal growth during their college career.

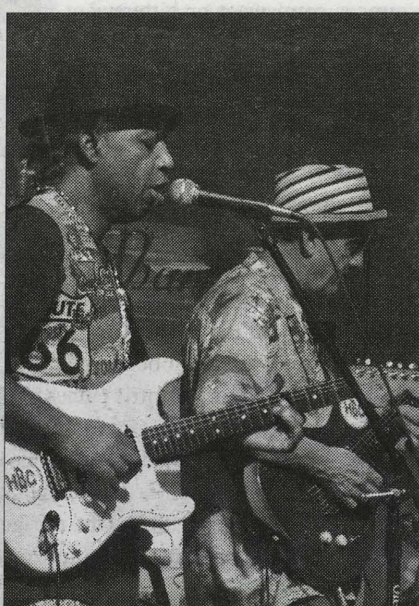
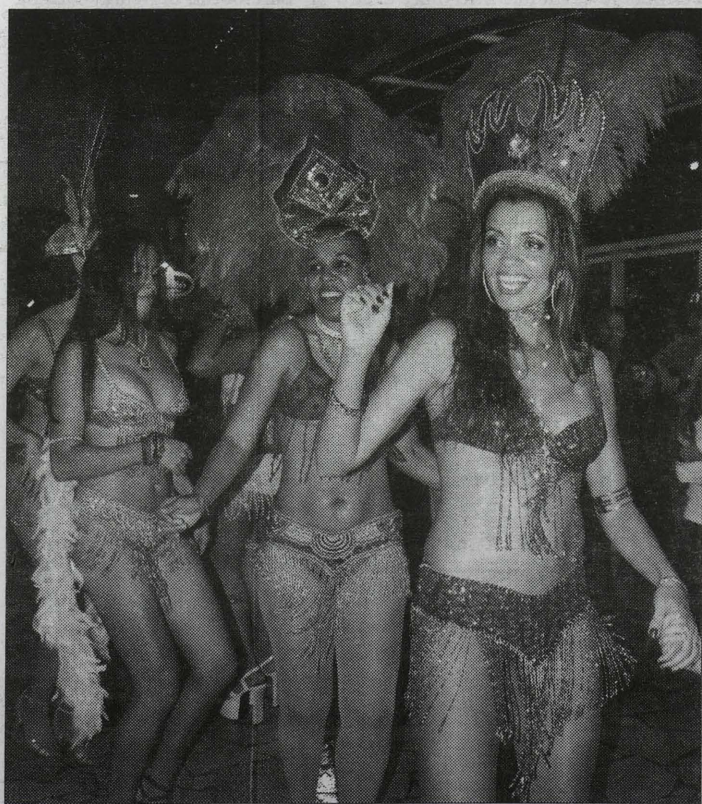
### Mill worker becomes a millionaire

Earning a meager \$11 an hour, mill-worker Paul Navone, now retired, invested wisely, spent wisely and became a millionaire. Since then he's has donated millions to a New Jersey college and high school. His on-going strategy is to avoid the traps of consumerism which may leave people in debt. For instance, he's never owned a phone, he buys used clothing at a thrift store, and he hasn't watch television since Neil Armstrong made one small step on the moon.

## Mardi Gras makes its way through Hawaii

TARESSA ISHIMI/KAPIO

Mardi Gras swept through Hawaii on Feb. 5 with celebrations happening at Aloha Tower, on Nuuanu Avenue and Lewers Street. Aloha Tower featured Brazilian Carnival dancers (seen below) parading their way through the market area, along with a multi genre band (seen at right) playing upbeat music for the audience to dance to as well as blues songs allowing everyone to catch their breath.



## Hawaii bill would ban texting while driving

By Chad Fujihara  
UWIRE

If Hawaii lawmakers get their way, sending a text message might cost cell phone users close to \$500.

The Hawaii state senate, in the current legislative session, is reading a bill that would ban text messaging while driving. If it goes through, the new law would prohibit text messaging while driving and fine those violating it. The exact amount of the fine has yet to be determined, though other states with similar laws already in place have fines set around \$500. Text messaging for emergency purposes and by emergency personnel while driving would still be allowed.

"All you need is your eyes off the road for just one second and you can cause a very serious accident," Hawaii Department of Transportation spokesman Scott Ishikawa said.

Ishikawa was referring to an incident on Nov. 4 2005, when a driver was text messaging his wife and ended up veering into the oncoming lane on Kalaniana'ole Highway. The result was a head-on collision that did not result in any serious injuries.

An editorial by the Honolulu Star-Bulletin mentioned an incident that took place over a decade earlier. In 1996 a cell phone related accident cost the state \$1.5 million. The amount was paid to a man from New Jersey who was struck by a motorist using a cell phone while driving.

According to research gathered by the Hawaii state senate, in 2006, approximately 250 million wireless phone subscribers in the United States sent nearly 158 billion text messages. Whether it is with a standard phone keypad or a miniature keyboard, text messaging or "texting" has become the de facto method for much of the populace to communicate via their cell phones.

On the street, on the bus and even in classes, people can be found text messaging. It has become so ubiquitous that University of Hawaii instructor Jay Junker now tells his students that if they need to talk during class he would prefer they text message instead.

BACKPAGE: Text bill, page 8



# KAPI'O FEATURE

## The mysteries of chocolate unwrapped

By Taressa Ishimi  
LAYOUT EDITOR

Chocolate, mmmm! The word alone sends hearts fluttering and waistlines running for safety. But during this season of love, it seems hard to avoid the possibility of running into the decadent enemy of one's thighs. However this traditional flavor may actually hold some benefits for one's body and soul.

During a chocolate seminar at the 220 Grille, Susan Jaworowski, director and assistant professor of legal education, shared facts and a little history about chocolate.

"I think people should know that chocolate isn't as bad for you as some people may think it is, two-thirds of the fats in them are good for you; there's less sugar in them, especially in the dark ones, than some people may think." She added that chocolates can even help to lower blood pressure and cholesterol.



Susan Jaworowski (right) and Judith Kirkpatrick (left) discuss chocolate following the tasting of nine different kinds of chocolate treats.

Chocolate has other health benefits as well. For instance, chocolate was found to be one-third more effective than the top cough medicine, codeine, because of a chemical in the chocolate known as theobro-

mine, according to an article in The Federation of American Societies for Experimental Biology Journal. The Pennsylvania School of Medicine and the U.S. Naval Academy both reported that chocolate does not cause

I tell people who tell me that they don't like chocolate, you haven't met the right chocolate yet.

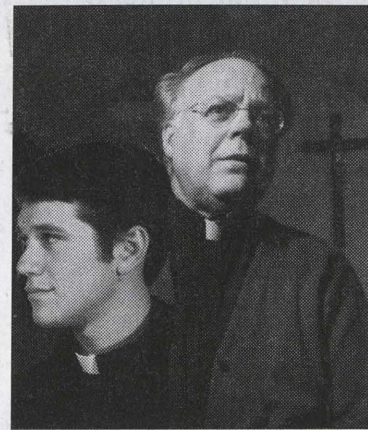
— Susan Jaworowski, Program Director and Assistant Director of Legal Education

acne. And, based on studies done at other universities, chocolate also does not cause headaches or cavities. In fact, it may actually help to fight cavities.

Now that being said, keep in mind that many people prefer to buy the popular sugar-filled chocolates rather than in a more pure form of itself.

BACKPAGE: Chocolate, page 8

Coming soon to a stage near you



TAGHAWAII.NET

A young deacon challenges a Catholic priest's ways and wants to change the parish's ideals.

By Karen Malone  
COPY EDITOR

### "Mass Appeal"

New ideals conflict with tradition in The Actors' Group production of "Mass Appeal." The drama, written by Bill C. Davis, continues through Feb. 24. Farley, a priest, charms his parishioners with his witty sermons, avoiding controversial topics. However, Farley's sermons are challenged by the young deacon, Mark Dolson, who has an idealistic view and a desire to make changes to the parish. Dolson believes Farley's approach is too easy, allowing the parishioners to become complacent. And Farley believes Dolson's approach isn't politically correct enough. Though both men's idea of priestly duties is different, each has qualities the other can learn from. Directed by Brad Powell, "Mass Appeal" stars Gary Morris as Father Farley and Blaze Mancillas as Deacon Mark Dols. Matinee performances are Sundays at 4:30 p.m. Evening performances are at 7:30 p.m. Thursdays through Saturdays. Tickets cost \$12-15. For ticket reservations, call 722-6941 or visit taghawaii.net.

### "Barefoot in the Park"

Newlyweds fight for wedded bliss in the Diamond Head Theatre production of "Barefoot in the Park." During this Neil Simon comedy, newlyweds Paul and Corie Bratter try to adjust to married life. After their honeymoon, however, conflicts quickly brew. They realize their new apartment is less than blissful. The heat doesn't work, the roof leaks, and the apartment is several long flights up. Under the direction of Rob Duval, "Barefoot in the Park" features Erin Kim as Corie Bratter, Todd Coolidge as Paul Bratter, Lisa Konove as Mrs. Banks, Allen Cole as Victor Velasco, Mike Scott Robertson as the telephone repair man and Jim Hesse as the delivery man. The production runs through Feb. 17. Matinee performances begin at 3 p.m. on Saturdays and 4 p.m. on Sundays. Evening performances begin at 8 p.m. on Thursdays through Saturdays. Tickets cost \$12-42. Full-time students, active-duty military and seniors receive a \$5 discount on select seats. For more information, call 733-0274 or visit www.diamondheadtheatre.com.

## Chocolate Pizza

Giada De Laurentiis

1 pound homemade pizza dough, recipe follows, or purchased pizza dough  
2 teaspoons butter, melted  
1/4 cup chocolate-hazelnut spread (recommended: Nutella)  
1/2 cup semisweet chocolate chips  
2 tablespoons milk chocolate chips  
2 tablespoons white chocolate chips  
2 tablespoons chopped hazelnuts, toasted

Position the oven rack on the bottom of the oven and preheat to 450 degrees F.

Line a heavy large baking sheet with parchment paper. Roll out the dough to a 9-inch-diameter round.

Transfer the dough to the prepared baking sheet. Using your fingers, make indentations all over the dough. Brush the dough with butter, then bake until the crust is crisp and pale golden brown, about 20 minutes. Immediately spread the chocolate-hazelnut spread over the pizza then sprinkle all the chocolate chips over. Bake just until the chocolate begins to melt, about 1 minute. Sprinkle the hazelnuts over the pizza. Cut into wedges and serve.

### Pizza Dough:

1/2 cup warm water (105 to 110 degrees F)  
2 teaspoons active dry yeast  
2 cups all-purpose flour, plus more for kneading  
1 teaspoon salt  
3 tablespoons olive oil, plus more for bowl

Mix the warm water and yeast in a small bowl to blend. Let stand until the yeast dissolves, about 5 minutes. Mix the flour and salt in a food processor to blend. Blend in the oil. With the machine running, add the yeast mixture and blend just until the dough forms. Turn the dough out onto lightly floured surface and knead until smooth, about 1 minute. Transfer the dough to a large oiled bowl and turn the dough to coat with the oil. Cover the bowl with plastic wrap and set aside in a warm draft-free area until the dough doubles in volume, about 1 hour. Punch the down dough and form into ball. The dough can be used immediately or stored airtight in the refrigerator for 1 day.

Yield: 1 (16-ounce) ball of pizza dough  
Prep Time: 10 minutes  
Inactive Prep Time: 1 hour



GOOGLE

## Chocolate Truffles

Alton Brown

10 ounces bittersweet chocolate, chopped fine  
3 tablespoons unsalted butter  
1/2 cup heavy cream  
1 tablespoon light corn syrup  
1/4 cup brandy  
1/2 cup Dutch process cocoa powder, finely chopped nuts, and/or toasted coconut, for coating truffles  
8 ounces semisweet or bittersweet chocolate, chopped fine

Place the 10 ounces of chocolate and butter in a medium size glass mixing bowl. Microwave for 30 seconds. Remove and stir, and repeat this process 1 more time. Set aside.

Heat the heavy cream and corn syrup in a small saucepan over medium heat until simmering. Remove from the heat and pour the mixture over the melted chocolate mixture; let stand for 2 minutes. Using a rubber spatula, stir gently, starting in the middle of bowl and working in concentric circles until all chocolate is melted and mixture is smooth and creamy. Gently stir in the brandy. Pour the mixture into an 8 by 8-inch glass baking dish and place in the refrigerator for 1 hour.

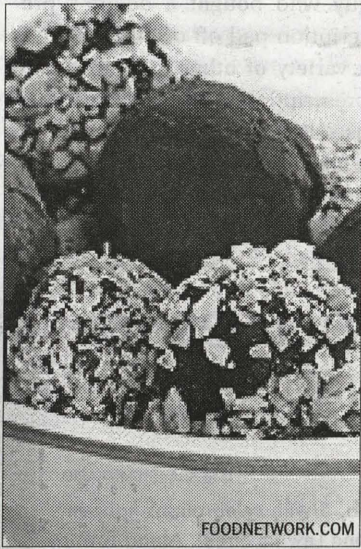
Using a melon baller, scoop chocolate onto a sheet pan lined with parchment paper and return to the refrigerator for 30 minutes.

Place the cocoa powder, nuts, and/or toasted coconut each in its own pie pan and set aside.

In the meantime, place the 8 ounces of chocolate into a medium mixing bowl which is sitting on top of a heating pad lined bowl, with the heating pad set to medium. Depending on the heating pad, you may need to adjust the heat up or down. Stirring the chocolate occasionally, test the temperature of the chocolate and continue heating until it reaches 90 to 92 degrees F; do not allow the chocolate to go above 94 degrees F. If you do, the coating will not have a nice snap to it when you bite into the chocolate. Once you have reached the optimal temperature, adjust the heat to maintain it.

Remove truffles from refrigerator and shape into balls by rolling between the palms of your hands. Use powder-free vinyl or latex gloves, if desired.

Dip an ice cream scoop into the chocolate and turn upside down to remove excess chocolate. Place truffles 1 at a time into the scoop and roll around until coated. Then place the truffle into the dish with either the cocoa powder, nuts or coconut. Move truffle around to coat; leave truffle in the coating for 10 to 15 seconds before removing. In the meantime, continue placing the chocolate-coated truffles in the cocoa or other secondary coating. After 10 to 15 seconds, remove the truffle to a parchment lined sheet pan. Repeat until all truffles are coated. Allow to set in cool dry place for at least 1 hour; or store in airtight container in the refrigerator. Truffles are best when served at room temperature.



FOODNETWORK.COM



# Chinese New Year (Kung Hee Fat Choy)

By Paige Jinbo  
EDITOR



The lion jumps pole-to-pole looking for the flower of mortality. As he jumps higher and higher, he finds the flower and takes it in his mouth. However, realizing it is not for him, he spits it back out and begins his tedious descent back down.

This was the theme of the lion dance that was performed by two men of the Wah Ngai Lion Dance Association on Feb. 10 at the Aloha Tower Marketplace. Through the pole-jumping demonstration, the performers were able to tell the story of a lion and his quest for the flower of mortality.

Lion dancing is one of the oldest traditions associated with Chinese New Year. And it was just one of the many events seen all over town last week for the celebration of Chinese New Year. Events and performances were held at Ala Moana, Chinatown, Aloha Tower Marketplace, Kaimuki and Waikiki over the weekend to ring in the Feb. 7 Chinese New Year.

Chinese New Year is one of the most important traditional Chinese holidays. It can also be regarded as the Lunar New Year, starting on the first day of the new year containing a new moon. Chinese New Year falls between Jan. 21 and Feb. 20. And it usually falls on the second new moon after the winter solstice. Based on the lunar calendar, this year is the year of the rat.

Like many other celebratory holidays, this one also has many traditions that are practiced. The giving of red envelopes or packets (lai see) are passed out. The envelopes contain money, ranging from a couple of dollars to several hundred. The burning of fireworks is also a big tradition.

According to legend, in ancient China, a beast came from the mountains once a year during the winter to prey on humans. The people later believed that the monster was sensitive to loud noises and the color red, so they scared it away with explosions. The Chinese believe that when fireworks are burnt, the small explosion that it creates drives away evil spirits.

"The more red paper there is on the ground after burning fireworks, the more luck you'll have throughout the year," Linh Tam said.

However, the one event that many look forward to

during this holiday is the lion dance. The dance is a form of traditional dance in Chinese culture. The performers mimic a lion's movement dressed in a lion costume. The costume may be operated by a single dancer, but is more frequently performed by two dancers. The single dancer springs about while energetically moving and shaking the head or operating the jaws and eyes. The pair of dancers form the back and the legs of the lion while mimicking the motions of a single animal. Instrumentalists who play gongs and drums usually accompany the dance. Spectators are encouraged to give a few dollars to the lion for good luck.

"The lion dancing is my favorite part; they're kind of scary looking but they're cute too," five-year-old Kevin Chong said. "I gave it lots of money; lots of good things are going to happen to me now."

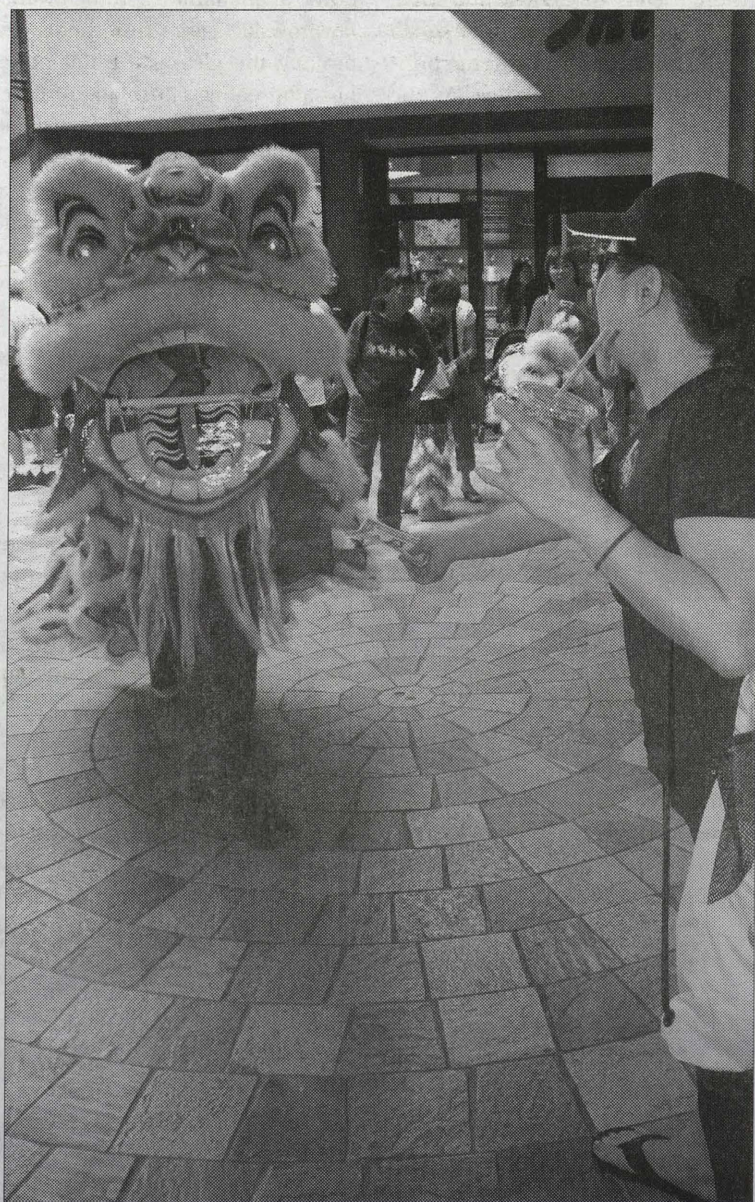
Chinatown was bustling with people on Feb. 7 and 8. Lion dancing could be seen throughout the streets of downtown. Little stands selling gau, a traditional Chinese desert, were set up all on Nuuanu Avenue. Stands selling food and Chinese trinkets were also open for business. People of all ages and ethnicities could be seen enjoying the festivities.

"My family and I have been coming (to Chinatown for Chinese New Year) for many years," Johnny Nyguen said. "It's the best place to be during this time; it's always a cultural experience."



PAIGE JINBO/KAP'Ō

Among the Chinese New Year festivities, performers dressed as a lion demonstrated the lion dance at the Aloha Tower Market.



TARESSA ISHIMI/KAP'Ō

Giving money to the lions is one of the traditions practiced during the many Chinese New Year celebrations. It's considered good luck.



TARESSA ISHIMI/KAP'Ō

Lion dancing, as well as other Chinese New Year festivities, were seen throughout downtown Honolulu, including the Aloha Tower Marketplace.



# KAPPO BACKPAGE

## Club Day:

Continued from page 1

They see first-hand how the industry works while making important contacts.

"We have a step in. When we go to events they know you personally," Leach said.

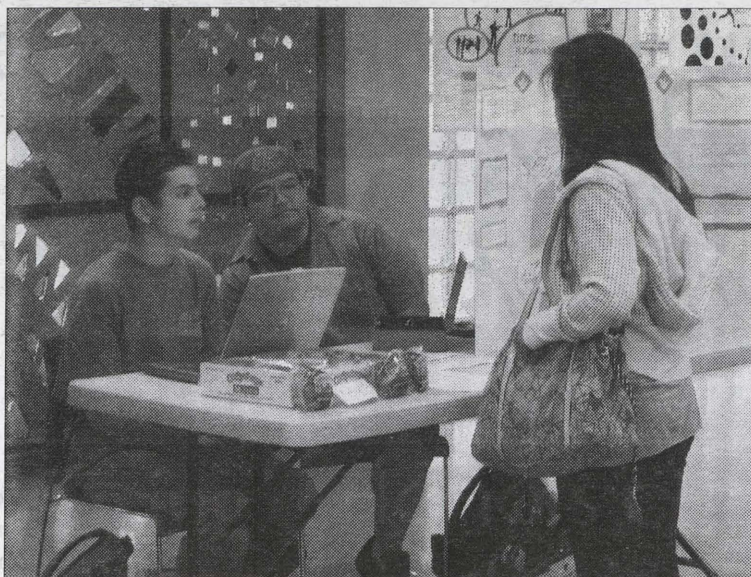
Currently, SHIMA members are organizing a day to clean up the Olapa building, the location where the hospitality management courses are held.

"We like to keep the Olapa building clean because we have people from the industry visiting the campus," Leach said.

Leach invites all KCC students to join in. "We have been approved for the clean up, but we want to set a good date that is good for everyone," Leach said. "We are shooting for March 16."

### American Sign Language Club

KCC student Tracy Mylek shared information about the American Sign Language (ASL) Club with potential new members. "Most people don't know there is an ASL club on KCC." The main goal of the ASL club is to spread awareness about sign language, Mylek added. The ASL club also has a social aspect. The members have planned barbecues, parties and hikes. "It's an opportunity for deaf, hard-of-hearing and the hearing to get together, mingle and learn each other's cultures and languages," Mylek said. "We try to sign only and avoid verbalizing to become more fluent (in ASL)." However, knowing ASL is not a prerequisite



KAREN MALONE/KAPPO

During a club day event in Ohia, members and advisers from four KCC student clubs shared information with potential new members.

to join the club. "When you come in, you don't need to know to sign. There will be interpreters. You will pick it (ASL) up there." Each month, the ASL club members meet the second and fourth Friday in Manono 104.

### International Club

Students interested in sharpening their leadership skills while meeting other students and learning about their cultures, should consider joining the International Club, according to Tomomi Ito, the international club president. The International Club is for all KCC students whether they are from the mainland, Hawaii or another country, she added. Ito joined the club soon after she moved from Japan to Hawaii. "Because I didn't know anyone at KCC, I went to the International Club (pizza)

social to make new friends." Ito quickly rose in ranks—from member to vice-president to her current position as president. Last semester, the club members coordinated Korean and Thai food demonstrations, as well as a barbeque, pizza party and picnic—among other activities. The next club picnic is tentatively planned for later this month on the Great Lawn.

### New Clubs

According to George Higa, office of student activities (OSA) coordinator, students can start a new club or restart an inactive club anytime during the semester. "We have packets they can pick up with the information to get started." For more information, call 734-9578 or stop by the OSA located in Ohia 101.

## Honors:

Continued from page 1

To be stay on the right track, all honors students are required to participate in two of the honors seminars. These seminars provide students the opportunity to acquire assistance from the coordinator and share their experiences with other participating students.

Students who have successfully completed two honors courses and maintained a cumulative grade point average of 3.5 or higher are awarded the distinction of Kapiolani scholar with honors when they graduate.

Honors students also receive recognition of this achievement on their transcripts.

"Not only will the students be recognized as one of the most outstanding students at KCC, it will also give a lot of opportunities for scholarships and open more doors to four-year institutions," Branson said. She also emphasized that these accomplishments will be with the students forever.

Online applications are available at <http://kcc.hawaii.edu/object/honors.html>. For more information, contact Candice Branson at 734-9370 or [kcchonor@hawaii.edu](mailto:kcchonor@hawaii.edu) or visit the Alpha Kappa Psi office located in Ohia 103-A.

## Chocolate:

Continued from page 6

Throughout chocolate's rich history, it's been used for different purposes. For instance, the Mayans and Aztecs used chocolate as food for their royalty and for their gods. French doctors once used chocolate to help patients suffering from chronic illnesses such as bronchitis and broken hearts. And Christians drank chocolate for nourishment during lent because it was technically considered a liquid.

It is believed that chocolate was first used in the Central American cultures several thousand years ago. However, it didn't reach Europe until the 1500s after the Spanish conquistadors learned about cacao through their travels to Central America. The Spaniards brought the cacao seeds back to Spain, and the popularity of chocolate grew. As the chocolate process became more refined, sweeteners were added. And, eventually, the Dutch and Americans invented different methods to press the cacao to remove the cocoa butter, the ingredient used in moisturizer. After many years of experimentation and inventions, the chocolate process was mastered into the form it is known today. In addition, a Swiss man known as Henri

Nestle, invented another type of chocolate—milk-chocolate.

So why is this item so popular during the Valentine's season? Traditionally it is said that chocolate acts as an aphrodisiac, stimulating one's desire for love and passion. Rumors have circled that Montezuma would drink fifty cups of the sweet stuff each day for stamina with his female companions. It's even said that Casanova preferred chocolate to champagne, and that he would drink a cup of chocolate every day to help keep up his energy.

However studies today have shown that chocolate is not actually an aphrodisiac, but it does contain various chemicals, which release feelings of joy and love in one's brain.

"Chocolate inhibits the breakdown of anadamides in the brain," Jaworowski said. This helps to prolong the pleasant feelings one has after eating chocolate. And, in case you are looking for a chocolate recommendation, Jaworowski suggested stopping by Padovani's, a gourmet shop located downtown. "A little box of his chocolates would make anyone happy," she added.

For more information on Padovani's gourmet chocolates, call 536-4567. Or visit Padovani's Chocolates located at 841 Bishop Street, Suite 151.

## February 13 - 29

		13 Theft on Campus - Reduce Your Risk: Officer Eddie Croom of the HPD will discuss lowering the risk of theft on a college campus in Ohia 118 at noon - 1p.m.	14 Valentine's Day Concert, Sista Robi Kahakalau and friends will perform in the Ohia Cafeteria at 11:30a.m.-12:30p.m.	15
18 NO SCHOOL Presidents' Day Holiday	19 Ukulele Concert with Harold Uchino at 11:30 a.m. in the Ohia Cafeteria	20 Ukulele History and Evolution Seminar with Dr. Byron Yasui, UH Manoa Music Department faculty member. Yasui and Larry Fukunaga will perform a mini concert at the end of the seminar. Seminar begins at 11:30 a.m. in the Ohia 118 Auditorium.	21 OSA Ice Cream Social at noon in the Ohia Cafeteria. Flavors will include azuki bean, lychee, macadamia nut, strawberry, and vanilla.	22
25 Student Talent Show in Ohia Cafeteria at 11:30a.m. - 1:30p.m.	26	27 "Finding your Flow," seminar on maximizing effectiveness in Ohia 118 at 11a.m. - noon	28	29

## Text bill:

Continued from page 5

As previously mentioned, text messages can either be composed using the standard nine-digit keypad on most cell phones and either selecting each symbol individually or using a program to anticipate the words being spelled. On more sophisticated devices, such as Blackberry or Sidekick handheld units, miniature keyboards featuring the standard "QWERTY" layout allow for quicker inputs. Either way, the bill considers that the attention needed to compose and send a message is enough of a distraction to cause an accident.

Supporting the claim of inherent danger, the bill mentions two mainland accidents where driving while texting was a factor. One

incident resulted in the death of a bicyclist while the other involved the deaths of five members of a high school cheerleading squad in New York. In both cases the drivers were allegedly text messaging while driving. Locally there have been at least two motor vehicle accidents where text messaging was at the center.

Many states have laws prohibiting the use of cell phone handsets while driving, but so far text messaging while driving has only been banned in the state of Washington, according to [www.textually.org](http://www.textually.org).

Other states have enacted similar bills in previous years, including Hawaii, but most died in the legislature. It remains to be seen if this most recent attempt will make its way into the law books.