

# THE HOOT

UNIVERSITY OF HAWAI'I - WEST O'AHU



# the hoot

STUDENT PUBLICATION

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Fritzel Gallego @behappyalways23

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# INSTAGRAMMING STUDENT LIFE

Students use Instagram to capture campus life at #UHWO. Follow us @thehootpress and follow your peers!



Jonny Huynh @jonnytsunami402



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# INTRODUCING HAWAI'I FAMILY PORTRAITS

BY HOKU PRUETT & ALYSSA GAMPONG

*"One of the goals we were aiming for is to show that there is a larger queer community in Hawai'i and to share just a few of the public resources that our peers could seek support from or offer their support to."*

*Clinton Nishida, GSA President*

For the first time, UHWO held the Hawai'i Family Portraits Exhibit, a project of the Hawai'i Equality Foundation. This art gallery was sponsored by the UHWO Gay Straight Alliance Club (GSA) and ran from November 13th until November 27th. Our library's digital archives housed 25 portraits all photographed by Mike Ang. Opening night guest speakers included Vice Chancellor Jan Javinar, who represented Chancellor Awakuni, Jeffry Priela, USN - Equality Hawai'i Foundation Board Member, who also spoke on behalf of OutServe Hawai'i, Max N. Abe, Co-Project Coordinator for Trans-Spectrum Hawai'i, Cyrus Naone, Member of Trans-Spectrum Hawai'i, and Denise Link, LSW - Co-



Founder of C.R.E.A.T.E. One 'Ohana, Inc. GSA President Clinton Nishida had first heard about this exhibit through Dr. Jeanne Iorio, one of GSA's faculty advisors.

When asked why he wanted to bring the exhibit to UHWO, Clinton said, "When we started to revitalize the GSA on our UHWO campus we were looking for ways to start discussion about normalcy and how normal it is to be queer. I had started to do research on how to build a stronger GSA and many sources say that it is important to make the group active but also to be creative

in sharing who queer people are...unfortunately, we didn't have the space or venue at the old campus to display the exhibit." Kayla Miller, GSA Treasurer, stated, "Our whole purpose was to bring faces to the gay and lesbian families." Theresa Blasque, GSA Vice President, followed Kayla's comment and said that she "wanted to show real, happy families, couples and lives that live in a community that most only see on TV" and GSA did just that. With a turn-out of at least thirty people on opening night and daily visitors through-out its two-week stay, GSA has sparked the interest of UHWO students. One student said, "I like that our school supports diversity... we need more events that spread acceptance and aloha."

It's clear that there were encouraging reactions to this event, but why is it important for UHWO to have an exhibit like Hawai'i Family Portraits? Clinton explained, "as big as our queer community is in Hawai'i, we very often find that it still a very small community and there are so many youth who live in fear and don't know of what resources are out there for them. So through events like this exhibit it was important to connect our campus with outside community organizations so that in the future they too will reach out to our campus with support for our student body." Not only does this event extend a hand to queer students on campus, it gave, as expressed by Theresa, "a real perspective in the LGBTQ community" and "can help to reduce negativity and prejudice."

Promoting positivity on the UHWO campus and in the community could not have come at a better time. Clinton said, "what made it more



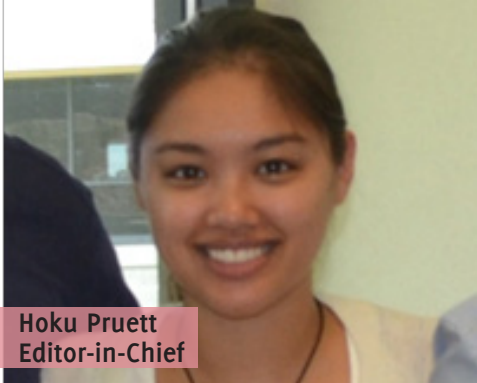
amazing is that we were able to have this exhibit during this time of Thanksgiving, a time when we celebrate the spirit of 'ohana and togetherness. It is through this exhibit are we reminded that 'ohana has no boundaries, but only acceptance and love." Kristen Labiano, GSA Interim Secretary, tied nicely with Clinton's thoughts and said Hawai'i Family Portraits overall shows, "that there are different definitions about family, because it is easy to talk and read about it but to actually see it has a different impact."

If you didn't get a chance to view the portraits in person, you can see them online by visiting [www.hawaiifamily-portraits.org](http://www.hawaiifamily-portraits.org) or if you weren't able to attend the opening night, check out the photos on the GSA Facebook page: <https://www.facebook.com/uhwoGSA>. Hit that "LIKE" button while you're at it! For more information about A project of Equality Hawai'i Foundation visit [www.equalityhawaii.org](http://www.equalityhawaii.org).

# FAREWELL AND GOOD LUCK!

BY JESSICA GARDIEN

*As the semester comes to an end the members of the HOOT would like to congratulate three of our members from their fabulous accomplishment of being part of the first group of graduates from UH West O'ahu. These three wonderful girls have come a long way, and we wanted to honor them with a question and answer section on the final HOOT issue of the semester!*



Hoku Pruett  
Editor-in-Chief

**What is one article you wish you had written for the HOOT before graduating?**

This past summer we had noticed a journalism class on the catalogue and the description had included The Hoot. We were all confused because nobody had approached us with this idea. Anyways, I wanted to write about that to show the students how passionate we are about The Hoot and keeping it student-led and also to show how strong our team is.

**How do you feel about leaving UH West O'ahu and beginning a new chapter in your life?**

It's a bittersweet feeling. I'm both excited and sad to leave, but I feel liberated, like I can go anywhere. "I got air in my lungs, a few blank sheets of paper." I'm ready to take on the world!

**The Hoot has been a huge undertaking, requiring long hours and responsibility, what kept you motivated and inspired to keep on volunteering?**

It wasn't easy balancing school, work and The Hoot, but it's a project I care a lot about and it's definitely hard to leave it behind. I made a commitment to my team and to the school, and I

wasn't going to let them down. And I'm very thankful to have had Sharla Hanaka as our advisor. I know I couldn't have kept going without her support.

**If you could be superhero for a day, who would it be and why?**

People close to me would think I'd pick Wonder Woman, but I think Jean Grey is pretty kick @\$\$\$. Not just for her telekinetic/telepathic powers, but because she was reborn into a Phoenix.



Alyssa Gampong  
Managing Editor

**Why did you volunteer to be a part of the Hoot?**

I volunteered to be a part of the Hoot because I enjoy writing and any opportunity to collaborate creatively with other people. I've always wanted our school to have a newspaper so the chance to be a part of starting one up is not something that I would have passed up. I wanted to try my hand at journalism and experience something new. The ride was definitely worth it.

**How do you think your experiences will help you in the future?**

Being a student here has definitely taught me a lot and forced me to grow as a student and as a person. I think that my experiences here have taught

me how to conquer my fears or at least be brave enough to face them. Being here has allowed me to open up in order to interact with new people and try things that I never thought I would before (including joining the Hoot). My experiences here have taught me how to be curious and showed me my own passions and how to go after what I'm passionate for.



Angela Saythany  
Business Manager

**How do you feel about leaving UH West Oahu and beginning a new chapter in your life?**

Leaving UHWO and being done with my schooling career is going to definitely take some getting used to. I'm ready to start working and not have to worry about writing essays!

**Where do you see yourself in 10-15 years now that you have finished all of your schooling?**

Where I see myself in 10-15 years is still being young, early 30's. I hope to have a steady career that allows me to travel often for work and to be financially stable.

# “TEST THE PALETTE”: HAWAIIAN GROWN KITCHEN

BY ALYSSA GAMPONG

Time fo’ eat! If you have experienced the UH West O’ahu Pearl City campus, you know that one of the exciting and perhaps, most anticipated feature awaited at our Kapolei campus was the cafeteria. It used to be that we either had to walk over to LCC’s Uluwehi café or drive off campus to get food. Now, we don’t even have to leave home. More than that, OC16’s Hawaiian Grown Kitchen has come to West O’ahu showcasing not only local foods and local eateries of Hawai’i, but local faces as well. From one extreme to another, one of the most popular reactions that I’ve heard from students as they enter the cafeteria and see entrée dishes like the popular Dynamite Chicken is,

“wow, so fancy.” General Manager Lorenzo Nefulda, who never fails to greet each costumer with an upbeat, “Hey, how’s it going?”, did well to describe the vision and goals of the company. “The challenge is to surprise. We need to test the student’s pallet. It’s about seeing what’s too sophisticated while challenging them at the same time. We want to broaden the appeal by bringing in international flavors and providing quality food. We want to educate as well as give good food.” Of course, high quality food anticipates a little higher price range which is something that seemed to shock students in the beginning. Lorenzo also shared that coming to UH West meant catering to a whole

new demographic for Hawaiian Grown Kitchen partners Grant Kawasaki (executive chef), Ikaika Kimura (producer) and Norlan Horita (executive chef). The idea was to bring the diversity of the flavors of the East (Waikiki) to the West. With the numerous amounts of new dishes that HGK has been introducing each week, students have indeed been exploring what the chefs have to offer, in his words, “the students are awesome by reciprocating, by coming back for more.” HGK is definitely on the ball. Students can anticipate a sushi station and an international exhibition station in the future where everything will still be made to order. Good eats and friendly faces; big mahalo to everyone at Hawaiian Grown Kitchen for bringing such a great spirit to UH West O’ahu. Don’t forget to check them out on Facebook for more info and menu updates!

[www.hawaiiangrownkitchen.com](http://www.hawaiiangrownkitchen.com)  
[www.hawaiiangrowncatering.com](http://www.hawaiiangrowncatering.com)

The sun had just begun to slowly lower itself beneath the horizon when a group of interesting looking characters stepped out into the courtyard of UH West O’ahu. Twitching with fake blood smeared down the corners of their lips, black makeup wiped and patted over cheekbones and eyelids, the group stood in their robes, cut up dresses, or simple jeans and t-shirts to face a small audience. A string of piano notes began to bounce off the concrete walls and, soon after, the chorus made up of ghouls and zombies sang; their voices echoing throughout the courtyard as people glanced curiously to see what this Open-Mic Night was all about.

After Glee Club sang their mash-up of Rihanna’s ‘Disturbia’ and MJ’s ‘Thriller’, the microphone was opened to people who volunteered weeks earlier to perform, or anyone feeling bold in the moment to showcase their talent in any form or style they desired. Sev-

eral students gathered together on the grass or on the stone benches to watch their friends sing, dance, recite poetry, or have fun making fools of themselves. The accounting club, set up on a table to the side, came to offer support for the event, while student government, dressed in togas with different colored sashes walked around like Roman advisors and ended the night expressing their support and hopes for future social activities to come.

Many of the students seemed to enjoy the whole idea of Open-Mic Night. Some even insisted that an event like this should become a regular thing, something that students could always look forward to at the end of a stressful week. The only critique offered was that

there was not enough advertisement, and one student suggested to hand out flyers and post around school to raise people’s awareness of these kinds of socials. Freshmen, Jordan Saka, suggested that next time more clubs should get involved and set up booths for food and games to give the audience other activities to participate in while watching the performances. Overall, performers and the audience liked Open-Mic Night, and I’m positive social meetings like this will not only increase in number, but improve for the better as UH West O’ahu’s new campus improves.

## OPEN-MIC NIGHTS

BY TITAINA WILLIS

# FIRST GRADUATION AT NEW CAMPUS

BY JESSICA GARDIEN

“I always joked that I was waiting to graduate at the new campus,” says Alyssa Yafuso. Well her “joke” has become a reality. On Sunday, December 09, 2012 at 10:00am on the great lawn, she will join the group of students that will be the first to graduate from the new UH West O’ahu campus. And like many of these students she is very excited! Theresa Blasque, another graduate this semester says that she is excited to be part of the first class, but at the same time she is sad to leave the campus so early.

Students graduating have to be at room C225 no later than 8:00am for rehearsals. This is mandatory for all graduates so DO NOT

be late. A light snack will be provided, but guests will not be permitted to enter, and bringing personal belongings are discouraged. Caps and gowns can be purchased at the West Shop for about \$40.00, but if one already owns a black cap and gown, the tassel can be bought separately for about \$10.00. If you are a graduate and would like to check if you meet the criteria for Graduation with Distinction (3.75 UH West Oahu GPA and 15 UH West Oahu credits completed), go to this link: <http://star.hawaii.edu>.

This is a ticketed event, so the graduates will be given six tickets to give out to their family and friends. Four tickets will be for

guests to sit in the great lawn, while the other two tickets are for guests to sit in room C208 where the graduation will be shown on a big screen. Guests will be able to take pictures of the ceremony from their seats, but the school is currently trying to find professional photographers as well. For guests that are unable to make it to the ceremony, they will be able to watch it at this link [www.westoahu.hawaii.edu/commencement](http://www.westoahu.hawaii.edu/commencement). You can also visit the same link for more information about rehearsal, tickets, seating, etc.

As the semester comes to an end, the ending of a chapter in the lives of those graduating this December does as well. We congratulate you all for your success, and hope that you enjoy the rest of the chapters in your life no matter what they are. And for the rest of us not graduating, enjoy your break! January 7th will be here sooner than you think.



# WE DESERVE THE RIGHT TO VOTE

BY MARISSA CHOY (STUDENT SUBMISSION)

Are you involved in politics? Did you vote in this year's election? Do you think students are involved enough in politics? If not, then how can we encourage them to be more involved and interested? What is the significance of voting and why should everyone have the privilege to vote? Voting rights is something people have fought over for years in the past and it was once a controversial topic in the United States. Even though it isn't much of an issue anymore, it still surprised me to find out about the limited voting rights some people may have. For example, if someone were to send an absentee ballot and then pass away before the election, then if the election officials receive the person's death certificate before the election, they have to sort through the ballots and void that one person's ballot. This almost happened to Hawaii resident Frank Tanabe. He was a veteran who served our country in the Second World War; he was very respected and honored to have served his country and received the Congressional Gold Medal last year in 2011 (Stainburn) \*Global Post.com. "According to the LA Times, Hawaii state law requires that officials invalidate the ballots of voters who die before Election Day. However, chances are Tanabe's vote will still be counted as it is unlikely that his local health department will notify officials of his death by Nov. 6, or that officials will take the time to locate his ballot among tens of thousands of other mailed-in ballots" (Stainburn). It is likely that Tanabe's vote was counted, however, it still frustrates me that there was the slightest possibility that his vote could have been invalid. I interviewed a couple people on our UH West

O'ahu campus and Bryson Matsushima said, "I find that very upsetting and believe they all should be counted." I agree with him, Hawaii shouldn't have a law against people who have already voted—especially when it was their last wish on their deathbed—and as Chelby Onaga (another UH West O'ahu student) says "A person's vote should count no matter what. The point is that Tanabe was alive when he filled out his absentee voting slip. He did his part as a citizen and cared enough about politics to vote. Just because he died later should not matter." Tanabe has inspired many people across Hawai'i as well as the United States at his determination to vote in this year's election. He should be a model for all people to step up and cast their votes because they must realize how important voting can be; voting doesn't only select which candidates will be our leaders for this country, voting also determines which laws will be passed, and how our country will be viewed as by the rest of the world. We should all be just as determined to vote as Tanabe, his grandson says "My grandfather is proud of having voted in

every single presidential election since he was awarded his citizenship in order to serve during WWII" (Stainburn). I also believe that the reason most people don't bother to vote is because they aren't educated in politics, if all our High Schools offered a political science class then I'm sure that more people would be encouraged and excited to vote once they turn 18. I went to my old High School to interview some students there, Kyle Ishikawa (A senior at Aiea High School) says, "I definitely would be willing to take a class in politics, I don't know much about it, but am willing to learn to gain a better perspective so I know what I'm doing and who I'm going to vote for in the next election." Voting does make a difference to our society and younger generations need to realize that. Chelby believes that, "So much people criticize politicians for not doing their job; when some people barely know anything about government. If students just took the time study some of the history of government and looked at issues we face now in the world, I am sure they would give a little more respect to our government." I have always heard people say that young people can make the most change in the world if they are determined enough. I believe that this is true, so get out there and get involved with politics! Our country needs you!



# CONSUMER BEHAVIOR PROJECT: SHIROMA'S WINE AND MORE

BY MICHAEL FRAGIAO (STUDENT SUBMISSION)



A Consumer Behavior course here at UH West O'ahu is one of those interesting courses that offers you a learning experience that you will find useful in your lifetime. Whether you are in a business, offer a service or just an avid shopper, you can benefit from lessons that are taught in a Consumer Behavior course. In one form or another we are all consumers. How we buy, What we buy, When we buy, and most importantly, Why we buy a particular product or service is information that can be utilized by individuals for personal use as well as for any business, service, investment or institutional entities. Especially if you are in business, you would want to understand the nature of the buying public that will use your product or service. What they think does matter and can contribute to the success or failure of your business. Consumer Behavior information is an important aspect of Strategic Management and with the right information it can guide management to make decisions that are the

most effective and efficient that are in the best interests of the organization. For the individual, consumer behavior information can be applied to oneself as an aid in one's own allocation of personal resources when it comes to making purchases.

In instructor Bert Fujimoto's Consumer Behavior class one of our project assignments was to go out into the business community to do a report on a business or service. In this project, students were asked to apply lessons taught in the class and were suppose to identify and relate on how these principles were reflected in the business or service that we were reporting on. Like some of you, I procrastinated as the project deadline began to creep up and found myself in the "crunch" zone. After drinking coffee at Starbucks in Waimalu Shopping Plaza, I came across the business that was next door, it was a small boutique liquor store. The store sign read SWAM Shiroma's Wine and More.

Inside I met the store owner, Jill Shiroma, and informed her of my deadline predicament and she was more than willing to help me out. I found Jill to be a very knowledgeable expert on the products she offered in her store that included wine and spirits, sake, cigars and accessories, mixers, gift cards, gift baskets, and my favorite liquor - scotch. Jill has one of the best collections of quality liquor items in her store. If you are not an avid wine or spirits connoisseur, Jill can help you out in picking

the right wine or spirits for your pleasure or intimate gathering. You won't have to worry about showing up at a party with a gift that would raise discriminating eyebrows. Jill will find a product that is of high quality and within your budget.

On the business side of things, Jill incorporates the latest in social media technology to market her business. SWAM is on Twitter, Facebook, Yelp, Flickr, Groupon as well as having a channel on YouTube that you can subscribe to. You can also visit her webpage at SWAMwine.com and you can opt to receive periodic emails and newsletter information about SWAM. With media advertising being highly expensive and having an average of only 18% response rate, Jill has found that advertising through social media is much more beneficial and effective for her business.

Jill invites all UHWO students, faculty and staff to visit her store on Thursdays from 5:00 pm until 8:00 pm for her free wine tasting events. See her video invitation on this page. Jill highlights various wine and spirits from different liquor vendors throughout the state and promotes other events that attract many liquor and wine connoisseurs. SWAM is located in the Waimalu Shopping Plaza near Starbucks and Diners Drive In.

SWAM is a store that must be experienced. It is a "Diamond in the Rough" that is tucked away in the quiet that is in between the Pearl City and Aiea communities. Go ahead and treat yourself to SWAM ... you deserve it!

# A PRACTICUM IN ACTION

BY MICHAEL FRAGIAO (STUDENT SUBMISSION)

As a college student at UH West O'ahu, one of your final tasks on your road to graduation is to complete a Senior Project or Senior Practicum. My choice was to do a Senior Practicum which involves field work as an intern for a company of your choice that is usually in line with your area of study or major. Course work requires a minimum of 120 hours of field work as an intern, weekly reports on your experiences, a minimum ten page final report and an oral presentation at the end of the semester.

One of the main objectives in performing the practicum is to utilize the skills and knowledge that you have garnered through your college courses and apply them to real world situations in a working environment as an intern. My major is in General Business which encompasses having knowledge in sales, marketing, strategic management, accounting, finance, and operations just to name a few. As I thought about what company or institution that I would like to pursue it became evident that the entrepreneur in me would not be satisfied working for someone else. In my prior work experience I often was told that in today's world if you are going to make any money at all or to become financially independent you would have to go into business for yourself. Although the risks are greater, your income potential is greater and if the endeavor you choose is done right your income potential could be limitless; and the only person you have to answer to in regards to your success is yourself.

As luck would have it I was introduced to a company called Global Healthcare Now by a friend of mine prior to the start of the semester. GHCNow was what I was looking for and it was a perfect fit for my practicum. As

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WEBPAGE

[GHCNOW.COM/AFFORDABLEHEALTHCARETODAY](http://GHCNOW.COM/AFFORDABLEHEALTHCARETODAY)

a participant, the company's multi-level business model allowed me to become my own "boss" and the owner of my own business. There was no inventory to keep or autoship and the learning curve in learning the business is like taking a class. This business does not require a license to operate and the basic skill that you need is to have the ability to be a good communicator. As a business it requires me to put into action the skills and knowledge that I have been taught during my course of study as a part of the business acumen at UH West Oahu. My involvement necessitated minimal financial costs which minimized the financial risk in comparison to the financial investment required to start other businesses like a restaurant, retail store or like enterprises. Upon proposing the idea to my instructor, Dr. Derrek Choy, his response was to "Go For It".

## About the Company

Global Healthcare Now provides health care coverage and services that addresses the high costs of healthcare by negotiating the best possible price from health care providers. GHC's product is not insurance but is a highly innovative membership discount program

that drives down the costs of healthcare which includes services from hospitals, doctors, dentists, vision, prescriptions, chiropractic, as well as many other services. GHCNow has over 500,000 providers in its network in over 50,000 medical facilities nationwide as well as relationships with medical facilities in 65 other countries. The highlights of its program include Medical Bill Advocacy, Medical Concierge Price Assist, and Medical Tourism. You can find out more about these services and our business opportunity by visiting my webpage at [GHCNow.com/AffordableHealthcareToday](http://GHCNow.com/AffordableHealthcareToday).

The United States is ranked 37th in the world in terms of healthcare and this is mainly due to the high costs of healthcare in our country today. France is ranked #1. As Warren Buffett has said, "We have a healthcare system, in terms of costs, is totally out of control. Until we address these costs we will be less competitive in the future...". GHCNow is a company that has undertaken that effort to address costs and to provide healthcare coverage to the 55 million people that are uninsured and underinsured in the United States today.

Global Healthcare Now will cover an entire family of 8 for an affordable price of \$49.95 per month. That's right.

And your family does not have to be in the same household. This program is not meant to replace your current medical insurance but will serve as an excellent supplement to your insurance coverage. GHC aims to provide affordable healthcare coverage for those who cannot afford the high costs of medical insurance but make too much to qualify for government assistance. Having a GHC membership is better than having no insurance at all.

Our Mission Statement states that *“Global Healthcare Now is dedicated to the cause of educating people on how to save money on medical expenses and at the same time to teach them how to become financially secure.”* If you would like to help us in helping the uninsured and underinsured in our country we would like you to join our team. This is not a “cakewalk” and we are looking for self-starting individuals that have an interest in helping others

and would like to be financially rewarded for the efforts. Please visit my webpage at [GHCNow.com/AffordableHealthcareToday](http://GHCNow.com/AffordableHealthcareToday) for more information on our product and business opportunity. Click on the video on this page to see more on what GHCNow is all about. Also, I almost forgot, having your own business gives you certain tax advantages that working for someone else does not. Think about that for a minute... Auright!

## HOOT REVIEW: “THE CASUAL VACANCY”

BY CHRIS DAVIS

*Rowling hits home run with first adult novel, “The Casual Vacancy”*

This book sucked!

Okay, now that I have your attention:

Being a longtime fan of author J.K. Rowling’s work with the *Harry Potter* series (maybe you’ve heard of it?), I eagerly awaited her first post-*Potter* publication, *The Casual Vacancy*. I was anxious, yet uneasy because I felt that she could never possibly live up to the, well, *magic* of the *Harry Potter* books. So does this book compare? No, instead, it takes on a completely different animal. Don’t begin reading this book expecting a world at all like the wizarding world; instead, this novel is set in Pagford, a very gray and monotonous English village. Overall, Rowling does a great job with this realistic story, and shows that she can definitely write outside the realm of fantasy.

I wanted to begin the book with knowing as little plot spoilers as possible, and I recommend you do the same because I had no idea what was coming around the corner in this book, since seemingly anything could happen in Pagford. The novel touches on several

mature issues, including addiction, abuse, among others. (\*Spoiler Alert!!!) The book begins with the death of Barry Fairbrother, a man who is popular among Pagford, and because he vacates a seat on the parish council (thus, the meaning of “casual vacancy”), the re-election for his seat begins, and, well, I don’t even know how to describe the rest. The book is definitely not only about the election; the teenage characters are just as, if not more, interesting than their adult counterparts. *The Casual Vacancy* can be, at times, slow-moving, and there is quite a bit of exposition, especially in the first hundred or so pages. There is an absence of any action scenes (save for a couple of fistfights), and the book is very dialogue-heavy. I found myself meticulously reading so as to not miss any details. So, while this may not be the easiest book to sit down and read, I was drawn in the whole time by the interactions between the characters. The characters, young and old, were all so vivid and fully realized. It was almost depressing to read the bitter minutiae



of their conversations. However, I think it displays Rowling’s talent, as it was a joy to read about these characters and their complex inner thoughts.

As she did with the wonderful *Potter* books, Rowling plots this novel very carefully. I found it intriguing how the book had no real protagonist; the novel switches point-of-view many times, and all of the characters, without exception, had flaws. Even the characters I just hated, such as Terri Weedon, I later felt bad for upon hearing her backstory. This is a novel written for adults, and there is lots of harsh language and subject matter, and Rowling does not hold back, so do not assume that because it is written by J.K. Rowling that it is safe for young readers.

**Bottom Line:** I DEFINITELY recommend this book for casual reading, and don’t rush yourself. Really take time to savor the pages, and don’t be afraid to read slowly, and this will help you keep track of the numerous characters. Enjoy *The Casual Vacancy* by J.K. Rowling!



## TOP FIVE: STRESS RELIEVERS

BY CHRISTIAN PASCO

*Stress is one of many things that happen to everyone. Not only can it affect you emotionally, it can have negative effects on your body. Here are a few tips on how you can relieve stress.*

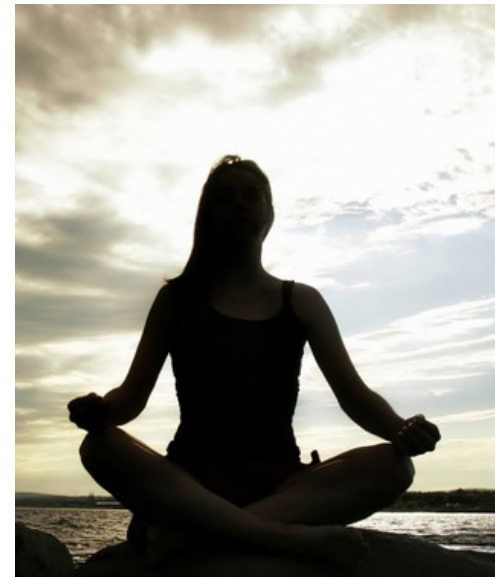
**1 Exercise** - One of the best ways to relieve stress is to exercise. Not only can it relieve stress but shedding a few pounds improves your health, and increases your self-esteem. Looking good is sometimes just as good as feeling good.

**2 Hang out with Friends** - Having the sense of belonging and camaraderie sometimes is best to relieve stress. Spending time with friends can lower stress levels dramatically. Set a hangout location and date with your friends. Doing something spontaneous like throwing a football can help you through your day.

**3 Meditating** - Sometimes spending time alone is just what some people need to relieve stress. Setting time aside for your-self to just daydream, listen to music or read a book can keep you from breaking under pressure.

**4 Journal Writing or Blogging** - This can also improve one's mind and set them at ease. Looking back at how you handled things and how things could have gone can give you an open mindset. Explaining your thoughts and actions you can improve your patience by thinking about your thinking, think about it.

**5 Playing games** - This is another you can set your mind apart from the world weighing on your shoulders. Removing yourself from the problems at hand and being free while playing games is a good way to relieve stress.



*With the season upon us, shopping for technology will be in high demand. The rush to the stores will be intense, but I got some tips on how to get the best gifts with the least amount of hassle.*

# HAPPY TECH-HOLIDAY!

BY KLINTON KACATIN



## iPhone 5

The iPhone 5 is in high demand and the makers of the high quality device are still having trouble. You could try to reserve the phone through the Apple store or your phone provider's stores, but that is a waste of time. The real trick to getting an iPhone 5 early is to check the Apple online store at 10:00 p.m. and go through the checkout process. Choose store pickup before committing to buying the phone. If it's available at one of the three O'ahu Apple stores, then get ready to go down there the next day as it is reserved just for you. If it is not available, try again another day.

## Nexus 4

The Nexus 4 is a remarkable phone that you can, currently, only receive through [google.com/nexus](http://google.com/nexus). What makes it awesome is that LG has done a great job of making a high quality Android device. The fact that it is also running the latest Android software that will get updates and is not altered by Samsung, HTC, or LG (who make the Nexus 4) ensures that this phone will be fast and efficient. You could buy it on contract with T-Mobile at \$199 for an 8 GB version. Or you can buy the 16 GB version for \$349 unlocked and can be used on either T-Mobile or AT&T without a 2-year contract. The price tag of \$350 may sound like a lot, but consider that a 16GB Samsung Galaxy S III is \$599.99 and 16GB iPhone 5 is \$649.99 with no contract and are tied to their respective wireless carrier.



## Nexus 7

Continuing the Nexus theme, the Nexus 7 tablet is the best tablet for its price range. With the 16GB going for \$199 and a 32GB for \$249, you have a great display, solid build quality, and the latest Android software that will get future updates. The rubber back feels great to hold and gives you confidence to place it anywhere. There is also a front facing camera on this device for video calling through Skype, or other apps that support it.

## iPad Mini

If you plan to buy a tablet that costs more than a Nexus 7, look no further than the iPad Mini. After using this model, I can't recommend the iPad with Retina display. How this device feels is something everyone must do before buying any other tablet. The quality of the device is just like the iPhone 5. The aluminum unibody and glass feels very expensive, although, I highly recommend getting a smart cover to protect and grip the back of the tablet. It has a high quality front and rear camera like the other iPads and stereo speakers, but the new display is a disappointment. I can tell you that the Nexus 7 display may have washed out colors, but the fact that the iPad Mini display is not retina shows its ugly, dotty, pixelated self. As with the iPhone 5, availability of this device limited, so follow the same steps as the iPhone and you should be able to beat the crowds.



# FALL 2012 COMMENCEMENT

**SUNDAY, DECEMBER 9  
GREAT LAWN 10AM**

**ALL ARE WELCOME  
RESERVED SEATING  
FOR TICKET HOLDERS**



*Celebrate Safely  
and Drive with Aloha!*

*Happy Holidays and Congrats C/O 2012!*