



## Renovated bathrooms will conserve

By Joie Nishimoto

EDITOR-IN-CHIEF

In an effort to reduce energy consumption at Kapi'olani Community College, all of the bathrooms across its campus have been renovated.

Milton Higa, vice chancellor of administrative services, said these renovations fall under two separate projects.

Some of the bathrooms on campus have been fully renovated. The bathrooms in Kauila, Koki'o, 'Iliahi and 'Ilima have had full renovations. This maintenance project, which began in February, was to renovate all of the fixtures, Higa said.

"We replaced the fixtures (toilets, faucets and facilities) with electronic fixtures, so you don't have to touch them," he said.

KCC student Max Sand, 21, said he finds the automated fixtures convenient.

"It's the censors (that I like)," he said. "We don't even have to touch it."

Higa said these bathrooms are more convenient, but more costly. In order to renovate the fixtures, the walls had to be taken down and rebuilt. The total cost for these renovations amounted to about \$780,000 and have just been completed.

KCC received external funds in order for the project to commence.

"Our objective was to replace the



LYLE AMINE/KAPI'O

All restrooms on campus were renovated to save energy and reduce water consumption, said Milton Higa, vice chancellor of administrative services. Five bathrooms were entirely renovated, and the rest were installed low-flush toilets.

(existing) facilities with much needed and newer things to save energy," he said.

One of the benefits of this project, Higa added, was that it allowed the campus to build a family restroom on the second floor of 'Iliahi.

The rest of the bathrooms on campus have been renovated in

scope of a statewide project to reduce energy usage among the community colleges.

"In the second project, we replaced the rest of the restrooms with low-flush toilets," Higa said. "This was done as an energy conservation project. It's a larger project that deals with light fixtures, etc. It's also directed to

conserving water."

Anna Krummel, 25, said it's about time the bathrooms were renovated.

"They're great and cleaner," she said. "We don't have to touch it, like the faucets. They're more hygienic."

Higa said with the amount KCC saves in the long run, they will pay back to Johnson Controls.

"It's long-term financing," he said. "We engage a contract where the savings (KCC) generates, we return back. They provide the capital and we pay back over time, maybe 20 years. It's financially reasonable."

Krummel said although it will take years for KCC to pay back the company, the investment is worth it.

"They renovated all the things that needed to be fixed the most," she said. "That's really good (for the school)."

These renovations are a first for KCC's bathrooms, which have never been renovated since the campus' move to Diamond Head in the 1980s.

So far, Higa said there have not been many complaints regarding the bathrooms throughout the years.

"To the extent, perhaps (people say) it's dirty," he said. "We had issues maintaining and replacing parts for the fixtures."

Since the completion of the renovations, some corrections to the five fully-renovated restrooms were made, like moving some fixtures around to be more accessible.

Higa said the bathroom renovations came at the right time.

"I think it was a good time to make the investments (to renovate)," Higa said. "I hope it will be noticed and appreciated."

## Alumni group seeks members

By Joie Nishimoto

EDITOR-IN-CHIEF

Students who have taken courses at Kapi'olani Community College now have another means of maintaining their connection to the college.

After a short and unintentional hiatus, the Kapi'olani Community College Alumni and Friends Association has been revamped and is seeking more members. The organization will host a meet and greet dinner Nov. 9, at the Ka 'Ikena Luae'e and Tamarind Rooms from 5 p.m. to 7:30 p.m.

Louise Yamamoto, director of communications, oversees the alumni organization. KCC Alumni and Friends Association, she said, is a subdivision of the University of Hawai'i

Alumni Association (UHAA).

"We, KCC, are a chapter under UHAA," Yamamoto said. "We are one of seven community colleges that have a chapter. Because we're under the UHAA, we get the same fringe benefits as them."

Currently there are 25 active members and 35 inactive members in the association. The purpose of November's meet and greet is to recruit more members and to promote the association.

"It's like a membership drive," Yamamoto said. "One of the things I like to do is create bonding and this is a great way to do that."

In order to attend the dinner, there is a \$35 fee for non-members and \$10 for members. In order to be a member,

Yamamoto said those interested can sign up via the UH Alumni website, [www.uhalumni.org/join](http://www.uhalumni.org/join). Reservations need to be made by Nov. 4.

The Kapi'olani Community College Alumni and Friends Association serves three purposes: to support and assist the college in meeting its objectives, to develop a lifelong learning experience for all members, to establish and implement programs that foster a spirit of unity among members and to promote a strong image of KCC in the community.

Groups such as Kapi'olani Community College Alumni and Friends Association are a great way to keep in touch with former classmates, said Tina Shelton, director of communications at the

John A. Burns School of Medicine.

"It's wonderful," said Shelton, a KCC alumna. "Fortunately with e-mail and technology, it's easier for students (to reconnect). For me, if I see some names, maybe they'll come back to me. There were fewer ways to make connections back then because there was no alumni association."

Shelton will be one of three guest speakers at the November meet and greet dinner; Executive Chef Elmer Guzman and Esquire Diane Ono will also share their experiences of being a KCC student.

Shelton, who was once a news anchor on KHON2 News, attended

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## Chancellor's scholarship awards four

By Hannah Mitchell

STAFF WRITER

KCC student Cory Garguilo is a recent Kaiser High School graduate. Garguilo goes to the beach, surfs, skates and hangs out with his girlfriend. He likes to experience new things and meet new people, like any other teenager.

Garguilo is also one of this year's Kuilei Chancellor's Scholarship winners.

The Kuilei Chancellor's scholarship is awarded to four public high

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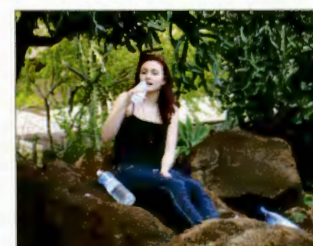
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Find out why KCC will be hiring two more security guards from the civil service.



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Read up on some tips to staying healthy using natural habits and exercises.



# Two Takes: Tricks vs. treats



ALIKA PFALTZGRAFF/KAPI'O



SEAN NAKAMURA/KAPI'O

**By Alika Pfaltzgraff**  
STAFF PHOTOGRAPHER

Our society has become obsessed with consumption, as materialism has imbued generations X and Y with an unearned and unwarranted sense of entitlement. This delusion has transferred over to one of America's most sacred holidays, Halloween.

The amount of kids growing up with the expectation of receiving essentially something for nothing has become more nauseating than a 3 Musketeers bar.

Five year olds knock on doors and expect to receive iPad 2's instead of candy. In order to re-instill the values and traditions of yesteryear, we must oppose the gratis candy, and opt instead for havoc and mayhem.

Pulling off a good trick is far superior to receiving a measly candy bar, and far more rewarding as well. Scaring little children is undoubtedly one of the most enjoyable experiences a man can perceive.

Even more poignant, is popping out behind trees in front of eager 7 year olds, inciting tears in a young one unable to process the horror before

them. Bonus points if they wet themselves.

The general public is squandering the perfect opportunity to screw with those that need to be screwed with.

Now you may be thinking that April Fools' Day is the true time for pranking and blah blah blah, but that's just not the case.

Everyone expects to get pranked on April Fools' Day, which is why Halloween is the perfect opportunity, as you can pull one over on someone without them expecting it, and still be justified.

I understand the compulsion felt by estrogen filled 20-somethings to indulge in their hormone-driven impulses and dress up instead of pranking, but dressing up can be apart of the deception as well.

Girls can dress up like guys and get other girls to make out with them, totally fooling them.

Everyone wins.

Conniving is often an overlooked aspect of our culture, but America was founded around these frivolous principles.

Don't pass up this once a year opportunity to delight in the humiliation of others.

**By Nix Kinney**  
STAFF WRITER

On Halloween, the question of trick versus treat is moot. Unless you're striving to embody the drunk and desperate times of your adolescent past, then perhaps it's best to leave the toilet paper where it's actually beneficial to the hole of society.

To cut straight to the point that sheds light on the superior aspect of "treating," we'd have to go back in time to better understand the profound undercurrents that still run through it.

Back in the Middle Ages, trick-or-treating was colloquially known as "souling." This would take place on Hallowmas, Nov. 1, where the poor would go door-to-door asking for food or money in exchange for making prayers for the dead on All Souls Day, Nov. 2.

The history of "tricking," however, stems from robbers and hoodlums accosting villagers for food in exchange for not trashing their homes or wagons.

Things have indeed changed since then, but it's still impossible to forget that the current concept of "trick-or-treating" comes from the

demands of costumed children, making empty threats to wreck havoc on homeowners unless candy is distributed.

Not only is this much akin to the thugs of yore, but it's also called blackmail.

This is where parents need to teach their kids the difference between a "trick" and "extortion," because there is one.

In parts of Scotland and Ireland, however, trick-or-treating has taken on a whole new set of rules. Instead of children making idle threats in exchange for sweets, they must instead work for their bubblegum by singing songs or telling jokes.

This goes to show that on a global scale, "tricking" is not nearly as prevalent as "treating."

Not to mention that on a national scale, it is just socially immoral.

But if I assume correctly, then my opponent in this debate won't be talking about the history of an old and meaningless saying that kids recite in hopes of a sugar high. Why should he, really, when the bulk of tricking derives from modern adults acting like children?

Sign-up by emailing your full name to: [KCCASN@gmail.com](mailto:KCCASN@gmail.com)  
or visit us at <http://www.tinyurl.com/fall2011asn>

## Accounting Student Night

Presented by "The Accountables"

**Wed - Nov. 2, 2011**  
**Ohi'a Bldg., Cafeteria**  
**\*5:00pm - 7:30pm**  
*\*registration begins @ 5pm  
event starts @ 5:30pm*

**Got Questions??.....We've got Answers!!**  
Come join us for a fun and educational evening!  
Accounting professionals and KCC alumni will be there to answer your questions about the accounting profession.

*Door Prizes      Free Food      Refreshments*

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**(Teacher, counselor, librarian, media specialist, and other faculty members who engage with students or support their learning)**

Applications can be found at the Cafeteria, Library, and Kahikoluamea Center.

An online application can be submitted at: <http://tinyurl.com/kcceta>

# KCC hires more security to improve safety

By Remington Taum

COPY EDITOR

The legislature has recently appropriated funds to KCC to hire more security as a request to improve the security, and will be hired through the civil service system.

Security guards on the Kapi'olani Community College campus can often be seen patrolling on golf carts during the day and the private security, from Ali'i Security, start their shifts at night.

"The benefit of hiring more security is having a safer campus," said Lorie Lei Lam, 22, nursing major. "It should be a necessity because our campus is huge ... and is literally open to the public, not knowing if people coming in or out or passing are KCC students."

Unlike the Board of Regents applications, the civil service process for hiring happens outside of the campus, and KCC is given the referred applicants.

It's a different system, said Milton Higa, vice chancellor of administrative services. On campus, there are cur-

rently four security guards who have been working at KCC, ranging from two to 20 years. KCC will soon welcome two new guards to the campus.

KCC is in the process of hiring the new security guards for the University Security Officer II supervisory positions.

This position requires the security guard to perform and show responsibility of a university security officer in addition to having a regular and continuous job of supervising lower level university security officers, according to the Department of Human Resources' class specifications.

The process is still in progress and KCC had a pool of qualified candidates, in which the selection committee has convened and read through the applicants. In hiring new security, there is a certain process that must be followed, especially since the hiring is taking place through the civil service system.

There are some difficulties in hiring for this particular type of position, said



SEAN NAKAMURA / KAPI'OLANI

**Security guards at KCC often patrol on carts across campus to ensure that the campus remains safe. Two new security guards are expected to be hired.**

Higa. Each of the candidates, who are not hired internally and have not been working as an officer, must go through a criminal background check, even if they are recommended.

Those hired internally and already working as a security officer have previously been cleared and can be

instructed to pass the check.

The selection committee has already held interviews with those under recruitment for the positions, completed reviews and are at the point of background checks, Higa said.

The background checks are lengthy and can possibly take six to nine

months to complete. The background check delays the actual start date and happens after the position is offered to the person.

The full amount of security positions filled will be five permitted positions and two temporary, a total of seven positions.

The staffing pattern for security coverage will allow for two people per shift: Mondays through Fridays with coverage on Saturdays, and the contract security will be on duty from 10 p.m. to 6 a.m.

Ali'i Security also provides service 24 hours a day weekends and on holidays. "Right now we try to have similar coverage," he said.

Though the legislature appropriated funds towards improving KCC's security, there are other places on campus where students would like to see improvements.

"I think it should go to more parking," said Conrad Iranon, 19, music business major. "...Or fix the roads. I think KCC is pretty safe."

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## Alumni:

Continued from page 1

KCC from 1976 to 1978. Although she is currently only a member of UHAA, she said she is grateful of her time at KCC.

"They (the association) asked me to speak and share a few words," she said, "and that's what I hope to convey; (being a student) was one of the highlights of my life."

In addition, the alumni associa-

tion will be accepting members who did not graduate from KCC, but have taken classes.

"If any student completes one class," Yamamoto said, "they are able to join. This gives us a big pool to work with."

Shelton said it is important for students who graduate to stay connected to their alma mater.

"When you've worked as long as I have, you see how important the connections you make in Hawai'i are," she said. "It will be very helpful to have each other as a network."

## Kuilei:

Continued from page 1

school seniors seeking high education.

The three other winners, of the Kuilei Chancellor's scholarship - Sharon Lac, Summer Roquemore, and Ian Vele - are from schools around O'ahu and the Big Island.

To be eligible, students must have gone to a public high school. Priority is given to residents of Hawai'i or citizens of eligible Pacific Island district, Commonwealth, Territory, or insular jurisdiction, state or nations that do not have public institutions of higher education that grant baccalaureate degrees.

In addition, they must have written a personal statement that demonstrates a commitment to higher education and explain how they plan to give back to society.

Students must have two letters of recommendation. The Kuilei Chancellor's Scholarship committee then interviews all finalists.

Recipients must register in a First-Year Experience course and enroll in at least six credits at KCC. They must also meet with the Kuilei Coordinator Sheldon Tawata at least twice a semester.

Each scholarship winner will receive \$500 for the first semester. The students can receive another \$500 for their second semester. They must complete the first semester with a 2.0 grade point average and register in the spring fulltime.

The scholarships are funded by donations from community members.

"It recognizes a different type of admission," Tawata said of the importance of the scholarship.

The Kuilei Scholarship is for students who may not have performed at their highest potential in high school, but have the potential to thrive at KCC. Students' high school grade point average is not asked for.

"It's (applying for the scholarship) a good thing to do, go for it, and be dedicated and try hard when writing your essays. They are thousand-dollar essays," Garguilo said.

Garguilo said he is grateful for the scholarship because it allows him to go to college. Garguilo is an aspiring nurse; with his scholarship he said he has no more excuses but to work hard and achieve his goals.

"It also helped me to become more motivated to win more scholarships because there is a chance that I will win," Garguilo said.

Tawata said that the amount of applicants grows every year. For the Fall 2012 semester, the Kuilei Chancellor's scholarship offers 10 qualified applicants, \$500 for a semester.

The deadline to have Compass Placement Test scores is June 1, 2012. The deadline to have a completed application is June 30, 2012.

"I felt great when I won," said Garguilo. "What I did was pick a major and explain how I am going to achieve it."

# FILL YOUR NIGHTS WITH FRIGHTS

By Hannah Mitchell  
STAFF WRITER

Halloween this year will be on a Monday. Hurry and scare your way to the anticipated Oct. 31 with this Halloween events roundup list, events have already started. Happy Halloween.



**Nightmares Live: Haunted house with over 21 rooms of terror.**

**Location:** The Dole Cannery, 735 B Iwilei Rd., 96817  
**Date/Time:** Oct. 1, 7, 8, 14, 31, 7p.m. to midnight  
**Cost:** \$13  
**Parking:** Free parking out in front or in the Costco parking lot  
**Contact Info:** [hauntedhousehawaii.com](http://hauntedhousehawaii.com)

**Bachata Halloween Fest: There will be Latin dancing, masquerade, costume contest, scavenger hunt and more.**

**Location:** Waikiki Beach Marriot, 2552 Kalākaua Avenue  
**Date:** Oct. 28 to 30  
**Cost:** Ticket prices range from \$15 to \$150 and available online at <http://www.bachatahawaii.com>.  
**Parking:** Pay parking at the Marriot



**Hollywood Horror and The Twisted Funhouse: The event will feature two haunted attractions. At the Hollywood House of Horror, guests will be frightened by movie characters including: Jason, Freddy, Michael Myers. At The Twisted Fun House guests go through a tour through a fun house, with a fun zone with clowns, games and more.**

**Location:** The Haunted Warehouse, 805 Ala Moana Blvd.  
**Date/Time:** Fridays and Saturdays beginning Sept. 30 to Oct. 30 and Halloween day from 7 p.m. to 1 a.m.  
**Cost:** \$10 per side, \$15 for both attractions  
**Tickets:** Available at all MWR locations, Razor Concepts, UH Campus Center, Hungry Ear Records, Waipahu 76, all No Fear Locations, Powerhouse Gym and [eventbrite.com](http://eventbrite.com)  
**Parking:** Free road parking  
**Contact Info:** <http://www.scream808.com/>

**Haunted Plantation: An outdoor haunted house located on the Plantation Village. Children 13 and under are not allowed entry and ages 14 to 16 need adult supervisor.**

**Location:** Hawai'i's Plantation Village, 94-695 Waipahu St.  
**Date/Time:** Oct. 14, 15, 21-23, 28-31 from 1 p.m. to 11 p.m.  
**Cost:** \$13 general admission, \$20 for the fast pass.  
**Tickets:** Sold at the gate  
**Parking:** Street parking available on Waipahu St.  
**Contact Info:** <http://www.facebook.com/HauntedPlantation?ref=ts>  
**Tip:** The fast pass and arriving early is recommended

**Haunted Lagoon: A canoe ride through a haunted lagoon.**

**Location:** Polynesian Cultural Center, Kamehameha Highway, Lāhīe, HI, (808) 293-3333  
**Date/Time:** Sept. 30 to Oct. 31. Rides through the lagoon begin at 7 p.m. Fast passes are available for \$35; Keiki rides begin at 6:30 to 7:30 p.m.  
**Tickets:** Kama'aina ticket rates are cheaper: \$20 for adult tickets. The Haunted Lagoon tickets do not give access to the rest of the park. Tickets are available online at <http://hauntedlagoon.com/buy-tickets.html> or call 1-800-367-7060.  
**Parking:** \$8 at the PCC parking lot.  
**Tip:** The line for the Haunted Lagoon is over an hour and the Fast pass line is fifteen minutes.

**Haunted Wonderland: An 18 and up rave/costume party with about 5,000 guests attending.**

**Location:** Wet n' Wild, 400 Farrington Highway.  
**Date/Time:** Oct. 29m 6 p.m. to Oct. 30 at 2 a.m.  
**Cost:** Tickets start at \$30 for presale and \$55 at the door.  
**Tickets:**  
Prototype Ala Moana Center (808)-944-5500  
Prototype Pearlridge Center (808)-484-8973  
Butigroove Ala Moana Center (808)-944-5500  
Hungry Ear Records Kailua (808)-262-2175  
All Local Motion stores  
**Parking:** In the Wet n' Wild parking lot for \$5.  
**Contact Info:** <http://www.facebook.com/#!/event.php?eid=193623160699722>



# Understanding the spiritual world

By Nix Kinney  
STAFF WRITER

We were five minutes away from our interview with a medium and already we were making a coward's pact. If this ghost whisperer started to tell us what our dead relatives were thinking, we would interject and graciously decline such information. My photographer and I were afraid of spirits and despite our skepticism, we were superstitious. We didn't want our fears to be confirmed and, more importantly, we didn't want to be in a room full of dead people.

The concept of communicating with the dead is a quintessential backdrop to a Halloween tale. Where the threat of ghouls rising from graves to wreak havoc amongst the living is quite literally haunting, so too are the messages we assume they're trying to send us.

However, the real thoughts matriculating through the underworld can only be surmised by those who claim to have the ability to correspond between those that are with us and those who have passed on.

These mediators are our true mediums, practicing what is called "mediumship" to deliver messages between two spheres of existence.

But our fears of spooks were almost immediately dispelled from the moment we met Yoshie Miakoda,

a spiritual medium who specializes in what she called "evidential mental mediumship." She was so much like us, so normal, that when she said that bad spirits weren't allowed to enter this world from theirs, we believed her.

From Kumamoto, Japan, Miakoda moved to Hawai'i 14 years ago and got her liberal arts degree from KCC in 2000. Two years later, she graduated from the University of Hawai'i at Manoa in Management Information Systems.

"At the time, I had no idea I would get into something like this," Miakoda said. "My focus was on computers. I never believed in God or the Great Spirit. I was just very skeptical when this whole thing happened."

And though she's always been able to sense what other people were feeling, it wasn't until 2004 when she underwent a difficult and tragic relationship with her husband that she started hearing voices.

"At the time, I thought I was going crazy," she said. "It was just so awful and I was so depressed that when I asked for help, I heard these voices."

But the voice, she later understood, was a guide. It began by telling her practical things, like where to find her keys or in which market she'd find a particular ingredient. Then, as she was meditating with her best



SEAN NAKAMURA/KAPI'O

**Yoshie Miakoda, a KCC alumna, said that spirits cannot hurt you physically but rather one has spirits that protect and support you wherever you are. It wasn't until 2004 when Miakoda began to fully utilize her gift in mediumship.**

friend, the voice told her that she had the skill to go into mediumship.

Once she opened herself up to the possibility, she said she immediately saw the face of her friend's deceased father-in-law.

Since then, she's been able to "blend" with human and animal spirits alike, seeing through a different set of eyes that allows her to commu-

nicate with the dead through a combination of both hearing what they have to say and feeling it.

"Some spirits are very good at communicating and some are not," Miakoda said. "They have to learn how to communicate."

And in this way, a clause was born: not all readings are 100 percent accurate.

And though, as journalists, our expressions reflected those of unbelievers, my photographer didn't take a single picture throughout the entire interview. The subject matter is simply too fascinating because it naturally plays on our inherent curiosities. What is it like to communicate with the dead and, more importantly, what are they trying to tell us?

## HAUNTED HOUSE TERRIFIES BRAVE SOULS

By Chayne Toyama  
ASSISTANT COPY EDITOR

Clowns and werewolves and dolls, oh my! If you're looking for a good scare, then Nightmares Live is the place to go.

Upon entering Nightmares Live, I was overcome by claustrophobia. The white and airtight walls squeezed me with such force that I could only – but barely – see the person in front of me.

And just when I thought I reached the light at the end of the tunnel and free from the tight walls, bam!

No, I'm not going to give away the entire haunted house, but let me tell you this: I was so scared that I almost jumped out of my skin. Please make sure you use the bathrooms, which are conveniently located right across the entrance, before you go in. (Don't worry, nothing will scare you while you're using the restrooms.)

While we waited in darkness for our turn to enter, eerie music could be heard from the other side of the wall, along with screams of terror and fear that made the hairs on the back of our

necks rise, and tingling sensations ran down our spines.

Nightmares Live is exactly like taking a stroll through a horror movie. When I scampered through the maze, I thought it was real. It felt like all my worst nightmares were coming to life. Clowns, werewolves, vampires, demon-faced dolls and even poor Wilber await your arrival.

And trust me, you'll never think of Christmas the same.

It's hard to believe that a faculty member at KCC created this spook-house. Auxiliary Services Clerk Kevin Okada, 31, has been bringing nightmares to life since 2003 and this is the first year he's running solo. His limitless imagination combined with his supernatural sidekicks make this haunted house a memorable one. He has brought new ideas and concepts to this year's house that keeps you on your toes and watching your back.

Last year, they were located in an old warehouse on Ala Moana Boulevard, near Ward Center. Their new location is at Dole Cannery next to Max's of Manila and right across from Costco, where parking is endless and free.

So if you're thinking that you'll skip this haunted house because you've seen it last year, think again.



Every room you walk through brings new terrors and thrills that can even make grown men scream silly like little girls.

Finally, you escape through the last curtain and you're free to return home from all the spooks and ghouls, or so you think, mua-haha.

So go ahead and enter, if you dare. Nightmares Live is open until Oct. 31 from 7 p.m. to midnight. Admission is \$13 or \$20 for a fast pass. For more information, follow @nightmareslive on Twitter.



JENNIFER LAZERIU / KAPI'O

THE VIEW WE TAKE

# Denmark's 'fat tax' is a good idea, can save money and lives

With Halloween fast approaching and Thanksgiving on its way, consider this: would you pay more for your junk food?

Taxes implemented on foods with high saturated fats are being discussed an option in Europe to combat obesity. This month, Denmark implemented a new tax on fatty foods to reduce obesity and promote a healthy lifestyle among the Danish.

According to CBS, under this new tax Danes will pay extra in accordance to the percentage of fat in a food product. For every two pounds of saturated fat, consumers in Denmark can expect to pay an extra \$3 in U.S. currency. The price of butter alone will go up about 40 cents, for example.

Denmark is the first European country to implement a "fat tax." But in September, Hungary issued its own tax on hamburgers.

The Irish Times reported that Denmark's obesity rate is nearly half the European rate of 15 percent. In the U.S., however, 33 percent of Americans are overweight or obese, said the Centers for Disease Control and Prevention.

The concept of implementing a fat tax is smart, and with so many Americans overweight, the U.S. government should look into applying such taxes on its own country.

According to The Guardian, the tax is expected to cut fat consumption by 10 percent. If a U.S. fat tax were to be put into effect, it could not only influence Americans to eat healthier, but it could also extend their life expectancy.

Although Hawai'i is the fifth-least obese state in the U.S., KITV4 reported last year that obesity among high school students had rose to 38 percent. Also, the number of high school students who ate at least five servings of fruits and vegetables has dropped by 19 percent.

Hawai'i, which is known for its



SEAN NAKAMURA/KAPI'Ō

**Denmark is the first country to impose a tax on fatty foods that contain saturated fat. For every two pounds of saturated fat, consumers will pay about \$3. The fat tax is geared to encourage a healthy lifestyle, and it is also expected to lower the country's obesity rate, as well as generate about 165 million euros.**

fatty foods like kailua pork and Spam musubi, could benefit from a fat tax. Although many people may not want to spend more for their favorite \$9 plate lunch, the tax is beneficial to not just a person's health, but to the government's financial health as well.

Denmark is looking to receive about 165 million euros annually from this fat tax, reported The Guardian. Denmark's population is 5.5 million, and with the U.S. population currently at 307 million, the country could potentially reel in about \$9 billion. This money can

easily be garnered and it can help to alleviate the nation's current financial situation.

Obesity can have a negative effect on a person's body. Obesity can cause for many health problems, including type 2 diabetes and increased risks in strokes.

The United States should look into imposing some sort of fat tax on fatty foods. But because many foods contain saturated fats, this means that Denmark has a tax on products such as butter, milk and meats. A higher tax should be implemented

on junk foods instead, such as fast food orders, chips and sodas, and a lower tax on basic foods like meat and milk.

Although the tax will undoubtedly have a negative impact on food companies, this could add more pressure on companies to make their products healthier. If no action is taken to fight obesity in the United States, the obesity rate is expected to reach 50 percent by 2050, according to MSN.

People find an array of excuses to avoid exercising, like "I don't have

time." College students, in particular, often look to fast food as a cheap way to get food when they're on-the-go.

Invest time in the healthier alternatives. It will save money in the long run, and it will especially save lives.

*The view we take is written by the editors of the Kapi'ō. We welcome all responses to this subject. E-mail "Letter to the Editor" at [kapio@hawaii.edu](mailto:kapio@hawaii.edu).*

## CAMPUS VOICES: What is your favorite halloween costume?



"Carmen Sandiego."

Sarah Morreale, 21, liberal arts



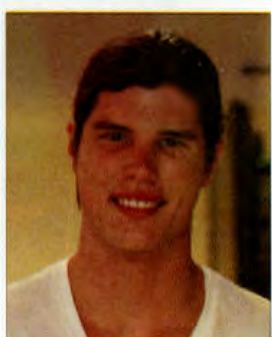
"Clone troopers from 'Star Wars.'"

Jason Ly, 19, management information systems



"Michael Jackson."

Mandy Kim, 22, marketing



"Green Lantern."

Jesse Robello, 19, liberal arts



"Master Chief from 'Halo.'"

Wynter Galway-Severtson, 16, liberal arts



"Quilevte tribe (from 'Twilight')."

Kapuni Patcho, 24, Hawaiian studies



LYLE AMINE/KAPI'O

*Staying hydrated is just one of many ways of maintaining good health. But good health is not just physical – it's emotional, too. Hannah Mitchell, staff writer, said giving to the community and even shopping can promote good health.*

## Natural ways to be healthy

By Hannah Mitchell  
STAFF WRITER

Becoming healthy is not only for people looking for beach bods. It can improve the lives of us all. Becoming healthy and maintaining it can influence those around us as well.

### Eat breakfast

Contrary to popular belief, skipping breakfast does not help to cut calories. Instead, breakfast skippers may nibble on unhealthy snacks. They will also become starved by the time lunch comes around. Eating breakfast fuels the human body up for the day.

Eating other meals improve health too. Studies show that eating four to six small meals a day can boost metabolism. The metabolism increase will give your body energy and also balance your body.

### Stay hydrated.

Dehydration can cause muscle weakness, cramping, dizziness and sunken eyes, to name a few. Staying hydrated is important and can be difficult. Keep a glass, cup or plastic bottle of water next to your bed. Drink something in the morning. Try to drink something before, during and after exercising, especially in hot weather. Drink water every 15 minutes as you exercise.

### Give back to the community.

Studies show that volunteering can help control depression. You will feel great, have done great and most importantly, appreciate what you have received more.

### Exercise

Exercise prevents heart disease, high blood pressure and boosts high-density lipoprotein, or "good" cholesterol. Exercise keeps blood flowing which decreases cardiovascular dis-

ease.

Regular physical activity helps to manage or prevents stroke, metabolic syndrome, diabetes, depression, types of cancer and arthritis, among other things.

In addition, exercise put people in a better mood. It allows them to blow off steam. A 30-minute exercise can leave a person happy and relaxed. Regular physical activity boosts muscle strength and endurance. This gives a person more energy throughout the day.

Even if there is not enough time in the day to exercise, do little things that keep your body moving. Try taking the stairs instead of the elevator.

Walk to the person on the other side of the house instead of call. Walk up to the TV instead of using a remote. These small activities can improve our health and lead to a more active lifestyle.

### Get a good night rest

By cutting down on sleep, people learn less, develop less, make worse decisions, accomplish less, are less productive, are more prone to errors and undermine the intelligence of the mind. Getting the recommended eight hours of sleep helps to improve memory, decrease stress, and is heart healthy.

Research also shows that people who receive less than seven hours a night of sleep were more likely to catch colds. Be sure to get enough sleep and develop a bedtime to ensure a healthy lifestyle.

### Socializing

Talking to other can improve our mental wellbeing. It helps us sort out problems and look for a solution. It can put our minds at ease and release some aggression by ranting now and then.

Falling in love feels great but is good for health too. Love releases brain chemicals that make us happy, but also protect us from illnesses.

In addition, laughing not only feels like an abs toner, it actually is. Laughing releases endorphins, relaxes the body, and oxygenates the blood.

### Be creative

Being creative engages the brain. It has been shown to help become heart healthy.

Singing uses deep breathes that oxygenate the body. By singing, we allow clean oxygen to come in to rid our bodies of toxicity. So sing yourself happy in the shower every now and then.

Dancing is a fun way to keep the body moving. Sing and dance at the same time in the shower. Nobody is watching. You can improve your skills at home and put them to use when you're out socializing. (See above.)

### Go shopping

Spending money can actually improve health. Studies show that people that went to stores, more or less, once a day are a 25 percent less likely to die at the average age.

Spending money on things that you want now is a lot better than spending money repairing damaged health in the future. Go ahead and treat yourself without feeling guilty.

### Take a vacation

Relieve your body of that stress that has been building up this past year. Some people go on vacations and take work with them. Instead, put down the laptop and jump in the pool.

People who take annual vacations are less likely to experience a burnout. When you return to school or work, you will feel refreshed and ready to go.

## kapi'o TOP 10



ILLUSTRATION BY JENNIFER LAZERIUK

## Unique Halloween dress ups

By Hannah Mitchell  
STAFF WRITER

Why fit in a crowd when you can fit into one of these lookers?

These unique costumes are guaranteed to get a double take. Be careful, with a great costume may come great responsibility.

Here are my Top 10 unique costumes.

### 10. 3-D Optimus Prime

If Chris Brown couldn't transform you to Optimus Prime, then this will surely work. If not, you'll have a sweet ride and Megan Fox. However much this must cost, it must be worth it.

### 9. Angry Birds

This costume brings lopping to a whole new level. With all the different "Angry Birds" costumes available, you and your friends can put on a show. Don't be surprised if a fan asks for an autograph. Just remember that this costume does not give you an excuse to tackle any pigs.

### 8. Alien morph suit

After years of playing "Destroy All Humans," I found that there is actually a way to become an alien for a night... or two. After all, who does not want the ability to abduct people, speak an unknown language and fly a UFO? The registration on that thing must cost a fortune. No wonder they are so rare.

### 7. Men's lunch lady

The costume almost instantly transforms you into a Grade C cook with a perfect figure and red locks. This costume even comes with a hair net and mole. Remember to remove the mole afterwards. Those things are cancerous, you know.

### 6. Long dress Lady Luck

If kissing an Irish person gives good luck, I wonder what happens if that person becomes the luck. If you plan on spending your Halloween in Vegas, then this costume is a must-wear. The costume should come with a warning about the leprechaun trailing behind.

### 5. Kelly's Cereal Killer

The pun has finally been made into a costume after years of my requests. With a killer recipe, Halloween will be some bloody good fun. Just for your information, they may not allow you in the cereal isles of grocery stores nationwide.

### 4. Inflatable Stay Puft Marshmallow man

As long as I am not the person inflating this, go for it. Be careful not to use helium. The next time we see you may be on the news. I can see the headlines now, "Marshmallow man becomes asteroid."

### 3. Men's Tutu Much Fun

What's more glamorous than a man wearing a tutu and fairy wings? Probably nothing else. Show off your legs and fly away to Fairy Land. Red Bull isn't needed this time. It is a total package with fairyland privileges.

### 2. Ernie the Keebler Elf

Bake up some fun and bring this bite-size cookie elf to life. The costume is even an official Kellogg's product. Heads up, kids may form a line by you expecting some treats. Be sure to stock up on those fudge double stuffed cookies.

### 1. iPhone

What can make a better tribute to the legendary Steve Jobs than to dress up as one of his finest creations? iPhone costumes have been seen everywhere from babies to dogs. Here is a chance to get creative. Top off your outfit with an "I Heart Steve" accessory, like a hat.

# Fall 2011 Dean's List

Kapi'olani Community College honors those students who earn a grade-point average of 3.5 or higher with 15 or more total credits accumulated over Fall and/or Spring and/or Summer semesters (of one academic year) by placing their name on the Dean's List.

If you recognize students in this list, stop them and congratulate them. And then ask them what they did to achieve such success!

Abbott, Hannah	Cheekuthanakath	Galiza, Hillary Mei	Ishikawa, Brent	Lee, Annabella	May, Simone	Ong, Jeremy	Bianca	Vega, Valeria
Abuy, Jay Rolando	Ebrahimkutty,	Galletes, Stephanie	Ishikawa, Bryce	Lee, Daniel	McCall, Aaron	Oseto, Mai	Shrivastava, Mark	Velligas, Elyse
Acacio, Crystal Lynn	Aysha	Galloway, Joy	Ishizu, Adrienne	Lee, Fidelis	McClair, Jason	Oshio, Naoko	Shupe-Biggerstaff,	Vidinha, Anela
Adams, Brandi-Leigh	Chen, Dai Fang	Ganir, Rachel	Isozaki, Yoko	Lee, Jaeline	McCollim, Anthony	Oshiro, Ashlyn	Robin	Viluan, Deandra
Agena, Chelsie	Chen, Jie Ling	Ganjali, Morteza	Ito, Keith	Lee, Jenevieve	McElroy, John	Oshiro, Joseph	Silver, Angela	Visto, Siiri
Ahn, Richard	Cheng, Cindy	Gannott, Sierra	Ito, Lorlei	Lee, Jennifer	McQuain, Matthew	Ota, Kathy	Simmons, Rebecca	Vitin, Mark Anthony
Aiwohi-Kim, Phillip	Cheng, Lien	Ganoot, Marie	Ito, Raraka	Lee, Jin	Medeiros, Linc-Alan	Oya, Traci	Simpson, Leslie	Von Seggern, Dane
Ajifu, Daren	Cheung, Lap Ho	Gao, Jenny	Iwamura, Jessica	Lee, Julina	Mejia, Bren	Pagan, Jamie	Siu, Desmond	Vong, Ha
Akana, Riejon	Chew, Borg Yen	Garcia, Logan	Jack, Nicole	Lee, Kibbeum	Mello, Pamela	Pagan, Samantha	Skurtu, Jeremiah	Voorheis, Ede
Akiba, Yuuki	Chinen, Aaron	Garvilles, Micon	Jackson, Trevor	Lee, Lina	Melnichenko, Igor	Paine, Melynda	Sladek, Amanda	Wada, Hiromi
Akina, Remy	Ching, Everett	Geiger, Tiffany	Jesena, Mary	Lee, Michael	Mercado, Jennifer	Pak, Sung	Smith, Benjamin	Wahlstrom, Athena
Akiyama, Emi	Chiu, Wing Tung	Giannascoli, Sarah	Jobe, Micah	Lee, Roxanne	Miles, Deborah	Pang, Jaclyn	Smolinski, Darcie	Walch, Gerhart
Akiyama, Sydni	Cho, Ritsuko	Gibo, Anna	Johnston, Steven	Lee, Shin Hye	Millare, Lando	Pao, Jerry	Snyder, Gida	Walters, Sarah
Alcoto, Cora	Cho, Songhee	Giltner, Shelly	Jose, Nikole	Lee, Simon	Miller, Aaron	Papin, Janelle	Song, JooHo	Wandasan, Jacob
Allen, Melissa	Cho, Young Hee	Goda, Valeria	Jung, Jin Hyung	Lee, Stephanie	Minami, Jon	Parceels, Kellie	Sonstein, Amelia	Wang, Thomas
Allum, Stephen	Choe, Bryan	Gomez, Nicole	Ka'ahea-Gross, Erin	Lee, Sylvia	Mina, Reynaldo	Pascual, Michael	Soto Balmores,	Warsh, Andrea
Amarillo, Phillip	Choi, Eun Hye	Goshi-Otaguro, Talia	Kaai, Robin	Lee, Tae Ho	Mitum, Nga Kuan	Pascual, Wilfred	Angela	Watarai, Iris
Anderson, Anthony	Cholish, Jaimie	Gowan, Keopele	Kahue, Kafa	Lei, Dana	Miura, Susan	Pau, Anna	Spencer, Shane	Webber, Kelly
Andrade, Joann	Chong, In	Gragas, Rowan	Kakikawa, Yukiko	Leoglte, John	Miwa, Jason	Paulo, Jonathan	Stack, Bernadette	Webster, Koa
Andres, Joanna Marie	Chong, Jonathan	Greco, Rose	Kakishita, Kaori	Leong, Melvia	Miyagi, Brent	Pawid, Victor	Stanfield, Ray	Weigelt, Terra
Angel, Patrick	Chu, Fu	Greene, Christina	Kallies, Marco	Leong, Shane	Miyamoto, Daniel	Pearl, Danica	Stewart, Malia	Weightman, Tessa
Antonio, Abigail	Chun, Nicholas	Griffin, Aphne	Kam, Stacy	Levy, Emily	Miyamoto, Lancier	Perrault, Judy	Tricker, Ikalka	Weiner, Vincent
Aquino, Janessa Anya	Chung, April	Grogan, Jennifer	Kamono, Nathaniel	Lewis, Mollye	Miyashiro, Chloe	Perreira, Joson	Stump, Christopher	Weinold, Karen
Arakaki, Yoko	Cibella, Maria	Grozen-Smith, Rachel	Kanekoa, Chanel	Lewis, Sam	Miyashiro, Shannon	Peters, Barbara	Sueoka, Sara	Weiss, Chad
Araki, Miki	Clark, Tanja	Guan, Xiaoling	Kang, Tyler	Li, Allen	Mizui, Hiromi	Pinho, Vanessa	Sugahara, Shiori	Wheeler-Gonsalves,
Arboleda, Erigo Miguel	Emmer, Kenji	Gudoy, Leslie Ann	Kao, Sunny	Li, Ivan	Mizushima,	Poe, Michael	Sumida, Kanae	Jenna
Arle, Gabrielle	Codr, Roseann	Gushiken, Tiffany	Kapahua, Kanani	Li, Jeffrey	Christopher	Potter, Rachel	Suzuki, Ashley	Wilimek, Adele
Arnold, Marcila	Coe, Stacey	Haines, Katherine	Karioka, Jason	Li, Jerry	Mizuta, Tehina	Premeaux, Thomas	Suzuki, Rieko	Wilkie, Emi
Arteaga, Alexandro	Cohen, Maris	Halverson, Kevin	Kato, Yasuko	Li, Kristina	Miaudzi, Fidelia	Pua, Yu Bee	Suzuki, Tasuke	Williams, Calvin
Asato, Raven	Cole, Twayne	Hamada, Nathan	Kauffman, Megan	Li, LingXi	Moller, Andrea	Racoma, Joy	Suzuki, Yoko	Williams, Deborah
Asuncion, Dan Arthur	Collins, Brandace-Miri	Hamilton, Matthew	Kaulupali, Brandi	Li, Liqiang	Mones, Noelani	Rajahkuman, Indi	Swan, Jeffrey	Wong, Hoi Yan
Auyong, Leslie	Coloff, Felicia	Hanohano-Medeiros,	Kawamoto, Kasey	Li, Liyi	Monson, Charles	Ramiro, Joy	Swelgart, Ashley	Wong, Jillian
Bae, Hyeon Jeong	Colton, Mari	Barbara-Rose	Kawamura, Chrissy	Li, Wei Cong	Monson, Craig	Ramiro, Malia	Tabion, Grace Marie	Wong, Kaleng
Bae, Tiffany	Cooley, Ai	Haoatai, Ainsley	Kawashima, Miyuki	Li, YongPing	Montero, Rogelio	Ramler, Rachael	Tajika, Mari	Wong, Kirsten
Baker, Aaron	Cooney, Aixiu	Harbaugh, Heather	Kayano, Johnny	Liang, Ka Yi	Moon, Patrick	Ramsey, Arlyn	Tajiri, Christian	Wong, Ming Tat
Baluran, Aaron Casey	Corrado, Rachel	Harrell, Michael	Keawe-Scharsch,	Liftee, Alexander	Moore, Joshua	Rapana, Ricky Jay	Takahashi, Kate	Wong, Regina
Baluyot, Adriel	Corrado, Sean	Harrington, Nicholas	Nicole	Lim, Ly	Moriya, Norie	Raqueel, Victor	Takahashi, Natsuki	Wong, Vanessa
Banu, Mihaela	Correa, Malie	Harrison, Brian	Kendall, Audrey	Lira, Diacheng	Morse, Molly	Razor, Angelita	Takahashi, Yumie	Wool, James
Baoit, Judy Ann	Craven, David	Hasegawa, Dana	Kido, Arthur	Lint, Chantille	Motomura, Marina	Rivera, Linda	Takata, Colby	Woodward, Kristy
Barbour, Catherine	Crispino, Bryant	Hassan, Mohamed	Kido, Tracy	Lohmeier, Joseph	Mott, Debra	Robles, Eric	Takayama, Hidemi	Wu, Henry
Barish, Kristine Kaye	Crispino, Rajan	Haught, Jesse	Kifara, Jennifer	Longoria, Christina	Mroczo-Bauer,	Ronduen, Bo	Takeshita, Ryan	Wu, Irene
Bartolome-Steffens,	Dabbs, Ressler	Hayasaka, Chisato	Kim, Alleka	Longstreet, Roland	Dominika	Root, Reid	Taketa, Sara	Wu, Patrick
Rochelle	Dacquel, Reynold	Heal, Byron	Kim, Dami	Lovell, Matthew	Mullen, Joshua	Roque, Carm Celine	Taketa, Wing Ning	Wu, Su Tong
Bautista, Jester	David, Matthew	Heirakuji, Justin	Kim, Dong-Hyun	Lu, Zhou	Mun, Andrew	Rosell, Maria	Takeuchi, Kimiko	Xue, Qing
Bennett, Michelle	De Abreu, Daniela	Henao, Vanessa	Kim, Eunkee	Lucero, Zimran	Murakoshi, Yumi	Ross, Buckminster	Tam, Amy	Yamane, Joy
Bezak, Martin	De La Pena,	Henderson, Ross	Kim, Gabi	Luis, Jerone	Muranaka, Taysha	Ross, William	Tamari, Kaori	Yamasaki, Eric
Bigelow, Faith	Ralph Allan	Henion, Daphne	Kim, Joanna	Lum, Rachel	Murata, Miki	Rowan, Darrin	Tan, Hai Xin	Yamasaki, Jason
Bilonta, Juliet	Dela Cazada,	Hennessy, Robert	Kim, Song Min	Lum, Traci	Murata, Staci	Ruan, Jia Min	Tanah, Blane	Yamauchi, Chisanthi
Bisnar, Hossanna Faith	Kristen	Heresa, Cheyna	Kim, Sun Jung	Lundquist, Tom	Murphy, Christopher	Ruan, Liqing	Tanimoto, KeiLyn	Yang, Jun Hyung
Bjerke, Elisabeth	Deng, Shan	Hermogila, Edward	Kim, Yujin	Lung, Ryoko	Murto, Chelsea	Ruan, Zehua	Tanji, Amber	Yap, Matthew
Bleday, Kara	Dewa, Reiko	Herrera, Inga	Kinoshita, Myra	Luo, Don	Nakagawa, Ikuyo	Rudenko, Diana	Tanjador, Millette	Yasuda, Jenet
Blue, Dexter	Dolder, Andrew	Huan, Carlos	Kirwan, Carolyn	Luo, Xiyang	Nakahodo, Garrett	Ryoo, Dani	Taylor, Mitchell	Yasuda, Lane
Bogema, Matthew	Dollar, Gene	Higa, Tiffany	Kitamura, Yumeko	Luu, Thuy Vy	Nakama, Yui	Sabetta, Michael	Tehee, David	Yeh, Hanshan
Bonilla, Cherry May	Doropan, Sheryl	Hing, Jeremy	Kiyonaga, Lesly	Ly, Jason	Nakamura, Esther	Sadaya, Jose Ray Nell	Tejada, Isaac	Yeung, Kenneth
Boyd-Demars,	Dumlao, Rochelle	Hinkle, Regina	Kiyota, Heather	Mabe, Charles	Nakamura, Malko	Sagapolutele, Joelle	Teru, Tessa	Yogi, Jazmine
Sheila Ann	Eaton, Alena	Hipsler, Christopher	Knudsen-Adams,	MacDonald, Kathryn	Nakayama, Miyuki	Sajki, Kaylie	Tetlow, Simon	Yonashiro, Saeko
Jonathan	Eddy, Dana	Hirata, Rayna	Jonathan	MacDonald, Kiana	Nam, Kichun	Sajki, Chaun	Teixeira, Daniel	Yoneshige, Stacey
Bruno, Christopher	Eder, Joyce	Hites, Helen	Kobayashi, Tomoko	Maeda, Kaori	Neal, Gemma	Sakuma, Taro	Thompson, Korinne	Yong, Phillip
Buenaflor, Sean	Ekimoto, Owen	Ho, Alan	Kobayashi, Yuka	Mafnas, Edward	Nelson, Christina	Sakurai, Kasumi	Thompson, Michael	Yoo, Karen
Burns, Shelby	Emerson, Sherrie	Ho, Hierr	Kodani, Christie	Maicach, David	Nerona, Kyle	Sakurai, Minako	Thompson, Virginia	Yoon, Hye Joon
Bush, Sharice	Endo, Danielle	Ho, Whitney	Kodo, Shanna	Majama, April	Neuov, Piseth	Saludo, Jorlene Marie	Tiqui, Emiliano	Yoshida, Hitoshi
Cabbab, Ma Regine	Enocencio, Ceronda	Hodson, Christopher	Kreps, Ryan	Malinoski, Jodi	Newsham, Kamolrat	Salvatera, Lindsay	Tirrell, Matthew	Yoshimura, Ryne
Cablay, Mona	Enokawa, Daniel	Holland, John	Kristanto, Richard	Malkus, Christopher	Ng, Erin	Sanchez, Luzielynn	Tobin, Julia	Yoshioka, Matthew
Caldwell, Kawena	Eto, Ayaka	Hong, Debbilyn	Kruse, Kevin	Manalo, Thomas	Nguyen, Aileen	Sardinha, Devin	Todorovich, Suell	Young, Craig
Campo, Anafe	Evans, Yumiko	Hood, Cassidy	Kumano, Keisuke	Manansala, Clifford	Nguyen, Han	Sarlund, Suzanne	Togami, Deon	Young, John
Campo, Razel	Fang, Andrea	Hookano, Marissa	Kuninaka, Wakako	Manaole, Troy	Nguyen, Nicholas	Sasic, Tanja	Tohara, Shina	Young, Krista
Campos, June Ann	Farman, Mei	Hoover, Lori	Kurata Kimura, Cheri	Manning, Linda	Nguyen, Tran	Sato, George	Tokuda, Sage	Young, Mark Anthony
Campos, Michele	Fass, Christina	Hori, Aya	Kurima, Ryan	Mansukhani, Sharmila	Nicolas, Riley	Sato, Jun	Tom, Jordan	Young, Samantha
Canape, Matt	Fletcher, Anne	Horne, Jesselim	Kwok, Annie	Manuel, Karla Faye	Nii, Kristen	Sato, Kalen	Tomari, Ritsuko	Yu, Lingling
Carinio, Natashia	Flores, Arnold	Huang, Jackie	Kwon, Dan	Marabellas, Jeyanne	Nishiguchi, Brandon	Sato, Lei	Tomari, Ritsuko	Yu, Lingling
Carpenter, Megan	Fong, Danielle	Huang, Yi Jing	Lacamiento, Cheryl	Marinas, Raymond	Noda, Mark	Schrader, Kanaloa	Toyama, Chayne	Yuen, Lai Yi
Carvalho, Janine	Fong, Danielle	Hufana, Torrey	Lacroix, Sophia	Marr, Jennifer	Noguchi, Kodai	Tran, Nam Phuc	Tran, Nam Phuc	Yuuki, Kelli
Carvalho, Marcela	Frank, Brandee	Hyde, James	Lacuata, Armando	Martinez, Alana	Nolasco, Michael	Trapp, Ashley	Trapp, Ashley	Zeng, Cheng Qiang
Castro, Patrick	Fredrickson, Timothy	Hyun, Dana-Lyn	Lam, Tammy	Martinson, Jonathan	O'Donnell, Jayson	Tui, Alisa	Tui, Alisa	Zhang, Gavin
Catbagan, Jamiely Ann	Freitas, Catherine	Ibrahimovic, Melisa	Lam, Vanda	Maruyama, Yumiko	O'Toole, Chelsea	Tulia, Bernadette	Tulia, Bernadette	Zhao, Hui Xian
Cavallaro, Michael	Frisse, Jeffrey	Ijiri, Kento	Langstaff, Reneann	Massey, Mitch	Oakes, Moanillia	Turgeon, Allison	Turgeon, Allison	Zheng, Allan
Chan, Chi Ian	Fujimoto, Erin	Imanishi, Masako	Lao, Kenny	Matsumura, Kari Ann	Okada, Jefferson	Uddipa, Bradley	Uddipa, Bradley	Zheng, Junning
Chan, Jacqueline	Fujioka, Lena	Inocelda, Darlene	Lao, Kit Ying	Matsunaga, Jon	Okamura, Christopher	Ueki, Theodore	Ueki, Theodore	Zhou, Furong
Chan, Oi Yan	Fujiwara, Sheldon	Inouye, Matthew	Lareau, Erin	Matsushita,	Okazaki, Sayaka	Urata, Michelle	Urata, Michelle	
Chan, Pui Ki	Fukumura, Lori	Inouye, Steven	Laurin, Kim	Raven-Alexandra	Okamoto, Sheri	Uyeda, Melanie	Uyeda, Melanie	
Chan, Richard	Furukawa, Eri	Ishihara, Katy	Lawson, Christine	Mau, Lauren	Okuguchi, Charisse	Vaefaga, Ohana	Vaefaga, Ohana	
Chang, Jordan	Gagliardi, Angelina	Ishikawa, Ayako	Le, Khang	Maxson, Toby	Olivas, Roderick	Valenzuela, Mitchell	Valenzuela, Mitchell	