Coconut island welcomes community
By Matt Tuohy

UH biology major Jamie Wierenga woke up early on Sunday morning to take a unusual tour of which would include deep-sea tuna, sharks, dolphins, corals, sponges and various other forms of sea life. Wierenga was going to the Hawaii Institute of Marine Biology’s Coconut Island.

Coconut Island is located in Kaneohe Bay and is primarily used for conducting research by the institute. Though the only way to reach the island is by boat, the researchers and staff of the island welcome the public to witness the types of animals and research being conducted.

“I think everybody should realize that Coconut Island is apart of our community culture and the resources it has to offer,” said Joe O’Reilly, the coordinator for the community education program of the institute. “The only trouble is, you need to balance [publicly] with the needs of the researchers.”

O’Reilly is a retired psychologist and has been giving tours of Coconut Island for about six years. “This year alone I’ve given tour about every day,” he said.

O’Reilly said that if too many people walking around the island all the time would dilute the quality of the research and disturb the animals.

“I think it is a great experience for people who want to see the hands on, biological aspects of science at UH Manoa,” Wierenga said. “It’s not for families though. It’s more for people with a science background.”

The types of research that take place on the islands vary. A number of aquaria were set up in the hot sun with many breeds of coral in them in a test that simulates global warming. The corals are monitored by researchers on how long it takes for them to heal from the damage done by the heat in the water and then placed in the ocean for further tests and observation.

The research is not limited to marine science. The engineering school set up tests to view the durability of different types of metals. The metals are all fixed with many breeds of coral in them in a test that simulates global warming. The corals are monitored by researchers on how long it takes for them to heal from the damage done by the heat in the water and then placed in the ocean for further tests and observation.

The air in Hawaii just got a little cleaner. But is it going to help or hurt business on the Islands? Some Waikiki bartenders and bar customers had mixed reviews about the smoking ban that went into effect Nov. 16 outlawing smoking pretty much everywhere but in your home.

Kim May, a bartender at Legend’s Sports Pub in Waikiki, said the owner is not throwing away the ashtrays yet.

“People will still come. I mean it’s totally the business there.”

The types of research that take place on the islands vary. A number of aquaria were set up in the hot sun with many breeds of coral in them in a test that simulates global warming. The corals are monitored by researchers on how long it takes for them to heal from the damage done by the heat in the water and then placed in the ocean for further tests and observation.

The research is not limited to marine science. The engineering school set up tests to view the durability of different types of metals. The metals are all fixed

The types of research that take place on the islands vary. A number of aquaria were set up in the hot sun with many breeds of coral in them in a test that simulates global warming. The corals are monitored by researchers on how long it takes for them to heal from the damage done by the heat in the water and then placed in the ocean for further tests and observation.

The research is not limited to marine science. The engineering school set up tests to view the durability of different types of metals. The metals are all fixed

By Léo Azambuja

The air in Hawaii just got a little cleaner. But is it going to help or hurt business on the Islands? Some Waikiki bartenders and bar customers had mixed reviews about the smoking ban that went into effect Nov. 16 outlawing smoking pretty much everywhere but in your home.

Kim May, a bartender at Legend’s Sports Pub in Waikiki, said the owner is not throwing away the ashtrays yet. A similar ban in Texas was overthrown a few months ago, she said.

At Kelley Oneil’s, a bartender who is also a University of Hawaii alumnus who didn’t want to be named, said mostly everyone there is against the ban. Smokers often crowded the popular Waikiki pub. But “when the big brother tells you what to do there is nothing you can do about it,” the bartender said.

Across the street at Moose McGillycuddy’s Pub and I, manager Robert Nelson said he is not too worried about it. He said the ban isn’t going to change a lot of things there. The two-story pub is already a non-smoking establishment downstairs. Customers can smoke in a small section upstairs. “I think the workers are looking forward to this,” Nelson said. “They won’t have to deal with the smoke anymore.”

Speech therapist Elizabeth Stroud was at Legends two nights before the ban enjoying some of her last moments smoking inside a bar in Hawaii. She said the government has no right in telling people not to smoke in bars. She also said it’s silly that smokers have to be 20 feet away from the entrance before lighting a cigarette. Stroud, a Hawaii resident, is looking forward to visit her native state, Virginia, where smoking is still allowed in bars. However, she said she doesn’t agree that people should be allowed to smoke in restaurants. She also said that with this new ban, she will probably try to quit smoking.

Unlike the bartender at Kelley Oneil’s, who said he thinks the ban will hurt their business, May at Legend’s said that the only way it can hurt their business is if other bars don’t comply with the ban. “People will still come,” May said. If anything, the ban might bring in more customers, she said, citing pregnant women. However, May said she doesn’t think the Department of Health has enough manpower to enforce the ban. “The only way they can address the crowd.

By Matt Tuohy

Coconut Island has been the location for movies, Hawaii’s first zoo, the first shots fired in the Pacific portion of World War II and Gilligan’s Island. Now open to the public for tours, visitors view artifacts including a tiger shark jaw while standing next to the institutes shark pen.

By Léo Azambuja

About 200 men took the streets of downtown Honolulu Oct. 19 to protest against domestic violence. The Men’s March Against Violence is an effort by the men to stop domestic violence at its roots: themselves.

Joe Bloom, a teacher at the University of Hawai’i at Manoa, started the march in 1994 because he felt that men needed to be an active part in stopping domestic violence, said Melanie Joseph, marketing director for the event organizer, Catholic Charities Hawai’i.

The crowd gathered at noon by the Queen Lili‘uokalani statue, behind the State Capitol, and marched for 20 minutes to a grassy area on the grounds of Honolulu Hale. There the crowd of mostly men and boys rallied for an hour.

About 50 police officers escorted the peaceful march and stayed alongside the crowd throughout the event. The police even participated in a prayer; and one officer took an event shirt and held it as speakers addressed the crowd.
By LéoAzambuja

When Ruthie Simon first enrolled at Farrington High School her chances of attending college could have been dim. But a federal program designed to help low-income students prepare for college gave her a chance.

Gaining Early Awareness and Readiness for Undergraduate Programs – GEAR UP – and the University of Hawai‘i at Manoa teamed up to more than double college enrollment from Farrington High School.

“Without GEAR UP I wouldn’t have achieved so many things in life,” said Simon, who is currently enrolled at UH Manoa and planning to major in nursing.

But the GEAR UP office at the UH Manoa took the program a step further. Besides seeking to help low-income students, the program sought students with language and cultural barriers. “The program is really about addressing issues of social inequality,” said program director Roderick Labrador.

Farrington High School, a place where cultural diversity bursts in every classroom, struck a partnership with UH Manoa through GEAR UP. The program focuses on a cohort of sixth graders from Kalakaua Middle School until they graduate from Farrington High School. The main goal of the program, according to Labrador, is to see those students enrolling in college.

Farrington is unusual because it is the only school in the nation that offers Ilokano and Samoan as foreign languages, Labrador said.

Some schools in California teach in Tagalog, the basis of the Philippines language. But GEAR UP decided to focus on Ilokano because of the large population of Ilokano speakers in Hawaii, Labrador said.

UHM also teaches Ilokano and Samoan, using the same teachers as Farrington, “but our enrollment at the high school is higher than our enrollment at Manoa,” Labrador said, barely hiding the proud smile. The program was such success at Farrington that the classes filled out so quick that they had to turn down students. There are currently 100 students in the Samoan classes and 200 students in the Ilokano classes.

The classes offered are not just language classes but cover diverse subjects. “It’s a different approach to teaching a foreign language,” Labrador said.

The program’s interim director, Jacinta Galeai, said the classes are electives but fulfill foreign language requirements. But besides credits, the classes are “realy about validating your identities,” she said. “They get to learn about their history, their culture.”

GEAR UP chose Farrington because it is in Kalahihi, which has a huge population of immigrants, Labrador said. So the idea of GEAR UP is to focus on language and culture and use it in a positive way, he said. GEAR UP wants to promote the idea that it is OK for the students to speak Samoan and Ilokano, and still use it in ways that would help them to be successful in school, Labrador said.

At first the bilingual education approach encountered a little skepticism and resistance at UH and at the high school, Labrador said. However, “we have overwhelming support,” said Labrador. The bilingual classes worked out so good that the high school hired the teachers and now offers its own Ilokano and Samoan classes.

The enrollment at UH Manoa from Farrington high school jumped to 35 students this fall from 17 before the program started in 2000. Labrador said that this batch of students was the most decorated in terms of students who met the board of education diploma requirements. One of those students, Bao-Yen Nguyen, received the Gates Millennium Scholarship, Labrador said. “She’s going to Stanford.”

But the program is much more than just teaching classes, because “just tutoring is not going to help those kids; their problems are huge,” Galeai said.

“To help low-income students you got to address the whole package,” said Galeai. “We address the whole family, the whole community.”

Calling it a “one stop shop,” Labrador said the program helps students in several ways, from counseling, advising, study skills and note taking to choosing a college and understanding what the requirements are.

“It’s holistic, it’s the family, it’s the school, it’s the community, it’s the student that we address,” said Galeai.

Simon said that without GEAR UP it would have been much harder for her to attend a college. The staff helped her with basic things from after school tutoring and teaching how to open a bank account to SAT test preparations, personal counseling and filling up financial-aid paperwork, she said.

The GEAR UP staff’s “constant motivation led me to attend a National Youth Leadership Summit at Washington D.C.,” Simon said, “which later helped me enhance my social skills and strengthen my leadership capabilities.”

GEAR UP also teaches students how to give back to the community. Simon put in hours of community service volunteering at Shriner’s Hospital, Hanauma Bay and Lokalo Park.

Labrador said GEAR UP has shown to be one of the most effective education programs in the nation. However, the program came close to a halt this February because of politics.

The program was written into law in 1998 and received its first grant in 1999, during the Clinton administration. “So when the Bush administration came on in 2000,” Labrador said, “GEAR UP was the first education program that was targeted for elimination.”

However, the Department of Education awarded another six-year grant August to GEAR UP. The $18.1 million award was divided between two GEAR UP branches working out of UH Manoa: $5.1 million will support a statewide program, and $2.8 million will help Kalakaua Middle School cohort program. The grant from the cohort program had an increase of almost $1 million compared to the last grant.

Thanks to the National Council for Community and Education Partnerships, which Labrador called a lobbying wing of GEAR UP, the program is “making college not just a dream, but a reality for these low income students.”

Shidler College of Business honors three community members

By Ku‘ulei Kato

The Shidler College of Business at the University of Hawai‘i inducted two alumni and for the first time a non-alumni business professional to the Hall of Honor. Alumni Walter Dods, Jr. and Jay Shidler along with David Heenan were acknowledged.

The event, said coordinator Marvin Miyoshi, is an opportunity for the college to pay tribute to outstanding alumni and business professionals. They are recognized for their achievements and contributions to the growth and education of Hawaii’s business community. Of the business leaders honored, each displays a diverse history of leadership in Hawaii; Shidler for founding and managing The Shidler Group, a commercial real estate and financial company and for the donation of $25 million to the college; Dods as the current chairman of the board for First Hawaiian Bank; and Heenan as trustee of the James Campbell Estate.

From looking at the accomplishments of the Hall of Honor inductees, UH President David McClain said he hopes to see gains for everyone. “The world has taken notice of the recent developments of the college and the university,” he said. “The University of Hawaii is getting a new look and a new level of respect from business leaders, from our alumni and from the leaders of the civil Japanese foundations.”

Dean Vance Roley also noted some adjustments at the school, “The College has been undergoing some re-

See Business, Page 10

Photo courtesy of GEAR UP staff

GEAR UP made college possible for students at Farrington High School. The program also helped students build teamwork and leadership skills.

Labrador

Galeai

Photo by Ku‘ulei Kato

Front row from left to right: David Heenan with wife Nery Heenan, Walter “Trippy” Dods standing in for his father Walter A. Dods, Jr., and Wallelite and Jay Shidler. Back row from left to right: Mayor Mufi Hannemann, Dean V. Vance Roley, and UH President David McClain.
Renovations for a bigger, newer and more expensive campus center are currently in the works at UH Manoa, but student fees will more than double.

Additions to the current facilities include a fitness center that will be bigger than the one located below the Stan Sheriff Center, additional offices and a new ballroom, said Campus Center Board President Sarah Yap. Funding for the renovations will be paid for by revenue bonds and general obligation bonds from the state Legislature and student fees. But the Campus Center board has been exploring other ways of financing the project through private donors and student fees. However, student fees are still expected to more than double the current $66.

In the 1970’s, revenue bonds worth $4 million were used to build the existing campus center. “They work like a mortgage when you buy a house,” Yap said. The original revenue bonds were almost paid off by the revenue generated at the campus center from fees for leisure center activities, leasing space to vendors, food vendor contracts and student fees. The general obligation bonds are money from the government that do not need to be paid back, Yap said.

Burke said renovations have been on the minds of campus center board members for five years because of the increase of students from the 1970s. According to surveys conducted at campus center events, the student population has a positive outlook on the project.

The renovation project originated in 2001 when the campus center board drew up plans for fixing and expanding the building. The board then began revamping the old plans to reflect today’s student populations. After some focus groups and public hearings the idea of a fitness center came in, said Burke. There have been no mass e-mails or attempts outside the campus center to get feedback or notify the UH Manoa community.

“Certainly we can do more,” said Yap. There is more we can do with constituency day, flyers and Mixed Movie Miniature nights.

Student response

Since the decision was made to renovate the campus center, the board has been trying to get as much feedback as necessary from the UH community. Three public hearings have been held as well as the surveys taken at the campus center events.

The board gave a survey of seven questions to 194 students in Fall 2005 from. One question showed 36 strongly agreed and 121 students agreed that the campus center was fine as it is, while 32 disagreed and five strongly disagreed. Another question asked whether the campus center needed minimal renovations or remodeling: 42 students strongly agreed, 106 agreed, 38 disagreed and eight strongly disagreed. And even more students thought the campus center needed extensive renovations with 50 strongly agreeing, 69 agreeing, 74 disagreeing and one strongly disagreeing.

Although the results the board have been getting are positive, there are still mixed reactions for the planned renovations and the possibility of a student fee increase.

Some students would not mind paying a higher fee. “I pay a lot per semester, so a $100 isn’t a big deal,” said junior Warren Anderson. “A bigger fitness center would be nice. I’d pay for it.”

Others students would rather not pay. “No, it’s fine the way it is,” senior Shelby Kunimura said. “We don’t need a bigger tuition. It’s already going up.”

Others knew about the possibility of a new fitness center and were shocked later to find out that the student fees might be increased with the renovations. “I signed the petition,” said senior Blake Peckham. “But they didn’t tell me that student fees would go up.”

“That is not common practice,” said Yap. The campus center board tries to make this process as public as possible so that all the information is available. “The information for the student fee raise was on the bottom of the petition.”

The board is still circulating surveys and petitions at campus center events and booths. One petition is located at the fitness center inside the Stan Sheriff Center.

The University of Hawaii at Manoa may seem like the obvious place to have energy efficient buildings but there aren’t any that meet the criteria.

The East-West Center sponsored the Chancellor’s Energy Summit on Oct. 24 to discuss the efforts UH would make to meet the criteria for energy efficient buildings and to become more environmentally conscious. The summit set a timetable for reducing greenhouse gas emissions and an overall decrease in energy use. The university is aiming for a 30 percent energy reduction by 2012 and a 50 percent reduction by 2015. “It’s the first time there have actually been goals set,” said Prof. Stephen Meder, who is the director of the Center for Smart Building and Community Design at UH.

The center is supported by the Sea Grant College program and carries out research and activities for protecting coastal communities with funding from the National Oceanic and Atmospheric Administration.

Meder writes standards for energy efficiency, and he says the fact that Hawai‘i pays the highest electricity rates in the country is a good reason to increase energy efficiency. He sees UH as the “intellectual epicenter of the community,” and in a unique position have examples in the use of energy efficient building materials and design.

“We are going to be leaders in this field,” he said, offering the example of a four-person dorm recently retrofitted with Energy Star lighting and equipment.

Energy Star applies to building and household products meeting strict energy efficiency guidelines set by the EPA and U.S. Department of Energy.

The dorm was not the first example of energy savvy technology at UH. In 1976 Jim Pearson built the energy house. It was the state’s first example of self-reliance and boasted the state’s first solar water heater, a windmill to create electricity and its own garden. “It was an attempt to show the future of UH buildings.”

Leadership in Energy and Environmental Design, or LEED’s, is the Green Building Rating System. It is the nationally accepted standard for the design, construction, and operation of green buildings. Ratings under LEED’s are bronze, silver, gold and platinum.

Maynard, Young who manages all new facilities’ planning and design at UH, says their goal has been to incorporate the LEED’s ratings. Now mandated for all state projects, the silver rating means buildings will incorporate energy efficiency and recyclable materials in the building structure as well as ensure clean air and the use of safe materials such as non-toxic paints.

Buildings currently aiming to meet the silver rating include; Frear Hall, the new renovation at the William S. Richardson School of Law, Saunders College of Education and the new KCC culinary building.

Students of the university are also involved in energy efficiency projects. After the chancellor’s summit a plan was devised to have graduate students from the school of architecture read the electric meters belonging to UH and for Ph.D. students to participate in sustainable design workshops.

A curriculum is also being developed by Mary Tiles, a professor and chair of the philosophy department at UH, to begin teaching the concepts of green design to students.
“Every animal you see out here are an environment,” said Scharfenstien. “As a person, you might be a cat person and might be a bird person and the next coming here and choosing the type of animal to view the animals and spend some time with. The Hawaiian Humane Society may not be the first place that comes to mind when you think of relations at the Hawaiian Humane Society, it is really a matter of finding the perfect fit. We would definitely suggest coming here and choosing the type of pet you want to adopt because you might be a bird person and the next person might be a cat person and definitely thinking about it is your environment.”

**Virtual reality “real”**

To create Tekken Torture Tournament, Stern hired top into the world’s once most popular PlayStation fighting game, Tekken3. The players wear arm straps wired to the game through software. When the players get hit on the screen – zap! – they receive a “non-lethal,” but “quite painful” electric shock, Stern said.

**Mixed-media artist**

Stern uses many methods of work:
- Kinetic sculptures – ones with moving parts – embedded with computer games and video elements;
- Computer games, which sometimes he designs collaboratively;
- Linear videos using samples from computer games, like a collage.

Stern’s early works were “critical of mainstream media,” often involving hacking or modifying popular video games to create his own artwork. “Recently I’m … more interested in actually creating games that can sort of enter the world of gaming,” Stern said. That way he would be able to reach more people other than just those connected with the “art world,” he said. Stern said the gaming industry doesn’t have an independent production, like the Hollywood film industry does. But Stern is intent on fostering and contributing to an independent gaming industry by creating unusual games.

**Games for adults too**

“A lot of people say games are for children; games can’t really deal with serious issues,” Stern said. Yet, statistics from the gaming industry put the average gamer today at 29 1/2 years old and soon to be over 30, he said. “And games are touching on very serious issues like war and politics,” he said, “but without really taking the serious issues like war and politics,” he said. But Stern is intent on fostering and contributing to an independent gaming industry by creating unusual games.

**Animal Essentials**

Of all the things you can do for your pet said name, microchipping and sterilization is at the top. “It’s a very easy process and we can end homelessness that way,” said Scharfenstien. “The Hawaiian Humane Society maintains the state’s microchipping database and is also the first thing relied upon when pets and pet owners are separated.”

With the holidays around the corner, a classic gift idea is giving a pet. “We have seen gifts of animals and it not something that we necessarily encourage.”

Many opportunities are available for pet-less people.

<table>
<thead>
<tr>
<th>Photo by Léo Azambuja</th>
<th>Photo by Kuulei Kato</th>
</tr>
</thead>
<tbody>
<tr>
<td>Castle Paladin is kinetic sculpture that plays the video game “America’s Army,” entirely by itself.</td>
<td>Many dogs and cats crowd the humain societal kennels waiting for people to come and adopt them.</td>
</tr>
</tbody>
</table>
December 10, 2006, 11:00 a.m.

I punch in my security code and am allowed to enter into the teleconference – there go my illusions of control. Burroughs and Murphy are in San Francisco and it’s a one-way conversation. The colleagues across the country can press 0 to ask a question. Throughout the conference I do this repeatedly, much to the chagrin of the operators running the conference. I get through once.

11:06 like, wow, a celebrity!

It’s unclear if many of the student reporters are participating to ask meaningful questions, or if they simply want to expose their love for Burroughs and Murphy, and possibly be invited to their next project. One student from the Detroit area immediately hogs the line and precedes to go off on a sycophantic tirade toward Burroughs and Murphy: “Your book is very brave, Nip/Tuck is one of my favorite shows,” for which he receives a “you’re sweet, thanks” from Murphy, but no invite. Another student reporter says “like, um” more times than a 16-year-old valley girl at the mall. Then apologizes for saying “Mark Murphy” because he’s trying to be “like, professional.” At this point the listen-but-can’t-speak aspect of the conversation saves me from verbally abusing the reporter before a national audience.

11:08 you can’t run

Finally an intelligent question leads Burroughs to talk about his writing: “I changed my name to pretend it never happened.” He was born Christopher Robison. “You can’t outrun your past,” He says he was, “allowing that past to influence your every way to ruin your life, and this led him to write the book. “Writing is the way I deal with my emotions,” he adds.

This would be a perfect opening for my follow-up, non-complementary question.

The Wikipedia.com information I had found on Burroughs, read that he had adopted his foster family’s name and the family was currently suing him for defamation. The information seems strange, and since Wikipedia.com can be edited by anyone, I wanted to see if there was any truth to this. But I’m at the will of the AT&T operator, and I don’t think he really cares.

11:15 beaten to the punch

I’m crossing off most of the questions I’ve written down being asked by other reporters. I’m also wondering why the class outside the office I’m in is watching “Adaptation” with English subtitles. They’re not deaf – or foreign. I pretend to laugh. The operator asks if I have a follow-up question. “I can ask follow-up questions?” Wish I would have known that sooner. I concede that I do not, and he assures me I’m coming up.

11:20 honesty vs nature

Joseph Fiennes performance of the man who sexually molestes Burroughs as a young man is being described as “chilling” and “spot on,” and I have to tense my muscles and watch a funny seen from “Adaptation,” but I’m not laughing. I’m wondering what must be see a portrayal of you being sexually molested on a movie screen. It must take someone at peace with himself. Burroughs’ candor has me thinking about reading his book. A candid memoir is a rarity. Most people try to somehow make themselves look good while feigning some bit of true honesty.

11:22 courage

“I would never want pity. I don’t regret anything that ever happened to me,” says Burroughs. It’s a bold statement. If even half of what Burroughs has written down is true, then describing him as

“How to stay in shape during the holiday seasons

By Sarah Pacheco

"Christmas is coming; the goose is getting fat." While the cooler holiday weather makes most people yearn for warm, gooey treats, you need not be the “fat goose” this year.

Shortening days and increased workloads only add to the feeling that the holidays are sneaking up on you - and into your stomach.

“Snacking during the holidays is a problem,” says Matthew Martin, an English major at the University of Hawaii at Manoa. “There’s candy and cookies everywhere, then there are parties and the major meals at Thanksgiving and Christmas. It seems almost impossible not to gain a lot of weight.”

Janell Petalver, fitness manager at the Hawaii’s Kai 24 Hour Fitness, says the main causes of holiday weight gain are increased eating and decreased physical activity.

“I think it could be psychological as well,” Petalver says. “It’s a time when everyone already knows. “I’m gonna eat a lot, anyway,” so everyone already has that kind of mindset.”

UH student Thipphavong agrees that festivities can sabotage a healthy diet.

“It’s the drinking that does it,” he says. “People drink when they get together, after eating all that rich food. Then they become sleepy and sleep it off. Bad habits of eating and drinking are the worst.”

Dr. Joannie Dobbs, a consultant nutritionist at UH, warns that “alcohol has a lot more calories than people think. The minute you have one drink, your inhibitions are down and you have four or five more drinks. Then the calories add up.”

Combined with the typical snack items that are in stock around the holidays, alcohol is an often-overlooked diet villain.

“The perfect way to put fat on is mixing alcohol and carbohydrates,” Dobbs says. “Beer and chips, you might as well not eat it and put it on your hips, since that’s where it goes. Metabolically, it’s the perfect combination to put on weight.”

In the article “Before you eat another cookie, consider this,” Dobbs and fellow UH nutritionist Alan Titchenal explain how easy it is to gain five to 15 pounds during the holiday season.

These cans not only hold tasty holiday foods; they are also dambells in disguise.

• 370 potato chips (1 1/2 cups)
• 245 Wheat Thins crackers
• 36 potato chips (2 1/2 cups)
• 23 cups of fruit punch
• 2 cups of eggnog (8 cups with alcohol)
• 10 cups of eggnog (8 cups with alcohol)
• 1,050 plain M&Ms (355 peanut)
• 330 potato chips (1 1/2 cups)
• 4 cups of eggnog (2 cups with alcohol)

IF you think “No way, I’m not going to eat 23 pieces of fruit cake or 330 potato chips all at once,” these two nutrition experts break down the list into something more probable.

For example, eating a can of adult“ the holidays can lead to a tighter belt. However, there are ways to enjoy those tasty treats and to fit into your jeans come Jan. 1, 2007. Just a cup of egg nog each day would add about 3 1/2 pounds of fat, they say.

The anticipation of overeating just because it’s the holidays can lead to a tighter belt. However, there are ways to enjoy those tasty treats and to fit into your jeans come Jan. 1, 2007. Just a cup of egg nog each day would add about 3 1/2 pounds of fat, they say.

“The key to success is cutting anything out of your eating habits during the holiday season. I just plan on eating certain foods in moderation.”

Most health clubs, like 24 Hour Fitness, see an increase in exercisers after New Year’s. However, there is a noticeable drop in club-goers starting around October.

“If they’ve started beforehand, it’s hard for them to continue during the holiday season because they get busy entertaining with family and friends,” Petalver explains. By keeping activity levels up and working out, a person does not need to feel as stuffed as the Thanksgiving turkey.

According to the article, in order to burn off one pound of body fat, a 155-pound person would need to:

• Walk 42 miles
• Jog 31 miles
• Paddle a canoe 8 1/2 hours
• Swim 9 miles
There is a surfboard that is nearly unbreakable. It would probably have to be surfed into a wall to even ding it. There is a brush thinner than a human hair. So small in can clean particles out of water, and enter the smallest blood vessel. There is a material that can protect from electromagnetic interference and absorb a lightning strike. A material 10 times lighter than steel yet 250 times stronger.

They are all made of nanomaterials, composites of existing materials mixed with carbon nanotubes. A nano is equal to one-billionth of a meter, and materials made with these tiny carbon-based tubes are now the strongest material known to man.

The nanotubes have little to no defects. In addition to strength they have thermal and electrical conductive properties, including improvement of fuel-cell efficiency.

Go nano

“Everyone’s going nano,” said University of Hawai‘i at Manoa PhD candidate Davood Askari. “It’s changing everything.” He is not alone in his belief. The National Science Foundation estimates that alone in his belief. The National Science Foundation estimates that by 2015, the world will need two million nanotechnology workers, one million of those in the United States.

Evaluating that potential U.S. workforce is one of the reasons Prof. Mehrdad Nejhad developed and became the director of the Hawai‘i Nanotechnology Laboratory (HNL) at UH in 2003. A full-professor in the Department of Mechanical Engineering, Nejhad has been at the university since 1992, and at the
temperatures would cause the Green-land ice sheet to gradually melt, and a rise in sea levels by several meters. To give it local impact he remarks: “Who would the world want to come here anymore?” “They would want to go to Alaska and Siberia.”

The problem, says Hamilton, is models showing different warnings. When asked if these variances can be used to argue against global warming, he adds that while there may be differences in the level of warming, there is “no model that shows no warming.” It is from these models that meteorologists decide how to respond.

He says that while meteorologists can make recommendations to help decrease the effects of global warming, there is a “big danger” in taking any extreme political stance: “Society needs our most dispassionate assessments of scientific issues. Our biggest asset is to mind when the words “upside-down” and “animal” are used in the same sentence. Another creature can come to mind with the words “upside-down jellyfish.”

The usual method of making a larger object and then gradually trying to reduce its size does not apply. “The top down approach doesn’t work,” says Nejhad, “We start from the bottom, then to the top.”

Nanotubes are created in a high-temperature furnace with a controlled environment, using chemical vapor deposition. Carbon heavy gas such as xylene is pushed into the furnace and the nanotubes begin to form atom-by-atom.

The tubes are limited to the shapes they can take because of the atomic helixes of the molecules lay down. Once the tubes are built they are combined with an existing material.

Go nano

“Everyone’s going nano,” said University of Hawai‘i at Manoa PhD candidate Davood Askari. “It’s changing everything.” He is not alone in his belief. The National Science Foundation estimates that by 2015, the world will need two million nanotechnology workers, one million of those in the United States.

Evaluating that potential U.S. workforce is one of the reasons Prof. Mehrdad Nejhad developed and became the director of the Hawai‘i Nanotechnology Laboratory (HNL) at UH in 2003. A full-professor in the Department of Mechanical Engineering, Nejhad has been at the university since 1992, and at the

The surfboard’s nano-resin is the creation of Dr. Nejhad and Veedu, who is now senior nanotechnology engineer for the Honolulu-based Oceanit Comp. They wanted to make a nanoproject that enticed the local community.

Oceanit mechanical engineer Ian Wasmich shared the board using the normal foam core and covering it with fiberglass cloth, while Nejhad and Veedu developed the nano-resin using nanotechnology. “We basically incorporated particles, for example, titanium,” Najhad said.

UH meteorology department sets sights on climate change

By Paul Kolbe

The University of Hawai‘i Department of Meteorology celebrated its 50th Anniversary this past Sept. 11, but rather than celebrate, personnel from the department focused on a problem affecting Hawai‘i and the world — global warming.

Professor Kevin Hamilton, the Meteorology Department chair, sits in safari shorts and a polo shirt and surrounded by art posters from the National Gallery. He talks about the role UH meteorology plays in assessing global warming.

He says the main job of meteorologists, in relation to global warming, is to use computer models to determine the effect increases in CO2 and other long-lived gases — gases that determine the effect increases in CO2, and there is a “big danger” in taking any extreme political stance: “Society needs our most dispassionate assessments of scientific issues. Our biggest asset is

The end result was a board stronger than an epoxy surfboard, with a 100 percent increase in ding resistance; a 300 percent increase in impact resistance, and a 10 percent drop in stiffness. This means a stronger and more flexible board for a resin that Nejhad says may cost just 30 percent more than the standard resin.

How they’re built

Since nanotubes use atomic elements as their basic building blocks, they are fabricated atom-by-atom, meaning a bottom-up approach is required to manufacture nanomaterials, nanostructures, and nanodevices.

The usual method of making a larger object and then gradually trying to reduce its size does not apply. “The top-down approach doesn’t work,” says Nejhad, “We start from the bottom, then to the top.”

Nanotubes are created in a high-temperature furnace with a controlled environment, using chemical vapor deposition. Carbon heavy gas such as xylene is pushed into the furnace and the nanotubes begin to form atom-by-atom.

The tubes are limited to the shapes they can take because of the atomic helixes of the molecules lay down. Once the tubes are built they are combined with an existing material.

See Nano next page

Move like a jellyfish

By Sarah Pacheco

Bats, opossum and sloths come to mind when the words “upside-down” and “animal” are used in the same sentence. Another creature can come to mind with the words “upside-down jellyfish.”

Kaneshiro works and conducts research at the Hawai‘i Institute of Marine Biology on Coconut Island in Kane‘ohe. There she raises jellyfish to study their life stages.

Beginning from the polyp stage, all jellyfish species are upside down. They are anchored to the ground (or coral, rocks, even bottoms of ships) and resemble sea anemones. The jellyfish go into a second development stage where they begin to pulsate and grow. Then the jellyfish break off from their tethers to become ephyrae juvenile jellyfish. Usually the jellyfish will right themselves during this time so that the tentacles hang down.

Jellyfish continue to grow until the medusa stage, and sexual maturity, is reached.

The growth cycle of the Cassiopea pegleri differs slightly. Zooanthellae, a type of alga, must be added to the upside-down jellyfish during the first life-stage in order for the jellyfish to complete all lifestages.

“The upside-down jellyfish needs this symbiotic alga to go through the whole cycle,” Kaneshiro explains. “Without it, the jellyfish basically stays a polyp and produces more polyps.”

See Jellyfish next page
to Nanoform the nano-composite. They are then compared to properties without nanotechnology. “They are normally always stronger,” says Davood, who says the key is to add just the right amount of nanotubes to the composite. “If you put too much, they will get bundled and behave like a defect,” adds Nejhad. “It will deteriorate the product.” Finding the right amount is done in the not-so-cutting edge manner of trial and error.

Meeting of minds at UH

Although many of the materials incorporating nanotechnology are still in the research phase, “there’s a lot of promise that it will transfer into products,” said Rodney Ruoff, director of the nanoeengineering department at Northwestern University in Illinois.

Ruoff was recently in Honolulu to attend a three-day conference at the East-West Center about the use of nanotechnology in composite materials.

The conference had previously been held at MIT, Stanford and U.C. Berkeley. This year, the UH Nanotech Institute won the right to hold the conference in Hawai‘i because of the accomplishments of the department.

Sponsored by the American Society of Mechanical Engineers (ASME) and organized by the UH Hawaii Nanotechnology Laboratory and the Oceanit Comp., the 2006 ASME Multifunctional Nanocomposites International Conference attracted scientists from around the world, including the knighted Sir Harold Kroto, the Nobel Prize winner for chemistry in 1996.

He and his team discovered “Buckminsterfullerene,” or molecules composed of carbon atoms, and commonly referred to as “buckyballs,” the foundation of nanotechnology.

The director of ASME in New York City, Raj Manchada, said the conference was about, “transferring knowledge, building relationships and building a network.”

Manchada wanted to make a difference locally by connecting promising, young scientists in Hawai‘i with older and prominent professionals.

“These are the kind of people you read about,” said Sarah Fong, a fourth year mechanical engineering student at UH.

Fong, who is also the student section chair for ASME, described the conference as world class and one of the most educational she’s attended.

She is now strongly considering pursuing a career in nanotechnology.

“Nanotechnology is something that’s going to change the world very soon,” Fong said.

Jellyfish

Continued from page 6

-yyps. It’s the same thing that’s found in coral and giant clams. When animals photosynthesize, the algae gives the animals energy – a reason why giant clams get so big.

Shortly after breaking off from the polyp stage, the upside-down jellyfish does swim like a regular jellyfish. But once it grows to about the size of a dime, it flips back over and resumes its upside-down orientation.

Kaneshiro says, “A lot of people think that Cassiopea, the upside-down jellyfish, ages upside down so that they can photosynthesize better, so they will have more surface area to photosynthesize and to harvest energy.” However, she adds there are numerous other species of jellyfish that contain algae in their bodies (like Cassiopea) but live right side up.

Kaneshiro looks at the rhopalium, the gravity sensory structures of jellyfish, in the first stage of her research. “I’m looking at how they sense gravity,” she says. “If they have a different way of sensing gravity or if their actual balance structures are different from other swimming jellyfish that have zooxanthellae.”

The answer to her question is still in development. Her Cassiopea are still attached to their polyps – their sensory structures are like that of any other jellyfish. But she has done microscope work to view the gravity structures.

Kaneshiro describes the gravity structures as “really pretty and fun to look at. It looks like the jellyfish is wearing diamond studs all around the bell. There are actually crystals inside. The crystals are made out of a type of calcium and they actually shine in the microscope.”

Kaneshiro’s studies at UH emphasize ecology, evolution, and conservation biology. Her focus is on jellyfish and other related marine life such as corals and sea anemones. She will receive her master’s degree in zoology in Spring 2007.

Kaneshiro says she hopes to obtain a doctorate in marine biology and to teach Hawai‘i’s children: “I feel it’s really important for local kids to have a professor in the sciences, especially in marine biology because we’re surrounded by the ocean. I want to be a local example of if you’re interested in science, you can get there. Don’t let anything hold you back.”
Features

UH Designers Show at Expo

By Sarah Pacheco

As sweet smells of ginger, jasmine and cinnamon laced through the crowd at Neil S. Bliedell Center Exhibition Hall, women and girls of all ages—with some brave men in tow—sweated through over 200 bright yellow booths to see the newest innovations in women’s health and style.

For a number of students from University of Hawai’i at Manoa, the 4th Annual Hawai’i Woman Expo was the place to showcase their budding fashion designs. The two-day event marked the third year that the UH Apparel Product Design and Merchandising program participated in the expo.

“It’s good exposure for them,” said Carol D’Angelo, acting curator and a professor in the program.

From the classroom to the runway

Over 100 volunteers got together on Nov. 30th to help clean up the banks of the Manoa Stream adjacent to Kaimuki High School, the Ala Wai Watershed Association’s stream, together with the Makiki and the Palolo streams.

“Any vehicle can cause pollution of the water system,” D’Angelo said. “Some people put a lot of money into making outfits, and if someone wants to buy them, I liked the variety of the show. I would wear some things and others I would give as gifts.”

However, not all designs gained positive feedback. “I saw a lot of trends currently in stores reflected in some outfits on the runway,” Makana Shook, a student at Hawai’i Pacific University, commented. “It looked like the same pieces I can find at a mainstream fashion company. For that reason, those specific pieces weren’t that impressive to me.”

D’Angelo stated: “Anyone who wants to make clothes and anyone who wants to make handcrafted items can participate.” However, designer hopefuls are not the only ones who work at such events. Some students volunteer as show announcers, models, dressers, sellers, and booth assemblers.

The next show put on by the Apparel Product Design and Merchandising program will be the senior fashion show in spring 2007. For more information on the undergraduate program or the fashion show, see “What is APDM?”

Students and models get a round of applause after the fashion show.

Reactions to the Fashions

The fashions shown on stage drew a standing crowd of both expo goers and sellers.

“At a production like this, the students get feedback already to how they’re doing,” said a woman, who asked to remain anonymous. “For me, I liked the variety of the show. I would wear some things and others I would give as gifts.”

“I saw a lot of trends currently in stores reflected in some outfits on the runway,” Makana Shook, a student at Hawai’i Pacific University, commented. “It looked like the same pieces I can find at a mainstream fashion company. For that reason, those specific pieces weren’t that impressive to me.”

Behind the Scenes

D’Angelo stated: “Anyone who wants to make clothes and anyone who wants to make handcrafted items can participate.” However, designer hopefuls are not the only ones who work at such events. Some students volunteer as show announcers, models, dressers, sellers, and booth assemblers.

The next show put on by the Apparel Product Design and Merchandising program will be the senior fashion show in spring 2007. For more information on the undergraduate program or the fashion show, see “What is APDM?”

Manoa Stream gets a facelift

By Léo Azambuja

Over 100 volunteers got together on Nov. 30th to help clean up the banks of the Manoa Stream adjacent to Kaimuki High School, pulling invasive plants growing on the stone-facing structure alongside the stream.

The daylong cleanup was a joint effort by the AmeriCorps, under the Hawai’i Commission for National and Community Service, Kaimuki High School and the Ala Wai Watershed Association.

“‘It’s a camaraderie of all the (volunteer) programs getting together as well as all the people in the community,’” AmeriCorps senior program officer Gerry Yahata said. “It’s truly what America should be.”

University of Hawai’i environmental studies major Julia Perish said that cleaning up the Manoa Stream is an important step to help rid the Ala Wai Canal of pollution. The stream, together with the Mākīki and the Palolo streams, is one of the three major tributaries of the canal. Purification was running up and down the banks, carrying weeds and branches all day.

See Stream pg. 10

What is APDM?

The Apparel Design and Merchandising (APDM) program at the University of Hawai’i at Manoa is an undergraduate program in the College of Tropical Agriculture and Human Resources. The mission of the program is “to prepare students with the knowledge and skills needed for career positions in apparel and fashion-related industries,” according to the program’s flyer.

Students use “cutting edge technology” to learn fashion illustration as well as to produce professional presentations. They learn to “plan, develop, and merchandise apparel product lines and to evaluate (the product’s) quality” from professors who have experience in the retail, apparel and interior design, and textile science industries.

Social aspects of the fashion industry are taught in addition to designing and making clothes. Such topics include the role dress and fashion play in society, and what impact global production and distribution of apparel make.

Graduates go on to careers as fashion buyers for major department stores, fashion trend forecasters, costume curators at historical agencies or museums, and fashion designers. Because the fashion field is ever-changing, new careers and opportunities continuously develop.

More information on the program can be found at:

• www.ctahr.hawaii.edu/fcs/, the homepage for the Department of Family and Consumer Sciences.

• www.ctahr.hawaii.edu/acad/, the homepage for the College of Tropical Agriculture and Human Resources.

Or contact:

• Apparel Product Design and Merchandising Program
  Department of Family and Consumer Sciences
  2515 Campus Road, Miller Hall
  Honolulu, HI 96822 USA
  (808) 956-8133; fce@ctahr.hawaii.edu

• Allene Chun, Adviser
  Office of Academic and Student Affairs
  College of Tropical Agriculture and Human Resources
  University of Hawai’i at Manoa
  3050 Maile Way, Gilmore Hall 210
  Honolulu, HI 96822 USA
  (808) 956-8183; (808) 956-6997; acadaff@ctahr.hawaii.edu

One of the many outfits created by UH students.

D’Angelo creates a mock promotional assignment for students in her fashion promotion class. At the beginning of the school semester, students think of a product they could sell at the expo. They then manufacture and present their final product after thorough research.

“It’s totally voluntary,” D’Angelo said, adding that most times clothes designers need to be recruited. Those who choose to be a part of the event start preparing months in advance.

End of Text
UH student Julia Perish was there to prove her "passion to help the environment," she said.

Yahata said the AWWA main efforts are to take care of all the streams that feed into the Ala Wai Canal. He said he dreams about the day when the canal will be clean again, although he is skeptical about it happening in our lifetime. "When I was growing up," he remembered with nostalgia, "you could swim in the Ala Wai (Canal)."

The stream bank alongside Kaimuki High School was left unattended for years because it was assumed that the state was supposed to maintain it, Yahata said. However, stream banks adjacent to private properties are the landowners' responsibility, he said.

Yahata said that the AWWA consulted with the City and County of Honolulu to ensure proper procedure. There were no engineers or biologists on site, but a horticulturist was there to make sure they weren't pulling out any native plant species, he said.

Karen Ah Mai, AWWA executive director, said that just five months ago the stream banks were taken over by solid brush, Bougainvillea, castor bean and other "pokey things" covered an area 25 feet wide and 5 feet tall alongside the stream bank, she said. Castor bean is a fast-growing invasive species that can reach 10 to 12 feet in height and has gigantic leaves. "We couldn't get volunteers to come in," Ah Mai said.

The AWWA has since hired a contractor who used power equipment to clean it up; making it possible for the volunteers to pull invasive species by hand, Ah Mai said. Speaking passionately about the Manoa Stream, she said, Castor bean is a fast-growing invasive species that can reach 10 to 12 feet in height and has gigantic leaves. "We couldn't get volunteers to come in," Ah Mai said.

The AWWA has since hired a contractor who used power equipment to clean it up; making it possible for the volunteers to pull invasive species by hand, Ah Mai said. Speaking passionately about the Manoa Stream, she said, Castor bean is a fast-growing invasive species that can reach 10 to 12 feet in height and has gigantic leaves. "We couldn't get volunteers to come in," Ah Mai said.

The AWWA has since hired a contractor who used power equipment to clean it up; making it possible for the volunteers to pull invasive species by hand, Ah Mai said. Speaking passionately about the Manoa Stream, she said, Castor bean is a fast-growing invasive species that can reach 10 to 12 feet in height and has gigantic leaves. "We couldn't get volunteers to come in," Ah Mai said.

The AWWA has since hired a contractor who used power equipment to clean it up; making it possible for the volunteers to pull invasive species by hand, Ah Mai said. Speaking passionately about the Manoa Stream, she said, Castor bean is a fast-growing invasive species that can reach 10 to 12 feet in height and has gigantic leaves. "We couldn't get volunteers to come in," Ah Mai said.

The AWWA has since hired a contractor who used power equipment to clean it up; making it possible for the volunteers to pull invasive species by hand, Ah Mai said. Speaking passionately about the Manoa Stream, she said, Castor bean is a fast-growing invasive species that can reach 10 to 12 feet in height and has gigantic leaves. "We couldn't get volunteers to come in," Ah Mai said.
**Coconut**

Continued from page 1

Photo By Matt Tuthay

to a table, and left out in the elements for a certain amount of time.

### History of the island

According to O’Reilly, the island has been a major part in Hawaii’s modern history since former owner Christian Holms, of Hawaiian Tuna Packers now known as Coral Tuna, purchased it in the 1930’s. The island has been the location for movies, Hawaii’s first zoo, the first shots fired in the Pacific portion of World War II and Gilligan’s Island.

According to the institute’s website, the state was making plans to purchase the island when Japanese real estate developer Katsuhiro Kawaguchi, made a surprise bid of $8.5 million in cash and bought the island.

The website also says the state was able to purchase the island in 1996 when the Pauley family, former owner after Holms and before Kawaguchi, gave the institute $2 million to purchase the private portion of the island. The Pauley family also gave a $7.6 million dollar grant to build a marine laboratory.

### Celebrity: What it takes to get the story during a phone conference; waiting, wondering and pething

Continued from page 5

“brave” is something I’m beginning to feel as well. He seems very self-aware of humanity, and the blurred lines of good and bad. He and Murphy talk of how none of the characters were to be portrayed as villains, either in the book or in the movie. I don’t know if he’s actually forgiven all those who put him through those experiences, but he’s certainly come to terms with the experiences. His explanation of the title reaffirms my theory. “Just a sense of running with scissors is free: there’s something very free about that, and then there’s danger, disobedience.”

11:32 how do I love thee?

More compliments. I don’t remember ass-kissing being a topic in any of my classes, but I’m sure some journalistic code is being broken. Still I begin to realize why a casting as impressive as the one assembled is attracted to the script. It seems to be something like “American Beauty,” only with more drugs and during the 70’s. Annette Bening, also from American Beauty, plays his mother. Others include: Gwyneth Paltrows, Brian Cox, Alec Baldwin and newcomer Joseph Cross as Burroughs. It may not work at all in a movie, but the cast alone makes me want to see it.

“Hollywood says he was attracted to the book because he could identify with certain elements of the story: The 70’s setting, being sexually molested and struggling with emerging homosexuality. The apparently graphic sex in the novel has been toned down for the film. Something Murphy says was done, partially, to achieve an R rating. But I think both he and Burroughs know the American public is uncomfortable enough with two men kissing. A man molesting a minor onscreen spells straight to DVD.

11:35 time to go!

The urge to relieve myself is now taking over. I weigh the odds of running to the bathroom against my name being called to ask a question, and decide they are not in my favor. I look at my empty coffee mug. I know what has to be done.

11:36 foodchain

I’m zipping up and the batteries in my recorder are dying. Perfect timing! I put in new batteries as the next reporter asks to be the last to ask a question. Bad move! She forgets her status as a college reporter and never gets her chance.

11:38 my 15 minutes

My name is finally called and I’m thinking with a clear bladder. With an aloha, stealthily concealed to show my unique brand of ass kissing from the others, I ask Burroughs if it’s true that his name was adopted from the family which put him through hell as it read on wikipedia.com, and if he currently had contact with his adopted family and his biological family? “No,” he says. (Damn that wikipedia) “Augusten Burroughs I made up when I was 18. That’s completely made up. When I left the family I lived for good.

My mother and I don’t have a relationship either, we’re estranged. My brother and I are close, and my father and I we did closer in the later years, but he died about a year and a half ago.”

Before I go in for the kill, and ask him his adopted family was truly suing him, I inform him of the misinformation about his name on wikipedia.com. He thanks me, and the operator moves on to the next question.

11:41 interview roadkill

The interview and I’m no closer to knowing for sure if there is a lawsuit pending, only that I can pee while sitting and not spill. My ego bruised and plot foiled I pack it up. The final allusions of celebrity interviewing in style crushed as Burroughs and Murphy go to take their “goat milk bath” and I go to empty my mug full of pee.

A few days later I look back on wikipedia.com. The information has been changed to show he did not adopt his name from the family, and that there is indeed a lawsuit pending. Vindication. My chateau invite should be here any day.
After students leave college, where do they turn to when dealing with issues of professional etiquette? “This information is nowhere,” presentation coach Pam Chambers told UH business students on Nov. 17.

Networking Tip 1: Arrive early

The idea is to allow enough time to network; therefore Chambers recommended arriving 15 minutes early. Even if bringing a friend, Chambers said people should resist the urge to huddle together. Smile, make eye contact, offer your hand, and greet and introduce yourself to others.

Also, refrain from drinking alcohol. “Even though you’re allowed to and it’s legal to, somehow it doesn’t make a good impression,” Chambers said.

Networking Tip 2: Matched handshake

“If their handshake is weak, yours should be weak too,” Chambers said. The idea is called matching and you want to immediately adjust your handshake to match theirs.

If a handshake lasts long than your preference, it would be rude to snatch your hand away. “If a handshake lasts long than your preference, it would be rude to snatch your hand away,” Chambers said. It feels uneven and women deserve a web-to-web handshake, but there is an exception if a woman only offers her fingers.

Networking Tip 3: Small talk

“You don’t have to be interesting, all you have to be is interested,” Chambers said. “If you are interested in the person you’re meeting, you will automatically be interesting to them.”

Networking Tip 4: The art of leaving

“A second handshake,” Chambers said. “Every one knows that means I’m about to go.” She said to follow with a closing remark. “It was so nice talking with you.” This helps to confirm your departure. Finally, ask for a business card.

Networking Tip 5: Updated business card

“Have your cards be really nice because those are reflection of you,” Chambers said. “That’s what will be carried away from the meeting and maybe saved for a long time.” Someone may not remember your name, but with a business card can serve as a reminder of your connection, she said.

There are three steps Chambers recommended when receiving a business card. First look at the card and take a moment to recognize what on it. Second, comment on the card. Finally, put the card away; either in a top coat pocket or in a designated location for business cards, but never in a pants’ pocket.

Chambers said that even in casual Hawaii it is wrong to put a business card below the waist, including in the wallet. She said that in the reasoning behind it is because in a wallet it will get sat on, and in a pocket it will get bent.

Chambers also mentioned to never write on a card in front of others, as it would be equivalent to defacing it.

Final thoughts

According to chambers, some great places to network would include meetings of the Chamber of Commerce and various rotary clubs across the island. These meetings are open to the public and locations can be found with a Google search. Although it may be intimidating to attend meetings, Chambers said students should do it. “When we see a young person in a crowd of adults,” she said. “We want to meet you and we want to help you if we can.”

Rally: Lifelong commitment to peace

Booths at the grassy area provided cookies, refreshments and extra event T-shirts for the crowd. A volunteer working in one of the booths and who didn’t want to be named, said that as a child he experienced domestic violence in his own family. He was there to help stop violence against women and children, he said.

During the rally, the crowd paid respect to six women who lost their lives to domestic violence last year with a minute of silence. Four boys standing alongside the main speakers received leis from older men. Joseph said he represented the passing of knowledge of non-violence to a younger generation.

A group of more than 50 Hawai’i State Federal Credit Union workers came to support the event. The Credit Union’s spokesperson, Pauwilo Look, said it’s the second year they participated in the rally. This year it has a special meaning for them. One of their colleagues died a few months ago under “suspicious circumstances” that are still being investigated, she said.

Wally Lau, executive director of the Neighborhood Place in Kona, told the crowd, “When I look at you, I don’t see kanakas,” he explained that kanes, I see kanakas.” He explained that kanes just means male, but “ho’o kanakas is about being a man.”

“To be a man is to protect our family and community,” Lau said.

“Aloha is love for our friends and family; and even those we don’t love,” Lau said. “Aloha is a lifelong commitment.”

Lau said that when his kahunas passed him their knowledge they told him: “Wally, I give you this to learn, but you have to share it, because if you don’t, it will die.”

Later, right after the event, the outspoken Lau confessed: “I’m ashamed to speak in front of people, but it’s not for me, it’s for the people.”

The Neighborhood Place is a community-based nonprofit organization that focuses on the wellbeing of children and families in the districts of Kona, Kohala and Ka’u on the Big Island.

About 10,000 cases of domestic violence are reported annually in Hawai’i and men are the perpetrators in 90 percent of the cases, Joseph said. She added that with this event, men can step up and be a part of the solution against domestic violence.

“I think it’s a critical issue in the community,” Joseph said. She also said people tend to say “hush-hush” and feel embarrassed and ashamed about domestic violence.

“If but you don’t talk about it,” she warned, “it’s just going to go on.”

Besides teaching individual, family and group counseling at UH Manoa, Bloom is the Therapeutic Services Program director at the Catholic Charities Hawai‘i, a nonprofit organization that provides a wide range of social services.

This year’s event was sponsored by the Catholic Charities Hawai‘i (www.catholiccharitieshawaii.com), The Domestic Violence Clearinghouse & Legal Hotline (www.stopviolence.org/public), and The City & County of Honolulu (http://www.honolulu.gov).

Smoked out

Continued from page 1

“Fine you,” she said, “if they catch you in the act.”

May might not be aware that lung cancer caused by second-hand smoking kills about 3,000 people annually in the United States, according to the U.S. Environmental Protection Agency.

The National Cancer Institute said 87 percent of lung cancer is caused by cigarette smoking. The NCI estimated that 174,400 people in the U.S. will develop lung cancer in 2006, while 162,460 people in the U.S. will die of lung cancer in the same year. It’s the equivalent of two commercial jet airliners loaded with 223 passengers each crashing daily in the U.S. The NCI also said the survival rate after the first five years of lung cancer detection is only five to 10 percent.

Hawaii is the 14th state to pass a comprehensive ban on indoors tobacco smoking. A study published by the institute said smoke-free legislation has not hurt the hospitality industry where they had been implemented.

In the meantime, the ashtrays will be in storage at Legend’s, May said.
**Transportation**

Glen Okimoto and the State of Hawaii Department of Transportation are moving forward.

**The Movie**

The short film is about a recent high school graduate, Sam, who is attending a graduation party at the skating rink. It is her last night in Hawaii and she is trying to fool her friends to believe that she has the ability to skate when she clearly does not. Sam begins to get better at skating as the story progresses, and her abilities are a metaphor for what is going on in her life. She is forced to confront her inner battles and be honest with her friends about who she really is.

**The Theme for the story is ‘fearing honesty,’** Chock said. The story is based off of a personal experience. Chock had at the same ice skating rink about a year and a half ago. Chock was skating in Ice Palace with a friend who he had a crush on, but was a better skater than him. “It was this feeling of trying to skate after her, and no matter how hard I tried I couldn’t skate fast enough and I had to watch her skate away.” Chock said at that moment he knew he had to make a movie based on his experience.

When asked, “why ice skating in Hawaii?” Chock smiled and said, “That’s something you never see in Hawaii.”

**The Story**

“It’s a coming of age romance with a twist,” Chock said with a broad smile on his face as he explained. The short film is about a recent high school graduate, Sam, who is attending a graduation party at the skating rink. It is her last night in Hawaii and she is trying to fool her friends to believe that she has the ability to skate when she clearly does not. Sam begins to get better at skating as the story progresses, and her abilities are a metaphor for what is going on in her life. She is forced to confront her inner battles and be honest with her friends about who she really is.

“‘The theme for the story is ‘fearing honesty,’” Chock said. The story is based off of a personal experience. Chock had at the same ice skating rink about a year and a half ago. Chock was skating in Ice Palace with a friend who he had a crush on, but was a better skater than him. “It was this feeling of trying to skate after her, and no matter how hard I tried I couldn’t skate fast enough and I had to watch her skate away.” Chock said at that moment he knew he had to make a movie based on his experience.

**Meeting times**

The candidates are available for open and public meetings with the general campus community as follows:

- **Glen Okimoto – Monday,** October 30, 1:45-2:30 p.m., Campus Center
- **Kathy Cutshaw – Thursday,** November 9, 1:45-2:30 p.m., Campus Center 308
- **Nancy Heiligman – Friday,** November 11, 1:45-2:30 p.m., Campus Center 309
- **VC candidates for finance and operations chosen**

President for finance and administration at Oregon State University.

Okimoto is also applying for the position. Okimoto earned three degrees that include a doctorate from the University of Arizona and a master’s in agricultural resource economics. He will be the first to have a public meeting on Monday.

The current interim vice chancellor, Cutshaw, will be appearing on November 17 for the final public meeting. She recently completed a degree in management science from the University of California in San Diego, Cutshaw has been at the university since 1997. She was director of administrative services for the School of Ocean and Earth Science and Technology.

“What separates me from the other candidates is my depth understanding of the University of Hawaii at Manoa and it’s faculty, staff and students and my passion for creating a transparent and efficient administrative structure,” Cutshaw said. “I have launched several initiatives this year to help attain these goals… As permanent Vice Chancellor, I will be able to follow these initiatives through to completion.

Heiligman will be the last to have a public meeting on November 17. Heiligman earned a bachelors degree in business administration and an MBA in general business management from the University of Oregon. She previously served in budget and finance positions in the Oregon University system and in the Oregon public school system, it said in a press release.

The final decision on which candidate will get the position will be made by the UH search advisory committee vice chancellor for administration, finance and operations. The committee consists of 1 chair and six members from UH system faculty and administration.

**Free Ice Skating**

Many signs have been posted all over campus that say the director is looking for skating extras for the movie. Chock said he needs a bare minimum of 50 skaters as extras but would take as many as he could get.

A few of the ice palace employees will be around to help those who are having trouble on the ice, but if they have too much trouble they will be asked to stay off the ice. “We need extras off the ice too,” said Chock.

To find out more information, visit these sites:

- Ice Palace Skating rink
- Ice Palace the Movie

**Cast and Crew**

The movie is a based entirely in the ice-skating rink called Ice Palace in Salt Lake with a cast of five and a crew of six including Chock. Although the cast is small, they have much combined experience that they draw upon for the roles.

“I’m a dancer by trade,” said Elizabeth Harrison, a junior at UH Manoa and a supporting actress in Chock’s film. She originally studied dance at New York University then left to pursue a career with a dance company. “But theatre has always been my passion,” she said.

Though some cast has lots of stage acting experience, some of the contributors to the film and green to the screen.

Mari Turk, the actress portraying the main character Sam, is a high school student making her movie debut in Ice Palace. Though she is new to the movie scene, she feels at home with the other members of the cast and crew. “They’re awesome,” Turk said. She hangs out with her friends who already went off to college and feels at home with the cast and crew of Ice Palace. “It makes me happy that I am with a whole bunch of people that are smart.”

**ACM student films in the coldest place in Hawaii**

by Matt Tuohy

It’s a cold, icy environment in contrast to the warm tropical climate inside the Ice Palace skating rink in salt lake, but a UH Manoa student filmmaker sees it as a perfect place to tell film history.

Writer, director and UH Manoa student Thomas Talemo-Check began filming his first movie, ice palace, on Thursday Nov. 17. “It’s been pretty stressful,” Chock said. “It’s the first professional thing I’ve ever done.”

Chock’s movie is being funded by a $1000 Grace Abernathy Screenwriting Award and a $3000 grant from Undergraduate Summer Research Award from the University Research Council. Chock said they have been trying to stretch every dollar but was glad to have the money since student films are usually funded out of the students’ pocket.

The movie is based in the cold, slippery skating rink in Salt Lake and is schedule to film there weekly until December.

**Free Ice Skating**

Many signs have been posted all over campus that say the director is looking for skating extras for the movie. Chock said he needs a bare minimum of 50 skaters as extras but would take as many as he could get.

A few of the ice palace employees will be around to help those who are having trouble on the ice, but if they have too much trouble they will be asked to stay off the ice. “We need extras off the ice too,” said Chock.

To find out more information, visit these sites:

- Ice Palace Skating rink
- Ice Palace the Movie

**Cast and Crew**

The movie is a based entirely in the ice-skating rink called Ice Palace in Salt Lake with a cast of five and a crew of six including Chock. Although the cast is small, they have much combined experience that they draw upon for the roles.

“I’m a dancer by trade,” said Elizabeth Harrison, a junior at UH Manoa and a supporting actress in Chock’s film. She originally studied dance at New York University then left to pursue a career with a dance company. “But theatre has always been my passion,” she said.

Though some cast has lots of stage acting experience, some of the contributors to the film and green to the screen.

Mari Turk, the actress portraying the main character Sam, is a high school student making her movie debut in Ice Palace. Though she is new to the movie scene, she feels at home with the other members of the cast and crew. “They’re awesome,” Turk said. She hangs out with her friends who already went off to college and feels at home with the cast and crew of Ice Palace. “It makes me happy that I am with a whole bunch of people that are smart.”

Members of the cast and crew are being paid for their time, in food. “You don’t have to pay people, but you do have to feed them,” said Chock. “I honestly haven’t been keeping track of the food budget,” said Chock. “It’s definitely into the many hundreds of dollars by now at least, and it’s coming out of our pockets.”

**Free Ice Skating**

Many signs have been posted all over campus that say the director is looking for skating extras for the movie. Chock said he needs a bare minimum of 50 skaters as extras but would take as many as he could get.

A few of the ice palace employees will be around to help those who are having trouble on the ice, but if they have too much trouble they will be asked to stay off the ice. “We need extras off the ice too,” said Chock.

To find out more information, visit these sites:

- Ice Palace Skating rink
- Ice Palace the Movie