By Aaron Laipply

Proliferation and the consumption of graffiti by society and the media have brought popular figures in the graffiti world to our doorsteps. Shepard Fairey’s recent “Obey the Giant” poster-bombs – one next to the fire station at Shark’s Cove and the other on the corner of Kapi’olani and Kalakaua – are just a few of many different ways these artists utilize the streets and buildings of Hawai’i as their canvases.

Certainly graffiti has made its mark on Hawai’i, and much of that influence came from early graffiti movements from various industrialized cities across the globe. Katch One, a Hawai’i born graffiti artist who has been bombing for over a decade, is now a rising entrepreneur with his brand of apparel and skate decks. In an interview he said, “I was influenced by Disney and Warner Brothers cartoons as a child, and by old school New York graffiti artists like Lee, Dondi, Seen, Futura, and Phase 2 as a teen.”

Katch One incorporated these influences of counter-culture in his artwork for Natural Koncept, his clothing and skate company based out of Honolulu. “I would classify myself as a ‘Grown-up graffiti artist,’” Katch One said. “By this I mean I come from a strong basis in graffiti but have taken the style and images to other forms of media, mainly canvases and sculptures. I don’t run around bombing and tagging walls anymore, but the graffiti style and attitude will be a part of me forever.”

IHS analyzes evidence of lakes on Mars by Matt Tsuhy

In a small library in the Pacific Ocean Science and Technology building, Dr. Karen R. Stockstill held a lecture about the possibility of lakes once being present on the surface of Mars.

“One of the driving forces right now behind the missions that NASA is funding and trying to look forward to is trying to find signs of life on Mars,” Stockstill said in an interview.

Stockstill was a part of the Mars Exploration Rover team and the team assigned to look for signs of water. The researchers were looking for many different components that are related with dry lakes beds. One of these components was carbonate, a mineral, which tends to form on the bottom of dry lakes beds, at least on Earth. However, no similar pattern or shape of this mineral was found on the planet. “We do see carbonate in the dust around Mars,” she said, “but I was looking for complete crystals of calcite or whatever evaporate mineral that was present.”

Katch One added that the lack of those minerals on the surface does not mean there were no lakes in the craters. She referred to a picture of the crater erosions going in and out of the lake and suggested that water may have once flowed through it. She also mentioned that it is difficult to study the geology of the planet when no one is there to physically dig around and look for evidence.

“It’s difficult to make interpretations of these landforms when you can only look at pictures,” Stockstill added.

The success of the Mars Rovers created a foundation for new exploration robots to be built, one of which being the Phoenix mission. Though the craft was originally intended to be used as a scout for 2001’s Mars Surveyor Lander, the Phoenix is on the same pursuit for water as its cousins, the Rovers. It carries a variety of instruments and an on-board laboratory that will be able to examine chemical compounds contained in the Martian soil.

Another Rover, also in the works, called “The Mars Science Laboratory” is being constructed on an international scale. With contributors from Russia, Spain and Canada building instruments to place on the Rover, it is expected to be launched in 2009.

Photo: Michelle White

An illustration of the rover on Mars.

Card security considered for Manoa
By Michelle White

The Office of the Vice Chancellor for Administration submitted a draft proposal to identify and establish procedures for the installation and use of a card access system at the University of Hawai’i at Manoa.

The proposed new policy, dated August 4, 2005, would require a magnetic stripe card to access buildings on campus. Occupants and users of university buildings and facilities would be issued the cards, which would be integrated with UH system identification cards.

“It controls electronic access to all doors,” said Gregg Takayama, public relations director of the UH School of Medicine. The school already uses an access card system. During normal working hours, Takayama said, the main lobby and classrooms are open access; however, labs and research areas are always locked and only accessible with an access card.

According to Emily Kukulies, a former counselor at the University of Central Florida, “[The system was] much more convenient than carrying a whole bunch of keys. Doors and supply cabinets were programmed for authorized users. It also kept track of who came in and out. They used a magnetic stripe on the back of the student identification card. It included key access, the meal plan and it was a bank card.”

Kukulies added that a benefit to the system was that the cards were also good off-campus.

Photo: Michelle White

An example of the type of card reader that could be installed on doors at Manoa.
Gym users lack good etiquette

By Sarah Pacheco

The time I spend at the gym is not just for the health of my body. Those two hours, four to five times a week are also reserved for toning and exercising my mind. I go into a trance during my cardio workouts on the elliptical or teardown machines. I can think clearer and better than during other moments of the day. But when I travel upstairs, to the weight room, my happy cloud of endorphins dissipates as the reality of rude gym-goers rears its ugly—and quite frankly annoying—head.

After being a bona-fide gym member for a year now, I have come to the conclusion there are four main types of bad-mannered exercisers. The first is what I like to call "The Noisy." Whether it is a piercing scream, a breathy giggle or, as one woman at my gym is so kind to share at the highest sound level possible, a sexual groan, the sounds that emit from the Noisies are distracting. Yes, lifting heavy weights is hard work. But is it necessary to share whatever pain you're going through with others in the room? When I'm trying to concentrate on how many reps I've done, the last thing I need is a persistent moan piercing my ears.

The second gym offender is "The Machine Hog," or more commonly referred to as the "Machine Hog." I call these people wolves because they will stake out an area in the weight room and remain there for hours on end. There are two subcategories of Machine Wolf—the lone wolf and the pack. The lone wolf will claim his or her territory by placing his or her towel, water bottle, magazine or whatever else he or she may have handy on machines he or she is not using at the moment. The wolf will then work out on a nearby machine, but snarl ferociously at anyone who comes near the marked terrain. Even though no one was technically on the machine, there was an old energy bar wrapper on the weight-stack, meaning: "Paws off!"

The pack of wolves is more likely to be seen. A pack consists of three to four close buddies who remain on the same group of machines, their territory, for extended periods of time that can last more than an hour, as I have observed, an hour. When one wolf is done with one machine, he or she will rotate with his or her pack member. This trade-off cycle will continue despite requests to use one machine from non-pack members.

"The Show-Off" comes in as the third type of aggravating gym-goer. I don't know about you, but when I go to a gym it's to work out, not to impress some stranger with how cute I can look in my sports-bra or how much weight I can bench press. I see women who stop running after five minutes because their make-up is starting to run or their fancy-schmancy designer pants are falling down. I see men go increase weight increments on machines by 50 pounds, only to turn blue in the face trying to do one bicep curl.

These tactics are not attractive; in fact, they are dangerous. According to Marty Gallagher's article "Pain in the Mass: Ten Most Common Causes of Training Injury," most injuries are caused by poor exercise technique. Improper technique can lead to pulled, ripped or wrenched muscles, or torn delicate connective tissue. In her article "10 Tips for Safe Workouts," Elizabeth Quinn says that "many people have lots of enthusiasm initially, and go too hard, too soon," which can lead to injury. Quinn includes dressing properly in her tips for a safe, injury-free workout. Besides possibly causing harm to himself, or herself, the Show-Off can distract others in the gym from their workouts. Even worse, he or she may break the machine by incorrectly using it.

But at least these characters are doing something, albeit aggravating things, with their time. In my book, the worst type of workout fiend is "The Squatter." The Squatter is the person who quite possibly holds the answer to the question, "How can gym enrollment be so high but members still be out-of-shape?" Simple. After the Squatter signs up for the Ultra-Maximum-Special-Super Membership Deal, he or she finds a nice looking machine and just sits on it. Or better yet, he or she sits there discussing last night's episode of "Desperate Housewives" with his or her friend, who is busy playing around on the neighboring machine. Just the other day I played witness to a teenager chilling on the rotary calf machine, grooving to his iPod, for over 10 minutes. When a rather large and disgruntled Pack Wolf asked the Squatter if he was finished with the machine, he said "no," did a few reps then continued with his interrupted private concert. Last I checked there were places people could go to chat, relax, listen to music, read a book or do whatever else they please for free. I know it sounds too good to be true, but I swear I'm not making this up. These utopian places are called homes, or private residences, where what you do is your prerogative and no one can tell you otherwise.

I know I sound preachy, but I take my gym time seriously. It's my two hour break in a hectic, pressure-filled day. If a person is on a machine I want to use, I understand and will move on to another one until the first machine is free. But if said machine is occupied for 20 minutes by an inconsiderate Squatter or Lone Wolf's towel, I get a little testy — as I am sure many others do.

If the personalities described above sound like someone you know (yourself included), check out http://www.exercise.about.com/cs/healthclubs/a/gymetiquette.htm or http://www.askmen.com/fashion/how_to_150/155_how_to.html for some more gym etiquette suggestions.

HELP WANTED

Do you have an opinion? Can you write in English?

Come to the Journalism Department and fill out an application.
Security could limit student access

The study recommended additional support for diversity in many facets of UHM policies and programs is essential to maintaining educational excellence while also providing equal access and opportunities to students. To improve the campus climate in terms of diversity, students in the study suggested revising and increasing the publicity of available diversity classes, programs and activities. They also recommended providing more optional out-of-classroom cultural events and promoting diversity groups or services on campus.

The students said cultural events would enhance the cultural diversity on campus and would “celebrate diversity … make people aware of other cultures and … build more of a college campus pride,” according to the study draft report titled “Campus Climate for Undergraduate Students’ Perspectives.”

Ah Sam noted the words of former University of Michigan President Lee Bolinger. “For our students to better understand the diverse country and world they inhabit, they must be immersed in its culture and allow them to study with, argue with and become friends with students who may be different from them. It broadens the mind and the intellect — essential goals of education.”

Besides student-faculty disconnect, results from the study also concluded students shared similar thoughts and experiences related to diversity. Highlights from the study include:

- Students across all groups share a similar understanding of the meaning of diversity. “Diversity involves participation, not necessarily representation,” Ah Sam said.
- Students across all groups have a high degree of contact with peers who are diverse in age, ethnicity, gender, language, and race, but a low degree of contact with peers with a disability.
- The most common forms of harassment are derogatory remarks and racial/ethnic profiling. “A connection between local and non-local students exists.

The study recommends that access card system would enhance the campus climate and would be more cost-effective than keys. “Making a key sets a department back to the order of $50,” said Thomas Schroeder, associate professor of meteorology. “Cards are cheap, and basic computer systems easily validate and/or cancel them.”

Schroeder has heard from others and thinks that access card systems would enhance access for students. “In my current building, the doors are locked at 5:30 p.m. and all through the weekends,” he said. “Our undergrad majors can’t get in after hours, though we find doors left unlocked.”

Access to buildings using the card system would be controlled by the president, chancellor, director and deans. The responsibility may be transferred to a building coordinator, who would overseeing access management.

According to Schroeder, anyone using an access card without authorization or proroging doors open would be subject to disciplinary action and/or criminal charges.

“Limiting people coming and going is quite chilling,” professor Ruth Dawson said. “What kind of an access will we have? It seems extremely likely it is related to UARC, and it seems that this is being used to solve all of UH’s security problems.” Both the Committee on Campus Safety and Security and the UHM administration have been looking into the card access system.

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Despite consensus on these points, the study also found differences among the groups existed when observing their experiences with diversity. “African American students, despite being severely underrepresented, are generally comfortable with the racial climate,” Ah Sam said, but added that African American students experienced being ignored, stared at, racially

A separate combination key holder is used for student and staff access to a key.

This campus door uses a keyed lock. A separate combination key holder is used for student and staff access to a key.

CAUCASIAN continued from front page

Study shows Caucasian students the minority at UHM

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Drivers must make a complete stop at crosswalks

By Elizabeth Daniels

The Hawai’i State Department of Transportation has recently made revisions to the crosswalk law due to a rash of pedestrian deaths that have occurred over the past three years. Public service announcements will air next month to alert Hawaii’s drivers of the new law, according to Scott Ishikawa, spokesperson for the DOT.

“We are actually looking at revising the law this legislative session to create different penalties for drivers who violate it,” Ishikawa said.

Prior to the start of the new year, the crosswalk law, or pedestrian safety law, stated that drivers are required to yield before driving through crosswalks. The new and revised law says that drivers must come to a complete stop at crosswalks and shall not proceed until all pedestrians are finished crossing out of the designated crosswalk area. Drivers in violation will receive a $92 fine.

“There had been a gray area in the crosswalk law,” Ishikawa said.

While drivers are required to yield at a crosswalk, Ishikawa explained that few drivers know what it means to yield.

“We wanted to reword the law so that drivers knew to actually stop. Some people only slow to 25 mph when they are supposed to stop,” Ishikawa said.

Ishikawa said that they also need to remain slow to 25 mph when they are supposed to slow to 25 mph when they are supposed to crosswalk, Ishikawa explained that few drivers know what it means to yield.

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“People don’t know about us and that we are here,” Saenz said. However, that is not true. According to Ishikawa, DOT intends to prevent pedestrian deaths by implementing the new crosswalk law and by urging pedestrians to be more careful while crossing the street.

Number of Fatalities influence crosswalk laws

By Michelle White

Highlight, cut and paste. Look a little to the left. Write it on your arm. Cheating is abundant at UH

New technologies give students new ways to cheat during exams

By Israel Chavez

College life can be a drain on students

The many pressures of being a student can be a health factor

By Israel Chavez

With such a large concentration of people attending the University of Hawaii at Manoa, there is a high risk of getting sick. But despite all of the possible things we can catch, there is still the biggest health concerns is self-maintenance.

“Everyone is just go, go, go, and it really compromises your health,” Claire Saenz said. Saenz is the peer outreach coordinator of the health education program at Manoa.

The Problem

Saenz said many students try to balance stress, sleep, diet and exercise, but in the end their over all health suffers, making students even more prone to colds and other illnesses. It can get even worse when students get sick because stress can build from missing class. The health education program is part of the student health services, and is at the Center for Student Services in room 313D. Its purpose is to provide various educational services to students, as well as counsel and direct students where to go to get the best help.

“People don’t know about us and that we are apart of student health services because we are all the way out here,” Saenz said.

More than General health

Aside from general well being, other important health issues for students are substance abuse, body image issues and sexual health. When it comes to these issues, the best way to stay healthy is to learn as much as you can.

Saenz recommended students use the Internet to learn about self-care, but be careful because there is so much information, and some of it may not be accurate.

Get Healthy with Health Education

The health education program is responsible for the various health fairs and awareness campaigns held on campus, they do in-class presentations as well as presentations at the dorms about the various ways students can help take care of themselves.

Resident advisors are trained specifically to deal with alcohol use in the dorms and the health education program has also received a grant to help address the growing problem of alcohol use on campus. The money will be used to create a new alcohol education program, as well as fund brief intervention.
There are many wireless alternative on campus

Students have many options out side of internet jacks

By Israel Chavez
Wireless Alternatives For Students

While the UH Manoa campus has several wireless Internet hotspots that are accessible to any UH student with a wireless-enabled laptop, students with another wireless device growing in popularity – the PlayStation portable, are unable to use the hotspots on campus to browse the Web or play games. This is because the PSP’s web browser is unable to display the UH login page where students input their username and password.

But for students that don’t mind a short walk, there are other free wireless alternatives near campus for both laptops and PSPs. Volcano Joe’s offers free wireless access in their coffee house and bistro.

Scott Souza, a graduate student at UH, goes to Volcano Joe’s regularly with his computer to use the wireless because “It’s better than what I could get at home.” Besides the wireless access, Souza also tends to stay longer on Mondays when there is music. He lives a short drive from campus and finds the free parking and food convenient.

Connecting at Volcano Joe’s

Many laptops all over the campus can easily access the internet wirelessly connecting, but PSP owners have to do a bit of setup. First go to network settings and select infrastructure mode and then new connection. Continue until you can select scan, and the PSP will give u a list of all available connections. Several options will come up, but the only ones you want are either VJ1 or VJ2. Just pick whichever one your PSP tells you has the strongest signal. Next, select none for security settings and easy for address settings. All that’s left to do is save the settings to the memory stick so whenever you visit Volcano Joe’s you can just pick the connection and browse the web or play online games. The connection is strong and even reaches out into the tables outside.

Connecting at Manoa Marketplace

Various wireless signals can also be picked up at Manoa Marketplace, in front of the restaurants in between Longs and the post office. There are so many signals however, that the best connection will vary depending on your location. The signals are harder to catch inside some of the buildings too, making the outdoor seating the best place to go online. Picking the best spot is a matter of trial and error.

Connecting at Coffee Bean & Tea Leaf

A better place to connect for both computers and PSPs is at the Coffee Bean & Tea Leaf located at Manoa Marketplace. When connecting with a PSP, it will be the connection with “coffee” in the name, and have the best signal strength. The connection is good, but only if you stay inside.

Wireless Wi-Fi in the Dorms

Students that have a little extra cash also have the option of setting up a wireless network in their dorms. Wireless routers start at around $40 at most stores that sell computers. Once the router is set up and connected, any laptop or PSP can connect without having to go to the UH login screen.

CHEATING continued from page 4

Academic dishonesty varies, depending on the severity and the frequency of the violation. Sanctions have included suspension, probation, rescinding of a scholarship, requiring students to attend the Manoa writing lab and dismissal from the university. If a “cause finding” is issued, a permanent disciplinary record is established for the student.

A student can present their case to the student conduct committee if they do not agree with the imposed sanction of suspension or dismissal. The committee can accept, reject or modify the recommendation.

A study conducted in 2004 by the Department of Sociology, Social Work and Criminology at Morehead State University concluded that “academic dishonesty has probably existed since the inception of colleges. About 50 percent of college students confess to cheating at some point during their academic careers.” “Academic integrity is important,” Ideta said. “There can be long-term negative consequences of cheating. It can have an impact on students even after graduation, such as when trying to get into graduate or professional school.”

Academic dishonesty includes, but is not limited to:

* Giving or receiving assistance during an exam.
* Obtaining unauthorized information about the exam before it is given.
* Handing in someone else’s work as your own.
* Using prohibited sources of information during the exam.
* Falsifying data in experiments and other research.
* Altering an official university record.
* Falsely obtaining an exemption from a course requirement.

The Manoa Sun is the final project for the spring 2006 journalism 302 class.
she had to. From an adversity, a great idea was needed. However, she wondered if everybody would be able to find all the help and information she was supposed to handle it. She would then call the state agency, they would tell her the county was supposed to handle it. But every time she called a state agency, they would tell her the county was supposed to handle it. She thought she could manage it somehow. She thought she could manage it somehow.

Nakashima earned a master’s degree in communications at University of Hawai’i at Manoa in the spring of 2005. The directory served both as a final project and as a way of giving back to the community. Nakashima was faced with an enormous task, but she decided to focus on what she thought was important. She broke up the site in different categories: from children, to teenagers, to adults, and finally to the elderly, with all the categories being intertwined. She painstakingly looked for sites that had topics she felt were important to Hawaiians. She listed all state agencies she could find, with local county agencies and University of Hawai’i agencies. She also felt non-profit organizations were part of what she wanted to offer, so she listed them as well. Nakashima wasn’t interested in for-profit organizations because, according to her, the public doesn’t need them.

The topics range from agriculture, arts, business and economics, Census data, courts, education, environment, family, health, history, law, medicine, military, natural disasters and terrorism, politics and policy, real state and recreation. Each topic includes a one-sentence description and links to their homepages. Each topic includes a one-sentence description and links to their homepages.

Nakashima based her project on Bill Dedman’s PowerReporting (website: www.powerreporting.com), a research tool that helps find local info. According to her, capoeira offers its participants hands-on experience in Afro-Brazilian culture, including music, acrobatics, dance, martial arts, and even some language.

Cyber-aloha – woman launches website that helps find local info

By Léo Azambuja

Diane Nakashima had a lot to worry about. With a hospitalized father close to 80-years-old living in Hilo, she went through a lot of hurdles to find help while on Oahu. But thanks to her, Hawaiians no longer have that problem. In May 2005, Nakashima launched a Web site where local residents can easily find information about Hawai’i in all levels within the local, state, federal and non-profit organizations.

A few years ago, when Nakashima’s father fell ill in Hilo, she was living in Honolulu. Her elderly father needed help and Nakashima didn’t think twice. She thought she could manage it over the phone. But every time she called a state agency, they would tell her the county was supposed to handle it. She then called the county, which, in turn, would refer her to another agency. A tropical slapstick comedy, if it wasn’t tragic. After endless searches and phone calls, she got around all hurdles and was able to find all the help and information she needed. However, she wondered if everybody would have to go through the same problems she had to. From an adversity, a great idea was born: a simple and concise online directory for the state of Hawai’i.

Nakashima launched a Web site that helps find local info. According to her, capoeira offers its participants hands-on experience in Afro-Brazilian culture, including music, acrobatics, dance, martial arts, and even some language.

Brazilian student reconnects with her own culture

Cortez, who never practiced capoeira in Brazil, said she wasn’t interested in for-profit organizations because, according to her, the public doesn’t need them. She went to a national restaurant across the street from San Francisco’s Church in Kapalama and heard a familiar drum beat. She said, “Almost hypnotized by it, she went outside to investigate and found a group practicing capoeira at the church.” Three months later, she decided to give it a try. She said, “I worked on my first day of practice I felt a very warm and positive energy and an instant connection with my own culture.” It was like “a time in my life when I was having some sort of culture shock,” she said. “I was missing a big part of my life being away from my culture.”

Maui native finds new way to keep old passion going

Lani Monroe, a Maui native and language major at UHM Monroe first heard of capoeira through friends in Maui, but decided to try it only after moving to Oahu to attend UHM. She said capoeira gave her an opportunity to give continuations to an old passion of hers, dancing. “I’ve always been a dancer, and it incorporates dancing and fighting,” she said. “The music and the language also attract me to capoeira.”

Monroe has practiced capoeira for over a year. “It connects people from different parts of the world, giving you a sense of community,” she said. “They (fellow students) became my family.” She said the workout is so intense that she never felt so strong in her life, despite the fact that no weight training is involved.

Brief history of capoeira

During the 16th century, slave traders brought millions of Africans to Brazil. Once there, they were mixed with members of different tribes and forbidden to speak their native languages, or to practice their religions or any kind of martial arts. To disguise their martial arts training, they incorporated music to it, singing and playing musical instruments while practicing, making it look more like a dance than a martial art. Members of different tribes had their own ayes, so after a while all the different styles blended into one.

Places to practice capoeira in Oahu

Capoeira is becoming increasingly popular in Hawai’i. There are currently six capoeira schools in Oahu. Cortez and Monroe practice at Capoeira Senzala. From the average 25 students to the school they attract only about 20 percent are from Brazil. UH students interested in participating can browse through options and choose what works for them. The schools have regular classes in Honolulu; the 6th is located on the North Shore.

Students sing in a circle while two others perform capoeira at Hemenway Hall

Students sing in a circle while two others perform capoeira at Hemenway Hall.

By Léo Azambuja

Cyber-aloha – woman launches website that helps find local info

By Léo Azambuja

Diane Nakashima had a lot to worry about. With a hospitalized father close to 80-years-old living in Hilo, she went through a lot of hurdles to find help while on Oahu. But thanks to her, Hawaiians no longer have that problem. In May 2005, Nakashima launched a Web site where local residents can easily find information about Hawai’i in all levels within the local, state, federal and non-profit organizations.

A few years ago, when Nakashima’s father fell ill in Hilo, she was living in Honolulu. Her elderly father needed help and Nakashima didn’t think twice. She thought she could manage it over the phone. But every time she called a state agency, they would tell her the county was supposed to handle it. She would then call the county, which, in turn, would refer her to another agency. A tropical slapstick comedy, if it wasn’t tragic. After endless searches and phone calls, she got around all hurdles and was able to find all the help and information she needed. However, she wondered if everybody would have to go through the same problems she had to. From an adversity, a great idea was born: a simple and concise online directory for the state of Hawai’i.

Nakashima earned a master’s degree in communications at University of Hawai’i at Manoa in the spring of 2005. The directory served both as a final project and as a way of giving back to the community. Nakashima was faced with an enormous task, but she decided to focus on what she thought was important. She broke up the site in different categories: from children, to teenagers, to adults, and finally to the elderly, with all the categories being intertwined. She painstakingly looked for sites that had topics she felt were important to Hawaiians. She listed all state agencies she could find, with local county agencies and University of Hawai’i agencies. She also felt non-profit organizations were part of what she wanted to offer, so she listed them as well. Nakashima wasn’t interested in for-profit organizations because, according to her, the public doesn’t need them.

The topics range from agriculture, arts, business and economics, Census data, courts, education, environment, family, health, history, law, medicine, military, natural disasters and terrorism, politics and policy, real state and recreation. Each topic includes a one-sentence description and links to their homepages. Each topic includes a one-sentence description and links to their homepages.

Nakashima based her project on Bill Dedman’s PowerReporting (website: www.powerreporting.com), a research tool created specifically for journalists. Nakashima’s Web site, however, is not designed for journalists but for the general public. According to her, the public feels lacked a comprehensive and concise Web site about Hawai’i related e-resources. The online directory has a simple design, making it user-friendly. Nakashima stayed away from flashy colors and complicated graphics, because her goal was to inform people in the simplest and easiest way possible. The predominant colors, black, burnt rubber and sienna, are relaxing and inviting. The sienna colored bar, where all the links are arranged, reminds the red dirt on the Westside of most Hawaiian Islands. An exquisite Hawaiian petroglyph adorns the top left of the home page. On its side it reads “Ka’analike Mana’o,” which translates to “Sharing of Ideas.”

Today Nakashima is a staff member at University of Hawai’i at Manoa, currently working as a catalog coordinator. Information about Hawai’i can easily be found at the “Ka’analike Mana’o” website (http://www.soc.hawaii.edu/dianena/backgroundinfo.htm). If there is any helpful information that could be used to update the site, Nakashima can be reached at dianena@hawaii.edu. After all, in this age of cyber-aloha, it is very important to “be aloha, ‘ike mai, koa aku” and “pela iho la ka nohona ‘ohana Recognize others, be recognized, help others, be helped; such is a family relationship?” Mary Kawena Pukui, ‘Olelo No’eau: Hawaiian Proverbs & Poetical Sayings number 1.
By Sarah Pacheco

Why anyone would intentionally starve themselves to the point of death is beyond the mental grasp of most people. But for the 1.5 million Americans who suffer from the eating disorder anorexia nervosa, not eating is a way of survival.

I’d exercise instead of showering or sleeping. "I was so afraid of my body that I was afraid to eat food," said 20-year-old Trini Septimo, mother of three children at Waipahu Elementary said, "I had anorexia and did something to stop it," the student said. "I still sometimes find myself skipping back into old habits, like only eating one meal a day out of fear of getting fat. I know I’ll keep battling this disease for a long time, maybe forever. But I also know I don’t want to be a sad statistic that lost her battle."

Many theories have risen about how and why people become anorexic. Reasons stated by doctors show, according to Tyre’s article, that anorexia is a disease triggered by the environment but is essentially rooted in genes and brain chemistry. Psychotherapy, medication and family therapy have been tried in an attempt to cure anorexia. For more information about anorexia or other eating disorders, visit the National Eating Disorders Association website (www.nationaleatingdisorders.org) or Something Fishy, an online chat room that offers support for families and patients (www.something-fishy.org).

The claim of Jamba Juice is that their smoothies are made with 90 percent natural ingredients needed by the body and the brain to function properly. “Natural” or “organic” does not always equal healthy, though. The popular Orange Dream Machine flavor packs 540 calories for one 24-ounce original serving size. Based on the Dietary Guidelines for Americans’ recommended 2000-calorie diet, one smoothie equals one-quarter of a person’s daily calories. Chad K. Lee, a personal trainer at 24 Hour Fitness who has a degree in kinesiology from California State University, Sacramento, said, “There is a difference in calorie intake per individual. Most of the population feels a normal intake is around 2000 calories. Jamba Juice says ‘buy four, and you get five’ for the lower calorie dairy base.”

A resting heart rate, or RHR, determines how many calories are needed to sustain life when the body is at rest. The larger the body or the more the body is active, the larger the calorie intake. In addition to a high calorie count, the Orange Dream Juice Smoothie also contains 37 percent of a person’s daily value of carbohydrates, most of which come from sugar, 3 percent of daily value of protein, and no daily value of sodium. Food and news is that the sugars come from the fruits and yogurts used to make the smoothies. These types of sugars are unhealthy, many sugars are found in the food and are considered by nutritionists to be better than refined, or added, sugars because there are minerals and fiber present in the food. However, no matter the source of the sugars, too much can lead to health problems, like cavities, hyperactivity, diabetes and weight gain. “Most people fall into the trap that they drink Jamba Juice and go back to their unhealthy diets,” Lee explained. "But basically Jamba Juice is a meal within itself because it's so high in calories. If they’re not watching their calories, regardless of if you’re eating healthy, the high amount of calories is still going to add up to something unhealthy.”

Some people grab a Jamba Juice smoothie for reasons other than health. David Wilks, a senior at UH, said he drinks Jamba Juice when he wants something sweet or when he sees a Jamba Juice store. “For me, calories aren’t a big issue,” Wilks said.

For others, a fresh and nutrient-rich meal is something that Jamba Juice offers them. “I try not to look at calories at all,” Carpenter said. "I don’t really go to Jamba Juice. There are so many calories, especially from sugar, that I just avoid it.”

To reduce calorie and sugar content, Jamba Juice spent two years at a California research lab and development lab to develop a low calorie, low sugar smoothie. “We removed the sherbet/orbit/no-fat vanilla yogurt (depending on the product) as well as reduced the amount of fruit juice on average by 2.3,” the Jamba Juice website stated. “We then added orange juice to give the same McGill low sugar smoothie. The fruits will be fresh and people can monitor what is put in the smoothies. Nutritional information and ingredients in the smoothie can also be found on the Web site and in catalogue books in Jamba Juice stores.”

“En” is the name of this genre,” Lee said. “It’s about a lifestyle. People are so busy now; they need something on the go. Jamba Juice promotes this lifestyle, so does the popular culture.”

Program encourages children’s reading

By Elizabeth Daniels

Read Aloud America strives to build communities of lifetime readers by helping adults and children discover the joy and enrichment of reading. The Read Aloud Program (RAP), which is part of Read Aloud America, and Chad Gaines, is a nonprofit organization devoted to promoting literacy and increasing children’s proficiency in reading for success in school and life.

Presenter and parent Ted Norris, who got his start in the program three years ago, said, “Once you get your kids into reading, that’s when things really improve. That’s why we want to reach the parents.”

The RAP sessions require families to take time out of their schedules six times during a semester to meet in the school cafeteria

Thursday night. Norris said it is not always the children who are watching and involved as much as it is for adults, because they are not used to having it on. Trini Septimo, mother of three children at Waipahu Elementary said, “They really look forward to coming and we get to spend family time.”

Read Aloud America brings together schools, businesses, and organizations to help children and individuals in support of children’s learning, building, and development. "We also have also pushed that the three "rings" to reading are role modeling, reframing from television and reading," Carpenter said. "It’s very enthused and I will do anything educational for my children."
Libero Alfred Reft has come a long way from the benches of UC-Santa Barbara

By Ashley Munfort

Alfred Reft may not fit the physical image of a volleyball player, but at 5 feet 9 inches tall, the University of Hawaii’s senior libero has been regarded as one of the best at his position. Reft’s coaches and teammates commend him because of his combination of technique and knowledge for the game.

"Defensively, he reads the game better than any other libero,” said opposite hitter Lauri Hakala. “He’s very technical and he’s very good all-around. He can pass all kinds of serves. He doesn’t have any weaknesses that stand out so nobody can go after him."

Reft has come a long way from the sidelines of the University of California-Santa Barbara to the starting position at Hawai’i. Still awestruck by how successful his volleyball career is, Reft’s confidence and sound play is paving the road for a tremendous year in men’s volleyball at Hawai’i.

Reft’s accolades and awards are plentiful. He received All-American first-team honors from the Mountain Pacific Sports Federation, American Volleyball Coach’s Association and the Asics/Volleyball magazine last season. Reft is the only returnee to have played in all of Hawai’i’s 102 games last year.

The California native began playing volleyball with his older sister, Cheryl, when he was 10 years old. He would follow her to volleyball practices - much to her dismay.

“She would get so mad because our parents would make her take me,” Reft said.

At the gym, the team would teach him the basics that became his foundation for knowing the game. He says he’s blessed because he developed from playing with older players at such an early age.

Ironically, while at the University of California-Santa Barbara, this All-American saw little to no playing time. He said that he was "imagining" his future, and when Reft got into the starting lineup he had taken an interest in having Reft try-out and play.

"(He is) definitely on their radar," said UH Head Coach Mike Wilton.

Although he has become a star in the eyes of the volleyball community, Reft always has his team in mind. He can talk for hours on the importance of having everyone feel comfortable and confident on the court.

"More than anything you learn - or at least I have learned - not to just individually enhance your volleyball skills but to make everyone feel comfortable and confident on the court."

Reft sets the ball during an intense part of a game

"I walked in the first day and I was like ‘I can’t believe I’m in the gym with [the national team].’" Reft said. "It was scary quite frankly and I was questioning if I was good enough to be there. It’s such a phenomenal feeling and it really gave me a lot of confidence. It was such a big benefit for me to be there and to gauge yourself with the best in the world.”

Reft’s volleyball resume will be even longer after his senior year as the men’s national team has taken an interest in having Reft try-out and play.

"I think over the years I’ve played I’ve just learned how to have better dynamics with my teammates and that’s so important. I think you want to make everyone feel comfortable and confident on the court."

With that thought process, he was unanimously voted team co-captain along with outside hitter, Matt Carere.

What is a libero?

According to Answers.com, in 1998 the libero player was introduced, the term meaning “free” in Italian. The libero is a player specialized in defensive skills: he must wear a different-colored jersey and cannot block or attack. When the ball is not in play, the libero can replace any back-row player, without prior notice to the referees. His substitutions also do not count against the 6-substitution limit each team is allowed per set.

The libero may function as a setter only under certain restrictions. If he makes an overhand set, he must be standing behind (and not stepping over) the 3-meter line. A bump set is allowed from any part of the court.

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The libero may function as a setter only under certain restrictions. If he makes an overhand set, he must be standing behind (and not stepping on) the 3-meter line; otherwise, the ball cannot be attacked above the net in front of the 3-meter line. A bump set is allowed from any part of the court.

Success for Reft

2004
* Played in 114 games as libero
* Led the team in digs with 238, averaged 2.09 digs per game for the season
* Posted nine double-digit dig performances
* Had season-high 15-digs

2005
* Only returnee that played in all 102 games
* Selected to both the MPSF and AVCA All-America First-Teams as a libero
* Asics/Volleyball Magazine First Team All-American, while garnering Defensive Player of the Year honors
* Collected 272 digs, setting a new UH single-season record
* Tied for third in the nation in digs per game (2.67)
* Posted 14 double-digit dig matches, including a career-high 22 digs against Pepperdine, March 2

2006
* Had season-high 15-digs

Photos: Ka Leo

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