11, 12

Wednesday

February 14, 2007

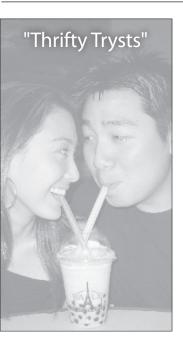
VOL. 101 | ISSUE 95

Sports

Serving the students of the University of Hawai'i at Mānoa since 1922

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Sweet spots for on-campus schmoozing

Features | Page 8



Bows fall short against Aggies

Sports





Singles can score (some fun) too

Features | Page 9

Love and lobsters

Ka Leo Staff Reporter

If you end up getting your sweetheart a box of chocolates or catching a flick together every year, that may be boring and predictable.

A mixture of roses, champagne and sharks are not expected for a typical romantic Valentine's dinner, but the Waikīkī Aquarium is hosting their annual "Seaduction," an event that creates a romantic setting for couples to benefit aquatic animals and plants.

If one gets a chance to reserve a table, he gets to take his Valentine to a three-course dinner and a table in designated sections of the aquarium.

"Seaduction" is unique," said Nina Livingston, the aquarium's public relations manager. "Couples get to sit so close to the exhibits at night,"

Livingston said that this is a very different take on the typical Valentine's date, and seats always sell out quickly. This year's event is already sold out, but depending on demand, Nina said that there's a chance for an additional night.

There will be five galleries set up that will feature unique sea creatures. The Hunters of the Reef gallery presents the predators of the ocean, such as sharks, snappers and groupers. Couples may



lery, which has colorful cuttlefish, nautiluses and octopuses. The Hawaiian Marine Communities gallery showcases all the different aquatic habitats in Hawai'i. Other rare displays are the Leafy Sea Dragon and Ocean Drifters galleries.

Todd Inouye, a former employee at the aquarium and an MBA student at the University of Hawai'i at Mānoa, remembers "Seaduction" as "a good change of pace from a typical dinner."

At "Seaduction," couples can

see the gallery and will receive a complementary rose. Couples will pay \$300 to attend this event, and the proceeds will go to the aquarium's future Northwestern Hawaiian Islands exhibit.

Although the cost is high, Livingston said the experience will be "different" and very beneficial to the aquarium, which has approximately 350,000 visitors

ASUH president leaves Mānoa chancellor search in protest



ASUH President Grant Teichman resigned from the Chancellor Search Advisory Committee last week. He said that the committee did not have students' best interests in mind. However, committee members disagreed.

JUSTIN HEDANI

By Matthew K. Ing Ka Leo Editor in Chief

In protest to what he believed to be a search that undermines the best interests of students, the undergraduate student member of the Chancellor Search Advisory Committee at the University of Hawai'i at Mānoa resigned last week and suggested temporarily

disbanding the committee. Grant Teichman, the president

of the Associated Student of the University of Hawai'i at Mānoa, said in a statement Feb. 7, "ASUH believes that the student's best interests are no longer being served."

The Search Advisory Committee is in charge of recommending a pool of candidates to UH system President David McClain, according to its guiding search principles, and is not a selection committee. Because of the confidentiality involved in the selection process, those involved

could not discuss specifics.

After the four candidates visit with students between Feb. 20 and March 2, the committee will submit to McClain the perceived strengths and weakness of each candidate. McClain then submits a recommendation to the UH Board of Regents, and a board vote finalizes the deci-

As one of 18 members on the

See Search, page 2

Audit to **UH:** more security

By Dannah Gonzales Ka Leo Staff Reporter

Inarecentmanagementaudit of Student Housing Services, the Office of the Auditors has recommended that Campus Securitybe granted the power to arrest and carry weapons to significantly improve the safety and security of students.

The audit has concluded that the Student Housing "has not made necessary safety and security improvements to the dormitories and apartments and has not emphasized safety procedures."

Campus Security was unable to comment on the issue.

Interim Chancellor Denise Konan stated in a letter that improvements to Campus Security has been made. Additional staff and added lighting for nighttime foot traffic were some of the efforts in improving student safety on campus, according to the letter.

The current powers and authorities of Campus Security are to enforce "pertinent laws, rules and regulations for the protection and security of people on campus." They currently do not have the authority to carry

In cases in which detaining a suspect is necessary, they may only detain those who clearly violate the law and may only use forcewhendefendingthemselves is necessary. Working with the Honolulu Police Department is also required when an arrest is

"If I got into trouble and called a security guard," said English major Loraine Ho, "I hope that they could control the situation without the use of firearms. It is not necessary and there are higher chances of abusing power."

The audit says, "The campus security force does not have police powers and has too few officers on its staff to deter and react to various threats." And with their current powers, Campus Security must resolve conflicts that involve motor vehicle theft, burglary, aggravated assault, drug-related incidents, robbery, arson, alcohol-related incidents and sexual offenses.

"Campus Security does deserve to have some of the police powers," said business major Zach Kambel. "But the security now are in no way qualified to have them. Cops have to go through training before they are able to carry firearms."

The audit says "security officers are given the responsibility to enforce the law without the tools necessary to carry out their mission." The audit recommendeds that UH Campus Security guards should be given authority to carry weapons.

The audit survey found, "Students living in both the resi-

See Security, page 2

Na Leo O Hawai'i

Security gaurd Rogelio Ramos keeps himself busy with paperwork at Hamilton Library's checkout. Security will check student ID's throughout the night in the upcoming 24-hour schedule.

GABE EL-SWAIFY Ka Leo O Hawai'i



Security

From page 1

dent halls and the apartments are not satisfied with support from security officers, hired security guards, and housing staff in emergency situations."

"It is a university," said architecture major Micah Thrasher. "They don't have the same sanctions as a community. If it's enforced, half of the students would go to jail or harsher punishments that inhibit their education. Some of the aspects of college is partying and discovering what is expected in society."

Campus Security oversees nine residence halls and two apartment complexes, which altogether house over 3,000 students. However, they are not limited to these areas and are expected to serve the whole campus. This makes managing the

campus even more difficult with the limited amount of officers.

"The powers that security has now is like how it is for most other firms," said junior Ryan Hung.

Additionally, according to the audit, "Student Housing Services lacks the funds needed to make necessary safety and security improvements to the dormitories."

The audit determined that the university "generally spends far less than the recommended amounts, resulting in a \$45 million backlog of repairs and maintenance projects." The audit also mentioned that one of the possible causes of the \$45 million backlog is lack of sufficient revenue, which in turn has come from low dorm occupancy rates.

"Once you give people power, it should be regulated and implemented carefully," Hung said.

CORRECTION

Yesterday, a caption stating that an emergency call box at Hale Wainani was in a state of disrepair was inaccurate. Security checked the call box and found that it is in good working condition.

Island Manapua 2x2

> Sudoku 2x4

Search

From page 1

committee, Teichman represented more than 14,000 undergraduate students at UHM. Teichman said that the committee was not focusing on student concerns but rather on "pushing for personal friends on mainland universities," a claim that was refuted by the committee.

"It is my belief that the university is making the same mistakes in hiring that led us to dismiss previous controversial administrators," Teichman said in a statement.

But in a response issued five days later, McClain said that Teichman's decision was detrimental not only to the search process but also to the students that Teichman represents.

"The search advisory committee numbers 18 members," McClain said, "and I'm grateful that 17 of them have worked diligently and responsibly to identify a short list of candidates, each one of whom is a strong and talented academic leader."

Search Advisory Committee Chair, Robert Bley-Vroman, agreed with McClain's sentiment.

"The students' interests are best served by [Teichman] being involved in the process," Bley-Vroman told Ka Leo.

In a statement, Bley-Vroman also said that all search committee members agreed to a procedure, which stated that unanimity is not required in any decision reached and that no individual or group has any veto power.

"While I understand that a committee member may be disappointed when his own view doesn't carry

The search advisorycommitteenumbers18members,andI'm gratefultha



grateful that 17 of them have worked diligently...

David McClain | UH System President

the day, the committee's decisionmaking process has been correct throughout," Bley-Vroman said in a statement.

Two student members sit on the committee – one representing undergraduates and the other representing graduate students. Mark LePape, the other student member and president of the Graduate Student Organization, represents only about a quarter of the entire UHM student body. Both student members were integral in creating the criteria driving the process, Bley-Vroman said.

In his statement, McClain also said, "Based on my conversation with him, I understand that Mr. Teichman's dissatisfaction with the search committee reflects his disappointment that the committee failed to support one of his favorite candidates.

However, Teichman told Ka Leo that he never told McClain that he left because of his support for a "favorite candidate." Furthermore, he said that McClain's statement could jeopardize the confidentiality of the search process.

"The statement is definitely a gray area," Teichman told Ka Leo. "His response should have been



Thestudents' interests are best served by [Teichman] being

involved in the process.

RobertBley-Vroman|SearchComitteeChair

in the merits of our concerns, not speculating on these conversations that didn't happen."

ASUH has collected hundreds of signatures supporting the disbandment of the committee and requesting more student participation if the process is restarted, Teichman said.

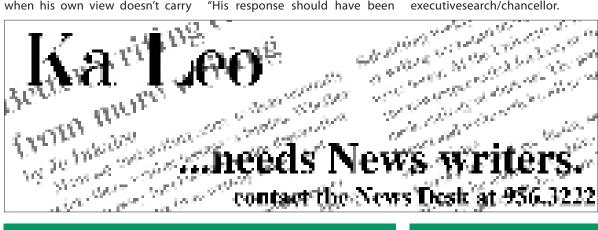
But Bley-Vroman said that disbanding the current committee and restarting the process is unnecessary and that the current has worked well so far. Instead, he told Ka Leo that the committee is focusing on the stages ahead.

Teichman told Ka Leo that he hopes the committee will soon reconsider its process.

"For the past two years I've been in office, every time we've cried foul, we've been right on the ball," Teichman said. He referred to the State Auditor's recent audit, which slammed UH student housing services for poor management, facilities and safety.

"The administration ignores students at their own peril," he said.

Both McClain and Bley-Vroman encourage students to attend the chancellor candidates' visits. Dates and profiles for each candidate can befound online at www.hawaii.edu/executivesearch/chancellor.



Glad Travel 2x2

Cancer Research 2x3 Students for a Free Tibet 1x3

> House 1x2

FEATURES

EVENTS CALENDAR

Please send any campus events to calendar@kaleo.org at least one week before the event date.

The annual condom fair, today, 10:30 a.m. to 1:30 p.m., Campus Center. The fair will feature games, prizes, free condoms and candy. Information about community organizations that work in the sexuality field will be available. Info: University Health Services, Dana McCurdy, 956-3574, danamccurdy@gmail.com.

"Markers of susceptibility in fiberinduced thoracic carcinogenesis,"

a Cancer Research Center of Hawai'i seminar, today, 12 to 1 p.m., 1236
Lauhala St., suite 401. Maria E. Ramos-Nino, a research assistant professor in the Department of Pathology at the University of Vermont, will present. Info: CRCH, Wendy Mitchell, 586-3010, wendy@crch.hawaii.edu.

"Preparing for the job interview,"

a Career Development and Student Employment workshop, today, 12:30 to 1:30 p.m., Queen Lili'uokalani Center for Student Services, room 208. Participants will learn the purpose of the interview, what to expect and what to do to succeed in an interview. Info: CDSE, 956-7007, careers@hawaii.edu, http://www.hawaii.edu/career/.

"Surveillance of emerging methicillin-resistant Staphylococcus

aureus," a biomedical sciences final oral, today, 1:30 to 3:30 p.m., Biomedical building, room C104. Fenfang Li will present. Info: 956-8500.

"The impact of SST specification on surface winds in the ECMWF operational model, with evidence for SST influence on tropospheric winds," a joint meteorology and IPRC seminar, today, 3:30 to 5 p.m., Marine Science Building, room 100. Dudley Chelton from Oregon State University will present. Info: meteorology department, 956-8775, metdept@hawaii. edu, http://www.lumahai.soest. hawaii.edu.

raphy influenced the early automobile," a brown bag biography lecture, tomorrow, 12 p.m., Henke Hall, room

"A tale of three Henrys: how biog-

tomorrow, 12 p.m., Henke Hall, room 325. Vietnamese professor Stephen O'Harrow will present. Info: Center for Biographical Research, Craig Howes, 956-3774, biograph@hawaii.edu.

"A mouse model recapitulating molecular genetic and signaling perturbations of human malignant mesothelioma," a Cancer Research

mesothelioma," a Cancer Research Center of Hawai'i seminar, tomorrow, 12 to 1 p.m., 1236 Lauhala St., suite 401. Joseph Testa, director of the Human Genetics Program at the Fox Chase Cancer Center, will present. Info: CRCH, Wendy Mitchell, 586-3010, wendy@ crch.hawaii.edu.

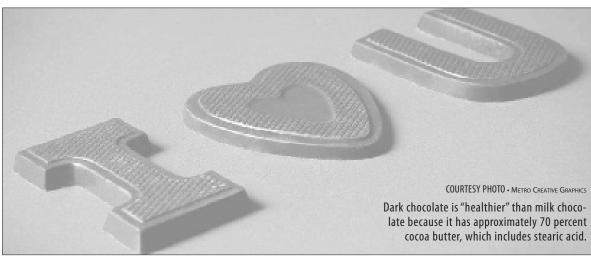
Anne Kennedy will deliver a reading

tomorrow, 3 to 4:30 p.m., Kuykendall Hall, room 410. Kennedy, a distinguished visiting writer at the English department, will read some of her published works. Info: English department, 956-7619.

"Meiji melodramatic fiction and

its readers," a Center for Japanese Studies seminar, tomorrow, 3 to 4:30 p.m., Moore Hall, room 319. Ken Ito, an associate professor at the University of Michigan, will present. Info: 956-2665, cjs@hawaii.edu, http://www.hawaii.edu/cjs/seminarseries.html.

A 'not-so-sinful' sweet



Chocolate: not as bad as you may think

By Kelli Shiroma

Ka Leo Contributing Reporter

"I shouldn't eat chocolate because it gives me acne ... If I eat that candy bar, I'm going to get fat ... I should stay away from chocolate because it causes tooth decay and I'll get cavities."

The ways in which we convince ourselves to avoid eating one of the food items we crave the most – chocolate – are endless. However, a lot of the myths we hear about chocolate, including the ones above, have been proven wrong by recent studies. Want to get a real taste of the true facts about chocolate? Check out these myths about chocolate and what the experts say.

Myth: "I should stay away from chocolate because it will make me fat."

Reality: While chocolate does contain cocoa butter, which is high in saturated fat, about one-third of chocolate fat stems from stearic acid. Although stearic acid is a saturated fat, according to the Yale-New Haven Hospital, it does not raise the level of LDL cholesterol ("bad cholesterol"), as do other fats. Instead, the liver converts stearic acid to oleic acid, which is a monounsaturated fat that is healthy for the heart.

Chocolate is also healthy because it contains other important phytochemicals (generally termed flavonoids) that are antioxidants. Antioxidants, as the name implies, are substances that prohibit oxidation or reactions promoted by oxygen, peroxides or free radicals.

"These biochemicals [antioxidants] have the ability to interrupt dangerous oxidative reactions in the body," said Dr. Dian Dooley, instructor of the introductory

nutrition course and part of the Department of Human Nutrition, Food and Animal Science faculty at the University of Hawai'i at Mānoa. "These protective reactions are like fail-safe mechanisms to keep damage from occurring in cells and tissues."

Phenols are examples of the potentantioxidants found in chocolate. According to Becky Oskin, who writes about chocolate's greatness, phenols are "simple molecules, made of a few oxygen and hydrogen atoms ... [They] work their magic by preventing a chemical reaction called oxidation that turns cholesterol into plaque on artery walls."

Thus, like the phenols that are found in fruits and vegetables, the phenols in chocolate prevent the oxidation reaction that leads to plaque buildup. Research in the "Cheers for Chocolate" article also proves that not only do the phenols in chocolate hinder plaque

See Chocolate, page 7

Editor: Justin Hahn | (808) 956-3214 | commentary@kaleo.org

Time for Puck's Alley to pucker up



vacantlotintoKaloPark

(which sits mostly vacant,

saveforafewdrunken,

post-Magoo's assignations).

By Justin Hahn

Ka Leo Commentary Editor

For as long as I can remember, the area between Lower Campus and Puck's Alley has been a dreadful obstacle to getting down to the shops around the university. It's a sort of noman's land that inspires a quickened pace, if not from thoughts of assault from the shadows, then because it is just an unpleasant stretch of road with little redeemable qualities.

I should know; I grew up in the Varsity Circle area - at least on the

When my father moved out of our suburban Kailua home, he moved into his girlfriend's Varsity Circle apartment, and we came to visit every weekend. And when they had their child, we came to visit even more. While I loved seeing my new sister, I dreaded going to the Varsity

I hated the The city had turned a loud noises from the freeway, I hated the odors coming from half-empty beer bottles and the piss puddles in the gutters, and I hated beyond

anything else the dangerous roads that prevented me from just being a kid and playing.

When I came back to the area over 10 years later, I noticed there had been a few improvements to the area since my prepubescent years.

The city had turned a vacant lot into Kalo Park (which sits mostly vacant, save for a few drunken, post-Magoo's assignations), the freeway overpass is kept mostly clear of profane graffiti these days and the infamoustenementmyfatherwarmed me away from is now the Kalo Place Apartments – someplace I have the good sense to stay away from all by myself.

But that's about it, as far as

improvements have gone.

There aren't any useful shops along this stretch of road. Vagrants still wander aimlessly, and it's as hard now as ever to walk down this street. The curbsthatposedsuchaproblemformy baby sister's carriage 13 years ago are still as insurmountable, the sidewalks havedeteriorated to near nonexistence, and I'd be hard pressed to say exactly when the last time the streets were resurfaced.

With so many UH students walking to and from the various shops and restaurants in the Puck's Alley area, it surprises me that more hasn't been done to improve this area, or at least make prudent use of it.

There have been attempts in the past. Most recently, there was the illfated and quickly abandoned "Mānoa Town" project. Before that, there were a few loosely connected and limply

motivated plans toremakethearea inamorestudentfriendly way. But they have all, without exception, died out mostlybecauseof resistance from a numberofproperty owners, including the powerful Kamehameha

Schools/Bishop Estate. The monolithic, multi-billion dollar entity owns a great deal of the surrounding land, and has been slow to do anything with it otherthanmaintainthestatusquoand put in a new parking lot.

Despite all this, students walk this stretch every day, rain or shine, because they have to. It's the only route between the dorms and 7-Eleven, Star Market, Magoo's and a plethora of other destinations. We don't enjoy it by any stretch, and blocks of worthwhile real estate go wasted. It's time to revitalize this area: not just because it's a paintowalkthrough, but also because, quite frankly, it's an embarrassment to this community.

Safe walking around town?

State tries to 'educate,' but we need to use common sense



By Hunter Morrison

Ka Leo Staff Writer

Last week, O'ahu saw its number of pedestrian fatalities jump to seven this year, compared to just two pedestrian deaths at the same time last year. On Monday, three more pedestrians were hit while crossing the street. This has brought the issue of safety on our streets into the spotlight, especially in regards to walking around the city. This makes many wonder: is it safe to walk around the city?

I think I am qualified to answer this question. I walk virtually everywhere. From the on-campus apartments, I walk down to the Central YMCA to play racquetball, I walk to Wal-Mart to buy things, I walk to Ward to watch movies and then afterwards, I walk back. The only time I catch the bus is if I really need to be someplace quickly, otherwise I think walking is a great way to get some exercise and experience the city. Day or night, rain

With my credentials out of the way, I can personally say that very, very rarely have I ever worried for my safety due to cars, nor have I ever had a near-miss or anything of that sort. Honestly, I simply always follow the cardinal rule of crossing the street - look both ways before crossing. Sometimes it's clear that a driver is going to run a red light, and by simply checking to make sure that indeed everything is clear, I've never had a close call. Additionally, I always follow the signals at intersections that have them, and never try to save a little time by running across when it "seems" safe. Using this amazingly simple technique, I've never felt threatened by cars.

So it is surprising to me that the state has decided to focus on "educating" the drivers and the pedestrians about safety. The Department of Transportation is in the middle of a \$100,000 television and radio advertisement program to help increase awareness of the problem, and there are other initiatives in the

ans and drivers of the consequences of not traveling safely.

Yet all this money, it seems, is misplaced. How many drivers out there are not aware of the fact that speeding through crosswalks is dangerous, and how many pedestrians don't know that randomly darting out into the intersection at the inappropriate time - or without checking it first - can result in some serious harm? To be honest, most of these accidents are most likely just that - accidents, and no amount of education is going to stop a driver or a pedestrian from making a mistake. For those incidents that are not mistakes, it is still likely that the person engaging in the risky action is aware of the consequences and decides to take risks regardless. Who among us really does not know that driving through a pedestrian-filled crosswalk is really dangerous and bad, and that if you run over a person, you will face huge consequences?

LetterstotheEditor

SUBMISSION POLICY

Ka Leo O Hawai'i welcomes letters to the editor on any subject. Letters are given priority on the basis of importance to the University of Hawai'i at Manoa system and its surrounding communities. All letters must be accompanied by the

author's true name, e-mail address, daytime telephone number and affiliation with Manoa. Authors are subject to being contacted by the Ka Leo staff. Letters should address a single subject and should be no longer than 500

words. Letters of any length are subject to trimming and editing.

All letters and articles submitted to Ka Leo O Hawai'i may be published or distributed in print, online and other forms.

Editor in Chief Matthew K. Ing

News Editor Justin Hedani

Features Editor David Pham

Managing Editor Alyssa Navares

Associate News Editor Tiffany Hill

Commentary Editor Justin Hahn

Associate Features Editor Mariam Beard

E-mail: editorials@kaleo.org

Fax: (808) 956-9962

Mail: Letters to the Editor, Ka Leo O Hawai'i 1755 Pope Rd.

#31-D Honolulu, HI, 96822

Ka Leo O Hawai'i

the voice of hawai'i

The Ka Leo Building University of Hawai'i at Mānoa 1755 Pope Road 31-D Honolulu, HI 96822

Newsroom: (808) 956-7043 Advertising: (808) 956-7043 Facsimile: (808) 956-9962 E-mail: kaleo@kaleo.org Web site: www.kaleo.org

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Wednesday, February 14, 2007 | Page 5



By Seth Char Ka Leo Staff Writer

First, I would like to congratulate you. You have just had an experience that many of your fellow men have never had. Think of yourself as more sexually enlightened than the rest of us. You should now step back, take a deep breath and put away the cyanide capsule, for as confused as you may be, there's some thinking that needs to be done.

At this point, there's no question that your trust in this person has plummeted to an all-time low. She lied and deceived you while slipping a well-manicured hand down your pants, which is wrong. You say that it "got pretty serious," but if she really thought it was, she would have respected your feelings by disclosing the fact that she's packing a pistol before sticking her tongue down

There is zero excuse for an individual, whether they are a transsexual, a former porn actress or recovering heroin addict, to deceive someone like that; she should be glad that you're taking it so coolly and calmly, rather than reaching for the nearest baseball bat. If you're interested at all with continuing this relationship for whatever reason that suits you, I'd sit him/her down immediately for a heartfelt chat.

You have to bring it out in the open (no pun intended) that you're extremely disappointed at

Dear Wala'au,

Ijustfoundoutmygirlfriendoffourmonthsisaman.I know, its ounds too bad to be true, but it is. See, I mether/him ataclub, and s/hewasthemost gorgeous woman! deverseen. Igothernumber, and when we met for coffee the next day, we justreallyseemedtohititoff. Wekeptseeingeachother, and althoughwedidn'tdomuchsexually,itgotprettyserious.Partof thereasonfornotbeingtoosexualwasthatherparentsarefrom SamoaandareverystrictMethodists.Butthenjustrecently,I foundout(pleasedon'taskmehow)thatshe'snotashe,butahe! I'mreallyconfusedinmorewaysthanone,ifyouknowwhatl mean?

Signed, Freaked Out

the deception, and that you want an explanation. More likely than not, this will at least get the ball rolling, rather than having you left confused and hurt and him/her guilty while playing an old cassette copy of "The Crying Game" at full volume.

Now to the juicy part. What exactly are your feelings regarding the fact that your beautiful babe is a guy? Get honest with yourself. If you're not comfortable with this biological fact, do understand that you're under no obligation whatsoever to stay with your femme fatale.

Think about your own wants, needs and feelings before hers, in this case, as you were brought into this whole mess under false pretenses. You initially began to like her because you thought she was of another gender. Since this is wholly not the case, the original deal is null and void, and do you think that you would want to continue a relationship with someone who can't be honest with you? I think that you should smile, nod, then run.

If you do decide to continue your tryst, a little Internet research turned up the following resource for guys in your position: tsgirlfriend.com. They'll provide you with all the information you need to understand your new partnership, and will likely be able to answer all of the more "deep" questions you may have, some of which may be well beyond the scope of this column.



By Larissa Eisenstein Ka Leo Staff Writer

Dear Freaked Out,

You've come to the right person to help you sort through the crazy confusion in your head. After all, "I know all there is to know about the crying game; I've had my share of the crying game." OK, well maybe not, but I did see the movie, and if life imitates art imitating life, you're in for one heck of a psychological roller coaster before you figure outhowtoreconcileyourheartandmind with your girlfriend's revelation.

Since you care about this person, the best course of action is inaction - for now. Give yourself space to figure things out before you make any rash decisions. Try to push aside the vision of her junk in the front seat. Focus on her radiant smile and the way she made you feel just before you made your discovery. Now

Did you love her? Was your attraction to her more than physical? What about her made you stick around for four months?OK,nowconsiderthecomplete package. Do you still love her? Are you still attracted to her? Is your instinct to run or to stay and figure something out?

In any unfamiliar situation - whether it's your first day of school in kindergarten or you just find out you're dating a transgender person – your gut instinct usually says the most about you. Sure, you could cry for your mommy and try to run back to the familiar safety of her embrace, but wouldn't you rather meet some new kids and play with some new toys? Before I wander off to a dirty place with that analogy, let's focus on how you should act while you're waiting for your instincts to kick in once the confusion

Whether you are freaking out wondering if your attraction to your girlfriend makes you 'gay,' you're trying to figure out what to tell your friends or you're just wondering if you'll ever be able to have kids with her, check out the resources available on the Web, such as The Transgender Support Site at heartcorps.com/journeys.

When you're ready, talk to your girlfriend. Leave your anger and stereotypes at the door. There's no doubt that she is or was once even more confused than you are now. Ask her to share the story behind her seemingly conflicted identity. Discuss her future plans. How does she envision your relationship evolving? Is she a pre-op transsexual or does she plan to keep her male sex organs? Once you understand her, you'll bebetterabletounderstandhowyoufeel about her and your relationship.

Govindas

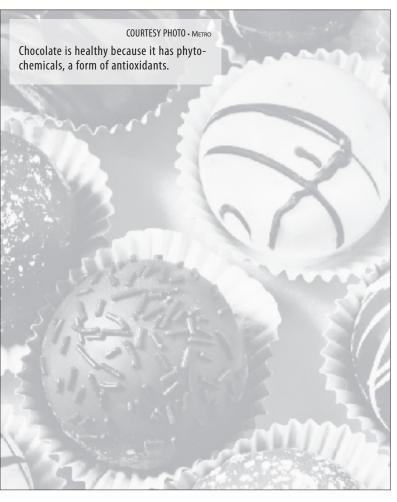
2x2

Campus Door 3x7

Beautiful Day Kafe 2x5



Editor: David Pham Associate Editor: Mariam Beard | (808) 956-3221 | features@kaleo.org



Chocolate

From page 3

accumulation, but they also thin human blood and inhibit blood clot formation.

Myth: "All types of chocolate are bad."

Reality: Recent studies have shown that dark chocolate is indeed "healthier" than milk chocolate, simply because it contains more antioxidants. Dark chocolate contains approximately 70 percent cocoa butter, which includes stearic acid.

Dr. Dooley said that dark chocolate, due to the way that it is prepared and processed, contains about twice the amount of antioxidants as milk chocolate. Both types of chocolate, however, do contain a large amount of minerals and nutrients, as well as fat and sugar.

"In a 1 1/2-ounce piece of dark chocolate, there are about 800 milligrams of antioxidants," Dr. Dooley said. "In the same size piece of milk chocolate, [there are] about 400 milligrams."

Myth: "Chocolate isn't good for me because it contains too much caffeine."

Reality: It is true that chocolate contains methyl xanthines (caffeine-related compounds), of which the most common in chocolate is theobromine. These methyl xanthines are important for our human nervous system because they are necessary stimulants. We feel more "awake" after we eat chocolate for the same reasons that we feel more alert after we have a cup of coffee.

While it does include methyl xanthines, chocolate contains less caffeine than you think. Although chocolate may contain 10 mg of caffeine, one cup of coffee usually contains about 100 mg of caffeine. In addition to the small amount of caffeine, chocolate is a rich source of nutrients, such as phosphorus, copper, zinc and magnesium.

Myth: "Chocolate is unhealthy for you because it causes weight gain and tooth decay."

Reality: While too much chocolate consumption can lead to

weight gain – chocolate does contain a lot of sugar and fat, about 150 calories per ounce – moderate chocolate intake (a few times a week) is considered healthy. However, chocolate itself is not responsible for causing tooth decay.

"Tooth decay is a combination of several factors (sugar, bacteria, susceptible teeth, time, saliva flow, etc.) ... Chocolate seems to contribute to tooth decay because of the sugar it contains, and it protects against tooth decay because of the way it coats teeth," Dr. Dooley said.

Contrary to what those lose-weight-by-avoiding-chocolate ads may say, chocolate does have healthy effects on our bodies, for it contains nutrients, does not increase our "bad cholesterol' level and even gives us some needed energy.

I'm not saying that you should now replace your daily healthy snacks of apples and carrots with a big chunk of chocolate. I'm just saying that there are healthy effects of eating chocolate, as long as you consume it in moderation, of course.

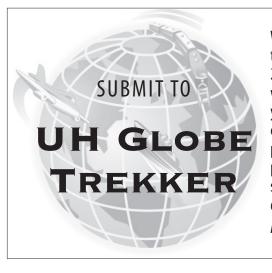
— 100 YEARS STRONG — The Boiler Factory



1921

The idea for a men's dormitory was the product of a conference of student leaders held in Kāne'ohe. They petitioned to the legislature and it was approved. The dormitory was complete by 1921. After its completion, the students called it the "Boiler Factory."

Photo Courtesy of "Building a Rainbow" by Victor Kobayashi



Wanted: Photos documenting trips to foreign countries or to the U.S. mainland. Photos must be accompanied by a 100-to-200-word paragraph describing the overall trip (when, where, why you traveled there, what you did, who you met, foods you ate, etc.) Each photo must have at least a one-sentence caption with photo credit. If possible, please do not send posed photos but rather action or scenic ones. Also, please provide your full name and title (major and year, faculty, staff).E-mail the photos and paragraph to features@kaleo.org or drop them off at the Ka Leo newsroom.

For more information, send an email or call 956-3221.

Valentine's Day around the World

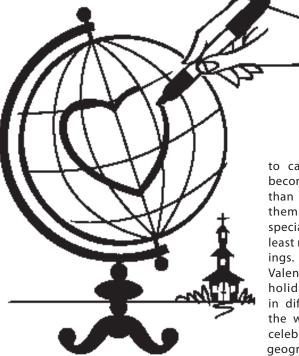


PHOTO COURTESY OF METRO CREATIVE GRAPHICS

By Mariam Beard *Ka Leo Associate Features Editor*

Wandering to your dorm, you arrive and drop off your backpack and have a quick glance around when a stark red card with white and pink hearts on it catches your eye. It's lying neatly on your desk right beside a large stack of books. After your roommate convinces you that somebody did not break into the dorm to steal pictures of you for their "admiration shrine" cleverly disguised in their dorm, you glance down at the card. Harmless enough: Happy Valentine's Day, signed "Your Secret Admirer." Apparently, the adorable note was left in front of the door to your dorm.

Although this is not an everyday event, Valentine's Day seems

to cause people to become a bit bolder than usual to reveal themselves to that special someone or at least reveal their feelings. However, while Valentine's Day is a holiday celebrated in different areas of the world, how it is celebrated varies by geography.

When asked about how she remembered Valentine's Day being celebrated, Kaleigh Bishop, a freshman microbiology major from Alaska said, "Little kids all give each other Valentines. They usually make mailboxes and drop them inside. When you are older, couples give each other flowers and candy and there are formal dances."

Throughout the world, one thing remains the same: it seems that women remember Valentine's Day more than men. Maeve Maloy, a freshman dance major at the University of Hawai'i at Mānoa. from Vermont said, "If your boyfriend forgets, he should be slapped."

For a more global perspective, traditions have changed dramatically over the past hundred or so years. According to lore, the first Valentine was sent to the Duke of Orleans, a Frenchman, to his wife on Valentine's Day after he was captured in 1415.

Not too far away, Denmark has an interesting tradition. A Web site dedicated to St. Valentine says in Denmark the gifts are poems and candy snowdrops. A "gaekkebrev," or joking letter, is sent rather than a "serious" letter where the sender will sign his or her name in dots. If the receiver guesses the name, then around Eastertime, the sender will get a candy egg.

In France, one currently banned custom called for a couple to be paired up, or "drawn for" where the individuals would yell out the other's name across the street of the other's house. Later in the day, any rejected women who were deserted by their new "lover" would congregate around a large bonfire where they would burn images of the lover that spurned them.

A Scottish custom says that your Valentine is the first person of the opposite gender that you meet. This could have been a perchance meeting anywhere from the street to a bookstore.

Sumi Shaidin, Fulbright Malay language instructor, from Malaysia said that Valentine's Day is not as celebrated in Malaysia as it is here. Shaidin said, "The price of fresh flowers, especially roses, suddenly shoots high but people still buy them."

House Program Heads

Thrifty Trysts

The top five Valentine's Day hot spots on campus

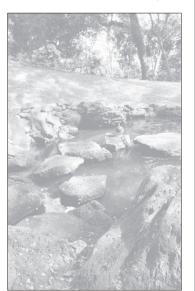
By Kathleen Ramirez

Ka Leo Contributing Reporter

Wondering where to take your main squeeze on Valentine's Day? Are you going to be really busy and on a budget? If that's the case, simple and sentimental is best. Here are five hot spots located on our very own campus to spend on Valentine's Day:

Japanese Garden

Located behind Jefferson Hall, this beautiful garden is the perfect place to have a picnic. Bring a blanket and an open mind. Sit and listen to the soothing streams while you feel the cool Mauka breeze blowing through your hair. Recite some poetry to your sweetie as they gaze into your eyes, or just hold each other's hands as you watch the koi fish swim serenely through the water. Don't bring a fishing rod to impress your sweetheart because those jewelcolored koi are off limits.



ASHLEY BASTATAS. KA LEO O HAWAI'



ASHLEY BASTATAS • Ka LEO O HAWAI'I

Sustainability

Courtyard

Are you vegetarian/vegan? Then this is the place for you! Located between Kuykendall Hall and the Geophysics building, this open-aired courtyard is a wonderful place to enjoy nature with your lovebug. Sit under the trees as you enjoy the healthy and delicious entrees from the nearby Govinda's and Ono Pono kiosks. Don't forget to try some of the juice drinks available.



ASHLEY BASTATAS • Ka LEO O HAWA

See Thrify Trysts, page 9

Editor: David Pham Associate Editor: Mariam Beard | (808) 956-3221 | features@kaleo.org

Wednesday, February 14, 2007 | Page 9



ASHLEY BASTATAS. KA LEO O HAWAI'I

Hale Aloha Café

This is not on campus, but it is nearby. A lot of dormitory residents eat there daily, but it is possible to have a romantic dinner. The café will be featuring a special Valentine's Day buffet. First (if available), with some finesse, give the cashier your meal card and tell them, "Dinner for two." If you want two more kudos, ask (or pay) your friends to serve you and your love dove. Then, pull out and push in your date's chair, and make them a towering sundae dredged in chocolate syrup with a peeled banana. Amaze your date by folding a napkin into an origami crane. Mucho romántico! Head back to the dorms and watch your favorite movie that you borrowed from Sinclair Library.



COURTESY PHOTO . METRO CREATIVE GRAPHICS

Home

Live in an apartment? Then cooking dinner might work for you. Impress your Valentine with culinary skills as you prepare a scrumptious feast or their favorite meal. If their favorite meal seems to be instant ramen, step it up by adding some fresh toppings such as chopped green onions and fish cake. Take out the fine china, but that doesn't mean the plastic utensils or wooden chopsticks that you saved for late-night snacks. Enjoy your dinner by candlelight with soft music playing in the background. Top it off with chocolate-covered strawberries.

In the end, it doesn't matter where you are but whom you're with. Here's to hopes that Cupid's arrow finds its mark right here on campus.

> **UH Service Learning** 2x4

Being single can be fun, too

By Jenn Brown

Ka Leo Staff Reporter

Most of us have gone through it, and many of us dread it: Valentine's Day as a single. Suddenly, it seems like being single is so lonely and a certain feeling of bitterness might begin to arise within you. Many times throughout the day, you may find yourself muttering the words, "I hate Valentine's Day" and truly meaning it.

It's true that it is a day that could end up making you feel like a loser for not having a significant other to share it with, especially because there are always so many flowers, chocolates and balloons floating around. All of these things can be cheesy reminders that you will be going home by yourself tonight - no cuddling for you.

But it doesn't have to be that way. This year, it is time for all of us single and bitter Valentine's Day haters to take on a new attitude. There are plenty of reasons to feel great about being single, even on this dreaded day.

1. It saves you money

For most of us college students, money can be pretty tight, especially living in the beautiful state of Hawai'i. Whether you are a man or a woman, chances are that Valentine's Day is going to end up costing you a pretty penny.

Presents, cards, chocolate, stuffed animals, flowers or whatever it is that you like to give on Valentine's Day, it ain't gonna be cheap. Being single gives you the chances to save some of your hard-earned dollars, and if you want to spend some money, you can spend it treating yourself.

2. It saves you some pressure

It seems that there is always so much pressure to make sure that your Valentine's Day with your significant othershould be perfect. You have to eat a nicedinner, then there has to be romance,



COURTESY PHOTO • METRO CREATIVE GRAPHICS Enjoy single life by hanging out with your friends on Valentine's Day.

and everything needs to go smoothly. It can, at times, be rather stressful, and it is just one day of the year.

I will admit that Valentine's Day can be nice for couples, even with all the pressure for it to be perfect. However, I urge all you singles out there to relish in the fact that you have no such pressure on this day. Take some time to do whatever you want, and perhaps even take a momenttoreallyappreciatethefactthat you don't have to make anything perfect for anyone but yourself.

3. No guilt trips

You can go out with your friends and there is no need to feel guilty. This goes for not only Valentine's Day but for any other day. Many of us find it harder and harder to spend time with our friends when we have a serious boyfriend or airlfriend.

It is not like we plan it to be that way; sometimes it just happens. We find ourselves feeling a little guilty or put under a major guilt trip if we want to just gooutandhaveagoodtimewithfriends.

All of you singles out there should keep this in mind: if you can, get together with some other single friends and celebrate being single.

4. Focus on other people you care about

It gives you a chance to focus on other people that matter to you. Valentine's is supposed to be a day of love, right? Just because you are single doesn't meanthat you don't have people to share it with.

Callyour mom, dad, grandma, auntie, uncle, best friend or whomever, and let them know how much you care. Take the time to really focus on the people who are significant in your life, and try to remember that you are still loved even if you are single.

5. You are FREE

Chances are that most people on campus are relatively young and unmarried. A majority will eventually end up getting married, maybe having kids and settling down. For those of us that are unmarried, these are they ears that we get to explore, be independent and be free.

We can do what we want, when we want, and we have nothing holding us back. We can be our own person and make all of our own decisions without having to consult our significant other. Now, that is not to say that there is anything wrong with marriage; it is a beautiful thing. But you know what? So is being single.

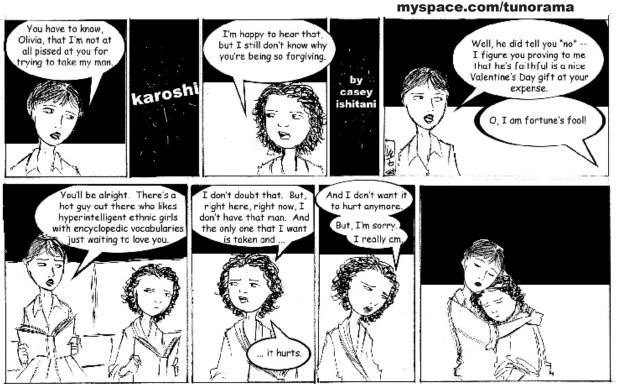
If you are feeling down about being alone on Valentine's Day, just take a moment to stop and appreciate your single status and never forget, being single is fun. Check out the hottie in the grocery line guilt-free, spend some money on yourself, go out with your friends 'till three in the morning, and enjoy every moment of it because chances are, it ain't gonna last forever.

Hana Student Suites 3x7

Ka Leo O Hawai'i Comics & Crossword

Page 10 | Wednesday, February 14, 2007

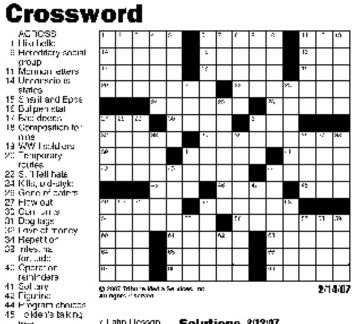
Comics Editor: Casey Ishitani | (808) 956-7043 | comics@kaleo.org







Apply for a cartoonist position at Ka Leo O Hawaii or be a big, fat coward. Your choice.



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CLASSIFIED SPACE!!

DO NOT ALTER! THANKS!!

Aggies

From page 12

NMSU capitalized on UH's miscues, racking up 25 points off UH turnovers, compared to 12 for the 'Bows. Holding a 59-54 advantage with 5:36 left, the 'Bows committed four turnovers in one minute and 17 seconds. This let the Aggies take the lead and, ultimately, the win.

"This team [is the leader] in forcing turnovers, and we knew that," Wallace said. "We had to take care of the ball, and we just didn't make good decisions with it. Instead of turning the ball over, we should have been calling timeouts."

UH went on an early 11-2 run to take a 10-point lead with 12:06 left in the first half, their largest of the game, before faltering. NMSU won even though their biggest lead of the game was just four points, that coming with 1:54 left in the first half.

"We weren't mentally into it," Wallace said. "Poor shot selections, poor decision making on the floor, [it was] just a bad night for the 'Bows."

The Aggies starting lineup failed to convert as well, shooting just under 44 percent from the field and forcing Theus to pull them out of the game for part of the first half. Justin Hawkins (11 points) was the lone starter to score in double digits. However, NMSU's bench rose to the occasion, accounting for 36 of the team's 71 points. Sophomore guard Shaun Davis recorded 14 first-half points and went 2-2 from 3-point range, while junior center Martin Iti tallied a team-high 15 points on 7-9 shooting.

"It was a hard-fought game," Theus said. "They played like they needed to win and we played like we needed to win. The difference was our bench came in and saved our starters.'

The Aggies, the Western Athletic Conference's second seed, were looking to rebound after a 75-69 loss at Fresno State University two nights earlier.

"After getting beat that bad on the road, it would have been very easy for our guys to come out here and go 'You know what, woe is me,' but I thought our guys today saw what it takes to win on the road,"Theus said. "If you're going to win on the road, you have to be tough-minded and you have to be physical."

The physical style of play led to foul trouble on both ends of the court, with UH's Gueye and Stephen Verwers fouling out. While P.J. Owsley, Gueye and Verwers shot a combined 12-15 from the field, the Aggies put up 44 points in the paint and successfully out-rebounded Hawai'i, 32-27.

"Our defense, which has been very effective [lately], was very ineffective, especially in the second half," Wallace said. "There was absolutely no big man rotation at all."

The 'Bows also struggled to get the ball inside on offense. An NMSU press disturbed UH's ball rotation and led to a bunch of perimeter shots. Nash, who led the team with 18 points on Saturday night, shot 1-7 from 3-point range and 2-9 from the field. As a team, the 'Bows shot 50 percent from the field but failed to convert when the game was on the line. Lojeski and Gueye led the 'Bows with 15 points each.

"The only way to play against Hawai'i is to play harder than they do and to force them out of their offense," Theus said. "If you can do that you have a chance to win. I thought our defense was pretty fierce in terms of letting them get into their offense."

SPEAK OUT

Photos by Matt Tuhoy

What might you consider TO BE A STIGMA WHEN DATING AN ATHLETE?



She'sprobablygoingtobe biggerthanme, but she mightmakemoremoney thanme, which is cool.

Compiled by Matt Tuhoy

Bryan Moe | Senior

Youridentitybecomes whoyou'redating,not who you are.

Maddie Cameron | Senior





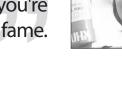
Imight be attracted to their physique over anything else.

Windell Jones | Senior

Peoplemightquestionthe sincerityoftherelationship; they might think you're leeching off their fame.



Krystle Domingo | Senior





They are in for the financial gain.

Elvin Cortez | Senior

KTUH 2x5

Commentary

Bimbos cause bad stigma

By Glendalyn Junio

Ka Leo Associate Sports Editor

It shouldn't really catch people by surprisewhenwomenare caught throwing themselves at athletes nowadays. Many girls are being exposed at an early age to Saved by the Bell's famous jock, A.C. Slater, and countless other shows with the star-role played by a dreamy jock. These ideals, along with a number of stereotypes and assumptions, are infesting the minds of many young women. Excuses aside, isn't it time that girls stop throwing themselves at athletes for the sole reason that they are an athlete? And with that said, shouldn't everyone realize the problematic issues that result from stigmatizing male athletes and their relations with women?

First off, to you women who use athletesasameansofgaining attention, have a little more respect for yourself. The tendency to seek attention from guys only because they are athletes is a growing trend, but in this particular case, being trendy isn't going to win you any awards.

I've seen it many times, at nightclubs especially. I've witnessed girls, or, what a friend of mine would refer to as "jersey-chasers," strutting around in scandalous outfits, vying for the attention of various athletes. I mean, looking from a man's perspective, what guy in his right mind would turn down a woman when she's throwing herself at him? Surprisingly, some men will, including athletes.

Sadly, some of these false assumptions can tarnish a person's reputation. Athletes, sometimes without realizing it, take on the role of a bad boy, and as cliché would have it, good girls are supposedlymuchmoreattracted to the mass a result. However, good girls aren't the ones that seem to flock around athletes.

Take a look at the controversies that have stemmed from various stigmas involving athletes and women. Kobe Bryant was accused of rape, but the woman's accusations about sexual misconduct were dropped. In the Duke lacrosserapetrial, charges were dropped as well. Nonetheless, the mere accusationshaveledtoinsurmountabledebates and opinions. Bryant still cheated on his wife. The Duke lacrosse squad is awaiting trial on charges for sexual offense and kidnapping.

To classify all athletes as "players" isn't fair. To say that all girls are attracted to athletes because they're looking for attention isn't, either. But they are problematic, real issues that should be addressed.

With all of this in mind, if you honestly want to find that right guy for Valentine's Day, and an athlete just happens to be that guy, don't think that you'll honestly win his heart by throwing yourself at him. Being easy probably won't earn you any respect. If women can learn to approach athletes like every other guy, then we probably wouldn't have such an overbearing problem with these stigmas.

Aloha Agency

SPORTS

'Bows fall short against Aggies



ABOVE: University of Hawai'i Rainbow Warrior guard Bobby Nash keeps the ball from New Mexico State Aggie defender Justin Hawkins in the first half at the Stan Sheriff Center on Monday, Feb. 12. The Aggies defeated the Rainbow Warriors 71-68.

JORDAN MURPH • KA LEO O HAWAI'I

RIGHT: Junior Matt Gibson drives to the basket for 2 of his 9 points to put the Bows within in 4 points of the Aggies, however the effort wasn't good enough as Hawai'i was defeated by New Mexico State 71-68.

DAN RICHARDS • Ka LEO O HAWAI'I

Last-second losses a recurring theme for UH

By Rebecca Gallegos

Ka Leo Sports Editor

In their 71-68 loss to the New Mexico State University Aggies (19-6) on Monday night, the University of Hawai'i men's basketball team (14-11) once again proved their inability to convert in down-to-thewire contests. The 4,188 fans at the Stan Sheriff Center saw the Rainbow Warriors lose for the sixth time this season by three points or less.

"I thought the game towards the end was about as furious and intense as I've seen in a long time," said NMSU head coach Reggie Theus. "It was a big game. [UH] needed the game to get to .500 and we needed to get off the slide."

Trailing by three or less in the final three minutes and 17 seconds, UH put up only seven shots. One sent UH senior forward Ahmet Gueye to the free throw line, where

he missed both attempts. The 'Bows had a chance to take the game into overtime in the final seconds, but Bobby Nash's and Matt Lojeski's last-second 3-point attempts refused to fall, as did the majority of the team's shots from behind the arc. UH, who went 12-20 from 3-point range in the previous game, shot a dismal 4-19 against the Aggies.

"Our mentality from the Louisiana Tech game was that we made 12 threes, so [the team] was going to come out tonight and blow [NMSU] out with threes," said UH head coach Riley Wallace. "And that's not our game. We shot 4-19, and that will kill you."

The 'Bows and Aggies both recorded 18 turnovers in the game; New Mexico State had 13 in the first half and UH had 11 in the second. However,

See Aggies, page 11

