

Italian director visits UH to discuss film

Features | Page 3

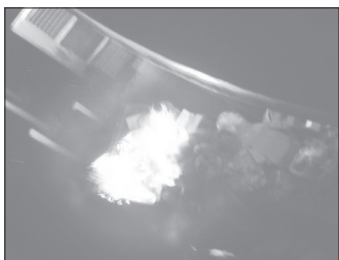


Cyclists attempt to add cycling to UH sports roster

Sports | Page 8

KA LEO VIDEO

For Michael Pantzer's first-hand experience of the Hale Aloha fire scare early Monday morning, visit www.kaleo.org.



1:50 A.M. Fire broke out in dumpster behind Hale Aloha Cafeteria



2:10 A.M. Residents evacuating into courtyard



2:40 A.M. Firetruck leaving, students returns to their rooms



2:50 A.M. Security at the dumpster that was on fire



2:50 A.M. Overlooking dumpster from hale aloha-ilima

Fire in freshman dorm wakes up the house

Police believe arson may have caused the dumpster fire

By Justin Hedani
 Ka Leo Senior Reporter

Fire alarms rang out, waking Hale Aloha dormitory residents from their sleep yesterday morning at 1:50 a.m. after a fire started in a nearby trash dumpster.

Located behind the cafeteria, the dumpster may have been set ablaze intentionally. Investigators at the Honolulu Fire Department are treating the act as arson for the time being, though investigation is still underway.

According to Jay Chrisman, an off-duty resident assistant, smoke from the fire traveled into Hale Aloha Ilima, setting off the fire

alarms that sent students marching to Hale Aloha Lehua.

Chrisman happened to pass behind the Hale Aloha cafeteria on his way to pick up a friend from the airport; his friend's flight had been delayed.

"I saw someone throwing something into the dumpster," Chrisman said, "[The fire started] ... then [he] jumped in his truck and drove off."

Chrisman found no fire extinguishers in the immediate area and phoned campus security about the situation. When security arrived, the first officer removed an extinguisher from his vehicle and kept the growing fire controlled.

According to Chrisman, a nearby dumpster caught on fire due to its close proximity to the lit fire container, bringing the fire closer to the cafeteria.

"If the flames were any high-



JUSTIN HEDANI - KA LEO O HAWAI'I

Honolulu Fire Department officials inspect a doused dumpster after a fire Monday morning. Arson is the suspected cause of the blaze.

See DORM FIRE, page 2

Students voyage through neighbor island terrain

By John Kenyon
 Ka Leo Contributing Writer

For more than 50 University of Hawai'i at Mānoa students, a relaxing weekend on Kaua'i last month was a perfect vacation from the fast-paced life on O'ahu. Complete with cliff diving, reef swimming and cave exploring, many students felt the weekend gave new meaning to the word "relax."

The trip cost students \$350, which included two nights at Plantation Hale, a round-trip ticket and a rental car.

Senior James Lindaman said the cost was well worth the experience and memories he made. "I don't think I would have seen as much if I went on my own," he said. Students were allowed to explore the island alone.

"I really enjoyed the freedom we were given," said senior Jamie Dunlap. "We could do what we wanted, when we wanted." Dunlap and a few of his friends, including sophomore Mieko Griffin, took a car around the island.

"We made our own trips," Griffin said. "We got lost, but that turned into an adventure in itself."

Saturday started with a visit to Wailua Falls. The students descended a steep and muddy trail, with the aid of climbing ropes, to access the falls. Once at the bottom, students swam, sunned and snapped photos of the waterfall.



PHOTO COURTESY OF LEISURE CENTER

More than 50 UH students traveled to Kaua'i last month for a two-day trip in the Island's hidden treasures.

"I loved the waterfall," Dunlap said. "It was so powerful. It was amazing."

Following the trek from the falls, the muddy students stopped at Kilauea Lighthouse. The view from the lighthouse kept students' cameras busy.

The next stop of the day was The Blue Room, located inside of Waikapalae Cave. The freshwater spring inside of a lava tube received its name from a smaller cave, where a blue hue exudes from the water inside.

In search of warmer waters, many students left the cave for Tunnels Beach, where they could swim, snorkel and relax in the sand.

"It was nice to be in the ocean again," Lindaman said, "but I swal-

lowed about a gallon of salt water when I was snorkeling."

After a charming sunset, students gathered on the beach outside the hotel for a party. Complete with a bonfire and music, the party allowed students to unwind and to share their experiences from the day.

After the events of the previous night, Sunday morning started at Kipu Falls. The waterfall was used in the Indiana Jones movie "Raiders of the Lost Arc."

Brian Whitney, the trip coordinator, has been organizing trips through the Leisure Center to other islands for more than 20 years.

"Each island is very different," he said, "and we try to take people to hidden places off the beaten path. It gives the students a different perspective about Hawai'i and is a good way to meet new people."

The staff at the Leisure Center, located in Hemenway Hall, are planning two more trips this semester. A trip to Maui will be Oct. 20 to 22, and a trip to the Big Island will happen in November.

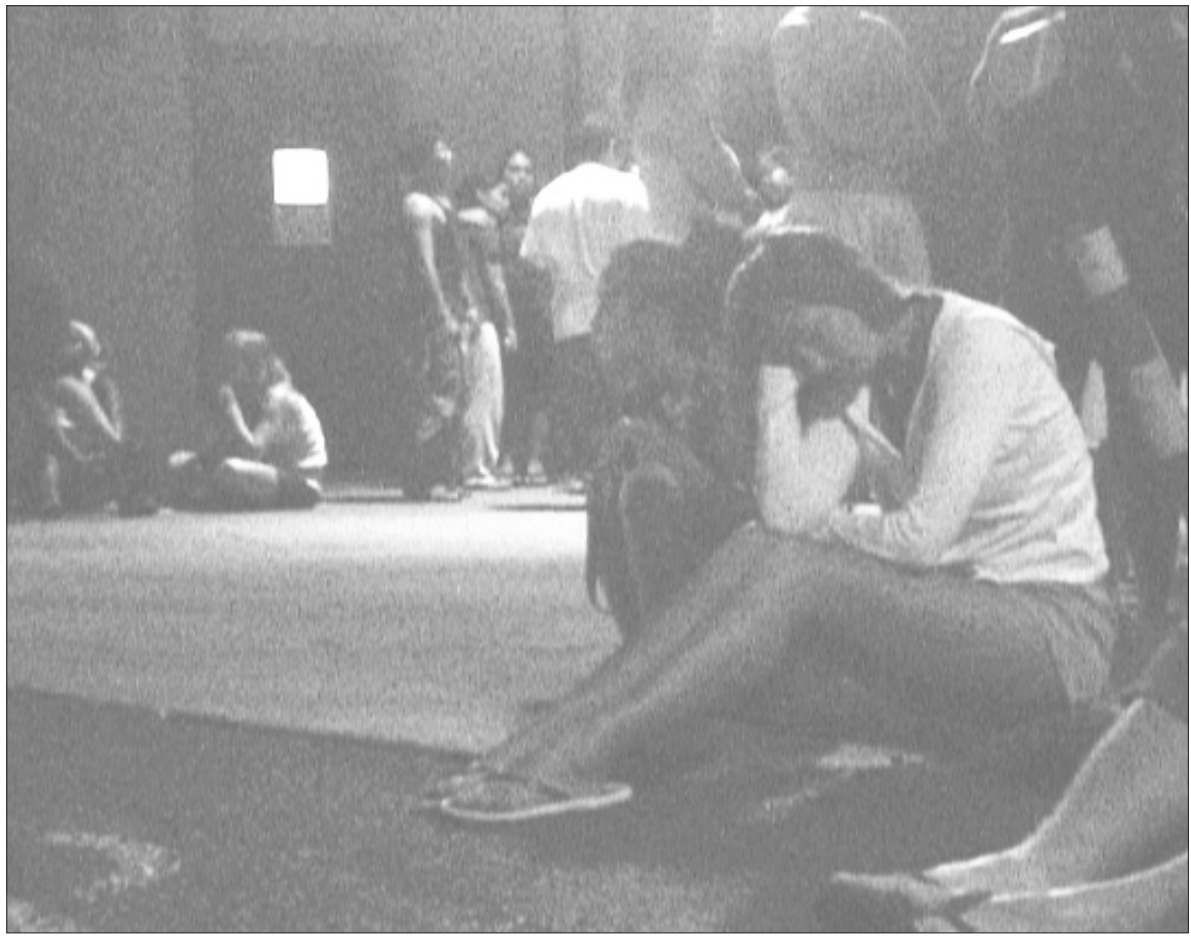
For more information about the trips, contact the Leisure Center at 956-6468.



COURTESY PHOTO BY JOHANNA BATISTE

ABOVE: A Hale Aloha Ilima resident snaps a shot of the fire behind the Hale Aloha cafeteria minutes after it ignited a dumpster.

RIGHT: A tired Hale Aloha resident waits for permission to return to her bed after being evacuated from her dorm. This is a still shot taken from Ka Leo's online video.



Dorm Fire

From page 1

er," Chrisman said. "The cafeteria would have caught on fire."

HFD arrived on the scene nearly ten minutes later and extinguished the remainder of the fire in about five minutes. Now obligated to file both police and security reports, Chrisman was an hour late to pick up his friend.

Many of the students just wanted sleep, as classes were to take place later that morning. For two roommates, those classes were

at 8:30 a.m.

"Obviously it's not an emergency," said Johanna Batiste, in reference to the fact that Ilima didn't actually catch on fire.

Batiste said that she and her roommate, Crystal Havon, were sitting on the balcony when the fire started and took pictures of the fire. The suspect had fled the scene by the time they noticed the blaze.

Members of the University of Hawai'i at Mānoa swim team share the same sentiment of their fellow dormmates, because of the fact that they had swim practice at 5 a.m.

"We would have kept sleeping," said a group of swim team

members, who said that if they knew the full extent of the situation, they would have slept. "We're just tired."

Students were kept out of their dorms for about 50 minutes before being called back in by an RA at about 2:40 a.m.

Officers and investigators on scene sectioned off the trash containers, keeping spectators at bay as the area developed into a crime scene.

"There is a possible suspect," said Detective Gary Lahens of HPD, who has the license plate of the individual who fled the scene. HPD investigators plan to bring the suspect into custody today.

Flu shots offered at University Health Services

Students can now get \$15 vaccines to prepare for flu season

By Matthew K. Ing
 Ka Leo News Editor

As the 2006 to 2007 influenza season approaches, local clinics are preparing their stocks of the flu vaccine. Health officials recommend getting vaccinated in early to mid-October to ensure immunity throughout the flu season, according to University Health Services on the University of Hawai'i at Mānoa.

According to University Health Services: "Influenza is caused by a virus transmitted through the air and by direct contact. The vaccination needs to be repeated every year because different strains of the virus develop over time."

University Health is offering flu shots for \$15. Students can receive their vaccinations on a walk-in basis Monday to Friday while faculty members should call ahead for appointments.

Cash, checks and credit cards are all viable payment methods. If a patient brings his or her insurance card, University Health will bill most non-HMO insurance plans.

The vaccine takes about two weeks to become effective, so students are advised to get their shots as early as possible.

According to University Health, groups at high risk of the influenza virus include those with: chronic lung disease, heart disease, kidney disease, diabetes or anemia. People over the age of 65 or their caregivers should also receive immunizations, since immune systems generally decline with age.

Those with progressive neuro-

Hot to get your flu shot

University Health Services

To make an appointment or to inquire on services, call 956-6221.

\$15 (cash, check or credit card)

Students - walk-ins welcome, Monday-Friday

Faculty - call ahead for appointments

Muscular Dystrophy Association

Call 593-4454 for appointments and information.

Cost is free for people with neuromuscular diseases.

See FLU SHOTS, page 3

Pietro Reggiani, Italian film director visits UH

Director visits Hawai'i schools to lecture about film industry

By Kumari Sherreitt
Ka Leo Staff Reporter

Pietro Reggiani, an Italian film director and Verona native, visited several classes at the University of Hawai'i at Mānoa last week to talk about his experiences in the industry.

When asked by some Italian language class students why he had studied law before becoming a filmmaker, he said that it was similar to getting a degree before knowing exactly what one wants to do.

"Scienza Politica? No. Arte? No. Legge? No. Va bene!" (Political Science? No. Art? No. Law? No. Okay!) Reggiani said.

After finishing college, and taking some courses at RAI Italian Television, he began writing screenplays.

Words to students

Reggiani visited both intermediate Italian classes at UH, as well as the Academy for Creative Media's screenwriting class.

In the Italian class lecture, Reggiani spoke of the importance of casting when dealing with children. He explained that it is key, as a director, to cast them in roles similar to their own personalities.

He was a "humble man," said Italian language professor Joel Noefft, "[and] extremely accessible to the students."

A dash of Italian

The students of both classes were also given a sneak peak of "My Brother's Summer," Reggiani's first feature film, shown at the Hawai'i International Film Festival at the

Doris Duke Theater Tuesday.

Many described the film as new, strange and funny. It featured a boy and his struggle between life in his imagination and in reality.

"A film very different ... [using] deep feelings and fun in a very successful way," said critic Lietta Tornabuoni from the Italian La Stampa newspaper.

The film took Reggiani seven years to finish, which became a problem as the child cast grew up. The solution was one that Reggiani liked, ending with an adolescent cast.

Reggiani was nominated in 1998 for a Donatello Award for his film called "The Book Junkie." He is also the winner of the Rosa Camuna d'Oro Bergamo International Film Meeting 2005.

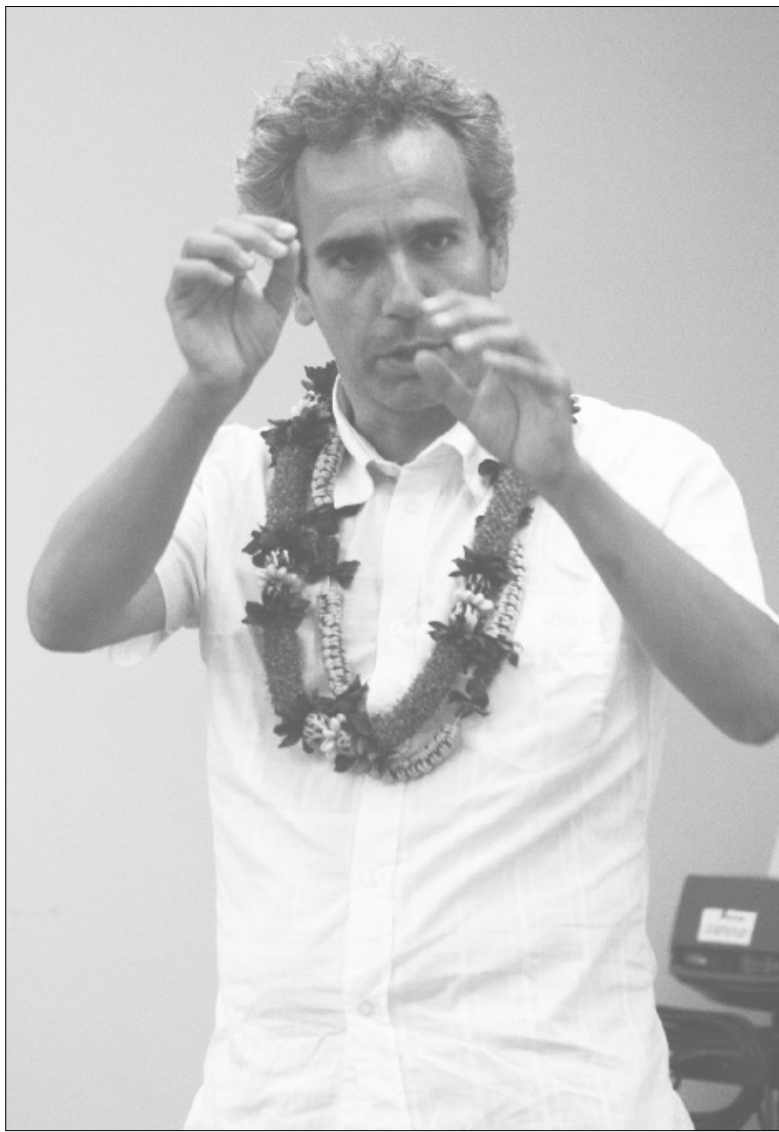
Visiting the Islands

Reggiani traveled to the Islands for the film festival through the Friends of Italy Society, the non-profit organization that sponsors the event. FIS's mission is to create a connection with the culture of Italy and to share this passion with the rest of the island. It views Italian films monthly and sponsors other events as well.

Reggiani has been working since 1997 with production company Nuvola Film, where he met producer and film director Antonio Ciano. The company created such films as "The Best Day," "All the Knowledge in the World," and "My Brother's Summer."

Reggiani visited UH, Kamehameha Schools and Wai'anae High School. According to Margherita Parrent, FIS director and film festival sponsor, he was very impressed at the level of questions the students asked.

It was Reggiani and his wife's first time to the Islands, and they enjoyed how different the island was



GABE EL-SWAIFY • KA LEO O HAWAII

Italian screenwriter Pietro Reggiani spoke to Creative Media students Thursday about the pros and cons of working in the industry.

with its natural diversity, "[traveling] from ocean to valley in a matter of minutes," Parrent said.

The Academy for Creative media program at UH plans to

arrange a videoconference with Cameron Crowe, producer of "Jerry Maguire" and "Vanilla Sky," Nov. 1. There will be more coming up this semester.

Goodbye to David Iha

Board of Regents secretary retires after 40 years

By Jessica Fabrigas
Ka Leo Contributing Writer

David Iha was the Executive Administrator and Secretary of the University of Hawai'i Board of Regents for 40 years.

Experience:

- Received BA from Wheaton College, IL and MA in Education from UH.
- Attended the Institute for Educational Management at Harvard University.



IHA

certifying officer for Hawai'i.

Advice:

- "Take every opportunity offered to you in order to continue to develop as a professional."
- "60 minutes of action, no alibis and no regrets."
- "You need to be flexible because

See Iha, page 5

EVENTS CALENDAR

Please e-mail any community or campus events to calendar@kaleo.org.

The O Lounge holds "all new jazz Tuesdays" every Tuesday at 6 p.m. This event features wine tasting and appearances by Sherry Shaoling, Coconut Joe and Dr. Jazz. This is a 21 or older event. The O Lounge is at 1349 Kapi'olani Blvd. For more information, call 944-THEO or visit <http://www.theolounge.com>.

Thirtyninehotel holds "Newjazz Quartet" every Tuesday from 10 p.m. to 1 a.m. This event features modern and groove jazz. This is a 21 or older event. For more information, call 599-2552.

Ferocious Floyd will perform tonight at 9 p.m. at Bobby G's. For more information, call 926-7066. Bobby G's is located at the International Market Place, 2330 Kalakaua Ave.

Ekto Gamut and Random Romance will perform tonight at Next Door. Doors will open at 9:30 p.m. This is a 21 or older event. For more information, call 548-6398.

Anna Bannana's will hold the "songwriters' showcase," which features original music every Wednesday at 9 p.m. For more information, call 946-5190.

See Events, page 5

Letters to the Editor

No one wants an extra gym

(This letter is in response to Ka Leo's Sept. 27, "New 64,000 sq. ft. Rec. Center seeks support.")

The proposal for the new Rec Center/gym really irks me in a few ways. Correct me if I am wrong, but don't we already have similar facilities in the Stan Sheriff Center in the lower campus? So far I haven't heard the reasons why we need a "bigger, newer and more expensive Campus Center" like the one proposed by the Campus Center Board. I suppose I understand that lower campus isn't the most convenient place for a gym to be located, and it can be quite a hassle to get there for some, but what's a little walk when you are going to tire yourself out on a treadmill or a bench press anyway?

I find that the cost for this project, which is estimated to be \$28 million, is ridiculous. I feel that this estimate will prove to be far below the actual cost, as is usually the case with bureaucratic cost estimates such as this one. Also, given the fact that the CCB is run in part by student politicians who have something to gain from this project, I feel that the veracity of the stated cost estimate is questionable.

I would hate to see students suffer the costs of something the CCB thinks will benefit them. I was personally surprised at the start of school to find out that every student was required to pay forty bucks at registration merely for the use of the old Campus Center.

Shouldn't the ever-rising tuition pay for things like this? Don't get me wrong, however; I feel that the mandatory \$40 is a reasonable price to pay for the maintenance and upkeep of something that most students on campus use on a fairly regular basis. What I don't want to see, though, is students having to pay an extra \$120 for something we already have.

Even if no one agrees with me about the usefulness of the Campus Center expansion, I believe that the vast majority of students would agree that there are more important issues on campus than an overcrowded gym. For instance, I haven't heard an end to the complaints regarding student housing. Centered on the infamous Johnson Hall, these complaints include roach and insect infestations, unwanted and dangerous intruders, ill-functioning

facilities and an overall ugliness that characterizes many of the older concrete block dorms. Seriously, a simple paint job would fix a lot!

The landscaping of the campus also needs improvement. Huge tracts of barren dirt and overgrown hedges detract from the appearance and the quality of life here on campus. The sidewalks and roads on campus are becoming increasingly worn out and dangerous to anyone who walks or skateboards to class. Cracks and potholes, which can cause a rider to be thrown off his/herskateboard, are a big issue on a campus where skating is the primary mode of transportation for a great number of students.

I'm not calling for a solution to all of these problems, I am just saying that these issues are very important and need to be dealt with before the Campus Center expansion and renovation. If anyone agrees with me and does not want to pay an extra \$120 in unnecessary Campus Center fees, please make your voice heard so we can focus on what needs to be done here at UH.

Joshua Hampton

Freshman
Physics

UH needs a gym

(This letter is in response to Ka Leo's Sept. 27, "New 64,000 sq. ft. Rec. Center seeks support.")

I believe that this new Rec Center should happen and \$15 is not too much for everyone. No one will even notice. You should even think about a racquetball room. That would be sick.

There is something that UH needs and has been addressed in the past. The bridge that connects the Kanewai park and Noelani Dorms should be brought back. It was used by so many students, not just the people in the dorms. Now a lot of people must walk either around and across near the Hawaiian Studies building, or walk down and out the exit by the baseball field. Or if they don't feel like that, hop the fence, cross the river and climb the wall on the other side. Please bring this up again. I know it has to do with the state also, but that would be a huge thing if you could get someone to work on it.

Matt Patterson

Junior
Electrical Engineering

Letters to the Editor

SUBMISSION POLICY

Ka Leo O Hawaii welcomes letters to the editor on any subject. Letters are given priority on the basis of importance to the University of Hawaii at Manoa system and its surrounding communities.

All letters must be accompanied by the author's true name, e-mail address and daytime telephone number. 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 Hawaii may be published or distributed in print, online and other forms.

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Editorial Cartoon

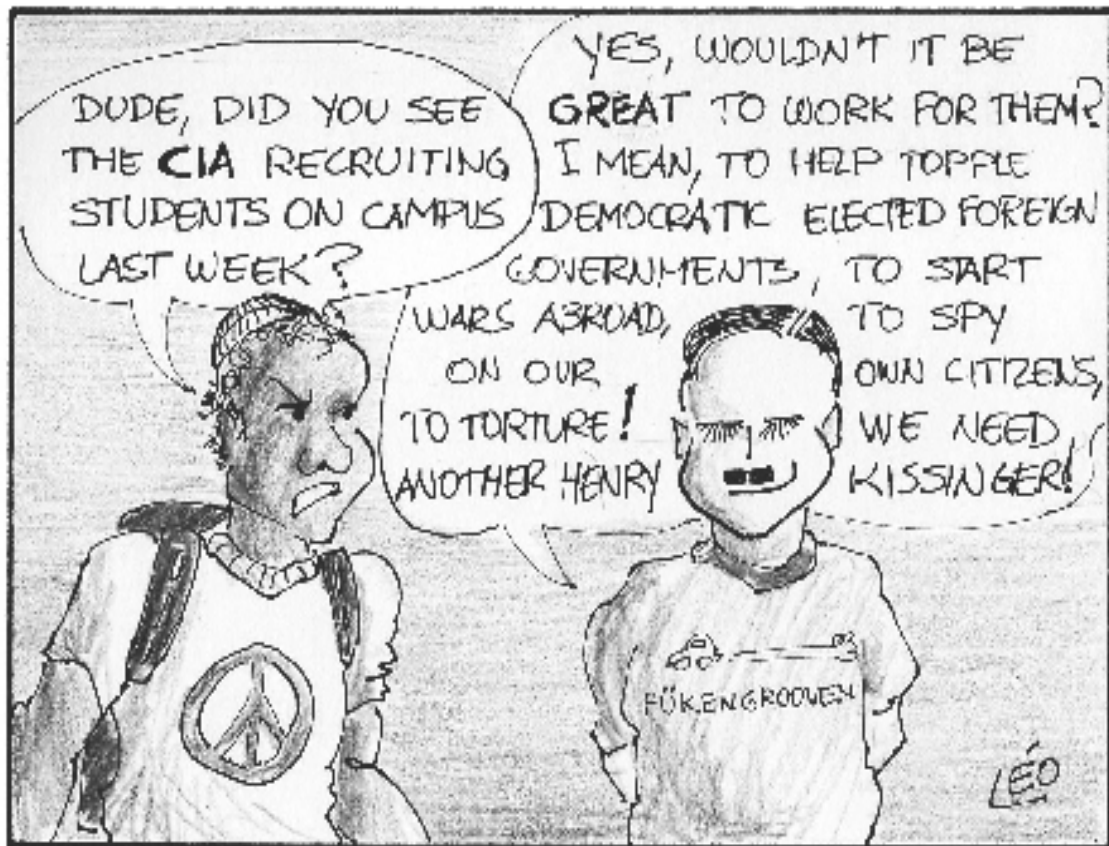


ILLUSTRATION PROVIDED BY LÉO AZAMBUJA

Where does the reality end and the virtual begin?

Online gaming is both alarming and addictive

Jason Ordenstein

Ka Leo Contributing Writer

I saw an interesting video on Youtube recently. It showed a clip from the extremely popular video game "War of Warcraft." The game itself, played by almost seven million people, comprises a huge interactive virtual world set amidst a fantasy backdrop of Orcs, Elves, Dwarves etc. It is the latest incarnation in a series of Massive Multiplayer Online Role Playing Games (MMORPGs) that started to become popular in the late '90s.

The video was of a group of players (called a clan or guild) ambushing another group and killing them in a frenzy of flailing swords, fireballs, and shimmering clouds of ice. This all seems innocent enough, right? Just more typical geeky fun in the best Dungeons and Dragon's tradition. Though the circumstances behind the attack made this routine virtual slaughter stand out a bit.

The group that was ambushed was paying tribute to one of their members: a young girl who played with them regularly, but had unfortunately died in a real-life accident. To honor her memory, her clan held an online funeral and gathered to pay their respects at her favorite online place that she liked to frequent. The rival clan, who knew of the event beforehand, planned and then slaughtered them in their helpless state while filming the video.

The perpetrators of the attack defended their actions. They claimed that a certain line

between the real world and the virtual has to be set and maintained. The other clan retorted by saying that the attackers knew they would be hurting people's feelings and deliberately ambushed out of cold-blooded malice.

I was fascinated by this debate to say the least. Psychologists, sociologists and economists are beginning to study these virtual worlds, looking for insights into this ever-changing code of virtual social interaction and virtual economies.

The biggest, and some say the most alarming, aspect of these games is how addicting they are. In the book "Everything Bad is Good for You," author Steven Johnson looks at these online role-playing games in particular. He says they work to addict your brain in a manner similar to cocaine. It's not the fun that makes them addicting, rather the fact that most of the game is not enjoyable.

A player will work tedious countless hours building their experience level up, defeating an endless multitude of enemies for eventual rewards like armor or weapons. These achievements are the true addictions. Most people lose themselves in something they can identify with like sports, movies or books. It's because of a need to take their minds off of real-world problems.

Our lives may not be perfect, but in the coded dynamic of these games, with enough time put in, you can become nearly perfect or even god-like. For many people they can for the first time become what every one wants to be: a "somebody." I'm not very surprised to hear that in Korea and China, reports have surfaced of people tragically dying who have played video games at the expense of food and sleep.

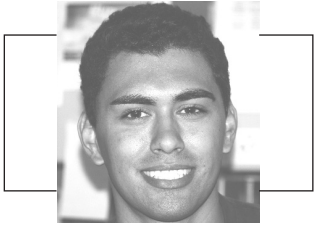
... Games could eventually intertwine with our personalities in the future.

The video of the funeral attack poses a question that's sure to become more relevant as these virtual worlds inevitably get more detailed, complex and popular. How much of the real world should intrude into the virtual, and how much should they mix? As of now, players often react negatively (as shown by the funeral attack) when too much real-world influence filters into their virtual "mass hallucinations."

In the book "Smartbomb" by Heather Chaplin and Aaron Ruby, game designer Will Wright discusses how games could eventually intertwine with our personalities in the future. He talks of "push" technology that became famous with Web sites like Amazon.com, where based on your past decisions, the Web site begins to recommend other related books. Wright envisions the future of video games becoming an adaptive experience in this tradition. The games might become so intertwined with people's personalities that people may be emotionally hurt or angry if the game were insulted – similar to how people defend their favorite movies.

If this is the case, it will be a potent combination indeed. I feel the question posed in that funeral attack is important to note. It will surely be just one in many virtual debates to come. Just where does reality end and the virtual begin? We will all see soon enough.

Even pirates need security for file sharing



By Kaipo Alakai
Ka Leo Computer Guy

Q: "Computer Guy, I love to download songs and movies using different file sharing programs. Though lately, organizations like the Recording Industry Association of America and the Motion Picture Association of America have been suing people left and right. I always read about how the RIAA sends "I'm going to sue you" letters to thousands of people every month. I am afraid that I will get caught. Is there anyway that I can protect myself against them or am I just screwed?"

A: The most obvious solution to your problem would be not to use file sharing programs, as they are targeted by those corporations. I do not condone sharing of illegal files. Since you are probably not going to stop using file sharing programs, here are some IP filter programs that I suggest you use.

• PeerGuardian
<http://phoenixlabs.org/>

PeerGuardian (PG) acts like a software firewall, preventing any bad Internet Protocol addresses (IPs), like those from the RIAA and MPAA, from reaching your computer. This is the program that I use to feel safe. PG down-



COURTESY PHOTO • BLUETACK

ProtoWall, like PeerGuardian, will filter out bad Internet Protocol addresses, which is how organizations like the Recording Industry Association of America track illegal file downloading.

loads a list of bad IPs daily so that it is constantly up-to-date.

If using Windows, you should

download PG2, as this version is much faster and doesn't have the problems that the previous version had. If on a

Mac, there is an older version available for you. The program's Web site has an extensive help page, and I recommend

visiting it. If you install this program, you will want to unblock http Web pages because some may not load otherwise.

• ProtoWall
<http://www.bluetack.co.uk/>

This program essentially does the same thing that PG does, but was developed by a different company. It uses blocklists to filter out bad IPs. I have heard it is a little harder to use, though I have never used this program before. It is only available for Windows. Both PG and ProtoWall are free to use.

In order for these programs to block IPs, they must be running at the same time as you are downloading. Using these programs does not guarantee that your computer will be IP-free, but they greatly reduce chances of being caught.

These programs do not substitute for an actual firewall, so please leave your firewall turned on (if you even have one). Only use one of these programs at a time, though; running them simultaneously could cause problems.

• BitTorrent
<http://azureus.sourceforge.net/>

The BitTorrent client Azureus has a plugin available that downloads the blocklist from PG and the IPs. So if you forget to turn on PG while you are downloading torrents, then this plugin will keep you safe. It is available for download on its Web site or through Azureus itself. This program works for both Windows and Mac and is free to use.

Iha

From page 3

change is always happening... It's like learning to dance to a new tune."

Mission Possible

For 17 years, he served as a Provost of Kaua'i Community College, experiencing many challenges as a growing leader. When asked about his most challenging assignment, Iha mentioned Hurricane Iniki, which destroyed the entire island and college on Sept. 11, 1992. He was there to repair the campus and to bring hope to both faculty and community members. With a federal grant, he provided job opportunities for those who were laid off, along with training sessions which helped those in the tourism industry.

All Action ... No Regrets

While serving KCC, Iha also created programs that reached underprivileged students who were unemployed or on welfare. With these services, they were given the opportunity to re-enter the educational field in order to better their lives.

Getting Up-Close and Personal

A family man who always made time to coach his two sons, Iha was able to maintain his status as a valuable member of the university as well as a committed husband — "a man of faith and strength" as described by Shirley Iha, his wife of 41 years. In addition to playing division-three tennis and golf, Iha is also an active member of his local church on Kaua'i, and even jazzes it up a bit by singing in the Kaua'i Chorale with his wife.

Events

From page 3

Abe Lagrimas, Dan Del Negro and Byron Yasui will perform "Jazz Wednesday" tomorrow from 6:30 to 9:30 p.m. at the Honolulu Club. For more information, call 543-3916.

"Efficient reliability based decoding of linear black codes," an electrical engineering final oral, will take place Thursday from 9 to 11 a.m. at Holmes Hall, room 38P. For more information, call 956-8500.

"Gender and ethnic crossings in the wonderful adventures of Mary Seacole," a reading by Allison Francis, will take place Thursday from 12 to 1:15 p.m. at Henke Hall, room 325. Francis is from the Department of English at Chaminade University. For more information,

call Craig Howes at 956-3774 or e-mail biograph@hawaii.edu.

"Application of alternative fecal indicators and molecular methods to assess the quality of water and sand at beaches during the Ala Wai sewage spill event," a Water Resources Research Center seminar, will take place Thursday from 3 to 4 p.m. at the Marine Science Building, room 114. Roger Fujioka from the WRRRC will present this seminar. For more information, call Philip Moravcik at 956-3097, e-mail at morav@hawaii.edu or visit <http://www.wrrc.hawaii.edu>.

The Japanese Cultural Center is holding the "Things Japanese Sale" until next Friday. Open from Tuesday to Saturday from 10 a.m. to 4 p.m. Japanese clothing, dish sets, antiques and collectibles will be on sale. For more information, call JCCH at 945-7633, e-mail info@jcch.com or visit <http://www.jcch.com>.

KA LEO O HAWAI'I
COMICS & CROSSWORD

karoshi
 by casey ishitani

Crossword

ACROSS
 1 Air-lite amino
 4 Sub and signa
 8 Preserve a
 14 Jackson's second
 15 Waga
 16 Hilly occupied
 17 Un derstand
 18 "I had" course
 19 Makes much
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 28 Express grid lock
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 48 Ham operator's
 49 apparatus
 52 See the roses
 54 Claim as a right
 55 Lacking kicks
 56 Crick
 57 Neek
 60 Melody
 61 Let's be variety
 62 Address Basil
 63 Del. grant daily
 64 Parrot's
 65 measures
 65 Calendar of
 66 activities
 68 Beauty film
 67 Aggravate
 67 Caspar

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 1 Meanp ited to
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 9 Cieves
 10 Address Angela
 11 Pours
 12 In Kil a
 13 "Woozlight"
 14 the
 15 ER work
 21 Connect
 22 Tals
 24 Hoody
 25 type of tower
 26 Winky's
 27 "You
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Illegal Adderall use a problem on college campuses

UH psychiatrist warns against potential dangers of the stimulant

By Jessica C. Hamamoto
Ka Leo Contributing Reporter

There is a little orange pill on campus falling into the hands of students without prescriptions. It is called "Adderall" and it is being used by students to get better grades.

The pressure to achieve a high grade point average and make it into the school of choice has lead many students to take the drug. Current research suggests Adderall's popularity on campuses across the country is growing.

Adderall, known by some as "smart pills," is an amphetamine doctors prescribe to children and adults who suffer from Attention Deficit Hyperactivity Disorder (ADHD). For those with the disorder, Adderall keeps them calm and focused, while for those without the disorder, it acts more like a stimulant.

According to the Drug Enforcement Agency, "Misuse of these medications may cause short, intense periods of high energy."

The consensus on most college campuses is that Adderall is easy to get, and almost everyone has heard of it.

Most students interviewed describe the drug as giving them the feeling of being very alert and focused, with little or no lasting side effects. It has often been compared to drinking Redbull or 10 cups of coffee, but more effective, although some students find it makes them feel very uncomfortable.

"I only took it once," said one student about their experience with the drug. "It just made me feel weird. I didn't like it at all and it didn't help me with my homework. I ended up just cleaning up my room."

Julia, a sophomore at the University of Hawai'i at Mānoa who didn't want her real name used, said, "I don't think it's a big deal. I mean you have to do whatever it takes. If it helps me get better grades and there are no major side effects, then I think it is totally worth it."

She began taking it her freshman year when she found out about it through a friend with the disorder.

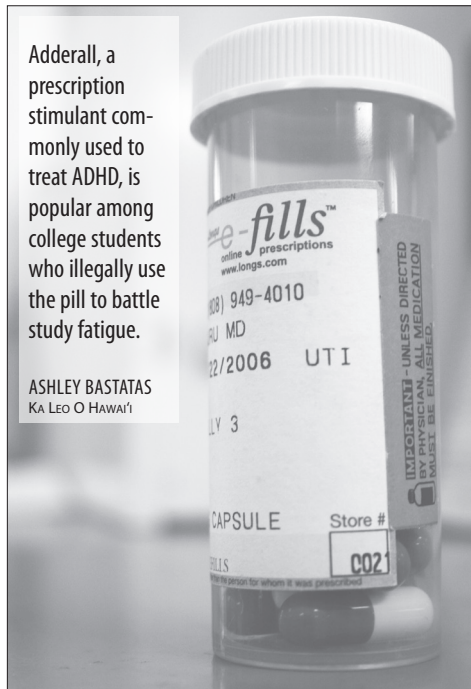
"I think it is really sad that students aren't learning how to discipline themselves," said Rocky Nago, a UH alumnus. "Instead of learning, they find a quick fix to make up for what they lack."

Dr. Alan Hawk, a psychiatrist for the University Health Services at UH, has been prescribing it to his patients with ADHD.

"I always tell my patients, 'don't tell anyone you are taking this.'" he said.

Adderall, a prescription stimulant commonly used to treat ADHD, is popular among college students who illegally use the pill to battle study fatigue.

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Hawk understands the growing trend of students sharing the medication with those who don't have the disorder. As a doctor, he believes the medication is very safe and effective for those who need it, but he warned, "It can be very dangerous if you have any structural heart damage, like a heart murmur or high blood pressure. People have actually died from taking it."

He also mentioned that taking it with-

out a prescription is breaking a federal law – and with regard to students selling Adderall, he said that narcotic agents would love to catch them.

Typically the pills sell for \$5 to \$10 each on the street and are often given away for free to friends.

According to its official Web site, Adderall's effects last for four to five hours, whereas Adderall XR, a new, stronger version of the pill, lasts for 10 to 12 hours.

Soon Adderall won't be alone; on the horizon, new memory-enhancing drugs are being created to treat Alzheimer's patients. Many government officials worry that those without prescriptions may use these new medications illegally also, giving them the mental stamina to compete in modern life.

Adderall is made by Shire pharmaceuticals, a Britain-based company, and it has been prescribed by physicians to ADHD patients for the last 15 to 20 years.

In a mass e-mail to the UH student body, Interim Associate Vice President for Student Affairs, Karen C. Lee, on behalf of system president David McClain, addressed illegal substance abuse on campus.

"The institution [UH] recognizes," the report said, "that substance abuse is a complex problem that is not easily resolved solely by personal effort and may require professional assistance and/or treatment."

The school encourages students to take advantage of available diagnostic, referral, counseling and prevention services.

Flu shots

From page 2

Muscular diseases are particularly susceptible to the influenza virus, since the diseases damage muscles associated with lung functions.

The Muscular Dystrophy Association (MDA), a voluntary health agency that provides services, research and professional public health education, is offering free flu shots to people with any of the more than 40 neuromuscular diseases the association covers in its research.

The flu is particularly hazardous for those with muscular dystrophy, spinal muscular atrophy and amyotrophic lateral sclerosis (also known as Lou Gehrig's Disease).

"Both children and adults whose respiratory systems may already be weakened are at special risk from flu-related respiratory infections," said Valerie Cwik, MDA vice president of research and medical director. "For that reason, MDA provides flu shots to reduce their chances of acquiring an additional and possibly life-threatening illness."



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As the flu season approaches, University Health Services is offering \$15 influenza vaccinations for UH students and faculty members.

What do you think Ka Leo should be covering? What kind of things on or around campus concern you?

Voice your concerns and insight by e-mailing us at:

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Despite dilemmas, cyclists ride on

Cyclists pushing to have collegiate cycling be a bigger part of UH

By Tracy Chan
Ka Leo Contributing Writer

Chances are you didn't know that the University of Hawai'i at Mānoa has a cycling team. Well we do sort of. While there is a team that represents the university in races occasionally, cycling is not one of the 20 officially recognized sports on campus. Although it may have a less vocal fan base and fewer participants, the sport of cycling is present and active in the form of several island-based groups.

David Lum is an alumni DJ at the UH college radio station and a professional cyclist who has been spearheading the effort to keep a collegiate cycling team despite the lack of official recognition. He is a member of Cambia Mento Diendaturo, a cycling team whose name means "change of pace." His jersey sports the KTUH logo and UH's name, and he has taken part in several different mainland races, as well as the Century race, which happened Sunday.

"Cyclists ride for a company or a corporation," Lum said. "Since I'm so involved with this radio station, it's what I ride for."

Lum also said that other KTUH staff members and students ride as well, although not at the professional level.

The idea for a UH cycling team arose a few years ago, according to Lum, when a student named Tricia Chu approached the UH Athletics department wanting to represent UH in a collegiate cycling competition on the mainland. She was given permission to represent the school, but did



COURTESY PHOTO BY DAVID LUM • DAVID LUM

Charles Dias, an up-coming rider of the Volcano Tri-team, is one of many involved with professional cycling.

not get any funding for supplies or the race itself. She raised enough money on her own to enter the race with the help of friends and fellow cyclists.

McCully Bikes and Sporting Goods has sponsored Lum's team in the past and given it good deals on equipment. Since the funding for KTUH comes from the mandatory student fee, KTUH doesn't sponsor the team in a monetary way. However, the radio station endorses cycling teams like Cambia Mento Diendaturo and CORE. KTUH has also advertised the self-funded University's Volcano Triathlon

Team, which consists mainly of UH students.

The big issue is always finances, according to Lum. It costs money to outfit a team, or even one person, not to mention the entrance fee for races. Where is the money going to come from to fund cyclists who want to compete? Not from the UH Athletics department.

Marilyn Moniz-Kaho'ohano-hano, the UH Associate Athletics director and Senior Woman Administrator, said that adding different types of sports to the university's active sports department is

an ongoing process. But what are the chances of getting an unofficial sport like cycling recognized and funded by the department?

"Probably zero," Moniz-Kaho'ohano-hano said. "We are coming out of a deficit and trying to enhance the sports that we do have."

According to Moniz-Kaho'ohano-hano, when the UH sports department considers adding another sport to its program, a panel looks at the number of high school students already participating and tries to predict how many people will still be dedicated to that sport

Upcoming Cycling Event:

When: Saturday & Sunday, Oct. 7 and 8.

Where: Ko'olina Resort & Marina, 92-1480 Ali'inui Drive, Honolulu

What: The Ko'olina Triathlon and Keiki Triathlon Championship, with KTUH providing music. The general public is invited to attend. For more information, call (808)782-2161 or e-mail info@koolinatriathlon.com.

when they get to college. The panel also considers the opposing teams in the area, if there are any, and whether there is a chance of making revenue off of the sport.

A better option for cyclists, Moniz-Kaho'ohano-hano said, is to apply as a Registered Independent Organization and create a sports club. A women's soccer club was formed through an RIO because sports clubs can use UH facilities at no cost.

"Two years before," Moniz-Kaho'ohano-hano added, "we applied as a RIO, got a little bit of funding from them, then went out and fund-raised to start our women's soccer club. But we don't have any cycling facilities."

Despite the obstacles, David Lum and his cyclists are optimistic about the future of collegiate cycling on O'ahu.

"We can make it happen somehow," Lum said. "I can't see any failure out of this. There's no way to lose. Our goal now is to bring in more young people."

For more information about the Volcano Triathlon Team, you can e-mail them at voltri@hawaii.edu, or check out their Website at <http://www.uhtriteam.com>. David Lum can be contacted at rhombus01@msn.com.

Sports Briefs

Rainbow Wahine rolling in WAC play

The University of Hawai'i at Mānoa volleyball team embarked on its first road trip this past weekend, sweeping the Fresno State Bulldogs on Friday (30-23, 30-22, 30-23) and the San Jose State Spartans on Saturday (30-20, 30-25, 31-29).

The 'Bows extended their Western Athletic Conference winning streak to 110 matches after their win Saturday night. Against the Spartans, Jamie Houston led the 'Bows with 20 kills and six digs and a .316 hitting percentage. Sarah Mason hit .484 with 16 kills and 11 digs. Kanoa Kamana'o posted 51 assists, four blocks, six digs and three aces while Jayme Lee had 14 digs.

On Friday, Houston hit .333 with 12 kills and three blocks also in just two games. Amber Kaufman played just two games but still managed 10 kills and three blocks while hitting .444. Kamana'o had 45 assists and 10 digs.

Hawai'i sailing finishes second at Bryson Women's Intersectional

The 10th-ranked University of Hawai'i women's sailing team got its fall season off to a strong start with a second-place finish at the Bryson Women's Intersectional hosted by Stanford, Sept. 30 - Oct. 1.

Stanford took home the regatta title with a total of 62 points, while

the Rainbow Wahine finished 11 points behind with 73 in the seven-team field. USC finished a distant third with 91 points as a total of 26 races, 13 in both the A and B divisions, were completed over the course of the two-day competition.

Shandy Buckley, Pam Magasinn and Cassie Harris sailed for the Rainbow Wahine in A division and finished in third place with 40 points. Meanwhile, B division sailors Crystal Bronte and Mallory McCollum captured three of 13 races to finish second with 33 points.

Next up for the Rainbow Wahine is the Stoney Burke Intersectional in San Francisco, Oct. 7 - 8.

Second-Half Surge Gives San Diego 4-2 Win Over Hawai'i

University of San Diego scored three second-half goals to notch a 4-2 win over the UH Sunday night at Torero Stadium. It was an inauspicious start of four-match road swings for the Rainbow Wahine (6-4-2) who dropped their second straight match.

The Rainbow Wahine overcame an early deficit to take halftime lead but surrendered three goals and were outshot, 8-1, by the Toreros in the second half. Two of the goals, including the game-winner, came off corner kicks as USD (8-4) generated six of its 11 corners in the half.

Ashley Kirk scored two of USD's

second-half goals, while Leigh Ann Robinson scored another pair of goals for the Toreros. The match spoiled a two-goal performance by Taryn Fukuroku who helped give UH a 2-1 halftime lead. Fukuroku became the second-player this season and the 14th player in school history to post a multiple-goal match, joining Kelli-Anne Chang, who scored twice versus Winthrop.

The Toreros wasted no time getting on the board as Robinson scored just over two minutes into the match. Tara Hodgson sent a through ball to Robinson, who dashed from nearly 50 yards out toward the UH goal and through a one-on-one with goalkeeper Kori Lu before sending the ball into the right corner of the goal for an early 1-0 USD lead.

UH got the equalizer in the 36th minutes off of a beautiful combination. The play started in the middle of the field where Koren Takeyama sent a ball to a streaking Alexis Choi on the left flank. Choi then sent a cross to Fukuroku, who nailed a header over USD goalkeeper Karen Cook.

Fukuroku scored again with just 28 seconds left in the half off a set piece. Julia Siljstrom took a free kick outside the box on the right flank that sailed over the USD defense and an out-coming goalkeeper. Fukuroku settled the ball 10 yards out and sent a low-liner to the near post for her team-leading sixth goal of the season.

The Toreros stormed back in the

second half with Kirk scoring both of her goals with headers off corner kicks, one from each side. The tying goal came just six minutes into the second half, while the eventual game-winner came in minute 67. Robinson sealed the win with a goal in minute 83 off a rocket from the left side of the penalty box.

The four goals were the most UH has surrendered all year. Coupled with its home loss to Cal State, Northridge last Monday, the Rainbow Wahine also dropped back-to-back matches for the first time this season. Hawai'i looks to recover with its final regular-season non-conference match of the year as it faces Loyola Marymount on Tuesday, Oct. 3. Kickoff is at 4:00 p.m. PST.

Rainbow Warriors Doubles Team Eliminated In Wild Card Semifinals

The University of Hawai'i men's tennis doubles team of Chad Faulk and Jeff Fitch was eliminated from the USTA Honolulu Futures Wild Card tournament, after a 7-5, 6-4 semifinal loss to the top-seeded duo of Jan Tribler and Mikael Maatta, Sunday afternoon, at the UH Tennis Complex.

Tribler and Maatta later went on to win the doubles title and earn an automatic entry into the Honolulu Futures doubles main draw in November.

Faulk and Fitch were both eliminated from the Wild Card singles tour-

namment on Saturday. The two qualifiers from the 64-player tournament were Tribler, who defeated former Rainbow Warrior Bryon Weinberg, 6-2, 6-2, and former 'Bow, Ryan Sceats, a 6-2, 6-1 winner over Maatta.

Heinemann Drops Opener At All-American Qualifying

UH tennis players Sascha Heinemann and Andreas Weber were in action on the first day of the Polo Ralph Lauren All-American Championship qualifying round, Monday, at Tulsa's Michael D. Case Tennis Center. The 16 qualifiers from the qualifying round receive spots into the All-American main draw beginning next week.

Heinemann dropped a close three-set decision to Baylor's Dominik Mueller, 3-6, 6-4, 6-4 in a first round match. Mueller, ranked No. 121 in the preseason Fila/Intercollegiate Tennis Association national rankings, came from a set down and a break in the third.

Weber, a newcomer from Huenfeld, Germany, was scheduled to meet Memphis' Amrit Narasimhan, a qualifier from the weekend's pre-qualifying tournament, in a first round match in the afternoon.

The qualifying round continues over the next two days. Weber and senior Matt Seeberger will compete in the first round of doubles qualifying beginning on Tuesday.