

## SPOOKY SIGHTINGS AROUND CAMPUS P. 14

Students are not the only thing lurking the halls of campus at night.

## CLOCK IS TICKING FOR A NEW SNYDER HALL P. 04

Construction worker and design consultant contracts need to be signed by the end of June



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The 2016 application is available at [manoa.hawaii.edu/tropicalmedicine/mhirt](http://manoa.hawaii.edu/tropicalmedicine/mhirt)

The deadline for the 2016 program is December 1, 2015. For more information, contact Dr. Vivek R. Nerurkar ([nerurkar@hawaii.edu](mailto:nerurkar@hawaii.edu)) or Dr. Diane Wallace Taylor ([dwtaylor@hawaii.edu](mailto:dwtaylor@hawaii.edu)).

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Associate News Editor**NEWS**

# Partnership tackles cancer in Pacific Islanders

**\$5.5 million grant supports cancer research, outreach**

MASON HIGA  
STAFF WRITER

The University of Hawai'i Cancer Center (UHCC) won a \$5.5 million grant for its partnership with the University of Guam (UOG).

The partnership, which started 11 years ago, strives to strengthen cancer research capabilities at UOG, raise awareness of cancer and cancer prevention in the community, increase the number of Pacific Islander cancer and biomedical researchers and focus on issues specific to Pacific Islanders.

These issues include betel nut chewing, tobacco control, breast cancer and cervical cancer, said Neal Palafox, UHCC professor and one of the directors of the partnership.

In addition, the partnership helps UH be globally competitive and regionally responsible, according to Carl-Wilhelm Vogel, a UHCC professor and another one of the directors of the partnership.

## DISPARITIES IN PACIFIC ISLANDERS

Pacific Islanders have higher rates

of obesity, smoking, cervical cancer, liver cancer-causing Hepatitis B infection and cancer deaths, according to Palafox. Compared to the U.S. average rate of 9.9 in 100,000 women, the rate of cervical cancer in Micronesian women is 79.7 in 100,000 women, one of the highest cancer rates in the world, according to a UHCC press release.

Ionizing radiation from nuclear weapons testing in the Pacific also contributes to increased cancer rates for some Pacific Islander groups, Palafox said.

Adding to the problem is a shortage of Pacific Islander cancer researchers, a lack of cancer data for various Pacific Islander populations, and limited access to clinical trials and medical treatment.

## PROGRESS WITH PARTNERS

Since the establishment of the partnership, UOG has created a regional cancer registry and its own cancer research center with indigenous Chamorro leadership and research, according to Pala-

fox. The partnership has trained over 30 master's and Ph.D. cancer researchers, produced more than 50 peer-reviewed articles in scientific journals and increased collaboration between UH and UOG in other disciplines.

"The people we work with [are] wonderful partners," Palafox said in an email interview. "We learn from each other [and make] many new colleagues and friends."

The outreach and awareness programs in Guam have also helped to enact bans on smoking near bars, restaurants, inside cars with minors and within 20 feet of entrances and exits, according to Vogel.

"The impact has been phenomenal," Vogel said.

Researchers are currently working on examining the cancer-causing compounds in betel nuts, developing a program to help people stop betel nut chewing and increasing cervical cancer vaccine and screening rates among Pacific Islanders, according to Vogel.

Moving forward, the partnership



SHARON SHIGEMASA / KA LEO O HAWAII ▲

Pacific Islanders frequently have higher rates of health issues.

plans to assess newer cervical cancer screening procedures, to study the impact of stopping betel nut chewing, to address obesity-related cancers and to understand the patterns behind radiation-related cancers in the Pacific.

## BETEL NUTS AND CANCER

The betel nut, which users chew to experience its effects, produces brownish-red saliva and injuries that can lead to diseases and cancers forming in the mouth or esophagus, according to a UHCC press release.

Betel nuts contain substances that alter the user's perception, mood and consciousness. Some of the symptoms include a relaxed feeling, heightened awareness, sweating, reduced thirst and hunger, dizziness, diarrhea, pain in the upper abdomen, rapid breathing and irregular heartbeats, according to the World Health Organization.

Over 600 million people worldwide chew the betel nut, with the majority of users living in the Western Pacific, according to Palafox.

||||| Ka Leo O Hawai'i |||||

# Student death policy resolutions passed by ASUH, GSO

KEVIN HARRISON  
STAFF WRITER

The Associated Students of the University of Hawai'i (ASUH) and the Graduate Student Organization (GSO) have passed resolutions supporting changes to the student death policy at the University of Hawai'i at Mānoa.

The resolutions call for a more uniform system of notifying the UH Mānoa community in the event of a student death or similar tragedy. Both organizations were presented this issue by Susan Schultz, an English professor at UH Mānoa who has been advocating for changes in the student death policy for over a year.

While the same issue has been presented to the faculty senate, at press time they did not comment on the matter.

"We're urging administration to adopt a policy whereby if a death occurs on campus that there will be some sort of announcement to the community," said B.J. Avery, chairperson of the GSO advocacy committee.

## UNDERGRADUATE ADVOCACY

One of the resolutions passed by

ASUH states that they respect UH Mānoa administration's need to act professionally and respectfully in the event of a student death.

Lori Ideta, the UH Mānoa interim vice chancellor for students, and Schultz both provided testimony at the ASUH general senate, and the resolution was passed unanimously.

Kelly Zakimi, president of ASUH,

graduate students came to them with legitimate concerns.

"It seemed like a meaningful and worthy issue that was affecting people and that people clearly had very strong feelings about," Avery said.

According to Avery, GSO's policy also supports respecting the privacy rights of a student's family before making any communiques.

Ideta said that she looks forward to working with student leaders on this issue and on improving the CSDC.

Avery said that a campus-wide notification would help prevent second- and third-hand information from being spread throughout campus.

The resolution also said in the event of a suicide, the university should follow "current best-practices regarding suicide prevention."

## ON-CAMPUS DEVELOPMENTS

Advocating for a more compassionate institution, Schultz said she appreciates that UH administration is comprised of compassionate people and is sorry that the situation has become more adversarial than it should be.

Schultz said through her research, she discovered how other schools handle student deaths, specifically UC Berkeley.

According to The Daily Californian, UC Berkeley recently held an annual memorial service for those associated with the school who have died in the past year. Schultz is advocating that UH Mānoa adopt a similar practice.

## "Hopefully, with the consent of the family, UH can send out at least an announcement."

- KELLY ZAKIMI  
ASUH PRESIDENT

said given the deaths that have occurred recently and over the past few years, students feel uninformed and excluded from important information in the event of a tragedy.

"Hopefully with the consent of the family, UH can send out at least an announcement with pertinent information about [a tragedy on campus]," Zakimi said.

## GRADUATE STUDENT INVOLVEMENT

Avery said that student death policy became an issue when fellow

students feel uninformed and excluded from important information in the event of a tragedy.

"This policy must include contacting the family of the victim for permission to announce details of the incident before providing any sensitive information to the public, fully respecting the privacy of the victim and their family," the resolution stated.

The resolution also added that given the permission of the fam-

ily, the UH Mānoa community be informed of any memorial service for the deceased.

Avery said that a campus-wide notification would help prevent second- and third-hand information from being spread throughout campus.

The resolution also said in the event of a suicide, the university should follow "current best-practices regarding suicide prevention."

## MENTAL HEALTH IMPROVEMENTS

Schultz said the Counseling and Student Development Center (CSDC) has recently published a pamphlet online discussing how to recognize and interact with a distressed student.

The pamphlet details academic, behavioral and emotional indicators to tell if a student is distressed.

The document encourages people interacting with distressed students to listen very well, to be non-judgmental and to contact the CSDC for crisis interventions.

The CSDC is open Monday through Friday, 8:30 a.m. to 4:30 p.m. in the Queen Lili'uokalani Center for Student Services (QLC) 312.

||||| Ka Leo O Hawai'i |||||

## NEWS



*UH moves quickly to make the project happen*



JARED SHIMABUKURO / KA LEO O HAWAII ▲

Snyder Hall, which was completed in 1962, cost \$1,507,025.

COURTNEY TEAGUE  
NEWS EDITOR

The deadline for a new, \$50 million Snyder Hall to be built over the existing Henke Hall is closing in.

The University of Hawai'i's Office of Capital Improvements (OCI) has until the end of this calendar year to gather and prioritize responses from UH Mānoa's Pacific Biosciences Research Center (PBRC) and the microbiology, biology and botany departments about what they would value in the new Snyder building, according to Andrew Taylor, chairman of the biology department. Moreover, if contracts for construction workers and their design consultants are not signed by June 30, 2016, the project's funding will lapse, according to Steve Meder, interim associate vice chancellor of Office of Planning and Facilities (OPF).

"Our concern, I think everybody's concern who is involved in this [project] at UH, is the short time frame," Taylor said.

After some basic plans were designed, the Snyder project was

handed over to the systemwide OCI in September, and additional faculty input is still being sought. However, the back-and-forth dialogue between campus faculty and OCI can only afford to take so long, given the time constraints of the budget.

"We're hoping the [feedback-seeking] process can be expedited, but to the satisfaction of all of the parties that have needs that have to be met," Meder said.

If contract deadlines are met, a two-year construction period will take place, and doors should open to students in 2018.

#### CONCERN AT THE DEPARTMENT LEVEL

In addition to planning for core facility space, which can be used by microbiology and biology students, Taylor said there were some specific needs, such as having soundproofed or dark rooms, that would likely be unable to make it into the final markup of Snyder Hall in an effort to compromise between departments.

Meder also stressed the significance of having a "civic space" in Snyder Hall, which he described

as "part of the student experience that needs to be maintained and enhanced." Taylor had some reservations about wasting potential laboratory space, but felt that it could be productive and beneficial for all departments.

"I think there's some really interesting things we could do with that civic space that could be usable by us and still fit that notion of 'civic' and be our face to the campus, and our face to the community," Taylor said.

people have to carry their samples over to another building."

Still, OPF had their own reservations in renovating Snyder Hall in its existing site.

"It's getting too expensive to turn that hulk of a building into a 21st-century lab building," Meder said. "It's more cost-effective to turn it into offices and classrooms."

Last week on Thursday, Taylor met with Chancellor Robert Bley-Vroman to discuss the biol-



AUSTIN YOSHINO / KA LEO O HAWAII ▲

In 1957, Henke Hall was dedicated by the Secretary of Agriculture.

news@kaleo.org Courtney Teague  
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Bianca Smallwood Associate News Editor

document. Of these groups, three teams are given a stipend to come up with a design, Meder said. Only one design is chosen, and the winner must sign a contract by the end of June 2016, or the funding will go to other projects.

Both Meder and Taylor felt that a key part of the design process was being able to tailor the spaces to as many departmental needs as possible.

"We also need to make the building flexible," Taylor said. "Technology is certainly going to change, information technology will change, how we teach may change."

#### MĀNOA'S "DECADE OF RENEWAL"

The Snyder Hall project is the first in a series of building renovations in OPF's 10-year plan, which has been delayed since OPF has been unable to gain traction through the funding of the Snyder project, according to Meder. The 10-year plan aims to tackle facility construction projects while accommodating students for these moves and addressing the nearly \$1 billion deferred maintenance backlog.

"We need this new building to relieve the congestion around the development plan that we have," Meder said.

After the new Snyder Hall is to be built over the site of Henke Hall, the old Snyder Hall will be renovated with classroom and office space. To avoid moving departments multiple times, Meder would like to see that new building tailored to the needs of a particular group as a final destination, though some areas might be designated for surge space.

Dean Hall, both Kuykendall buildings, the Biomedical Science Building and a new College of Education building are slated for major construction after the completion of the Snyder projects, according to the plan.

In addition to getting approval at the campus and system level, the legislature must also agree to fund prioritized construction projects in the 10-year plan, knowing in advance that others must come as a complication down the road. The legislature, however, has not fully committed to the 10-year plan in its entirety, Meder said.

In the future, OPF hopes to take cars out of the middle of campus from University Avenue, into Varney Circle, down Legacy Path and to the William S. Richardson School of Law courtyard, according to Sharon Ching Williams, a campus architect at OPF. She said that about 45 percent of the campus community lives within three miles of UH Mānoa and that making the campus more bike-friendly is also a priority.

"Our big push right now is to really try and make this a much better place for the students," Williams said. "We want to keep them safer and right now, everything is kind of a mish-mash of front doors and back doors and trucks that barrel over where students should be safe."

## "It's getting too expensive to turn that hulk of a building into a 21st-century lab building."

- STEVE MEDER

INTERIM ASSOCIATE VICE CHANCELLOR OF OFFICE OF PLANNING AND FACILITIES

The biology department also has major concerns about moving Snyder Hall to the Henke Hall site and is not excited to see the new building at the corner of McCarthy Mall and East-West Road, Taylor said.

"Being split between two disconnected buildings is really undesirable," he said. "Staying the way we are with Snyder Hall, that's just a disaster, is also undesirable."

Ideally, the department would like to see the new Snyder Hall, which is primarily home to microbiology students, replace the old Snyder Hall, Taylor said. The biology building, located in the attached Edmondson Hall, often has to borrow equipment or use lab space in Snyder Hall.

"It cuts down on [personal] interactions, it cuts down on just talking about 'What are we doing as a department?'" he said. "But then it has these practical costs of having to duplicate some of the facilities and the equipment, or having peo-

ogy department's worries about the Henke Hall site. Taylor said in an email that Bley-Vroman "expressed a willingness to explore the possibility" of moving the building to a site between Snyder Hall and Spalding Hall, but would need to consult with OPF first.

#### FROM THE GROUND UP

This Thursday and Friday, faculty and other parties pertinent to the construction process will attend a "charette," or a planning session where specific needs at a department level will be discussed and evaluated, according to Taylor. Once a list of needs for the new Snyder Hall has been compiled, the departments will communicate with contractors to give them more specifics about structural and design needs.

When OCI has chosen consultants for the project, they will have until the end of the calendar year to submit a request for proposal

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## OPINIONS

### DEFINING SCHIZOPHRENIA

Schizophrenia is a condition that causes one to have difficulty differentiating between the imaginary and reality. People who have this disorder may experience delusions, hallucinations or illogical thinking, which may result in social withdrawal and emotional unresponsiveness.

According to the National Alliance on Mental Illness, the most

# Mental disorders are not adjectives

*Find a different way to describe your feelings*

AUSTIN YOSHINO / KA LEO O HAWAII ▲

2013 data from National Institute of Mental Health shows the U.S. had about 10 million adults with serious mental illness.

CARLY YASHIKI  
STAFF WRITER

About a year ago, Kristin Dos Santos, journalist and columnist for the E! cable channel tweeted, "20 #AmericanHorrorStory moments that made us lose our minds [a walk down PTSD lane]." When people use mental disorders to describe everyday situations, it is easy for us to let it go unnoticed. Psychological terminology has been ingrained into our vocabulary to such a degree that failing a test can be casually

compared to clinical depression.

Using a mental disorder as an adjective diminishes its meaning and seriousness. Depression, OCD and schizophrenia are sensitive topics many people have difficulty coping with; bringing more awareness to what they are can give respect to people who have mental illness. With one in four Americans diagnosed every year, it's not an issue we can ignore.

A mental disorder "impacts a person's thinking, feeling or mood and may affect his or her ability

to relate to others and function on a daily basis," according to the National Alliance on Mental Illness. When people use disorders as adjectives, it's probably not to offend those who do have them. It's done unintentionally because of a misconception.

#### NOT THAT TRAUMATIC

"When comments reduce Post Traumatic Stress Disorder to the level of a tough exam or a sports team loss or ... weather change, it's not only disrespectful of the sur-

vor experience but also serves to reinforce an attitude of disregard," post-trauma coach Michelle Rosenthal told Huffington Post.

"In this way, such comments increase mental health stigma ... and can dramatically reinforce survivors' self-criticism, which hampers recovery efforts," Rosenthal said.

PTSD occurs in people who went through a traumatic experience, including sexual assault, military

**"Such comments increase mental health stigma ... and can dramatically reinforce survivors' self-criticism."**

— MICHELLE ROSENTHAL  
POST-TRAUMA COACH

combat, terrorist attacks or serious accidents. This disorder is caused by an intensely overwhelming situation, not a scary TV show or failing an exam.

#### OCD: NOT A DISORDER OF PERFECTION

When I went to my friend's room a few days ago, I commented on how tidy her closet was. She responded with, "I know, I can be so OCD sometimes."

A common misconception of Obsessive Compulsive Disorder is that it revolves around neatness, which in itself is not considered a disorder unless it disrupts one's daily life. By the definition of the Anxiety Disorders Association of British Columbia, OCD is "obsessions that intrude into a child/teen's mind and cause a great deal of anxiety or discomfort, which the child/teen then tries to reduce by engaging in repetitive compulsions."

common misconception of schizophrenia is that those who have it have "split or multiple personalities." Another false assumption is that another symptom of schizophrenia is violence. According to research by British psychiatrists, people with this disorder are not violent and rarely commit crimes.

The practice of using mental disorder terms incorrectly may also be heavily influenced by the media. In her classic, *Illness as a Metaphor*, Susan Sontag reviews 1,740 newspaper articles mentioning schizophrenia. Twenty-eight percent regarded this disorder in a metaphorical way. How mental disorders are portrayed in the media also contributes to our perception of those who live with such conditions.

*What do you think?  
Let us know @KaLeoOpinions*

# Open your mind about Common Core

*Initiative an improvement for Hawai'i public education*

BRITTANY YADAO  
STAFF WRITER

My brother in the sixth grade was at the kitchen table doing his math homework one day and appeared to be struggling, so I asked if he needed any help. When I looked at his math homework, my eyes bulged in disbelief. What looked like a simple multiplication problem was a complex mess of numbers and lines pointing to other numbers.

I couldn't comprehend how they related to one another. It looked like an abstract art project rather than any sixth grade math homework I've encountered.

This seems to be a common frustration among parents, teachers and students who are on the fence about accepting the new standard because they say it overcomplicates lessons, homework and learning. Such misunderstanding threatens

the aligning of Hawai'i's educational standards with the rest of the nation. Common Core Math in particular, does a commendable job in raising public education standards by developing a deeper understanding on a topic while ensuring the resources match national criteria.

Parents, teachers and the Department of Education (DOE) have a shared goal: moving students towards success in college and a career. Accepting Common Core and allowing it to do its work should be a part of that project.

#### RAISING EXPECTATIONS

"In the past we've worked with other states, but different standards made it difficult," said Petra Schatz, educational specialist for the DOE. Schatz said there are now more resources and support materials for both teachers and students.

"Common Core Math is meant to help students build a concep-

tual understanding of numbers rather than just depending solely on algorithms," Shatz said. Instead of strictly memorizing the multiplication table or practicing long division, students are challenged to understand the reasoning behind their answers. It's essential to understand the basics of math in order to apply them to harder mathematical concepts of algebra II or geometry, in which universities, like UH Mānoa, require proficiency.

#### REAL PROGRESS

The DOE follows the new standards with new ways to check student progress: starting from spring 2015, Smarter Balanced Assessments (SBA) took the place of the Hawai'i State Assessments in Math and Language Arts. SBA scores for the 2014-2015 school year show that students in the third grade who have had some exposure to the new standards show 50 percent

math proficiency. Overall, that number statewide is 41 percent.

The newly released test scores may not tell us right away if Common Core Math has the desired effect across all age groups, but we can see that younger students are on track to reaching proficiency for the next grade level. We may expect to see a rise in assessment scores as students continue learning and becoming familiar with the standards.

#### FRUSTRATIONS AND RESOURCES

It seems the real issue is not Common Core itself but a misunderstanding of its implementation. Facebook rants about Common Core Math constantly fill my news feed: "It shouldn't take ten steps to figure out that  $2+2=4$ ," and "This isn't the way I learned it in school, which makes it hard for me to help my children with their homework >:/"

While frustration is understandable, it also highlights a gap

between parents, educators and students. What resources are available to parents left in the dark? The DOE has a few websites that explain the intention of Common Core but doesn't provide many tools for parents to engage and understand the material. In this sense, the DOE needs to find a solution to bridge the gap between education of the past and the new and complex ways to understand and appreciate math.

It is silly to oppose an effort aiming to push students to excel in a subject that has long been a source of frustration and anxiety simply because we don't understand it. Instead, as mentors to future generations, we need to educate ourselves to understand the intention of the new standards. Because Common Core is the reform we have been asking for, we should be working with, not against it.

Ka Leo O Hawai'i

## OPINIONS

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REESE KATO / KA LEO O HAWAII

A Bureau of Justice Statistics study of 30 states in 2005 found that 50.6 percent of released prisoners were rearrested within a year.

# Second chance

*Hawai'i's work furlough program for inmates should continue*

NAMAKAOMAKUAKANEIKEAO  
SPROT-HUM & JULISSA SYDNOR  
INTERNS

On Oct. 12 an inmate from the Oahu Community Correctional Center failed to return to his post at Module 20 after the end of a work furlough. This year, 25 inmates have walked away from the program.

While this is an unsettling statistic, we should consider that anywhere between 350 and 400 inmates participate in the work furlough program annually, according to Director of Public Safety Nolan Espinda. This means that less than six percent of parolees have walked away from the work furlough program in the past year.

The furlough program is not a failure and does not need to be reassessed when 94 percent of participants are trying to reintegrate into society. It is unfair to think negatively of the work furlough program because of mistakes made by a few parolees.

### THE PROCESS

The process inmates undergo before becoming eligible for parole is thorough. Espinda attributes incidents to poor decision-making on the part of the parolee.

"We really try to screen them as tightly as we can, provide the programming, give them the right thinking skills, but invariably people will make wrong decisions," he said.

For an inmate to receive eligibility for parole and for a work fur-

lough, he or she must meet a list of criteria. After sentencing, the offender is processed at Halawa Correctional Facility (HCF) and put through a battery of tests, which can take 45 to 60 days.

Espinda said that only the most promising inmates are deemed eligible for parole.

"Everything is contingent upon behaving in an institution," Espinda said. "If you don't behave in an institution, you aren't ever going to parole. It's as simple as that."

After consideration by HCF staff and meeting criteria required for parole, inmates suitable for parole

selves in the community before going on parole.

### IS THERE A BETTER ALTERNATIVE?

Before the furlough program was made available, former inmates had no job opportunities. This forced them to make money through crime. This is why inmate rehabilitation is crucial if Hawai'i is to minimize the amount of repeat offenders.

"Jobs are [now] found by inmates and the job finding process is no different from the non-incarcerated person," Espinda said. "A lot of the jobs are found through family con-

are rearrested for violating parole – not reporting to parole officer, associating with known felons or abusing drugs. Only 27 percent are rearrested for new crimes.

In comparison, in 1999 recidivism rate of parolees was 72 percent. This downward trend proves that the furlough program is doing what it was designed to do.

### TECHNOLOGY TO THE RESCUE

State senator Will Espero (D, 'Ewa Beach) proposed Bill SB1020 early this year, which would have allowed electronic monitoring of parolees through security anklets. The bill would have cost Hawai'i taxpayers \$300,000, but did not pass the State Senate Ways and Means Committee.

It's unclear why SB1020 failed to gain the momentum or the support Sen. Espero had hoped for. With the proposed funding, the state could monitor inmates through a GPS tracking system for \$5 a day per person. Not only is it an effective way to monitor the furloughed, but it also relieves correctional facility workers from having to check the inmates' locations.

"We want to identify specific populations that would need this added supervision and hook them up, possibly using GPS technology," said Max Otani, deputy director of corrections with the state Department of Public Safety. "It's about managing impulse control and having them make better decisions."

A test-monitoring program is

currently in the works. If the test launch proves a success, the anklets will be placed on all 210 workers. The lack of support is puzzling, considering the program is cost-effective and it respects inmates' will to be re-integrated in society.

Humans are fallible. Everyone makes mistakes and everyone should be able to learn from them. Those who scrutinize the furlough program deny a second chance to people who have the motivation to change their ways. We shouldn't let the good will of many be tainted by the transgressions of the few.

MORE INFO

### SUPERVISION

Electronic monitoring of parolees or probationers in America started in 1986. By 1992, about 40,000 electronic monitors were in use.

Monitoring can be either active (such as GPS) or passive. Active monitoring constantly tracks parolees, while passive monitoring allows officers to periodically check on the inmates.

According to a study by the National Institute of Justice, electronic monitoring reduces the risk of recidivism of parolees by 31 percent. GPS monitoring tends to be more effective in reducing failure to comply when compared to radio frequency monitoring.

**"We want to identify specific populations that would need this added supervision and hook them up ... using GPS technology."**

– MAX OTANI  
DEPUTY DIRECTOR OF CORRECTIONS

must enter rehabilitation. Through programs like WorkNet and Parents And Children Together, offenders receive resources and skills to transition from an institutionalized culture to a community lifestyle.

Such services give participants what they need to obtain a job. They help inmates to acquire state IDs, driver's licenses and social security cards. Inmates are also taught how to write a resumé and how to conduct an interview. The program provides offenders an opportunity to re-establish them-

tacts or inmate friendly employers [especially agricultural business]."

Once a parolee is fully employed, they are charged \$6 a day for their work, according to Espinda. The money (about \$180 a month) goes to the state's tax coffers. If an inmate needs to pay court-ordered restitution, 25 percent of their paycheck pays for the compensation.

The recidivism rate of parolees is measured during a three-year period post release. The rate of furlough participants now is 42 percent. Fifteen percent of them

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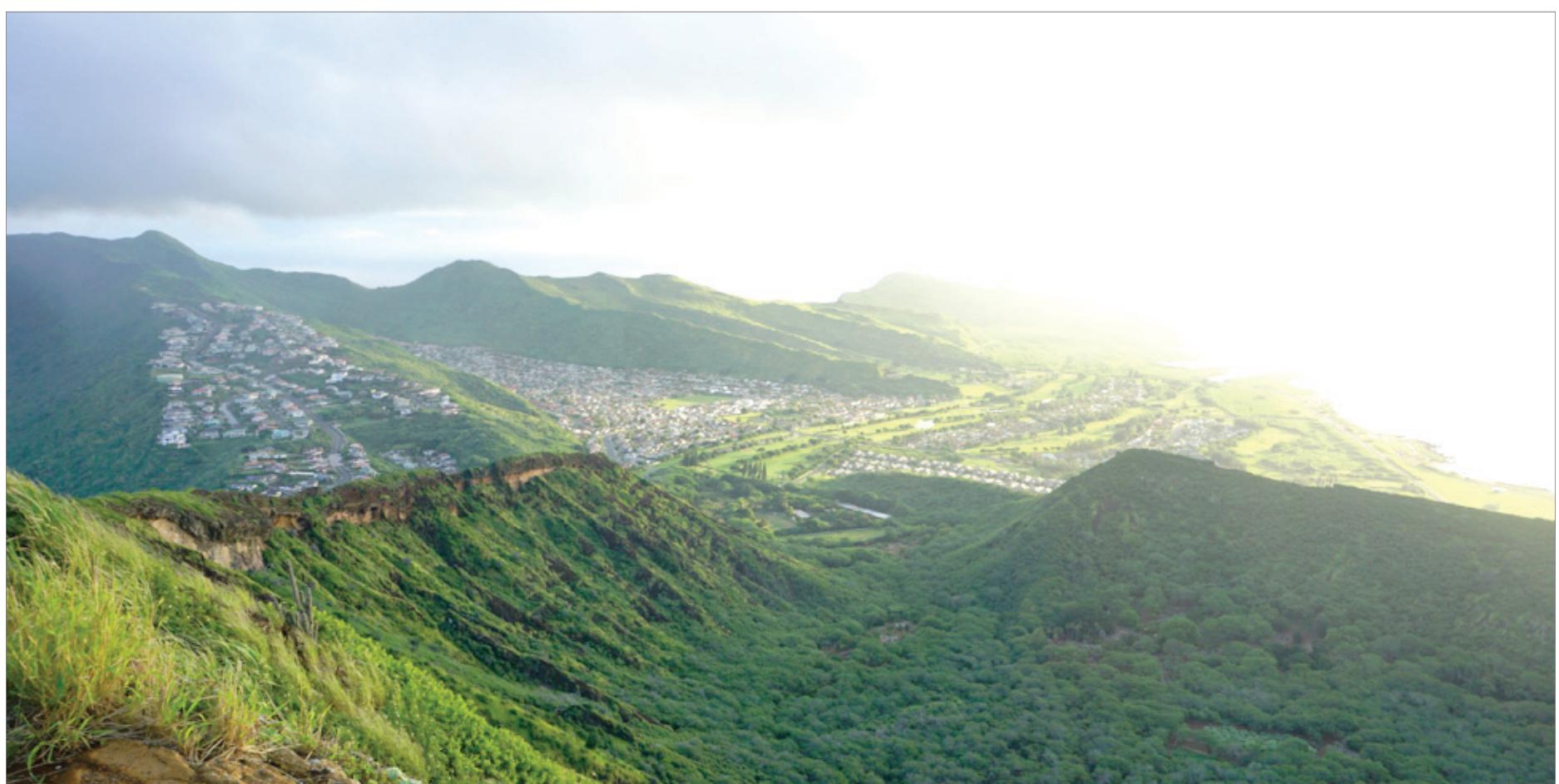
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ANTONINA JAVIER / KA LEO O HAWAII ▲

Koko Crater Railway takes hikers to an elevation of over 1,200 feet.

# Healthy living: tips for a hiker's knees

ANTONINA JAVIER  
 STAFF WRITER

For those who are unfamiliar, Koko Crater Railway is a 1.5 mile out-and-back hike located in Hawai'i Kai. It's infamous for its sharp incline gains and steep stairs.

The trail follows an old railway, and the "stairs" are made of old wooden planks.

The incline gains can be split into three pieces. During the first third of the hike, the incline gain is moderate but not too difficult. The hike becomes more strenuous during the second portion. In this section there is a small plank bridge that marks the beginning of the third portion, which contains the steepest incline of the entire hike. It's common to see hikers taking rest breaks here before reaching the top.

Since this hike is popular, here are tips for protecting one's knees during the steep descent.

Spend time strengthening the muscles around the knees.

Jimmel Dumas, a physical therapist at the Ka Punawai Ola assisted living facility, said having strong quadriceps and hamstrings reduces potential knee injuries by keeping the knees stable.

"The one thing I think is going to really help with Koko Head is doing eccentric contraction exercises," Dumas said. "Eccentric contractions are when the muscle elongates as

it contracts. Injuries on stairs most likely occur when you are coming down, during muscle elongation."

A contraction exercise that can help protect the knees is the Nordic Hamstring Exercise. The hiker kneels on a pad with a spotter securing the hiker's ankles, then slowly leans his or her chest forward toward the ground. The hiker

on the Railway, hiking boots are the safer choice. Running shoes are ankle length and have more flexible soles. This provides less stability than mid-height hiking boots, which have ankle support to keep your legs stable and a thick sole to absorb extra shock.

Internally check your body at the end of the hike. Give yourself

**"If you are bending it and it kind of sticks and there is a sharp pain, that could be a meniscus tear or something serious."**

— JIMMEL DUMAS  
 PHYSICAL THERAPIST

uses his or her hamstrings to control their forward momentum. Once reaching his or her max forward distance, the hiker uses his or her hands to push up from the floor, ending up back at the kneeling position to repeat the process over.

Another tip to help protect knees during a hike is to have proper gear.

"I would definitely recommend a brace or athletic tape," Dumas said. "A brace would be easier, though, because an athlete just slips it on. Athletic tape, on the other hand, is more difficult for an inexperienced person to use properly."

Make sure to wear proper hiking boots. Although it's common to see people wearing running shoes

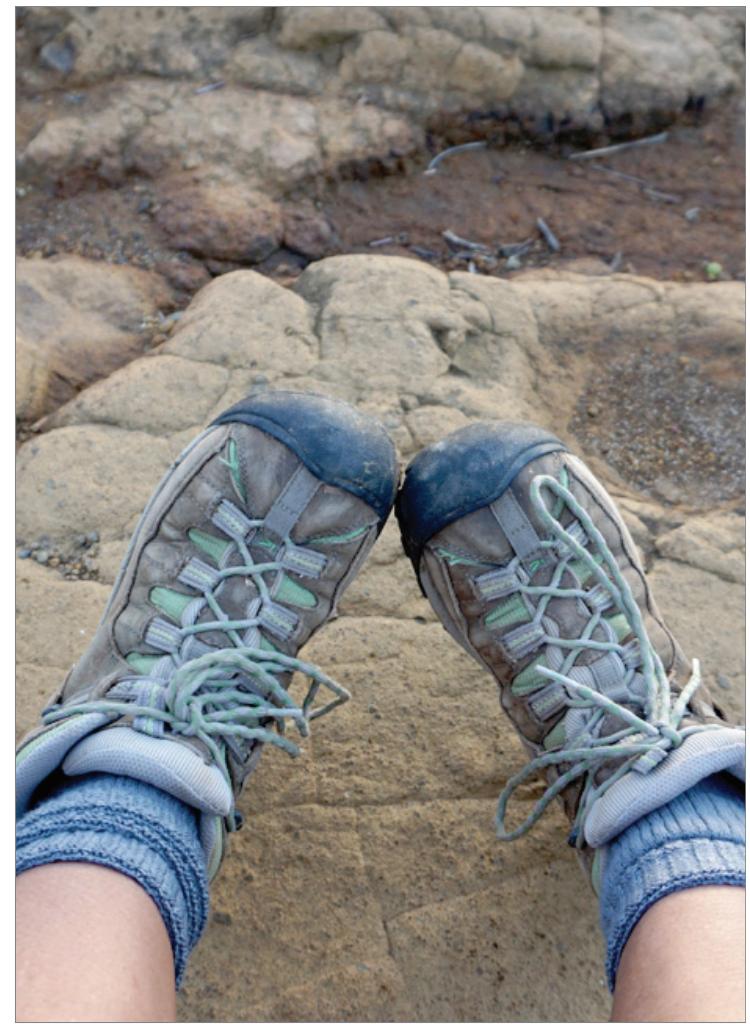
some time in the parking lot to feel if there are any nagging aches and pains in your knees.

There are an array of injuries that can occur, but, according to Dumas, there is a particular pain a hiker should look for.

"The one thing I am really cautious of is the feeling of a catch in your knee. If you are bending it, and it kind of sticks, and there is a sharp pain, that could be a meniscus tear or something serious," Dumas said.

Any aches and pains should be addressed, so no long-term damage occurs.

"If you are dealing with joints specifically, you want to use ice. Heat is good for muscles. So if you have an overworked or tense mus-



ANTONINA JAVIER / KA LEO O HAWAII ▲

Hiking boots and thick socks will prevent common injuries such as sprains.

cle, you can wrap a heating pad on the afflicted area. If you have an inflamed joint, which typically occurs after wear and tear, you want to ice the area," Dumas said.

Regardless if a hiker favors the railway or not, no one likes

an injury. The descent of the railway is especially difficult, and hikers should exercise caution when coming down. Keep strengthening exercises, proper gear and recovery in mind when attempting this hike.

||||| Ka Leo O Hawai'i

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You may be more familiar with it in its dried form as one of the spices in traditional curry powder, but the many health benefits may compel you to use it in other ways.

Olena is considered a purifier. It contains potent antiviral, antifungal and antibacterial properties. Some studies have even shown it to reduce viral replication of 90% of cells infected by the influenza virus. It's also chocked full of potassium and manganese that help support immunity. So, while every body is different and you should always seek medical advice when necessary, a good dose of olena may help your body combat all of those pesky microbes floating around this time of year.

Easy ways to use Olena/Turmeric  
*Cook with it* - Add the powdered version to your favorite curry dish.

*Turmeric Tea* - heat some fresh turmeric in water and add a little local honey (fresh turmeric is out of season right now, but will be back available in about 3 weeks)

*Turmeric Milk* - add a little to your fresh cow, goat or nut based milk and gargle with it.

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**FEATURES**

# HORROR MOVIE CHART

IKAIA SHIVELEY  
FEATURES EDITOR

With Halloween around the corner, what better time to hide under the covers while having a Horror movie marathon? Whether you want to have nightmares or just want to get into the holiday spirit, one of these films is bound to meet your Halloween needs.

**TV SERIES**

- Ash vs. Evil Dead
- The Walking Dead
- American Horror Story**

**MONSTER**

- KAIJU**
- Godzilla
  - Cloverfield
  - Pacific Rim

**ANIMALS**

- The Birds**
- Jaws
- Cujo
- Them!

**WEREWOLF**

- The Wolfman
- An American Werewolf in London

**VAMPIRE**

- Dracula
- Nosferato
- The Lost Boys

**ZOMBIES**

- Night of the Living Dead
- 28 Days Later
- Dawn of the dead**

**EVIL DEAD**

Five friends set camp at an isolated cabin, where they uncover the book of the dead. Once read, the book unleashed the evil within the woods; which begins to possess the group one by one.

**SUPERNATURAL****POSSESSION**

- The Conjuring
- Evil Dead**
- The Exorcist

**PSYCHOLOGICAL**

- In the Mouth of Madness
- The Shining
- It

**GHOST**

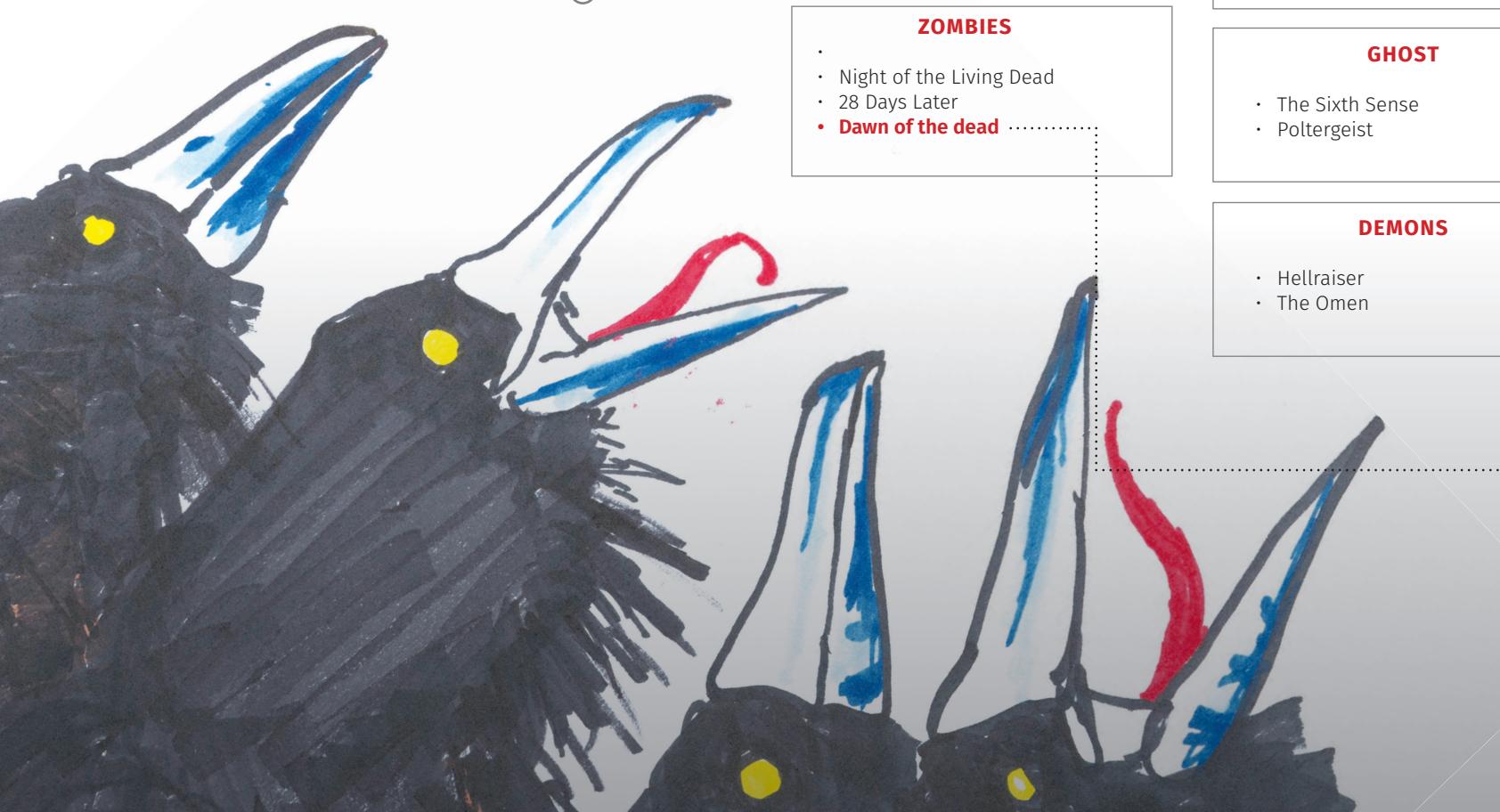
- The Sixth Sense
- Poltergeist

**DEMONS**

- Hellraiser
- The Omen

**AMERICAN HORROR STORY**

This series has taken heat for its extreme use of gore and sexuality. With fresh storylines every season and a star-studded cast, "American Horror Story" is a must-see for thrill-seekers.



features@kaleo.org  
Ikaika Shiveley  
Features Editor

**MISCELLANEOUS****COMEDY HORROR**

- Braindead
- Shaun of the Dead
- Housebound

**FOUND FOOTAGE**

- Paranormal Activity
- The Blair Witch Project

**GORE / TORTURE**

- Saw**
- Hostel

**ANTHOLOGY**

- Twilight Zone
- Trick 'r Treat

**FAMILY FRIENDLY**

- Monster Squid
- Monster House
- Gremlins

**SCI-FI**

- Cabin in the Woods
- The Cube

**KILLER****SLASHER**

- Halloween
- Friday the 13th (series)**

**SUPERNATURAL SLASHER**

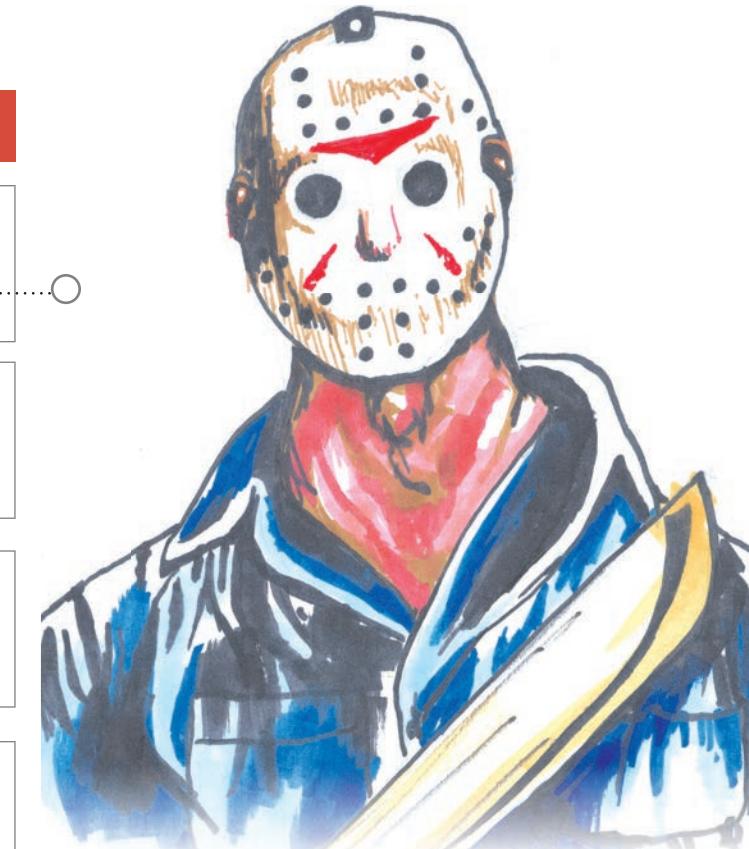
- A Nightmare on Elm Street

**FAMILY**

- The Texas Chainsaw Massacre
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**SERIAL KILLER**

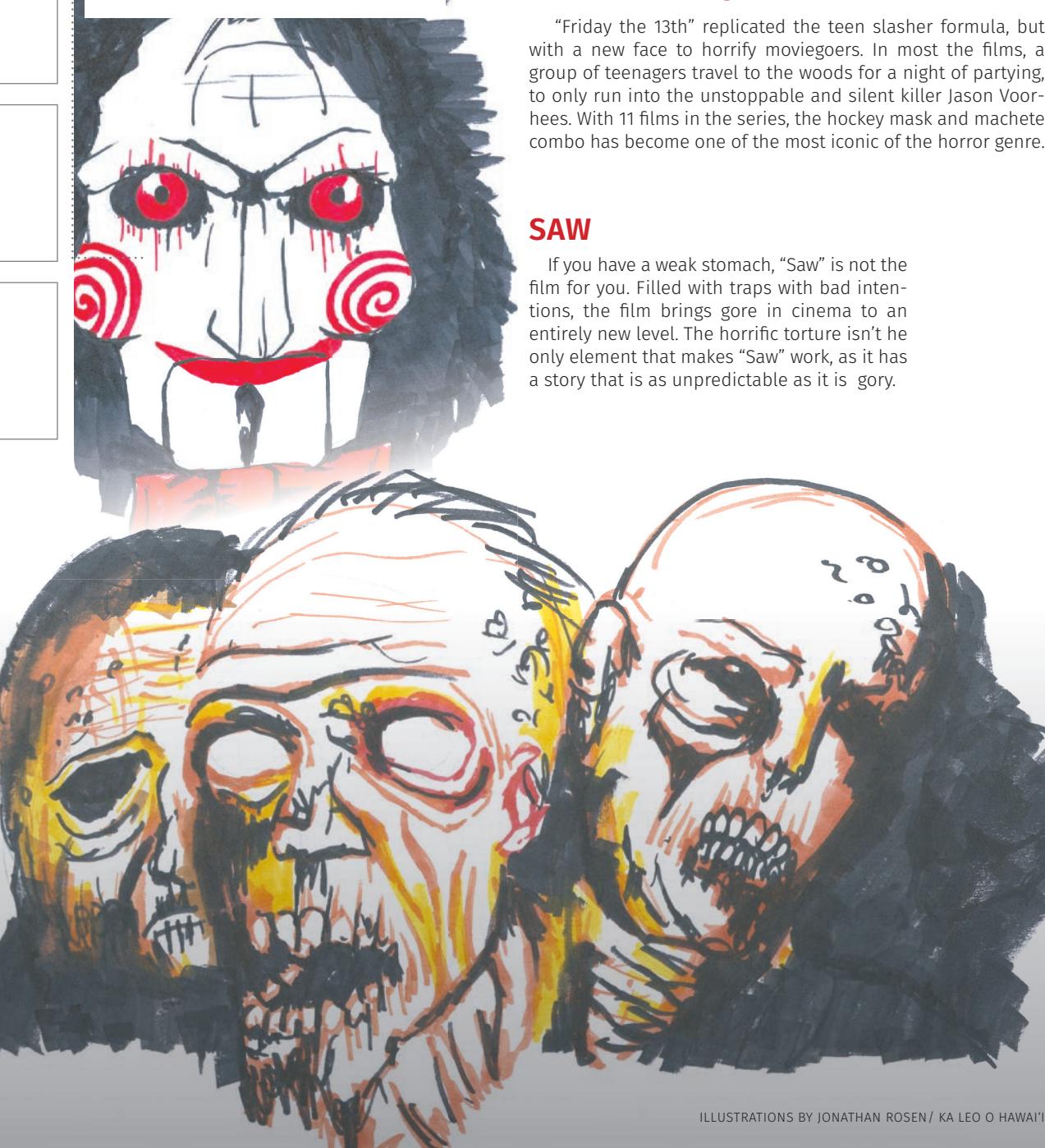
- Silents of the Lambs
- Zodiac
- Se7en

**FRIDAY THE 13TH**

"Friday the 13th" replicated the teen slasher formula, but with a new face to horrify moviegoers. In most of the films, a group of teenagers travel to the woods for a night of partying, to only run into the unstoppable and silent killer Jason Voorhees. With 11 films in the series, the hockey mask and machete combo has become one of the most iconic of the horror genre.

**SAW**

If you have a weak stomach, "Saw" is not the film for you. Filled with traps with bad intentions, the film brings gore in cinema to an entirely new level. The horrific torture isn't the only element that makes "Saw" work, as it has a story that is as unpredictable as it is gory.

**DAWN OF THE DEAD**

The 2004 film "Dawn of the Dead" proved that remakes can be just as frightening and entertaining as their predecessors with its modern day take. Unlike George A. Romero's classic, these zombies can sprint as they chase down their next meal.

**FEATURES**

**FEATURES**

features@kaleo.org | Ikaika Shiveley  
 @kaleofeatures | Associate Features Editor

# Horror movie drinking game

IKAIAKA SHIVELEY  
 FEATURES EDITOR

Halloween is around the corner, so it's time to crack open some beers and grab your closest ghouls for a night of buzzed terror. The rules below have been made to fit with a variety of slasher films, including: "Halloween," "A Nightmare on Elm Street," "Friday the 13th" and "Scream."

## TAKE A DRINK WHENEVER:

- A killer is shown on screen
- The killer's weapon is in frame
- A character investigates a noise (If they say "hello?" that's another sip)
- A jump scare occurs
- A group splits up
- Someone says, "No!" or "Help!"
- Someone watching the movie screams

## TAKE TWO DRINKS WHEN:

- Someone is killed
- A phone is being used
- Someone has sex or nudity is shown
- A character drinks or smokes
- A victim trips while running



## CHUG FOR THREE SECONDS WHEN:

- A previously killed character comes back to life
- A character doesn't see the killer in the background
- A police officer or someone of authority doesn't believe there's a killer

## FINISH DRINK WHEN:

- The killer or main character dies

ILLUSTRATIONS BY AMY LOWE / KA LEO O HAWAII

# Cringing cocktails

*A Halloween guide to everlasting fun*

EVANGELINE COOK / STAFF WRITER

The sun is setting on an eerie October afternoon. You hear the pitter-patter of children and the screeches of the many monsters that roam your neighborhood at night. Is it that time of year again? Yes, and you are going to want a cocktail or two to get you through this night of horror. Here are a few recipes to try out for a Halloween party or a small get together with close friends. (Drink Responsibly)



## ZOMBIE SLIME SHOOTERS

YIELD: 1 COCKTAIL

### INGREDIENTS

- |                               |                              |
|-------------------------------|------------------------------|
| • 1 ounce vodka               | • 1 ounce coconut rum        |
| • 1 ounce peach schnapps      | • 1 ounce sweet and sour mix |
| • 1 ounce sour apple schnapps |                              |

### INSTRUCTIONS

- Pour all ingredients into a cocktail shaker half-filled with ice cubes.
- Shake well and pour over ice cubes into slime-rimmed martini glass.

## PUMPKIN SPICE PUNCH

YIELD: 1 PUNCHBOWL

### INGREDIENTS

- |                                     |
|-------------------------------------|
| • 2 honeycrisp apples               |
| • 2 pears                           |
| • 1 orange                          |
| • 1 tablespoon lemon juice          |
| • 1/4 cup honey                     |
| • 1/4 cup brown sugar               |
| • 1 cup bourbon                     |
| • 3 cups apple cider                |
| • 1/2 tsp pumpkin pie spice         |
| • 2 bottles pinot grigio, chilled   |
| • 1 pumpkin, for serving (optional) |

### INSTRUCTIONS

- Thinly sliced apples, pears and oranges lengthwise, then place in a large bowl, coat with lemon juice to prevent browning.
- Add honey, brown sugar, bourbon, apple cider and
- pumpkin pie spice, stirring gently to combine.
- Cover and refrigerate for 2-4 hours, or overnight.
- Top with chilled pinot grigio and serve.

Serve in a pitcher or punch bowl, or give the punch extra Halloween flavor by serving inside a pumpkin. Cut a circle in the top of a large pumpkin, then completely remove seeds and pulp. Fill it with fruit and punch, then enjoy!

## BLOODY ORANGE COCKTAIL

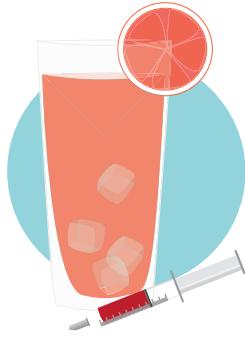
YIELD: 4 COCKTAILS

### INGREDIENTS

- |  |
|--|
| • 4 ounces vodka                                     |
| • 2 ounces Licor 43                                  |
| • 8 ounces Orangina or 1:3 orange juice to club soda |
| • 3 ounces raspberry syrup                           |
| • 1 orange   |
| • plastic syringes (available at party stores)       |

### INSTRUCTIONS

- Purée 2 cups of fresh raspberries in a food processor. Press the purée through a fine mesh strainer to extract the pulp, then discard the seeds.
- Place the puree in a small saucepan with 1/4 cup of sugar. Heat over medium-low heat, stirring frequently until thick and dark (about 10 minutes), and let cool.
- Fill each syringe with 0.75 ounces of raspberry syrup and set aside.
- Add vodka and Licor 43 to a shaker with ice, shake until cold (about 20 seconds). Add Orangina and stir. Pour into iced glasses and place filled syringes in drinks.
- Add an orange wedge to the side of each glass and serve.



ILLUSTRATIONS BY LAUREN TABOR; BRYE KOBAYASHI / KA LEO O HAWAII

# UnLucky 7

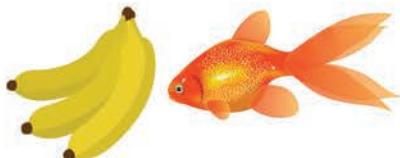
Learn from others' mistakes and avoid making these bad decisions, or be haunted with regret! Consider yourself warned ...

## PELE'S WRATH

Just as you shouldn't take lava rocks home, it would be unwise to take on student loans without researching career prospects first to gauge your ability to repay.



## Go Fish



Not saving for retirement is like taking bananas on a fishing boat. When you catch no fish you'll have bananas to eat at first, but nothing for later, when you're really hungry. Take advantage of compound interest and contribute to your retirement account early.

## AFRAID OF HEIGHTS

Making only minimum payments on your credit card is like walking under a ladder, then camping out there. The risk of something bad happening only grows, as will the interest on your credit card balance. Avoid charging more than you can afford to pay off, or if the damage is done, make a plan to pay it down.



## In denial



Lying face-down on the ground, avoiding eye contact: good idea if you hear Night Marchers; bad idea if you're hoping it will help your credit score. You're better off checking your credit report for errors and never making late payments.

## Stalled out

Not having an emergency fund is like driving over the Pali with pork in your car, and the gas tank empty. It's not a matter of if you'll be in trouble; it's a matter of when. Stashing away three months of living expenses might sound intimidating, but start small and stay committed.



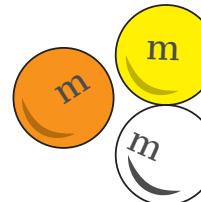
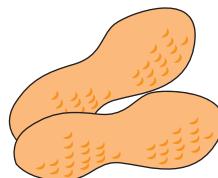
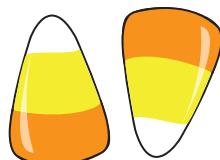
## 7 Years...

Not seeking financial education is like breaking a mirror and still using it to apply your makeup. If you can't see what you're doing, chances are you aren't painting a pretty picture. Whether you search online or ask your credit union, just ask; or you could end up with a credit blemish for seven years.



**FEATURES**

# Top 5 hated Halloween candies

IRENE FANG  
STAFF WRITER

## Candy Corn

There's a certain cuteness and charm when looking at the little triangles, but once you actually try them, they're painfully sweet. There's probably not a single person who eats these candies.

*Tastier alternative:*  
Caramel popcorn



## Jawbreakers

Although we understand the damage we do to our teeth during Halloween, we'd like our jaws to remain hinged. Jawbreakers have a taste that's not painfully sweet, like many other candies, but they take a long time to chew. These candies taste like bad gum. They also look like paint-splattered Styrofoam balls, which does not add to the appeal.

*Tastier alternative:*  
Ice Breakers

## Circus Peanuts

With the texture of industrial packing peanuts — except with more tensile strength — companies may want to consider using Circus Peanuts to line their fragile shipments. They're supposedly marshmallows, but they taste like sugared chemical foam.

*Tastier alternative:*  
Nutter Butters

## Candy Corn M&M's

M&M's are great, but imagine feeling happy to receive a large bag of M&M's, only to be let down upon closer examination of your haul. Just think about what the taste is based on, and you'll understand why these candies are a disappointment.

*Tastier alternative:*  
Any other type of M&M's

## Peeps: Halloween

It's difficult to fathom why the manufacturers of Peeps are still in business. People marvel at the adorable aesthetics of those little birds, but you're supposed to eat them, despite the fact they appear toxic. We only had to suffer with these during Easter, but now Halloween editions also exist. How scary.

*Tastier alternative:*  
Animal cookies or  
Halloween-shaped chocolates

ILLUSTRATIONS BY JOELYN DALIT / KA LEO O HAWAI'I

# Haunted places on campus

## Hamilton Library



Hamilton Library is a popular study spot on campus, but it is also reportedly home to a young woman in a pink mu'umu'u on the first floor by the social sciences library desk. Library staff and students do not know why she lurks the halls. Be wary of bathroom mirrors and shadows moving through the rows of books.

David Brier, a librarian at Hamilton Library, said in an email that the stories of the library being haunted come from custodians, but there was no study done to confirm the validity of their claims.

## Hale Aloha Mokihana



The most common ghost story told by UH Mānoa students was the story of Hale Aloha Mokihana. Allegedly, a student hanged himself and is said to wander the halls. Misti Benoza, a UH Mānoa freshman, said that over the summer she remembered seeing lights repeatedly flashing in Mokihana.

## Frear Hall



Frear Hall, located near Gateway House, is said to be haunted by Mary Dillingham Frear. The story goes that she wanders around the halls with a keychain, leaving behind the scent of perfume. Kaytee Ching, a cashier at Frear Hall, said that even during daylight hours she can still hear footsteps in empty halls and see lights flickering in empty dorms.

"Even though I work during the day, I still feel like something is off in there, like someone watches me," Ching said.

## Art Building



Not a widely reported site, the Art Building is in its own realm of creepiness. Filled with dark hallways, twists, turns and shadows, it is not a place to wander around at night.

Easy to get lost in, I was wandering through the Art Building and nearly ran into a woman on the third floor. I lost sight of her as she turned the corner down the staircase. I had a strange feeling and decided to peer down the staircase only to see no woman and hear no footsteps.

# A proper send off

*It may be senior night for the Wahine, but winning is still the most important thing*



AUSTIN YOSHINO / KA LEO O HAWAII ▲

The Wahine are 18-1 this year, sitting atop the Big West going 8-0 in conference play thus far.

DREW AFUALO  
STAFF WRITER

The University of Hawai'i Rainbow Wahine volleyball team is looking to send seniors Olivia Magill and Tai Manu-Olevao off in winning fashion.

Following the senior night game are Hawai'i-specific celebrations such as seniors getting covered in lei and other festivities.

"I don't think there's anybody that can compare with Hawai'i senior night," Wahine head coach Dave Shoji said. "There's just no way that anybody can duplicate what happens here."

So far this year, the Wahine have been firing on all cylinders at 18-1 and an 8-0 conference record. The winning nature of UH volleyball is due in part to the leadership of players like Magill and Manu-Olevao. In order to keep it going, the Wahine must continue to play as a team and not as individuals.

"We all just need to stick together," sophomore Savannah Kahakai said. "Everyone has the same goal, we all want to win Big West and have set placement in the NCAA tournament ... with the help of everyone and our coaches I think we can do that."

This past season, both Olevao and Magill are some of the Wahine's top scorers, but neither player is new to playing a pivotal role in the offense.

"[Magill] was a big help because she came from a different college,"

Kahakai said. "It's way different on the mainland than it is out here.

**"I don't think there's anybody that can compare with Hawai'i senior night. There's just no way...that anybody can duplicate what happens here."**

— DAVE SHOJI  
HEAD COACH

She kind of gave us something that we needed and holds us accountable for our actions."

In her career at Hawai'i, Magill started in 28 matches during the 2014 season after transferring from Arizona, as well as all 19 matches this season.

"Olivia has only been here two years but she's definitely made her presence felt," Shoji said. "She came right in and earned a starting position. She's been one of the most offensive middles we've had in the program. She's started every match that she's been here so she's made quite an impact."

Manu-Olevao has also been a key component. Unlike Magill, Manu-Olevao has been in the program since she was a freshman and has been a starter for the past three years.

"Tai has been here since she was a freshman and really has improved every single year," Shoji said. "She has been a really solid person throughout her four years in the program."

A 2012 graduate of Punahoa School, Hilo native Manu-Olevao always knew she'd be representing her state and playing for the Wahine.

In her freshman year, she played in 15 matches, starting three, totaling 49 kills. She built off of that in her sophomore campaign, starting in 27 of the 28 matches she played in, finishing the season third overall on the team in kills with a total of 229.

Both Magill and Manu-Olevao have proved to be key players to have on the team when it comes to leadership and athletic ability. It is no question that they will be missed by both the fans and Wahine volleyball program.

Although the 'Bows plan to recharge for the rigors of the closing months of the season with their bye week, it hasn't been without its challenges. The 'Bows look to shake off the rust after 13 days without a game. Unfortunately, junior Annie Mitchem recently suffered a fracture on her right hand and is likely out for the season. For Manu-Olevao, she's used to the adversity.

"This year, we're all broken and every teammate has some sort of injury and previous years there's always been some sort of challenge that has tested us," Manu-Olevao said. "And because of those challenges it definitely made me stronger and made the team stronger."

*What do you think?  
Let us know @KaLeoSports*

MORE INFO

Senior night will take place this Sunday, Nov. 1 in the Stan Sheriff Center against Cal State Fullerton. First serve is set for 5 p.m. (HST).



AUSTIN YOSHINO / KA LEO O HAWAII ▲

Olivia Magill has 159 kills and a team-high 39 blocks through 19 games.

## SPORTS

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Sports EditorChristian Shimabuku  
Associate Sports Editor

# Senior moment

*For Lidia Battaglia, it'll be a night she'll never forget*

FILE PHOTO ▲



SHANE GRACE / KA LEO O HAWAII ▲

Battaglia was a part of a defense that posted eight shutouts last season.

DAVID MCCRACKEN  
SPORTS EDITOR

With a six game losing streak as of this past Saturday, the University of Hawai'i Rainbow Wahine soccer hasn't had much to be happy about this season. But with senior night approaching this Thursday, there is good reason for the 'Bows to celebrate.

The Wahine will send off senior defender Lidia Battaglia and red-shirt senior Tiana Fujimoto for their final game at the Waipio Peninsula Soccer Stadium against UC Irvine. This time last year, it was Battaglia who watched her senior teammates and fellow defensive line leave the Wahine program, making her the only returning starter on defense this season.

Celebrating her time at UH is something Battaglia is looking forward to this upcoming Thursday, but admits the night will be "bittersweet."

"I'm looking forward to the environment of senior night at Waipio," Battaglia said in a phone interview. "It's so electrifying but at the same time, it's sad that it'll be the last time I walk out on the field with my teammates. Experiencing senior night the past three years was extremely sad, but also really fun, so I guess you can say that I'm looking forward to having fun with my teammates one last time, especially since this season has been really exhausting for all of us."

Head coach Michele Nagamine has always been a fan of Battaglia, dating back to her time recruiting her from her high school in Santa Monica, California. In a previous Ka Leo story, Nagamine called Battaglia "the bull in a china shop", complimenting her intensity and determination whenever she steps onto the pitch.

"Lidia has been such a huge piece of our rebuilding of the UH soc-

cer program," Nagamine said in a phone interview. "She has started and played almost every minute of every game since her freshmen year and the leadership and physical presence she brings to our team will be missed most. She is competitive, driven and works extremely hard both on and off the field. She has been an all-conference selection for us in each of her seasons and she will be hard to replace."

An exhausting season has seen the Wahine post a 3-12-1 record as of this past Saturday. Nagamine is looking forward to celebrating with her seniors in front of a home crowd, who she says, has never turned its back on them despite the team's struggles.

"I am looking forward to bringing positive closure to this season in front of our fans at home," Nagamine said. "It's always nice to have your senior game and last game of the season at home. Despite the challenges we have had record-wise this season, our fans have remained faithful and loyal to us – that is proven by the 1,600 fans who turned out for our CSUN game last weekend. Our fans see the potential our young team has and they can appreciate that we've made some tough decisions over the course of the season to protect our team's integrity and to uphold the core values of our program."

The fans have been behind the Wahine soccer program, despite the well-documented issues with this year's squad. A young team with a rash of injuries, playing in a competitive Big West Conference and the departure of Kama Pascua from the team a few weeks ago has only made this season more difficult for the players. Nevertheless, Nagamine believes that this team remains hungry, looking to play spoilers for its conference foes.

"[The players] don't need any extra motivation," Nagamine said.

"Despite some of the setbacks and challenges we've had this season, our team remains hungry and focused on finishing as strong as we can. We have the ability to really shake up the Big West Con-

but we are not focusing on that. We are focusing on our individual, personal performances that will impact our team in the most positive ways."

Battaglia may have only played in

teammates on a high note.

"This program has meant everything to me ever since my unofficial visit back in my junior year of high school when I first committed," Battaglia said. "I have dedicated a big part of my life to it, and it will always be a part of my life for many years to come. It hasn't been the easiest of years for me, and it definitely has broken me down from time to time, but the program has made me into the person that I am and has given me lifelong friends, and that's something that I am forever grateful for."

"It'll be a night that I will never forget, no matter the outcome."

**"I have dedicated a big part of my life to it, and it will always be a part of my life for many years to come."**

– LIDIA BATTAGLIA  
RAINBOW WAHINE DEFENDER

ference. We know that we are out three to four starters and have moved a number of people around to positions they don't usually play

13 games this season due to suspension and injury, but on Oct. 29, none of that will matter to her as she looks forward to leaving her



SHANE GRACE / KA LEO O HAWAII ▲

The Wahine have not won on senior night since 2013.



# UH MĀNOA CAMPUS RESOURCE PAGE

Your resource for everything happening on the University of Hawai'i at Mānoa Campus



MĀNOA  
career center

## EMPLOYMENT

### ON-CAMPUS PART-TIME

#### STUDENT- SHOP ASSISTANT 1

Architecture  
\$12.90/hour  
Close Date: 11/7/15 or when filled

Student must have experience with carpentry and the use of hand and power tools and equipment for making architectural models, furniture, and small building structures using wood, plastic, or metal; understanding of required shop safety procedures in an academic context; must be able to lift 75 pounds or more; ability to work during school break periods. Duties include but not limited to: maintenance throughout the School of Architecture building, move furniture and set up classrooms for different uses each semester.

Job Number: **80361**

### OFF-CAMPUS PART-TIME

#### PARAPROFESSIONAL TUTOR

Queen Ka'ahumanu Elementary School  
\$13.53/hour  
Close Date: 1/14/16 or when filled

Paraprofessional tutors (PPT) are expected to work on a one-to-one basis with our Special Needs students and assist them in the classroom with their behavioral and academic needs. PPT's are also required to take/collect data and monitor the progress of these students while implementing a variety of strategies to help them succeed in the classroom. We are looking for students attending any University of Hawaii campus and taking classes at least on a part-time status.

Job Number: **156022**

### OFF-CAMPUS FULL-TIME

#### ASSISTANT STORE MANAGER TRAINEE

Walgreens  
Salary: \$14.00/hr  
Close Date: 1/20/16 or when filled

Job responsibilities include but are not limited to: Under the direction of the store manager, oversee the operation of a Walgreen store, monitor and analyze the customer service provided by team members and offer feedback and coaching, offer assistance with products and services. Candidate must have a Bachelor's degree or High School Diploma/GED and one year of retail supervisory experience, and be willing to work a flexible schedule including extended days, evenings, and weekend hours.

Job Number: **155122**

### INTERNSHIPS & COOPERATIVE EDUCATION (CO-OP)

**What is Co-op?** Like internships, Co-ops are education-based and career-related. It is a nation-wide program comprised of a partnership between the employer, the student and the university. Co-ops are paid and require a two semester commitment.

#### FBI HONORS AND CYBER INTERNSHIP

Federal Bureau of Investigation  
Compensation: \$16.66/hour  
Close Date: 11/06/15

These 10-week summer programs offer an unparalleled opportunity to work side-by-side with the most talented, tenacious colleagues in government service. We seek undergraduate freshman, sophomore, junior, senior and graduate students with a 3.0 GPA or higher for paid internships in Washington, DC, and 56 Field Offices across the country. These paid internships offer qualified undergraduate and graduate students the opportunity to work with employees in FBI offices nationwide. These highly competitive internships generally begin in June and end in August.

See job listing for more details.

Job Number: **156082**

To apply for these jobs, go to [hawaii.edu/sece](http://hawaii.edu/sece)

## THIS WEEK'S EVENTS: Monday 10/26/15 - Sunday 11/01/15

MON

OCT  
**26**

- **SUSTAINABLE UH MEETUP**

5:30 pm - 6:30 pm @Sustainability Courtyard

TUE

OCT  
**27**

- **MCAT 2015 WORKSHOP**

5:30 pm - 7:00 pm @Webster 103

More info at: [bit.ly/1RsNSjO](http://bit.ly/1RsNSjO)

WED

OCT  
**28**

- **SODEXO THROWBACK PARTY**

4:30 pm - 8:00 pm @Gateway Cafe  
70's, 80's and 90's party with prizes, giveaways, food and music.

For more info, email: [lana.hudson@sodexo.com](mailto:lana.hudson@sodexo.com)

THU

OCT  
**29**

- **SPAM SCHOLARSHIP WORK SESSION**

1:30 pm - 3:30 pm @QLC 208

More info at: [bit.ly/1MIBDjQ](http://bit.ly/1MIBDjQ)

FRI

OCT  
**30**

- **SPAM SCHOLARSHIP WORK SESSION**

11:30 am - 1:30 pm @QLC 208

More info at: [bit.ly/1MIBDjQ](http://bit.ly/1MIBDjQ)

SAT

OCT  
**31**

- **THE COW IS OUTSIDE THE FENCE**

11:00 pm - 12:30 am @Ernst Lab Theatre

More info at: [bit.ly/1LQPJL0](http://bit.ly/1LQPJL0)

SUN

NOV  
**01**

- **GALLERY WALK-THROUGH WITH DEBRA DREXLER**

2:00 pm - 3:00 pm @Art Building Art Gallery

Exhibition "NEW NEW YORK: Abstract Painting in the 21st Century."

More info at: [bit.ly/1W9Gr2t](http://bit.ly/1W9Gr2t)

- **ASUH AFFORDABILITY TALK STORY**

4:00 pm - 5:00 pm @Campus Center 309

Provide input on how to keep college education affordable.  
For more info, call: 956-4822

- **BLOOD BANK OF HAWAII DRIVE**

8:00 am - 4:30 pm @UH Law School

Accepting blood donations at the Bloodmobile on Dole St.  
More info at: [bbh.org](http://bbh.org)

- **MAC ADVISING: FRAPS WITH FACULTY**

1:30 pm - 2:30 pm @QLC 412

Free Starbucks frappuccinos and cookies (available on a first-come, first-served basis).

For more info, email: [risaki@hawaii.edu](mailto:risaki@hawaii.edu)

- **PRACTICING FOR YOUR INTERVIEW**

5:30 pm - 7:00 pm @Webster 103

Pre-Health/Pre-Law Advising Center practice interviews for professional school.

More info at: [bit.ly/1RsNSjO](http://bit.ly/1RsNSjO)

- **SUNDAY IN THE PARK WITH GEORGE**

7:30 pm - 9:30 pm @Kennedy Theatre

More Info at: [bit.ly/1LQPJL0](http://bit.ly/1LQPJL0)

- **SUNDAY IN THE PARK WITH GEORGE**

7:30 pm - 9:30 pm @Kennedy Theatre

More info at: [bit.ly/1LQPJL0](http://bit.ly/1LQPJL0)

## UPCOMING EVENTS: NOVEMBER 2015

| SUNDAY  | MONDAY | TUESDAY | WEDNESDAY   | THURSDAY   | FRIDAY | SATURDAY             |
|---|--------|---------|---|--|--------|----------------------|
| 1 CBAC's <u>Día de los Muertos</u><br>(Day of the Dead)<br>11:00 am-1:00 pm<br>@Campus Center Courtyard   | 2      | 3       |   | 4 Honolulu Police Department Info. Session<br>12:00 pm-1:00 pm<br>@QLC 411<br>RSVP at:<br><a href="http://svy.mk/1jFrBeZ">svy.mk/1jFrBeZ</a>           | 5      | 6                    |
| 8 2015 Veteran's Day Celebration<br>10:30 am-12:00 pm<br>@Hawaii Hall Lawn<br>More info at:<br><a href="http://bit.ly/1Mt23lc">bit.ly/1Mt23lc</a> | 9      | 10      | 11  | 12 College of Ed. Senate Meeting<br>12:00 pm-1:30 pm<br>@Lab School Portable 4B<br>More info at:<br><a href="http://bit.ly/1X8gRg0">bit.ly/1X8gRg0</a> | 13     | 14                   |
| 15 Sustainable UH Meetup<br>5:30 pm-6:30 pm<br>@Sustainability Courtyard  | 16     | 17      | 18  | 19   | 20     | 21                   |
| 22 Peace Corps Info Session<br>4:15 pm-5:45 pm<br>@QLC 412<br>More info at:<br><a href="http://bit.ly/20419FR">bit.ly/20419FR</a>                 | 23     | 24      | 25 NICE Int'l. Language Exchange<br>4:30 pm-5:30 pm<br>@Krauss 012<br>More info at:<br><a href="http://nice.hawaii.edu">nice.hawaii.edu</a> | 26   | 27     | 28                   |
|   |        |         |   |  |        | THANKSGIVING HOLIDAY |

**COMICS**

comics@kaleo.org

Caleb Hartsfield  
Comics Editor**THOUGHTS** by caleb hartsfield**SPORTS**sports@kaleo.org  
@kaleosportsDavid McCracken  
Sports Editor**WEEKLY ROUNDUP****Oct. 18 to Oct. 24****WOMEN'S SOCCER**

The 'Bows lost their sixth straight on Thursday night on the road against UC Davis with a final score of 0-4. The Wahine struggled off the start as they gave up a goal in the first 18 seconds to Haley Hughes. Hawai'i was unable to shrug off this first goal, and only forced the opposing goalie to make two saves throughout the game. Woes continued for the 'Bows as Paige Okazaki was given a red card in the second half after receiving yellow in the first. Fortunately, the 'Bows have one more chance to get their first win on the road Oct. 25 at Long Beach State, before heading home for their final game of the season on Oct. 29 against UC Irvine.

ZACH JOHNSON  
STAFF WRITER**WOMEN'S VOLLEYBALL**

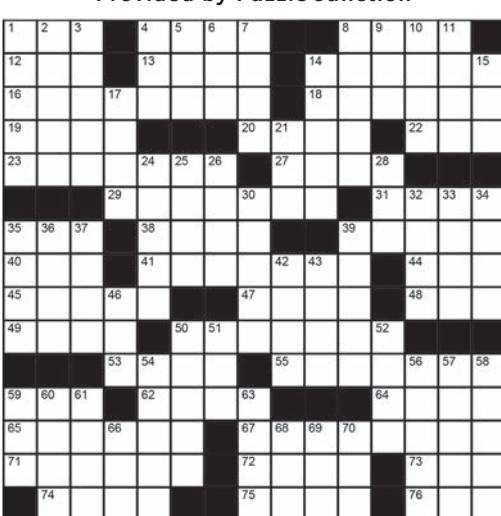
The Wahine will have a much-needed week off this week after winning both games this past weekend against UC Davis and UC Irvine. Nikki Taylor suffered a concussion in the game against UC Davis and broke her 38-straight start streak the next night against the Anteaters. After allowing some rest for the team, the 'Bows will finish their last home-stand of the season starting Oct. 30, against UC Riverside, and finishing on Nov. 1, against Cal State Fullerton.

**MEN'S FOOTBALL**

The Rainbow Warriors lost their fifth straight game on Saturday on the road against Nevada 20-30. Once again, the 'Bows took a lead into halftime, only to lose it in the 4th quarter. Devan Stubblefield carried the 'Bows in the first half with eight catches for 91 yards and two touchdowns, but the Hawai'i was unable to score a touchdown and was held to just six points in the second half. The Warriors have now dropped to 2-6, and will look to break their losing streak with a Halloween matchup against Air Force on Oct. 31 at Aloha Stadium.

### WEEKLY CROSSWORD PUZZLE

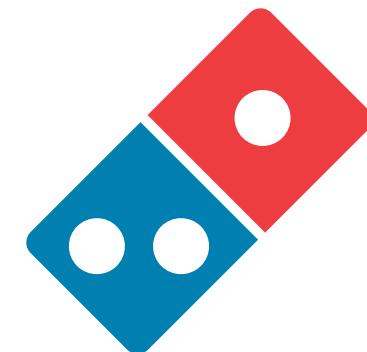
Provided by Puzzle Junction



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- ACROSS**
- Combat
  - Like some vases
  - Prompted
  - In the past
  - Venezuela copper center
  - Foray
  - Morning planets
  - Use a key
  - And others, for short
  - Desire
  - Maiden name
  - Brush up on a subject
  - Direction
  - Wishful thinker
  - Coarse file
  - " show time!"
  - Sicilian city
  - upper
  - "Alley \_\_\_!"
  - Child of another, at times
  - Compass heading
  - Plays a horn
  - Town in Calif. or Italy
  - Hog haven
  - Choir part
  - Make believe
  - Scarlett's home
  - Contestant
  - Stomach muscles, briefly
  - Camping gear
  - Food thickener
  - Venue
  - Headquarters
  - Clodhopper
  - Retired
  - Human race
  - Farm females
  - It can be barbed
  - Cockpit reading (Abbr.)
- DOWN**
- Long-legged aquatic bird
  - Quartz variety
  - Palace dweller
  - Pad
  - A Gershwin
  - Neither's partner
  - Deep cut
  - Ice cream holders
  - WWW address
  - Collar type
  - Gaming cubes
  - Terrific!
  - Barely get, with "out"
  - Coaster
  - Be in arrears
  - Bailiwick
  - Rip apart
  - second
  - Before angle or cycle
  - Sugar source
  - Sacks
  - Dispatched
  - Quarry
  - Small amount
  - Hammer or wrench, e.g.
  - Detect
  - False move, esp. in boxing
  - Carry
  - Paradise
  - Youngster
  - Primp
  - Dashed
  - Ho-hum
  - Book of maps
  - Terrestrial lizard
  - Twangy, as a voice
  - 1545 council site
  - Priestly garb
  - Dullard
  - Harbor vessel
  - Defrost
  - Grow old
  - Wan Kenobi
  - Sea (Fr.)
  - Dutch city

GO TO: KALEO.ORG for the answers to our weekly crossword



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Sweepstakes ends 10/31/15. See stores or visit coffeebeanhawaii.com for Official Rules, prize description, disclosure, and complete details.

To solve the Sudoku puzzle, each row, column and 3x3 box must contain the numbers 1 to 9.

|   |   |  |  |  |  |  |   |   |
|---|---|--|--|--|--|--|---|---|
| 5 | 3 |  |  |  |  |  |   | 4 |
|   |   |  |  |  |  |  |   | 7 |
| 2 |   |  |  |  |  |  | 7 | 3 |
|   |   |  |  |  |  |  | 2 | 4 |
|   |   |  |  |  |  |  | 9 | 1 |
|   |   |  |  |  |  |  | 7 |   |
| 2 |   |  |  |  |  |  | 6 | 1 |
|   |   |  |  |  |  |  | 5 |   |
| 3 | 4 |  |  |  |  |  | 9 | 8 |

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#### Around the Globe

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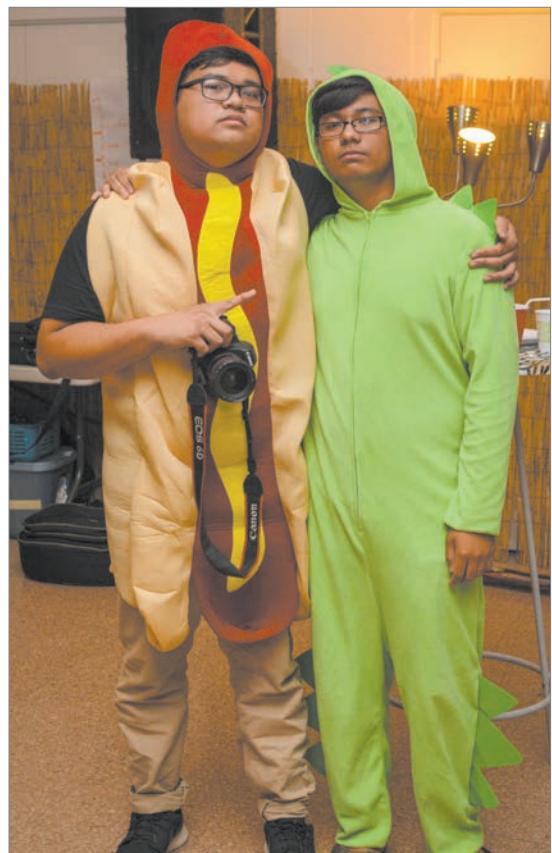
- What is the flattest continent in the world?  
(a) Africa (b) Asia (c) Australia
- What is the largest city by area in the USA?  
(a) Houston, Tx (b) Sitka, Ak (c) Los Angeles, Ca
- Half the lakes in the entire world are found in what country?  
(a) Russia (b) United States (c) Canada
- Which of the following geographical lines runs through the most countries?  
(a) Tropic of Cancer (b) Prime Meridian (c) Tropic of Capricorn
- Which of these states is farthest east?  
(a) Nebraska (b) Kansas (c) South Dakota
- What is the smallest country in South America?  
(a) Suriname (b) Guyana (c) Bolivia
- Which of the following island nations consists of just one island?  
(a) Taiwan (b) Grenada (c) Cyprus
- Germany is comparable in size to what state?  
(a) Texas (b) Montana (c) Oregon

## PHOTOS

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Associate Photo EditorsREESE KATO  
ASSOCIATE PHOTO EDITOR

# WHAT DOES YOUR HALLOWEEN LOOK LIKE?

I'm part of the Baptist Collegiate Ministries (BCM), and each month we hold a first Friday event. This month's was an early Halloween Bash. Around 75 people — most of whom were UH Mānoa students and young adults — attended the event. The majority of the crowd came dressed in a variety of costumes and some were even creative enough to pull a few last-minute strings.



▲ Matt Wilmot stood unamused while Jarrett Shirai tried to pull off a "surfer Matt" look.

▲ [Top] BCM director Arjay Gruspe performed a song alongside his son, Kainoa Gruspe, together with Amber Khan and Abelle Tejada.



▲ Jessica Henry spent a lot of time putting together her costume — Ruby from the anime "RWBY."

▲ Brothers Joshua and Isaiah Lopez stood without shame in their respective hotdog and dinosaur costumes.